



# CHET CONTACT

Produced by the Chet Valley Churches

June 2025



# SUMMER FAYRE

**SATURDAY, 28<sup>th</sup> June**  
**12.00 noon to 5.00 p.m.**  
**Holy Trinity Church & Grounds**

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and two  
children.**



**14<sup>th</sup> June 2025  
Chedgrave  
Church Centre.  
6:00 pm.**

**Tickets and  
information from  
Rev Alison Ball  
ball880am@btinternet.com**

# Chet Valley Churches Information

## Clergy

Miriam Fife:	07593 163920	<a href="mailto:rector.cvb@gmail.com">rector.cvb@gmail.com</a>
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Ros Hoffmann:	01508 548200	<a href="mailto:roshoffmann2011@gmail.com">roshoffmann2011@gmail.com</a>
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 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](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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Advertising:	Peter Webster
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Email submissions to [c.magazineloddon@gmail.com](mailto:c.magazineloddon@gmail.com).

Please include your name and telephone number.



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## Disclaimer

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## From the Editor

Lots going on this month as usual as we get near to Summer. Mind you that old Scots expression “ ne’er cast a clout till May is out” rings true as I’m writing this, just back from sunny Manchester and last night putting a duvet back on my bed!! Maybe Summer is a little way off yet.

Nevertheless, back to a busy month ahead, events, lectures, fairs, coffee mornings, a concert and more. Even a Frolic Evening at Hardley Mill!

Plenty for us all to get out and get involved in.

Busy and stressful for all our younger people too, especially those with exams just getting under way. Let’s wish them all well with everything they have been revising for and hope the right questions turn up on the exam papers. It’s a long time since I had to worry about that!!

Mind you, it doesn’t get a lot easier when you’re worrying for your own children or grandchildren.

At least there is cricket again to aid our sanity through the summer to come!



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## Ministerial Musings

In the elections which took place some parts of the country last month there was, once again, a feeling that people were voting for change. The votes seemed to express a feeling that things shouldn't be the way they are. The rising cost of living is behind a lot of this of course, but it is more than that- it's a general discontent with the way the world is, with our place in it as a country and as individuals.

'It shouldn't be like this!', we say, as we see harrowing scenes in the Middle East and in Ukraine, in Sudan and in the deprived areas of our own country. 'It shouldn't be like this, it should change!' The problem is that most of those events are ones over which we have no control and that we cannot alter. Finding out where we can change things and where we can make a difference flips the mood from pessimistic to optimistic.

In the past six months Loddon has lost two women who made a big difference, not on the world stage but in the Chet Valley. Margaret Shearmur and Audrey Young were involved in every aspect of village life, both with a real heart for the community. We can learn from such inspiring people; our own community is the place where we can change things and make a difference in the lives of those around us.

The pandemic's isolation made us aware of how much we all need others, how much chatting with a neighbour or giving someone a hand affects our own well-being. Jesus' instruction to love our neighbour is not to make us feel virtuous about the good we are doing, it's about building connections, spreading goodwill, breaking down barriers, not retreating into our shells.

It was in another period of world unrest and national uncertainty, the 1930s, that this prayer was developed. You may know it in other forms, but this (so Wikipedia tells me) was the original:

'Oh, God, give us courage to change what must be altered, serenity to accept what can not be helped, and insight to know the one from the other.'

One thing we can all change is our attitude, our openness to each other and our willingness to help others. Those are the things for which we remember people like Margaret and Audrey and they are things that enrich our own lives as well as the lives of others in our community. It might not change events further away but it might just transform a life here.

**Belinda Barwick**



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## Across the Chet Valley Churches

### Worship in the Chet Valley

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



**Holy Communion** is celebrated every Sunday at one or other of the Chet Valley Churches: either Book of Common Prayer (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 1<sup>st</sup> and 3<sup>rd</sup> 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](mailto: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](mailto: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:

June 6th—Afternoon Tea, speaker to be confirmed.

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. On average, there are about 8-12 people who come to Mardles, and there's room for more! You will be made very welcome.

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

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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

**Dorothy Whittaker** who died on 18th March 2025

Funeral: 14th April 2025 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*

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

To arrange a wedding, contact Rev Miriam at rector.cvb@gmail.com.  
Phone number 07593 163920.

To arrange a funeral, at our churches or at the crematorium, contact Rev Miriam at the email or phone number above.

Rev Miriam can also be contacted about interment of ashes.

The clergy can also be contacted through our e-mail: address: clergyCVB@gmail.com.

### New Support Group for Bereaved

If you have lost your life partner during the earlier years of your life and would like to meet once a month with others in the same situation, please contact Jill Haylock on 01508 520248 or email jillhaylock@aol.com for more information.

### Beryl Grace Carver ( nee Lovewell) 1932-2025

We would like to thank everyone who attended Beryl's funeral on 13th March at Loddon Church. Special thanks to Rev. Robert Soanes , Paul Mizen ( organist) and Gordon Barber funeral services. We raised £900 which has been donated to Alzheimer's Society in Beryl's name.

From her family - Linda, Alison and Andrew, and the grandchildren and great-grandchildren ( who called her Gigi).

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## News from Your Local Councillors



We have some initial data in on the rumble strip experiment in Langley Road, which shows a reduction in traffic travelling at the higher speeds, this is good news however we still have a problem which needs to be dealt with, as more than 50% of drivers are still exceeding the speed limit. We will look at what else can be put in place to try to slow down the traffic as it enters the village.

At County Hall we are starting to put together the budget for 2025/26 and once again are facing increasing demands on our limited resources, with no indication from government that we will get the increase in funding that we deserve for our residents. With Local Government Reorganisation around the corner and the opportunity to streamline how councils are run with fewer councils and councillors, we will have no choice but to put the greatest emphasis on value for money and eliminating duplication. This makes the only sensible option to amalgamate all councils in our county into one organisation. One Norfolk = One Council. I would be interested to hear your views.

