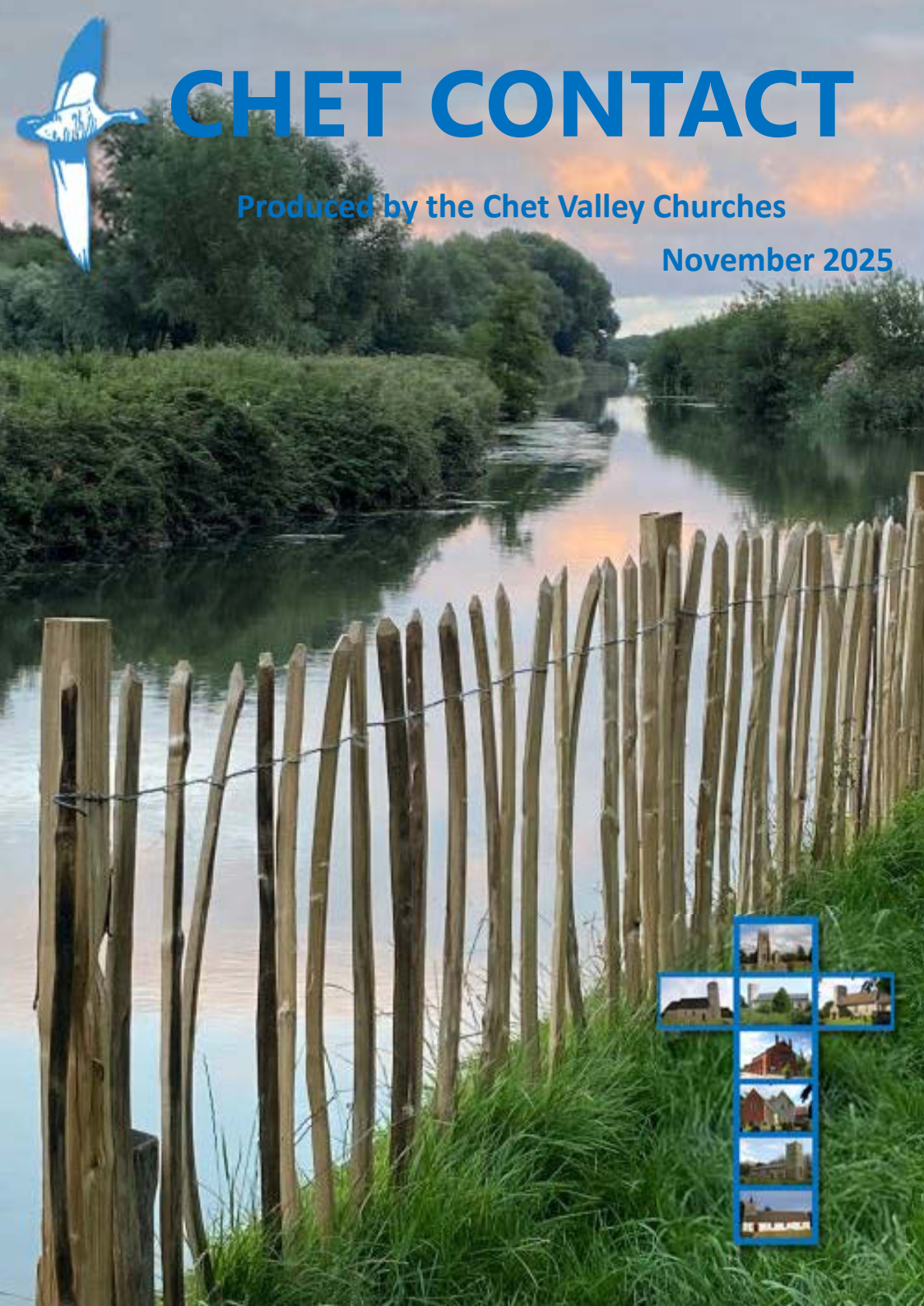




CHET CONTACT

Produced by the Chet Valley Churches

November 2025





Chet Valley Churches



All Saints, Chedgrave

Autumn Fair

22nd November 2025

10:00am-12:00noon



Cakes; Table Decorations; Tombola;

Pre-loved Goods; Books; Crafts ...



Refreshments throughout the morning.

All Welcome – We Look Forward to Seeing You!



The Church in Loddon's

Christmas Fayre



St John's Chapel, George Lane

Saturday, November 29th

10.00 a.m. – 12.30 p.m.

Gifts

Crafts

Tombola

Cakes etc

Christmas Decorations

Refreshments

Father Christmas arrives

at 10 o'clock with gifts



Chet Valley Churches Information

Clergy



Miriam Fife:	07593 163920	rector.cvb@gmail.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 arrange a wedding, funeral or interment of ashes, baptisms and thanksgivings please contact Rev Miriam.

For prayer requests and home communion please contact Rev Ros.

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

The Church office is open 10.00 - 12.00 Mondays and Wednesdays.

Church Websites

Chet Valley Churches www.chetvalleychurches.org

The Diocese of Norwich www.dioceseofnorwich.org

Chet Contact

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NB: Copy for December and January by 8th November latest please - as this is a double edition.

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From the Editor

Dear Friends,

This is my first attempt at editing the Chet Contact; an experience as edifying for me as I hope reading it is for you. Huge thanks to Peter Webster, our advertising editor, who has patiently shown me the ropes! Being so new to this area (You might remember I began as your Rector in March this year, following the retirement of Rev'd David Owen), I am still getting to know people, places and all the goings-on. Having done this job of editing has helped me realise how many of you I have already met, and just how many more I have yet to meet. It is wonderful to be a part of all these thriving, busy and friendly communities, with so much going on in various entertainments and leisure activities, charitable groups and events, and the overlap between Church and community events is a real joy. Hoping to meet many more of you at these events over the coming months - do say hello!

