

CONTACT

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April 2020



Photo: Jonathan Orland, Chet Valley Photography Club

Open Gardens - Progress So Far

Here's how we're getting on:

- 10 gardeners have committed to taking part
- The Cafe team have committed to running the Pop-up Cafe
- There will be a special feature around gardening for wildlife
- A plant sale and displays will be in the church

What do we need?

- More gardens - what about yours?
- People to help during the weekend, selling Garden Passports and stewarding
- **A gloriously sunny weekend (but we know we can't fix that!)**

To get involved or to discuss possibilities contact Nina Owen on 01508 522993 or email loddonopengardens@gmail.com



Many thanks to the members of Chet Valley Photography Club for their help furnishing Contact with a cover photo this month. Other contributions from Tricia Loades (top), Kevin Appleton (left and middle), and Pat Jacobs (right).

Chet Valley Churches Information

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Church Office

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

Phone: 01508 521179, Email: office@chetvalleychurches.org

Open: Mon & Fri: 10am-4pm; Tues, Wed, Thurs: 10am-1pm



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

To arrange any of the above please contact the Church Office.

Church Websites

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

Contact Magazine

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Email submissions to c.magazineloddon@gmail.com

Hand written submissions can be handed in at the Church Office.

Please include your name and telephone number.

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DISCLAIMER

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Similarly, the opinions expressed by contributors are not necessarily those of the Church in Loddon.

Editorial

“Hot cross buns, hot cross buns, one-a-penny, two-a-penny, hot cross buns”

This was my introduction to playing a musical instrument, a primary school classful of us squeaking out a vague tune on our plastic recorders. What do hot cross buns make you think of? Or - more importantly - what does Easter mean to you? A long bank holiday weekend, two weeks of having the kids at home, eating chocolate for breakfast, lunch and tea? David Owen reflects on the events behind the Easter story in Ministerial Musings. Scattered throughout Contact this month you'll find some Easter traditions from around the world. A couple of other highlights to... well, highlight:

Healthwatch Norfolk will be visiting Loddon Library on Thursday 16th April to talk to people about their experiences of health and social care services in the area; they gather your views and make sure they are heard by the people in charge of services—see page 19 for more.

Do you ever feel lonely but don't know what to do about it? Better Together Norfolk could help—see page 15 for details.

Information on Universal Credit, including links to an eligibility checker, can be found on page 47.

If you want to do your bit for the environment, see articles on recycling (page 23 and 27), B-Line (page 41) and zero-waste / refill shops including one on your own doorstep! (page 55)

As I mentioned last month, for me this Easter will bring the pitter patter of tiny feet and relocation, so this is my last edition. All that remains for me to say is that it has been a pleasure to co-edit Contact over the past 12 months—thanks for having me! **Mezon**



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Ministerial Musings

Easter – What happened? Why does it matter?

Do you remember Christmas – how we celebrated the birth of the baby Jesus in a stable in Bethlehem? The Easter story is the final part of that story, showing how Jesus triumphed over everything evil – even death.

On the Sunday before Easter we celebrate the time when Jesus rode into Jerusalem on a donkey and everyone cheered and threw palm leaves on the ground in front of him to make a green road into the city. It was a big procession, full of joy and laughter.

Soon the atmosphere changed as the authorities felt threatened by Jesus and his teaching. On the Thursday before Easter we remember the time when Jesus ate his last supper with his friends. We call it Maundy Thursday (Maundy comes from a word meaning 'I command') because Jesus instructed his followers to 'do this in memory of me'. They were instructed to share in bread and wine, which we do when we have communion services at church. He also instructed them to serve, in the same way that he came as a servant, not as a king. At the last supper Jesus undertook the task of a servant by washing his friends' dusty feet.

Good Friday might seem to be anything but good. It was the day when Jesus was killed as a criminal, even though he had done no wrong. He knew that this would happen, but it didn't make it any easier to bear a horrible death on a cross. It was the darkest of days, but it was the day when good overcame evil.

Of course the story didn't end there. Former Archbishop Michael Ramsey stated simply 'Without the empty tomb there would be no Christianity'. If Jesus did not rise from the dead, our faith is meaningless. But he did! We have historical evidence and the evidence that comes from current personal experience. It is a glorious triumph!

Amongst the chocolate eggs and Easter bunnies take time to remember the Easter story. It's the greatest story ever told, and the most solid hope for the future.

David Owen

ADVERTS

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 10am 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, starting at 11:00am at All Saints, Chedgrave (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 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.

Xtral is an exciting, informal service every Thursday after school in St John's Church. Refreshments from 3.15pm, service starts ~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.

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.

ADVERTS

Thanksgivings & Baptisms



You are welcome to request thanksgiving and baptism for your children.

Thanksgiving Services may be held at any time in the churches by arrangement with the clergy. They are an opportunity to give thanks for the gift of a new child and to celebrate this with family and friends in the presence of God.

Baptisms are usually held within the Sunday worship in our churches. They 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.

Please contact Rev Alison Ball on 01508 528126

ball880am@btinternet.com or the Church Office on 01508 521179

Noah's Ark

A drop-in group for babies, toddlers and their parents and carers.



Wednesdays 9.15am - 12 noon.

All are welcome. For further details please call Alison on 01508 528126 or e-mail: ball880am@btinternet.com

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:

Members of Friends and Neighbours will meet at The Old Feathers Restaurant on **Thursday 2nd April** for the Annual Spring Lunch (12pm for 12.30pm)

If you are interested in joining the group ring Jill on 01508 520248.

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.

If you would like to join one, or just to know more, please contact David Owen or the Church Office.

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 10am-12pm**. Come and go as you choose. On average there are about 17 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!)

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

ADVERTS

From the Parish Registers

Thanksgivings

Hope Maria Widdrington 8th March at St John's, Loddon
Heavenly Father, we praise you for this child. Surround her with your blessing that she may know your love, be protected from evil, and know your goodness all her days. Common Worship

Funerals

Edward Robert Clarke who died on 3rd February 2020 aged 87 years
Funeral: 28th February 2020 at Gillingham

Sonia Waterer who died on 13th February 2020 aged 93 years
Funeral: 13th March 2020 at St John's, Loddon

Jacqueline Emily Smith who died on 26th February 2020 aged 76
Funeral: 25th March 2020 at Waveney Crematorium

Ray Gisborne who died on 29th February 2020
Funeral: 31st March 2020 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.

1 Thessalonians 4. 14, 17b

Holy Trinity Plans - What Next?

The plans for the west end (the tower end) of Holy Trinity church have been on display for nearly three months. Now they need to be approved by the Diocesan Advisory Committee (DAC), after which they will need a 'faculty' to proceed. This means we have a little longer to wait before we start fundraising, but things are moving forward. In the meantime, this summer will see a portaloo for use at church events, which will be a good temporary solution.