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 by thanking the ChetChat group for their hard work in delivering Easter eggs to our friends and neighbours this Easter – connecting people, at any time, is so important.

It's a gift that we can all give, at any time.

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. There are so many important groups, doing great work, across our community. Most of the money I will be able to grant has now been allocated, but I still have some remaining.

I was proud that our Labour group voted against suspending the Norfolk County Council elections that would have been held on May 1<sup>st</sup>. In our view it was wrong – and undemocratic – that existing Councillors, whatever their political party, were able to vote to stay on beyond the end of their four-year terms, without voters being able to have their say.

Last week I was delighted to be invited to meet the team running Loddon Community Gym, in their premises next to the Library. It was an impressive reminder of the fantastic range of equipment, and expertise, available to all of us. For more details, please go to [www.loddoncommunitygym.com](http://www.loddoncommunitygym.com) or in this magazine, under 'Sport'.

Finally, my next regular surgeries is in the Library, scheduled for **28 June 2-4pm**. 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](mailto:clerk@chedgraveparishcouncil.gov.uk)  
Website: <https://chedgraveparishcouncil.gov.uk/>  
Facebook: <https://www.facebook.com/Chedgrave-Parish-Council>



**Due to holidays, this update is a little out of synch! Chedgrave Parish Council held its meeting on 8<sup>th</sup> May 2025 – update to follow in June.**

**Easter Egg Hunt:** A big thank you to all who attended and helped with our egg hunt! Despite the weather, everyone went home with an egg! The refreshments stall raised £70.80 which will go towards the refurbishment of play equipment in the Pits, thank you to all who contributed.

**Councillor Surgery:** 12<sup>th</sup> June, 10am-12noon, Chedgrave Shops – chat to your councillors and let them know what you would like to see in our village.

**Rumble Strip Trial:** The trial is complete and data will be published soon.

**Chedgrave Common:** The Shetland ponies continue to graze on Chedgrave Common. As always, please: keep your dogs on a lead, shut gates carefully behind you and avoid approaching or feeding the ponies. These little ponies play a vital role in conservation grazing—and they look absolutely adorable doing it! Let's all play our part to keep them safe and happy.

**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](mailto:brianclarkeroom@chedgraveparishcouncil.gov.uk).

**Allotment Vacancies:** The allotments currently has only 1 allotment vacancy so hurry to get started for this year's growing season! Residents from Chedgrave and surrounding villages are welcome to apply. Please contact the Clerk.

**Next Meeting:** Thursday 5<sup>th</sup> June at 7pm, Brian Clarke Room.

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

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[darren.bedingfield@mab.org.uk](mailto:darren.bedingfield@mab.org.uk)

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01508 520688



## 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)



### **Freedom of Loddon:**

Do you know someone who lives in Loddon who has made a notable contribution to the community? LTC welcomes your nominations for the Freedom of Loddon Award. If you know someone who you think should receive this award, please email your nomination to [admin@loddontowncouncil.gov.uk](mailto:admin@loddontowncouncil.gov.uk) by the 31 May 2025.

### **Councillor Vacancies**

Do you love Loddon and want to make a real difference in your community? If so, becoming a Councillor might be just the volunteer opportunity you're looking for. We're looking for enthusiastic local people to help shape the future of our town. Whether it's supporting local projects, improving public spaces, or giving residents a voice. You don't need any special qualifications or experience, just a willingness to get involved, and a desire to work with others for the good of the community. Full training and support are provided. If this sounds like you, please contact us.

### **Love Loddon Community Group**

The next session is on Church Plain, 25 May 2025 at 10am. All welcome.

### **Community Consultation on Community Spaces**

Thank you so much for all your responses. The survey closed on the 31 March 2025. The results will be available to view on our website in due course.

### **Chet Valley Community Larder:**

We would like to thank the Blakemore Foundation for their monetary donation. Also thank you also to Chet Stores and the residents of Chedgrave for their donations. We would also like to thank Jane again for the large donation of eggs.

The Community Larder is now available every Saturday between 1.00 - 3.00pm and every Monday between 12.00 - 2.00pm in Loddon Library. Meal bags can be collected for a £1 donation. [www.loddontowncouncil.gov.uk/community-larder](http://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](http://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.

**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.

**'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.  
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Email: [lokefolk@yahoo.com](mailto:lokefolk@yahoo.com)

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**[website.chetvalleychurches@gmail.com](mailto:website.chetvalleychurches@gmail.com)**

## Hales & Heckingham Parish Council

For enquiries contact: [clerk@halesandheckingham-pc.gov.uk](mailto:clerk@halesandheckingham-pc.gov.uk)

Website: [www.halesandheckingham-pc.gov.uk](http://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 2nd June 2025 @6.30pm

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 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 remind residents and visitors to abide by the bylaws, 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 or VE day celebrations. Please let us know if you would like to get involved by emailing the Parish Clerk.

Come and join us – 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 assists with a wide range of problems. Contact details Tel: 1508 533933 or via email at [helphub@southnorfolkandbroadland.gov.uk](mailto:helphub@southnorfolkandbroadland.gov.uk). Opening hours are 8:15am-10:00pm, Monday to Friday (excluding bank holidays).

## Langley with Hardley Parish Council



Parish Clerk: Natalie Wilson

Answerphone: 07516 361239

Email: [langleywithhardley.pc@gmail.com](mailto:langleywithhardley.pc@gmail.com)

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

Find us on Facebook.

We are pleased to have 2 new Councillors, Janey Craigs and Jane Pearman. Both Langley residents, who we hope will bring with them, a wealth of knowledge and community spirit  
Please drive with care and consideration in the villages, be speed aware.

---

## Langley with Hardley Village Hall



Thanks to all who supported our cafe in aid of Dementia. We raised an amazing amount of £610.40p!!!!

