



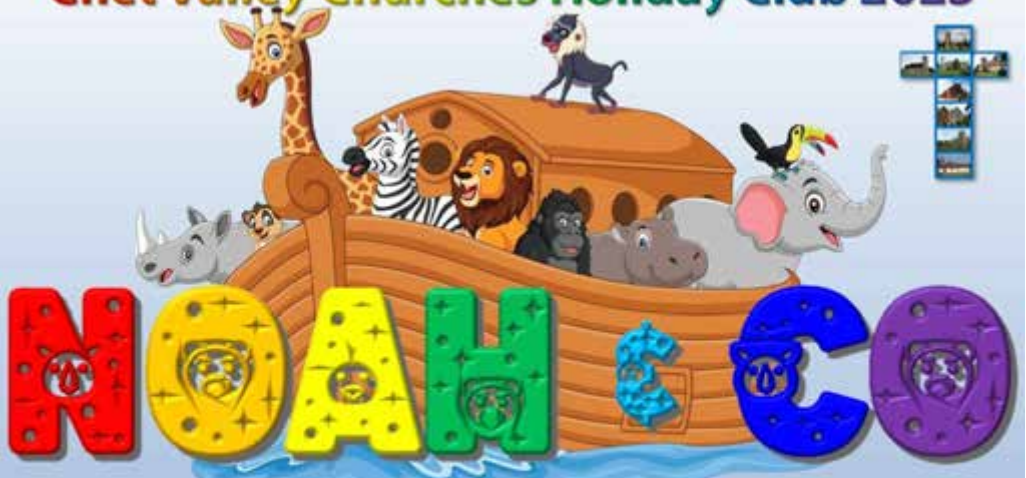
CHET CONTACT

Produced by the Chet Valley Churches

July / August 2025



Chet Valley Churches Holiday Club 2025



Holiday Club: 28th July to 1st August 2025
from 09:30 to 12:00 in All Saints, Chedgrave
Contact Rev Alison for details: ball880am@btinternet.com

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Chet Valley Churches Information

Clergy

Miriam Fife:	07593 163920	rector.cvb@gmail.com
Alison Ball:	01508 528126	ball880am@btinternet.com
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To arrange a wedding, funeral or interment of ashes please contact Rev Miriam.

To arrange baptisms or thanksgivings please contact Rev Alison.

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

This phone and e-mail account are also being monitored regularly.

Church Websites

Chet Valley Churches www.chetvalleychurches.org
The Diocese of Norwich www.dioceseofnorwich.org



Chet Contact

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Email submissions to c.magazineloddon@gmail.com.

Please include your name and telephone number.



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From the Editor

I like butterflies! I've seen lots of the British species partly because I spent a wonderful university field course at Woodchester Park in Gloucestershire. It was an unspoilt valley complete with unfinished Victorian gothic mansion full of bats. Once it got to dusk, it was just like the beginning of Scooby Doo—all the bats streaming out at once. There were also very many butterflies, though the green hairstreak was not one of them. I had to wait until I was in Pembrokeshire to see that and I haven't seen one since then, around 40 years ago! I am quite envious of the person who spotted one in Chedgrave. Absolutely beautiful. We did have a green-veined white visit the garden the other day—not quite the same, but not as common as they once were. The Big Butterfly Count is on this year from 18th July until 10th August. Why not take part? It only takes 15 minutes. All details from <https://bigbutterflycount.butterfly-conservation.org/>. Our area was fairly well represented in the 2024 survey, but it would be great to have even more data this year.

Whether you count butterflies or not, I hope you have a wonderful summer.

Alison



Contents

Front Cover: <i>Green Hairstreak—Caroline Rowland</i>			
Regular items		Highlights	
Across Chet Valley Churches	7/9	Holiday Club	2
From the Parish Registers	11	Sisland August Afternoon Tea	2
From Your Local Councillors	13	Loddon Coffee Morning	2
Parish Council News	15-21	Help!	19, 26, 32, 37
Church Notices and Services	26-28	VJ Celebrations	20, 24
Sport	22-23	Pilgrimage to Iona	23
Community News	24-41	Brownies Coffee Morning	29
Local History Group	43	Community Cinema	34
Book Reviews	45	Help Offered	37
Nature Notes	47	Music at Saxon House	39
Allotment/Garden Notes	49	Photography Club Exhibition	41

Ministerial Musings

Just as the seasons of the year change with reassuring regularity, the seasons of the church year change too. From the middle of June (after we have celebrated Pentecost, the sending of the Holy Spirit to be with us in the world), we enter into 'Ordinary Time'.

That name suggests that this period of time is perhaps a bit dull; nothing really happens in ordinary time.

I have recently returned from a walking pilgrimage to Santiago de Compostela, a journey I have made many times in the past. This time was completely different as I was accompanying someone for whom walking was extremely difficult, and we walked at a pace alien to my feet. It was so slow! Yet the value of the slowness (there is a Swedish word for this which has no good English equivalent) of our pace was immense. I noticed things along the path that I have never noticed before, heard sounds of the countryside more intensely, became more aware of the minutiae in the wonders of God's creation as well as the vastness of it.

The ordinariness of the act of walking was transformed for us into a journey of discovery and delight.

I always look forward to the Christian festivals and will enjoy the celebrations to come at Harvest time and beyond into autumn and winter. But I am in no hurry to get to the next Christian festival; the ordinary is full enough of delight if only we take time to appreciate it.

Indeed, the ordinariness of waking every morning in a country that is safe, with weather that is not too extreme, with neighbours who look out for us and will treat us kindly and with respect; with a government that allows freedom of speech and freedom to worship wherever and in whatever way we wish, and all the other benefits of living in our beautiful land; the ordinariness of seeing family and friends and sharing meals and laughter over small things... surely, the ordinary is far from dull.

When Jesus walked this earth more than two thousand years ago, he too delighted in the ordinary things. His extraordinary teachings were often delivered in parables, or stories, that reflected the things ordinary people, like you and me, could relate to. When I think that this man, the Son of God, who performed miracles, raised people from the dead and ultimately sacrificed himself for the whole of humanity, also took such delight in telling stories, sharing simple meals with his friends and doing other ordinary things, I remember that our lives aren't always better when everything is amazing, exciting and always hurtling on to the next adventure. There is so much joy to be had in the here and now, the ordinary, wonderfully ordinary place and time in which we live. Enjoy a wonderful summer.

Rev Miriam



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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) or Common Worship, with an informal Holy Communion service once a month in Chedgrave.