Easter Traditions from around the world: *France*

French children don't get treats from the Easter bunny; they get them from the Easter bells. According to Catholic teaching, no church bells can ring between Holy Thursday and the Easter Vigil, on account of the solemnity of the days around Jesus's death. Eventually, a legend evolved that said the church bells weren't rung because they grew wings and flew to Rome to be blessed by the Pope. Then they returned Easter day with chocolate and presents for local kids.—*Reader's Digest*

ADVERTS

The Sisland Chronicle

Writing in early March when we should be looking forward to Spring, it is seemingly already here, with sparrows actively stuffing nesting material under the tiles of our roof – extra insulation I suppose – to a Little Owl checking a hole in an oak tree for size. Actually I suspect that his mate is probably sitting on eggs. The nearby Barn Owl is more active. St David's Day on March 1st brought half a gale to disturb the daffodils – the national flower of Wales – but they soon recovered. The highways people have been round the Parish cleaning the 'grups' that take the water off the lanes, but this year, when the soil can absorb no more, water is lying about all over the place. Filled in ponds and ditches have revealed themselves, and one access from the A146 became impassable for a while

2020 is a leap year when the 'timekeepers' add a day to ensure that the calendar doesn't get out of sync. Ladies are also encouraged to do the proposing. Apparently this was started by St Patrick when Irish girls got fed up with waiting for proposals from the boys – how times have changed! *Sislanda*

Hi Freddie here – There haven't been so many walks recently, due to the very cold rain, and T. hurt his leg and had to go and see his Vet. Of course it is more difficult for him as he has only got two – so he's been waving a big stick about, I keep well out of the way! There has been a fox around recently and he hops over the bottom gate to sniff round the garden at night – what cheek! But there are more bunnies about, so I'll have to make sure they don't start eating T.'s plants, they always seem to like the best ones, and no one has to tell them to 'eat their greens'!

If you would like a copy of T & J's new book, 'Hales Hall in Loddon' the Rev David Owen has all the details. It costs £19.45, and £5 from each copy goes to Holy Trinity maintenance fund. Restoring the Hall from a ruin started in 1971, once the pigs had moved out! Full of pictures too, but I'm not in it (I wasn't born!), although an earlier Fred is, (showing off I shouldn't wonder!)



Cheers, *Freddie*

*
* Saturday 18th April, 10.30am - 5pm *
*
* **Be pampered with Tropic Skincare!** *
*
* ** A facial, hand massage or foot massage ** Try make up and skincare ** *
*
* ** Tea, coffee and tasty treats ** *
*
* Tickets £2 from Jill Haylock: 01508 520248 or jillhaylock@aol.com *
* or from The Church Office, St John's Church, George Lane *
* *Proceeds for Sisland Church Funds* *
*

ADVERTS

Most people experience **loneliness** at some time in their lives, perhaps caused by changes in family circumstances, moving home, bereavement, caring commitments or physical or mental ill health. It affects people of all ages from all backgrounds. While we know that connecting with other people, volunteering or taking part in activities and groups can help overcome a sense of loneliness, it can be hard to take those first steps.

Better Together is here to help with a friendly team of **Life Connectors**.

Life Connectors can visit you in your home and work with you to identify what your interests are, what sort of activities you might enjoy and what is preventing you taking part. **Transport or mobility issues? Lack of money? Or you may have caring responsibilities, health issues or lack confidence to join a new group.** Life Connectors offer information, advice and support to help you overcome these barriers and connect you to groups, activities and volunteering opportunities in your area.

The service also has a team of **Community Development Workers** including Ben Gulliver whose patch covers much of the South Norfolk area including Loddon & Chedgrave. Ben can offer guidance to anyone who wants to set up a new activity or event, or wants advice about growing an existing group. He can help people apply for Better Together grants of up to £200 and signpost them to funding for larger sums. 'Community activities bring people together, helping us feel more positive about the place we live and the people around us.'

Call Ben on 07384 110362 or to arrange a visit from a Life Connector call the free Better Together Helpline 0300 303 3920.

The Better Together Helpline is open Mondays to Fridays 9am to 5pm and staffed by knowledgeable, friendly advisors who can put you in touch with activities in your area, signpost to other services or arrange for you to have specialist support from one of our partner agencies or Life Connectors. Calls to the Helpline are FREE from landlines and mobiles: 0300 303 3920, open 9am – 5pm, Monday to Friday.

www.bettertogethernorfolk.org.uk

"POP UP" GARAGE SALE

**THE ANNUAL 'POP UP' GARAGE SALE in LODDON,
CHEDGRAVE & SURROUNDING AREA RETURNS**

Sunday 17th MAY – 9.30am to 3pm

Building on the fantastic success of previous years our "Pop up" Garage sale returns bigger and better in 2020.

Please support 1st Loddon Beavers, Cubs and Scouts by entering your garage in their garage sale and make it a huge success.

This is a fantastic opportunity to turn your pre-loved items into cash from the comfort of your driveway, front garden or garage.
Better still you won't have to get up early to get the best pitch at a local car boot sale.

For those who love to browse, come and bag a bargain and shop till you drop.

COST TO ENTER A GARAGE - £8.00

GARAGE SALE TRAIL MAPS FOR SHOPPERS - £1.00

Trail maps will be available from A J WARD
Butchers prior to the event and then on the day
from Church Plain, Loddon, NR14 6EX.

Entry is easy simply contact Claire Richards on
01508 520990 or email crichards_p1@yahoo.co.uk

**Closing date to enter a garage is Saturday 9th May
2020**



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Xpressions Café needs you

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

We have just celebrated the 150th Café service. Originally 25 people were involved from across the Chet Valley. Over the years, the faces have changed as people have come and gone.

We are now looking for **someone to head up the team that staffs the café**. This involves making drinks, checking supplies, setting up tables and overseeing the rota of volunteers. **We are also looking to recruit people to the other teams, leading craft, activities, games, songs and stories** aimed at families and children; and **leading deeper exploration and discussion** of the month's theme.

You can be of any age (8-80+) and don't have to be available every month. You don't need to be involved in a church at the moment. It's a chance to exercise creativity, to try something different, to share your skills, to meet with people in your community.

No experience necessary - all welcome. For more information, please speak to Rev Alison (01508 528126 or ball880am@btinternet.com).



Seder Meal

Maundy Thursday is 9th April this year, and for the last few years we have marked this day with a service reflecting the Passover, leading on to Communion. We also eat a meal together as part of the evening. Under the Jewish name of Seder, it links the Old Testament and all that went before Christ's birth with the solemn events leading to his death on the cross and resurrection at Easter. There's no charge for the meal, but if we're a huge crowd donations will be appreciated to cover costs.

