



# CHET CONTACT

Produced by the Chet Valley Churches  
February 2026



Val Counter  
invites you to her  
Annual Coffee Morning

Saturday  
February 14<sup>th</sup>  
10.00 a.m. - 12 noon

at  
'Avocet' Norwich Road Chedgrave  
(just past the allotments)

Cakes

Raffle

etc.

In aid of the Church  
in Loddon

# HOLIDAY CLUB

## TUESDAY 17<sup>TH</sup> FEBRUARY

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information contact Rowena on [family.bryce@btopenworld.com](mailto:family.bryce@btopenworld.com)

Donations welcomed towards the cost of refreshments and pancakes.

# Chet Valley Churches Information



## Clergy

Miriam Fife:	07593 163920	<a href="mailto:rector.cv@gmail.com">rector.cv@gmail.com</a>
Jill Haylock:	01508 520248	<a href="mailto:jillhaylock@aol.com">jillhaylock@aol.com</a>
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Martin Keenan:	01502 560178	<a href="mailto:martin.keenan@methodist.org.uk">martin.keenan@methodist.org.uk</a>

To arrange a wedding, funeral or interment of ashes, baptisms and thanksgivings please contact Rev Miriam.

For prayer requests and home communion please contact Rev Ros.

Postal address: St John's Chapel, George Lane, Loddon NR14 6NB.

Phone: 01508 520897, Email: [website.chetvalleychurches@gmail.com](mailto:website.chetvalleychurches@gmail.com)  
This phone and e-mail account are also being monitored regularly.

## Church Websites

Chet Valley Churches	<a href="http://www.chetvalleychurches.org">www.chetvalleychurches.org</a>
The Diocese of Norwich	<a href="http://www.dioceseofnorwich.org">www.dioceseofnorwich.org</a>

## Chet Contact

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Please include your name and telephone number.

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## Disclaimer

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## From the Editor

There is always a moment at the start of January when the realisation hits us that we can't say 'Happy New Year' any more - the year has truly begun and we are all busily making plans for the rest of it. Now, here we are already in February, with the promise of Spring glimpsed in our beautiful surroundings; snowdrops peeking through and then the first signs of the Spring primroses and bulbs we planted late last year.

As I write, my mind is still lingering on all the Christmas festivities; this was our first Christmas in the Chet valley Benefice, and what a wonderful time it was. So many from our communities joining in Carol singing in Church and out; in the pubs, in the street, in our care homes and schools. The Victorian Evening , with everyone working together - the church, our local councils, businesses and organisations was a joy. My thanks to all the lovely folk here who work hard to make these things happen.

There is so much to look forward to; February is short, but it's a good opportunity to make plans on how to make the best of our time for a really enjoyable 2026. See inside for many ideas for activities, clubs etc. We are really fortunate to have so much going on. I look forward to seeing you around.

In the meantime, Keep Warm! **Miriam Fife**



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## Ministerial Musings

February is a month in which winter hasn't quite gone and spring hasn't quite arrived. "February fill dike, either black or white" is an old saying which means we could have rain or snow this month.

Some of the worst winter weather has happened in February. Do you remember The Beast from the East when snow fell in February 2018? However, catkins and snowdrops appear and birds are beginning to sing. A drift of snowdrops is a joy to behold. This little white flower is not one of our natives but has been grown in this country for centuries. They are often found in churchyards or in the grounds of old monasteries. There are twenty different species and two thousand plus varieties! Another weather saying is "If Candlemas be fair and bright winter will have another flight. If Candlemas be cold and grey, winter has gone away".

Candlemas, February 2nd . is midpoint between the Shortest Day, December 21st . and the Spring Equinox, March 21st. It's a pivot between winter and spring, between Christmas and Lent. Candlemas has been celebrated from the 4th century.

It's the day when the church remembers an incident from Jesus' childhood. Mary and Joseph brought the baby Jesus to the Temple in Jerusalem to present him to God and to offer the poor person's sacrifice of two pigeons. Mary was also "cleansed" after the birth. You can read the story of the Presentation of Jesus and the Purification of Mary in Chapter 2 of Luke's gospel.

While the family was in the Temple, a man called Simeon approached them. He had been promised by God that he would see the Messiah before his death. He recognised the baby as the long-awaited Messiah and praised God. Simeon knew that the baby was no ordinary baby. He was the one sent by God to be a blessing to his people and even, more amazingly, to be a light to all people.

This baby was for everybody! Jesus still is for everyone.

**Ros Hoffman**



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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 (BCP), Common Worship, informal or Celtic style. See weekly news sheets for details or speak to a member of the ministry team.

**Morning Worship** is held regularly in Loddon and Hardley.

**Evening Prayer (BCP)** is on the third Sunday of the month in Sisland.

**Café Church** is on the first Sunday of the month at All Saints Chedgrave. T

This is a relaxed and contemporary way of 'doing church'. Open between 10:00am and 12.00 you can join in with as much or as little as you wish; every session will be a variety of coffee, cake, discussion, crafts, games, stories, reflection and song, suitable for all ages.

**Last Sunday Praise: Contemporary Evening Worship Service** is held in St John's Chapel every last Sunday of the month. Refreshments from 6.30, service begins at 7pm. A warm welcome awaits at this informal, Spirit-filled service!

*In Loddon and Chedgrave there is the chance to enjoy a chat over refreshments after services. There are toilets and baby-changing facilities at St John's, Loddon and All Saints, Chedgrave.*

*Families are welcome at all of our services.*

**Home Communion:** If you would like home communion, because you are unable for any reason to get to a Sunday service, please contact one of the clergy.

**Times and details of the services can be  
found in the centre pages of the magazine.**



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## Church Groups

### Friends and Neighbours

Don't be Lonely!

If you've been widowed or have lost your life partner join us at St John's Lecture Hall on the **first Thursday of the month**. Make new friends, enjoy tea or lunch together.

#### Future Meetings:

**February 5th** - The next meeting will be at the Lecture Hall, George Lane Loddon.

Lunch at 12.30 pm will be followed by the AGM and social time.

To join the group, please ring Rev Jill on 01508 520248.

### 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 10:00am-12:00 noon**. Come and go as you choose. You will be made very welcome.

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



### 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.



To join or just to know more, please contact the Church Office

### Noah's Ark



**Wednesdays 9.15—11.30**

### St John's, George Lane Loddon

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## From the Parish Registers

### Baptisms & Thanksgivings

*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.*

### Funerals

**John Webb** who died on 1st November 2025 aged 89 years.

Funeral: 19th November at Holy Trinity, Loddon.

**Beryl Bayford** who died on 14th October 2025 aged 82 years.

Funeral: 25th November at Waveney Crematorium

**Donald Driscoll** who died on 27th October 2025 aged 85 years.

Funeral: 28th November at All Saint's Chedgrave.

**Margaret Palmer** who died on 16th November 2025 aged 82 years.

Funeral: 4th December at St Margaret, Hardley.

**David Leathersich** who died on 15th November 2026 aged 99 years.

Funeral: 9th December at Holy Trinity, Loddon

**Russell Sutton** who died on 30th November 2026 aged 85 years.

Funeral: 16th December at Holy Trinity, Loddon.

*Since we believe that Jesus died and rose again, even so, through Jesus, God will bring with him those who have died. So we will be with the Lord for ever. 1 Thessalonians 4:14, 17b*

**We pray for all the couples looking forward to marriage in our benefice in 2026.**

May they know the peace and joy of Christ as they prepare for their special day.