Cafe-6th June 11-1pm All welcome—enjoy a jacket potato with choice of fillings and a nice dessert as well as a great raffle, bric-a-brac stall, clothes and books.  
To book the Village Hall call Jane on 01508 520184

**River Chet – sewage discharges reduce in 2024.** Those following the campaign to clean up our rivers will be interested to know how the Chet is faring. Nationally there was an increase to 3.61 million hours of sewage spilled in 2024. The Chet bucked last year's national trend, sewage pollution incidents *declined*. Here are the figures. 2024 in **bold** and 2023 in (brackets). The Chet was polluted by sewage **7** (16) times in 2024 lasting **87** hours (132 hrs). **5** (12) discharges were from Sisland Sewage Treatment Works and **2** (4) from Knapps Bridge (Beccles Road, Loddon) into Loddon Beck. No discharges recorded from the pumping station near the boatyards in 2023 or 2024. Overall South Norfolk rivers were polluted by sewage **263** (413) times in 2024 - lasting **3,723** (4,713) hours.

The Environment Agency assessed the Chet as POOR since records began in 2009 (except in 2013 and 2014 when it was BAD.) The main pollutants are sewage and agriculture. The latest Data available is 3/08/23 by the EA. [environment.data.gov.uk](https://environment.data.gov.uk)

If you want better then contact our MP Ben Goldsborough and tell him so, though in fairness all the main political party candidates I contacted about this at the last election expressed a willingness to campaign for stronger regulation and more investment in South Norfolk, particularly as our population increases.

The Environment Agency (EA) has a target of GOOD by 2027 but low confidence in achieving this due to expense and technical difficulties. PBDEs were found in the Chet in 2019. This flame retardant is a so called 'forever chemical' and was voluntarily banned from commercial use in 2009 finally being phased out in 2013.

## Notes from Sisland

I always start writing my entry by looking back, much like a diary, at the previous entries. For 2023 it was the day after the Coronation weekend. Our celebration tree, planted by the oldest and youngest resident, thrives in the geographic centre of the village. We have, this year, just held a book sale in the church, with tea, coffee and cake over the weekend. Thank you to all who supported us either through book donations or joining us for a browse. There will be another opportunity for spending time together and welcoming others to join us on Sunday June 29<sup>th</sup> at Lodge Farm, Sisland when we will be offering Strawberry Teas. The afternoon will run from 2pm until 5pm and all are welcome to join us during the afternoon. The church tower requires some attention to the window slats and although the work is not substantial, we need to take every opportunity to raise funds to enable the continuous maintenance of this very special building.



For those who are able to visit us this spring and early summer, the grass in the graveyard is left uncut as we want to welcome the wildlife and wildflowers as well as humans to our corner of the parish. It is looking stunning as I write this with bluebells and meadow saxifrage. Churchyards are the single most important refuge for many wildflowers typical of old meadows in Norfolk. The churchyard at Sisland can boast of supporting four of the six 'churchyard dependent' wildflower species – meadow saxifrage, oxeye daisy, lady's bedstraw and burnet saxifrage - these are native species which have at least 50% of their Norfolk population in churchyards. We want to allow them to be able to seed before cutting, which we always try to do before the Sunday teas in August. We are looking forward to the latter and welcoming friends, old and new, for tea and cake. The church is open throughout the year, even if the door is closed, it will be unlocked so please take the opportunity, if you can, to visit us and find a quiet space for reflection.

**Rowena Bryce, Churchwarden**

## Sport

### 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



### 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. For more info: [www.loddonhockey.com](http://www.loddonhockey.com) or email [hello@loddonhockey.com](mailto: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](mailto: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](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.



**Could you help out our Chet Contact distribution network by bundling up and dropping off 18 packs of magazines in Hales, each month, for the deliverers to put through the doors? To offer or to find out more call the editor, Roger, on 528710.**



## **Loddon Community Gym**

The Library Annexe, Church Plain, Loddon, NR14 6EX  
Tel: 07534 946143 [www.loddoncommunitygym.com](http://www.loddoncommunitygym.com)



### **New in 2025 at your Community Gym!**

Exciting times at the gym with fantastic new toilet and shower facilities, thanks to a Pride in Place grant!

The gym was created to provide a facility for residents of Loddon, Chedgrave and the surrounding areas, although users from further afield are also very welcome. You'll find a relaxed, friendly space with no pressure and all the support you need.

If you're not sure where to start, or would value some advice about how to get the most out of your sessions, our experienced instructor, Louise will work with you to create the perfect programme to suit your needs. You can call Louise on 07534 946143 or pop in to the gym when you see the Gym Open sign on the railings outside the Library.

We are grateful for the ongoing support from Loddon Town Council, Chedgrave Parish Council and a number of local businesses.

Full details are on our website or scan the QR code shown.



We are open every weekday to those 16 years old and over.

Small annual membership fee and sessions can be paid for daily or, at a reduced rate monthly. - bookable via [www.loddoncommunitygym.com](http://www.loddoncommunitygym.com).

## **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.

## **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.

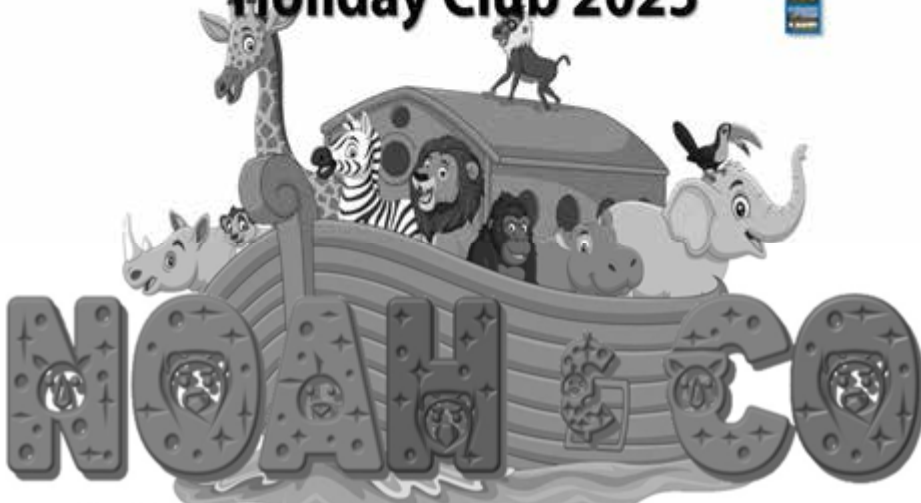
Further information from— Paul Clemence (Chairman) on 07833 764698.

