



CHET CONTACT

Produced by the Chet Valley Churches

March 2023



EASTER BOOK OF REMEMBRANCE

If you would like the name(s) of your loved one entered in the Holy Trinity Easter Book of Remembrance please copy out the form below adding their name(s) and leave the completed form at the Church Office, St John's Chapel, George Lane.

A donation towards the cost of the Easter Flowers would be very much appreciated.

Your name

Phone number

Names for the Book of Remembrance

.....
.....
.....



Please return the form by Friday 24th March



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 in March:

Wednesday 1st, 8th, 15th, 22nd and 29th.

Donations will be in aid of the Bishop's Lent Appeal, for the new Priscilla Bacon Lodge, which is being built next to the Norfolk and Norwich hospital. It will provide specialist end of life care and support those with the greatest and most acute needs.

If you would like to help with providing soup or by being part of the serving team then please contact Belinda Barwick on - 01508 520351 or belindabarwick@yahoo.co.uk

Chet Valley Churches Information

Clergy

David Owen:	01508 522993	david.chetvalley@gmail.com
Ros Hoffmann:	01508 548200	ros@hoffmann2011.plus.com
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Andrew Eburne:	01508 494770	frandreweburne@gmail.com



Church Office—closed at present.

St John's Chapel, George Lane, Loddon NR14 6NB

Phone: 01508 520897, Email: website.chetvalleychurches@gmail.com

The e-mail account is being monitored regularly.



Weddings, Baptisms, Thanksgiving Service for the Gift of a Child

To arrange any of the above please contact Rev David on 01508 522993.

Church Websites

Chet Valley Churches
The Diocese of Norwich

www.chetvalleychurches.org
www.dioceseofnorwich.org



Chet Contact

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Copy Deadline is always noon on the 8th of the month. We have to deliver to the printer on the 9th of the month.

Email submissions to c.magazineloddon@gmail.com.

Please include your name and telephone number.



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From the Editor

Apart from one or two really cold snaps this winter has been pretty average so far, it seems to me. That may be why there has only been a limited take up of the free Warm Spaces offered since last October at Loddon Library and All Saints Church, Chedgrave. It will be interesting to review this scheme in a month or two and see if it can be enhanced for future use.

As March arrives, many of the year's regular events will be starting to roll out and details of many will be included here. Lent lunches, Pantomime, Quiz evenings, Coffee Mornings, and so on. Quickly to be followed by Easter, next month, where there are other seasonal events planned.

At this time of year we are busily renewing old and starting new advertising contracts for our magazine, across the district. We know these play an important part in providing all of you with useful information on accessing services of all kinds and so they really are a two-way street of activity which benefits us all. In many ways it evidences the life of our community with the money and the services flowing continuously around in it. We are fortunate to have so many professionals, of all types, just a local phone call away.

Spring is almost upon us—did you get the pic on the front cover? I must admit it took me a few seconds but once I did I had to use it! Thank you Sue.

I'm looking out of my window and thinking its time to really get out in the garden and get things moving, well soon anyway!

Roger



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Ministerial Musings

A quick look at a diary or a calendar for March will show that there are several special days to celebrate or observe. March 1st. is St.David's Day, the patron saint of Wales and March 17th. is St. Patrick's Day, the patron saint of Ireland.

David was born about 500, the grandson of a king. He became a priest and then a bishop. He became a missionary and founded monasteries in Wales and England. His last words are reputed to, 'Be joyful, keep the faith, and do the little things that you have heard and seen me do.'

David is the only native born patron saint of the countries of Gt. Britain and Northern Ireland. Ironically, Patrick was also Welsh. He was captured by raiders and taken to Ireland. He was kept as a herdsman for six years before he managed to escape. Eventually he returned to Ireland preaching the gospel. Both David and Patrick were men of faith who spread the good news throughout the countries of which they became patron saints.

Mothering Sunday this year falls on March 19th. and is the midpoint of the Lenten season. Lent is a period of reflection and self denial before Easter. Half way through on Mothering Sunday, it was traditional for people to return to their mother churches. This custom started during the sixteenth century. As time went on, servants were given the day off to return home, taking wild flowers with them, to give to their mothers.