Please tell Nina or David Owen if you're coming, and if you have dietary issues: email david.chetvalley@gmail.com or call 01508 5229932

Easter Traditions from around the world: *India*

Even though Christians only make up 2.5% of India's population, they still have elaborate Easter festivities, especially in the north-eastern states. The western India state Goa celebrates with carnivals, complete with street plays, songs, and dances. People exchange chocolates, flowers, and colourful lanterns as gifts. *Reader's*

ADVERTS

What's Happening in Loddon Library

Loddon Library, 31 Church Plain, NR14 6EX – 01508 520678

****Easter Opening Hours****

We are closed (with no Open Libraries access) on Friday 10th and Monday 13th April

Library Opening Hours:	Monday	8am-7pm	(Staffed 10am-7pm)
	Tuesday	8am-7pm	Open Library access only
	Wednesday	8am-7pm	Open Library access only
	Thursday	8am-7pm	(Staffed 10am-7pm)
	Friday	8am-7pm	(Staffed 2-7pm)
	Saturday	8am-4pm	(Staffed 1-4pm)
	Sunday	10am-4pm	Open Library access only

Special Events:

- **Local Book Sale** – We are selling ex-Library books about Norfolk and Suffolk. during staffed hours between **Thurs 2nd and Sat 11th April**. Prices 50p - £4 an item.
- **Fun with Code-a-Pillar** - Story time with a difference: meet Code-a-pillar and learn some coding skills. Perfect for digital explorers 4-6yrs. **Mon 6th April 2pm-2.45pm**
- **Healthwatch Drop-In** - Healthwatch Norfolk will be visiting the library in Loddon on **Thursday 16th April from 10am-12pm**. They will be here to talk to people about their experiences of health and social care services in the area - including GP surgeries, hospitals, dentists, care homes, pharmacies, opticians and more. Healthwatch Norfolk gather your views of health and social care services in the county and make sure they are heard by the people in charge of services. So, whether you have had a good or bad experience, they would like to hear from you! Pop along to their stand in April and share your story.
- **Easter Crafts** – Pop in and make some Easter based crafts, suitable for school aged children. **Thursday 16th April 10.30-11.30am**

Children & Parent Groups:

- Bounce & Rhyme – every **Monday 10.15-10.45am**. Songs & rhymes for ages 0-5.
- Stay & Play – every **Monday 11am-12pm**. Drop in.
- Bookends – Listen to a story & do a craft activity, **Friday 24th April 3.30-4pm**

Adult Groups:

- Coffee Morning – every **Monday 10.30am-12.30pm**. Pop in for a friendly chat and a cuppa. Please note the new time for this event.
- Computer Buddy – friendly computer help on **Mondays from 10am-12pm**.
- Citizens Advice - A CAB advisor will be available on **Monday 27th April 10am-12pm**. Booking essential. Call 01508 520678 or pop in & see staff to book.
- Mahjong – our new Mahjong group **Thursday 9th & 23rd April 10.45am**
- Loddon Loves Books book group – **Friday 24th April 5.45-6.45pm**.

Open Libraries: Open library is your key to the library when the building is unstaffed, making it available at times that are more convenient for you. For more information and to sign up, please visit the library and speak to a member of staff.

DVD Hire: You can hire DVDs from just £1 - Top Titles £2 for 2 nights and other DVDs £1 for a week. All DVDs are free to reserve.

Baby Weighing Scales: A set of scales is available within the library.

Facebook: just search for Loddon Library or visit facebook.com/loddonlibrary

ADVERTS

Loddon Parish Council

The next meeting of Loddon Parish Council will take place on Thursday 9th April at 7pm, in the Library Annexe, and will include the Annual Parish Meeting.

Contact Us: Please telephone the Parish Council on 01508 522020, or email on clerk@loddonpc.org.uk. The office in the Library Annexe, Church Plain, Loddon is open on Tuesday, Wednesday and Thursday mornings between 9am and midday if you would like to visit in person. More information is available on the Parish Council's website: www.loddonpc.org.uk or find us on Facebook under Loddon Parish Council.

Chedgrave Parish Council

All enquiries please contact the Parish Clerk: Hayley Goldson.

Tel: 01508 528310 Email: chedgrave.pc@gmail.com

Website: www.chedgraveparishcouncil.co.uk



The Parish Council met on 5th March 2020. Copies of the Minutes are available at Loddon Library, on the Parish Council noticeboard and website.

Tree Warden Vacancy: CPC are looking for a volunteer Tree Warden. Full training will be provided with support from the South Norfolk Tree Warden network. Please contact the Parish Clerk if you are interested.

Easter Egg Hunt: Our Annual Easter Egg hunt will take place on Monday 13th April at 10am. As well as the Easter Egg Hunt, there will be an Easter Bonnet competition. Teas, coffees, soft drinks and cakes will also be available.

Grebe Drive Play Area Regeneration Project: Work to clear the site will commence immediately following the school Easter holidays.

Hardley Road Allotments: Currently there is a vacancy of one full plot and also a half plot. Please contact the Parish Clerk if you are interested.

Brian Clarke Room: To book the Brian Clarke Room, please contact Georgina Buckle via brianclarkeroom@gmail.com or 07981856270. The cost per hour is £7.50.

Annual Parish Meeting: 7pm Thursday 2nd April at the Brian Clarke Room. The Annual Parish Meeting is the meeting where the Parish Council reports to its electorate on what it has accomplished in the preceding year. This is a meeting of the people of the parish. Anyone on the electoral register may attend and is entitled to speak. Any matter pertinent to the parish may be discussed.

The Greater Norwich Local Plan: The recent consultation was the draft stage. There will be further opportunities to comment as the consultation moves forward.

The next meeting of Chedgrave Parish Council will be held on **Thursday 2nd April 2020. The Annual Parish Meeting will start at 7pm with the Parish Council Meeting starting at 7.30pm** at the Brian Clarke Room.

ADVERTS

Hales & Heckingham Parish Council

Hales & Heckingham Litter Pick: Our next event is on Saturday 25 April at 10am, meeting in the car park at Masala Garden. We are looking for volunteers to join us for 30 minutes to a maximum of one hour – even if you only want to help with your road that would be great. We have picking equipment, gloves, hi-vis jackets and bags but please bring your own if you have them.

Foot/Cycle Path between Hales and Loddon: If you wish to report a problem with this footpath relating to potholes or overhanging branches please let Norfolk County Council Highways know on 0345 800 8020 or online www.norfolk.gov.uk/roads-and-transport/roads/road-maintenance

Composting Scheme: To keep the Scheme running we urgently need new volunteers. This only involves a couple of hours a month and you can have your garden waste collected into the bargain! Contact us for more information.

Contact us:

Email: clerk@halesandheckingham-pc.gov.uk

Phone: 07703124544

Website: halesandheckingham-pc.gov.uk

Facebook: www.facebook.com/Hales-Heckingham-Parish-Council-37625612615122

What can I recycle in my green recycling bin?

- ♣ Plastic bottles (with lids)
- ♣ Paper (including shredded paper, and envelopes)
- ♣ Card
- ♣ Aerosols (please ensure it is empty first)
- ♣ Tins and cans
- ♣ Glass bottles and jars (with lids)
- ♣ Waxed food and drinks cartons
- ♣ Aluminium foil and foil trays
- ♣ Food plastic pots, tubs and trays

All recycling must be:

Clean – please rinse containers and do not put in any food leftovers

Loose – please do not put anything in plastic bags or black bin liners

Dry – please ensure the bin lid remains shut.

www.south-norfolk.gov.uk/residents/rubbish-and-recycling/recycling/what-can-i-put-my-green-recycling-bin

Easter Traditions from around the world: *Spain*

The town of Verges commemorates Holy Thursday with the Dansa de la Mort (Death Dance). During this night procession, participants dress up like skeletons and reenact scenes from the Passion. The last skeletons in the parade carry a box of ashes with them.—*Reader's Digest*

ADVERTS

News From Your South Norfolk District Councillor



To me, the most important part of being a Councillor is keeping your word by always being in touch and available to local people. Part of that is regularly attending the six local Parish Council meetings, which I do whenever I can. There is a lot to be learnt from these meetings.

One of the concerns that that has been raised is the speed of traffic taking the back road between Loddon and Ditchingham, along Dull's Road and Loddon Road. Following a recent meeting, I've been in touch with Norfolk County Council and asked for a speed safety survey to be carried out.