## 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 noon where we share our quilting successes, failures & learn from & 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 & 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 & enjoy a show & tell of finished items & each others 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.

## Chet Valley Churches Holiday Club 2025



**Holiday Club: 28<sup>th</sup> July to 1<sup>st</sup> August 2025**  
**from 09:30 to 12:00 in All Saints, Chedgrave**

## Loddon Bell Ringers



A Quarter peal was rung at Holy Trinity in memory of Patrick Snell. Patrick was a member of Loddon band for many years and a regular Sunday service ringer. The 1344 changes of Aberdare St Elvan Place Triples was rung by 1. Michelle Clutten 2. Stephen Rabong 3. Adrian Edwards 4. Paul Norris 5. Ann M Webb 6. David Webb 7. Katie Wright (Conductor) 8. Sandra Norris. Members have rung other quarter peals at St. Peter Mancroft in Norwich, Woodton, Ditchingham, North Lopham, Diss and Bergh-Apton. We attended a Ten bell practice at St. Michael's, Beccles and enjoyed a social evening during Holy Week when we don't ring. A quarter peal was then rung at Loddon to celebrate Easter. Some members travelled to Herefordshire for a ringing holiday and others travelled to Canterbury to ring at the Cathedral and then on to Cambridge the following day to ring at Peal at the church of St. Clements in the city. We welcomed some visiting ringers from Kent to Holy Trinity who were on a ringing holiday in this area. We rang the bells at Horsham St. Faith, Drayton and Weston Longville with Ranworth ringers on a day out. We rang the bells at nearby Aldeby for a VE Day picnic on the May Bank Holiday Monday, and rang our bells at Loddon for the VE Day celebrations on Thursday 8th May. **Steve Rabong**

## Royal British Legion—Loddon & District Branch



The Ornamental Cherry Tree, has been planted, with Reverend Miriam giving a Prayer of Dedication. Planted in preparation for VJ Day80 Service, in August. Amongst those attending our Tree planting ceremony were - Mrs Paris Back DL, Norfolk County Councillor Kay, LTC & CPC representatives and our Branch members.

Thanks to Loddon Town Council for their continued support in facilitating Remembrance events. We have 3 Bench plaques and the Mounted tree plaque sited this 80th year, in place for the VJ Service, replacing the temporary notice.

VE Day80 Service this year, involved Adult's and School children. The children having learnt some wartime songs, got the crowds singing along. Young's window has our display board in, covering the Home Front. Items will later be on display at the Wartime Fete in June at Holy Trinity Church if you missed it. We meet 3rd Monday evening of the month, at 7pm. At The Lecture Hall, in Loddon. Contact Chairman Colin, if any queries (or Poppies) on 01508 521136."

### **Audrey Young**

*Audrey's family would like to say thank you for all the kindness and the messages and cards we have received following her death. We knew how much she loved being involved in the local community and we have been very touched to hear how much her contribution was appreciated. Thanks to all who joined us at her thanksgiving service.*

## Church Services

<b>1st June</b>		
9:00am	BCP Holy Communion	St Mary, Sisland
9:00am	Informal Holy Communion	All Saints, Chedgrave
10:00-12 noon	<b>XPRESSIONS CAFE</b>	All Saints, Chedgrave
10:45am	Holy Communion	Holy Trinity, Loddon
<b>8th June Pentecost</b>		
9:30am	Holy Communion (BCP)	All Saints, Chedgrave
10:45am	Holy Communion	Holy Trfinity, Loddon
<b>15th June Trinity Sunday</b>		
10.45am	Holy Communion	Holy Trinity, Loddon
11:00am	All Together Worship	All Saints, Chedgrave
5.00pm	Evening Prayer (BCP)	St Mary, Sisland
<b>22nd June</b>	<b>Rogation Sunday</b>	
9.30am	Holy Communion	All Saints, Chedgrave
10.30am	Morning Worship	St Margaret, Hardley
10.45am	Morning Worship	Holy Trinity, Loddon
<b>29th June</b>	<b>Ascension Day</b>	
10.30am	Common Worship, Holy Communion	St Margaret, Hardley
7pm	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

<p>Every day</p> <p><b>Morning Prayer</b></p> <p><b>9:00am</b></p> <p><i>All Welcome</i></p>	Monday	Holy Trinity, Loddon
	Tuesday	St Margaret, Hardley
	Wednesday	All Saints, Chedgrave
	Thursday	Holy Trinity, Loddon
	Friday	St Mary, Sisland
	Saturday	All Saints, Chedgrave
<p><b>Thursday</b></p> <p>during school term</p>	<p><b>XTRA!</b></p> <p>Join us at St John's for an exciting, informal service.</p> <p>Refreshments from 3:15pm. Service starts 3:45pm.</p> <p>More from Rev Alison 01508 528126.</p>	
<p><b>Prayer at Home</b></p>	<p><b>'Time for Prayer and Space for Reflection'</b></p> <p>'If you would like to receive the weekly prayer and reflection sent out by email, please contact</p> <p>Rev Jill (jillhaylock@aol.com)</p> <p><i>All are welcome</i></p>	

**A note from the Rector...** Having had a whirlwind of a first few weeks serving in the Chet Valley Benefice, this is just a short note to say thank you for the lovely welcome my family and I have received. I hope to get to know many more of you over the weeks and months ahead, and hope to see you at our services and at all the church and village events coming up in the summer.