Miriam



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MINISTERIAL MUSINGS

In November, when nature begins to close down for the winter, I become aware of the structure of trees; their canopy of leaves is no longer there to distract the eye and the variety of bark patterns and colours is suddenly much more evident. I have a favourite oak tree on one of my regular walks, standing solidly beside the lane, its branches gnarled, its trunk with deep fissures and its lichen in shades of sage green and bluey- grey. It has almost certainly been growing there since Queen Victoria's time, maybe long before, and it seems to me that it and its fellow oaks anchor the whole scene, dignified and immovable. It has been there through the World Wars that we commemorate this month, through the reigns of at least seven British monarchs, through storms and droughts, snowdrifts and summer heat, passed by generations of Norfolk people and its acorns plundered by many more generations of Norfolk squirrels. It has seen a lot. I find its solidity reassuring, in a world that is changing at a speed that feels alarming and unpredictable. We need solid anchors at a time of change, the things we know that we can rely on; a sense of who we are as residents of Norfolk, the solid anchor of living in a peaceful country and knowing that our values are the same as those of most other people we encounter, the knowledge that we can rely on our news media to be giving us the truth. If one of those assumptions prove false, we can begin to feel rattled. Then there are our families, our friends, the things that give us satisfaction and the ones that bring us joy. If one of them is suddenly removed- through a bereavement or any other loss – it can be very disturbing, and we can quickly feel cut adrift. Where do we turn, if our oak trees are felled and our world is suddenly turned upside down? Getting angry or dissolving into misery is only a short-term solution. What is our route back to coping with life? My father used to tell the story of hearing his Granny, after one of the bombing raids on Norwich in 1942, sitting in bed and singing hymns loudly and defiantly. ('Hold the fort for I am coming!'). Many people, not just those of us who go to church on Sundays, find reassurance in the words that have survived through the centuries and have given solace in times of insecurity: 'God is our refuge and strength, an ever present help in trouble... He says, 'Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.' The Lord Almighty is with us, the God of Jacob is our fortress.' (Psalm 47) As the nights get longer and the weather gets colder, we could retreat into our homes and give in to the prevailing feeling of insecurity, or we could begin seeking those things that can be our anchors and give us reassurance that there is a way through. My recommendation is to find your strong, solid oak tree!

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), Common Worship, informal or Celtic style. See weekly news sheets for details.

Morning Worship is held regularly in Loddon and Hardley.

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

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

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 St John's, Loddon: a welcoming, lively, informal service of Contemporary Worship, suitable for all ages. Join us for refreshments at 6.30, worship begins at 7.00pm.

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, children's activities in Loddon most Sundays..

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

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



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Church Groups

Friends and Neighbours

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:

November 6th - 12 noon lunch. Jacket Potatoes with choice of fillings with trifle for dessert, followed by talk and slides of adventurous travels by Sue Sursham.

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

Monday Mardles

If you like a relaxed and informal chat with others or are looking to meet some new friends, join us at a Monday Mardles for refreshments and to swap books at Chedgrave Church Rooms.

Mardles are held **every Monday 10:00am-12:00 noon**. Come and go as you choose. You will be made very welcome.

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



Small Groups

Some of us like to meet during the week in small groups where we can enjoy each others' company, study the Bible together and pray for one another and for others.

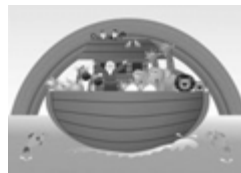
Those who attend find their small group a real help and support.

Newcomers: A warm welcome awaits.

To join or just to know more, please contact Rev Miriam on 07593 163920.



Noah's Ark



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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.*
To talk about baptism (Christening) or Thanksgiving in any of the Chet Valley Churches, please contact Revd Miriam

Funerals

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

For help and advice on arranging a Wedding, Baptism or Funeral or interment of ashes at any of our churches (or at the crematorium), contact Rev Miriam on 07593 163920 or rector.cvb@gmail.com.

Service in Memory of Loved Ones

Sunday 2nd November at 3pm

St John's Chapel, George Lane, Loddon

We would like to invite all who wish to remember a loved one, whether their passing is recent or longer ago, to join us for this short service of remembering and thanksgiving. There will be an opportunity to light a candle and time for quiet reflection and prayer.

Light refreshments will be served afterwards.

If you are unable to attend the service but would like a name read out as candles are lit, please let Miriam know on: rector.cvb@gmail.com

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Local Government Reorganisation is coming-The way your council services are delivered will be changing. Services like waste collection and planning are provided by one council whilst others like education, libraries and social care are provided by another. In future everything will be combined into one new unitary council. The challenge is to make these changes, the biggest for over 50 years, without affecting service delivery to residents. The big question is, how many of these new unitaries should Norfolk have? The County Council provides 85% of all services on a county wide basis, then 7 district councils provide the other 15%. The easiest and most efficient way to do this will be to move to a single council for Norfolk. If we want to protect vital services for vulnerable people, we need to preserve those on a countywide basis, alongside our partners in Health and the Police. No one wants these changes to result in higher council tax. But the more new unitaries we create in Norfolk, the more expensive the system becomes. I don't think local people worry about who provides their services, as long as they are delivered efficiently and are good value for money. That is why I am backing a single unitary, One Norfolk, strong where it counts, local where it matters. <https://www.norfolk.gov.uk/article/67898/Local-government-reorganisation> The new bus stops on the A146 are open for business. I hope this improvement provides more convenience for local people. It was painful whilst the roadworks happened but that is now behind us. First Bus have briefed their drivers that these stops are live, but if anyone finds that some buses don't stop there, can they let me know, so I can report back. We may get a few "misses" whilst this beds in. There are also plans to increase the frequency of buses to Loddon and Chedgrave. If I can help in any way, please contact me,

Cllr Kay Mason Billig at kay.masonbillig.cllr@norfolk.gov.uk

This month I'd like to pass on my thanks to the excellent contribution made to our community by Reverend Alison Ball, who has been a friend to me, and countless others, as well as a tireless giver of her time and energy across our area over many years. I'd like to highlight our annual ChetChat Christmas hampers, which has become a bit of a local tradition, which we're looking forward to distributing again this Christmas. Please let me know if you'd like to nominate someone – they need to be over-60, and a person who'd appreciate knowing that they mean a lot to someone. Finally, it was great to be joined by our local MP Ben Goldsborough at my most recent surgery. My next one is 2-3pm 29 November in Loddon Library.

If there is anything I can help with, please get in touch. We are elected to serve you, not the other way around.

Jeremy Rowe 07733323581

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Chedgrave Parish Council

All enquiries please contact the Parish Clerk: Hayley Goldson.

