



CHET CONTACT

Produced by the Chet Valley Churches

March 2025





Chet Valley Churches

You are warmly invited to join us at the
Licensing of Reverend Miriam Fife
as New Rector of the Chet Valley Benefice
Monday 17th March 2025

The service takes place at 7:00pm in Holy Trinity Church, Loddon,
and will be followed by refreshments.

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7.00p.m for 7.30 start

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In aid of the Church in Loddon



Chet Valley Churches

Chet Valley Churches Information

Clergy



Alison Ball:	01508 528126	ball880am@btinternet.com
Jill Haylock:	01508 520248	jillhaylock@aol.com
Ros Hoffmann:	01508 548200	roshoffmann2011@gmail.com
Martin Keenan	01502 560178	martin.keenan@methodist.org.uk

To contact Members of the Clergy during the vacancy, please use this e-mail address: clergyCVB@gmail.com

To arrange baptisms and weddings please contact Rev Alison.
To arrange a funeral or interment of ashes please contact Rev Jill.
For prayer requests or 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

Church Websites

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



Chet Contact

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Advertising:	Peter Webster
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Please include your name and telephone number.



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From the Editor

New beginnings in our community this month in several areas with a range of interests opening up in our articles and ads. Most importantly for our church community is the imminent arrival of our new Rector, Rev. Miriam Fife, who will be officially licensed on March 17th—see item on page 2. All will be welcome to the service that evening at Holy Trinity and to the refreshments that will follow.

I'm sure we all wish Miriam and her family well as they begin to find their way around all the varied elements that make up and interlink this community of ours.

In a world where we so regularly read and see news of conflict, violence and everyday rudeness it is truly pleasing to wander round our villages and be able to acknowledge, greet and chat with so many of our neighbours and to make new acquaintances as we go along. I'm a relative newcomer, after only nine years, but have made dozens, even hundreds, of new contacts and friends in that time. As a community I don't think we do too badly at all!

Roger



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Ministerial Musings

On Facebook in recent weeks (I'm writing this at the beginning of February) I have seen a post repeated several times that says: "How long will January last?" and various similar questions and comments about the length of January. Turns out it had 31 days, just like usual.

I think they were just people hoping for Spring and Summer to come again. And it got me thinking about the source of our hope.

Psalms 121 begins with that question:

*I lift up my eyes to the hills—
from where will my help come?*

It was an ancient belief that the gods lived in the mountains (think Olympus!) and so there would be a natural tendency to look to the hills for hope, just like there is a natural tendency to look to Spring, longer days, sunshine, daffodils and so on. I don't know what to do in East Anglia with the remarkable lack of hills and mountains!

But then the psalmist answers his own question:

*My help comes from the Lord,
who made heaven and earth.*

His help doesn't come from creation; his help comes from the Creator. And that's a good place to look for help if you think about it.

The world is not looking too good at the moment, with all that weather and with the international political scene and

But God hasn't changed, so that's where my hope is. The psalmist concludes:

*The Lord will keep you from all evil;
he will keep your life.
The Lord will keep
your going out and your coming in
from this time on and for evermore.*

And so I think that is the real source of hope - the One who keeps our lives from this time and for evermore. So hang on in there. Jesus will be back!

Martin



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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.

Next Meeting: Thurs. 6th March

- will begin at 12.30pm with lunch of baked potatoes with a choice of fillings, and bakewell tarts for dessert. This will be followed by a talk on 'Loddon Doctors' by Elvie Herd.

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 meet 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

Funerals

June Upton who died on 3rd January 2025

Funeral: 22nd January 2025 at St Faith's Crematorium

Christopher Grahame Erwin who died on 20th December 2024

Funeral: 3rd January 2025 at Holy Trinity Church, 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 Alison on 01508 528126 or ball880am@btinternet.com.

To arrange a funeral, at our churches or at the crematorium, contact Rev Jill on 01508 520248, or jillhaylock@aol.com. Rev Jill can also be contacted about interment of ashes.

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



The 2025 World Day of Prayer service is from the Cook Islands in the South Pacific

Friday 7th March at 7.0 pm

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Devolution may actually be finally happening for Norfolk. We have been accepted onto the devolution priority program by the government, only six areas have been offered this fast track. You may remember we thought we had achieved Devo last year and then we were cancelled at the last minute! We are still not over the line yet, but if all goes well this time, we will be having elections next year for a new mayor for Norfolk and Suffolk.

This is important because, similar to other areas who have a regional mayor, we will get money for economic development, Housing, Transport, adult skills and many other things, to be delivered a strategic level. Norfolk has been underfunded and overlooked for too long. There will be a consultation on the changes running until the end of March, please have your say.

Next, we will be looking at local government reform , where we tear up the two-tier system and abolish eight councils to replace them with new unitaries. These new councils will provide a one stop shop for services. More on this later.

If you have any issues or I can help in anyway, please contact me at

Kay.Masonbillig.cllr@norfolk.gov.uk

...