Morning Worship is held regularly in Loddon and Hardley.

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

XPRESSIONS CAFÉ is on the first Sunday of the month at All Saints Chedgrave. This is a relaxed and contemporary way of 'doing church'. Open between 10:00am and 12:00 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 at All Saints, Chedgrave, starting at 11:00am. January, March, June and September are followed by a shared lunch. The service is designed to be as inclusive as possible: a mixture of formality and informality; traditional and modern; activity and stillness. We hope it will have points of contact with people of all ages and all backgrounds.

Last Sunday Praise is held on the last Sunday of the month in Loddon: a chance to worship together including hymns and songs, old and new.

XTRA! is an exciting, informal service every Thursday after school in St John's Church. Refreshments from 3:15pm, service starts at about 3:45pm. Open to all; particularly suited to children and young people.

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, but are particularly catered for on the 1st and 3rd Sundays 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 one of the clergy.

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



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Thanksgivings & Baptisms



You are welcome to talk to us about thanksgiving and baptism (christening) for your children. Thanksgiving Services give an opportunity to come to the church and give thanks to God for the gift of a new child. Baptisms (Christenings) 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.

Baptisms and Thanksgivings are both held within Sunday morning worship in our churches.

Please contact Rev Alison on 01508 528126 ball880am@btinternet.com

Noah's Ark

A drop-in group for babies, toddlers and their parents and carers at St John's, George Lane, Loddon.



Wednesdays 9:15am-12:00noon.

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

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 Rev Alison on 01508 528126.

XTRA!

Join us in St John's Church, Loddon for an exciting, informal service every **Thursday after school**. Refreshments from 3:15pm. Service starts 3:45pm. More from Rev Alison 01508 528126.

Friends and Neighbours

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:

3rd July: Lunch—12:30pm. Quiche and salad with Cornetto followed by music and movement with Mavin Shulver.

7th August: Afternoon Tea—1:30pm. Applebough, Norton Road, Loddon. This will include a *Bring and Share* tea. Prize raffle.

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!*)

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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

Grace Corne who died on 18th April 2025.
Funeral: 15th May 2025 at St Mary's, Sisland.

Jean Shinner who died on 26th April 2025.
Funeral: 12th May 2025 at Gordon Barber Chapel of Rest.

Anthony Timmins who died on 26th April 2025.
Funeral: 27th May 2025 at Waveney Crematorium.

Kathi Curtis who died on 27th April 2025.
Funeral: 28th May 2025 at Waveney Crematorium.

Chris Jackson who died on 14th May 2025.
Funeral: 9th June 2025 at Waveney Crematorium.
followed by a Service of Thanksgiving at All Saints, Chedgrave.

Constance Catchpole who died on 23rd May 2025.
Funeral: 11th June 2025 at Holy Trinity, Loddon.

Thelma Harper who died on 24th May 2025.
Funeral: 18th June 2025 at Waveney Crematorium.

Tony Lovick who died on 27th May 2025.
Funeral: 19th June 2025 at All Saints, Chedgrave.

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

To arrange a thanksgiving or baptism (christening), contact Rev Alison on 01508 528126 or ball880am@btinternet.com.

To arrange a wedding, contact Rev Miriam on 07593 163920 or rector.cvb@gmail.com.

To arrange a funeral, at one of our churches or at the crematorium, or interment of ashes, contact Rev Miriam (phone number and email above).

Thank You—Jean Shinner

Roger, Karen and Sarah would like to thank everyone for their kind words and thoughts following Jean's death on 26th April. A total of £1629.38 has been raised for The Macular Society in her memory. Jean would have been delighted!

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We believe that this offers the best solution for streamlining back-office functions and providing an efficient one-stop shop for all your council services. We are acutely aware that it's your taxpayers' money that we are spending, and so we must provide value for money. However, that cannot come at the expense of providing quality services which are accessible.

Over the next few weeks, we will be asking for help to shape how you want to see services delivered on a local basis. Would you like your parish councils to have more say on vital issues such as planning, footpaths, car parks etc? Would it be useful if we were to set up a manned office in the local library, where you could go for help with services? For example, if your bin collection was missed, you needed some planning advice, you have a complaint about anti-social behaviour or you need support for an elderly or vulnerable person.

This is our opportunity to reform local government, the last time we reorganised was 50 years ago! We need a modern and efficient new system to suit the needs of our residents. One Norfolk = One Council.

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

Kay Mason-Billig

“The sun is rich, And gladly pays, In golden hours, Silver days”

June by John Updike

As mentioned last month, the new round of Members' Grants—a total of £1000 for local causes each year—has now opened. Please let me know if you feel that your group could benefit from some financial assistance during the 2025/26 financial year.

I'm also working with two excellent local groups to try to secure them additional funding. We'll find out in a few weeks whether or not we have been successful.

I'm proud to be chairing the South Norfolk Scrutiny Committee again for the next year; our latest meetings have looked at aspects of the council's food waste collection service, amongst other items. Members of the public are very welcome to attend these meetings, or watch them live, or at a later date, on YouTube.

I'd like to give a special mention this month to one of the loveliest and friendliest members of our community—Suresh Gunasakaran, who works so hard in our post office. It's a service I know that we all value very highly.

Finally, the next of my regular surgeries, scheduled for 28th June 2:00-4:00pm, is in Loddon Library. Please come down if there's anything I can support you with, or, as ever, give me a ring on 07733323581.

Jeremy Rowe

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Chedgrave Parish Council

All enquiries please contact the Parish Clerk: Hayley Goldson.
Tel: 07592 933174 Email: clerk@chedgraveparishcouncil.gov.uk
Website: <https://chedgraveparishcouncil.gov.uk/>
Facebook: <https://www.facebook.com/Chedgrave-Parish-Council>



Chedgrave Parish Council held its meeting on 5th June 2025

Annual Parish Meeting: Jo Sinfield, Chair of Chedgrave Parish Council, thanked all those who organised, presented at and attended the Cheese & Wine evening on 29th May.

Councillor Surgeries: The next surgery will be on **Thursday 10th July, 4:00-7:00pm at Chedgrave Shops**. Please stop by if you are passing, particularly if you are normally at work during the day and cannot attend day-time surgeries. Your council would love to hear your views!

Chedgrave Courier: These were distributed at the end of May. If you have any comments, please contact the clerk.

Anti-social Behaviour & Vandalism: There has been a general increase in this lately and the parish council takes it seriously, liaising with the local school and police. Damage to public property costs the whole community to clean up. Parents—please discuss this with your youngsters and encourage them to take greater care of local facilities.

