

CONTACT

Published by the Church in Loddon

June 2020



Social Distancing: R Y Ball

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alternatively, please get in touch with

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(angliahome96@gmail.com), Loddon

Eleanor Bannister: 07703 124544
(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

David Owen:	01508 522993	david.chetvalley@gmail.com
Louise Morrissey:	01728 830733	delilah.morrissey@gmail.com
Ros Hoffmann:	01508 548200	ros@hoffmann2011.plus.com
Alison Ball:	01508 528126	ball880am@btinternet.com
Jill Haylock:	01508 520248	jillhaylock@aol.com
Fr. Pdraig Hawkins:	01508 492202	office@east-angliadiocese.org.uk



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

Email: c.magazineloddon@gmail.com

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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

So here we are in early May with some possible lightening of the lockdown measures but no real prospect of us all being out and about again any time soon. I suspect that like me, you are missing the face-to-face social contact that we have all been used to and are looking forward to the time when friends and family can get together once again.

Thinking of family—congratulations to our former editor, Megan, and her family on the arrival of Matilda June. Born at home on 15th April. All are doing well. It's lovely to have some good news to share with you all. We wish them all the very best as they adapt to being a family of four.

Lots of people have been learning new skills whilst they have been confined to barracks. For me, once flour and yeast were available, I have turned my hand to a bit of baking—hot cross buns for Good Friday and now some bread. The results have been edible but I think I still have quite a lot to learn!

Meanwhile, if you are struggling in the lockdown, there are people out there to help if they can. There are a number of contact numbers in this issue—do use them.

Allison



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Ministerial Musings

We are living through the biggest global event since the Second World War. It's a situation that seems to present two realities- the old reality, the one we were used to and in which we felt secure and this new reality, where nothing is certain. Under the old reality I would have been in Armenia right now, exploring a very different place and culture. Instead, like most people in the Chet Valley, my life has shrunk to my own home and immediate locality.

On March 23rd all of the things that we had planned were abruptly halted, schools closed, workplaces shut, our movements restricted and our lives put on hold. Perhaps like me you have gone through a considerable range of feelings and emotions about the pandemic in the past two months. Part of me still wants, even expects, to do all the familiar things, and that part is still quite bemused by this strange new situation. The collective shock of the lockdown cannot be underestimated: not only were our nicely ordered lives rudely interrupted, but we became necessarily fearful, to protect ourselves. Living with fear was new to many of us and that in itself is unsettling.

So how do we live with the new reality? Our previous complacency has been shattered, our expectations are all up in the air and we are living with an awareness of uncertainty and instability that is new to the post-war generations. Of course, that uncertainty was always present, but up to spring 2020 we avoided facing any of those unpleasant reflections. We were immune to all of the nasty things our ancestors lived with and that we saw happening in poorer countries abroad.

There are two things that I believe could help us to get through this crisis well. For the first, I require the help of Johnny Mercer:

*You've got to accentuate the positive,
Eliminate the negative,
And latch on to the affirmative
Don't mess with Mister In-Between.*

*You've got to spread joy up to the maximum
Bring gloom down to the minimum
Have faith or pandemonium's
Liable to walk upon the scene.*

For the second, a prayer traditionally used in Compline, the church *night service*:

*Be present, O merciful God, and protect us through the silent hours of this night,
so that we, who are wearied by the changes and chances of this fleeting world,
may repose upon thy eternal changelessness; through Jesus Christ our Lord.*

Amen.

I think we may come out of this crisis as a chastened and more thoughtful society, a society that has seen the value of the humblest workers and had a chance to give real thought to what really matters in life. That could be a society that can tackle climate change, can look after the poorest, can know that we are a global community, dependent on each person. A better world to live in.

Belinda Barwick



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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.

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.

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Saxon House, Kittens Lane, Loddon



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 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

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 gather again once the current restrictions are lifted.

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 12 people who come to Mardles, and there’s room for more! You will be made very welcome.

(‘Mardle’—in Norfolk it means a good old natter!)

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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From the Parish Registers

Thanksgivings

At this challenging time we give thanks 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

Michael Edward Arthur Gunton who died on 14th April 2020
Funeral: 29th April 2020 at Holy Trinity, Loddon (graveside burial)

Terance Roy Lovick who died on 16th April 2020
Funeral: 12th May 2020 at All Saints, Chedgrave (graveside burial)

Win Taylor who died on 29th April 2020
Funeral: 13th May 2020 at Holy Trinity, Loddon (graveside burial)

Gerald Allan Thomas who died on 28th April 2020
Funeral: 20th May 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

News From Your New

South Norfolk District Councillor



A shorter column this month, in these unprecedented times.

Again, I'd like to offer my thanks to the team of 80+ incredible local volunteers we have put together, and for their amazing work helping the staff in Boots, delivering hundreds of prescriptions across Loddon, Chedgrave and Hales & Heckingham.

Please ring me on 07733323581, or Eleanor Bannister on 07703124544, or the South Norfolk Early Help Hub on 01508 533933 if we can help with anything.