I'm pleased to report that it looks like the proposed changes to the bus route through Loddon have been shelved, which I know will come as a relief to many local residents.

I'm grateful to Andrew and the B-line team, who are doing such brilliant work to support our native bee population, who I popped out to watch doing the hard work of digging and planting. I know we're all very grateful for what they are doing.

The next of my promised regular surgeries to be held in Loddon will be in Loddon library on **Saturday 16th May, 2-4pm**. These surgeries will continue throughout my time as Councillor, with details in this article and on Facebook. I can also be contacted by ringing 07733323581 or emailing me at jrowe@s-norfolk.gov.uk. If you contact me I guarantee that I'll get back in touch within 48 hours.

I'd like to also flag up the regular Citizens Advice one to one sessions at our brilliant Loddon library, which currently take place on the final Monday of the month between 10am-12pm. Anyone can book a slot, which must be booked in advance by calling the library on 01508 520678.

Finally, I'd like thank the kind person who dropped in a gift from the WI for me – most appreciated, and a great cause.

Big or small, let me know if I can help, that's what we're here for.

Jeremy Rowe—Councillor for Loddon and Chedgrave



DO YOU LOVE WHERE YOU LIVE?

Loddon Tourist Information Centre is looking for volunteers to join the team for the 2020 tourist season. If you love meeting new people and have a couple of hours to spare each week between April and October, we would love to hear from you.

For further information, please call Lesley on 07825442174
or email loddontouristinformation@gmail.com

ADVERTS

Holy Trinity Bell Ringers



Quarter Peals of Yorkshire and Albanian Surprise Royal, Yorkshire Surprise Major and Stamford Surprise Minor have been rung at Loddon over the past month. We have also been out ringing Quarter Peals at Woodton, Lowestoft, Necton and at the Mancroft Ringing Discovery Centre in Norwich. Our members took part in two peals, one at Norton Subcourse and another at Worlingham.

There will be a peal attempt at Loddon by a visiting band on Thursday 2nd April starting at 3.30 pm and if successful will finish around 6.30 pm.

Steve Rabong

Charity Fashion Show

- ★ When: **Friday 17th April 2020**
- ★ What time: Doors open from 6pm. Fashion Show at 7pm
- ★ Where: The Hollies, High Street, Loddon
- ★ Why: To raise funds for Meningitis Research
- ★ Showcasing new & nearly new men's, women's and children's clothes & accessories that can be purchased on the evening.
- ★ Entry fee £3. Refreshments available.

Pet Food Pouches



The collecting box in the lobby at St John's Chapel is being well used as a place where you can recycle pet food pouches. We had hoped there would be a financial gain for the churches as a result, but just at the moment that's not possible. However, please keep on putting pouches in the box—the planet gains, even if we don't!



Ros Hoffman

Easter Traditions from around the world: Italy

On Pasqua ("Easter" in Italian), residents of Florence celebrate a 350-year-old tradition called *scoppio del carro*, which means "explosion of the cart." A centuries-old cart is loaded with fireworks and pulled in front of the Duomo, where spectators watch the pyrotechnics go off. It's meant to be a sign of peace and a good year ahead. South of Florence is the town Panicale, where the big celebration happens the day after Easter (called Pasquetta, or little Easter). Locals gather for the annual Ruzzolone, a competition that involves rolling huge wheels of Ruzzola cheese around the perimeter of the village.—*Reader's Digest*

ADVERTS

St. Michael's Church, Langley

The Avenues, Langley, NR14 6BL

THE BIG BOOK SALE



SATURDAY 2 MAY and SUNDAY 3 MAY 2020
11.00AM – 4.30PM

Our BIGGEST book sale ever with thousands of books
new & used/fiction & non-fiction/hardback & paperback
on every subject under the sun.

All Books for adults (£1) and teenagers/children (50p)

PROCEEDS TOWARDS THE HEATING AND LIGHTING FUND

Church Services in April

Sunday 5th April - Palm Sunday

8.00am	Holy Communion (BCP)	St Mary, Sisland
9.00am	Informal Holy Communion	All Saints, Chedgrave
10am—12 noon	Xpressions Café	All Saints, Chedgrave
10.45am	Holy Communion	St John, Loddon

Thursday 9th April - Maundy Thursday

7.00pm	Seder Meal with Communion	St John, Loddon
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Friday 10th April - Good Friday

12 noon	Walk of Witness (all congregations together)	Start at Holy Trinity, Loddon; walking to St John, Loddon
2.00pm	At the Foot of the Cross	All Saints, Chedgrave

Sunday 12th April - Easter Sunday

6.00am	Sunrise Holy Communion	St Margaret, Hardley
9.00am	Holy Communion (BCP)	St Mary, Sisland
9.30am	All Together Worship for Easter, with Holy Communion	All Saints, Chedgrave
10.45am	Holy Communion for Easter	Starting at St John, Loddon

Sunday 19th April

10.45am	Holy Communion	St John, Loddon
11.00am	All Together Worship	All Saints, Chedgrave
5.00pm	Evening Prayer (BCP)	St Mary, Sisland

Sunday 26th April

9.30am	Holy Communion	All Saints, Chedgrave
10.30am	Morning Worship	St Margaret, Hardley
10.45am	Morning Worship	St John, Loddon
6.30pm for 7.00pm	Last Sunday Praise	St John, Loddon

Every day Morning Prayer 9.00am <i>All Welcome</i>	Monday	St John, Loddon
	Tuesday	St. Margaret, Hardley
	Wednesday	All Saints, Chedgrave
	Thursday	St John, Loddon
	Friday	St Mary, Sisland
	Saturday	All Saints, Chedgrave
Other Services in St John's, Loddon		
Every Saturday 6.00pm	Roman Catholic Mass	
Tuesdays 7.30pm- 8.30pm	<p style="text-align: center;">COME AND PRAY</p> <p>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> <p style="text-align: center;"><i>All are welcome</i></p>	
Thursdays during school term	<p style="text-align: center;">Xtra!</p> <p style="text-align: center;">Join us 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>	

Easter Sunday in Loddon

Our Easter Sunday service will start at St John's Chapel. When we reach the hymn before the celebration of Communion we will walk across to Holy Trinity, mirroring the Walk of Witness on Good Friday. You are welcome to join the service in either place, but it would be good to see you in both.

The **Roman Catholic service** will be held in St John's at 9am and the **Anglican service** will start at 10.45am. In between, we shall take the chance to have **coffee together**. So if you're coming to the Roman Catholic service, do stay afterwards for refreshments, and if you're an Anglican please remember to turn up early!

Please note there will be no 6pm Roman Catholic service on Easter Saturday (11th April).

COMMUNITY GROUPS NEWS & EVENTS

Loddon Flower Club

7th April - Terri Potter - Attic Attack.

5th May - Stephanie Laing - A Wood Affair.

Flower arranging demonstration held at St John's Lecture Hall, George Lane, Loddon, 6-30pm for a 7pm start. Refreshments and raffle held, visitors £6.

5th April - Open garden at 33 Stoke Road, Poringland, NR14 7JN. Our President Diane is opening her garden for us. There will be refreshments, raffle and plants for sale. 2pm to 5pm with £2 entry.