Annual Audit Process: The council approved the 2024/2025 annual accounts and will proceed to the external audit stage. Residents are welcome to inspect the accounting information by arrangement. Please contact the clerk.

Council Vacancy: Following a councillor resignation, there is a vacancy on Chedgrave Parish Council. Please consider joining this committed team whose sole aim is Cherishing Chedgrave for all of us.

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!

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.

Allotment Vacancies: The allotments currently has a ½ plot vacancy. Residents from Chedgrave and surrounding villages are welcome to apply. Please contact the clerk.

Next Meeting: Thursday 3rd July at 7:00pm, Brian Clarke Room.



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Roof Repairs Chimneys swept
Fully Insured

07746375349

51najaques@gmail.com



17, Bridge Street, Loddon, Norfolk, NR14 6NA

Spoon Cake

bakery, café & crafts

01508 520688

Loddon Town Council (LTC)

All enquiries please contact the Parish Clerk: Emily Curtis
Tel: 01508 522020 Email: clerk@loddontowncouncil.gov.uk
Website: www.loddontowncouncil.gov.uk for info on meetings, etc.
Facebook: www.facebook.com/loddontc



Freedom of Loddon: Thank you so much for all your nominations. The 2025 award will be presented at the Holy Trinity Church Summer Fayre on 28th June 2025, 12.00 noon–5:00pm.

Love Loddon Community Group: Thank you to Cllr Julie Appleby and all her amazing volunteers for planting up the containers and flower towers on Church Plain, Farthing Green and The Staithe. Now the watering rota commences! If you would like to join this friendly group, let us know.

Community Payback Team: We'd like to extend our heartfelt thanks to the Community Payback Team for their recent work in Loddon at The Staithe and on Church Plain. Their efforts have made a real difference. A big thank you as well to the local parishioners who welcomed the team so warmly—and especially to those who shared their appreciation (and sausage rolls). We're so pleased with all the work completed so far and grateful for the community spirit shown by everyone involved.

Chet Valley Community Larder: Now the holiday season is on us, the Community Larder is seeking volunteers to help man the sessions on Mondays and Saturdays and distribute the meal bags. Help and support will be given.

The Community Larder is available every Saturday from 1:00-3:00pm and every Monday from 12:00 noon-2:00pm in Loddon Library. Meal bags can be collected for a £1 donation. www.loddontowncouncil.gov.uk/community-larder.

Local Support: The contact telephone number for South Norfolk Council's Help Hub is 01508 533933. They also now have a handyman service available. More information is available via: www.loddontowncouncil.gov.uk/local-support.

Allotments: If you live in Chedgrave or Loddon and wish to be added to the allotment waiting list, please contact our Allotment Officer, Jo, on the LTC email address (see above).

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 information or an application form.

Meeting dates, contact information and updates can all be found on the website: www.loddontowncouncil.gov.uk or call 01508 522020.

'ACCOMODATION IN CENTRAL LODDON'

The Barn offers *'The Garden Room'*-(off Loddon High Street)



Lovely self-contained converted barn room with private access, off street parking overlooking garden close to amenities and eateries.
Ideal for family reunions, celebrations & weddings
Booking via: the Airbnb website at: <https://airbnb.com/h/thebarnngardenroom> or
Phone Tracyann Corke 07522675935 /
Email: lokefolk@yahoo.com

St John's Chapel and Lecture Hall
ROOM HIRE

Excellent facilities, fully equipped kitchen, disabled toilets, parking
George Lane, Loddon, NR14 6NB
Very competitive rates

For details & to book please email us at
website.chetvalleychurches@gmail.com

Hales & Heckingham Parish Council

For enquiries contact: clerk@halesandheckingham-pc.gov.uk

Website: www.halesandheckingham-pc.gov.uk

FB [www.facebook.com/Hales & Heckingham Parish Council](https://www.facebook.com/Hales%20&%20Heckingham%20Parish%20Council)

Next Parish Council Meeting: Monday 7th July at 7.30pm. This will be the Annual Parish Council Meeting.

Meetings are held 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 three 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. Volunteers needed for Summer Fete. 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. Opening hours are 8:15am-10:00pm Monday to Friday (excluding bank holidays). Contact: 1508 533933 or email helphub@southnorfolkandbroadland.gov.uk.

Help! Distributor Wanted for Hales & Heckingham

Could you take over this role? (Just 10 times a year).

It involves: receiving two boxes of magazines, bundling them into 18 separate bundles, and distributing those around Hales and to Heckingham Holes. This happens roughly on the third Thursday of the month, but is subject to the printers.

If you can help, please contact Roger Outlaw (01508 528710) who oversees the distribution network.



Langley with Hardley Parish Council

Parish Clerk: Natalie Wilson

Answerphone: 07516 361239

Email: langleywithhardley.pc@gmail.com

Website: <https://langleywithhardley.pc.norfolkparishes.gov.uk>

Find us on Facebook.



At our last meeting, on 13th May, Garry Moore was re-elected as Chair and our new Vice Chair is Jane Pearman. Much work has been done by Jane and others to update our policies; a time-consuming job, so much appreciated!

The new climbing wall in our playground has been well received, a great addition.

We will be holding VE & VJ celebrations in the village hall on Saturday 30th August. We have booked a local swing band to hopefully capture to mood of the 40's along with entertainment for the kids and food for all. More details closer to the time but please make a note in your diaries.

Our next meeting will be on Tuesday 8th July 7:30 pm. Our meetings are held in Langley with Hardley village hall. All residents are encouraged to attend. Look forward to seeing you.

Langley with Hardley Village Hall

Friday 4th July: Spud Club. 11:00am-1:00pm.

Great food and amazing company, all very welcome.

Saturday 12th July: Caroline Brewster—Clairvoyant.

Doors open 6:30 for a 7:00pm start. Bring your own drinks.

Tickets £12. Book on 01493 444527 or 07748 915133

Saturday 19th July: Kelvin's Quiz.

Doors open 6:30 for a 7:00pm start. Bring your own drinks. Tickets £4 must be pre-booked, on 01508 520184. This includes nibbles. Please tell us of any allergies when you book.

Teams of up to six. Join a team if you come alone. A prize for the winning team. Great fun for all.

Friday 1st August: Spud Club. 11:00am-1:00pm.

Raffle, bric-a-brac, books, clothing stall. Great food and amazing company, all very welcome. Toys for children.

Saturday 30th August: Sam's Swing Band. 7:30pm start.

Great evening of fun.