My regular surgeries will resume when it is safe to hold them again. Also, each South Norfolk Councillor has just been given their annual £1000 Members Grant, so please get in touch if you have any ideas for good causes. One of the areas I am definitely going to be focussing on is doing something about loneliness amongst our older friends and neighbours across our communities. The volunteer group has shown us what we instinctively already know – that we live in a fantastic community, with brilliant people. I am sure that, between us, we can reach out to our fellow citizens, and make our towns and villages even better places to live in for everyone.

Jeremy Rowe—Councillor for Loddon and Chedgrave.

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We Need Your Help! Do you know someone who lives in Loddon who has made a notable contribution to the community? The Parish Council welcomes your nominations for the **Freedom of Loddon Award**. If you know someone who you think should receive this award, please submit your nomination by June 2020.

Allotments: Now is the growing season and we have vacant plots available!

Vacancy - Responsible Financial Officer: We are currently seeking a part-time RFO to join our friendly and hardworking team. We are looking for a candidate that has excellent bookkeeping PAYE and VAT skills. Please see our website:

www.loddonpc.org.uk.

Vacancy—Parish Councillor: We have a vacancy for a Parish Councillor. If you are interested in local issues and would like to work as part of a team to improve community amenities and facilities, we would like to hear from you. You would be co-opted onto the Parish Council. Qualifications for appointment: 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 has been heartening to see the local businesses and volunteers working hard to help vulnerable people in our community. If you need any assistance, please contact SNC Help Hub on 01508 533 933 or email: 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

Staithe Public Conveniences, The Play Area and Skate Park Closure: Until further notice these public facilities are closed to help prevent transmissions of Coronavirus. The Allotments are still open. Norfolk Constabulary have been visiting Loddon frequently and moving on any groups of people that are not adhering to Government social distancing guidelines. [#StayHomeStaySafe](https://www.gov.uk/government/campaigns/stay-home-stay-safe)

Future Meetings of Loddon Parish Council: Meetings commence in the Library Annexe at 7pm on the second Thursday of each month. Due to Coronavirus, the June meeting may be held remotely. Information on how to access these meetings will be on our website and our Facebook page. The Agenda will be displayed on the notice board on Church Plain and on the Council's website at least three working days before the meeting. The next meeting date of LPC is; 11 June 2020.

Contact Loddon Parish Council on 01508 522020, or email the Clerk; Emily Curtis: clerk@loddonpc.org.uk. The office is in the Library Annexe, Church Plain, Loddon and is open on Tuesday, Wednesday and Thursday mornings between 9.00am and midday. At present the office is closed to the public, but we are still receiving post and telephone calls. More information is available on the Parish Council's website:

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Chedgrave Parish Council

All enquiries please contact the Parish Clerk: Hayley Goldson.

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

Website: www.chedgraveparishcouncil.co.uk



The Parish Council held a virtual meeting on 7th May 2020 (in line with Coronavirus Act 2020). Copies of the minutes are available at Loddon Library, on the Parish Council noticeboard and website. **It is possible that future meetings will also be virtual. Members of the public are welcome to attend – please contact the Clerk for details.**

Coronavirus: For urgent help, including for those not “on-line”, please contact South Norfolk Help Hub on **01508 533933** or earlyhelphubsouth@s-norfolk.gov.uk

Councillor Vacancy: Chairman Colin Gould reported with sadness that Fiona Husband had resigned as councillor. He wished her well and thanked her for her work particularly relating to Wherryman’s Way and Grebe Drive play area. Anyone interested in becoming a councillor should contact the Parish Clerk.

Play Areas (The Pits and Grebe Drive): Closed (at time of writing, 12 May 2020) as per government guidance, please check noticeboards & parish website for changes.

Grebe Drive Play Area: The parish council would like to thank the Loddon Players for their generous donation towards the new play equipment.

Brian Clarke Rooms: Currently closed.

Allotments: Open, with adherence to government guidance on social distancing. One full size plot is currently available. Please contact the Clerk.

Planning Applications: 2020/0632 (combined with 2020/0802). The matter was discussed and the parish council commented that it is dissatisfied with the site of the building compound due to amenity impact on neighbours. The parish council welcomes the removal of the TROD path but suggests that road widening is no longer needed.

Dog Fouling: This seems to have increased lately, particularly along Wherryman’s Way and in the vicinity of Beauchamp House. **PLEASE BAG IT AND BIN IT!**

Lychgate War Memorial: Chairman Colin Gould placed a wreath at the lychgate on 8th May 2020 on behalf of Chedgrave as part of the VE Day commemorations.

White Horse Plain: 50% NCC Parish Partnership funding has been awarded in relation to this project.

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 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

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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.

E– mail: earlyhelphubsouth@s-Norfolk.gov.uk

Telephone: 01508 533933

We are here for those who sometimes can't rely on friends, family or neighbours.

Please let us help.