Tel: 07592 933174 Email: clerk@chedgraveparishcouncil.gov.uk

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

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

Chedgrave Parish Council held its meeting on 2nd October 2025.

Remembrance Sunday: Chedgrave Parish Council will lay wreaths at the Lychgate War Memorial on 9th November at 12 noon accompanied by a short prayer and period of reflection. All are welcome to attend.

The Pits Play Area: Following a tendering process, the council approved a contractor to install the new equipment. Fundraising will now begin in earnest with the council applying for grants to add to the funds it has put aside for the project.

Langley Road Industrial Estate: The council considered the latest planning application for this site and continues to strongly object to the current proposal.

Council Vacancy: Please consider joining your parish council! Following a councillor resignation, there is a vacancy on Chedgrave Parish Council. This is a great opportunity to have your say in decisions which directly affect the village. Please consider joining this friendly and committed team whose sole aim is Cherishing Chedgrave for all of us. Please contact the Clerk for more information.

Chedgrave Courier: The next issue will be distributed towards the end of the year. Please get in touch if there are any topics you would like to see discussed.

Parking on White Horse Plain: Please try and park considerately in order that the parking area can be best used by all.

Traffic Improvements: The council considered ideas for traffic improvement locally as requested by CCllr Mason-Billig and has asked that the 30mph zones be increased north of the entrance to Langley School on Langley Road and 200m towards the A146 from Big Back Lane.

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

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

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

Next Meeting: Thursday 6th November at 7pm, Brian Clarke Room.



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The Old School, Church Plain, Loddon, NR14 6EX 01508 522 020

Remembrance Parade – Sunday 9 November 2025: Each year, LTC and Loddon & District Royal British Legion organise the Remembrance Sunday Parade. The parade will meet on Cannell's Car Park, and set off from White Horse Corner at 10.30 am. The parade will arrive at Church Plain at 10.45am and there will be a short service by the War Memorial. This will be followed by a Service in Holy Trinity Church. All timings are approximate. Should your organisation wish to participate in the parade or lay a wreath, please let us know as soon as possible.

Road and car park closure – Church Plain Car Park will be closed for the event. Bridge Street / High Street will be closed to traffic between 10.30am and 11.15am.

Christmas Light Display: Each year, in late November, the Council installs light-weight LED Christmas Lights on properties on Church Plain, Bridge Street and the High Street. If you live in those areas, please look out for an email or letter from us which will give you the opportunity to opt out should you not wish to participate in the display. **The official Christmas light switch on will be on Church Plain at the annual Victorian Evening on Friday 5 December 2025.**

Love Loddon Community Group

Thank you to our wonderful Love Loddon Community Group volunteers for removing the summer display and planting up the towers and containers with the winter display.

If you would like to join this friendly group, the dates are below.

The group meet at 10am on Church Plain unless otherwise stated. Sun 19/10 - General tidy and bulb planting—Sun 30/11 – Leaf sweeping

Chet Valley Community Larder:

Christmas bags - This festive season, the Community Larder will be running a Christmas Bag Service during our regular drop-in sessions on Mondays and Saturdays. If you're registered with us, you'll receive an invitation to collect Christmas items.

Donations for Christmas bags - We'd welcome donations of Christmas food items and treats to help us spread joy to local families. Donations can be delivered to the Council Office between Tuesday and Thursday, 9:00am–12:00noon.

Bottle Stall at the Victorian Evening - We're also collecting bottles of any kind for our popular Bottle Stall at the Victorian Evening. Again, donations can be delivered to the Council Office.

Community Larder Sessions - Monday between 12.00 - 1.00pm and Saturday between 1.00 - 2.00pm in Loddon Library. Please see our Facebook page for updates.

Meeting dates, contact information and updates can all be found on the Council website: www.loddontowncouncil.gov.uk or call 01508 522 020.

Chet Valley Acupuncture

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

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

naomi@chetvalleyacupuncture.co.uk
www.chetvalleyacupuncture.co.uk

Maths Tuition KS3 and GCSE

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

Call Alex McRobie on 07922 096417



PILATES WITH KATRINA

New Pilates Mat Class
Langley Village Hall, NR14 6AD
Mondays at 10.15am

Strengthen, Stretch, and Energise Your Week

Contact Katrina to book a space or for more information.

07725 527669

katrina@pilateswithkatrina.co.uk
www.pilateswithkatrina.co.uk
facebook.com/pilateswithkatrina

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

Scan code for website and full timetable



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

Hales & Heckingham Parish Council

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

Website: www.halesandheckingham-pc.gov.uk

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



Next Parish Council Meetings:

Monday 3rd November 2025 @7.30pm

Meetings held on the 1st Monday of Every 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.

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

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

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

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

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

Do you need help? – South Norfolk and Broadland's hub assist with a wide range of problems. Contact details Tel: 1508 533933 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

Parish Clerk: Natalie Wilson Answerphone: 07516 361239

Email: langleywithhardley.pc@gmail.com



Web site: <https://langleywithhardley.pc.norfolkparishes.gov.uk> Find us on Facebook.

Langley with Hardley Village Hall – Events in November

Friday 7th November 11-1 Spud Club!

Delicious food, great raffle, bric-brac, toys, books and clothing stall. Everyone welcome!!!

Friday 21st November **Clever Kelvins Quiz** 6.30 arrive for a 7 start.

Tickets must be pre-booked on 01508 520184. Tickets cost £4 each which include nibbles. Please say any allergies when you book. Teams of up to 6 people. If you are alone you can join a team. Bring your own alcohol. A fun evening for all ages!!!

Saturday 22nd November **A Grand Christmas Bingo!!!**

Arrive at 7 for a 7.30 start. Amazing prizes to be won!!! Great fun evening!!! Bring your own alcohol.

The village hall is an ideal venue for any event: well-equipped kitchen, wheelchair-friendly, great sized rooms. Reasonable prices. Good sized car park. To book or view the hall call Tibby or Jane on 01508 520184.

Children's Activities in our Churches

Noah's Ark: Drop-in group for babies, toddlers, parents and carers. Wednesdays at St John's, Loddon, 9.15 - 11.30.