## YOUTH      4C ~ 4C ~ 4C      GROUP

Our Youth Group meets in St John's Loddon on Fridays in term time,

4.30 – 6.00pm.

Working with Youth For Christ. Our young people have fun, ask questions and explore Christian faith through games, media, discussion and more, including all their 4C's (come along to find out what they are!)

**Open to all Y6 – Y11 students**

£2 per person; £3 for two or more from the same family. To join contact Rev Miriam on 07593 163920 or Gary Watson at [gwatson@norwichyfc.co.uk](mailto:gwatson@norwichyfc.co.uk).



## News from Your Local Councillors



If I haven't wished you a Happy New Year yet, then I apologise, things have been a little hectic at County Hall over the Christmas period.

You will no doubt have read that the Devolution deal that we were promised, and which was scheduled to elect our new Mayor this May, has now been postponed for 2 years. I cannot tell you how frustrated we all are having worked hard to get our region onto the priority program, having got 90% of the way there towards setting up the new combined authority and having spent years now trying to get this over the line. So what happens now?

We are still discussing with government if we can access some of the Investment Fund that we were promised, so that we can start delivering the projects that all Norfolk and Suffolk councils had come together to propose for our two counties. Devolution isn't dead yet, but

it is currently on life support. You will also have seen the speculation about holding elections this year. I have been very clear that I will not be requesting any further delays. This mess is not of our making, the government need to decide what they want and sort it out!

If you have any issues or I can help in any way, please contact me at [kay.masonbillig.cllr@norfolk.gov.uk](mailto:kay.masonbillig.cllr@norfolk.gov.uk)

**Kay Mason-Billig**

I'd like to start this month's column by hoping that, as well as a good Christmas, everyone has a Happy New Year. I'd like to especially express my good wishes to our valued friends and neighbours who have joined and enriched our community from other parts of this world. You are all part of our community, and very welcome; we would be poorer without you.

It was a pleasure once again to work with the ChetChat group, organising and delivering 117 Christmas hampers across the local area. Huge thanks to local businesses, and to many local friends, for their generosity, which enables us to continue this valuable local tradition. I'd like to pay particular thanks to Jo and Frank at The Angel, for their support and hosting of our Christmas Quiz.

I would like to pay tribute to teacher Paul Graveling for the incredible service he has given to my children, and to many hundreds, probably thousands, of others, during his long and distinguished career at Loddon Junior School. Thanks also to Paul's wife Hazel, who I know has been an incredible support to Paul over the years.

In terms of Chairing the Scrutiny Committee, on behalf of residents, our 2026 work programme starts off with a look at the SNDc budget, which obviously has an impact on all of us.

Finally, my next surgery is taking place **2-3pm 14 February** in Loddon Library.

If there is anything I can help with, please get in touch. We are elected to serve you, and will always do that.

**Jeremy 07733323581**

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## **Chedgrave Parish Council**



All enquiries please contact Tel: 07592 933174 Email:

clerk@chedgraveparishcouncil.gov.uk

Website: <https://chedgraveparishcouncil.gov.uk/>

Facebook: <https://www.facebook.com/Chedgrave-Parish-Council>

**Brian Clarke Room:** Do you need a bright modern room to run your club or association? The Brian Clarke Room is adjacent to the play area, has a fully equipped kitchen, is wheelchair accessible and has a hearing loop. It's great for parties, family gatherings, meetings and clubs. Please contact Georgina Buckle to book 07981 856270 or [brianclarkeroom@chedgraveparishcouncil.gov.uk](mailto:brianclarkeroom@chedgraveparishcouncil.gov.uk).

**Allotment Vacancies:** The allotments currently has a ½ plot vacancy. Residents from Chedgrave and surrounding villages can apply. Please contact the Clerk.

**Dogs:** Please keep your dogs on a lead, keep them out of our play areas and PLEASE remember to pick up any poo left by your dog!

**Next Meeting:** See website



## **Langley with Hardley Parish Council**

All enquiries please contact the Locum Parish Clerk: Hayley Goldson. Answerphone: 07516 361239 Email: [clerk@langleywithhardley-  
pc.gov.uk](mailto:clerk@langleywithhardley-pc.gov.uk). Website: <https://Langleywithhardleypc.norfolkparishes.gov.uk>. Find us on Facebook!

Langley with Hardley Parish Council held its meeting on 8th December 2025. Council Staff: Due to sickness, the parish council the November meeting was postponed to 8th December. The council joined in wishing the Clerk well for her recovery. A Locum Clerk, Hayley Goldson, was appointed to assist temporarily.

**Remembrance Sunday:** Cllr Jane Pearman laid wreaths on behalf of the community on 9th November at 12 noon in remembrance of those lost in conflict.

**Budget 2026/2027:** The council has started the process of setting its budget for the next financial year. This will be approved in January 2026 and the council precept will be set.

**Councillor Vacancy:** Don't forget there is a vacancy on your parish council! It is a friendly, committed team of people who voluntarily give their time to try and maintain your community as a lovely place to live and work. Please contact the Locum Clerk for more information.

**Dogs:** Please keep your dogs on a lead, keep them out of our play area and PLEASE remember to pick up any poo left by your dog!

**Next Meeting: Tuesday 10th March 2025 at 7.30pm, Langley with Hardley Village Hall. All welcome!**



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## Loddon Town Council (LTC)

All enquiries please contact the Parish Clerk: Emily Curtis  
Tel: 01508 522020 Email: [clerk@loddontowncouncil.gov.uk](mailto:clerk@loddontowncouncil.gov.uk)

Website: [www.loddontowncouncil.gov.uk](http://www.loddontowncouncil.gov.uk) for info on meetings, etc.

Facebook: [www.facebook.com/loddontc](http://www.facebook.com/loddontc)



### 2025: A Year of Progress for Loddon Town Council

Loddon Town Council is proud to share a snapshot of what was achieved in 2025. Thanks to strong partnerships, careful planning, and the commitment of councillors, staff, volunteers, and residents, 2025 was a year of meaningful progress for Loddon.

**Environment and Public Spaces:** £10,000 from South Norfolk Council's Conservation Fund supported Warren Hills Woodland. A new community orchard was planted, a volunteer Biodiversity Warden appointed, a new notice-board, the Big Litter Pick, Love Loddon flower towers, and Community Payback teams helped keep the town clean and welcoming.

**Transport, Highways and Safety:** A Traffic Review Working Party was established. New and upgraded bus stops were delivered on Church Plain, the A146 and Beccles Road, and the High Bungay Road TRO was completed. The SAM2 speed device was regularly rotated, new grit bins purchased, and the High Street – Mill Road footpath formally registered.

### Chet Valley Community Larder:

If you would like to know how to get involved in helping with this resource, please contact Kerry: [finance@loddontowncouncil.gov.uk](mailto:finance@loddontowncouncil.gov.uk). **Opening hours:** Monday between 12.00 - 1.00pm and Saturday between 1.00 - 2.00pm in Loddon Library. Please see our Facebook page for updates.

**Allotments:** If you live in Chedgrave or Loddon and wish to be added to the Allotment waiting list, please contact Jo: [admin@loddontowncouncil.gov.uk](mailto:admin@loddontowncouncil.gov.uk).

