

# CONTACT

Published by the Church in Loddon May 2020



*Hello*

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  - Posting mail
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or telephone 01508 533933

alternatively, please get in touch with  
Councillor Jeremy Rowe: 07733 323581  
([angliahome96@gmail.com](mailto:angliahome96@gmail.com)), Loddon

Eleanor Bannister: 07703 124544  
([clerk@halesandheckingham-pc.gov.uk](mailto:clerk@halesandheckingham-pc.gov.uk)),  
Hales & Heckingham

Steve Crisp: 07725 162424, Chedgrave

We will take every precaution to ensure we are spreading only kindness by avoiding physical contact (2m distance), washing our hands before helping and leaving items on your doorstep.

Remember:



# Chet Valley Churches Information

## Clergy

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## Church Office

St John's Chapel, George Lane, Loddon NR14 6NB  
Phone: 01508 521179, Email: [office@chetvalleychurches.org](mailto: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	<a href="http://www.chetvalleychurches.org">www.chetvalleychurches.org</a>
The Norwich Diocese	<a href="http://www.dioceseofnorwich.org">www.dioceseofnorwich.org</a>
The Methodist Church	<a href="http://www.methodist.org.uk">www.methodist.org.uk</a>
The RC Diocese of East Anglia	<a href="http://www.rcdea.org.uk">www.rcdea.org.uk</a>

## Contact Magazine

Email: [c.magazineloddon@gmail.com](mailto:c.magazineloddon@gmail.com)

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### **COPY DEADLINE IS ALWAYS NOON 8TH OF THE MONTH**

Email submissions to [c.magazineloddon@gmail.com](mailto: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

It is a bizarre situation to be preparing this edition knowing it will not be printed because we can not distribute it by hand as normal. It is however a blessing to know it can go online and be available to most of our community as usual and of use to many.

The editorial team want to thank all our advertisers for their forbearance and also all those who are introducing new initiatives to help support so many who are having difficulties, both getting things and also doing many of the day to day things we've always taken for granted such as posting letters, getting a paper, etc.

Pages 2 and 16 both show where the South Norfolk Council Help Line details are set down. Please use them if it will help you.

This edition offers ideas for home baking, and other items that we hope will be of some use when you browse through it.

Keep safe and follow all the government advice ,

## Roger



## Contents

		<b>Highlights</b>	
<i>Inside cover:</i> Community Help	2	Community Help	2,16,
Across the Chet Valley Churches	7-9	Baking	15
From the Parish Registers	11	Something to do at home	27,43
News and events in Sisland	13	History Group	45
Community News	16-19	Local Councils' Reports	21, 25
Council News	21-23	Local Councillor's Report	23
Churches	30-31		
Community	32-41		
Read Any Good Books Lately?	51, 53		
Nature Notes	49		
Gardening Notes	57		

## Ministerial Musings

As I write this, we are at the start of the third week of social isolation. I suspect that we will still be in the same state when this magazine is produced. I wonder how you are all doing?

I have spoken with people who are used to being on their own so whilst it is a bit of rum situation, they are finding things not too difficult; people are being very kind and bringing them what they need. Others speak of being bewildered at the world of which they find themselves a part. Others still are anxious and fearful. We are all having to get on with it as best we can, supporting each other in so many different ways, and looking forward to the time when we are able to be together again.

How do we cope when things seem so unpredictable and up in the air?

Where do we find stability in our lives, something to ground us?

As Christians, in our Bibles, we can find many instances when people are in difficulty. Many of their emotions are expressed in the words of the psalms: here songs of praise and thanksgiving sit amongst laments – great outpourings of sorrow and anguish as people wonder where God is. I find them helpful at the moment. Here also are to be found words of certainty and I offer some of these to you now taken from Psalm 46, verse 1:

*God is our refuge and strength, a very present help in trouble.*

In a world that seems to be changing, God is constant. We can call out to God, and ask for all our fears to be held. When we are sorrowful, we can find comfort. When we feel we are falling, God can be our solid ground.

Maybe you would like to be able to believe this and to experience God's strength and love at this time. If so, why don't you make time to stop and ask God to be with you in a very present way, to make time to be with God and ask for help as you wrestle with the difficult things we face?

May God be with you.

Rev Alison



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# Across the Chet Valley Churches

## Worship in the Chet Valley



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

**Holy Communion** is celebrated every Sunday at one or other of the Chet Valley Churches, either Book of Common Prayer 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.

Xtra! 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 1<sup>st</sup> and 3<sup>rd</sup> 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.

**The churches in our community will return to normal as soon as the current restrictions are eased.**

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**Saxon House is a Very Sheltered Housing Scheme**

The scheme provides independent living with individual 24hr assessed care and support. Accommodation is a mixture of 1 and 2 bedroom affordable flats for rent. Saxon House is ideal to enable older people to stay in the area, and to retain independence, choice and control over their lifestyle in a safe environment.