Roots and Shoots: Thursdays After School: Informal, fun church service for everyone, especially families and primary school age children. St John's, Loddon. 3.15 open for a 3.45 start.

Café Church: Every first Sunday at All Saint's, Chedgrave. Doors open at 10.00, informal café with Church / Café 'til 12.00

4C: Youth Group in collaboration with Youth For Christ, In St John's, Loddon, Fridays from 4.30. Yr 6 and up.

We are pleased to welcome children and families into all our churches for Sunday services. For more information about children's groups in church, contact Rev Miriam Fife. We look forward to welcoming you!

Notes from Sisland

When you read this, Sisland church will just have held our Harvest Festival service, on Sunday 19th October. Following on from this we have a **coffee morning: Saturday 15th November** 10am-12 noon at Lodge Farm, by kind permission of John and Jill Haylock.



We would like to thank everyone who was able to support us as we continue to raise funds to repair the wooden tower. The changing season also brings the change of service times for Sisland. With the change of clocks on 26th October the service of Evening Prayer moves to 4pm. During the summer it has been at 5pm. A traditional service using the Book of Common Prayer it is an excellent way to reflect on the week past and prepare for the week ahead.

As autumn begins, the weather definitely changeable, our attention turns to a period of reflection and remembrance. Remembrance Day has been observed every year since 1919. As well as standing together in Remembrance on 11 November, we also observe a two-minute silence at 11am on Remembrance Sunday. The former, originally called “Armistice Day”, was instigated to commemorate the armistice agreement that ended the First World War on Monday, November 11, 1918, at 11 a.m.—on the eleventh hour of the eleventh day of the eleventh month. For those who know Sisland church you will be aware that there is no war memorial in either the building or the churchyard, but the act of remembrance is still important as it is to so many as parishes were affected, directly or indirectly. In the 1911 Census there were 73 residents in Sisland. The Turner family lived in two traveling vans as they were traveling horse dealers. Martha, a widow, was head of the household and Robert, one of her sons, was 16 in 1911. Tragically he died on 16 Jan 1917 and is buried at Etaples Military Cemetery in France. His memorial words were written by his mother, and she is given as original resident of Needham. We cannot tell whether they were still resident in Sisland at the start of the war and whether he left here and did not return. There are many connections, many of which we are not aware.

Sisland Church will continue to be open during the autumn, 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, St Mary’s, Sisland

Sport

Loddon Ladies Hockey Club



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

Hobart Badminton Club



We are looking for players to join our friendly club of all ages from 16+. Playing experience desirable. We meet at Hobart High School sports hall, every Tuesday from 7:30-9:30 pm. Cost £6:00 per session, first session free.

More information from Terry: terryhayden.sportsclub@gmail.com.

Loddon Junior Badminton Club

Held at Jubilee Hall, sessions are just £3.50.

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

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

Open to all children regardless of ability.

Sessions run by qualified coach. Rackets and shuttles provided.

For more info, contact Paul on paulr2677@gmail.com or 07903 794613.



Loddon Indoor Bowls Club

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

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

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

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

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

Loddon Community Gym

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



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

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

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



Jubilee Short Mat Bowls Club

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



Loddon Tennis Club

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

Email: loddontennis@loddontowncouncil.gov.uk



Davy Place Enquiries to Carol Castle on 01508 826488.

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

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

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

Come along for a relaxing time. All welcome.

Community Groups, News and Events

Chet Valley Patchworkers

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

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

Loddon and Chedgrave Social Group

Quiz and Fish and Chips evening - Thursday 13th November, 7.00pm, Chedgrave Church Rooms. £15.00pp payable on the night (cash only please). Once again Hillary has been persuaded to put on her thinking cap and come up with excellent questions to test us all! We usually have teams of four and can match you with others if necessary. Please bring your own drinks and condiments. This is always a very popular event and space is limited so don't delay to book your place by contacting Hillary on 01508 520457 or email lcdistrictsociety@gmail.com.

Christmas Meal - Thursday 4th December, The Old Feathers. 6.30 for 7.00pm. Booking by 14th Nov.

Two courses £30.00. Three courses £36.00. Menu details will be emailed nearer the time. June will need your booking and full payment (cash only please) by 14th November. Please contact June on 01508 528853 to book your place.

How to join Throughout the year we run a variety of events including walks, talks and visits to gardens/museums etc. Hopefully there is something of interest for everyone. If you would like to join our friendly group the annual fees are only £6.00. Please contact our Membership Secretary, Hillary Meredith, on 01508 520457 or email our Secretary, Sharon Brown, at lcssecretary@gmail.com. We will be happy to answer any questions.

Loddon Bell Ringers

Members from Loddon recently enjoyed an outing to St. Neots in Cambridgeshire to ring the bells at churches around the area.

We have rung quarter peals here at Holy Trinity, Haddiscoe, South Walsham, Tunstead, St. Peter Mancroft, Necton and Castle Acre. We also attended practice nights held at Redenhall and Gt Yarmouth Minster. Some members joined ringers from St. Helen's church in Ranworth for a day out in North Suffolk. We rang the bells at Wickham Skeith, Bacton, Hinderclay and Redgrave.

Steve Rabong

Royal British Legion—Loddon & District Branch

Remembrance Sunday 9th November



If a business or group wish to purchase a Wreath to place on the War Memorial at the service on Church Plain, please contact RBL on 01508 521136 or Loddon Town Council. If you have knitted Poppies for our Stall, please ring number above. Remembrance Parade will begin from the White Horse corner, approximately 10.30am. At Memorial, a short outdoor service and Wreath laying, followed by a Service in the Church.

One of our branch Standard bearers, a Cadet, and our Chairman were on duty at the National Memorial Arboretum on Thursday 25th September, in the presence of HRH, the Princess Royal for the Dedication of the new Le Paradis Memorial, which remembers the 97 Royal Norfolks and Royal Scots Regiments that were Massacred. Our Standard was on duty on 28th September, at the County RBL Rededication, in Attleborough.

We hold our meetings on the 3rd Monday of each month, at 7pm. St John's Chapel whilst Panto rehearsals continue. Next meetings are Oct 20th and Nov 17th.

Contact us on the number above, if any queries or 08088028080 for help or someone to chat to.