Science at Home

Chromatography Butterflies

Equipment: filter paper/a circle of craft paper, felt tips, glass of water, pipe cleaners.

How to: using a felt tip, draw a single-line circle around the middle of the filter paper; only use one colour; fold the circle into a cone shape; place the cone in the glass so that it is just touching the water; what happens as the paper absorbs the water? After a couple of hours, lie the paper out to dry, then use a pipe cleaner to scrunch the middle together and create a butterfly shape.

What is happening? Chromatography is a technique for separating mixtures. Here, the ink of the felt-tip (the sample) is put on the paper (the stationary phase) and the water then moves up the paper (the mobile phase). The different pigments of the ink have different properties (more/less soluble etc) which means they travel at different speeds and separate.



Taking it further: children could explore different felt tip colours, different sizes of circles or different sizes and types of paper. They could also use rulers to measure the distance travelled by the different colours.

Find more great ideas at: <https://www.learnbydesign.co.uk/stemathome>
Or look at the Primary Science Teaching Trust website: <https://pstt.org.uk/>

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.



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What's Happening in Loddon Library

All of Norfolk's libraries and library services have been closed until further notice including mobile libraries, the home library service, and Open Library.

All borrowed items will be automatically renewed until further notice, and we are asking people to keep library books at home for the time being.

You will not be charged overdue fees, and any existing charges, as of 17 March, will not increase over time. This covers all items, including books, DVDs and music.

Unfortunately, you will not be able to reserve items, or request inter-library loans whilst our libraries are closed.

From home you can join the Library via the Norfolk County Council website. If you have a library card but can't remember your PIN, email libraries@norfolk.gov.uk

You can download a range of eBooks, eAudio books, eNewspapers, and eMagazines from a range of different apps, including Libby, Overdrive, Zinio and PressReader.

For a full list of our apps visit: <https://www.norfolk.gov.uk/libraries-local-history-and-archives/libraries/find-an-item/ebooks-and-eaudio> If you have any issues downloading your titles, you can get support from staff by emailing libraries.iconnect@norfolk.gov.uk

For children there are regular Storytimes, Bounce & Rhyme sessions, Brick Building Club, reading challenges, and a virtual reading group, among other things. All are available across our social media channels – more info below.

Online reference subscriptions available from home include Encyclopedia Britannica, Times Digital Archive, plus others. Login requirements may vary between titles.

The Business and Intellectual Property Centre can answer enquiries by email, contact bipc@norfolk.gov.uk

If you need help learning how to use online services, register for Learn My Way and enter the name of your local library into the 'Centre' box for free online learning. <https://www.learnmyway.com/>

There are a range of Norfolk Library podcasts to brighten your mood.

The Norfolk Heritage Centre Podcast

Norfolk Libraries – Escape with a Poem

Around the World in 80 Books: Classics in Translation

If you're missing your local book group, why not join the Norfolk Borrowers Facebook group? You'll be able to share what you're reading with others and get lots of recommendations to add to your 'to be read' piles. Just search The Norfolk Borrowers in Facebook.

Website, Social Media, and Contact Info:

Facebook: @NorfolkLibrariesUK or @LoddonLibrary; Twitter: @NorfolkLibs;

Instagram: norfolklibraries; YouTube: NorfolkLibraries

Website: <https://www.norfolk.gov.uk/libraries-local-history-and-archives/libraries>

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Clinks Care Farm is 143 acre County farm just off the A143 in Toft Monks combining the care of the land with the care of people. Participants may have learning difficulties, mental health issues or autism and engage in a various tasks on the farm such as animal husbandry to market gardening. The natural and social environment on the farm has a positive effect on mental and physical health. It provides a meaningful activity and opportunity to learn new skills. People find their confidence and self-esteem increases. Many people have gone back into employment or college and re-engaged actively with their local community. Coming to Clinks Care Farm is a step towards recovery or independence.



Since the care farm opened in 2010 the farm has grown into a community hub. As well as offering help to local people through the care farm, a box scheme was launched in 2012 and the farm gate stall has become a farm shop selling the farms produce such as eggs, meat and vegetables. The produce is grown without the use of chemicals. A bird watching group meets once a month on a Sunday morning and is open to all. Fundraising events such as the ceilidh and 'blues on the farm' are well attended and so is our open day in September

The care farm has had to shut temporarily on 23rd March due to the coronavirus outbreak. Staff and volunteers are continuing to work extremely hard (whilst social distancing!) to double the amount of vegetable we grow for next year. Our shop continues to be open and the veg box scheme has taken on more customers, prioritising people in need.

Our work has resulted in various awards. Most recently we were awarded a 'Rural Oscar' for best social enterprise in England by the Countryside Alliance and also the South Norfolk 'Business in the Community' award.

Clinks Care Farm is a social enterprise. As a not for profit business any profits are put back into the care farm to benefit participants. The Friends of Clinks Care Farm help with fundraising and events and anyone can join the Friends. See our website for details.