**Small Grants:** LTC have recently awarded several small grants to local organisations. If you would like to apply for a local group/organisation (generally up to £100), please see our website for more info/application form.

**Local Support:** If you need support, South Norfolk Council's Help Hub can direct you and is available via 01508 533933. They also now have a handyman service available. More information is available via: [www.loddontowncouncil.gov.uk/local-support](http://www.loddontowncouncil.gov.uk/local-support).

**Meeting dates, contact information and updates can all be found on the Council website: [www.loddontowncouncil.gov.uk](http://www.loddontowncouncil.gov.uk) or call 01508 522 020.**

## DIGITS IT SOLUTIONS

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Home visits timed to suit you.

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[john.h@digitsitsolutions.co.uk](mailto:john.h@digitsitsolutions.co.uk)

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## Chet Valley Acupuncture

Acupuncture to support a range of issues incl. musculoskeletal, neurological, gynae / menopause, headaches/migraines, psycho / emotional

Naomi Last BA, BSc, LicAc, MBAcC  
tele: 07522 231169

[naomi@chetvalleyacupuncture.co.uk](mailto:naomi@chetvalleyacupuncture.co.uk)  
[www.chetvalleyacupuncture.co.uk](http://www.chetvalleyacupuncture.co.uk)



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Experienced and passionate maths tutor I tutor Mathematics online to help students develop confidence, excel in exams, improve their grades and achieve their goals. I hold a First-Class Honours degree in Computer Science, an A at A-Level in Maths and an A\* in GCSE Maths.

Call Alex McRobie on 07922 096417



## PILATES WITH KATRINA

New Pilates Mat Class

Langley Village Hall, NR14 6AD

Mondays at 10.15am

Strengthen, Stretch, and Energise Your Week

Contact Katrina to book a space or for more information.

**07725 527669**

[katrina@pilateswithkatrina.co.uk](mailto:katrina@pilateswithkatrina.co.uk)

[www.pilateswithkatrina.co.uk](http://www.pilateswithkatrina.co.uk)

[facebook.com/pilateswithkatrina](http://facebook.com/pilateswithkatrina)

Whether you’re new to Pilates or looking to deepen your practice, this class is designed for everyone.

Scan code for website and full timetable



Start your Mondays the right way—move, breathe, and feel great!

## **Hales & Heckingham Parish Council**

**For all enquiries please contact:**

**clerk@halesandheckingham-pc.gov.uk**

**Website:** [www.halesandheckingham-pc.gov.uk](http://www.halesandheckingham-pc.gov.uk)

**Facebook:** [www.facebook.com/Hales & Heckingham Parish Council](http://www.facebook.com/Hales & Heckingham Parish Council)



**Next Parish Council Meetings: Monday the 2nd of February 2026 and 2nd of March 2026 @7.30pm**

**Meetings held on the 1<sup>st</sup> Monday of Every Month** at the Hales Assembly Hall, Briar Lane, Hales. Agendas are posted on the notice board in the brick bus shelter opposite Masala Garden and on our website 3 days before the meeting. Minutes are displayed in the same places.

**Signs, Potholes & Footpath Issues** – If you see anything that is not right please advise South Norfolk Council through their webpage <https://apps.norfolk.gov.uk/HighwaysDefect/>.

**Dog Walkers** – A polite reminder to observe the Country Code, especially at this time of year with livestock around. Please pick up your dog's poo, as it is a health hazard as well as being unpleasant. Thank You

**Hales Green Common** – We kindly remind residents and visitors to abide by the bylaws which are displayed on the public notice boards around the common.

**Community Volunteering Scheme** – We continue to seek your help in supporting community projects to improve village life. We are currently looking for volunteers who would be interested in changing the composite site into Community Gardens. Please let us know if you would like to get involved by emailing the Parish Clerk.

**Councillors Vacancies** – If you care about where you live, we have vacancies on our Parish Council. We provide a voice for concerns, ideas, and initiatives that help promote village life. Please get in touch with our Parish Clerk on the above email.

**Do you need help?** – South Norfolk and Broadland's hub assist with a wide range of problems. Contact details [Tel:1508 533933](tel:1508533933) or via email at [helphub@southnorfolkandbroadland.gov.uk](mailto:helphub@southnorfolkandbroadland.gov.uk). Opening hours are 8.15am until 10.00pm Monday to Friday (excluding bank holidays)

## **Langley with Hardley Village Hall**

For hiring the hall call 01508 520184 Jane or Tibby. The hall has a well equipped kitchen, disabled access, disabled toilet. Good sized space for any function.



### **WORLD DAY OF PRAYER**

The 2026 World Day of Prayer Service is prepared by Christian women in Nigeria. The service will be held in St John's Chapel, George Lane, Loddon on Friday 6th March at 7pm.  
All welcome.

There will be a practice of the songs at St John's on Monday 2nd March at 10am.

## Notes from Sisland

I always look back at the words of previous entries when considering what I might include in the entry I am composing. In January 2024 the temperature was 14, last year 5 o and today it is -4. We can only comment on the increasing contrasts we see around us, and, within reason, these temperatures would all have been on the fifth of the month.



I enjoy January as we can reflect on the opportunities of the last few weeks to gather and celebrate the Christmas season, the buzz of activity around the Victorian Evening as well as the carol service where we enjoyed mince pies, mulled wine and the opportunity to chat. To catch up with friends and neighbours and enjoy spending time together. Thank you to all who supported Sisland Church through the tombola or being with us at a service. We are grateful, with everything that we reflect on in the news, to be able to celebrate and enjoy these occasions. As we progress through the winter months we are looking forward to the longer days and the warmth of spring, but also the plans for community events and other opportunities to gather together. At the forthcoming PCC meetings, across the Benefice, we will discuss fund-raising opportunities and community activities not only to fund repairs but also to grow our communities and support networks.

This year, as in previous ones, we are hoping to offer Sunday Teas in August as part of this strategy. We continue to look to support all those who are working tirelessly to maintain our building and communities through this period. The opportunity to come together and share, at Christmas time as well as in the spring and summer is an important part of the Christian faith and demonstrating a supportive community. With so many in our community willing to provide and share food in these difficult times, we will all continue, I am sure, to understand the importance of this work, but also the ability of food to bring many together for the mutual benefit of all.

**Rowena Bryce, Churchwarden**

# Sport

## Loddon Ladies Hockey Club

Feel like you want to get involved in a new sport? Or perhaps you used to play when you were at school and fancy giving it another go? We welcome new members of all ages (13+) and abilities. Come and get fit, have fun and meet friendly women from in and around the local area. We train every other Tuesday night at Langley School (NR14 6BJ), 7:00pm-8:30pm. More info: [www.loddonhockey.com](http://www.loddonhockey.com); email [hello@loddonhockey.com](mailto:hello@loddonhockey.com).



## Hobart Badminton Club

We are looking for players to join our friendly club of all ages from 16+. Playing experience desirable. We meet at Hobart High School sports hall, every Tuesday from 7:30-9:30 pm. Cost £6.00 per session, first session free.



More information from Terry: [terryhayden.sportsclub@gmail.com](mailto:terryhayden.sportsclub@gmail.com).

## Loddon Junior Badminton Club

Held at Jubilee Hall, sessions are just £3.50.

Wednesday evenings: 6:45-7:45pm, children aged 8-14 years.