Loddon & District Day Centre

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

Please contact Karen on 07765 866 507 or via loddondaycentre@gmail.com for more information

Church Services

2nd November

9:00am	BCP Holy Communion	St Mary, Sisland
10:00-12 noon	Café Church	All Saints, Chedgrave
10:45am	Holy Communion	Holy Trinity, Loddon
3.00pm	Service for All Souls	St John's, Loddon

9th November - Remembrance Sunday

10.00am	Short Holy Communion	Holy Trinity, Loddon
10:55am	Remembrance service	Holy Trinity, Loddon, starting at the War Memorial
10.55	Remembrance Service	All Saints, Chedgrave - starting at the War Memorial
10.55	Remembrance Service	St Margaret, Hardley
3.00pm	Remembrance Service	Hales War Memorial

16th November

10:45am	Holy Communion	Holy Trinity, Loddon
11:00am	All Together Worship	All Saints, Chedgrave
4:00pm	Evening Prayer BCP	St Mary, Sisland

23rd November

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

Other Services in Chet Valley Churches

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

Thursday after School

It was sad that Xtra! finished at the end of the summer term, but don't worry, we now have a brand new After School Service, same time and place:

Roots and Shoots

St John's Church, George Lane, 3.30 - 4.30pm.

An exciting new service, suitable for everyone especially families with primary school age children. Similar to Xtra!, it is an informal time of worship and exploring Christian Faith together in art and craft, singing and prayer. This term we will be building a Jesse Tree. To find out more, contact Rowena on family.bryce@btopenworld.com or Rev Miriam on rector.cvb@gmail.com.

First session Thursday 6th November. See you there!

The Catholic Parish of Our Lady of the Annunciation

21 Upgate, Poringland, NR14 7SH

Mass Times:

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

Please check newsletter online for latest information.

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

e-mail: frandreweburne@gmail.com.

www.ourladyporingland.wordpress.com.

For services in the Waveney Valley, please check:

www.waveneyvalleycatholics.church.



Loddon Players – Curtain Up on a Change of Plans!

Due to a twist in our tale, our 2026 pantomime will now be the timeless favourite Cinderella, the same beloved story, packed with brand-new gags, and, of course, our incorrigible Ugly Sisters.

In 2026 we celebrate our golden jubilee of a theatrical institution...Loddon Players Pantomime....50 years of chaos, charm, and chorus lines. As we mark half a century of sparkle and silliness, this show promises bedlam, brilliance, and that very British brand of bonkers that only pantomime can deliver. Here's to another fifty years of laughter, magic, and "He's behind you!"

"Thank you for all the fun and laughs Loddon Players, a great evening's entertainment" (Noda review 2024)

"Congratulations to everyone for a traditional pantomime in the old style, the fun laughs and enjoyment for us all" (Noda review 2025)

Loddon Players proudly present

Cinderella

(With the same old story, new jokes and same ugly sisters)

January 2026:

Thursday 15th (7.30pm) Friday 16th (7.30pm) Saturday 17th (2.30pm / 7.30pm) Sunday 18th (2.30pm), Thursday 22nd (7.30pm) Friday 23rd (7.30pm) and Saturday 24th (2.30pm / 7.30pm)

At The Lecture Hall, George Lane Loddon. NR14 6QH

Tickets on sale from Monday 10th November at 9am

Ticket prices - Adults £10 / Children £5 (15 years and under) / Family ticket £25 (2 adults and 2 children) – see website for latest ticket offers

Available online at www.loddonplayers.co.uk or from our Box Office on 0333 666 3366 from 9am to 7pm Monday to Friday and from 9am to 5pm Saturdays. (Closed on Sundays)

There will be limited tickets for the performances, so please book early to avoid disappointment!

LODDON + CHEDGRAVE VICTORIAN EVENING

Friday 5th December 6.30pm – 8.30pm

the **Annual Victorian Evening** will take place in the town centre. Starting at 6.30pm, Father Christmas will arrive for the “grand switch on” of the Church Plain Christmas lights.

Thanks to the generosity and support of many of the town’s businesses, we are all set for another fun filled evening of events: visit Father Christmas in his grotto at Bay Tree House. Chet Valley Voices are singing outside the Co-op, Punch and Judy Show in the rear of the Hollies at 6:45pm and 7:15pm. Open House at Holy Trinity Church and St John’s Church in George Lane. Fire engine display and BBQ at the Loddon Fire Station, Farmer’s Market and Country Market at The Hollies with festive goodies and crafts. Vintage steam engines on display.

All this and more to come. Many of the town’s traders throughout the town will be open and welcoming you to thank you for your custom throughout the year.

THE CHURCH IN LODDON OPEN HOUSE

The Church in Loddon will once again be inviting you to its Open House during the Victorian Evening on Friday 5th December.

We welcome local charities and community organisations to hold a stall in the churches for this very popular event. If you have not taken part before but would like to do so, please contact

Tricia Bell at jandpbell@btinternet.com



Digital Support: Need help with your tech? Half hour slots available with our volunteer, Mondays between 10am and noon. Call the library to book.

Read 2 Dogs with Maisy The delightful Maisy, golden Labradoodle, will be back for stories at 4pm on Monday, 3rd of November.

Book Groups Fancy joining a book group? We have a number of different groups some that meet at the library and others that meet elsewhere. Pop into the library to be connected to a group that's a good fit for you.

Autism Friendly Social An autism and neurodivergent friendly social hour for adults that runs monthly on Fridays from 12:30pm to 1:30pm. The November social is on the 17th.

Feeling Crafty? We've got Quilt & Stitch; Knit, Crochet & Natter; or how about leaning Mah-Jong or Spanish? Pop into the library for more details.

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

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

Chet Valley Voices - A Date for your diary 6th December 2025

Chet Valley Voices will be hosting their annual Christmas concert on Saturday 6th December, there will be some different and unusual Christmas songs along with traditional carols and our bumper raffle. Tickets, £7.50 Children under 16 free including refreshments, will be on sale from beginning of October from Anns Crafts, Loddon DIY & Garden Centre, Rosy Lees Tea Room and online, we advise booking early as last year was a sell-out.

Follow us on Facebook, Instagram and Twitter.

Contact chetvalleyvoices@gmail.com for more information.