At last, I have a telephone contact number available. General enquiries can still be directed to the benefice email and phone which continue to be monitored.

**Reverend Miriam Fife Phone: 07593 163920**

**Email: rector.cvb@gmail.com**

If you have an old email address/phone number, please delete, and use the above!

## Tuesday Market

Our growers have been busy this month, so you will find a good variety of flowers, plants and fresh vegetables on our stalls.



We meet every Tuesday at the Hollies from 10 to 11.30. Why not treat yourself to a tea or coffee, a freshly baked cake and meet up with your friends? We are a friendly market supplying you with home baking, both savoury and sweet, fresh local eggs, honey and preserves, plus locally made crafts.

We look forward to seeing you!

Orders and enquiries to Sheila Ford. 01508 520752

## Loddon and Chedgrave Social Group

(formerly Loddon, Chedgrave and District Society)

**Walking Treasure Hunt and Picnic:** Sunday 29th June - 10.30 to 10.45am. The starting point will be in the Harleston area - more details will be given nearer the time. The route will cover approximately 1 mile. Please bring your own picnic for a post-Hunt get-together and announcement of the winner. For more information and to book your place please email John Green - pennyworth4@outlook.com.

If you would like to join our friendly group, please contact Hillary Meredith on 01508 520457 or email [lcdistrictsociety@gmail.com](mailto:lcdistrictsociety@gmail.com). We will be happy to answer any questions.

**South Yare  
Art Trail**

Artists & Makers open their  
studios to the public where  
you can see, experience & buy art

**Saturday 7th & Sunday 8th June 2025**  
**Open 10am to 4pm - Free Entry**

There will also be an art workshop,  
demonstrations, exhibition,  
open gardens & refreshments  
to enjoy along the trail.  
Please see our website  
to plan your visit.

**[www.SouthYareArtTrail.co.uk](http://www.SouthYareArtTrail.co.uk)**



## PORINGLAND SINGERS

present

### A Summer of Song

Holy Trinity Church, Loddon  
Saturday 7<sup>th</sup> June at 7.30 pm.

Tickets £12

*(including interval buffet)*

from [valancounter@gmail.com](mailto:valancounter@gmail.com)

01508 520702

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## STRAWBERRY TEA LODGE FARM SISLAND

- Sunday 29<sup>th</sup> June 2025
- From 2pm – 5pm
- Please join us for strawberries & cream, cake and tea
- In aid of St Marys Church, Sisland



## Loddon and District Women's Institute



This month looks like being a busy one! As well as our usual meetings, there's a trip to Hotter shoes in Norwich, an invitation to join Thurton, Ashby & District Wi for their 'Summer Extravaganza', an outing to East Ruston Old Vicarage gardens, and at the Church in Loddon's Summer Fayre we'll be running our Aunt Sally Stall. Let's hope the weather is kinder than at the fete last year!

### Meetings for June

**Thursday 12<sup>th</sup>** - There will be the usual **Knit, Natter & Crochet** at Loddon Library 2:30 – 4.00 p.m. This is the date of our East Ruston outing, so some of our usual participants won't be there, but as this is a community event open to all, it will still go ahead.

**Wednesday 18<sup>th</sup>** – **Monthly meeting**, 7.15 for 7.30 p.m. St John's Lecture Hall, George Lane. The speaker will be Hawk Honey on 'The Forgotten Bees'.

*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 Library



### Getting Ready for School bags are

available throughout the summer months:

specially curated collections to support your little ones starting school in September.

**Loneliness Awareness Week** is 9<sup>th</sup> – 15<sup>th</sup> June. If you're in need of company, we have a thriving **Just a Cuppa** group every Friday at 10.30am. Volunteer led, you can guarantee a warm welcome, a hot drink, and a tasty treat any week of the year.

### 2025 Summer Reading Challenge, Story Garden

As always, we're looking forward to this year's challenge produced by The Reading Agency and delivered in partnership with libraries. The challenge starts 21<sup>st</sup> June and is all about enchanting worlds, outdoor adventures, and all kinds of creatures and plants. You can sign up at the library or online, earn stickers for every book you read, and get a certificate for completing your goal. We'll also have fun craft activities in the library throughout the summer holidays!

### Call for Young Volunteers

If you're an outgoing, friendly, book-loving, young person help us with this year's *2025 Summer Reading Challenge, Story Garden*? Recruitment packS at the library!

### Pets as Therapy

At 4pm on the first Monday of the month (2<sup>nd</sup> June), we're visited by Maisy the golden Labradoodle and her owner, Maureen. Maisy loves pets and stories and would love to meet you!

## 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, 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](mailto:Loddon.band@gmail.com) or phone 07463 770068.

## Chedgrave Carr Charity

John Lurkins lived in Chedgrave all his life, and was a parish councillor for over 40 years. He was passionate about the welfare of Chedgrave.

Just before he died in 2023, John acquired Chedgrave Carr, a wonderful area of wet woodland situated on the outskirts of the village. It lies between Chedgrave Common and the River Chet. He immediately bequeathed the Carr to the Chedgrave Carr Charity, created to arrange for the Carr to be made accessible for local residents to enjoy. John appointed his daughter, Rachel, and a few close friends to be trustees. The Carr has been left unattended for decades, but limited access will be made in a manner sympathetic to the natural environment.

There is much work to be done, which means the charity needs more trustees. If you would like to know more about this project and may like to be involved, then send us an e-mail telling us about yourself to:

### Hardley Windmill

This year will be the 151st birthday of this functioning mill. It was built in 1874 to drain the farm land around Hardley and Langley and was damaged in 1950, although it helped with the floods in 1953.