For further information contact either Lyn Church (Orbit Scheme Co-ordinator) on 01508 528707 or Hales Care Manager on 01508 528971



## Thanksgivings & Baptisms



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

Thanksgiving Services will be held again by arrangement with the clergy after the emergency. An opportunity to give thanks for the gift of a new child ‘

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](mailto:ball880am@btinternet.com) or the Church Office on 01508 521179

### The activities below are all suspended until further notice

#### 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](mailto: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

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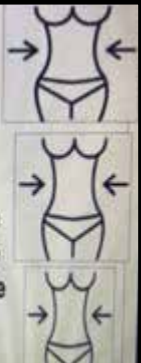
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## Thanksgivings

**At this challenging time we thank you Lord for all the new lives born into our community and we pray for their good health and long life.**

*Heavenly Father, we praise you for all children. Surround them with your blessing that they may know your love, be protected from evil, and know your goodness all their days. Common Worship*

## Funerals

**Mrs Mildred Dye** who died on 27th March 2020  
Funeral: 15th April 2020 at Waveney Crematorium  
**Michael Redrup** who died on 16th March 2020  
Funeral: 1st April 2020 at Waveney Crematorium

*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.

St Simeon Stylites was a fifth Century hermit who was devoted to God. He showed his devotion by spending four decades sitting on top of a huge flagpole.

**- There are just some questions it's best not to ask!!**

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## The Sisland Chronicle

On the face of it the 'BUG' hasn't changed a lot in Sisland. Farmers have been drilling corn and spreading fertilizer, but Rape has flowered in a cruel N.E. wind that has kept pollinating bees under cover. 'Virtual' church services are the order of the day, which is a comfort to parishioners. A politician was talking about "getting back to normal", but I suspect that the future has to be different, to ensure that 'civilisation' as we call it, survives in a more practical form. The 'shutdown' has already had an effect on air quality in cities, and dolphins are back in the canals of Venice which have become clear enough to see the fish. The absence of thousands of motor boats and water buses, not to mention Cruise Liners were causing increasing pollution. Perhaps the galleys of the old Venetian Empire will make a comeback – rowed by holiday makers needing exercise!

'Gold Stars' to the teachers of local schools who, through the wonders of the internet, are keeping children in virtual schooling, also to the many parents who find themselves back at school! I am minded of another emergency in 1940, as a very small boy, and when my school, – 'Entry House' in Diss – was evacuated to a Country House in South West Scotland for the duration! It was an adventure, led by remarkable teachers, despite the privations of the war, which we children knew little about. Apart from more than one occasion, when we were told to be especially kind to a friend, whose Father had been killed in action. Children are remarkably resilient – they are going on to run the world – and need to make a better job of it than their forbears..

From what I've observed our present 'Young,' look capable of doing it. *Sislanda*

Hi Freddie here. I hope you are all fit and well. I was a bit worried about the BUG, until J. told me I couldn't catch it – phew! But now that we are all shut in, I can only go for walks, and miss my outings in the car. Fortunately T.'s leg is better so we can wander up the lane and pick up branches (for the fire) that keep falling off the trees – Trees are very untidy, throwing bits all over the place. T. has put in a lot of seeds – which make plants – onions and beans – which I don't like, but I am very partial to carrots and melons! They are coming up and I sit under T.'s bench while he puts them into tiny pot things. Mr Simon's Veg Shop in Bungay has run out of monkey nuts – the ones in crackly shells – I always have some when T. and J. have coffee after supper. T. says he will grow some for me (he does odd things you know!) I was still asleep when he came down this morning, he said the clocks had changed – I don't like to appear ignorant – but I am not sure what a clock is! T. said it's now British Summer Time – so why was it so cold I had to wear my coat out of doors! I have been in trouble again. One of my treats rolled under a big cupboard, and I crawled in to find it. The problem came when I couldn't get out. I suppose the treat plumped me up a bit, and T. couldn't lift it. J. said we might have to call the Firemen, but T. turned me on my side, and yanked me out by my tail. I shan't do that again! Keep safe

*Cheers Freddie*



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# Soda Bread    Small Loaf

300g strong wholemeal bread flour	<sup>2</sup> / <sub>3</sub> tbsp treacle
33g rolled oats	<sup>2</sup> / <sub>3</sub> tbsp honey
<sup>2</sup> / <sub>3</sub> tsp salt	300ml buttermilk
<sup>2</sup> / <sub>3</sub> level tsp bicarbonate of soda	<sup>2</sup> / <sub>3</sub> tbsp melted butter, to finish

Preheat the oven to fan 175°C [*190°C/400°F/gas mark six*] and grease a baking sheet.

Put all the dry ingredients in a large mixing bowl and whisk to combine. Make a well in the middle. [*If you choose, you can add other ingredients at this stage: chopped chilli, garlic, toasted pine nuts, whatever takes your fancy.*]

Stir the treacle and honey into the buttermilk until fully mixed, then pour into the well and, very quickly, stir with your hands until you have a soft, sticky dough.

*[If you don't have any buttermilk, take 200 ml of milk, preferably full fat, and add 1 tablespoon of lemon juice and set aside for 20 minutes.]*

Add to the flour as above. You may need to adjust the amount of liquid or add a bit more flour until the dough is the right consistency.

Form this into a round on your baking sheet and cut a deep cross in the dough. Bake for 40-45 minutes], keeping an eye on it, until the crust is golden and the loaf sounds hollow when tapped underneath. [

*Trial and error, depending on your oven. The original recipe said 50-60 minutes. 40 minutes is long enough in mine.*

Brush with melted butter and leave to cool before tearing into it. Eat soon, as it doesn't keep well. [*I don't brush it with butter—it's nice but not so healthy*]

**DID YOU KNOW**—To make one wrinkle you have to frown nearly  
a quarter of a million times!

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AND NORTON SUBCOURSE  
COMMUNITY HELP**

We are sending this leaflet to everyone in the above area at this difficult time to offer help and support to anyone who needs it.