Chet Valley Voices



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

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

Breathing/Vocal Technique Sessions

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

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

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

Bridget M Ward



The Loddon Band

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



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

Email: Loddon.band@gmail.com or phone 07463 770068.

Loddon and District Women's Institute



Time is racing by and the elves in the WI workshops are busy preparing for our stall in the Church on Victorian Evening. Another fun and colourful stall it will be! This month some of our members are going to the Theatre Royal in Norwich to see 'War Horse'. More theatre trips are being booked for the new year.

November Meetings:

Thursday, 13th November – Knit, Natter & Crochet at Loddon Library. 2.30 – 4.00 pm. This is a community group and anyone can join us.

Wednesday, 19th November – WI monthly meeting, St John's Lecture Hall, Loddon. 7.15 pm for 7.30 pm. Speaker: Steve Silk (local author).

Book Group and Open House for members – time and venue to be announced in member's newsletter.

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

Chedgrave Art Group

This friendly painting group has relocated to—
the Brian Clarke Meeting Rooms, Chedgrave
& will now meet there every Thursday morning 10.00 - 12.30. Info from Sandra snowart05@gmail.com or Linda linda@ashehamhouse.com

St John's Chapel and Lecture Hall

ROOM HIRE

Excellent Facilities, Fully Equipped Kitchen, Accessible Toilets, Parking
George Lane, Loddon, NR14 6NB
Very Competitive Rates

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

Loddon Flower Club

Every first Tuesday of the month, in St John's Lecture Hall on George Lane in Loddon. We have demonstrators come along to show us their skills with flowers, foliage and with a variety of containers, giving us ideas of what we could do at home with our garden flowers or a bunch from the supermarket. It's very much a social evening where we can relax and watch the demonstration in good company. We have refreshments half way through the evening, giving us time to chat and catch up, and all the arrangements made during the evening are raffled at the end.



Our **November meeting on Tuesday 4th** will be by David Wright, the title for his arrangements will be 'A Broadland Tour', Doors open for the evening at 6.30pm for a 7pm start.

Decembers' meeting will be our Christmas Open Evening, everyone welcome, there will be Stalls, Hamper raffle, Christmas Cake number board, Tombola and our usual raffle for the arrangements made, this time by Wendy Goodliff, with her title of 'Countdown to Christmas'. Come along and start your Christmas celebrations with a fun evening on Tuesday 2nd December. For more information about our friendly club email loddonflowerclub@gmail.com or call Tricia on 01508 480522 or Jenny on 01508 520254. We also have a Facebook page and a website - www.loddonflowerclub.co.uk

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: Unfortunately there has been a change to our November meeting, our last of 2025, so instead our members will be going to Green Pastures for a Cream Tea as a pre Christmas treat. If you would like to join us for the outing and haven't signed up yet please make sure you do so at our October meeting or call Hillary on 01508 520457 or if Hillary is not available call Sue on 015080 520270

Time for Prayer and Space for Reflection

Prayer at Home

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

All are welcome

LODDON AND DISTRICT HORTICULTURAL SOCIETY

For our 12th November meeting we will be holding our Autumn Mini Show which is for members only. This is the first of our three mini-shows for the Malt Cup. We will also be having cheese and wine.

Our members took part in the Early Autumn Show of the Norfolk and Norwich Horticultural Society in September and came away with three firsts in the classes we entered and The Noller Trophy for the best bowl of dahlias. We will also be entering classes in their Late Autumn Show next month.

Our meetings are held on the second Wednesday of the month at the Jubilee Hall Clubroom, Loddon and starts at 7-30pm with doors opening from 7pm. A raffle is held and refreshments available. Contact our Chairman Jean Cope on 01502-710024 or jeancope52@gmail.com or Secretary Hazel Copland on 01508-520890 or happyhaze50@gmail.com.

Loddon Community Cinema

Our Next Presentation is: **BLACK BAG**

110 Minutes, rated 15

Starring Cate Blanchett, Michael Fassbender and Pierce

Brosnan. A gripping spy drama about legendary intelligence agents, George Woodhouse (Fassbender) and his beloved wife, Kathryn (Blanchett). When Kathryn is suspected of betraying the nation, George faces the ultimate test-loyalty to his marriage or his country.

Showing **THURSDAY NOVEMBER 6th** at St. John's Lecture Hall, George Lane, Loddon. Doors open 7pm, film starts at 7.30pm.

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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 each month, at 10am.

Next meetings:

Nov 4th Peter Goodrum History of Saturday night telly

Nov 18th Paddy Ansty More of my railway experiences

Come to our meetings and try us out; no pressure to join.

Clive Boyd, Secretary, on 520547, cliveboyd28@gmail.com.

Chet Valley Probus Club

Chet Valley Probus Club welcomes people who are retired, semi-retired or approaching retirement and who have had some measure of responsibility in their working life. We are friendly and excellent company, enjoy fascinating talks on a variety of subjects, good food and meeting others of like mind. Why not come along and give us a try with no obligation? We meet at Chedgrave White Horse and meetings start at 10.30 am and lunch is optional.

Upcoming Meetings:

28th OCTOBER "Hidden in Plain Sight." Speaker, Mary Newton.

11th NOVEMBER "The A to Z of Curious Norfolk" Stories of mysteries, crimes and eccentrics. Speaker Sarah Doig

25th November "The Magnificent Seven" Speaker Jim Stebbings.

Info. From: John McCormack 01508521899 probusonline.org/chet-valley

Chet Valley Medical Practice PPG

The PPG are striving to be the liaison between patients and the medical team and are there to help if you have any issues or concerns, especially relating to the new appointment system. We have recently been able to purchase the new examination couches as well as two pieces of essential equipment, a Resus Trolley and a Nebuliser. These items were funded through fundraising and donations to the practice. By the time you read this, we will have hosted an Open Evening where GP Partner Dr Kate Ashdown Nichol gave a very interesting insight to the Menopause. We are looking to host more Open Evenings in the future and if you have a topic you would like included, please do let us know.

We are always looking for Committee Members or if you cannot commit to the 3/4 meetings per year, please think about becoming a Friend to help out at various times eg at Covid/Flu clinics.