In 1991 Peter Grix who was born in Norwich took up the challenge to restore it to working order and in 2009 the sails turned for the first time. By 2013 with grants from Leeder+, WREN and South Norfolk Council the inside was complete, a visitor centre added and a pontoon to moor boats. The mill pumped water again under sail power for the first time in over 70 years. Unfortunately, although not as old as the mill itself, the volunteers are in need of maintenance and so we are looking for more people to join in the engineering side as well as both guides and those who provide refreshments. If you feel you could spare one day a month or so, please contact Frances Kirkpatrick on 01508 – 520331. Unfortunately, we have recently lost our Treasurer, and we would be grateful if anyone would take on this responsibility. It would be a shame to let this valuable piece of history, which is on our doorstep, become neglected.

**Please remember the Midsummer Frolic Evening will be on 28<sup>th</sup> June 2025, Burgers, Beer, Wine and Music will be available.** Park at Hardley Staithe and walk up the Wherryman's Way to the Mill, come by boat, or catch the minibus from Langley and Hardley Village Hall.

## Loddon Flower Club

Hasn't it been lovely to see and feel the warmth of the Sun! Definitely gardening weather.

Loddon Flower Club are holding our 'Presidents Evening' on Tuesday 3rd June, in St John's Lecture Hall. doors open at 6.30pm for 7pm start , Come and enjoy a social evening with friends and flowers.

### **Sat. 21st June, 10-12pm, Boundary Farm, Forge Rd, Langley, NR14 6BD**

with the kind permission of Tricia Loades, we are holding a coffee morning Coffee, Cakes, Plant Stall, Raffle and Bric-a-Brac stall all available from 10am - 12pm, do come along, we'd love to see you all.

**Tuesday 1st July** we have Sandra Price demonstrating for us her title being 'A Passion for Flowers', usual place, St John's Lecture Hall, doors open at 6.30pm for a 7pm start, come and give us a look and get some ideas for arranging your garden flowers or a bunch from the supermarket. Refreshments provided.

We still have a few places left for our outing to Houghton Hall on 23rd July, coach estimated to leave Loddon at 9.30am and returning at 4pm. For more information call Jenny on 01508 520254 or Trisha on 01508 480522.

Our club members are available to arrange family flowers for any occasion, email - [loddonflowerclub.com](http://loddonflowerclub.com) or again call Trisha 01508480522 or Jenny 01508520254.

## **Parkinson's UK Charity Shop, Loddon**

2 Little Money Road, Loddon Industrial Estate.

Look forward to seeing you all there, **Jenny**

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## **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:**

No speaker in June but we will have our usual walk followed by light refreshments at the White Horse.

Exactly where we will walk and times will be discussed during the meal in May.

Those not wishing to walk can still meet at the White Horse at the given time.

An annual fee of £10 is charged, plus £3 for each meeting attended. New members always welcome. Any queries please contact June 01508 528853

## Loddon and District Horticultural Society



We won't be having an indoor meeting this month as we will be having our annual garden visit to The Gables, Redisham near Beccles on 11th June. We will be back at the Jubilee Hall Clubroom, George Lane, Loddon on 9th July with our Rose, Fuchsia and Sweet Pea Show.

In April we had a successful time at the Norfolk and Norwich Horticultural Society Spring Show at The Costessey Centre where we came away with some prizes for our entries in the Affiliated Society classes.

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 our Chairman Jean Cope on 01502-710024 or [jeancope52@gmail.com](mailto:jeancope52@gmail.com) or Secretary Hazel Copland on 01508-520890 or [happyhaze50@gmail.com](mailto:happyhaze50@gmail.com). Follow us on our Facebook page.

## 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 Community Cinema



Our next presentation is **"JUROR #2" Rated 12.** Directed by **CLINT EASTWOOD** and stated to be his last film. It stars **Nicholas Hoult, Toni Collette, J.K. Simmons and Kiefer Sutherland.** Family man Justin Kemp, (Nicholas Hoult) who whilst serving as a juror in a high profile murder trial, finds himself struggling with a serious moral dilemma...one he could use to sway the jury verdict and potentially convict-or free- the accused killer.

**Showing on Thursday June 5th** at The Lecture Hall, St. John's, George Lane, Loddon. Doors open 7:00pm, film starts 7:30pm. Tickets: Adults £4, under-16 £2, are available on the door or in advance from—  
Loddon Garden & DIY. email: [loddoncommunitycinema@yahoo.co.uk](mailto: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:

June 3<sup>rd</sup> Paul Smiddy A Passion For Speed

June 17<sup>th</sup> Sally Sibley The Women of Sutton Hoo

Come to a couple of 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 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:

27th May Terri McLean-Bowman Cancer Research UK

10th June "Jack Cates: Last Professional Wherryman" - Dale Wiserman

24th June. Ian Bedford "*The Trouble With Wasps*"

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



## Loddon Flower Club

### Invite you to a Coffee Morning

Coffee, Cake, Plant Stall, Raffle and Bric-a -Brac

10-12pm at

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do come along, we would love to see you.



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The Chet Valley Community Larder & Fridge provides support to local people in need.

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*Interested in joining us?*

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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 4th June - Monet at Giverny - Caroline Holmes.**

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://theartssocietywv.org.uk>.

---

## Chet Valley Medical Practice Patient Participation Group

“Working together to improve your patient experience.”

### “Patient survey”

The PPG is run by patient volunteers and the Practice Manager. We meet with Practice staff every three months, or more frequently if needed, to explore how we can enhance services and foster a positive relationship between the practice, its patients, and the wider community. Our goal is to improve two-way communication and address the changes we patients desire.

We are undertaking a survey from the 12th of May to 20th June to gather insights on access to the surgery and its services, and we would love to hear your thoughts! It's quick, just 12 questions and your input will help improve services and shape future enhancements.

Copies from the surgery, or e-mail [ChetvalleymedicalpracticePPG@Gmail.com](mailto:ChetvalleymedicalpracticePPG@Gmail.com)

If you're interested in helping shaping the future of your surgery, willing to do something very worthwhile for our community why not become a committee member or friend of the PPG, Contact us via email -

[ChetvalleymedicalpracticePPG@Gmail.com](mailto:ChetvalleymedicalpracticePPG@Gmail.com) - to express your interest.