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We are here for those who sometimes can't rely on friends, family or neighbours  
- please let us help.



## **Chet Valley Medical Practice**

Firstly, we would like to thank all our patients for their support and understanding during these unprecedented and challenging times.

Please be mindful of the following:-

The Practice is currently offering telephone consultations only with the exception of face-to-face consultations at the request of a G.P.

Medication Requests -

Please do not order your repeat medication more than 7 days in advance.

We will notify by text or telephone call when your medication is ready for collection. Please do not attend the Practice to collect beforehand.

In accordance with NHS England we are unable to prescribe more than 28 days medication.

Please remember to follow the Government guidelines regarding Coronavirus (COVID-19), self-isolation and social distancing.

The philosopher Descartes speculated that monkeys could in fact speak, but that they chose not to in order to avoid having to work.

Albert Einstein was once asked to become President of Israel, but he refused, saying he had no head for problems.

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**As the library is closed until further notice we have endeavoured to leave here the list of regular events at the library along with the usual opening times, all for future reference.**

**Once the library re-opens we are sure there will be many other weekly activities which will be set out on this page.**

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

<b>Library Opening Hours:</b>	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

#### **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.

#### **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**.

**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](https://facebook.com/loddonlibrary)

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**Sunday of each month....**

**10am-12noon**

**Chedgrave church**

**With craft activities, chat**  
**and a different sort of church**

Chedgrave Parish Council

All enquiries please contact the Parish Clerk: Hayley Goldson.

Tel: 01508 528310 Email: [chedgrave.pc@gmail.com](mailto:chedgrave.pc@gmail.com)

Website: [www.chedgraveparishcouncil.co.uk](http://www.chedgraveparishcouncil.co.uk)

Due to the Coronavirus outbreak, the Parish Council Meeting and Annual Parish Meeting scheduled for 2<sup>nd</sup> April were cancelled. It is hoped a meeting will take place on 7<sup>th</sup> May as planned, via video-link. Check the parish noticeboard and website for details on how to dial in if applicable.

Some key decisions were required in order for basic parish business to continue. These are summarised below and will be formally ratified at a future meeting:

**To agree a temporary standing order granting delegated authority to the Clerk to carry out essential tasks in the absence of a meeting.**

**To approve payments.**

**To agree refunds of paid but unused Brian Clarke room booking fees cancelled due to Coronavirus, regardless of notice period, total: £705.00.**

**To approve the Financial Regulations (needed for audit purposes).**

**Planning Matters:**

2020/0506: Applicant: Mr John Ingram, Location: Land North East of Chedgrave Manor Norwich Road Chedgrave Norfolk, Proposal: Reserved matters for appearance, landscaping, layout and scale following Outline planning permission 2019/0027 for erection of 4 dwellings. Application Type: Reserved Matters.

**Play Areas** and **Brian Clarke Rooms**: closed. **Easter Egg Hunt**: Cancelled.

**Allotments**: Open, adhere to government guidance on social distancing.

**“STAY HOME, PROTECT THE NHS, SAVE LIVES”**

For urgent help please contact South Norfolk Help Hub on **01508 533933** or [earlyhelphubsouth@s-norfolk.gov.uk](mailto:earlyhelphubsouth@s-norfolk.gov.uk)

*The Parish Council wishes everyone well at this time.*

**Faulty street lights, potholes, problems with roads, footpaths or public rights of way, road safety, flooding and overgrown trees and verges should be reported to Norfolk County Council on 0344 800 8020 or online at [www.norfolk.gov.uk](http://www.norfolk.gov.uk) Criminal & illegal activities, public disorder & nuisance, anti-social behaviour, speeding, uncontrolled dogs, should all be reported to the Police on 999 or 101 (non-emergency) and can be reported online at [www.norfolk.police.uk](http://www.norfolk.police.uk)**

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

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**During the Coronavirus outbreak Cannell's Farm Shop will be closed to customers but we will be offering a free delivery service to Loddon and Surrounding Villages, of fresh fruit and veg, fresh milk, eggs etc.**

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## Local Councillor's Report

*"It is in the shelter of each other that the people live" Irish proverb*

I'd like to dedicate this column to the 80+ volunteers who, in conjunction with the brilliant team at South Norfolk's Early Help Hub, have been working tirelessly to help speed up the work of the amazing team at Boots, deliver hundreds of prescriptions around Loddon, Chedgrave, Hales and Heckingham and Norton Subcourse, phone friends and neighbours in need, and carry out the buying and delivering of emergency shopping.

It has been a privilege to have had a role in putting this team together. This is a time for action, and for leadership. We are all lucky to live in an area where so many people are willing to put their own needs aside to help.

On a larger scale, I have been impressed by the way in which South Norfolk District Council have responded to the issues and problems, and I have seen first-hand the calm, determined way in which they are responding.

Sadly, I'll have to postpone all of my surgeries, but don't forget I can be contacted any time by ringing **07733323581** or emailing me at

[jrowe@s-norfolk.gov.uk](mailto:jrowe@s-norfolk.gov.uk). If you contact me I guarantee that I'll get back in touch within 48 hours. Big or small, let me know if I can help, that's what we're here for.

We will definitely get through this difficult time together.