For more info contact admin@clinkscarefarm.org or phone 01502 679134. You can also visit our website www.clinkscarefarm.org.uk. For produce enquiries phone 07881 105191

Cannell's Farm Shop has re-opened and we will be practising social distancing, plus we will be offering a delivery service to Loddon and Surrounding Villages, of fresh fruit and veg, fresh milk, eggs etc.

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The Sisland Chronicle

The tragedy of coronavirus is still with us and although this unseen enemy is slowly abating (late April), there is no clear end in sight at the moment. Those of us who live in the countryside must be envied by people living in flats with no outside space. Those of us, whose 'literacy' with a computer is more or less limited to emailing, can only wonder at the power of the internet, however slow, and the ingenuity of our local clergy who are providing some solace for their parishioners; a sincere thank you to all of them.

We have a wide range of Raptors flying around here. Some, supposed to be carrion eaters, seem to have changed habits, and young chickens are falling prey to Buzzards, whilst a Kite was observed flying off with a Partridge, one of a pair nesting locally! Whilst it is encouraging to see populations coming back from the brink, they all have to eat, and many birds, particularly ground nesting ones, are now at risk. On a happier note, the blossom of the hawthorn is brightening the hedges as I write, but with a chill wind from the north-east I am not tempted to 'cast a clout'! An old keeper told me that it was the date and not the flowers that mattered, although in the times when we experienced cold winters, the 'May' put out its blossom towards the end of the month.

Sislanda

Hi – Freddie here. We have been very busy in the garden. I keep an eye on things from my bean-bag, which is under T.s potting bench, where it is lovely and warm, something to do with the sun, I think. I also have my sunbed outside a garage door but I had a fright the other day when a black cloud crept up and, before I could leg it indoors, I was soaked to the skin (well that's what I let them think!) T. said that it came from 'Will's mothers', well, whoever she is, please don't do it again; but I did get a lovely rub down with a towel afterwards! Because we can't go out in the car, I have spent a lot of time chasing pigeons who like our garden for some reason. We also had a lot of young ducks on our pond which I barked at, and got told off – you can't win! When I hurt my leg the vet said I wasn't to go upstairs where I can keep an eye on things from a window; as my leg improved, T. showed me how to go up one foot at a time and my leg is now is now fine. T. says that is because I am being careful. Who said that you can't teach an old dog new tricks! Mind you I'm not really very old (I'll be nine in September), it's how old you feel that is important. T. says that he is only forty-six, but even I know he's telling a 'porkie'!



Cheers, and stay safe, FREDDIE.

Michael Redrup –Thanks

Margaret, Joy and Peter would like to thank friends and neighbours for kind thoughts, flowers and cards in respect of 'Mikey' who died in Harrow on 16th March. 'Mikey' was a much-loved son and brother to us, although living in care. He was lovingly looked after by so many caring staff, enjoying holidays at Disneyland Paris and Majorca over the years. He will be much missed.

Thank you all once more.

Margaret Redrup

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During these difficult times we are aware that some people are in need. Perhaps these can be of help to you:

Loddon Town Estate Trust

What does the Trust do?

We can offer small grants to people who live in Loddon who are going through a difficult time in their lives. The Trust is made up of two strands, welfare and education. Grants are made in proven circumstances, which means you must prove that you need help. However, we really want to help if we can!

Who can apply to the Trust?

The Trust is for anyone who lives in Loddon.

What might the Trust pay for?

These are some of the things we might help to fund:

- Household necessities such as a washing machine or cooker.
- Disability aids.
- Bathroom adaptations such as shower.
- Equipment for educational activities.
- Help to access education or training opportunities.

How do you apply to the Trust?

To find out more about how the Loddon Town Estate Trust might help you, contact the Secretary:

Ann Lumley: 01508 528141 or by post to 1 Harvey Green, Loddon, NR14 6UB.

Please remember that we will need to ask some questions about what you can afford, and why you need a grant. We don't have a big pot of money, so we must make sure we use it wisely.

Chedgrave Church Discretionary fund

We can offer small grants to people living in the parish of Chedgrave who are going through a difficult time in their lives. Please remember that we will need to ask some questions about what you can afford, and why you need a grant. We don't have a big pot of money, so we must make sure we use it wisely.

How do you apply to the Discretionary Fund?

Please contact either Rev David Owen (01508 522993 david.chetvalley@gmail.com) or Rev Alison Ball (01508 528126 (ball880am@btinternet.com);

Foodbank

Please contact Rev David Owen about how to access Foodbank boxes in the Chet Valley (01508 522993 david.chetvalley@gmail.com)

Loddon Primary Federation

Food is available at the Junior School thanks to @morrison's. Please come and help yourselves. The school is open for collections between 9am and 3pm.