March 21st. is the Vernal Equinox when the hours of daylight and darkness are the same length. It marks the beginning of Spring. This isn't a religious festival but many people welcome that date as a time in the year which promises more daylight and new growth. It reminds us that the darkness of winter has passed and points us towards the celebration of the new life that Jesus gave us through his death and resurrection.

Ros Hoffmann

Chedgrave Church Centre Hire

All Saints Church, Chedgrave has a lovely church centre attached to it which has been open for over 25 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.



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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 or Common Worship, with an informal Holy Communion monthly.

Morning Worship is held regularly in Loddon and Hardley.

Evening Prayer on the 3rd Sunday of the month in Sisland.

Xpressions Café is on the first Sunday of the month at Chedgrave. This is a relaxed and contemporary way of 'doing church', with coffee, cake, discussion, crafts, games, stories, reflection and much more.

All Together Worship is on the third Sunday every month at Chedgrave, with a shared lunch available in Jan, March, June and Sept.

All Together Worship is designed to be as inclusive as possible: a mixture of formality and informality; traditional and modern; activity and stillness, which will connect with children and adults of all ages and backgrounds.

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

Xtra! is an exciting, informal service after school, every Thursday at 3.45pm in St John's Church with refreshments from 3:15pm.

Loddon and Chedgrave regularly offer a chance to enjoy a chat over refreshments after services.

Toilets and baby-changing facilities at Chedgrave and St John's, Loddon.

Families are welcome at all of our services

Home Communion: If you would like home communion, because you are unable for any reason to get to a Sunday service, please contact the Rector or 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 David on 01508 522993.



XTRA! Join us in St John's Church for an exciting, informal service every **Thursday after school.** Refreshments from 3:15pm. Service starts 3:45pm. More from Rev David 01508 522993 or 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:

Our next meeting is on 2nd March at 12.30 pm for a hot lunch followed by a demonstration of Hand Bell Ringing.

If you'd like to join the group, please ring Rev Jill on 01508 520248.

Monday Mardles

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



Mardles are held every **Monday 10:00am-12:00 noon.** Come and go as you choose. On average, there are about 8-12 people who come to Mardles, and there's room for more! You will be made very welcome.

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

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From the Parish Registers

Baptisms and 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.*

Weddings

Funerals

Phyllis Gertrude Turner who died on 28th December 2022

Funeral: 23rd January 2023 at Holy Trinity, Loddon

Lilian Emily Walklin who died on 12th January 2023

Funeral: 17th February 2023 at All Saints, Chedgrave

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

1 Thessalonians 4:14, 17b

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

To arrange a wedding, please contact Rev David on 01508 522993, or david.chetvalley@gmail.com.

To arrange a funeral, at any of the churches in our area or at the crematorium, please contact Rev David on 01508 522993, or david.chetvalley@gmail.com.

Rev David can also be contacted about interment of ashes.

Parkinson's Would you like to meet other Parkinson's sufferers? We will normally meet on the first Monday of the month at the Chedgrave White Horse at 12:15pm. Partners are also welcome.

Further details from Michael Osborne on 01508 522034.

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News From Your Local Councillors



Mobile Signal

I have some good news, at least for some of us. The phone mast that was granted planning permission two years ago is finally to be installed. This will be located at the telephone exchange on the Chedgrave Industrial Estate. The work should be completed by 14 March, it then needs testing before we go live. It will be interesting to see how much of a difference this makes to the appalling mobile signal we get locally.

Jubilee Trail

The roadworks at White Horse Plain have now been completed, thank you for your patience whilst this was happening. The new bench has been installed for those of us who need it! I'm still awaiting the signage, but this should happen soon. Can I ask that anyone walking the trail across Chedgrave Common is respectful of any horses that may be grazing. Please keep dogs on a lead and close gates behind you.

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

Councillor Kay Mason-Billig

It's great to see a few of the Spring flowers starting to emerge from their long Winter slumber.

Many thanks for all the thanks and good wishes for our Christmas hampers, as well as the financial donations that make the work of our ChetChat volunteers teams possible. Our next project will be the cards, daffodils and Easter eggs that go out in April.



As ever, our ChetChat group volunteers are always on hand, aimed at helping and supporting our over-60s friends and neighbours. If you ever need any help give us a ring on **07944 858929**.