Full details of the PPG are available on the Surgery website and the email is ChetvalleymedicalpracticePPG@gmail.com



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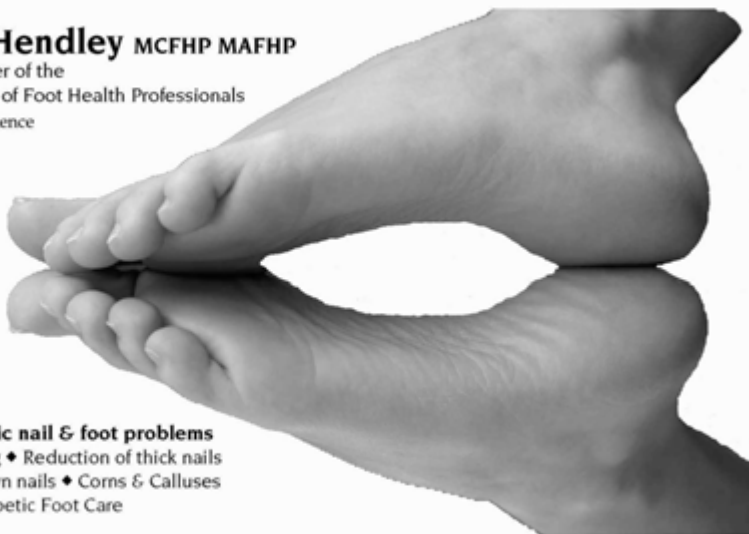
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WEA Loddon Branch

By the time you read this edition, we will have all explored the films of Stanley Kubrick given by our entertaining tutor Nigel Hewin. The course on English Poetry with Joe Williams will have started on 3rd November.

The course looking at **Three Different Views of Norfolk** during the 1st and 2nd World Wars and also the social history of the Norfolk Coast starts on 24th November, Course No. Q00024233. No previous knowledge of the subject is necessary and you can be assured of a lively discussion! Each course will be of three weeks duration and take place in the Jubilee Hall, Loddon on Monday afternoons from 2.00 – 4.00 pm. Each course will cost £48.00. To enrol: Visit www.wea.org.uk and search course code, location or title and pay online, or phone: 0300 303 3464. Remissions are available for those receiving certain benefits.

If you would like to join our mailing list for the WEA please contact Sharon, swsmith949@gmail.com tel. no 01508 520386 or Alison, 01508 521976.

Hardship Funds Available in the Chet Valley

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

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

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

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

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

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A word from Rosedale Bereavement Support.....

I don't know about you, but to me, the world we now live in feels unrecognisable to the one I grew up in. Life seems to be changing at such a pace, I can hardly keep up! The rapid rise of social media has led to everyone being able to share their own story, making sure their voice is heard and their point is made. Interrupting and shouting others down seems to have become acceptable behaviour on TV and radio interviews and life in general.

As someone working in the field of counselling for many years, I have noticed a subtle change of late. It now seems that in general, whilst everyone wants to be heard, there aren't many people who are prepared to listen.

A big part of my counselling training was learning how to really listen, making sure that the speaker feels truly heard and understood.

Listening is such a valuable gift to give someone, all it costs us is our time. When someone is bereaved, they often want to talk about their loved one. They miss them and are in their thoughts constantly. They don't want them to be forgotten and talking about them can be one way of keeping their memory alive. Many bereaved people report that often people avoid mentioning their loved one in conversation. Perhaps they want to avoid causing further upset or don't know what to say to make things better? The truth is the bereaved person is already upset and almost nothing anyone says can make things better!

Grief can also make some people feel very uncomfortable- perhaps it reminds them of their own past bereavements? Or they prefer to avoid talking about messy emotions, preferring to keep the 'stiff upper lip'?

Of course, some people prefer to grieve privately. We all have our own way of dealing with grief, there is no right or wrong way.

However, making time to listen to someone talk about their loved one and their bereavement can provide an outlet for grief, making them feel less lonely and isolated. It also demonstrates respect and helps to build stronger and more supportive relationships.

Perhaps we all need to slow down a bit, respect each other more and create some space to listen.

Rosedale's bereavement support groups provide a safe, trusted place to talk about bereavement and be listened to. Call 01379 640 810 to reserve your free place on the next group.

This article was written by Sarah Howard, Rosedale Funeral Home Bereavement Support Group Facilitator



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Chet Valley Photography Club



Our **November meeting is on Monday 10th** at Brian Clarke Meeting Room, Chedgrave. Doors open 6.45pm for 7pm start and this month we plan to have a club practical evening learning about long exposure photography. Hopefully the evening will be dry and we will be outside trying some steel wool photography. Please see our facebook page (search Chet Valley Photography Club) which details some of the things we have done over the past few months. You do not need expensive equipment at all – most images today are done using a mobile phone. Have a look at our website www.chetvalleyphotography.org.uk for more information if you are interested in joining the club. Potential new members will be made very welcome. The club is open to everyone regardless of their photography knowledge or experience.

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 November 5th - Nikolaus Pevsner and the Buildings of England: Suffolk and Norfolk - Susie Harries.

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>.

Chedgrave Church Centre Hire

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

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Loddon and District Local History Group

'A load of old weeds and what they can tell us' was the intriguing title for our September talk by Val Fryer. All became clear when Val explained that she is an environmental archaeologist whose work involves looking at the remains of plants found on archaeological digs. Charred or dried flowers and plants can tell us about the diet and economy of the people who lived there in past centuries or even thousands of years ago.

Val outlined her role in several digs she has been involved in over her working life. The first she mentioned was on the site of what became the Harford Park and Ride. Many pits from the Neolithic and Bronze Ages were found all containing identical waste material from the midden site. Was this part of a ritual when the nomadic cattle farmers moved on? At Love's Farm near St Neots a massive site was found on clay land which is difficult to use for crop growing. Evidence for late Iron Age round houses and storage facilities were found. There was evidence of cereals being grown for the inhabitants and chaff which was probably given to the livestock. Val thought it had been a hand to mouth existence.