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Holy Trinity Bell Ringers



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

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

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

7th June		
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	Holy Trinity, Loddon
14th June		
8.00am	Holy Communion	St Margaret's Hardley
9.30am	Holy Communion (BCP)	All Saints, Chedgrave
10.45am	Morning Worship	Holy Trinity, Loddon
21st June		
10.45am	Holy Communion	Holy Trinity, Loddon
11.00am	All Together Worship*	All Saints, Chedgrave
5.00pm	Evening Prayer (BCP)	St Mary, Sisland
28th June		
9.30am	Holy Communion	All Saints, Chedgrave
10.30am	Morning Worship	St Margaret, Hardley
10.45am	Morning Worship	Holy Trinity, Loddon
6.30pm for 7.00pm	Last Sunday Praise	Holy Trinity, Loddon

***All Together Worship is followed by a Bring and Share Lunch. All welcome!**

Every day Morning Prayer 9.00am <i>All Welcome</i>	Monday	Holy Trinity, Loddon
	Tuesday	St. Margaret, Hardley
	Wednesday	All Saints, Chedgrave
	Thursday	Holy Trinity, Loddon
	Friday	St Mary, Sisland
	Saturday	All Saints, Chedgrave

Other Services in St John's, Loddon	
Every Saturday 6.00pm	Roman Catholic Mass
Tuesdays 7.30pm- 8.30pm	<p>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>‘Time for Prayer and Space for Reflection’</p> <p>3rd Tuesday Midweek Communion with Blessing</p> <p><i>All are welcome</i></p>
Thursdays during school term	<p>Xtra!</p> <p>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>

Church Services during the Covid-19 pandemic

At present (8th May 2020) our churches are shut and will continue to be so until further notice. However, prayer and worship has not stopped!

On Sundays, though we are physically isolated, we are gathering together spiritually to worship at 10.30am. These services are available on our YouTube channel: Chet Valley Churches. The URL for each service and a pdf is on the church website (www.chetvalleychurches.org). If you would like a paper copy of the Sunday service, please contact one of the clergy.

Please contact Rev Alison (ball880am@btinternet.com) about arrangements for Xtra!

Please contact Rev Jill (jillhaylock@aol.com) about arrangements for Tuesday Prayer and Reflection.

Please contact Father Padraig (office@east-angliadiocese.org.uk) for details of Catholic services.

It is possible that we may be open for worship again in June in which case the details listed give you dates, times and services in the churches in the Chet Valley.

COMMUNITY GROUPS NEWS & EVENTS

Loddon Flower Club

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

"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.

We are still making the 'traffic light' hats so let us know how you are getting on with them. If you haven't started, here's the pattern:

TRAFFIC LIGHT HATS

Double knitting wool; 4mm needles

Cast on 48 stitches

Rib 6 rows (K1. P1)

One row plain, one row purl until work measures 4 inches

On next knit row decrease 24 - k2tog along the whole row

Purl row

Next knit row decrease 12 - k2tog along the whole row

Purl row

Next knit row decrease 6 - k2tog along the whole row but don't cast off.

Finish off by threading yarn through remaining 6 stitches and join two side edges to form a hat.

Chedgrave & District Women's Institute

Our usual meeting place is All Saints Church Centre, Chedgrave at 2pm. Unless otherwise specified, meetings are held there on the 4th Tuesday of the month, at 2pm. For further details, please contact Rosemary Whettem on 01508 528291

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

Loddon & Chedgrave Ladies 8 o'clock Club

Sadly, not operating at present due to the Covid 19 pandemic. We are a friendly group 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

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:

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



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.

Hales & Loddon Cricket Club

For 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.



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.



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Loddon Community Gym



With the gym shut, one of the great pleasures is to see family groups walking or cycling together along our country lanes. We've seen lots of small children learning to ride a bike for the first time.

Another joy is the discovery of so many lovely, local walks. Previously we thought nothing of getting in the car and driving to the coast for familiar walks (and afternoon tea!) but this past month we have got out the OS map and looked at where we could walk just from our house in Loddon. What a revelation! I may well be preaching to the converted (after all I am a northerner and have only lived in Norfolk fifteen years - a mere newcomer I hear you say) but how lovely are Warren Hills, Hales Common and Stubbs Common to one side of the A146 and Hales, Beacon Hill and Heckingham on the other. Exercise has been a great pleasure and welcome break from being so much indoors. If you can, give it a go! When it is safe to do so, the Gym will reopen so 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.

Jubilee Hall, George Street, Loddon

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

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

Royal British Legion-Loddon & District Branch



Because we are still in lockdown, we cannot yet arrange any future branch meetings, but we are still active behind the scenes and our secretary Christine Hartley is still available on 01508 521136 to give Legion advice and help.

To commemorate VE day, the branch laid wreaths at Loddon and Chedgrave war memorials (socially distancing of course!) to remember those who did not make it back from war, but our display in the window of Young's will stay in place for a while yet. Do go and see it.

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.



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Loddon Community Cinema

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

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.

Please contact Clive Boyd on 01508 520547, or e-mail cliveboyd@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.

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.