## Loddon & District Day Centre

The Day Centre sends Bev all the best on her retirement and a huge thank you for all the work she has done for us. We're pleased to welcome Sarah as our new organiser and we're looking forward to working with her. The Day Centre meets at Saxon House, on Tuesday and Fridays from 10.00am to 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? Please contact Sarah on 07584570206 for more information. We'd love to see you!



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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 [sandash34@icloud.com](mailto:sandash34@icloud.com) or Linda [linda@ashehamhouse.com](mailto:linda@ashehamhouse.com).

## Chet Valley Photography Club



Our June monthly club meeting is on Monday 9<sup>th</sup> in our new venue at The Brian Clarke Meeting Room, Chedgrave, NR14 6JB. Doors open 6.45pm. This evening we will be an in-club session looking at depth of field, perspective and photo illusions. You do not need expensive equipment at all – really good images and creative images can be taken using a mobile device (phone, tablet) or a basic “point and shoot” camera. If you want to take photographs and want to know more please come along to one of our meetings. New members will be made very welcome.

The club is open to everyone regardless of their photography knowledge or experience.

Have a look at our website [www.chetvalleyphotography.org.uk](http://www.chetvalleyphotography.org.uk)

## Holy Trinity—Church Watch & Welcome Team

Can you help?

For some years we have had a team of people who have looked after the many visitors that Holy Trinity Church receives during the spring and summer seasons, to welcome and help those visitors, as well as keeping an eye on the church.



We need to find more people who can help. Church Watch is from ~10:0am-3:00pm, Monday to Friday. Actual hours and day(s) of your choosing within that time frame. You could share the responsibility with a relative or friend. You do not need to be a regular church attender to become involved in Church Watch.

If you would like to help, please call Paul Mizen on 01508 520535 or

Email: [website.chetvalleychurches@gmail.com](mailto:website.chetvalleychurches@gmail.com).

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## Loddon and District Local History Group

On April 16<sup>th</sup> Dr Joy Hawkins came to tell us about Medieval Women: as Healer, Nurses, Midwives and Wise Women. As always Joy was full of fascinating facts with colourful illustrations to support her talk.

We are led to believe life in earlier times was drab, dirty with women very much second-class citizens. Joy showed us that this was not the case. Women were the keepers and guardians of the house with responsibility for cleaning, feeding and keeping the household well. It was known that cleanliness was next to Godliness.

This theory of Humours, developed by Hippocrates, was the dominant medical theory in the Middle Ages and remained so for centuries. It was believed that illness resulted from an imbalance of these humors

- **Blood:** Associated with the heart and a sanguine (cheerful) personality.
- **Phlegm:** Associated with the brain and a phlegmatic (calm) personality.
- **Yellow Bile:** Associated with the liver and a choleric (irritable) personality.

**Black Bile:** Associated with the spleen and a melancholic (somber) personality.

Prayer, Astrology and Trepanning combined with natural treatments were encouraged, bloodletting, purging and herbal remedies. Many modern medicines have roots in early herbal remedies. We only hear of men as doctors, as it was they who wrote books about illnesses and injuries and treatment, but illustrated texts tell a different story. The wonderful brightly coloured illustrations in medieval books show women tending herb gardens, preparing and storing medicines and ointments, tending patients who are ill or injured and delivering babies, all helped by other women. Men are rarely seen except as gardeners, pedlars or patients. Pre-Reformation most non-domestic health care was provided within Monasteries and Convents, as with the Great Hospital in Norwich, centred around the daily services, with simple food and pain relief where necessary. There is evidence that women served apprenticeships as did men. In places women had to be licensed to practice as midwives and were even allowed to perform Caesareans, to save life, usually of the baby, and in cases of difficult births to baptise the baby to save the child's soul.

The illustrations came mostly from the *The Medieval Health Handbook: Tacuinum Sanitatis* which can be found on Google Images

**Next Meeting:** Wednesday June 18<sup>th</sup>, we have something completely different.

Andrew Tullett of History on a Stick. Andrew has a passion for Norfolk Village signs and will share some with us particularly those illustrating Norfolk Flora.

All meetings are held at St John's Lecture Hall George Lane, starting at 1.30pm.

Admission £3 (includes light refreshments). All welcome.

For more information visit our Website: [loddonhistorygroup.co.uk](http://loddonhistorygroup.co.uk)

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## Read Any Good Books Lately?

### **The Killing Floor, by Lee Child**

The first of many in the series. I've been meaning to read a Jack Reacher novel for a while and this didn't disappoint. It was a fun read, maybe not for the faint-hearted - many people are brutally dispatched, and there are a series of twists and turns, which don't always lead the way you think! It starts with Jack Reacher jumping off a bus and walking fourteen miles down a country road into Margrave, Georgia. It turns out that Reacher is the only stranger in town, on the day they have their first homicide in thirty years. And as nasty secrets leak out - the body count mounts.

### **Bonjour Sophie, by Elizabeth Buchan**

A gentle novel which is deceptively engrossing! I very much enjoyed reading this and following Sophie through her lacklustre postwar Sussex life to Paris in a bid to understand her past. It's 1959 and time for Sophie's real life to start. Her existence in the village of Poynsdean, Sussex, with her austere foster-father and his frustrated wife is suffocating.

Escaping to Paris, the wartime home her French mother fled before her birth gives her the chance to uncover the mystery of her family background, and, perhaps, to find a place where she can finally belong.

### **Girl, Woman, Other, by Bernadine Evaristo**

Teeming with life and crackling with energy - this vibrant novel follows the lives and struggles of twelve very different characters. Mostly women, black and British, they tell the stories of their families, friends and lovers, across the country and through the years. It's told in almost a stream of consciousness, with limited punctuation, which works because you read it almost breathlessly.