Councillor Jeremy Rowe

### 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.

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Councillor Arthur Morris to the Council. We thank Daniel Scott for his service .

**Vacancy - Responsible Financial Officer:** We are seeking a part-time RFO to join our team -a candidate that has excellent bookkeeping PAYE and VAT skills. To find out more about the vacancy, please go to our website; [www.loddonpc.org.uk](http://www.loddonpc.org.uk).

**Vacancy - Parish Councillor:** We have a vacancy for a Parish Councillor. If you are interested in helping to improve local community amenities and facilities, contact us. You would be co-opted (rather than elected) onto the Parish Council. you must be over 18, be an elector within the Parish, live or work within three miles of Loddon.

**Coronavirus:** Thank you for all your support and offers of help. It is heartening to see local businesses and volunteers working hard to help our community. If you need assistance, contact SNC Help Hub on 0344 8008020 or email: [communities@s-norfolk.gov.uk](mailto:communities@s-norfolk.gov.uk). The Help Hub will redirect your request to a local group of volunteers. SNC Help Hub is also to help with financial support for residents and businesses. [www.south-norfolk.gov.uk/coronavirus-information](http://www.south-norfolk.gov.uk/coronavirus-information)

**Staithe Public Conveniences, The Play Area and Skate Park Closure:** Until further notice these public facilities have been closed to help prevent the Coronavirus from being transmitted. The Allotments are still open, but users must adhere to it being their one form of exercise a day and maintain social distancing. Norfolk Constabulary have been visiting Loddon frequently and moving on any groups of people that are not adhering to Government social distancing guidelines. [#StayHomeStaySafe](#)

**Precept 2020-2021:** Many will have received your Council bills for 2020/2021 and may have noticed that your Council Tax has increased. Loddon has taken the decision that it had to increase its Precept for two main reasons; Firstly, the Precept had been kept very low for several years, but it has been impossible to maintain this due to rising price increases and the cost of living generally. Secondly, we have also taken the decision to employ an extra member of staff to cover the increasing workload of this very busy Council. We will keep expenses to the minimum wherever possible.

**Freedom of Loddon:** Do you know a Loddon resident who has made a contribution to the community? We welcome nominations for the Freedom of Loddon Award. If you know someone please submit your nomination by June 2020.

**Allotments:** No vacant plots available, get in touch if intertested (details below).

**Future Meetings of Loddon Parish Council:** Meetings commence at 7pm on the second Thursday of each month and are normally held in the Library Annexe. Due to the Coronavirus, the April and possibly the May meeting will be held remotely. Please see our website for updates. The Agenda will be displayed on the notice board on Church Plain and on the Council's website at least three days before the meeting.

**Contact Us**—on 01508 522020, or email; [clerk@loddonpc.org.uk](mailto:clerk@loddonpc.org.uk). The office in the Library Annexe, Church Plain, Loddon is currently closed to the public but we are still receiving post and telephone calls. More information is available on the Parish Council's website: [www.loddonpc.org.uk](http://www.loddonpc.org.uk) or follow us on Facebook for regular updates:

## Home Tutor Needed ?



Leigh has been in Norfolk classrooms since 2009 and is based in Poringland

Q. Does your child need a helping hand to catch-up or to get ahead?

Q. Are they worried about SATS or do they just need some extra confidence?

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*"I still teach and have a current Enhanced Disclosure DBS Certificate. I charge £25 per hour. Lessons – Late afternoon/Early evenings/Weekends/Holidays."*

Contact Leigh Cole on **07766 705988** or [leighcole1@gmail.com](mailto:leighcole1@gmail.com)

*"Quote 'Loddon Contact' for a 1<sup>st</sup> lesson discount. Meet me beforehand for your peace of mind."*

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## **Toddler friendly activity ideas for lockdown: - thanks to ex-editor Megan**

**Baking** - simple recipes like fork biscuits, fairy cakes or scones.  
Cut out fun pastry shapes to make jam tarts.

**Cooking**- Look up Jamie Oliver's recent series Keep Cooking and Carry On on catch up (channel 4) or online - particularly episode 1 diy pasta

<https://www.jamieoliver.com/recipes/category/books/keep-cooking-and-carry-on/>

**Indoor picnic, or garden picnic** if weather/space allows

**Go on a bear hunt** on your daily walk, or around your home or garden

**Make a den** - think clothes airers, blankets/sheets, backs of chairs. Take a torch and a book and have story time inside.

**If you have a small tent** knocking around your garage or loft, dust it off and put it up in your garden or living room - a ready made den, and exciting to pretend you're going on holiday. You could even pack a bag and make a little snugly bed area with blankets and pillows

**Hide and seek** around the house

**Treasure hunts** around the house or garden - the 'treasure' doesn't need to be fancy, e.g. clothes pegs would do

**Obstacle course** - can be done inside if you have space. We went over a cushion, under a broomstick, through a 'tunnel' (coffee table with a blanket over two sides) and up onto a chair. Very basic but surprisingly entertaining

**Scavenger hunts** - make a list of things to find/spot, e.g. something red, a cuddly toy, a book about animals... or make an outdoor themed one for your daily walk or in the garden - a ladybird, a worm, a green leaf, a fluffy cloud

**The box game** - place some items in a box, without your child seeing. Ask them to put their hands in the box and guess what the items are without peeking. Then swap and let them choose items, while you guess