Thursday evenings: 7:30-8:30pm, children aged 15-18 years.

Open to all children regardless of ability.

Sessions run by qualified coach. Rackets and shuttles provided.



For more info, contact Paul on [paulr2677@gmail.com](mailto:paulr2677@gmail.com) or 07903 794613.

## Loddon Swan Bowls Club

If you've never bowled at our club please come and give it a try.

We have a very competitive evening league, a cup competition monthly and Roll-Ups Mon, Wed and Fri at 2pm and Tues, Wed and Sat at 10am.

Subs are £30 (Sept to April) Match Fee £3

Come and give us a look, you will be very welcome.

Further information from—Paul Clemence (Chairman) on 07833 764698.

### For Sale.

Yamaha electric organ.  
Contact Hazel Orford 528967

## Loddon Community Gym

The Library Annexe, Church Plain, Loddon, NR14 6EX

Tel: 07534 946143 [www.loddoncommunitygym.com](http://www.loddoncommunitygym.com)



Whatever your age, there's strong evidence that physical activity helps with a healthier and even happier life. People exercising regularly can have lower risk of many chronic diseases, heart disease, stroke, type-2 diabetes and some cancers. Research shows regular exercise can boost self-esteem, mood, sleep quality and energy levels.

Here at your Community Gym in the Library Annexe we are well-equipped, affordable and not-for-profit and for over 11 years have offered the opportunity for our members to achieve and maintain a level of fitness to help improve their wellbeing and quality of life. There is a friendly and relaxed atmosphere and a genuine feeling of a social environment, and definitely no pressure!

For more information why not drop by to see us or call our qualified trainer, Louise on 07534 946143. We are open every weekday to those 16 years old and over. Full details of our hours and costs can be found at [www.loddoncommunitygym.com](http://www.loddoncommunitygym.com) or scan the QR code shown.



## Jubilee Short Mat Bowls Club

We meet on a Tuesday afternoon, 1:30-3:00pm in the Jubilee Hall, George Lane, Loddon, and are a very friendly non-competitive little group. Beginners are very welcome; just bring flat indoor shoes and we can supply some bowls. The right money, £3 and a sense of humour are also appreciated. Info from—Sara: 01508 521958 or Sheryl: 01508 677272 .



## Loddon Tennis Club

Loddon has two floodlit courts, situated adjacent to the Loddon & Chedgrave Playing Field. We are a thriving tennis community with over 150 members. Memberships are affordable; pay and play is at £5/hour. Website: <https://clubspark.lta.org.uk/LoddonTennisClub>.

Email: [loddontennis@loddontowncouncil.gov.uk](mailto:loddontennis@loddontowncouncil.gov.uk)



## Davy Place      Enquiries to Carol Castle on 01508 826488.

Bingo—Monday afternoon at 2:00pm. All money is given back as winnings.

Hoy is on the last Saturday in the month at 7:00pm.

Cards is on a Wednesday afternoon at 2:00pm.

Come along for a relaxing time. All welcome.

Enquiries to Carol Castle on 01508 826488.

## Community Groups, News and Events

### Chet Valley Patchworkers

We are a small group of friendly sewers who get together on the last Wednesday of the month to enjoy their shared pastime. We meet at The Brian Clarke Rooms, Chedgrave 9:30am to 12:00 noon where we share our quilting successes, failures and learn from and with each other. Whilst we do not 'teach' how to do patchwork or quilting we do share the vast amount of knowledge we have within the group—so those starting out in the craft can pick up how to, tips and tricks; somebody is always willing to give advice or show you how. If we don't have anything to work on at group meetings we often bring along other crafts such as crochet or knitting and enjoy a show and tell of finished items and each other's company.

If this is something you think you might like to come along to, your first meeting is free - we pay by annual membership, which is decided each May. Contact Vicki Radley on 01508 538461 or email [vicrad@live.co.uk](mailto:vicrad@live.co.uk).

We look forward to welcoming you.

### Loddon & Chedgrave Social Group

#### American Library and Pizza Express lunch

Thursday 26th February - 11.00am - Cost £3.00pp pay in advance or on the day.

Our next event is a visit to The American Library, located in Norwich Library at The Forum, Norwich (inside and to the left of the library entrance). Staff will give a talk on the 2nd Air Division in WW2 East Anglia followed by a tour of the library's collection. This will be followed by (an optional) lunch at Pizza Express in The Forum at 12.15pm to which all members are welcome.

To book your place on the tour and/or lunch please contact Sharon Brown - [lcsg.secretary@gmail.com](mailto:lcsg.secretary@gmail.com) - 07546 973017.

How to join - Throughout the year we run a variety of events for our members including walks, talks and visits to gardens, museums etc. Hopefully there is something of interest for everyone. If you would like to join our friendly group the annual fees are only £6.00. Please contact Hillary Meredith (Membership Secretary) on 01508 520457 or email Sharon Brown (Secretary) at [lcsg.secretary@gmail.com](mailto:lcsg.secretary@gmail.com).

## Loddon Bell Ringers

Looking back we rang a half-muffled quarter peal of Plain Bob Triples on Remembrance Sunday afternoon to remember the fallen in wars around the world past and present. The 1260 changes took 47 minutes to complete and the ringers were 1. David Webb 2. Jeannine Roe 3. Paul Norris 4. Sandra Norris 5. Ann Webb 6. Stephen Rabong 7. Katie Wright (Conductor) 8. Levi Lovelock.

During the last month we have also rung quarter peals with others at Norton Subcourse, Ludham, Bergh-Apton, St Peter Mancroft in Norwich, Necton, Castle Acre, Shipdham, Saham Tony, East Raynham and Wighton in North Norfolk.

We also took part with others in three Peals during December. 5040 Seven Surprise Minor methods at St. Peter Mancroft in 2 hours 45 minutes, 5040 Seven Treble Dodging Minor methods at Norton Subcourse in 2 hours 47 minutes and 5040 Seven Surprise minor methods at Long Stratton again in 2 hours 45 minutes.

We rang our bells for the Victorian evening at the start of December, the carol service, crib service and evening service held at Holy Trinity on Christmas Eve and then again on Christmas morning itself.

Some of our members worked hard to master the art of ringing tunes and Christmas carols on handbells and entertained many people at a concert given at the Angel pub in the run up to Christmas Day. This was the first time some of our members had rung handbells and they gave a wonderful performance.

A Peal of 5088 Cassiobury Surprise Major was rung at Holy Trinity on New Year's Day taking 2 hours 55 minutes to ring to welcome in 2026.

**Steve Rabong**

## Royal British Legion—Loddon & District Branch

A Peaceful and Happy New Year to all our friends and supporters. Our next meeting will be on Monday 16th February 2026, at 7pm in the Lecture Hall, George Lane, Loddon. We meet the third Monday evening of each month. If you feel you may like to join us, just pop along. You do not need to have been in the Forces. Just a wish to support those who have done, or are still serving.

We continue to require knitted/ felt or crochet Red Poppies please, for when we take our Gazebo to Seething Control Tower Museum Open Days. 01508 521136.