Councillor Kay Mason-Billig

In terms of wider local politics, as mentioned last month a lot of work will be taking place over the next two years as our District and County Councils prepare for the creation of unitary authorities. I said that I would pass on, via this column, what I hear and find out about decisions made which will affect all of us. It has just been announced that we are one of the areas where next year's scheduled County Council elections will not now take place, something that I and my South Norfolk Labour colleagues do not agree with. The wider announcement puts Norfolk and Suffolk on the path to becoming a Mayor-led strategic authority by May 2026 if we proceed.

I'm also continuing my work chairing the South Norfolk Scrutiny Committee, on behalf of all of us, which I'll continue to update you all about.

Best wishes to our new MP Ben Goldsborough as he deals with the treatment for cancer that he has revealed he is undergoing. Whatever people's politics, I think we would all agree that Ben works incredibly hard for all of us in this role.

Finally, my next surgery, at Loddon Library, is 26 April 2-3pm.

Please come down if there's anything I can support you with, or, as ever, give me a ring on 07733323581.

Councillor Jeremy Rowe

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Chedgrave Parish Council

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Website: <https://chedgraveparishcouncil.gov.uk/>
Facebook: <https://www.facebook.com/Chedgrave-Parish-Council>



Chedgrave Parish Council held its meeting on 6th February 2025

Proposed Development - Langley Road Industrial Estate: A well attended public meeting on 9th Jan. 2025 saw many comments made about the plans. These have been collated and submitted to SNC Planning. Residents are encouraged to make comments directly via:

<https://www.southnorfolkandbroadland.gov.uk/planning/planning-applications/find-planning-application>

Warm Spaces Events: The council has hosted three warm spaces events so far. Unfortunately there has been no take-up of this. Any residual funds will be donated to the Chedgrave Church Discretionary Fund.

Rumble Strip Trial: NCC Highways will soon be trialling 'rumble strips' on Langley Road in a bid to reduce speeding in our village. This is likely to take place around the middle of March and the SAM2 camera will be used to capture 'before and after' data to help gauge the success of the trial.

Save the Date: The ever popular Easter Egg Hunt takes place on 21st April at 10am. More details to follow-keep any eye out for posters and on Facebook!

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 have vacancies and the council is also considering creating more half plots. Residents from Chedgrave and surrounding villages are welcome to apply. Please contact the Clerk.

Next Meeting: Thursday 6th March 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. Criminal & illegal activities, public disorder & nuisance, anti-social behaviour, speeding, uncontrolled dogs, should all be reported to the Police on 999 or 101 (non-emergency) and can be reported online at www.norfolk.police.uk.

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All enquiries please contact the Parish Clerk: Emily Curtis

Tel: 01508 522020 Email: clerk@loddontowncouncil.gov.uk

Website: www.loddontowncouncil.gov.uk

Facebook: www.facebook.com/loddontc



Defibrillator at the Staithe We're thrilled to announce that our new defibrillator at the Staithe is installed and ready for use. It wouldn't have been possible without the generosity of some amazing contributors; Top2Bottom (LTC's cleaning contractor): donated an incredible £1,000, Heart2Heart: kindly donated £500 and King's Electrical generously installed the defibrillator cabinet free of charge. Thanks to all involved.

Love Loddon Community Working Session Dates (Sundays, 10am)

The Love Loddon Community Group has recently met and has a planned the following working sessions. All welcome.

23 February - Church Plain and George Lane (opposite Kebab shop)

9 March - Farthing Green, (the Co-op, Hollies, The Terrace)

6 April - The Staithe Bee-line flower bed

Chet Valley Community Larder: Thanks so much for all your recent donations! In particular, we would like to thank [M. Gaze & Co Limited](#), families and students of Hobart High School and Loddon Junior Schools, staff at Chet Valley Medical Centre, Loddon Deli, Loddon Co-op and Chet Stores. These donations helped to provide 31 food bags to families at Christmas and further food bags for people who needed support in January. The Community Larder is now available every Saturday between 1.00 - 3.00pm and every Monday between 12.00 - 2.00pm in Loddon Library and bags can be collected for a £1 donation. More information is available on our website: 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.

Small Grants: LTC have recently awarded several small grants to local groups. If you would like to apply for a local group/organisation (generally up to £100), please see our website for more info/application form. **Meeting dates, contact information and updates can all be found on the Council website: www.loddontowncouncil.gov.uk or call 01508 522020.**



Claire Bullard

INDEPENDANT SCENTSY
CONSULTANT

Phone - 07717535080

Email - cl.bullard@hotmail.co.uk

Website - clairebullard.scentsy.co.uk

Facebook = Claire Bullard - Scentsy Consultant



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

Next Meeting: Mon 3rd of March 2025 at 7.30 pm

Monthly Meetings have now changed to the 1st Monday of the month.

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.

Clocks Going Forward – Clocks will be going forward on the 30th of March, just a reminder for pedestrians and cyclist to ensure that they are visible and for motorist to be careful on the darker mornings.

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 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. 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 assist with a wide range of problems. Contact details Tel: 01508 533933 or via email at helphub@southnorfolkandbroadland.gov.uk. Opening hours are 8.15am until 10.00pm Monday to Friday (excluding bank holidays)

Langley with Hardley Parish Council



Email: langleywithhardley.pc@gmail.com

Website: <https://langleywithhardleypc.norfolkparishes.gov.uk>

Find us on Facebook.