**Set up a library** in your house and play borrowing books

**Save clean recyclable rubbish** e.g. cereal boxes, milk bottles etc for craft- make a rocket, and animal, musical instruments etc - maybe base it around a story your child likes? We made a rocket after reading a Charlie and Lola book where Charlie makes one

**Make your own jigsaw** by cutting up pictures from magazines/ newspapers



For more info contact [ad-  
min@clinkscarefarm.org](mailto:admin@clinkscarefarm.org) or phone  
01502 679134. You can also visit our  
website [www.clinkscarefarm.org.uk](http://www.clinkscarefarm.org.uk)

**Next month's issue will include an article about this local initiative at Toft Monks which combines the care of the land with the care of people in our community .**

### **Eco Church—All Saints, Chedgrave**

All Saints PCC recently completed an online survey, to assess our environmental credentials, and to see the areas in which we need to improve. As you may know, we have been trying to bring our concerns about the environment to the fore, not just through our worship and teaching, but also through community involvement, with the Green theme to last year's Spring Fair and linking up with B-lines. Alas, this year it will not be possible to hold the Fair, but our work continues to promote 'green' concerns.

We are trying to reduce our carbon footprint in our energy use and to use renewable resources where possible. You may be aware too that we have been working to make the Churchyard more bee/bird/bat friendly and have planted patches of native flowers in some of the grave surrounds. We are keen to increase community involvement, so do get in touch if you are an enthusiast or have links with other environmental groups.

The newish Bishop of Norwich is an ecologist by training (and a bee-keeper, as you may have seen in the local press) so he is very keen on church involvement in the global need to reverse climate change- at present this has been pushed off the agenda by the Covid-19 emergency, but long after our present crisis is a (vivid) memory, preserving our precious environment will remain the most important challenge facing us all.

**The survey, by the way, showed that we are at 'Bronze' level- so we are pleased to have started, but there's plenty of room for improvement!**



As with every other aspect of our daily lives, Coronavirus hit the bellringing world with all events and local plans immediately cancelled after the Government announcements. The ringers at Loddon are all of various ages and some went into self isolation straight away to keep away from others. To stay in touch, a Whatsapp group was set up and has proved very useful not only for communicating but also for our mental well being and to be able to make sure everyone is ok and not lonely at this challenging time.

I'm sure as and when we are all able to get back to some form of normality, the bells at Holy Trinity will once again ring out over Loddon.

**Steve Rabong**

### **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*



## Church Services

<b>First Sunday each month</b>		
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
<b>Second Sunday</b>		
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
<b>Third Sunday</b>		
10.45am	Holy Communion	St John, Loddon
11.00am	All Together Worship	All Saints, Chedgrave
5.00pm	Evening Prayer (BCP)	St Mary, Sisland
<b>Fourth Sunday</b>		
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

**If there is a fifth Sunday it is a single service for the whole church community and details of the location will be here as we move it from church to church each time it comes up.**

<b>Every day</b> <b>Morning</b> <b>Prayer</b> <b>9.00am</b> <i>All Welcome</i>	Monday	St John, Loddon
	Tuesday	St. Margaret, Hardley
	Wednesday	All Saints, Chedgrave
	Thursday	St John, Loddon
	Friday	St Mary, Sisland
	Saturday	All Saints, Chedgrave
<b>Other Services in St John's, Loddon</b>		
Every Saturday 6.00pm	<b>Roman Catholic Mass</b>	
Tuesdays 7.30pm- 8.30pm	<b>COME AND PRAY</b> If you would you like to spend some time in prayer with a small group of people you are welcome to come along to <b>'Time for Prayer and Space for Reflection'</b> 3 <sup>rd</sup> Tuesday <b>Midweek Communion with Blessing</b> <i>All are welcome</i>	
Thursdays during school term	<b>Xtra!</b> 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	

**THE NORMAL ROUTINE OF CHURCH SERVICES IS SET OUT  
ON THESE PAGES.**

**AT PRESENT NO FORMAL SERVICES ARE TAKING  
PLACE ,FOR THE SAFETY OF OUR COMMUNITY.**

**OUR CHURCHES ARE LOCKED BUT THE CHURCHYARDS  
ARE OPEN AS PRESENT FOR ANYONE OUT EXERCISING,  
SUBJECT TO ANY FURTHER CHANGES BY THE GOVT.**

## COMMUNITY GROUPS NEWS & EVENTS

**DURING THESE DIFFICULT TIMES WE WILL CONTINUE TO SET OUT THE DETAILS OF THE MANY DIFFERENT ORGANISATIONS IN OUR COMMUNITY WHICH OFFER SUCH A WIDE RANGE OF INTERESTS AND ACTIVITIES TO US ALL.**

**WHERE POSSIBLE WE HAVE INCLUDED CONTACT DETAILS SO THAT YOU CAN MAKE YOUR ENQUIRIES LOOKING FORWARD TO A RETURN TO BETTER DAYS**

Loddon Flower Club

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

---

Loddon Women's Institute

"Although our meetings and events have been suspended or cancelled for the foreseeable future we are keeping in touch and busy - our Facebook Page tells it all ! Find out more about us on the web page for Loddon WI. Contact us via [LoddonWI@gmail.com](mailto:LoddonWI@gmail.com). We are still making the 'traffic light' hats so let us know how you are getting on with them.'