1st May - National Flower Arranging Day. Look out for some flower arrangements around Chedgrave and Loddon. If you find one please take it home with you. There will be a ticket attached for a free evening with us at one of our flower arranging demonstrations.

23rd June - *Advance Notice: Outing to Beth Chatto's garden and Place for Plants. Please contact us if you would like to go on this trip. A coach will be leaving Chedgrave at 9am and returning around 6pm.*

Contact Tricia Godfrey on 01508 480522 or tricia646@aol.com or take a look at our new website at www.loddonflowerclub.co.uk We are available to arrange flowers for family occasions.

Loddon Women's Institute

Lots going on in the WI! Traffic light hats are being knitted at time of writing. Trauma teddies made and ready to take to the Annual Norfolk Federation meeting this month. Outings organised and a cake stall booked at the Spring Fling in Chedgrave in May.

15th April: Our 90th birthday celebration!

5th September: ****Save the Date**** all knitters: further information to follow.

Meetings are held at St John's Church, George Lane, Loddon, 7:15pm for 7:30pm. New members and visitors always welcome. Contact us on loddonwi@gmail.com

Chedgrave & District Women's Institute

28th April - at this meeting we should know which of the five Resolutions have been selected to be debated at the Annual Meeting at the Royal Albert Hall in June.

At our meeting in April we will also have a Sales Table. Please start looking for suitable items in good condition to bring along to sell. Home produce is always welcome, i.e. jams, pickles, cakes, scones etc. The meeting will be at our usual meeting place, All Saints Church Centre, Chedgrave at 2pm.

Rosemary Whettem, Phone 528291

Unless otherwise specified, meetings are held at All Saints Centre, Chedgrave on the 4th Tuesday of the month, at 2pm.

Langley with Hardley Women's Institute

21st April – Chris Brown – Case for Defence. Competition for the Princess of Wales Cup – an item of Royal Memorabilia.

The group meets on the third Tuesday of every month, starting at 7:30pm at Langley with Hardley Village Hall. Further details from Secretary Gillian Ball 01508 528182 or President Judy Wilson 01508 522051

Footballers Wanted!

We are a friendly, relaxed group of guys of all ages and abilities who meet at Hobart Astroturf every **Monday** evening from 8.30pm-9.30pm for a non-competitive kick-about to keep fit and socialise. We are looking for like minded people to join us.

Cost £2.50 per session, first session free.

For more details, please contact Terry on:

Email: tezzahayden99@gmail.com

Facebook: Loddon Men's Football Club



Hobart Badminton Club

We meet on **Fridays** 7.30-9.30pm at the Sports Hall, Hobart High School.

We play socially and are not in a league. New members, aged 18 and over, welcome. Some previous playing experience required.

Membership: Trial Members: £4 per session for 4 weeks. Full members:

£10 annual subscription and £4 for each week you play. Visitors: £5 per session

Further information from Barbara Boardman: Email: tomenelli@btinternet.com



Hales & Loddon Cricket Club

Senior nets started on Monday 23rd March at Langley 6-7:30pm: for more details contact Pete on 07931711323 or Pete.dye@canaries.co.uk

The Club run teams in the Norfolk Alliance as well as the Norfolk League, as well as teams at U9/11/13 age groups. If you would like to play, whatever your age or ability, you'll be very welcome at Hales and Loddon. All our Youth Coaches are DBS checked and are qualified to work in youth Cricket. We are just off the A146 after the roundabout near Hales Garage.



Ashby St Mary Cricket Club

The new season is fast approaching! We are a small village club, who plays home games at Ashby Hall "The Meadow", a wonderful location. We play competitive friendlies on a Sunday afternoon, also midweek 20 over games April—September. We have 40 games already booked. If you are new to the area, not played for a while, or perhaps want a change in clubs - call us. Pre-season nets will take place at Langley School Sports Hall on **Wednesdays 7pm—8.30pm. The next dates are: 1st, 8th, 15th, 22nd April.** Come and join us—you will enjoy it! For more information, please contact Paul on 01508 218078.

Short Tennis Club

Come and join our friendly non-competitive club on **Tuesdays 11.30am - 1pm** at the Jubilee Hall. All welcome. For more information call 01508 520589.

Jubilee Short Mat Bowls Club

Calling all bowlers and non bowlers. Do you fancy bowling throughout the year? Why not give short mat bowls a try. Free taster session on your first visit. Then just £2.50 a week. Join us on Tuesdays 1.30-3.30pm at Jubilee Hall. Bowls can be provided, just bring indoor flat shoes. Further information from Sara 01508 521958

Social Whist

We meet every second and fourth Friday of the month though there is no pressure to attend every month. We welcome new players. We meet in the back room of The Hollies and start playing at 7.45pm. The evening consists of 12 hands of Whist, each with a different partner, a drink and a biscuit at half time together with lots of chat. You don't need a partner and if you need a lift to get there this can be organised. All proceeds are for local charities. If you need a lift please call me, Jane Hale, on 01508 528875.

Chet Staithe Probus Club

Have you recently retired or just moved to the area? Are you missing male company, on your own, or just want to get out and meet new people? Why not visit the Chet Staithe Probus Club which is held on the first and third Tuesday of the month at the White Horse, Chedgrave. Meetings start at 10am and finish around midday with the option of staying for lunch. Several of our members do.

We are a friendly informal club, jackets and ties not required. Members range in age from 60 to almost 100. We have guest speakers with topics range from clocks, Whitehall, cartoons, space and even stagecoach journeys to Norwich.

The next meetings are:

7th April
21st April

Barry Lawrence
AGM & Quiz

Licence to Drill, Part 2

Please contact Clive Boyd on 01508 520547, or e-mail liveboyd@btconnect.com

Chet Valley Probus Club

The Chet Valley Probus Club (for retired Professional & Businessmen or any who have held some measure of responsibility in any field of endeavours) meets at the White Horse Chedgrave on the second and fourth Tuesday morning, monthly. Good company, speakers, and food.

14th April: AGM followed by 'War in the Air IV: "Maximum Effort"'

28th April: 40 Years of Radio Norfolk - Wally Webb

For further details contact the secretary: John McCormack, 5a Norton Road, Loddon NR14 6JN. 01508 521899.

PARKINSONS

Would you like to meet other Parkinsons sufferers? We meet on the first Monday of the month at the Chedgrave White Horse at 12.15pm. Partners are also welcome. For further details please ring Michael Osborne on 01508 522034.

Davy Place Social Club

Hello from everyone at the Davy Place Social Club.

Thank you to two very kind people who have donated a piano stool and a tea trolley for our residents to use in the Davy Place Common Room. We are very grateful for your generous gifts.

Our exercise classes on Tuesday and Friday mornings continue to be good fun and are proving to be very beneficial. We have a few spaces available for our Friday morning sessions with personal fitness instructor Mike, of Long Stratton Leisure Centre. If you are interested in joining us just come along to the Common Room on Friday at 10am till 10.45am.

Future events include:-

Bingo is held every Monday afternoon, eyes down at 2pm.

Hoy Night will be on **Saturday 11th April** starting at 7pm.

Karen of "Clothes Line" will be bringing her new seasons range of ladies and gents clothing to the Common Room on **Monday 20th April** at 10am onwards.

Refreshments will be served so why not come along and join us and hopefully get a bargain!