As well as my regular surgeries in the library, please ring me anytime on **07733323581** if I can help you.

As ever, thanks for putting your trust in me when you voted me to become one of your two local councillors; we're here to work for you, and must never forget that.

Councillor Jeremy Rowe



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Chedgrave Parish Council



All enquiries please contact the Parish Clerk: Hayley Goldson.

Tel: 01508 528310 Email: chedgrave.pc@gmail.com

Website: <https://chedgrave-parish-council.norfolkparishes.gov.uk/>

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

2023/2024 Parish Council Budget and Precept: The council agreed its budget at the January meeting. The total budget was set at £54,887.50 with the precept being set at £49,556.00. This equates to approximately £126.74 per eligible property for the year. The council worked hard to keep the precept to a minimum and reduced or removed expenditure where possible. Unfortunately, all costs are going up significantly and this year's precept reflects that.

Jubilee Bench: You may have noticed the new bench opposite White Horse Plain. This has been purchased to commemorate the life and reign of Queen Elizabeth II and a plaque will soon be added. The parish council purchased the bench partly funded by a grant from the 2022 Jubilee Fete. The bench was kindly installed by NCC Highways as part of the recent works at no cost to the parish council. Thank you to Kay Mason-Billig for organising the installation.

Community Speedwatch: The council agreed to sponsor a Community Speedwatch scheme in the village to help reduce speeding traffic. The scheme will be run by community members and needs 6 volunteers. If you wish to get involved, please contact Bob Demain via chedgravespeedwatch@hotmail.com.

Footway Lighting: The council is investigating switching off council-controlled streetlights in the middle of the night. This will help save on energy use and costs, reduce light pollution and may even have a positive impact on local wildlife.

Easter Egg Hunt: After a break of several years, the Easter Egg Hunt will be back this year! It will take place on Monday 10th April. Look out for further details.

Councillor Resignation: Ronaldgene Lyster resigned from the council in December 2022. The council thanks him for his efforts over the last couple of years. **Councillor Vacancies:** There are two vacancies so please consider getting involved – the same few people can only do so much to keep your village the pleasant place it is. You are welcome to attend meetings to find out what the council does and get a feel for things.

Please contact the Clerk if you are interested.

Brian Clarke Room: A well-equipped modern bright room, including access to free WIFI and table tennis tables. Booking enquiries should be made to Georgina Buckle via brianclarkeroom@gmail.com or 07981 856270.

Next Meeting: Thurs. 2nd March 7:00pm in the Brian Clarke Room. All welcome!

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 and illegal activities, public disorder and 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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Loddon Parish Council

All enquiries please contact the Parish Clerk: Emily Curtis.

Tel: 01508 522020 Email: clerk@loddonpc.org.uk.

Website: www.loddonpc.org.uk;

Facebook: www.facebook.com/LoddonPC



We need your help! Do you know someone living in Loddon who has made a notable contribution to the community? The Parish Council welcomes nominations for the **Freedom of Loddon Award**. If you know someone who you think should receive this award, submit your nomination via email (admin@loddonpc.org.uk) by 31st March 2023. The award will be presented at the Coronation event on the 7th May 2023.

Get elected and get involved! The Council is involved in many different local projects, the community larder, Christmas lights, events, and local facilities. We would encourage you to get involved and join us as a Parish Councillor. Nominations open on the 17th March 2023, close at 4.00pm Tuesday 4th April 2023. Voting will take place on the 4th May 2023. Pop into the office to find out more about the Parish Council's role in the community and collect a nomination form. Nomination forms can also be downloaded via South Norfolk Council's website.

Planning Application 2021/2437 & 2021/2522, Beccles Road, Loddon. Amended plans have been submitted, and the application will be considered at South Norfolk Council's Planning Committee meeting on the 8th March 2023. If you wish to comment on the application, please submit your comments asap via email: planning@s-norfolk.gov.uk, quoting the above planning reference numbers.

Coronation Celebration – Sunday 7th May 2023, 1.00pm- 5.00pm: The Council is organising entertainment on Church Plain and activities for children in the Hollies. We want to invite all local businesses and organisations to participate.