---

Chedgrave & District Women's Institute

Our usual meeting place is All Saints Church Centre, Chedgrave at 2pm.  
Rosemary Whettem, Phone 528291

Unless otherwise specified, meetings are held there on the 4th Tuesday of the month, at 2pm.



## Langley with Hardley Women's Institute

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!

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 once restrictions are lifted

Cost £2.50 per session, first session free.

For more details, please contact Terry on:

Email: [tezzahayden99@gmail.com](mailto: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](mailto:tomenelli@btinternet.com)



## Hales & Loddon Cricket Club

For details contact Pete on

07931711323 or [Pete.dye@canaries.co.uk](mailto: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

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. If you are new to the area, not played for a while, or perhaps want a change in clubs - call us.

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.

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### 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

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### 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.

Meetings are: currently suspended.

---

### 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.

*All meetings are regrettably cancelled due to the current health crisis.*

*Undaunted, and despite being a non-profit organisation with limited funds, the Club has decided to contribute the generous sum of £500 to the Cambridge University Covid-19 Research Programme - <https://shar.es/aHqXxZ> . This is in addition to its usual more modest donations to local charities each year.*

---

## Loddon Community Gym



How are you coping? Everyone's sympathy is with those who, for whatever reason, are confined indoors at this time. For the rest of us, whether Gym users or not, we welcome the sunshine and cheery greetings that meet us on our daily walk, run or cycle ride or foray to the shops (by you read this, supplies will surely have been replenished on the shelves).

All the advice is to do the best we can to keep well and exercise can certainly improve our mental wellbeing as well as our fitness. For some this will be creating fun exercises to do with the children, for others a YouTube fitness class and for many just walking up and down stairs a few more times. Whatever we do is better than nothing!

When the current situation is over (and it surely will be!) call in and see for yourself what the Gym can offer. Everyone whatever age or fitness level will have a programme designed especially for them by Louise our fitness instructor. We will eventually be 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

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Sadly, not operating at present due to the Covid 19 pandemic.

We are a friendly group normally meeting each month for a talk from a guest speaker and refreshments.

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

The cinema is suspended until further notice for the safety of our community.



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## Royal British Legion—Loddon & District Branch



There is no possibility of holding Legion meetings at present,, like everyone else, we are keeping in touch by emails and phone calls.

The virus has virtually put the kybosh on all this month's national and local Legion Victory In Europe (VE) commemorations we are sorry to say, but we will still be remembering in our thoughts and, hopefully, Loddon's display in the window of Youngs in Bridge Street may still be able to go ahead as intended, but we don't know.

In the meantime our branch secretary is still available at the end of a phone (01508 521136) should you need help and advice.

---

## Loddon and Chedgrave District Society

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

*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

All money raised by our displays goes to worthy causes.  
For more details about our club please see our website:

[www.chetvalleyphotography.org.uk](http://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](mailto:jackbarwick@yahoo.co.uk)



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## Loddon and District Horticultural Society

Schedules for our Annual Open Show in September are likely to be reviewed in the light of the Covid 19 pandemic.

Show Secretary Tricia on 01508 520273 or [patricialoades@btinternet.com](mailto:patricialoades@btinternet.com). Will produce information when available.

For other information contact:

Secretary Hazel on 07765098345 or [happyhaze50@gmail.com](mailto:happyhaze50@gmail.com)

Chairman Jean on 01502 710024 or [jeancope52@gmail.com](mailto:jeancope52@gmail.com)

Follow us on our Facebook page or take a look at our webpage on [www.loddon.org](http://www.loddon.org)

## Patient Participation Group

The May meeting is now highly unlikely to take place and we will advise all through Contact when normal service is likely to resume.

### 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](mailto:a.davy@uea.ac.uk)

Andrew Milner 07939134326

[milnerandrew9@gmail.com](mailto:milnerandrew9@gmail.com)

Rodney Aldis 07909 540672

[rodnevaldis@ymail.com](mailto:rodnevaldis@ymail.com)

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## PARKINSONS

Would you like to meet other Parkinsons sufferers? We will normally 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 contact Janet—see below

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

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 if it proceeds.

We had planned a trip to Peter Beales Rose Centre in May but now unlikely.

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.

For up to date info contact Bev on 07826 299290.

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---

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## GARDEN WATCHING WHILE WE ARE HOME



We are not all luckily enough to have gardens to look out on, but perhaps just a view into the outside from a window or doorway. Whatever we have in these quiet times now, there is much less going on outside and around us, and it offers a chance to look out and actually notice the wildlife which surrounds us here.

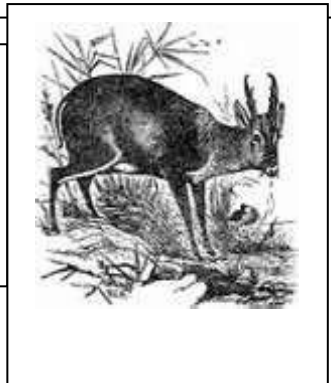
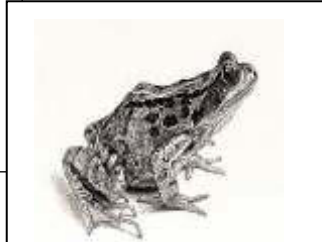
In my four years here I've logged up over 50 species of bird in or over my garden ranging from the regular Sparrowhawk whizzing through looking for breakfast, the little Chiff Chaff only three feet away from me last week in one of the rose bushes, probably returning for summer from lands to the south and the Heron, most recently stood digesting all my pond's goldfish after I forgot to restring the wires over it after garden work!!