It is with regret that we must inform you that Rob Baldwin resigned as chair soon after the January meeting this year due to personal reasons. This leaves the post open and until a new chair is found, Gary Moore, vice chair, will be acting as chair in the interim.

We are now in need of 3 councillors so we would encourage anyone residing in the locale to come forward and apply – details on the website.

On a more upbeat note, we have recently secured funding for a climbing wall from The National Lottery Community Fund, to be installed at the playground, hopefully some time in April this year. Should anyone have thoughts on the precise location, please do not hesitate to contact the clerk.

We are also planning to celebrate the 80th anniversary of VE and / or VJ Day this year. A working party has been setup to consider ideas and dates etc. We value your input, so please feel free to contact us with your thoughts.

We would also like to take this opportunity to thank our new Clerk Mrs Natalie Wilson for doing such a sterling job in her new role, a steep learning curve that she is managing extremely well.

Our next Parish Council is Tuesday 4th March at Langley with Hardley Village Hall at 7.30pm - All welcome!

Langley with Hardley Village Hall



Cafe- Friday 7th March. 11-1 Great food in great company. Kids activities available. All ages welcome. Raffle, bric-a-brac ,clothing and book stall. Come along for a lovely time.

Kelver Kelvins Kwizz. Saturday 22nd March.

6.30pm doors open for a 7pm start.£4 per person. Booking essential contact Jane 01508520184. Nibbles served so please say allergies and bring your own alcohol. Come along for a fun evening.

To book the village hall call Jane on 01508 520184.The hall has a well equipped kitchen, disabled access and toilet, large carpark, good-sized rooms,reasonable rates. good for any event.

Notes from Sisland

Sisland PCC has, like many others, started to discuss and plan events and activities to hold this year. At Sisland we plan to run the very successful Sunday afternoon teas throughout August, this year with 5 Sundays, an extra weekend to enjoy the beautiful setting with tea and cake. We were incredibly lucky last year to have dry Sundays and many friends and neighbours supported us.



Those who have visited the church over the last few months will have noticed that the church tower needs some work to the wooden slats, both to the front and side. We are waiting on updated figures for an indication of both costs and timescales, but the focus is on fundraising. On the first May Bank Holiday weekend (3rd, 4th and 5th May) we will run a three-day book sale. On Saturday 3rd May there will be a coffee morning from 10am-12pm and on Monday 5th May there will be tea and cake between 2pm and 4pm. We will have a range of fiction and non-fiction, reference through to children's books available, in the church. All are welcome to come and browse and to simply pop in. The church is open all day so please make a note of the dates. We also plan a Strawberry Tea, by kind permission of the Haylock family, at Lodge Farm on 29th June 2025, further details to follow.

Did you know that Sisland Church is registered with easyfundraising, which means you can raise FREE donations for us every time you shop online? Over 4,000 shops and sites will donate to us when you use easyfundraising to shop with them – at no extra cost to yourself! These donations can make a real difference to us, so if you take the opportunity to shop online in the next few weeks, could you take a moment to sign up and support us and a number of other wonderful charities. It's completely FREE and only takes a moment. Church will continue to be open throughout the year, even if the door is closed it will be unlocked, so please take the opportunity to visit us if passing, for a moment of reflection.

Rowena Bryce, Churchwarden

Sport

Footballers Wanted!

A friendly, relaxed group of guys of all ages and abilities who meet at Hobart High School Astro Pitches every Monday and Thursday from 8:00 -9:00pm. Come along and join us for a non-competitive kick about to keep fit and socialise. £3:00 per session. First session free. For more info,



Jubilee Short Mat Bowls Club

With the outdoor lawn bowls season finished why not come and try indoor short mat? We meet on Tuesday afternoons, 1:30-3:00pm, in the Jubilee Hall and are a friendly little group. Beginners are very welcome; just bring flat indoor shoes and we can supply some bowls. The right money, £3, and a sense of humour are also appreciated. More information from Sara: 01508 521958 or Sheryl: 01502 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 or 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 also available at £5 per 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.



Walking Football is Coming to Loddon

Walking football has become increasingly popular since its creation in 2011. It is a sport suitable for participants over the age of 50 of all skill levels including those who have been inactive for some time, or even have never played sport before.

I am looking to start the sessions from March 2025 if there is enough interest.

So if you are over the age of 45 and this sounds like something you would be interested in, then contact Terry for more information via email terryhayden.sportsclub@gmail.com and hopefully we can bring walking football to Loddon.



Loddon Indoor Bowls Club

We meet in the extension to the Old Town Hall, entrance via The Swan car park. It is clearly marked.

We are a members club with internal league matches every weekday evening, roll ups on Monday, Wednesday, Thursday and Friday afternoons commencing at 2:00pm and on Tuesday and Wednesday mornings at 10:00am. Numbers are restricted to the first 12 arriving. Subscriptions are £20 per year, £2 per sessions for roll-ups and competitions and £3 for league matches.

We'd love to see you so just turn up and give it a try. For information contact our Chairman, Paul Clemence on 01508 218078.

LODDON WI

invites you to another

SEWING & CRAFT DAY

SATURDAY 22 MARCH 10.00 a.m. to 4.00 p.m.