To book the village hall call Tibby or Jane: 01508 520184.



Notes from Sisland

Hopefully summer has finally arrived. Though I'm currently sat as the rain falls outside which the farmers and gardeners would agree that we need. In Sisland we have just had one fund-raiser, a Social Evening by kind invitation of Paul and Milly Hemmant. There will be another opportunity for spending time together and welcoming others to join us on Sunday June 29th at Lodge Farm, Sisland when we will be offering Strawberry Teas. The afternoon will run from 2:00-5:00pm and all are welcome to join us during the afternoon. A heartfelt thank you from all PCC members to those who have been able to support us, directly and indirectly, at either of these events.



We are now busy planning for the main fund raiser of the year, August Sunday Afternoon Teas. We have been running this event for a number of years, and it is always lovely to see friends, old and new, from across the county who make the visit on a Sunday afternoon to enjoy a cup of tea and a slice of homemade cake in the beautiful surroundings. Last year we were incredibly lucky with good, often very hot, weather and, if necessary, we can provide a covered space for those who want to enjoy the location without every aspect of the British summer. There are five Sundays in August this year and we will be open from 3:00-5:00pm on each Sunday. As part of the standard church service pattern, you can also join us for Evening Prayer on the third Sunday (17th August) at 5:00pm. In addition, the Benefice Service, a service of Holy Communion, will be at St Mary's on the final Sunday (31st August) at 10:30am.

We are waiting for the tenders in order to ascertain the costs of the maintenance to the tower. Visitors can see the need for some new wooden slats to the window openings, although the inside is dry due to the protection secured within the tower. The events over the summer are an important part of our fund raising.

We look forward to seeing friends, old and new, over the summer.

Rowena Bryce, Churchwarden

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 Sue on 01508 528826 or 07491 335 894 for more information.

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 on Tuesday nights at Langley School (NR14 6BJ), 7:00pm-8:30pm. More info: www.loddonhockey.com; email hello@loddonhockey.com.



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



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.



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 or 07903 794613.



Loddon Swan Bowls Club

Our green is now open. Anyone new to bowls, please come along and give this sport a try; current members will be on hand to help. We have some spare bowls in the clubhouse, flat shoes must be worn. If new to the area, or fancy a change of club, please come along.

Practice sessions (roll-ups) are held on Monday, Wednesday and Friday afternoons also Wednesday mornings. The club plays in many local leagues in the evenings, also Thursday afternoons. Inter-club competitions are held on Saturday afternoons. Come on, join in the fun. A warm welcome awaits.

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

Loddon Community Gym

The Library Annexe, Church Plain, Loddon, NR14 6EX
Tel: 07534 946143 www.loddoncommunitygym.com



Whatever your age, there's strong evidence that physical activity can help with a healthier and even happier life. People who exercise regularly can have a lower risk of many chronic diseases, such as heart disease, stroke, type-2 diabetes and some cancers. Research shows that regular exercise can also 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 or scan the QR code shown.



Jubilee Short Mat Bowls Club

We are currently taking a break for the summer as many of us are now playing outdoor bowls, but we will be back on Tuesday 2nd September at 1.30pm. Watch this space for more details nearer the time or contact Sara: 01508 521958 or Sheryl: 01508 677272 .



Davy Place

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.

2026 Pilgrimage to Iona

In 2026 Rev Miriam will be travelling to Iona, staying a week with the community on the island, in the company of a small group led by Canon Heather Butcher. This biennial event is popular with those seeking the peace, beauty and tranquility of Iona's community, with its deeply spiritual rhythm of life and worship. If you are interested in joining us, please email me (Rev Miriam): rector.cvb@gmail.com, and I will send you further information and possible dates.

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. We look forward to welcoming you.

Loddon and Chedgrave Social Group

(formerly Loddon, Chedgrave and District Society)

The Great Hospital: Thursday 3rd July, 11:00am, Bishopgate, Norwich. Everyone should have booked and paid for their place by now. If you have any questions, please contact June on 01508 528853.

Fornsett Steam Museum: Sunday 3rd August, 10:45am, Kingsmuir, Fornsett St Mary, NR16 1JJ. £10 or £9 for over-65s payable on entry. We will have a guided tour on a Steam Up day led by the collection's owner, Dr Rowan Francis, which will last approximately one and a half hours. There is a cafe on site serving light refreshments. The museum has requested an idea of numbers so please contact Gill Coupe on 07732 924869 or email lcsg.secretary@gmail.com by 29th July.

Westleton Walk: Wednesday 3rd September. Sara will lead a walk of approximately 5 miles, and June will lead a shorter walk. The starting location, time and lunch venue details will be available nearer the date. There is plenty of parking around the green and on the street. Please contact Sara on 01508 521958 to book your place or email lcsg.secretary@gmail.com by 20th August. Please indicate whether you would like to do the long or short walk.

If you would like to join our friendly group please contact Hillary Meredith on 01508 520457 or email lcsg.secretary@gmail.com. Annual fees are only £6.00. We will be happy to answer any questions.

Loddon Bell Ringers

A quarter peal of 1264 Plain Bob Major was rung at Holy Trinity to mark the 80th anniversary of Victory in Europe on 8th May. The ringers were: Treble. Sandra Norris 2. Jeannine Roe 3. Paul Norris 4. Michelle Clutten 5. Ann M Webb 6. Katie Wright 7. Adrian Edwards Tenor. David Webb (Conductor).



As well as at Loddon, other quarter peals have been rung by our members at East Dereham, Weston Longville, Ashill and New Buckenham.

We have also rung in two peals, both of 5040 seven surprise minor methods; one at St. James' church, Castle Acre in 2 hours 52 minutes, and the other at St. James' church, Hockwold cum Wilton in 2 hours 41 minutes.

We also attended and helped at a six-bell novice practice at nearby Bergh Apton church and a novice twelve-bell practice at Gt Yarmouth Minster.

Steve Rabong

Royal British Legion—Loddon & District Branch



There will be a new bench situated near to the ornamental cherry tree in the churchyard in Loddon, which we planted in April, for relaxation, time to read or remember a loved one. A lovely four-seater bench has been donated to the RBL, to replace the damaged one. Thank you to our donors.

We have VJ Day 80 approaching, with our Loddon Service being on Sunday 17th August. If groups and businesses wish to purchase a wreath, to place on the War Memorial on this day, please let us or LTC know and we will contact our Poppy Appeal organiser Bryon know.

Meantime, we take our branch gazebo to Seething Control Tower Museum Open Days to show support to our local wartime museum, and to meet their lovely visitors.