[You may be surprised and also spot other visitors, there are quite a lot of hedgehogs around , muntjac deer, rabbits and I've heard foxes and tawny owls near my home. Don't forget the ponds – frogs & newts, maybe slow worms in the compost?](#)



Let us know at Contact if you get something really special, there is always some new arrival out there!



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## Loddon and District Local History Group

There will be more news of our meetings when life returns to normal.

However we have, through the hard work of Carol Webb been able to provide a new display in the window of Youngs in Bridge Street. We are grateful for their continued support. This one features some of extensive collection of maps, which live in the Local Studies Room in Loddon Library. When the Library reopens, during staffed hours, these and many others will again be available for inspection. The collection includes OS maps of the area, the 1910 Domesday Maps and the key to owners and occupiers of the property in Loddon and the surrounding parishes in 1910. There will also be available to view when Holy Trinity reopens, Georeferenced versions of the 1840ish Loddon & Chedgrave Tithe Maps will again be on display..

In the library there are also many folders containing information and photographs relevant to the area. This collection was started by Chris Crease & Carol Webb(then Carpenter) in the 1990's. The collection is added to each year as new information, images and reminiscences are provided by friends both local and across the world.

Some of these are indexed, and we had hoped to be working with the Norfolk Record Office to create a catalogue of our whole collection during the coming years. We have been selected as one of a group of Local History Groups to take part in a two year long project on developing our Archive and making it more accessible. Of course this project is now on hold.

Currently parts of our research is accessible in the churchyard. Mini biographies of a few of those buried there are available to see when you exercise in the churchyard, but remember keep away from other walkers. It may be possible to add to these, in the future.

Meanwhile the early Churchwardens Accounts occupy some of my time. They provide a small window into the goings on in the village from the time of Mary & Elizabeth I through to the late 18<sup>th</sup> century. Maybe next month I can share some "gems" from them.

In the meantime keep safe, well and busy.

**Elvie Herd**

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## Nature Notes

Well, who could have imagined the dramatic changes to the world that have unfolded since I wrote April's *nature notes*? My birdwatching excursions have been curtailed, initially to with in walking distance from our home, and then discovering that I am in the seriously at-risk category, being confined to "barracks" for the foreseeable future. So, all plans are very much on hold. As you read this most summer migrants should have arrived. Swifts should be enticing us with their screaming aerial displays by early May. Swallows, House and Sand Martins will have already arrived, and will be seen displaying over fields, open water and in the case of House Martins around houses. Reed beds will be alive with the songs of Reed and Sedge Warblers, whose songs though similar can be distinguished with practice. The Sedge Warbler's song is like it's on speed, it also tends to sing from a prominent position and will fly up and glide back down to its song perch. Hedgerows will be alive with Common Whitethroat, which has a scratchy song and will also fly up in song and parachute down. Lesser White-throat, whose song sounds like the opening phrase of the Yellow Hammers "little bit of bread" though harsher, will sing hidden away then fly some way off to sing again.

Even back in March insects were beginning to wake up. The first butterfly I saw was a Peacock, followed by the beautiful yellow Brimstone and colourful Tortoiseshell. As well as these harbingers of spring, various Bumble Bees were appearing on sunny days. I have even seen a Bee Fly. This interesting looking insect as its names suggests, looks like the offspring of a bee and a house fly. From the 8<sup>th</sup> of March we were serenaded by a Blackbird from well before daybreak. As morning broke, he was replaced by a Song Thrush and the intermittent drumming of a Greater Spotted Woodpecker, which we can still hear on the 7<sup>th</sup> of April.

Before having to go into lock down, I did manage to see a Wheatear in a field in Seething which stayed around a couple of days. Probably my best bird was with the dogs out in Thetford Forest, looking once again for the elusive Lesser Spotted Woodpecker. I had already seen some amazing views of Nuthatches plus a pair of Kingfishers on the Little Ouse. Deciding to return to the carpark, I was chatting to a group of foresters having their lunch when one of them said, "are you looking for the Lesser Spotted Woodpecker?" I replied the affirmative. "It's sitting on the branch of the tree in front of us" and there it was! What a moment.

Now we are limited to what we can see from the kitchen and bedroom windows where we can observe the busy bird feeders. While digesting the fact I was being quarantined for 12 weeks, we watched an amazing dog fight between two Red Kites and a Buzzard. Then were entertained watching a male Chaffinch deftly removing seeds from Scots pinecones and discarding the papery inedible parts that cascaded downwards. We had the first Brambling of the winter on the feeders, they always seem very nervous watching what everyone else is doing. Then this morning having been enjoying watching a Song Thrush from the kitchen window, I realized the second bird was a Redwing with its prominent eye stripe and orangey patch on its side. The Brambling and Redwing will migrate northwards having overwintered.

Life goes on and we must make what we can of it enjoying what we can see and hear.



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### **“The Distant House,” by Kate Morton**

Kate Morton can be relied upon to give us a thoroughly enjoyable story. The central character is eminently likeable and the reader can picture all the different characters really clearly. The castle is actually based on Sissinghurst, in Kent, so if anyone has visited Sissinghurst with its beautiful garden you will be able to picture the castle in this novel very clearly. The interplay between the family relations - both the sisters who live in the castle and Edith and her parents - is clever and interesting. The whole story is atmospherically written, and trying to guess what has happened to Tom is an intriguing piece of detective work for any reader to take on! As ever, Kate Morton shows a deep understanding of human feelings of all kinds.