St Johns Lecture Hall George Lane

*A chance to enjoy a relaxing day sewing, knitting,
doing crochet or embroidery without interruption*

Bring a packed lunch. Tea & Coffee provided.

Open to all. £5.00 a person.

To book a place ring 01508 528912

Chedgrave Church Centre Hire

All Saints Church, Chedgrave has a lovely church centre open for 30 years. There are two rooms (one upstairs), a kitchen and a loo. Our wheeled tables are easy to move and put up. It is warm even in the winter! It is available to book with a suggested donation of £8 per hour. If you are looking for a venue for a meeting, a party, or an activity do contact Anne Jackson who is responsible for hall bookings on 01508 502278.

Ronald David Fairhead

On behalf of the Family we would like to thank everyone who attended Ron's funeral on the 14th January 2025 at Langley Church.

We raised a huge amount £255 for the East Anglian Air Ambulance in accordance with Ron's last wishes, this has now been paid over to them and we would like to thank everyone who contributed to this.

ALSO, Grateful thanks to Jill Haylock for officiating at the Service and for her wonderful support over the last few weeks since Ron' passing.
Nigel, Peter and Simon Edwards and families.

Loddon Bell Ringers



Our members have rung in two peals during the last month.

One of 5016 Stedman Cinques at St. Peter Mancroft in Norwich taking 3 hours 31 minutes to complete and another of 5040 Seven Surprise Minor methods at Watton taking 2 hours 33 minutes to complete. Peals are our equivalent of running a marathon and takes a lot of concentration and stamina on the ringers part to be successful as a team.

We have also rung quarter peals which are shorter in length, usually around 1260 changes, taking around 45 minutes to ring. These were rung successfully both here at Holy Trinity and also at Debenham, Horham, Pulham Market, North Lopham, Diss, Shipdham, Ashill, Norton Subcourse and St. Peter Mancroft in Norwich.

Steve Rabong.

Davy Place have bingo on a Monday afternoon at 2pm— all money taken is given back as winnings. We have Hoy the last Saturday in the month, at 7pm. Just starting is Cards—on a Wednesday afternoon at 2pm, come along for a relaxing time.

Any inquiries to—Carol castle 01508 826 488

Royal British Legion—Loddon & District



Our next meeting is on Monday 17th March. 7pm at The Lecture Hall, George Lane, Loddon.

We need new members to keep the branch going, coming in with fresh ideas and help.

Also, Veterans are welcome at the RBL Brew, Butty and Banter get together at Beccles Sea Cadets Unit. NR34 9BH. These include free Bacon butties with a cuppa and a chance to meet & chat with other Veterans.

Next one is Wednesday Feb 12th & then March 12th. 11.30am to 1.30pm. If a Veteran requires help, ring RBL Welfare Helpline 08088028080, or contact our Chairman Colin Hartley on 01508 521136.

Church Services

2nd March		
8:00am	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	BCP Holy Communion	St John, Loddon
5th March Beginning of Lent		
7.30pm	Imposition of Ash	St John, Loddon
9th March		
9.30am	BCP Holy Communion	All Saints, Chedgrave
10:45am	Morning Worship	St John, Loddon
16th March		
10.45am	Holy Communion	St John, Loddon
11:00am	All Together Worship *	All Saints, Chedgrave
4:00pm	BCP Evening Prayer	St Mary, Sisland
17th March Licensing of our new Rector, Rev. Miriam Fife		
7pm		Holy Trinity, Loddon
23rd March		
9:30am	Holy Communion	All Saints, Chedgrave
10:30am	Morning Worship	St Margaret, Hardley
10:45am	Morning Worship	St John, Loddon
30th March		
10.30am	Benefice Holy Communion	All Saints, Chedgrave
7pm	Last Sunday Praise	St John, Loddon

Other Services in Chet Valley Churches

Every day Morning Prayer 9:00am <i>All Welcome</i>	Monday	St John, Loddon
	Tuesday	St Margaret, Hardley
	Wednesday	All Saints, Chedgrave
	Thursday	St John, Loddon
	Friday	St Mary, Sisland
	Saturday	All Saints, Chedgrave
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>	

Holy Trinity Church - Watch & Welcome TeamCan 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, from approx. 10.00am to 3.00pm Monday to Friday, actual hours and day(s) of your choosing within that time frame. You might share the responsibility with a relative or friend.

You do not need to be a regular church attender to become involved in this.

If you do think you can help, please email me at-

website.chetvalleychurches@gmail.com or call me on 01508 520535. **Paul Mizen**



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Brownies welcomes all girls aged 7 to 10 years old for nonstop fun, learning and adventure.

1st Loddon Brownies meet fortnightly on Saturday mornings and currently have spaces available.

At Brownies; your child might grow their first plant, get into the great outdoors and learn how to look after themselves, others and the world we live in, bake their first cake, be creative, or go on their first fun packed weekend away with new guiding friends and they're collecting badges along the way, for every new achievement.

If you would like further information about 1st Loddon Brownies email tawnyowl.loddonbrownies@btinternet.com or go to the following to register your child.