For further details contact the secretary: John McCormack, 5a Norton Road,

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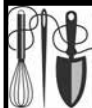
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Plague Quiz

1. Then the LORD said to Moses, “Go to Pharaoh in the morning... Say to him, ‘See, with the staff that is in my hand I will strike the water that is in the Nile, and it shall be turned to XXX’”.
2. At St Mary's, Ashwell, Hertfordshire, an anonymous hand has carved a harrowing inscription: ‘Wretched, terrible, destructive year, the remnants of the people alone remain’. When was the first major outbreak of plague – The Black Death – in England?
3. Which non-human mammal acts as a reservoir and transmits plague?
4. When was the Great Plague of London?
5. How many Londoners are estimated to have died?
6. What proportion of the total population of London was that?
7. In 1853, nearly 5,000 people died of what water-borne infective disease in Copenhagen
8. What pandemic illness occurred in 1918–1920?
9. Which country’s name is associated (somewhat erroneously) with that disease?
10. Which doctor in Berkeley, Gloucestershire, inoculated material from a cowpox vesicle on Sarah Nelmes, a milkmaid, into the arm of a boy, James Phipps, and discovered two months later that he was immune to smallpox.

Submitted by a local doctor

Answers on p39

THANK YOU!

A number of people have contacted Contact to ask us to include some thank yous as follows:

Thank you to all our local traders who have worked so hard to keep us supplied with provisions and other goods during the lockdown. We are very grateful. Perhaps we can commit to our support of these people by continuing to use their services once the lockdown has been lifted.

Thank you to all the volunteers, whether part of the hub or not, who have been helping friends, neighbours and others in our communities in all manner of ways. Perhaps we can continue looking out for one another once this is all over.

Thank you to everyone for their morale-boosting efforts in making things for key workers and for the clapping and other sound effects around the community for NHS staff and carers.

Thank you to everyone who is working so hard to make the lockdown work.

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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. Will produce information when available.

For other 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

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
Andrew Milner	07939134326	milnerandrew9@gmail.com
Rodney Aldis	07909 540672	rodnevaldis@ymail.com

Quiz Answers

- | | | | | |
|-----------------------|--------------|--------------|--------------------------|-----------------------------------|
| 1. Blood | 2. 1348-1349 | 3. Rat | 4. 1665-1666 | 5. 100,000 (allow 90,000-110,000) |
| 6. 25% (allow 20-30%) | 7. Cholera | 8. Influenza | 9. Spain – 'Spanish Flu' | 10. Edward Jenner |

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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.

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



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

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Loddon and District Local History Group

Sadly the restrictions due to the Corona virus mean that meetings for the foreseeable future are cancelled.

Happily there are things to report: The fascinating **VE Day** display by Colin Hartley of the RBS is on display in Young's window.

We have had news of the long awaited Community Archive Project from the newly appointed Record Office staff. **Laura McCourt is the Community Archives Project Manager** previously she has worked at the Parliamentary Archives, the British Library, and the V&A, and having been involved with the local history society where she grew up, is excited to work with us.

Robin Sampson is the Community Archivist for the project. Robin has previously worked at Suffolk Archives, the East Anglian Film Archive, and The Postal Museum. He feels that community archives are a great way of capturing what's important to a community's past, present and future, and is really looking forward to working with us all.

They hope to start their training programme later in the summer, we are hoping that Face to Face meetings& training can start soon, but in the interim the wonders of video conferencing will have to suffice.

Several people have expressed an interest in the project, but more are always needed. No previous knowledge or skills required just an interest in our local history. One of the main aims for us is to get our catalogue updated and online. Some activities can be done in the Archive housed in Loddon Library, but others could be done at home. If you are interested in joining us please email me at: elvie.herd@uwclub.net.

Churchwardens Accounts Each year two men of god character were appointed as Parish Constables (possibly one of the least popular Parish Duties) It could be time consuming rounding up miscreants, taking them to the Justices and even to the Bridewell. At the end of their years duty they submitted their expenses account, some of these accounts have survived.

In 1677 Robert Beames submitted his account (see next page).

It may be possible to find out more about the removal of Ann, or the reasons for Mary Nobbs stay in the Bridewell (Norwich) or Adam Gates stay in the Acle Bridewell, but we shall have to wait until the Record Office reopens.

The last entry was a puzzle. Why should several men be paying a subsidy (a tax) to the Suffolk Justices of the Peace?, until we found, on line, reports of a 1660 sea breach between Lowestoft & Kirkley. It transpired that Loddon fell into the area of the Waveney Flood plain and therefore was liable to contribute to the Sea Wall repairs; in 1660 £10=11=6 was to be collected from Loddon from a total tax of £573.