### **“The Betrayal,” by Helen Dunmore**

This novel is set in Russia during Stalin’s reign of terror. Having survived World War 2 and its aftermath, Andrei and Anna (a doctor and a nursery school teacher respectively) are trying to live as happy and worthwhile a life together as possible - avoiding any rash or contentious actions or speech which might result in their being noticed by the State Security system. A complication arrives, however, in the admission to the hospital where Andrei works, in the form of the young son of one of Russia’s most powerful men. The author tells a fascinating story of an appalling time in Russia’s history

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### **“Paganini’s Ghost,” by Paul Adam**

A really interesting mystery story this, full of historical and musical information, which is accompanied by several believable and varied individual characters. It’s set in Italy and has a plot that definitely makes any reader want to read to the very end.

### **“The Night Manager,” by John Le Carré**

It may take a while to adjust to and appreciate Le Carré’s style of writing; on several occasions he writes things in list form - lists which can last for whole paragraphs! Once the reader has accepted that, this thriller with its complex plot becomes absorbing. The Night Manager himself is a hotel employee. The hotel is an expensive one in Zurich and is regularly used by very wealthy people, one of whom is Richard Onslow Roper, who is known to some people (including Jonathan Pine, the Night Manager) as “the worst man in the world.” Jonathan has connections with the British Secret Service, who wish to bring down Roper, and in helping them to do so he finds himself in extreme danger. He also has a very personal reason for helping to bring about Roper’s downfall.

Le Carré’s talent for characterisation is brilliant. There are all sorts of different people in this story - young, old; rich, poor; simple to sophisticated; innocent and evil. The tension builds throughout the 473 pages, and you simply have to finish it!

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So if we say 2 adults and 2.4 children, that’s 10,560 feet, divided by 4.4 people, divided by 366 (after all it is a Leap Year) and that gives us 6.55 feet each per day.....Really!!

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Over the years the Niagara Falls have moved seven miles back upstream from their original site!



## **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](http://www.suffolkrecycling.org.uk/news/new-refill-directory-launched)

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

Ernie’s Zero Waste shop on Magdalen Street ([www.facebook.com/EthicalErnie](http://www.facebook.com/EthicalErnie)), and

The Green Grocers on Earlham Road ([www.thegreengrocers.co.uk](http://www.thegreengrocers.co.uk))

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## Gardening Notes

I promised advice on onions last time, so, here it is. Grow them from seed, it requires careful seedbed preparation, but they keep longer. It's less work and more reliable to grow from 'sets', which are small young onions, but dearer. Feed with concentrated seaweed extract or wood ash once they get going. You often see 'sets' packed in tiny wasteful bags. Loddon Garden and DIY sell them loose.

Secondly, before social distancing, I saw packets of veg seeds flying off the shelves. I think after this crisis people will re-evaluate their personal resilience in many ways, including growing their own food. There are currently vacant allotments in Chedgrave and Loddon. Contact the relevant Parish Clerk for details. I'm sure they will put you on a waiting list.

Finally, an allotment anecdote that will hopefully raise a smile. Twenty-five years ago I had an idea to plant an orchard of old Norfolk apple varieties in Loddon. (I planted another orchard recently and the East of England Apple and Orchards Project still lists 40 Norfolk apples that are available and has many for sale.) To help me choose I spoke to people in Loddon and Chedgrave, including Cecil Nichols and Laurie Sayer. They had the best kept allotments in Loddon and were a fair way to knowing how to grow fruit and veg after a lifetime of practice. The apple they remembered most fondly had the local name Rattlebox. The Beccles and Bungay Journal were interested and sent a reporter one glorious sunny morning. She was young, wearing a very short skirt and high heels, not ideal for allotments. I think Laurie was made nervous, both by being interviewed and by a young lady doing it. He was anxiously running some weeds through his hands all the time she was there. She dutifully ran through her list of questions, but didn't seem to be taking many notes, and as we walked back she asked me to go through the answers again. It turned out every time she looked up from her notebook she had been unable to take her eyes off the **nettles** Laurie was running through his bare hands, oblivious to any stings!

Laurie lived in a house that backed onto the Staithe and the apple tree planted there is in his memory and where his garden once was.



**From the Garden**.....not quite from the garden as the plants which have caught my eye are in other people's gardens, I've been keeping my (2 metre) distance. On my daily walk after home working I noticed a small rounded bush with a mass of yellow daisy-like flowers, that looked like chrysanthemum but with grey/green foliage. I used an app on my phone called PlantNet to identify it as *Euryops Pectinatus*. The app also works on wildflowers. The plant is listed by the RHS as a half hardy fast growing shrub up to 1m tall it likes full sun and flowers from June to Autumn, it is still in full flower so the mild winter has been kind, I shall be looking out for one. One plant I have been smelling and not seeing over the last few months is a Daphne, the scent is glorious and travels quite a way on the breeze. I visited a plant friend in February and outside his front door was a large Daphne bush in full flower and scent - the variety was Jacqueline Postill and luckily it had a small rooted cutting !!

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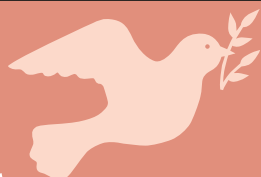
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