Several of her digs were in Colchester including one at Colchester Garrison. She found the Romans were messy which provided a lot of finds. Their burial sites revealed that rich people were sometimes buried with their food such as dates, olives and grapes. All these would have come from the Mediterranean suggesting that trade was established. Val was also involved in a dig at Head Street in Colchester where a series of buildings were discovered from early Roman occupation. Some evidence of a fire in Boudicca's time but they had been repaired afterwards. Signs of meat and fish preparation were found along with herbs and spices. Hazelnut shells had been used for flooring. In the High Street in Colchester Val looked at the site of the Tribune's House (Williams and Griffin shop) and found other types of food like figs and over a kilo of lentils which would be two and a half thousand years old!

Finds from other digs were outlined including one at Dragon Hall in Norwich where nothing except signs of a small shed was found. Val thought rubbish had probably been thrown into the river behind the building. A fascinating talk.

Next meeting: November 19th - Andy Woodman 'Update on the Caister Roman Project.'

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

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

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Read Any Good Books Lately?

The Light Years, by Elizabeth Jane Howard

The first of Howard's titles in The Cazalet Chronicles is set in 1937. Every summer, the Cazalet brothers – Hugh, Edward and Rupert – spend two months at the family home in the Sussex countryside with their wives and children. They are joined by their formidable parents and unmarried sister Rachel to enjoy two carefree months. But the idyll is marred by the brothers' cares and concerns, while Rachel's loyalty to the family means risking her one chance at happiness. This classic is a compelling family saga!

Riders, by Jilly Cooper

I had to include a Jilly Cooper in tribute to the late, great author in this month's reviews. Known dismissively by many as a 'bonkbuster queen' she has far more to offer than that title suggests. Riders was the start of her brilliant Rutshire Chronicles, featuring the dashing Rupert Campbell-Black and his exploits with women, horses and sport. Her books featured brilliant characterisation and wonderful storytelling with gentle humour and insight. Jilly wrote about marriage, class, rivalry, and grief with sensitivity and wit, she will be greatly missed!

Poetry Prescriptions, by Deborah Alma

The Poetry Prescription series by Deborah Alma is the 'perfect antidote for life's ailments'. The Poetry Pharmacy shops in London and Shropshire are social media favourites with a focus on promoting wellbeing through the poetry - look them up, I highly recommend a visit! I have the title 'First Aid' from the collection. It offers poems to inspire, heal and comfort. I find compilations of poetry wonderful to dip into and have a quiet moment of contemplation.

On the to be read pile!

The Psychology of Money, by Morgan Housel

This has been a top seller and in the current climate it's not hard to see why. It has 19 short stories exploring the strange ways people think about money and teaches you how to make better sense of one of life's most important topics.

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Nature Notes

As you read this, we're just one issue of *Contact* away from 2026, and the seasons are shifting from autumn to winter. Time to layer up and head out, who knows what surprises await?

In early September, news broke of a Black-winged Kite at Hickling Broad, only the second or third time recorded in the UK. This striking bird of prey, with black, white, and grey plumage, is about the size of a Kestrel and typically found in Spain, though it's been colonising further north. Views were distant and distorted by heat haze, but yes, I saw it, a first for me. Being a rarity, it drew a crowd, and the usual banter followed: "It's just a white plastic bag," or "Looks like a wood pigeon." But as it preened in a dead tree, most were confident, it was the kite.

Later that month, a friend and I drove to Winterton Dunes for a reported Lesser Grey Shrike. After parking and heading north, we spotted migrant Wheatears among the dunes, pausing to refuel on their journey to Africa. Upright and starling-sized, they flash a white rump as they fly. Scanning for birders, we found a group ahead. A quick scope scan, and there was the shrike, perched on a twig in a dead bush. Even at a distance, the views were stunning, and we didn't need to get closer. On our way back to the car, we were beckoned by another birder to join him to view another bird. This time, an adult Red-backed Shrike. The trip kept getting better. After lunch, we scanned the sea and spotted a Common Guillemot, a Red-throated Diver, and several Brent Geese flying by. A good day's birding. Coming home late one evening, Rachel asked if I'd seen her message. I hadn't, but she informed me there were two bats flying around inside our home. No, we don't have a belfry — just a bungalow. "They've moved from the lounge into the bedroom," she said. Inside, one bat flew in circles, wingspan about 30 cm. It was amazing to watch. Rachel had enjoyed their aerial display too. My first thought was a photo. Thought two: "Could I throw my coat over it?" Then I remembered the child's fishing net outside. Armed with the net, I returned. Luckily, the bat had stopped flying and clung to the curtain, making it easy to catch and release. Now, where was the other one? We found it hanging on the back of the cupboard door, and again, it was easy to catch and release. These bats were too large, with longish ears, to be Pipistrelles — so their exact species remains a mystery.

The bird count for Hardley Staithe now stands at 99, thanks to two migrants passing through: a Willow Warbler and a Whinchat.

Richard and Rachel Hull

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Gardening Notes

From Another Garden - By Hazel Copland

The garden has become 'Spider land', dewy webs cover the grass and I have to apologise to the orb weaving Cross Spiders whose webs I have to move a bit to get to the raspberries. A canny little spider has formed it's web over my Sarracenia pitcher plant which attracts insects, I've been clearing the webs covering the plant openings so that they don't get deprived of food.

This morning I greeted the garden, breathing in cool, fresh air and looking up through the Holly tree gleaming with red berries to clear blue sky with the sound of wind chimes, from the tinkling of Onyx to the Donging of Tibetan bells and Clanking reminiscent of yacht masts, it made me feel so glad to be alive.

The Autumn Equinox has passed and the nights are drawing in. Cooler, shorter days trigger the formation of a scar at the base of leaves, blocking the phloem, preventing sugar export and converting it anthocyanin pigments thus creating the brilliant red and purple colours of Autumn leaves. Our Sumac tree and Peony leaves are particularly vibrant.

I've been up the ladder picking our huge crop of big rosy Bramley apples and wrapping them in newspaper, storing them away for winter. Super sweet Raspberries and outdoor tomatoes are still cropping heavily. This year I planted 3 Triffid-like Physalis aka Cape Gooseberry, with their pretty little yellow and black flowers and tiny lanterns that contain round orange fruits rich in Vitamin C and Calcium. 2 of them are in a greenhouse and the soft fuzzy stems have to be cut back regularly as they try to take over, in future I will plant them in the garden as structural plants at the back of flower beds.





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