## Church Services

### 1st February

9:00am	BCP Holy Communion	St Mary, Sisland
10:00-12 noon	Café Church	All Saints, Chedgrave
10:45am	Holy Communion	St John's, Loddon

### 8th February

9:30am	Holy Communion (BCP)	All Saints, Chedgrave
10:45am	Morning Worship	St John's, Loddon

### 15th February

10:45am	Holy Communion	St John's, Loddon
11:00am	Morning Worship	All Saints, Chedgrave
4:00pm	Evening Prayer (BCP)	St Mary, Sisland

### Wednesday 18th February—Ash Wednesday

7.00pm	Ash Wednesday Service with Imposition of Ashes	All Saints, Chedgrave
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### 22nd February

9:30am	Holy Communion	All Saints, Chedgrave
10:30am	Morning Worship	St Margaret, Hardley
10:45am	Morning Worship	St John's, Loddon
7:00pm	Last Sunday Praise	St John's, Loddon

### A Passion for Christ

This year's Lent study will look at Michael Baughen's study series on the Passion of Christ through Paul's letters. Wednesdays during Lent, in St John's Church 2.30pm—4.00pm. First session 25th February. All are welcome. Further information from Belinda: [belindabarwick@yahoo.co.uk](mailto:belindabarwick@yahoo.co.uk) or phone the church office.

## Other Services in Chet Valley Churches

<b>Morning Prayer</b>	Monday	St John's, Loddon
	Tuesday	St Margaret, Hardley
	Wednesday	All Saints, Chedgrave
	Thursday	St John's, Loddon
<i>All Welcome</i>	Friday	St Mary, Sisland

### Ash Wednesday and Lent

#### In the Chet Valley Benefice

Join us on Ash Wednesday as we mark the beginning of Lent with a service of reflection and prayer and including the imposition of ashes.

All Saint's, Chedgrave 7pm 18th February.

#### Journey with us through Lent

At our small group sessions at 2.30pm on Wednesdays.

All are welcome to this friendly group as we discover more about our Bible, our Faith and ourselves as we look ahead to Easter.

St John's Chapel. Lent sessions start 25th February.

Catholic Church of Our Lady of the Annunciation

21 Upgate, Poringland, NR14 7SH

Priest-in-Charge: Fr Andrew Eburne

✉ [andrew.eburne@rcdea.org.uk](mailto:andrew.eburne@rcdea.org.uk)

✆ 01508 494770

Weekday Mass times may vary – please check our website:

[www.ourladyporingland.wordpress.com](http://www.ourladyporingland.wordpress.com)

Church Room available for hire, with modern AV facilities.

For services in Beccles and Bungay see  
[www.WaveneyValleyCatholics.church](http://www.WaveneyValleyCatholics.church)

#### Mass times:

Saturday 6pm  
(anticipatory)

Sunday 9am

Weekdays

10am / 6pm

## **WANTED**

### **CARETAKER - ALL SAINT'S CHURCH - CHEDGRAVE**

The congregation and Parochial Church Council at All Saint's Church, Chedgrave, is looking for a volunteer caretaker to assist with the care of the buildings and churchyard. The role would include helping to maintain the church buildings and churchyard, keeping an eye on minor repair work and working with the PCC to ensure this lovely church building continues to be a safe and welcoming place for everyone in the community.

Our Church Buildings are a much loved asset in our communities and we would like to keep it that way! If you are interested in taking on this role, or sharing it with another person, and would like to know more, please contact the Rector, Reverend Miriam Fife by email at: [rector.cvb@gmail.com](mailto:rector.cvb@gmail.com).

## **SAXON HOUSE**

### **Inter-generational Music Group**

We are a group of parents and carers who bring pre-schoolers along for a fun session of singing together with residents at Saxon House. Working with the Chet Valley Churches, we meet every Thursday from 10.00–11.30am and share refreshments and chat afterwards.

Some of our toddlers have moved up to Nursery school, so we have places for newcomers. If you would like to join us, please contact the Rector in the first instance, who will put you in touch with the group.

**A great way to meet others with little ones and connect with older generations.**

### **Indoor Car Boot Sale at the Jubilee Hall, Loddon**

**Sunday 22nd February 10-12.00**

**Refreshments Available**

## Time for Prayer and Space for Reflection

### Prayer at Home

*All are Welcome*



'If you would like to receive the weekly prayer and reflection sent out by email, please contact Rev Jill (jillhaylock@aol.com)

## Chet Valley Medical Practice



### Patient Participation Group

*Working together to improve your patient experience*

The PPG hope that all readers had a joyous and healthy Christmas and New Year. It is now the time of the year that 'flu seems to strike! Do please make sure you are up to date with all your jabs, including Covid if eligible. We cannot stress strongly enough the benefit of having the "small scratch"!! Plus we all seem to get down in the doldrums when the festivities are over and January is always the longest month ever. Should you be affected by SAD (seasonal affective disorder) you can always have a chat with either the Pharmacist or a member of the Practice team.

Can we also remind you that if you have made a Lasting Power of Attorney covering all your medical needs, do please lodge a copy with the Surgery. This will save any unnecessary delay in getting the right treatment when required. It is something that we put off doing, but it is very important to keep up to date as you never know when the LPA might be needed.

Please visit the Chet Valley Medical Practice website regularly to keep up to date with current medical issues as well as the latest copy of their Newsletter. Watch this space for details of another Open Evening. They are proving to be very popular and informative. Also please don't forget the PPG is here for YOU: please contact at any time by email: ChetvalleymedicalpracticePPG@gmail.com We welcome any feedback and will always respond to a query and any useful ideas for future topics for any Open Evening Get Together.

## Loddon Library

Happy New Year from all the staff at Loddon Library!



### Digifest 2026

**DigiFest is an annual celebration of digital creativity in Norfolk libraries throughout February. Come join our activities. They're free but booking online is required.**

#### ◆ Astro Pi: Mission Zero

Want to run your own code in space? Design an image that will display on board the International Space Station!

Suitable for children aged 8 +

Thursday, Feb 5th at 3:30pm

#### ◆ DigiFest: Drawing with Artie

If you can code it, Artie can draw it! Learn how to use simple coding to create fantastic works of art.

Recommended for children aged 8+

Thursday, Feb 19th at 2pm

### Read 2 Dogs with Maisy

**Our lovely Maisie will be retiring after March so there's only two more opportunities to come read her a story! She'll be with us Monday, 2nd February from 4pm to 5pm.**

### Bounce & Rhyme – call out for volunteers!

We're still looking for volunteers to lead our Thursday Bounce & Rhyme session, on a fortnightly basis, 10:15am – 10:45am. Spread the word or pop in and speak with a member of staff. We'd love to have you on board!

*Is there something you'd like to see at your local library? Pop in and have a chat with us, send us an email, or give us a call. We're always open to new ideas for how to make your library work for you.*

[\(Loddon.lib@libraries.norfolk.gov.uk\)](mailto:Loddon.lib@libraries.norfolk.gov.uk) (01508 520678)

Miriam, Sarah and friends wish to thank all who gave and also supported the 'Big C' on the tombola stall at the Victorian Evening. £150.50 was raised. The prizes that were left over afterwards were donated to the Co-Op for Christmas Hampers.

## **Chet Valley Voices**



Chet Valley Voices is a community choir of varying ages from 15-80+. We enjoy singing a variety of music from classical to modern and are a happy friendly bunch. Come along, make new friends and get to know others in the community. Singing is good for your mental health and well-being, so you will leave rehearsals feeling uplifted. Why not come to a free taster session?