Decorate your properties for the Coronation! (From 28th April 2023): Bunting, flags, anything goes! The Freedom of Loddon recipient will judge the best dressed business and house on Saturday 6th and winners declared on Sunday 7th May 2023 at the Coronation event. The Council will decorate Church Plain.

Chet Valley Community Larder Thank you so much for the donations that are being received for the Community Larder, the need is great at the moment. The larder is in Loddon Library/LPC's lobby and is open to everyone. Open Monday to Friday - 8.00am – 7.00pm, Saturday - 8.00am – 4.00pm, Sunday - 10.00am – 4.00pm.

Future Meetings: The next meeting will be in the Hollies Rear Hall (access via the back door) on Wednesday the 8th March 2023 at 7.00pm and parishioners are welcome. Minutes and agendas are available on the LPC website.

Contact Loddon Parish Council: The office is open between 9.00am – 12.00pm on Tuesdays, Wednesdays and Thursdays. Should you wish to contact the Council, please email; info@loddonpc.org.uk If there is a genuine out of hours emergency, please call; 01508 486 128, at any other time, please use 01508 522 020.

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Hales & Heckingham Parish Council

All enquiries please contact the Parish Clerk: Position Vacant.

Tel: 07703 124544 Email: clerk@halesandheckingham-pc.gov.uk

Website: www.halesandheckingham-pc.gov.uk

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



Until a new clerk is appointed, parish councillors will monitor the clerk's email address.

JOB VACANCY – PARISH CLERK

We have an exciting opportunity for someone to become our Parish Clerk. Salary is based on experience for 4-6 hours/week plus 3+ days prorated holiday per year.

Responsibilities include general administration, preparation and circulation of meeting agenda's, preparation of minutes, co-ordinating events, accounts, invoicing, bank reconciliation, payroll and budget monitoring which are all key aspects of the role. Experience of MS Office and banking and payroll software would be desirable but is not essential as training can be provided.

Further information from the Council email-clerk@halesandheckingham-pc.gov.uk

The closing date for receipt of application is noon on Monday 20 March 2023.

YOUR PARISH NEEDS YOU!- New Parish Councillors Needed

In order to keep the important work, undertaken by your parish council going, we are seeking new parish councillors to join us. With District and Parish Elections taking place on 4 May 2023, we would like to encourage as many residents in Hales & Heckingham as possible to get involved and find out more how you can help make a difference to your community. The work is not onerous. We are seeking enthusiastic volunteers, from all backgrounds, to help promote and safeguard our villages without which decisions would revert to the local authority. If you are interested, please email clerk@halesandheckingham-pc.gov.uk or come along to one of our monthly meetings – dates and times published in the Hales 'old' bus shelter.

Further information can be found by visiting <https://clophill-pc.gov.uk/our-parish-council/what-is-a-parish-council-and-why-become-a-parish-councillor/>

We are also seeking willing volunteers to join one of a number of our subcommittees to help organise and get involved with community engagement programmes, celebratory and annual events, housing and development, open spaces, and the environment.

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Langley with Hardley Parish Council

All enquiries please contact the Parish Clerk: Emma Webster
Tel: 07516 361239 Email: langleywithhardley.pc@gmail.com
Website: <https://langleywithhardleypc.norfolkparishes.gov.uk>
Facebook: To be developed.



Parish Council budget for 2023/24: The Council has set the budget for next year and does not propose any increase in the Parish precept

Creation of new parking spaces in the Parish: Following enquiries by residents about the provision of parking spaces in the Parish anyone interested should make representation to our clerk, Emma Webster.

Renovation of the telephone box community library: The telephone box, successfully converted to a library, will undergo a re-fit and renovation. If you would like to help with this (cleaning/painting/building shelves) please contact our clerk. If depositing books/DVDs please stack them neatly on the shelves or on the floor in the box provided.

Volunteer for SAM2: Roger Stone is kindly currently looking after the SAM2 vehicle speed regulator for the Parish Council. If you would like to be part of this safety measure, please contact our Clerk

Automated External Defibrillator (AED): - recently removed from outside the village hall. Please inform the Clerk or the Police if you have any information.

Date of next meeting: Tuesday 7th March at 7:30pm in the village hall. All are welcome.

Langley with Hardley Village Hall

To view the hall to look at its facilities, to book the hall,
or to ask about cost, phone Tibby or Jane on 01508 520184.