<https://www.girlguiding.org.uk/what-we-do/brownies>

Loddon & District Day Centre—The Day Centre meets at Saxon House, 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 Bev on 07826 299290 for more information.

Tuesday Market



Why not brighten a dull Tuesday by visiting Loddon Tuesday Market? We still have tea and coffee(many varieties) for £1 a cup, and you will receive a warm welcome.

You will find us at the Hollies, next to the Post Office, from 10 to 11.30 am every Tuesday. We sell lots of homemade tasty cakes and savoury dishes, preserves, local fresh eggs and seasonal plants, flowers and vegetables.

Need a birthday card or gift? We have a lovely selection of locally made crafts that will serve your requirements.

Enquiries and orders to Sheila Ford(chairman) 01508 520752

Loddon and District Women's Institute



At the time of writing it's still only the first week of February, but already there are snowdrops by some roadsides, and there's a solitary daffodil in bloom in this writer's garden! The Spring is such a lovely time, and hopefully the line dancing at our February meeting will also put a spring in our steps!! This month on March 22nd, we have another Sewing and Craft Day to look forward to (details elsewhere in the magazine) as well as our usual meetings which are listed below.

March Meetings

Thursday 13th - Knit, Natter & Crochet This is a community event and open to all, held at Loddon Library 2.30pm – 4pm

Wednesday 19th – Monthly Meeting St John's Lecture Hall, George Lane, Loddon 7pm for a 7.30pm start. A Talk by Alex Sykes on '**The History of Numbers**'.

There will also be the monthly Open House meeting for members.

If you are interested in finding out more about what we do or think you might like to join us we can be contacted via our Facebook page or by email to loddonwi@gmail.com

Spring Churchyard Clear-up
Saturday 8th March
9:30-12:00

All Saints churchyard in Chedgrave is due for its Spring clean and tidy.

There is pruning and weeding to do as well as clearing fallen wood and other debris.

Please bring your own tools.

Refreshments will be provided

See you there!



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 Thursday 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 .

Introducing Feel Good Norfolk...

Looking for a yoga teacher, counsellor, or stress-relief service in Norfolk? Feel Good Norfolk has you covered!



Founded by wellbeing practitioner Sarah Groves, Feel Good Norfolk is a social enterprise offering free, reliable resources to improve health in the county. Their services include a wellbeing directory to connect you with trusted local providers, a podcast with helpful wellness tips, and fully funded programmes for those facing health challenges or financial hardship.

Sarah explains, “Our mission is to make wellbeing more accessible and affordable, while building a network of wellbeing professionals. It’s one thing to know how to improve your health, but knowing who can help is key.

The directory brings together accredited, insured health professionals, ensuring you’re in safe hands as you explore wellness options. With Norfolk’s beautiful landscapes—from Norwich to the coast and Broads—we believe it’s the wellness capital of the UK, and we’re on a mission to prove it!”

www.feelgoodnorfolk.co.uk sarah@feelgoodnorfolk.co.uk Tel. 07789 077955

Feel Good Norfolk LTD™ - Private Limited By Guarantee without Share Capital. Company No. 13994032. Address - 2 Bagley's House, Bagley's Court, Pottergate, Norwich NR2 1TW

Loddon & Chedgrave District Society

Looking ahead, we have a visit to the South East Asia Collection in Norwich on Thursday 13th March.

If you’re not yet a member of our very friendly group (membership is only £6.00 for a year) you are welcome to come along and try one of our events before joining. If you are interested in joining us, please contact

June Strickland on 01508 528853, junecs@btinternet.com;

Hillary Meredith on 01508 520457, meredithp3@sky.com; or

Sharon Brown on 07546 973017, lcdistrictsociety@gmail.com.

Loddon Flower Club



It's March already!! and the spring bulbs are popping their heads out, which is lovely to see.

Our next meeting is on Tues March 4th, same place, same times, St John's Lecture Hall, George Lane, Loddon, 6.30pm for 7pm start. Old friends, New friends, everyone is welcome to join us for a fun evening.

We have Doreen Robinson demonstrating for us, her title being - 'Embracing Colour', there will also be a club members competition with the same title. her arrangements will be raffled at the end of the evening. Refreshments are served during a short interval.

Our April meeting on Tues. 1st April will be with Naomi Wells, demonstration entitled 'Stories'

There are various ways of contacting us if you would like more information:-

Email us at - loddonflowerclub@gmail.com

Have a look on our website - www.loddonflowerclub.co.uk

Facebook page - Loddon Flower club or

Give us a call - Tricia 01508 480522 or Jenny 01508 520254

We are available to help with flowers for family celebrations, if you need us, please do contact us.

We look forward to seeing you soon.

Loddon & Chedgrave Ladies 8 O'clock Club

We are a friendly group of ladies who meet on the last **Wednesday** of each month in the back room of The Hollies, Loddon High Street.

.An annual fee of £10 is charged, plus £3 for each meeting attended. New members always welcome.

At our meeting on **Wednesday 26th February** we will welcome Steve Ward who will talk to us about the Boscastle Flood of 2004.

And on **Wednesday 26th March** we will welcome a speaker from Hearing Dogs for Deaf People

But this is to be confirmed.