From Newcastle to Cornwall, from the birth of the 20th century to the teens of the 21st, each character is searching for something - a shared past, a potential future, a place to call home, somewhere to fit in, a lover, a missed mother, a lost father, even just a touch of hope...

### **On the to be read pile!**

#### **Is a River Alive?, by Robert Macfarlane**

I like Robert Macfarlane's writing and I find the premise of this fascinating. Boldly and persuasively recasting rivers as living beings, this traverses Ecuador, Southern India, Quebec and Macfarlane's Cambridge home in the writer's most personal and political work yet.



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## Nature Notes

Despite it being much cooler this May bank holiday and there being a strong northerly wind my bird total today for the area around Hardley Staithe increase by three to eighty-four species so far this year. The first on my dog walk, gliding through the windswept sky were three Swifts, quickly followed by a small number of Sand Martins. To complete the trio was a singing Blackcap. This area's been productive during April, highlights being a Grasshopper Warbler singing regularly in brambles by the Staithe. I only managed to catch a glimpse of it, but others have had excellent views. There had been reports of a Ringed Ouzel in the area and I caught up with it in the stubble field beyond the line of Leylandii trees. A female Hen Harrier was a welcome find; it was probably the one overwintering around Strumpshaw Fen. On two occasions I managed to be in the right place at the right time to observe the overwintering Short-Eared Owl, which has kept itself well hidden. As well as regularly seeing Barn Owls hunting over the fields by the Staithe.

In early May there were reports of several Red Footed Falcons at Carlton Marsh Nature Reserve on the outskirts of Lowestoft. They are relatively rare and very attractive birds. The adult male is mostly blue grey with dull red "trousers" and under tail, truly stunning. The female has barred slate grey back and wings with rufous buff underparts, equally a beautiful bird. So off I went in hope of seeing them and there were five flying over Peto Marsh putting on a marvellous flight display catching insects and then eating them while still airborne. With them were also similar sized Hobbies, a much more regular summer visitor. My year list went to one hundred and forty-nine. I was also hoping to see the elusive Purple Heron that has been seen here, this is another vagrant from the continent, but I failed. It is amazing how such a large bird can remain hidden. This was my second failed attempt to see this heron though I have seen them a couple of times in previous years. Despite the long dry period we have been having it is awe inspiring to see so much growth everywhere. It's almost as if trees were suddenly garlanded in their different hues of green finery. Flowers busting forth, insects of all kinds appearing, and of course the bird song. It really gladdens the heart and lift one's spirit. I had noticed some small holes appear in some sheltered dry soil about the diameter of an adult little finger. While watching and wondering whose home they were, an all-black Bumble Bee appeared and proceeded to go into each of the tunnels. Although I managed to get several photos, but as yet I haven't come up with a positive ID. Though it could well be a male of one of the Cuckoo Bees. I don't just enthuse over the rarities I see, (or don't!) Each day I get a real thrill just seeing what is about. Obviously, bird watching is my main hobby and on an ordinary day I can see and hear forty to fifty species of birds. Equally fascinating are what mammals, reptiles, insects, plants etc. there are right on our doorstep. So why not go out on an expedition and see what different flora or fauna you can see.

**Richard and Rachel Hull**

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## Gardening Notes

### **Growing Fruit and Veg from scratch: Part 7a Harvest and Storing Crops**

Well, I've covered growing techniques, feeding your crops and the soil so I'll finish this rather long running series of articles with storing crops.

Firstly, you when planning your gardening year, you need to give some consideration as to when you will harvest crops, particularly if you have childcare responsibilities. School holidays were originally designed so that children would be on hand to help with the harvest, though my grandchildren are more interested in eating soft fruit than picking and saving it, but it maybe you are going to be on holiday or occupied doing other things so take this into account. Some crops will stand in the ground quite happily. Others, like courgettes, you may invite your neighbours to enjoy rather than the plant exhausting itself growing marrows. Most people start with the intention of eating crops as they grow but you soon find sudden gluts (and the opposite: sudden failures!). I'm reluctant to compost these excess crops and I try hard to plant successionally or only enough for immediate use and those crops I can successfully store. I'm fortunate to have a large chest freezer and a garage, though it faces south and can get hot even in winter, between 4 - 8C is best. I also need to trap any mice looking for a snack. If you have enough room, you can also keep some crops like carrots and parsnips stored in boxes of sand or peat. Next time: what I try to store and how. **Andrew Milner**

### **From Another Garden**

We are basking in summer sun today, it's glorious. I've been in the shade under the Bramley tree, creating the 'Helleborium' (a name I invented). My Hellebore collection has been planted, interspersed with various Ferns which are just beginning to unfurl their fiddleheads. I've put in Hostas too and Violets, Pansies, Forget-Me-Nots and lobelia 'Crystal Palace' to create a mist of colour. I've included interesting pieces of wood and flint, nature's sculptures. It's looking fabulous, I'm so pleased with this project which has been forming in my mind for years.

Hellebores flower in early spring and now in late April the flowers are still there albeit faded but with plump seed pods from which I will collect seeds. Seedlings will take around 3 to 4 years to flower and flower type will be a mystery until they do. The 6 varieties of tomatoes are all strong and healthy. Tumbling Toms in their baskets with purple and white Petunias and trailing Lobelia hanging from the porch in view of the kitchen window. Bean plants are raring to go in. I've only had a few curcubits germinate this year, 1 courgette, 3 cucumbers and a couple of a nameless tasty orange squash, seeds I saved from a fruit last year, still it's enough for us. Sitting beside the Bramley tree in the shade today, watching a myriad of bees buzzing in the soft pink blossoms, petals falling like confetti all around. I can see purple bearded iris, Aubretia and Honesty, the yellow tree Peony, Calendulas and Cowslips, red fuzzy Pulsatilla and peachy double Geums and I can say I feel truly blessed.

**Hazel Copland**



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