Loddon Primary Federation

We are looking to recruit two Midday Supervisor Assistants (MSAs) at the Junior site, one everyday and one Monday to Thursday.

For more information regarding this, please speak to the Junior Office 01508 505180 or email officejr@loddonprimaryfederation.co.uk.

We also require relief MSAs at both sites, this would be on an as and when basis.

Please contact either office regarding this. Thank you

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Notes from Sisland



In January our PCC planned events for this year. At Sisland we will continue the successful Sunday afternoon teas through August. We were lucky with dry weather last year, and lots of support. We aim for a special Sunday tea weekend in late April/early May to enjoy the beautiful display of bluebells in the churchyard. Perhaps combined with a visit to Sisland Carr, which has a stunning display of its own. Dependant on when Spring arrives, we will confirm the date closer to the time, but we will ensure it is widely advertised. We also plan a Strawberry Tea, by kind permission of the Haylock family, at Lodge Farm on 17th June 2023.

We are conscious of the need to fund raise for projected works on the church and to support the work of the diocese. Sisland Church is registered with easyfundraising, which means you can raise FREE donations for us when you shop online? Over 4,000 sites will donate to us when you use easyfundraising to shop – at no extra cost to you! Donations can make a real difference to us, so if you plan to shop online in the next few weeks, could you take a moment to sign up and support us and other wonderful charities. It's completely FREE and only takes a moment. Find our easyfundraising page at https://www.easyfundraising.org.uk/causes/sislandchurch/?utm_campaign=raise-more&utm_content=en-el

I look forward to seeing you at our events. **Rowena Bryce (Churchwarden)**

A note from Terry and Judy about an old friend of Contact —

Freddie—I'm writing this, sitting in my chair in the sitting room which is strangely quiet, just the odd crackle of logs burning. This evening, instead of my small friend of eleven years sitting beside me there is an empty space – Freddie has gone to meet his maker – still wagging his tail as the Vet led him away for an X-ray, which found an inoperable condition. The decision, to part with our faithful family friend, was the hardest moment of our lives. We buried him by a rare weeping beech, planted when he was a pup who was bent on exploring the fields around, which he mentioned in one of his notes in 'Contact' "They can't fool me with the new fence—it wasn't to keep the Bunnies out – but to keep me in! ". **R I P.**

Loddon Players

Loddon Players proudly present 'Mother Goose'.

For those that thought Loddon Players pantomime was "behind you" fear not. After nearly a three-

year break, Loddon Players are bringing pantomime back to town in 2023.

Performances are in March as follows:

Thursday 23rd (7:30pm); Friday 24th (7:30pm); Saturday 25th (2:30pm and 7.30pm); Sunday 26th (2:30pm). They will be in The Lecture Hall, George Lane Loddon. NR14 6QH.

Tickets are on sale from 9:00am on Wednesday 1st March.

Available online at www.loddonplayers.co.uk or by phone 07538 749803 on Wednesday, Thursday and Friday 2:00-5:00pm:

Adults £10, Children (15 years and under) £5.

There are limited tickets for the performances, so please book early to avoid disappointment. Please see our website for latest ticket offers.

If you've missed us, or the experience of a locally produced pantomime, we hope to see you outside Mother Goose's Cottage from the 23rd March.

"Well, here we had one of the best 'village' pantomimes you could wish for, from the evocative opening music to the finale" (National Opera & Dramatic Association UK review 2018).



ALL SAINTS CHURCH

**The Warm Space continues
between 9.30am and 12.30pm
every Monday and Wednesday
in the church hall. Company,
refreshments and warmth
free to all.**

Loddon Bell Ringers



As well as here at Holy Trinity, our members have been out over the past month ringing Quarter Peals at Saham Toney, Ashill, Watton, New Buckenham, St. Peter Mancroft in Norwich, Gressenhall, Haddiscoe and Woodton.

On Saturday January 14th we took part in a peal rung at St. Peter's, Brooke. The 5040 changes of Norwich Surprise Minor took 2 hours 56 minutes to ring. We also rang in a peal at St. Peter Mancroft in Norwich on Saturday 28th January. The 5019 changes of Stedman Cinqes took 3 hours 40 minutes to complete.