Our branch meetings are held on the 3rd Monday evening of each month at 7:00pm in The Lecture Hall, George Lane, Loddon. Sometimes we are in the chapel, adjacent to Hall. Our meetings are followed with light refreshment of coffee/ tea and biscuits: time for a friendly chat and catch ups.

Contact Chairman Colin, if any queries, on 01508 521136.

Parkinson's UK Charity Shop, Loddon

2 Little Money Road, Loddon Industrial Estate.

Look forward to seeing you all there.

Jenny



Church Services

6th July

9:00am	BCP Holy Communion	St Mary, Sisland
9:00am	Informal Holy Communion	All Saints, Chedgrave
10:00-12 noon	XPRESSIONS CAFÉ	All Saints, Chedgrave
10:45am	Holy Communion	Holy Trinity, Loddon

13th July

9:30am	Holy Communion (BCP)	All Saints, Chedgrave
10:45am	Holy Communion	Holy Trinity, Loddon

20th July

10:45am	Holy Communion	Holy Trinity, Loddon
11:00am	All Together Worship	All Saints, Chedgrave
5:00pm	Evening Prayer (BCP)	St Mary, Sisland

27th July

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

Chedgrave Organ Fund—Can You Help?

The organ at All Saints Church, Chedgrave suffered a catastrophic event in August 2024 and hasn't been playable since. It was found impossible to repair and so the decision was made to purchase a new organ. We have settled on a Viscount Ensign 42-FV organ. As a result, we are fundraising once again. If you have appreciated organ music at Sunday worship, weddings, funerals, concerts and would like it to continue, perhaps you would consider donating a gift to help pay for the new organ. Keys on the keyboards are going at £5 or £10 each, and pedals are going at £20. Of course, you can donate any amount. All is gratefully received. Donations can be made by BACS: Chedgrave Parochial Church Council; account number 65310528; sort code 08 92 99 or in cash to The Treasurer, Richard Ball.

Church Services

3rd August

9:00am	BCP Holy Communion	St Mary, Sisland
9:00am	Informal Holy Communion	All Saints, Chedgrave
10:00-12 noon	XPRESSIONS CAFE	All Saints, Chedgrave
10:45am	Holy Communion	Holy Trinity, Loddon

10th August

9:30am	Holy Communion (BCP)	All Saints, Chedgrave
10:45am	Holy Communion	Holy Trinity, Loddon

17th August

10:45am	Holy Communion	Holy Trinity, Loddon
11:00am	All Together Worship Pet Service	All Saints, Chedgrave
5:00pm	Evening Prayer (BCP)	St Mary, Sisland

24th August

9:30am	Holy Communion	All Saints, Chedgrave
10:30am	Morning Worship	St Margaret, Hardley
10:45am	Morning Worship	Holy Trinity, Loddon

31st August

10:30am	Holy Communion	St Mary, Sisland
7:00pm	Last Sunday Praise	St John's, Loddon

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.

Other Services in Chet Valley Churches

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
Thursday during school term	XTRA! Join us at St John's for an exciting, informal service. Refreshments from 3:15pm. Service starts 3:45pm. More from Rev Alison 01508 528126.	
Prayer at Home	'Time for Prayer and Space for Reflection' 'If you would like to receive the weekly prayer and reflection sent out by email, please contact Rev Jill (jillhaylock@aol.com) <i>All are welcome</i>	

The Catholic Parish of Our Lady of the Annunciation

21 Upgate, Poringland, NR14 7SH



Mass Times:

Sunday 9:00am; Tuesday 6:00pm; Wednesday—Saturday 10:00am;
 Saturday 6:00pm (Vigil Mass)

Please check newsletter online for latest information.

Priest in charge: Father Andrew Eburne (Tel: 01508 494770)

e-mail: frandreweburne@gmail.com.

www.ourladyporingland.wordpress.com.

For services in the Waveney Valley, please check:

www.waveneyvalleycatholics.church.



are fundraising for their Brownie unit, with a

Strawberries and Cream Coffee Morning

**Saturday 12th July 2025, 10:00am till 12:00 noon
at The Hollies, High Street, Loddon.**

**Includes a cake stall, fundraising stalls and more...
Everyone welcome, so why not pop in for refreshments and
support your local Brownies unit?!**

Please also come along to find out more about Brownies,
especially if you have a child that may be interested in joining us,
or are considering volunteering with Girlguiding.
We look forward to meeting you.

Patient Participation Group (PPG)

“Working together to improve your patient experience.”

We are pleased to share that our Open Evening on 29th May was a great success, and was well-attended.

We extend our sincere gratitude to everyone who attended, as well as to Mr. Andrew Glenn, Consultant Ophthalmologist at the Norfolk and Norwich University Hospital, for his talk on Macular Degeneration and Age-Related Eye Disorders. His presentation was highly informative, and we greatly appreciated the thoughtful questions from our audience.

Stay tuned for further details on our next Open Evening, which is scheduled for this autumn.

If you are passionate about shaping the future of your surgery and making a meaningful contribution to the local community, we invite you to consider becoming a member or volunteer. To express your interest, please contact us via email at ChetvalleymedicalpracticePPG@Gmail.com.

Loddon Library

The 2025 Summer Reading Challenge is under way!



The Summer Reading Challenge for 4 to 11 year olds started online 21st June and starts in libraries 5th July. If you're not yet signed up, pop in to collect your sticker book, start earning stickers for every book you read, and get a certificate and medal for completing your goal. There's a toddler challenge and a challenge for adults as well—make it a family affair!

There'll be Summer Reading Challenge craft events throughout the holidays. All sessions are free and there's no need to register.

24th July, 3:00-4:00pm *Big Bird Craft & Storytime* (ages 4-8)

31st July, 3:00-4:00pm *Making a Nature Journal* (ages 8-11)

14th August, 12:30-1:30pm *Wild Garden Art & Storytime*
(ages 4-7, old clothes recommended)

28th August, 3:00-4:00pm *Little Green Fingers Craft & Storytime*
(ages 5-8, old clothes recommended)

Call for Young Volunteers

Are you aged 13-25 and fancy helping out with this year's 2025 Summer Reading Challenge? Pick up your recruitment pack at the library!

Read 2 Dogs

Maisy the golden Labradoodle is looking forward to reading some stories with you at 4:00pm on Mondays: 7th July and 4th August.