Any queries please contact June 01508 528853 or Hillary 01508 520457.



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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, 1st and 3rd Tuesday of every month, start time 10:00am.

Mar 4th Brian Heard New Scotland Yard

Mar 18th Mike Wabe One Man's Meat

Come to a couple of meetings and try us out; no pressure to join.
Clive Boyd, Secretary, on 520547.cliveboyd@btconnect.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 optional.

11th March. "A Copper's Guide to the Dark Secrets of London Squares"

25th March. Richard Mann– The Real Pirates of the Caribbean

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

WEA - Spring Courses 2025 Two new courses for you: -
Literature: Gossip and how it Shapes Identity in Fiction.
During this three week course we will consider the social form of gossip as well as how gossip is used by writers to shape identity in fiction. Guest Speaker: Ms. T. Tandon. **Three weeks starting 24th February. Course No. Q00020841.**



History: Politics, Culture and Football in the Cold War. It is often said that sport and politics should be kept separate. In these 3 sessions, we explore a deep, intertwined relationship between sports and politics, looking at the role played in building the nation and national identity, and the ways in which it propagates the ideas of the state. Guest Speaker: Arran Hicks. **Three weeks starting 17th March. Course No. Q00020843.**

We look forward to seeing many old and new friends at our Spring Courses from 2.00 – 4.00 pm in the Small Club room at Jubilee Hall, Loddon. For more info. ring Sharon, on 520386 or Alison, 521976.

Reach for the heights on Fridays at



XALT!

Starting soon, our new youth group (Y6-Y11) every Friday afternoon during term-time in St John's, George Lane, Loddon.

Doors open with refreshments at 4:30pm, then games, media, art, discussion and a whole lot of crazy fun to explore the Christian faith, finishing at 6:00pm.

Watch out for further details next month.



Chet Valley Community Larder

The community larder is open in the library every Saturday from 1:00-3:00pm and every Monday from 12:00noon-2:00pm. This service is open to residents of the Chet Valley (Loddon, Chedgrave, Hales & Heckingham, Langley & Hardley, Sisland).

On completion of a registration form, you can collect a food bag with items to make a couple of meals, together with additional items on the day, for £1. Once you are registered you can collect a food bag whenever you are need of food support. If you need urgent food support, outside of the library larder times, please contact the Loddon Town Council office on 01508 522020 or email either clerk@loddontowncouncil.gov.uk or jane@loddontowncouncil.gov.uk.

The donation shelves and fridge are still open in the library annexe every Monday-Friday 8:00am-7:00pm, Saturday 8:00am-4:00pm and Sunday 10:00am-4:00pm. The shelves have donations from the public.

Hardship Funds Available in the Chet Valley

If you are struggling to make ends meet at the moment, there are funds available to help. There are local charities to help people in need in Chedgrave, Hardley, Langley and Loddon. With the winter fuel allowance for pensioners being curtailed, we hope that people will draw on these funds rather than going cold. 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 Alison 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).

Loddon and District Horticultural Society



At our next meeting on **Wednesday 12th March** we have **Pat Alker coming along to talk to us on Costa Rica**. Pat is an international traveller and she will show us the range of flora and fauna in Costa Rica, including Jaguars, monkeys and birds, and the Orchids that grow there. The meeting starts at 7-30pm, refreshments will be available and a raffle held. Visitors are £2.

There will be a table show, for members, of 3 Narcissi for the Copland Cup competition.

Our meetings are held at the Jubilee Hall Clubroom, George Lane, Loddon and are usually held on the second Wednesday in the month. For more details contact Chairman Jean Cope on 01502-710024 or jeancope52@gmail.com or Secretary Hazel Copland on 01508-520890 or happyhaze50@gmail.com. Follow us on our Facebook page.

Membership of our Society is £10 per year.

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 "**PADDINGTON In PERU**", 106 mins rated PG
Starring Hugh Bonneville, Antonio Banderas and Ben Wishaw.

Paddington Bear has been living with the Brown family in London for many years but when he hears that his Aunt Lucy, now living in the Home for Retired Bears, has been missing him terribly, Paddington and the Browns set off to darkest Peru, only to discover on arrival that Aunt Lucy has disappeared .

So off they go into the Amazon to find her!

Thursday 6th Mar. Showing at The Lecture Hall, St. John's, George Lane, Loddon. Doors open 7:00pm, film starts 7:30pm. Adults £4, under-16 £2, are available on the door or in advance from Loddon Garden & DIY.
Email: loddoncommunitycinema@yahoo.co.uk.

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 5th March - AGM (10.45 am start) followed by Jane Gardiner: The Sun King and the Court of Versailles.

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

Lent Lunches



All are welcome to come to the Lecture Hall, George Lane, Loddon, between **12:00 and 1:30**, for a simple meal of homemade soup, bread, and tea or coffee on **Wednesdays in Lent: March 12th, 19th, 26th and April 2nd and 9th.**

If you have never been you have missed one of Loddon's annual treats!

Your meal is free, but any donations will go to the Bishop's Lent Appeal, which this year is for YANA (You Are Not Alone), a local charity supporting rural mental health.