Rehearsals: Thursday 7:00-8:30pm (doors open 6:45pm) in St Johns Chapel, George Lane, Loddon. £5 on the night, £3 for under 18s. New members always welcome, especially men. More information from: Sue 01508 528069; suemartin303@btinternet.com or chetvalleyvoices@gmail.com. Follow us on Facebook, Instagram or Twitter: @ChetValleyVoices. [www.chetvalleyvoices.co.uk](http://www.chetvalleyvoices.co.uk).

## **Breathing/Vocal Technique Sessions**

Do you enjoy singing but feel that your breath control could be better? Are you a non-singer but feel that you could do with help to improve your breathing? Would you like tips on vocal technique?

Tanya Chelovskaya is a trained vocal coach leading sessions at Chedgrave Church Centre on Wednesdays from 10:00-11:00noon. The cost is £8, which includes refreshments. If interested, please contact Tanya at [t.chelovskaya@gmail.com](mailto:t.chelovskaya@gmail.com) or WhatsApp on 07737 765098.

*"I come away from Tanya's sessions, uplifted and with the knowledge that I can own my voice, and possibly even have the confidence to sing. Breathing, vocal and gentle physical exercises combine and lead to a wonderful sense of well-being."*

**Bridget M Ward**



## **The Loddon Band**

We are a friendly and dynamic brass band in the historic town of Loddon. We are currently seeking the following players to come and join us: Cornet, Tenor Horn, Euphonium, E♭ Bass. We welcome all brass players and percussionists.



Rehearsals are at The Hollies, High Street, Loddon on Tuesday evenings, 7:45-9:45pm. Our rehearsals are fun and enjoyable so why not pop along to see what we are about. For more information, contact Louis (Secretary):

Email: [Loddon.band@gmail.com](mailto:Loddon.band@gmail.com) or phone 07463 770068.

## **Loddon and District Women's Institute**



So here we are – off at the gallop into 2026 and looking forward to what lies ahead. There are the usual monthly meetings, but we would like to draw attention to the Knit & Natter which is held monthly in the Library. This is an event for anyone, not just WI members. Do come and enjoy each other's company, in a warm space with a free cuppa and biscuits while you just chat and/or knit or crochet! (or perhaps do some embroidery!!) Everyone welcome. We will also be having the first meeting of the Craft Club – a chance to finish projects, try something new, learn from each other – and of course all accompanied by a cuppa and a chat!!!

### **Meetings for February**

**Thursday 5th:** Open House for members. Venue TBA

**Thursday 12th:** Knit, Natter & Crochet. (see above!) Loddon Library, 2.30 – 4.00 p.m. ALL WELCOME

**Wednesday 18th:** Monthly meeting. 'Beginning your Family History'. 7.00 for 7.30p.m. St John's Lecture Hall, George Lane.

**Wednesday 25th:** Craft Club for members. This month it's at 6, Farm Close, Chedgrave.

**Thursday 26th:** Book Club Venue TBA

Our membership is still open, so if you think you might like to join us or find out more about what we do, just come along to the next meeting, or we can be contacted through our Facebook page or at [loddonwi@gmail.com](mailto:loddonwi@gmail.com)

## **Loddon & District Day Centre**

The Day Centre meets at Saxon House, Kittens Lane, Loddon, on Tuesday and Fridays from 10:00am-2:00pm. We chat, enjoy games, talks and light exercises, together with refreshments and a home made two-course lunch. Why don't you come and join us? We'd love to see you!

Please contact Karen on 07765 866 507 or via [loddondaycentre@gmail.com](mailto:loddondaycentre@gmail.com) for more information

## **Loddon Flower Club**

Loddon Flower club wish you all a very Happy and Healthy New Year.

As 2026 begins we are looking forward to our first meeting of the year, on Tuesday 3rd of February, which will be a talk by Rosemary Ward entitled 'Plants for Summer Colour', something to look forward to and plan!

The following month, on Tuesday 3rd of March, we have a demonstration by Janet Dye called 'Reuse, Recycle'.

All our meetings are held in St John's Lecture Hall on George Lane in Loddon, on the first Tuesday of the month, doors open at 6.30pm for a 7pm start. Refreshments are served during the interval and all arrangements made on the night are raffled at the end of the evening.

Everyone is welcome to join us, no experience in flower arranging needed, come along for a friendly social evening and get a few ideas and tips on how to use garden flowers or a supermarket bunch. Visitors £7.50 or our yearly subscription is £40. For more information, we have a website - [www.loddonflowerclub.co.uk](http://www.loddonflowerclub.co.uk), have a look to see what we do, a Facebook page - Loddon Flower Club, and you can also email us - [loddonflowerclub@gmail.com](mailto:loddonflowerclub@gmail.com), you can also call Tricia on



## **Loddon & Chedgrave Ladies 8 O'clock Club**



We are a friendly group of ladies who meet on the last **Wednesday** of each month in the back room of The Hollies, Loddon High Street. An annual fee of £10 is charged, plus £3 for each meeting attended. New members always welcome. Any queries please contact June 01508 528853 or Hillary 01508 520457.

## **Loddon Community Cinema**



**Our Next Presentation is:**

**"DOWNTON ABBEY: THE GRAND FINALE"**

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## **LENT LUNCHES**

**Our popular lunches will be served again through-  
out Lent, starting on Wednesday 25th February.**

Join us for a simple soup lunch, plus cake and coffee, served  
from 12.00—1.30 in St John's Lecture Hall.

**All are Welcome**

Volunteers needed: to help provide soup and cakes, to serve at  
the lunches and help clear away. If you are able to help at any  
of the lunches, please contact Belinda: [belindabarwick@yahoo.co.uk](mailto:belindabarwick@yahoo.co.uk) or call the church office 01508520897.

## **Chet Staith Probus Club**

We are a club for retired gentlemen, and friendship. The atmosphere is relaxed, jovial, with little formality. Dress code is casual. We have a good mardle, and a different speaker every meeting on varied subjects. Afterwards, members either go home, adjourn to the bar, or stay for a pleasant lunch. Your choice. We meet at The White Horse, 1st and 3rd Tuesday each month, at 10am.

Come to our meetings and try us out; no pressure to join.  
Clive Boyd, Secretary, on 520547, [cliveboyd28@gmail.com](mailto:cliveboyd28@gmail.com).

## **Chet Valley Probus Club**

Chet Valley Probus Club welcomes people who are retired, semi-retired or approaching retirement and who've had some measure of responsibility in their working life. We are friendly and excellent company, enjoy fascinating talks on a variety of subjects, good food and meeting others of like mind. Why not come along and give us a try with no obligation? We meet on Tuesdays at Chedgrave White Horse, sat 10:30am, lunch is optional.

### **Next meetings:**

#### **Upcoming Meetings.**

**10th Feb "Stefan's Journey and in his footsteps". Speaker Adrian O'Dell  
24th February "Ghosts of the Norfolk Broads" Speaker Wally Webb.**

Info from—John McCormack 01508 521899, [probusonline.org/chet-valley](http://probusonline.org/chet-valley).

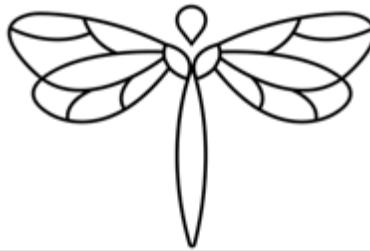


## **Loddon and District Horticultural Society**



Our next meeting will be on 11th February when we have Annette Hunt coming with her talk 'Gardening Naturally - Moving from Chemicals to Nature'. Annette is a RHS trained gardener and her talk will be on soil health, controlling weeds and companion plants.