Our newest recruits are progressing well already ringing with us for Sunday services. We also help to train new ringers in Norwich every week and attend various ringing events held in the city. **Steve Rabong**

Chet Valley Art Society

Are there any artists out there that would like to join Chet Valley Art society. We meet every other week at Highways Garden Centre. We will be exhibiting in Norwich at The Forum on 24th, 25th, 26th May. We will book a trip to London in the summer and other days to visit galleries. Do get in touch if you would like to join us. Phone Vee on 07557402211

Churchyard Spring Clear-up

All Saints Church, Chedgrave, is holding its Spring Clear-up on Saturday 11th March. We would love it if you would like to join us, together with members of 1st Loddon Brownies. Bring your own tools (secateurs, pruners, small forks for weeding, wheelbarrows...).

We will provide the refreshments. Everybody welcome.



COFFEE MORNING AT AVOCET

Saturday 25th February 10.00am to 12.00 noon

Val Counter invites you to a Coffee Morning at Avocet, Norwich Rd, Chedgrave in aid of The Church in Loddon.

**Relax, Chat, Buy a cake or try your luck on the raffle
Items that could be sold e.g. unwanted gifts would be gratefully received**



Hardley Windmill and Visitor Centre Spring Cleaning Thursday 23rd March

Would you like to join our volunteers at this historic Windmill?

The volunteers help with various roles when the Mill is open to the public, they provide refreshments and show our visitors around the Mill and Visitor Centre.

Volunteers with practical skills can also help with the maintenance of this wonderful site.

We invite you to visit one weekend to see first-hand how you can become involved.

For further details, please contact:

Mrs Frances Kirkpatrick
Tel: 01508 580 331

www.hardleywindmilluk.org

Open Saturday, Sunday & Monday – April to September

BREAK-IN AT HARDLEY MILL

The Visitor Centre at Hardley Windmill was broken into between 21st and 26th January 2023 and a new TV and microwave were stolen. Please be wary if you are offered similar items at a cheap price. Norfolk Police are aware of the theft!

Struggling with Money? Local Charitable Funds available:

There are two local charities to help local people in need: Loddon Town Estate Trust (for people living in Loddon); and Chedgrave Church Discretionary Fund (for people living in Chedgrave or who are regular members of the congregation at All Saints). These have received a boost from monies raised by the monthly quiz at The White Horse during 2022. The charities are only any good if people use them! In the past, money has paid for things like cookers and carpets. It has also gone towards solicitor's bills and rent. Please do not feel ashamed or embarrassed to call on the funds if you need them.

You can access the Loddon fund by contacting Julie Ponsford by phone on 07976 902487, or email: jules2906@hotmail.co.uk. The Chedgrave fund can be accessed by contacting Rev Alison, Rev David or the church warden, Roger Outlaw—contact details on p3.

Royal British Legion—Loddon & District Branch



These days people do not have to have served in The Forces, just have a wish to help and support veterans, past and present.

We meet every third Monday of the month, usually in the Lecture Hall at St John's Chapel, **but to keep everyone on their toes, the March meeting on 20th March will be held in St John's Chapel, due to the Panto.**

Following meetings will be on April 17th and May 15th.

For information regarding the RBL - to become a member and receive the Legion magazine, it is full of different subjects relating to the Legion, or if support is required, please contact Colin on 01508 521136.

RBL Loddon & District Branch has jumped into the tech world of Facebook. On Facebook, look up our branch; we've put on a selection of photos, past and present. Events will be added, as and when they occur.

Social Whist

We meet every 2nd and 4th Fridays of the month. Usual start time of 7:30pm for a 7:45pm start in the back room of The Hollies. It is a chance to chat, play a bit of whist, enjoy a cup of tea/coffee with a biscuit, all in great company. No need to have a partner or to have played before, it's just an enjoyable evening out.



If you need a lift, please call me (Jane) on 528875.

Looking forward to seeing our regular players and meeting any new ones.

Go For It grants:

If you are passionate about a project or interest, then we want to hear from you. Up to £300 to help get your idea up in your local community.



Go For It Grants will support projects that: encourage residents to get together in positive and supportive ways; inspire people to get active, participate and fulfil their potential; promote and support health and wellbeing in the community; provide innovative activities that respond to local needs.