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Hardley Windmill

Please set aside Thursday 27th March 2025 for a session of cleaning at the Mill. We hope to start at 10:0 am. We will have a "Friends" committee meeting afterwards so bring a snack or whatever sustains you after a busy morning cleaning. An agenda will be circulated nearer the time and if you wish to have any items put forward please contact me - Keith Fulleylove. Tel. 07415 572109



Chet Valley Photography Club

We have a new venue for our monthly meetings and now meet at

The Brian Clarke Meeting Room, Chedgrave, NR14 6JB.

Our monthly club meeting in March is on Monday 10th.

Doors open 6.45pm for 7pm start. The topic for the evening will be "Why use RAW" - we will look at why you would want to shoot in RAW format as well as looking at some photo editing using Affinity Photo.

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 or search Chet Valley Photography Club on Facebook for more information.



Chedgrave Art Group

This friendly painting group meets every Friday morning at Chedgrave Church Centre, All Saints Church, off Hardley Road 10.00 - 12.30. New members welcome: all abilities, inc. beginners.

For further details, please contact either :

Sandra—sandash34@icloud.com or, Linda—linda@ashehamhouse.com

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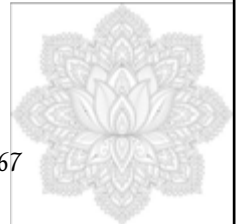
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Loddon and District Local History Group

The December talk, organised by David Crease, saw a packed room. David's talk covered 'a brief history of beer and brewing - from Tudor to the early nineteenth century'. Firstly David explained about the different stages of brewing and the difference between ale and beer. Both were being drunk in medieval England. Herbs like nettles and wormwood were used in brewing and then various plants were used as finings to clarify the beer. Some of these were poisonous like fox-gloves but really not that much is known about early brewing as no records were kept. Throughout the talk different samples were handed out for tasting experiences and these were received with enthusiasm and interest.

David then moved on to talk about breweries which were often in ordinary homes while bigger households had dedicated breweries. Monasteries and priories brewed a lot of beer before the Reformation as did the colleges at Oxford and Cambridge. Glass was not used because of the tax on glass but once the tax was removed clarity and colour became more significant. The talk was much enjoyed.

In January, Mary Fewster returned to talk about 'The development of artificial landscapes from private gardens to pleasure gardens and municipal parks'. Mary argued that Norwich had a lot of open spaces in the early seventeenth century and wealthy people started to create private gardens like Lord Henry Howard who had acquired land from the Augustinian priory which he laid out as a garden down to the river. There was even a Banqueting House which people could admire from boats on the river. Other pleasure gardens were then created and opened to the public like Moore's Spring Gardens in 1739, the Wilderness designed by Samuel Bruister as a naturalistic landscape in 1750 and Widow Smith's rural garden opened in 1763 near St Stephen's Gate. These gardens started to compete with each other to attract visitors by putting on firework displays and concerts with opera singers and orchestras. In 1785 balloon flights were offered and even circus acts were performed.

These first pleasure gardens were replaced in the nineteenth century by others slightly out of the centre like the Plantation Gardens and serving tea instead of alcohol. Municipal gardens like Chapelfield Gardens were developed at the end of the nineteenth century and later on the Mile Cross Estate had municipal gardens placed in the overall plans. A very interesting talk.

Carole Rylands

Next meeting:

Wednesday 19th March: Georgette Vale as Lucilla Reeve, land agent and farmer in wartime Norfolk.

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 info: email Elvie (elvie.herd@uwclub.net).

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Read Any Good Books Lately?

The Women, by Kristin Hannah

A novel of epic love and loss. In 1965 the world is changing, and Frankie suddenly imagines a different path for her life. When her brother ships out to serve in Vietnam, she impulsively joins the Army Nurses Corps and follows his path. As green and inexperienced as the young men sent to Vietnam to fight, Frankie is overwhelmed by the chaos and destruction of war, as well as the unexpected trauma of coming home to a changed America. This is a real page-turner!

The Odd Women, by George Gissing

I stumbled upon this, started reading it and was totally drawn in! It's a novel of social realism and satirises the situation of unmarried women in the late nineteenth century. During a time when many novelists were celebrating the 'new woman' it turns this idea on its head. Set in grimy, fog-ridden London, these 'odd' women range from the idealistic, financially self-sufficient Mary Barfoot and Rhoda Nunn, who run a school to train young women in office skills for work, to the Madden sisters struggling in low-paid jobs and experiencing little comfort or pleasure in their lives.

Circe, by Madeline Miller

I loved Song of Achilles by this writer and Circe is just as good. Banished by Zeus to the remote island of Aiaia, Circe cultivates her skills. She encounters legends: the messenger god, Hermes, the craftsman, Daedalus, a ship bearing a golden fleece, and wily Odysseus, on his epic voyage home. As her power increases and her knowledge grows, so Circe must make the ultimate choice: to decide whether she belongs with the deities she is born from, or the mortals she has come to love. Beautifully written, it draws you in and is a delight to read.

I'm looking forward to.....**Onyx Storm, by Rebecca Yarros**

I'm a latecomer to the genre of romantasy but I'm keen to see why there is such a stir and excitement around these books. Onyx Storm is the third in the series so I might start at the beginning. Dragons and romance – who could ask for more?