Elvie Herd

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Account of Robert Beames (1677):

for one horse hire to cary Ann Powters to Hadsco	00=10=0
for a man to cary the said Ann to Hadsco	00=16=0
paid to sev[e]rall seaman travell[e]rs by Justices, Certificates at 3 sev[er]all tymes	00=06=0
for Charges for one Night (a watchman to looke to the said Mary ^{Nobbs} for the Watchmans wages diet and lodginge {Ca} to Conveigh to her ^{^to} bridle/Bridewell accordinge to Justices warrant dated 20 th Aprill last 77	03=04=0
Itm for Charges for one scotchman w ^{ch} I was Charged first by Thos Aggas according to the statute & kept him one night & then to the Justice Catlyen & Cooke I went to the Justices at the falcon at Ditchingham one day for my selfe & my horse hire & expences together	2 05
Itm Saturday June 28 th for the Charges & expences w th Adam Gates for Caring him by Justice warrant to Okell /Acle bridett for hiring 2 horses & asistance for his Conveyance	4 6 0
Itm for my Charge w th Adam gates since his deliv'y out of Bridewell to carry him to his settlement at Calton by Justice warrant	
It for my horse hire & expences for gathering severall somes of subsides for severall men according to a warrant frde from Sir Henry Bacon Sir Willm Cook Barrows & other Justices of peace in the County of Suff for the repairing of Sea Breaches upon the sewers quest	

¹ Sir Henry Bacon 3rd Baronet of Herringfleet 1644-1686

Plants for Sale

Chedgrave Spring Fair and Plant Sale and Loddon Open Gardens have been cancelled for the time being. However, if you would normally buy plants at these occasions, there is still the opportunity to do so.

Chedgrave Spring Fair plants are available on a stall at the bottom end of Hillside in Chedgrave.

Loddon Open Gardens plants are available at Avocet, Norwich Road, Chedgrave.



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Read Any Good Books Lately?

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

Fernando Pessoa, The Book of Disquiet

"Can You Hear Me?" by Elena Varvello

This rather sad story is set in a small place called Ponte, in Italy, in a scorching summer in 1978. A mother, father and son live there, the father (along with many other workers) having been made redundant from his job. The son, Elia, is the narrator of the novel, so everything is seen through his eyes. It becomes obvious that his father has mental health problems - most likely it seems that he is bipolar or schizophrenic. As a result, life is not easy for him, and for Elia many of his father's actions are incomprehensible and frightening. Consequently Elia spends as much time as he can with another boy of his age (16) and then becomes very attracted to this friend's mother.

The novel is written in an unusual style. There are strange, sinister happenings throughout which create an atmosphere of suspicion and fear. Any reader will probably feel that he/she simply must finish this book - and may then find the ending quite surprising.

"Clock Dance," by Anne Tyler

This delightful story has an unusual plotline. There are blocks of time in the life of Willa Drake: 1967; 1977; 1997; and 2017, so from the age of 11 to 61 years old. Willa was born in Arizona, but the longest block of time (2017) takes place in Baltimore. We see her when she was a schoolchild, then as a student who becomes a young married woman. After that we see her in her 40s and then, at the age of 61 when her sons are almost middle-aged, she is married for the second time and is finding her life to be somewhat empty. A long distance phone call, however, transforms her life most unexpectedly.

It's a story that is beautifully written, with lots of humour and some sadness, all underlined by Anne Tyler's extraordinary perception and understanding of people of all kinds and all ages.

"Sunshine on Scotland Street," by Alexander McCall Smith

One of the author's "44 Scotland Street" series. Bertie is six years old and still having to put up with yoga and psychoanalysis sessions - just two of the things his awful mother puts him through! Quite a lot happens in this particular story: Angus and Domenica get married; narcissistic Bruce meets his doppelganger; and with Angus away on honeymoon Cyril (the dog) has a few adventures... McCall Smith digresses frequently, as one interesting thing leads to another interesting thing. He writes as if he's having a chat with the reader, which is a really great talent to have.

continued on p49

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Read Any Good Books Lately?

“The Revolving Door of Life,” by Alexander McCall Smith

Following on from the above book, many of Scotland Street’s characters feature in this quirkily titled one, and again, especially Bertie. Bertie’s mother being away in Egypt for an indefinite time, his paternal grandmother comes to stay and, for once, the little boy has a normal, blissfully happy few weeks of normal childhood: no psychotherapy, no yoga and no wearing crushed strawberry coloured dungarees! Apart from this there are interesting happenings among the adults of Scotland Street and plentiful moments of philosophy as well as whimsical Scottish humour.

“A Snow Garden,” by Rachel Joyce

This is a collection of short stories, all by Rachel Joyce. Each story is loosely linked to the others, but very different and equally delightful. They encompass many varied emotions. One of the reviewers stated, justifiably, that they are “full of bittersweet moments.”

Science at Home

Make your own lava lamp

Equipment: empty plastic bottle, water, oil, food colouring, effervescent tablet.

How to: fill a third of the bottle with water; fill another third with oil; add 10 drops of food colouring; watch how the different liquids settle – what do you notice? Break the tablet in half and add it to the bottle. What happens? Add the remaining half table to continue the results.

What is happening? The oil sits on top of the water because the oil is lighter than the water or, more specifically, less dense than water. When the tablet is added it sinks to the bottom and starts dissolving in the water, creating a gas. As the gas bubbles rise, they take the coloured water with them. When the bubbles of coloured water reach the top, the gas escapes and the coloured water sinks down through the oil.