To celebrate the 75th V.E. Day Anniversary we shall be holding an Afternoon Tea on **Saturday 9th May**.

We are looking forward to taking part in the Loddon Open Gardens Weekend in June.

We are also planning a coach trip with a carvery lunch etc in April and a trip to Peter Beales Rose Centre in May. Please contact Janet 01508 522115 for further information about any of our activities or events. Thank you.

Loddon & District Cooperative Day Centre

Why not come and meet some new people? We play games, do crafts and exercises, chat and have a two course lunch.

Just drop in or ring Bev on 07826 299290.

9.30am-2.15pm, each Tuesday and Friday, at the Brian Clarke Room, Chedgrave.



Easter Traditions from around the world: *Poland*

The day before Easter, families prepare a "blessing basket." It's filled with colored eggs, sausages, bread, and other important food and taken to church to be blessed. In Polish culture, Lent isn't over until a priest blesses this basket.—*Reader's Digest*

ADVERTS

Loddon Community Gym



Have you seen the two new eye-catching boards, outside the King's Head and the Co-op, advertising the Gym? Hopefully these will raise awareness of the Gym and encourage new members (and remind lapsed members that we are still here!). These have been possible due to a grant from the Lottery 25th Anniversary Fund which gave us £565 for advertising what we do in the community for the community. New leaflets are also being produced so watch out for one popping through your door in the near future.

By you read this the situation around the coronavirus (Covid19) will no doubt have changed but at the Gym we are doing all we can to keep everyone safe by extensive use of anti-bacterial wipes on all the equipment. We will of course be following Government and South Norfolk Council advice if they advise activities like ours to close temporarily. Let's hope it does not come to that as we know that, apart from the obvious benefit to health from exercise, our members also value the social interaction and incentive to venture outdoors in the wet and windy weather we have been having.

If you feel you need to get the circulation going ready for a spring and summer of walking, gardening, playing tennis, bowls or whatever then call in at any time the Gym is open to see for yourself what we offer. Everyone whatever age or fitness level will have a programme designed especially for them by Louise our fitness instructor. We are open in the Jubilee Hall, George Street, Loddon as follows:

Mondays: 1.30pm-6pm; Tuesdays: 4.30pm-8.30pm; Fridays: 10am-1pm.

Loddon & Chedgrave Ladies 8 o'clock Club

On **Wednesday 29th April** we will welcome Mr Graham Simmonds to talk to us on History Beneath Your Feet. Usual time 8pm at the Brian Clarke Meeting Rooms, Mallard Close, Chedgrave. For more information contact Hillary 01508 520457 or June 01508 528853

Loddon Community Cinema

Our film for April is **"Official Secrets"** rated 15.

It tells the fact based story of Katherine Gun, a British intelligence specialist who routinely handles classified information. In 2003 just before the Iraq war she receives alarming information disclosing a plan by the American National Security Agency asking for British help in blackmailing UN Security Council members into voting for an invasion. Unable to sit back and watch an illegal war take place she decides to leak the information to the press and be branded a traitor by her Government putting her and her family in harm's way. Starring **Keira Knightley**, who gives a highly praised performance in this taut and suspenseful thriller.



Showing on Thursday 2nd April at The Lecture Hall, St John's Chapel, George Lane, Loddon. Doors open 7pm, film starts 7.30pm. Tickets: £4 adults, under 16s £2. On the door or in advance from Loddon Garden & DIY.

ADVERTS

Royal British Legion-Loddon & District Branch



The branch continues to be represented at different events in Norfolk and Suffolk.

Look out for our display in the window of Young's in Bridge Street next month as the branch's contribution to the commemoration of the 75th anniversary of Victory in Europe (VE).

The next branch meetings will be on **Tuesday 21st April** and **Tuesday 19th May**, both at 7:30pm at the King's Head, Loddon. Contact Secretary Christine Hartley on 01508 521135 for further details and Legion information.

Loddon and Chedgrave District Society

Contact June on 01508 528853 for further details unless otherwise stated.

April 1st 10.30 am *

Join Barry on an interesting walk along part of the Boudicca Way. Meet at SHOTESHAM Church, lunch at The Dove. Contact Barry on 01508 491633

April 22nd 2pm * St Peters Hall, Bungay*

Invitation to view a unique half-moated manor with a lot of history, tea and coffee on arrival and full afternoon tea after the tour. Adjacent Brewery included in the tour. £18. Contact June before 3rd April.

*All bookings for lunches, walks, events etc. must be made in good time through the person named. Events marked with an * must be booked or paid in advance by the date noted to guarantee a place.*

Chet Valley Photography Club

Our next meeting will be on **20th April** as 13th April is Easter Monday. We have Richard Adams' visiting us talking about "Rutland". This will be Richard's second visit to our club. He comes from Oakham, Rutland and compiles the Rutland Calendar which is in its 16th year. All money raised goes to worthy causes. For more details about our club please see our website:

www.chetvalleyphotography.org.uk

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 Jack Barwick who is responsible for hall bookings on jackbarwick@yahoo.co.uk

ADVERTS

Loddon and District Horticultural Society

On **8th April** we will be holding our Spring Mini Show at the Jubilee Hall Clubroom, George Lane, Loddon. This Show is for Society members only, but you are very welcome to come along and see what we do. The meeting starts at 7.30pm and refreshments and a raffle will be held.

Advance notice: our annual plant sale is to be held at The Hollies, Loddon on **Saturday 16th May** from 10am to 12pm. Lots of plants will be on sale, do come along.

At our meeting in February we were told all about the benefits of slugs by Dr Ian Bedford. Well, some slugs are beneficial, but the Spanish slug sadly is not!

Schedules for our Annual Open Show in September are now available from Show-Secretary Tricia on 01508 520273 or patricialoades@btinternet.com.

For more information contact:

Secretary Hazel on 07765098345 or happyhaze50@gmail.com

Chairman Jean on 01502 710024 or jeancope52@gmail.com

Follow us on our Facebook page or take a look at our webpage on www.loddon.org

Patient Participation Group

This is just a reminder, in case you receive Contact before the end of March that we have an Open Meeting on **Tuesday 31st March** at the Surgery. The talk is entitled 'Body Donation - How, Where and Why?' by Sue O'Connell and should prove interesting and something a bit different. Food for thought - or not!! Doors open at 7:15pm to start at 7:30pm. Everyone welcome. Put a note in your diaries for our AGM which will be in May on the subject of 'Blood Bikes'. Sounds gory? Come and hear for yourself.

Glueing yourself to the pavement too uncomfortable, but want to do something positive to help the environment? Here it is!



The Bergh Apton Conservation Trust, supported by the South Yare Wildlife Group, Norfolk Wildlife Trust, and others, is leading a project to create a pollinator friendly corridor centred on the Chet from its source in Poringland all the way to the Yare: **The Chet Valley B-Line**.

We are looking to recruit people to help with a range of tasks including promoting the aims of the project by speaking to Parish Councils, local clubs and societies; giving advice on pollinator friendly gardening; lobbying for change; organising or helping with planting projects; and monitoring and recording pollinator numbers. Training will be provided where necessary.