Ruth Redford



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Nature Notes

Monday, 3rd February, I asked my friend whether he would prefer RSPB Minsmere or NWT Hickling. "Hickling" he replied. Arriving, we went to check if anything interesting was about. The highlight, a Slavonian Grebe apparently showing well at lookout point 1. I noticed on their "what's about screen", a Brambling, a winter visiting finch, seen from the visitors' centre. On asking where we were pointed to a feeder hanging just outside the window just as a beautiful male Brambling flew in giving us wonderful views of this orange and black bird. We made our way to viewpoint 1, carefully checking with the map we had been given. On reaching it, we were confronted with an expanse of empty water. Fortunately, before long, the Grebe came out from behind some reeds giving good views. We walked on and scanned an area of shallow water and mud and by chance I picked up a small, long tailed orange bird which I instinctively knew was a Bearding Reedling. After lunch we checked out Brendon's Marsh and from the viewing platform we could see a flock of small birds flying round. Through my scope I could see they were Linnets, amongst them I picked out a pipit, which I identified as a Water Pipit, a winter visitor from the Alps. Hickling was the right choice.

Back in January I took the dogs to Ness Point in Lowestoft in the hope of seeing five species of birds. I have seen all five of them there in winter but never on the same day. Parking in Links car park, where I hope to see Mediterranean Gull, I drew a blank. So slightly disappointed, the dogs and I set off towards Ness Point, only to discover we were walking directly into the sun, making seeing anything difficult. Halfway, I noticed three small waders on the concrete rocks, two Purple Sandpipers and a Turnstone. That was two of my five ticked off. Just before we reached Ness Point, I noticed a dumpy looking wader on the rocks, I knew it was a Knot but in the wrong location. Usually, it is found on the mudflats in large numbers. Just past Ness Point I saw a Black Redstart, I had stunning views for a few moments and was very pleased to mentally tick off bird number three. Walking back to the car, a pair of small birds flew from the rocks, Rock Pipits, bird number four, these only occur round our coast in winter in small numbers. The Mediterranean Gull was waiting for me in the car park, all five birds seen plus the bonus of a Knot. I can assure you this sort of thing rarely happens.

My bird year total stands at 106, 59 I have seen in the Hardley Staithe area.

As Spring is fast approaching see what you can see around you, as it can lighten your heart.

Richard and Rachel Hull

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Gardening Notes

Growing Fruit and Veg from scratch: Part 5.g. Dig or No Dig?

Last time I discussed various mulches which brings me neatly to dig or no dig. In favour is that soil structure takes time to build up and digging disturbs it, but 'no dig' uses mulches to suppresses weed and feeds soil from the top down.

It's not as simple as that or we would all do it. First, you need to get the ground as free of perennial weeds* as possible usually by covering them with light excluding materials; like cardboard plastic, wood chip or straw, but this can take a long time 2 – 4 months for dandelions/stinging nettles but months longer for couch grass. Better to use organic materials as these simultaneously feed the soil. There is also the cost of mulch and ongoing cost of replacing it. I offset this against my time and the wear and tear on my back. Finally, you can't completely avoid some weeding.

I'd like to do more but don't have a reliable bulk supply of mulch. You may say potatoes are traditionally trenched (disturbing the soil) but I have grown potatoes successfully by simply laying them on clear soil, covering with 15cm of straw and topping this up once the tops show. It saves considerable effort, and other crops are not so hungry of mulch. I guess what I'm saying is choose what suits you, your resources and health, but don't discount new ideas.

Andrew Milner

From the Garden

I nipped to Loddon DIY to get compost and bird food, then to my garden for inspiration in the bitterly cold easterly wind which had blown the Brown bin over. Bird feeders are topped up and there's fresh water in the bird bath and dishes on the ground for animals, warm water out when it's been icy. A tray of bird seed outside the kitchen window lets us see robins, blackbirds and pigeons (greedy things) up close, this morning there was a dear little mouse in it. If it's empty the robin and female blackbird come and look in at me expectantly until I top it up. Secateurs in hand I pruned Clematis and Rose bushes, still in big pots awaiting their raised bed and trellis, I aim to complete the project this year, fulfilling Mum's express wish to have her ashes fertilise some Roses.

I decided to sow some seeds despite the wicked wind as the moon is waxing, that is going from new moon to full moon. Apparently sowing seeds for plants that crop above ground are best done when the moon is increasing, and root crops do best when planted when the moon is decreasing or waning, going from full moon to new moon. So in the nice clean terracotta pots I've sown 5 types of tomatoes and some cucumbers. They are now in the house lined up on window sills in the warm. I was going to sow some Coleus seeds but when I opened the packet it was empty! Now the waiting begins, it's always a lovely surprise when the very first seedlings appear.

Hazel Copland



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With technology moving fast in the motortrade we are well qualified and happy to offer a cost effective alternative to the visiting the main dealer network.

TYRES DIRECT A huge range of makes and sizes direct from the largest wholesaler suppliers daily .Fitted and balanced free.



Independent



Family business

LODDON MOTORTEC LTD

Loddon Business Park, Beccles Road Loddon

TELEPHONE 01508 521949

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