We meet on the second Wednesday of the month at the Jubilee Hall Clubroom, Loddon and meetings start at 7-30pm with doors opening from 7pm. A raffle is held and refreshments available. Visitors £2. Contact our Chairman Jean Cope on 01502-710024 or [jeancope52@gmail.com](mailto:jeancope52@gmail.com) or our Secretary Hazel Copland on 01508-520890 or [happyhaze50@gmail.com](mailto:happyhaze50@gmail.com). You can also follow us on our Facebook page which has photos from our past meetings.



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## **LODDON LIFELONG LEARNERS (formerly Loddon WEA)**

After over 20 years of working with the WEA to provide general interest lectures in Loddon, we have decided to 'go it alone'! The WEA have asked us to provide our own lecturers for the past two years and so we were very pleased to welcome Dr. Joe Williams to give our first independent course on 'English Poetry' in November which was very well received. By working independently, we can avoid the excruciating online booking system which the WEA put us through. We are working hard to recruit lecturers to come to Loddon to provide an interesting course of 3 lectures to take place during the Spring and Autumn Terms. If you have attended our courses in the past you will know that we are a lively group who enjoy a good discussion!

## **Hardship Funds Available in the Chet Valley**

If you are struggling to make ends meet at the moment, funds are available to help. Local charities, set-up to help people in need in Chedgrave, Hardley, Langley and Loddon. If you are in need, please draw on these funds.

**Loddon Town Estate Trust:** Contact Julie on 07976 902487.

**Chedgrave Church Discretionary Fund:** Contact Rev Miriam, rector.cvb@gmail.com or treasurer Richard Ball on 01508 528126.

**Hardley and Langley Discretionary Fund:** Contact Rev Miriam or churchwarden (details in Hardley church porch).

**Langley Trust Fund:** This can be applied for via its Trustees, who are: Barbara Leathersich (01508 521979); Stephen Lutkin (01508 480989); Stella Wright (01508 520102); Susie Wheeler (01508 528429); Shirley Keeler (01508 528939).

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Jenny

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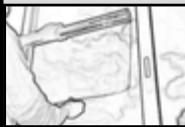
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## Waveney Valley Arts Society



We are a friendly group who meet at the Fisher Theatre in Bungay on the first Wednesday of every month. Events provide a welcoming place to hear expert lecturers share their specialist knowledge. The theatre is open from 10.00am and our lectures start at 11:00am.

### **Next meeting: Wed. February 4th - A Decorative Art: History of Wallpaper - Joanna Banham.**

Guests are welcome for an individual lecture but there will be a charge of £10 and pre-booking is essential. If you wish to join the waiting list to become a member of our society, the contact details are on the website: <https://theartssocietywv.org.uk>

## Social Whist



We enjoy a lively evening of whist with lots of chat, fun winning or loosing, interspersed with a cup of tea/coffee and a biscuit and further chat. We look forward to welcoming existing players and hopefully some new - you don't need a partner, you don't need to have even played before, but if you would like an evening of social entertainment, fun, chat and hopefully a little brain stretch, this could be for you. For dates and information, or if you need a lift, please give me a call on 01508 528875. We continue to meet in the back room of The Hollies, 7.30pm for a 7.45pm start.

**Jane Hale**

## Tuesday Market



It's been lovely to see so many of our customers enjoying teas and coffees with their friends (and one of our delicious cakes!) Why not join us all- (refreshments are a bargain £1 a cup), especially as the days are getting shorter.

You'll always find a warm welcome at Loddon Tuesday Market, 10 - 11.30 at the Hollies. We always have freshly baked sweet and savoury dishes, local eggs, preserves, seasonal vegetables, fruit, plants and flowers as well as a great selection of locally made crafts, ideal for presents.

**Orders and enquiries to Sheila Ford (chairman) 01508 520752.**



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## **Chedgrave Art Group**

This friendly painting group has **relocated** to the **Brian Clarke Meeting Rooms, Chedgrave** & will now meet there every Thursday morning 10.00 - 12.30.

Info from Sandra [snowart05@gmail.com](mailto:snowart05@gmail.com) or Linda [linda@ashehamhouse.com](mailto:linda@ashehamhouse.com)

## **Chet Valley Photography Club**

Our monthly club meeting in February is on Monday 9th at Brian Clarke Meeting Room, Chedgrave, doors open 6.45pm for 7pm start. We have Norfolk based Josh Jaggard visiting to tell us about his profession as a wildlife photographer and cameraman. Josh has filmed for the BBC, most recently, Sir David Attenborough's "Wild Isles" and has multiple images in different photography awards around the world. Josh spends his time between Norfolk and Shetland, this should be a very interesting evening. Josh's website is here [www.wildlife-photos.co.uk](http://www.wildlife-photos.co.uk)

Visitors and potential new members will be made very welcome. Have a look at our website

[www.chetvalleyphotography.org.uk](http://www.chetvalleyphotography.org.uk) for more information if you are interested in joining the club. The club is open to everyone regardless of their photography knowledge or experience.



## **Gerry Nelson's Art Group**

Sorry, but I missed print deadlines prior to the holiday break!

For information, the October 2025 Art Exhibition at Seething and Mundham Village Hall raised £1520.00. The 2 charities, Bowel Cancer UK and Parkinson's UK, each received £760.00. With Gift Aid applied this meant that each charity benefitted to the tune of £950.00.

This event also brought the total raised for various charities through my art and the art group since the mid 1990's to over £20000.00

Thanks so much to all who have supported myself and the group over these years

Gerry Nelson 07588 799714 (mobile and text)

## **Chedgrave Church Centre Hire**

All Saints Church, Chedgrave has a lovely church centre. It has two rooms (one upstairs), a kitchen and a loo. Wheeled tables are easy to move. It is warm even in winter! Available to book for £8 per hour. If you're looking for a meeting venue, a party or activity space, contact Anne Jackson who is responsible for hall bookings on 01508 502278

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## Loddon and District Local History Group

In November, Andy Woodman talked to us about the work he has been doing at the Roman town at Caistor St Edmund. He is a member of the community archaeology group founded in 2009, as a charity, called the Caistor Roman Project. There are 150 members from many walks of life who have carried out regular summer digs within and around the old Roman town. Andy outlined some of the earlier excavations that have taken place on this site like the ones led by Will Bowden between 2008 - 2012 when the temple, forum, housing, baths, roads and gates were revealed. Since then the Caistor Roman Project has carried out several digs including one on Wymer Field which was the first time the triple ditches that run through the field had been excavated. Findings include a disarticulated horse, pottery and the remains of a young woman.

In 1957 the foundations of a Temple were discovered in a dig by Sophia Mottram. Other work has taken place there since then and in 2019 ground penetrating radar was used for the first time showing that there were two phases to the building. There is evidence of multi coloured painted plaster and high status jewellery was found. The radar was used again in 2021 revealing a previously unknown extension. The temple complex is now thought to predate the main town and may be the reason why the town was founded there.

Over the following years other excavations have taken place: in 2020 at Caistor Hall; in 2022 at Friston Fields; in 2024 at Burnthouse Field and in 2025 when the triple ditches were examined. Many finds of coins, jewellery and decorated pottery have been found.