B-Involved If you have experience or are just enthusiastic and want to make a practical difference please contact any of the following:

Dr Anthony Davy 01508 558453

a.davy@uea.ac.uk

Andrew Milner 07939134326

milnerandrew9@gmail.com

Rodney Aldis 07909 540672

rodnevaldis@ymail.com

ADVERTS

The well attended February AGM meeting was, as usual, a mixture of business, sharing information and an excellent presentation.

The business was our AGM. In almost record time the passing of another successful year was reported including 11 meetings and the trip to Wingfield. Also a succession of displays in Youngs window and the Library. The group finances are in a healthy state, thanks to our Treasurer. A new overhead projector has been purchased using a grant from our new District Councillor, Jeremy Rowe. This is a very welcome addition to our equipment as our old one is about 25 years old and becoming temperamental. The old committee stood down and were re-nominated and voted in with thanks for their hard work from the meeting. The programme for the coming year was distributed and is on display on the door of the Local History Room in the Library.

The Information included Jan showing us her latest Building Folder: The Angel. A comprehensive report on the history of the building, which has joined previous folders on the shelf in the Local History Room in Loddon Library. Elvie showed the Geo-referenced Tithe Map which shows the extent of land ownership in 1840, field names and land usage. The maps with background information are now on display in Holy Trinity Church (open daily - don't be put off by the closed Porch Door).

Ongoing transcription projects include Census records and Churchwardens Accounts.

The excellent presentation was 'Then and Now', a collaboration between the History Group and the Chet Valley Photographic Club. Last year images of local landmarks from the Archive were distributed to willing photographers who accepted the challenge to take a 2019 picture of the same place. These were put together for the Photographic Club Exhibition in the autumn. Jonathan Orland has generously shared his presentation with the History Group so that we can bring it to a wider audience. The pictures were fascinating as were the comments of some of the photographers, who had risked standing in ponds or the marina at the Staithe to take their now photographs.

The meeting concluded with refreshments while the Then and Now images continued to entertain us.

Future Meetings:

April 15th William Morris and the Great Yarmouth Anarchists – Gareth Davies will explain why William Morris visited Yarmouth 3 times in 1889.

May 20th Dr Adrian Marsden returns to speak about Seventeenth Century Yarmouth Tokens and their Issuers

Meetings are usually held in the Lecture Hall at St John's in George Lane. Entrance is open to all and the cost is £3 which includes tea and biscuits.

ADVERTS



Community Choir for Easter

We are bringing together a **choir for the Easter Service** for the third year running. We will lead the hymns and sing our own items during communion.

Easter service: 9.30am Sunday April 12th in Chedgrave Church.

There will be three rehearsals:

Sunday	29th March	2pm-3pm
Saturday	4th April	2pm-3pm
Saturday	11th April	2pm-3pm

If you would like to take part please contact Alison Ball (ball880am@btinternet.com or 01508 528126) making sure you give her your contact details.

Many thanks, Rev Alison

Dear God:

Please untie the knots

that are in my mind,
my heart and my life.

Remove the have nots,
the can nots and the do nots
that I have in my mind.

Erase the will nots,
may nots,
might nots that may find
a home in my heart.

Release me from the could nots,
would nots and
should nots that obstruct my life.

And most of all,
Dear God,

I ask that you remove from my mind,
my heart and my life all of the 'am nots'
that I have allowed to hold me back,
especially the thought
that I am not good enough.

AMEN

*The Knots Prayer - World Day of Prayer website:
<https://www.wwdp.org.uk/prayers/the-knots-prayer/>*



ADVERTS



Universal Credit is a monthly payment to help with your living costs. You may be able to get it if you're on a low income or out of work.

Universal Credit will replace the following benefits:

- Child Tax Credit
- Housing Benefit
- Income Support
- Income-based Jobseeker's Allowance (JSA)
- Income-related Employment and Support Allowance (ESA)
- Working Tax Credit.

If you currently receive any of these benefits, you cannot claim Universal Credit at the same time. You don't need to do anything until you hear from the Department for Work and Pensions (DWP) about moving to Universal Credit, unless you have a change in circumstances and need to apply for another benefit.

Here are a few examples of what could trigger the change to Universal Credit (these are not exhaustive):

- Changing from Income Support to Job Seekers Allowance
- Starting work and applying for Working Tax Credits
- Moving to a new area and applying for Housing Benefit with a new Local Authority.

South Norfolk Council have a Benefits Calculator on their website—you can use this to see if you are eligible to claim Universal Credit, and if you might be better off:

<https://south-norfolk.entitledto.co.uk/home/start>

Applications for Universal Credit must be made online at

<https://www.gov.uk/apply-universal-credit>

If you and your partner live together, you must apply together as a couple. You need to have a bank account to apply. After you apply, you must contact your local Job Centre within 7 days to make an appointment; you won't get Universal Credit if you don't attend the appointment.

If you need help to apply for Universal Credit, you can contact the Council by email to benefitsmailbox@s-norfolk.gov.uk or phone the benefits team on Freephone 0808 178 7143.

For more information, visit:

<https://www.south-norfolk.gov.uk/residents/benefits/universal-credit>

<https://www.citizensadvice.org.uk/benefits/universal-credit/>

Information from South Norfolk Council website, correct at 8th March 2020

ADVERTS

ST. MICHAEL'S CHURCH, LANGLEY

THE AVENUES, LANGLEY, NR14 6BL

BAROQUE ROCK

**A CONCERT OF POPULAR
BAROQUE ORGAN MUSIC**

with

MIKE WEBB

JACOB OCAL and JOSHUA YATES



A programme showcasing the talent of top quality performers

7.30pm Saturday 18 April 2020

TICKETS: £10.00 Adults £8.50 Friends £2.00 Students/Children
(Includes wine/soft drinks and nibbles)

Concert proceeds will go towards refurbishment of the Church

ADVERTS

Read Any Good Books Lately?

"Literature is the most agreeable way of ignoring life."

Fernando Pessoa (Writer, 1888-1935)

"Bookworm," by Lucy Mangan

Something a little different to begin with this month: a non-fiction subject, but not a biography nor an autobiography, rather a book that can best be called a memoir. If from a young age you have always enjoyed reading, there couldn't be a better book with which to enjoy some literary nostalgia! The author writes regularly for several national publications as well as being a novelist, but this particular book is all about the wonderful world of books for children of all ages, in today's times and in the past century, from the youngest age possible up to and including the later teenage years. It is not a dull book to read; Lucy Mangan is blessed with a real sense of humour and her writing is witty and full of her opinions (which you do not necessarily have to agree with, of course. We all have our favourites and we don't always share the same ones. Book discussions could become rather boring if that were not the case, couldn't they?). She also gives us glimpses into her family's home life, which are mostly full of affectionate humour and which make entertaining reading in themselves.

(You may be interested to know that Lucy Mangan has also written the following: *My Family and Other Disasters*, *The Reluctant Bride*, *Hopscotch & Handbags* and *Inside Charlie's Chocolate Factory*. As well as a husband, a small child, and two cats, she has a library of 10,000 books. She herself says that she needs to move...)