Regularly scheduled sessions

We've an array of clubs and activities on offer—Just a Cuppa, Knit & Knatter, Autism Socials, Digital Support, Spanish Language to name a few! Come on in or give us a call (01508 520678) to find out more. See you in the library!

Thank You—Chris Birrell

My daughters and I would like to thank everyone who attended Chris's funeral on 22nd May at Waveney Crematorium. Thank you for all the beautifully-worded cards and flowers we received; they were very much appreciated. We raised £1,035 for Parkinson's UK (Research Department). Thank you to everyone for your generous donations. Wendy Birrell.

Thank You—Peter Walpole

My son and I would like to thank everyone for all the flowers, cards and phone calls and help on the loss of Peter, aged 90, on 9th April. His ashes were interred at Norton Subcourse Church on 24th May. Our collection raised £262 for Norton Subcourse Church. Yvonne Walpole.

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.

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 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, Eb 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 or phone 07463 770068.

Help—Distributor Wanted for Hales & Heckingham!

Sara has been delivering bundles of Chet Contact magazines to individuals who live in Hales and Heckingham for the last 30 years and more. Fifteen of those individuals then deliver magazines to their neighbours. She now wishes to retire from this voluntary job as she no longer lives in Hales.

Could you take over this role?



It involves:

Receiving two boxes of magazines and then bundling together into 18 separate bundles just 10 times a year. This happens roughly on the third Thursday of the month, but is subject to the printers.

Distributing the bundles around Hales and to Heckingham Holes.

The job may suit a Mum/Dad who does a school run and could deliver on their way back, or a newly-retired person longing to meet people in the village, or indeed, anyone who has a heart for doing something for their community.

Sara says, “*It has been a lovely way for me to keep in touch with my 'old' neighbours but I left the village nearly eight years ago now. If a replacement cannot be found, then these villages risk not receiving this very informative and useful magazine.*”

If you can help, please contact Roger Outlaw (01508 528710) who oversees the distribution network.

Loddon and District Women’s Institute



The months of July and August seem to be somewhat more relaxed as far as our activities are concerned. There will be the usual meetings in July (including Open House and Book Club for members). There is also a trip to the theatre to see *Les Miserables*, and, unless anything suddenly crops up, just our annual garden party in August. However, we are looking ahead to September and are busy preparing our entry for the WI Trophy competition at the Loddon & District Horticultural Society show.

Forthcoming Meetings:

Thursday 10th July—Knit, Natter & Crochet at Loddon Library, 2:30-4:00pm.

Wednesday 16th July— Hodmedods Hedgehog Support: Help our Hedgehogs. St John’s Lecture Hall, George Lane, 7:15 for 7:30pm.

Wednesday 20th August—Summer Garden Party for members.

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.

Loddon Flower Club

Summer has arrived and flowers are abundant. Why not join us at Loddon Flower Club for some ideas to bring them into your home?



Our July meeting is on Tuesday 1st, we meet in St John's Lecture Hall, George Lane, Loddon. Doors open at 6:30pm for a 7:00pm start. Sandra Price is our demonstrator for the evening. Her title is 'A Passion for Flowers'. We have a short interval for refreshments, and at the end of the evening Sandra's arrangements will be raffled.

We hold our AGM in August so we have no demonstration, but in September, on Tuesday 2nd, Racheal Borrenkova is coming and will give us her take on 'Let's Go to the Flower Shop'.

If you would like more information please get in touch, we're a fun group and you don't need any floristry experience. If you would like help with family flowers for any occasion, we're available; again please get in touch.

Website: www.loddonflowerclub.co.uk. Email: loddonflowerclub@gmail.com.

Facebook: Loddon Flower Club.

You can also call us: Tricia 01508 480522 or Jenny: 01508 520254.

Social Whist

We meet in the back room of The Hollies at 7.30pm for a 7:45pm start. We have twelve hands of whist with a hot drink and a biscuit and some local chat.



All enjoyed in a friendly atmosphere. If you need a lift to The Hollies, please call Jane on 01508 528875. We look forward to seeing you.

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.



Next Meeting: Wednesday 30th July—A visit to Hotters shoe shop in Norwich. All members wishing to attend please make sure you are on the list by contacting Sue on 07891 043934 by the 27th June.

For more information, please contact Sue or Hillary on 01508 520457

No meeting in August. Back in The Hollies in September.

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 and District Horticultural Society



On 9th July we will be having our Rose, Fuchsia and Sweet Pea Show which is for members only. Doors will be open from 7:00pm for members to set up and judging takes part at 7:30pm.

For our meeting on 13th August, we have Sam Kemp coming along to talk to us on *My Journey in Horticulture*. There will be a table show for members at this meeting.

Both meetings will have a raffle and refreshments.

Advance Notice: Our Annual Open Show will be held on Saturday 6th September at the Jubilee Hall and this is open to everyone. If you would like a show schedule then please contact Tricia Loades on 01508_520273 or email patricialoades@btinternet.com. The local WI's will also be taking part in a competition.

Our meetings are held at the Jubilee Hall Clubroom, George Lane, Loddon, usually on the second Wednesday of the month. Membership is £10 per year. For more details contact Chairman Jean Cope 01502_710024 or jeancope52@gmail.com or Secretary Hazel Copland 01508_520890 or happyhaze50@gmail.com. Follow us on our Facebook page.

Loddon Community Cinema

Thursday 3rd July—Bridget Jones: Mad About the Boy

Starring Renee Zellweger, Hugh Grant and Chiwetel Ejiofor. 124 minutes and rated 15.



Bridget Jones navigates life as a widow and single mum with the help of her family, friends and former lover, Daniel (Grant). Back to work and on the apps, she's pursued by a younger man and maybe—just maybe—her son's science teacher.

Thursday 7th August—Wicked

Starring Ariana Grande and Cynthia Erivo. 148 minutes and rated 15.

Elphaba (Erivo), is misunderstood because of her unusual green skin, and has yet to discover her true power. Glinda (Grande) is privileged and popular and has yet to discover her true heart. They meet as students at university in the land of Oz, and form a profound friendship. After an encounter with the Wonderful Wizard, their lives take very different paths.

Both films showing at St. John's Lecture Hall, George Lane, Loddon. Doors open 7:00pm, film starts 7:30pm.

Tickets: £4 adult, £2 under-16, are available on the door or in advance from Loddon Garden & DIY. Email: loddoncommunitycinema@yahoo.co.uk.

Chet Staithe 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, first and third Tuesday of every month, start time 10:00am.

Next meetings:

1st July: Cindy Brooks—My Journey to Become a British Citizen.