Andy finished by giving us the current conclusions from all the latest digs. The Roman town probably controlled the local population and protected the temple site. The town may have been founded in AD 80 as the provincial capital for commercial purposes and the walls were added around AD 270. By mid to late Saxon times the town moved to Norwich and the material from the walls of Caistor Roman town has been seen in some of the mediaeval churches that were built. This was an interesting talk.

Next meeting: Wednesday February 18th - the A.G.M.

All meetings are held in St John's Lecture Hall, George Lane, Loddon starting at 1:30pm. Admission £3 (includes light refreshments). All welcome. For more information email Elvie: [Elvie.herd@uwclub.net](mailto:Elvie.herd@uwclub.net).

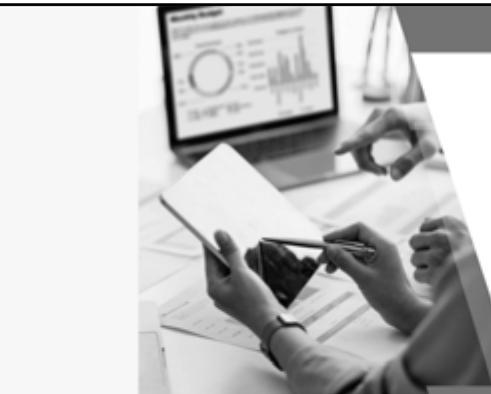
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## Read Any Good Books Lately?

### **Me and Mr Darcy, by Alexandra Potter**

Just in time for Valentine's Day! The premise of this book is that every woman is looking for her Mr Darcy and imagines if you found the real one.

The heroine, Emily, is a bookshop manager in New York who is obsessed with Jane Austen, and Mr Darcy - of course! She decides to take herself on a Jane Austen tour in the UK, but soon realises she won't find her dream man here - just a coach full of pensioners and one particularly aggravating (if handsome) journalist, Spike. When she finds herself face-to-face with none other than Jane Austen's Darcy himself she must work out if fantasy becoming reality is actually all it's cracked up to be...

### **A Court of Thorns and Rose, by Sarah J. Maas**

I've not dipped much into the genre of romantasy (romance mixed with fantasy!) but thought it would be good to give it a whirl! This is the first book in the bestselling series (inspired by Beauty and the Beast) from Sarah J. Maas. It follows mortal Feyre who, after accidentally killing a faerie, finds herself hostage in the mystical lands of Prythian. Dragged to a magical land she knows about only from legends, Feyre discovers that her captor, Tamlin, is not truly a beast, but one of the lethal, immortal Fae. Their relationship grows but shadows start to creep in - Tamlin has a dark secret that he cannot share. Feyre has been brought to Prythian for a reason, but saving Tamlin from the darkness that threatens his world will lead her down a path that she can never return from.

### **The Hitchhiker's Guide to the Galaxy, by Douglas Adams**

(Review by David Redford)

As research for a project, I went back and read this cult favourite from my teenage years. Starting out as a book about local bureaucracy and planning disputes, it quickly evolves into an intergalactic adventure story featuring Arthur Dent and his alien sidekick Ford Prefect. What's striking about this book that was written in the late 70s is how prophetic it was about modern technology – from video links (think Zoom calls) to the Guide itself (a hyper-connected iPad). And also striking is how funny the book still is.

### **Hamnet, by Maggie O'Farrell**

Special mention to Maggie O'Farrell and her sublime novel Hamnet - out now as a film starring Jessie Buckley and Paul Mescal. The story explores the relationship of William Shakespeare and his wife Agnes Hathaway when they lose their eleven year old son and the impact of the loss and grief on them.

**Ruth Redford**

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## Nature Notes

I trust you all had a happy Christmas and that 2026 will be a year of opportunities and blessings, although by now Christmas may have become a distant memory.

My bird count for 2025 at Hardley Staith reached the dizzy heights of 103, the only December addition being a Pintail duck flying low upstream on the river Yare. I only caught a glimpse of it as disappeared behind a curtain of reeds. Initially, I did not intend to include it, but when a Pintail appeared the following day at the sugar beet ponds across the river, I decided to do so. Also, I know in past years that they were regular winter visitors to Hardley Flood.

So far, I have only been to the Staith for dog walks. I considered visiting Trinity Broads and Ludham for notable ducks and the rare overwintering Black Winged Kite. However with the sudden change in the weather I had to be content indoors looking out at the falling snow. I have however been able to see locally fifty-nine different species of bird so far this year. The real highlight being this morning while walking across the fields from Hardley Steet to the Staith I became aware of something sitting on a fence post ahead of me. My first thought was it was a Kestrel but quickly realised it was too big. I was thrilled to discover that it was a Short-Eared Owl. Although I had heard reports of its recent presence, seeing it perched serenely and looking so majestic was truly memorable. While watching enthralled by the owl, movement in the reeds caught my eye and out came a fox which made its way along the front of the reeds before disappearing again. The owl then flew into the next field and out of sight. As we headed back to the car, it reappeared, briefly flying over the car park pursued by two crows before vanishing again.

Looking ahead to 2026, I realize that although several bird species live nearby, they have not yet been observed in the Staith area, but may possibly appear there in the coming years. Ravens, Cattle Egrets, and Spoonbills are frequently observed both upstream and downstream of the Staith. Additionally, if certain fields beyond the shooting pits become flooded during winter, this may attract a greater number of wading birds. Who knows what might turn up.

Since there have been no reports of the Black Winged Kite today, I might have missed my opportunity to see it. However, there is an Eastern Black Redstart at Sheringham and the first-time breeding Zitting Cistacola in this country are still at Walbeswick. Although it was once known as the Fantailed Warbler, I am uncertain about the reason for its new name. I will try it soon, but I am confused because the app says to use my phone, while calling tells me to use the app.

Whether its watching through a window or wrapping up warm and going for a walk seeing and enjoying nature and our natural surroundings does you good.

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## Gardening Notes

### From Another Garden - by Hazel Copland

Snow! For two days the garden looked perfect, pristine and sparkling. I even avoided disturbing the virgin snow on the lawn and driveway just so I could appreciate the beauty and the light that reflects from its surface. Of course the birds and animals left their footprints including the mysterious cat that presumably preys on the mice in the bank.

Rain last night has melted lots of the snow but it still looks pretty. Today five different varieties of Hellebores are in flower, there are catkins on the Hazel tree and bulbs are growing in the pots I planted up.

The evenings have been spectacular, the eastern sky glowing pink, reflecting the glorious sunsets of peach and orange in the west. Then there was the full 'Wolf' moon shining brightly on the snow lighting up the night garden.

I've put boiled water out in bowls for the various creatures as everything is frozen solid. Our fearless Robin is never far away and reminds me when the bird feeders need topping up. The blackbirds are back and eating the damaged Bramley apples that I threw out, the nibbled ones found when I discovered a mouse had been nesting in the box of apples wrapped in newspaper in the greenhouse. I am very grateful to have a garden to enjoy and the special relationship I have with all that grows and goes there.

There is a name for this natural connection to nature that Humans have, 'Biophilia' from the Greek, 'philia' meaning 'love of'. Tending to plants helps me to be present, teaches patience and gives a purpose which in turn calms, restores and reduces stress. I recommend gardening to everyone, even if they only have a window box.





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