"Thomas Cromwell; the Untold Story of Henry VIII's Most Faithful Servant," by Tracy Borman

The author of this biography has done extensive research into Thomas Cromwell's life. At no point does she whitewash her subject, but paints a "warts and all" picture of him. He was a devoted family man, a loyal friend, and obedient in his service to Henry VIII. These virtues were offset by a love of money and an absolute ruthlessness in his political scheming on behalf of his King. Cromwell's rise from being a poor young son of a blacksmith in London, to becoming the most powerful man in England (after the King, of course) was truly astonishing. He epitomises the saying, "the higher you go, the further you have to fall." The last letter he wrote to King Henry before his shockingly botched execution ended with the words, "Most gracious Prince, I cry for mercy, mercy, mercy," but that so-called 'gracious' Prince showed no compassion and none of the loyalty which had been given to him by Cromwell; he ignored the letter completely and, on the very day

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ADVERTS

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Thomas Cromwell was beheaded Henry VIII celebrated his marriage to his fifth wife, Katherine Howard. There are several books written about Thomas Cromwell, but this one is particularly well written and shows no pre-conceived bias one way or the other. It is well worth reading.

“Inspector Singh Investigates: A Deadly Cambodian Spree,” by Shamini Flint

The “deadly Cambodian spree” forms the basis of a gentle sort of detective story in the Inspector Singh series. There is much humour amongst a lot of sadness, and some really good characters appear - good, in the sense of being vividly drawn, not necessarily in the sense of virtue. Being set in Cambodia, the story cannot help but bring to the reader a salutary reminder of the terrible suffering of the Cambodian people at the hands of the Khmer Rouge and the bombings of the Americans. Don’t let this put you off reading, though! It really is a delightful book.

Nature Notes

By the time you read this piece, Winter should be behind us, and some of the familiar Summer bird migrants will have arrived. I remember as a small child going out for walks with my parents looking for signs of Spring, already primroses are in full bloom and the “lamb tails” catkins on Hazel trees are out as is the woolly “pussy willow”.

In our last Natures Notes written at the beginning of February we had already heard several of our common birds in full song. As February progressed this increased as more birds started singing including, Greenfinch and Yellowhammer along with the drumming of a Greater Spotted Woodpecker I can hear most mornings. Interestingly I have seen Yellowhammers on the Loddon side of the A146 twice, but they are plentiful on the Sisland side.

While looking out of the window while typing this (2nd March) there is a female Blackbird gathering nest material. Hopefully she won’t be building her nest on top of the sloping roof of our Sparrow nest box. One did a few years back and her first and second attempt when completed, slid off. Strangely she never reused any of the material, she was successful with her third attempt as I had screwed a piece of wood to stop the nest slipping off, and she successfully reared a brood.

My yearly bird count has increased to 146, two of which as yet I have only heard. The sharp angry sounding song of the sulking Cettis Warbler at Hardley Flood and a Lesser Spotted Woodpecker at Santon Downham. I did however catchup with a Shorelark on the North end of Kessingland beach after my 4th attempt to find it. At least the dogs enjoyed their walks there

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and the freedom to run around. This morning (3rd March) I took them to Covehythe Broad and managed to locate a solitary Tundra Bean Goose among the Grey Lag Geese there. I must admit I was surprised by the amount of erosion that has happened in the last month as the lower part of the footpath no longer exists.

Other recent highlights, parking at Loddon Staithe and realizing there was a Kingfisher perched giving some fantastic views, firstly of its orange front then its electric blue back. A Grey Wagtail in pristine plumage at Kessingland sewage farm amongst the pied wagtails and pipits. Often good places to bird watch if you can cope with the smell! A distant Great Grey Shrike, fortunately I had my telescope with me. We continue to regularly see a pair of Red Kites round Langley which are always a joy to observe and when walking the dogs at Hardley Staithe I've seen a variety of birds of prey including Red Kites, Common Buzzards, Marsh Harriers, Sparrowhawk, Kestrels and Barn, Short Eared and Little Owls.

While on the subject of birds of prey, a friend and I spent a very pleasant morning parked in a layby in North Norfolk, watching Goshawks, made all the more enjoyable by the lack of wind and the presence of the sun.

Richard and Rachel Hull

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Reduce, Reuse, Recycle... Refill

The Suffolk Waste Partnership has recently launched an online directory listing shops, businesses and charities that host refill points for items such as cleaning products, toiletries and dried foods, such as rice or oats and even loose-leaf tea and chocolate. At the moment there are 22 organisations in Suffolk which stock refills, but the partnership is encouraging other businesses to consider introducing similar schemes.

www.suffolkrecycling.org.uk/news/new-refill-directory-launched

In particular, visit Hungate Health Store in **Beccles** (www.facebook.com/hungatehealthstore) or Uncle Sid's Zero Waste Store in **Lowestoft** (www.unclesidslowestoft.co.uk)

Norfolk don't yet have such a list, but did you know you can find refill stations in **Chedgrave's very own Cannell's Farm Produce**? Visit their website (www.cannellsfarmproduce.co.uk), or even better, their shop at Langley Trading Estate in Chedgrave.

In nearby **Norwich** you will find

Re.Source on Timberhill (www.facebook.com/resourcegeneralstore).

Ernie's Zero Waste shop on Magdalen Street (www.facebook.com/EthicalErnie), and

The Green Grocers on Earlham Road (www.thegreengrocers.co.uk)

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Gardening Notes

From the Allotment...

I'm finding it slightly tricky writing these notes some weeks in advance of publication, particularly after a mild winter making things early followed by very changeable and wet weather. You need to vary planting times based on the conditions, so don't plant seeds if it's frosty or waterlogged. So there is no point getting hung up on dates. Wait for the right conditions and the plants will catch up all on their own.

I thought you may find it useful if I pointed you to some websites that give guidance. The first is a simple chart from the RHS at: www.rhs.org.uk/advice/pdfs/vegplanner.pdf and the second starts with general advice, but you can click on a more detailed monthly guide at: www.allotment-garden.org/garden-advice-month.

In my allotment the autumn broad beans are well up and spring broad beans are in and showing. My autumn planted early garlic is well advanced, and even the late harvest variety is appearing. My potatoes are chitted and I'd like to get them in soon, at least the first and second earlies. This will expose the growing tips to the inevitable late frosts so I will protect against this by covering them with straw or fleece when a frost is imminent. I have also been planting potatoes in potato bags in the greenhouse in December, one bag a month, as there is nothing so tasty as a homegrown new potato. I will be planting my onion sets shortly. More on onions next time.

From the garden...

This month we shall all be hoping for a warm and dry late spring, the sweet pea supports will go up this month ready for planting and pots emptied ready for planting summer bedding.

Each year our Garden Club sets a challenge for members which is judged at our annual show in September; this year the challenge is to grow peanuts. We have all been given a couple of fresh peanuts. The instructions are to shell them and plant them in a small pot, water and place in a warm spot until you see signs of growth. The plants will look a bit like sweet peas and they are part of the legume family. After the petals fall off the stalks they somehow bend and grow into the soil to produce more peanuts. The plants will be judged on the number of peanuts produced per pot.

We have grown quite a variety of unusual plants over the years, this will be the second time we have tried peanuts, previous challenges have included aubergine, peppers, avocado, chillies, pelargoniums and coffee, the coffee plants unfortunately were the least successful. Two years ago it was sundews, which are a carnivorous plant, the germination rate was very good, but it was a challenge to keep them wet using rainwater in a very dry summer. A recent article suggested ditching your plastic bath sponge and growing your own loofah, it is an edible gourd and looks a bit like an ugly cucumber, so maybe next year.



Andrew and Shirley

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