15th July: Rowena Burgess—The Extension and Expansion of Education, 1902-1988.

5th August: Mark Reynolds—Comedy and Cartoons.

19th August: John Ridgway—Southwold Railway Trust.

Come to a couple of meetings and try us out; no pressure to join.
Clive Boyd, Secretary, on 520547, cliveboyd28@gmail.com.



Chet Valley Probus Club

Chet Valley Probus Club welcomes people who are retired, semi-retired or approaching retirement and who have 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, starting at 10:30am, lunch is optional.

Next meetings:

8th July: Pete Goodrum—Norwich in the 1950's & 1960's.

22nd July: Graeme Simmonds;—History Beneath Your Feet.

12th August: Mike Wabe—The Murders on the London Underground.

26th August: Rowena Burgess—Evolution of the Education System in the Nineteenth Century.

Info from—John McCormack 01508 521899, probusonline.org/chet-valley.

Help! Distributor Wanted for Hales & Heckingham

Could you take over this role? (Just 10 times a year).

It involves: receiving two boxes of magazines, bundling them into 18 separate bundles, and distributing those around Hales and to Heckingham Holes. This happens roughly on the third Thursday of the month, but is subject to the printers.

If you can help, please contact Roger Outlaw (01508 528710) who oversees the distribution network.



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Hardship Funds Available in the Chet Valley

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

To access the funds:

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

Chedgrave Church Discretionary Fund: Contact Rev Alison or churchwarden, Roger Outlaw (phone numbers on p3), 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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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: Wednesday 3rd September - Turner and Constable: Romantic Rivals - Antonia Gatward Cevizli.

Guests are welcome to join us 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://theartsocietywv.org.uk>.

Tuesday Market



Fine summer days will find our colourful flower and plant stall outside the Hollies.

Come inside and discover beautiful local crafts, ideal for presents and treats. Our cooks are always busy so there is sure to be something to tickle your tastebuds.

Fresh vegetables are now becoming ready, and we also stock local eggs.

We look forward to seeing you at our friendly market. Every Tuesday at the Hollies, 10:00-11:30am.

Enquiries and orders to Sheila Ford 01508 520752.

Noah's Ark Music at Saxon House



On Thursday mornings a group of people, aged from just a few months to the over 90s, gather in Saxon House for a music session followed by refreshments and chance to chat and play together. The older members of the group are residents at Saxon House. The younger members are parents and carers with their babies, toddlers and pre-schoolers. It's a real intergenerational bunch!

From September, we will have space in the group for a few more families. If you join the group, you must be committed to coming each week as far as possible—we all know what it is like with youngsters—and be willing to be on the cake rota. It is not a drop-in. If you are interested in joining us, please contact Rev Alison (ball880am@btinternet.com; 01508 528126).

New residents are always welcome. It is a great opportunity to meet some new people, sing some songs, and enjoy the energy and life that the little ones bring. Do come along on Thursday mornings at 10:30am in the dining room. The more the merrier.



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Chedgrave Art Group

This friendly painting group meets every Friday morning at Chedgrave Church Centre, All Saints Church, off Hardley Road 10:00am-12:30pm.

New members welcome: all abilities, including beginners.

For further details, please contact either Sandra sandash05@icloud.com or Linda linda@ashehamhouse.com.

Chet Valley Photography Club

We are holding our 13th Annual Exhibition on 19th and 20th July at St John's Lecture Hall. Free admission. Please come along and have a look. Our next club meeting is on 14th July (Brian Clarke Rooms, Chedgrave) and then we will be having a break in August. Please refer to our website www.chetvalleyphotography.org.uk for more information or if you are interested in joining the club. The club is open to everyone regardless of their photography knowledge or experience. If you want to take photographs and want to know more please come along to one of our meetings.



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Loddon and District Local History Group

Our old friend Dr Richard (Rik) Hoggett returned to speak at our May meeting on 'Castles in the Landscape'. As always, his talk was fascinating informative and entertaining. He chose three Norfolk castles: Castle Rising, Castle Acre and New Buckenham to illustrate his talk.

All that remains of most castles are humps and bumps covering a few stones; the chosen castles have a lot more to be seen above ground. They were all built in stages after the 1066 Norman Conquest, when William of Normandy defeated Harold, son of Godwin at Hastings. After the death of Edward the Confessor, earlier in 1066, who left no heir, Harold had been voted king by the Saxon Witan. William of Normandy claimed that, some years before, Edward had promised him the crown. All very complicated.

Once crowned, William set about rewarding his Norman supporters by giving them the land and estates of the Saxon aristocracy. 98% of the Saxon lords were replaced. The East Anglian region had major centres at Norwich, Thetford and Bury St Edmunds. Lesser estates at Castle Acre and Wymondham were given to William De Warren while William D'Aubigny (D'Albini) was given estates at Old Buckenham and Castle Rising.

Very quickly wooden buildings were built on mounds, to impress rather than as defensive structures. Stone buildings followed with surrounding baileys and ditches. At both Castle Acre and New Buckenham, a planned town with a market grew outside the castle and Deer Parks were created.

By "The Anarchy" of 1138-1153, there is unrest in the country as the crown was again disputed. During this period the New Buckenham Castle was rebuilt, using stone from the original. The new castle was circular with access to the river, (which could have been dammed as a defensive measure?) a chapel, a deer park and dovecote are all shown on a surviving 16th century map. The New Buckenham castle survived until the Civil War when much of it was taken down. The Castle Rising we see now was built by William the first Earl of Arundel, son of William d'Albini, after 1138, and was primarily used as a Hunting Lodge for the surrounding Deer Park.

Elvie Herd

Next Meetings (Please note revised dates):

16th July Visit to Langley Hall—booking essential.

20th August Sandra Jane Stocks: How Nursing has Changed Since the 80's.

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.

Visit our website at: www.loddonhistorygroup.co.uk/

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Read Any Good Books Lately?

Sociopath, by Patric Gagne

This book is a fascinating read that has stayed with me. It tells how the author, Patric Gagne, knew she was different from a young age. Although she had close relationships with people she loved, these connections weren't enough to make her 'good', or reduce her feelings of apathy and frustration. Growing up, her behaviour escalated from petty theft to stalking and worse.... It wasn't until she was an adult, she realized she was a sociopath. While her darker impulses warred against her attempts to live a settled, loving life with her partner, she began to wonder - if there is a way for sociopaths to integrate happily into society?