Taking it further: children could explore what happens if they put the lid on the bottle when the lava lamp is working, whether different oils and food colourings create different effects and whether the ratios of water to oil make a difference.



Find more great ideas at: <https://www.learnbydesign.co.uk/stemathome>
Or look at the Primary Science Teaching Trust website: <https://pstt.org.uk/>

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Nature Notes

Over the last few days, we have enjoyed the high-speed antics and screams of swifts overhead, and the first Swallow flew through the garden on Palm Sunday . On the same day there was also a bat flying, which is the first I have seen around our garden for some years. I am not sure what species it was, but it was larger than a Pipistrelle. As well as the bat, Moles became active in our garden in the area of our bird feeders, they did not seem to stay long but they are back today.

Not being able to get out, we have been intrigued with the various antics of the common birds that we see regularly in the garden. Blue tits and Wrens have kept us amused. But the main stay of the show has been the Wood pigeons, just watch them and enjoy.

I finally discovered that the white butterflies I've seen are Green Veined Whites, which apparently are common. During April we have seen in the garden several species of butterflies: Brimstone, Orange tip, Holly Blue, Peacock, Small Tortoiseshell, Comma and Red Admiral. We even had a large dragonfly fly through, but it was too quick for us to identify.

Lifting one of our patio paving slabs to get at the root of a plant I wanted to remove I found in the region of 20 young Smooth Newts. I have regularly found the odd one or two over the years we have been here but not that number in one place. While on the subject of amphibians we do not get the number of frogs and toads in the garden we used to. We remember walking to the Hardley and Langley Social Club many years ago and having to watch where we put our feet to avoid treading on them. One of the joys of being unable to leave the property is we are getting on with some projects that have been in the idea stage for a while. One has been the construction of a raised pond, within twenty-four hours of filling it Water Boatman had taken up residence.

We still get a real buzz from seeing the Red Kite fly over, they are so elegant in flight, we have seen up to three together but most days we see one, sometimes low over the garden giving brilliant views. We are fortunate in having an early warning system for larger raptures, namely our Bantam cockerel, who is very observant and clucks agitatedly when he sees one. As well as the Red Kite we also had a beautiful male Hen Harrier glide over, light grey with black wing tips, truly spectacular.

Rachel is longing to at least hear a cuckoo, I have been fortunate and seen two on different days, but both were silent, so possibly females, hopefully by next month she will have at least heard one. As we pass from Spring to Summer kept your ears and eyes open as there is so much to see and enjoy. It is also beneficial for good mental health as more people are discovering.



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Gardening Notes

From the garden:

June is a lovely month to sit back and enjoy your garden after all the hard work of the previous few months. Roses and sweet peas are at their best this month and we have a visit planned to a local rose grower Kevin Smith Roses, hopefully we can rearrange for next year if we are unable to go. Kevin had been the speaker at one of our meetings last year, telling us of the 90,000 roses he grows each year for garden centres and supermarkets. The rose rootstocks are planted at the beginning of the year, then budded with the chosen variety and cut down in September ready to be dug up and sent to the garden centres in November.

I like to plant hardy geraniums under my roses and for general ground cover and there are many varieties. They will do well in a sunny spot or shade and can be cut down after flowering to produce a second flush of flowers. Two of the best blues I grow are Johnson Blue and Rozanne, but they come in white, pink, and purple. I have two new ones this year, Spring Fling given to me by a garden friend which has pale green leaves with darker green markings and white flowers with a flush of pink, and Clos du Coudray a French variety with purple flowers and dark green leaves, it prefers a shady spot. The plants are easy to divide in either spring or autumn.

From the allotment:

Or rather from the world outside, but which is essential to it. One aspect to the world environmental crisis is the rapid decline in pollinators and other insects vital to the majority of our flowering plants and many food crops. The primary reasons for these declines are loss of flower-rich habitats (and increased fragmentation of those that remain) and the impact of pesticides. The Chet Valley B-Line (CVBL) is a local organisation trying to reverse this trend by creating a flower rich corridor from Poringland to the Yare.

The good news is YOU can help:

- Avoid harmful pesticides

- Plant pollinator-friendly flowers

- Provide a home - a patch of long grass and a source of fresh water

Most people easily get the first two but seem to struggle with not cutting the grass or at least not cutting all of it. All I seem to have seen recently is grass and wildflowers being cut down. Please don't worry what your neighbours think and break free of your 'neatness' gene before we end up neatening ourselves out of existence!

More good news is that Bergh Apton Conservation Trust after long effort have secured the funds to extend their nature reserve at the centre of the Chet by 12 acres. And out of the blue a local farmer has planted over an acre of pollinator friendly flowers in response to these concerns.

Information on **No Mow May** is at [Every Flower Counts](#) or for lots of ideas and a great video go to [South Yare Wildlife Group](#) click on the Wildpatch page.



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