The Crossing Places, by Elly Griffiths

This is the first in Elly Griffiths's 'Ruth Galloway series' and is the book where we're first introduced to Ruth and DCI Nelson. When a child's bones are discovered on the windswept Norfolk marshes, the police call in Dr Ruth Galloway, forensic archaeologist, hoping to crack a cold case.

DCI Harry Nelson knows that Ruth's expertise and experience could help him finally to put this case to rest but when a second child goes missing Ruth finds herself in danger from a killer who seems to know she's getting ever closer to the truth...

Set in North Norfolk and with a cast of interesting and unconventional characters I highly recommend any of Elly's books for a good summer read!

The Cornish Cream Tea Wedding, by Cressida McLaughlin

I thought I'd include a frothy romance this month for a good lazy beach read! Wedding planner Ellie Moon delivers the most beautiful weddings and her latest is proving to be a challenge, but she has plenty of help to hand, not least her new tenant, handsome mechanic Jago. Full of yummy food, beautiful gardens, a few tempestuous relationships and the picture-postcard seaside views. I believe this author has written quite a few 'Cornish Cream Tea' books, so tuck in!

I'm looking forward to reading...

A Different Kind of Power, by Jacinda Ardern

I do find Jacinda Ardern a very interesting person so I'm looking forward to reading her memoir. The former prime minister of New Zealand, then the world's youngest female head of government and just the second to give birth in office, Jacinda Ardern grew up the daughter of a police officer in small-town New Zealand, but as the 40th Prime Minister of her country, she became a global icon for her empathetic leadership that put people first.

Ruth Redford

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Nature Notes

Summer is now in full swing giving us all the opportunity to get out and enjoy all the beauty that surrounds us.

On 2nd June, I drove down to Minsmere and walked to the Island Mere Hide in the hope of seeing a purple heron which had set up residence there. It usually resides in Southern Europe. For such a large bird it is often difficult to locate. It had been seen earlier in the day but by the time we arrived it had retreated into the reeds. Scanning the mere I noticed a brown-looking object on the opposite side half-hidden in the reed bed. I was convinced it moved and as I watched suddenly the purple heron broke out of the reeds and flew across the mere, disappearing into the reeds to our right. As soon as it took off, I called out to everyone present, "Purple heron flying right"; most there were able to see it. While we were there, we were fortunate to see a bittern momentarily before disappearing into the reeds, right in front of the hide. It then managed to creep unseen through the reeds, every so often giving its iconic boom showing us its new secret position. There were several marsh harriers around and I lazily trained my binoculars onto a male which I saw was carrying something in its talons. Suddenly a female appeared on the scene flying at a lower altitude than the male. She proceeded to fly onto her back at which point the male released what he was carrying and the female caught it, righted herself and, I assume, descended to her nest to feed her young, absolutely breath-taking.

A breath-taking moment for Rachel was seeing her first ever swallowtail butterfly in her mother's garden on the other side of the River Yare. They are truly beautiful.

Some of the highlights of May were a water vole in the stream opposite the Loddon vets. I was suddenly aware of movement in the water and thought initially it was a fish until it climbed out onto a branch but unfortunately it was in the shade so there was no chance of a photo, but it was great to see.

Walking the dogs alongside Hardley Staithe, I was aware of movement further along the path. At first, even with my binoculars, I couldn't see what the squirming mass of fur was until it straightened itself out to reveal a stoat struggling with a vole. Also in the dyke by the staithe were a pair of mute swans with their six cygnets, two of which were riding on one of the parents' backs.

To end with, after the dog's last short walk of the day I was aware that our younger dog had something in her mouth which she dropped on command. In the gloom I bent down and picked up the small object gingerly. It started to walk on my hand and its feet/legs felt like Velcro, I quickly realised it was a cockchafer beetle so with some difficulty I put it down safely.

Richard and Rachel Hull

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Gardening Notes

Growing Fruit and Veg from Scratch: Part 7b Harvest and Storing Crops

Following on from the last article. Here are the main crops I preserve and how:

Potatoes: these need either a strong paper or even better hessian sacks to exclude the light and keep air circulating. I check these periodically over the winter and throw any rotten ones away and remove sprouts. **Onions and Garlic:** I string these and hang them either in the garage or my shed. Again, you need to check these over and they will also sprout in spring. I usually pickle the small onions and shallots. **Carrots, Parsnips, Leeks, and Brassicas:** I leave in the ground and dig up as I need them though as winters grow warmer carrot and white fly, etc stay active longer. I sometimes pickle a red cabbage. **Chillis:** can be frozen whole without preparation or dried on a strong thread in the garage. Make sure they aren't touching. **Beans:** I only freeze my broad beans as I find French and runners don't freeze well. **Tomatoes:** I usually make into sauce usually after drying in the oven to reduce the water content and then freeze. **Apples:** I store in old drawers, not touching. Every year I intend to ask for some of the cardboard trays supermarkets use to make this easier. **Soft Fruit:** blackberries, raspberries, blueberries and blackcurrants I pick over and spread on trays to freeze before bagging up. I quite often make the blackcurrants into a cordial. Strawberries are eaten long before they get near a freezer!

Andrew Milner

From Another Garden

It's been a case of careful where you tread in the garden as our blue tit chicks fledged, talk about cute. The blackbird family of two young and both parents, a second brood this year, are entertaining. I rescued a cockchafer beetle swimming wildly in a water butt and put it on the apple tree as we've watched their evening mating rituals around the tree on previous years. I discovered a fantastic beetle, a golden-bloomed grey longhorn, sitting on a watering can, it had long black and white striped antenna.

Rain blessed us at last, filling the water butts and giving everything a real good soaking. Ahhh, the smell of petrichor, the earthy scent produced when rain falls on dry soil, it makes you feel good. We are still chucking out our dish and bath water, especially around the bramley apple tree which is lush and full of fruit and looking very healthy. Fingers-crossed for a good harvest. The hanging baskets with tumbling toms and their posse of attractive flowering companions are voluminous. Vegetables in the greenhouse are growing tall and robust. From the garden we've had two courgettes, albeit small ones, and cucumbers are on their way. The big blousy peonies have been and gone but the *Bowl of Beauty* is still in bud; their blooms remind me of the big fake flowers ladies had on swimming caps in the 60's and 70's.

We have been enjoying drink breaks and eating alfresco at every opportunity. It's marvellous to cast an eye over what's growing and watch and listen to the garden birds and skies of swifts, jackdaws, starlings, gulls and, higher up, buzzards, kites and occasionally a marsh harrier. I love that the raptors are doing so well as DDT had pretty much wiped them out by the 1970's.

Hazel Copland



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