Download an application form from the website:

<https://www.southnorfolkandbroadland.gov.uk/>

Church Services

5th March—2nd Sunday of Lent

8:00am	BCP Holy Communion	St Mary, Sisland
9:00am	Informal Communion	All Saints, Chedgrave
10:00-12noon	XPRESSIONS CAFÉ	All Saints, Chedgrave
10:45am	Holy Communion	St John, Loddon

12th March—3rd Sunday of Lent

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

19th March—Mothering Sunday, 4th Sunday of Lent

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

26th March —5th Sunday of Lent

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

World Day of Prayer *I have heard about your faith.*

The service this year is written by the women of Taiwan.
It will be held on Friday 3rd March at 7:00pm
at St John's Chapel, George Lane, Loddon.
All are welcome.



Other Services in Chet Valley Churches		
*Every Saturday 6:00pm	Roman Catholic Mass	
**Tuesdays 7:30-8:30pm	<p style="text-align: center;">Come and Pray</p> <p style="text-align: center;">During the winter months we are not meeting together at St John's for</p> <p style="text-align: center;">'Time for Prayer and Space for Reflection'</p> <p style="text-align: center;">If you would like to receive the prayer e-mail, do contact Rev Jill Jillhaylock@aol.com.</p>	
Thursdays during school term	<p style="text-align: center;">XTRA!</p> <p style="text-align: center;">Join us at St John's for an exciting, informal service. Refreshments from 3:15pm. Service starts 3:45pm. More from Rev David 01508 522993 or Rev Alison 01508 528126</p>	
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

*Please contact office@east-angliadiocese.org.uk to confirm details of Catholic services.

**Please contact Rev Jill (jillhaylock@aol.com) about current arrangements.

All Saints Church - Working with the Community Larder

During Lent,, starting 22nd February, donations may be left at church or in the porch every day. They will be regularly taken to the Community Larder at Loddon Library.



Chet Neighbourhood Plan Steering Group



Progress on the Chet Neighbourhood Plan

The Chet Neighbourhood Plan (NP) progresses well. We hope that when you read this, the initial draft plan will have been submitted to South Norfolk Council (SNC), and that it will also be available for you to view on our website

(www.chetnp.info).

Once SNC receive our initial draft, they will undertake initial environmental consultations; we will then know what further work we need to undertake – this should take around 4 weeks. We have identified the key views and local green spaces we want to protect and will soon notify the relevant landowners.

We anticipate undertaking local consultation events in the late spring/early summer. Please do look out for notifications of these events in both Loddon and Chedgrave and come to them. Your feedback will be valuable to us. Following our events, we will make any tweaks and aim to submit the Chet Neighbourhood Plan to SNC in August/September – and then the verdict and public referendum!!

The draft plan goes to Chedgrave and Loddon Parish Councils and anticipate it will appear on their agendas for approval at the March meetings.

If you would like to give us your thoughts, please use the Contact Us page on the website, send an email to neighbourhoodplan@loddonpc.org.uk or drop a note into the Loddon Parish Council letter box on Church Plain.

Please visit our website ([Chet Neighbourhood Plan | Welcome \(chetnp.info\)](http://Chet Neighbourhood Plan | Welcome (chetnp.info))) to keep informed of progress and view the initial draft NP once it is put on the website, hopefully by March, to see what you can do to help.

Gardens for Nature

Hello everyone. With the Spring now fast approaching, I am thinking about my garden and how I can improve it for wildlife this year. I really hope that lots of you will be thinking that way too. If you have a B-Line roundel already, I imagine that you are.



If you haven't, but would like to know more, here is an opportunity. I am hoping to be able to set up some sort of support group for those in the area that are keen to help. We could exchange ideas and tips and maybe work out a way to record some of our sightings, especially any that we have not seen in our gardens before. A plant or seed exchange may also be an idea. So if you want to know more with a view to a new project, please do contact me and we can have a chat. Thanks.
Carol 01508 500602 or chetcottchippy@hotmail.com.

Community Groups, News and Events

News from Local Branches of the Women's Institute



Loddon and District Women's Institute

We had fun at our February meeting! Having dealt with the business of the AGM we all had a go at making a Spring wreath! We hope that some of you found the green hearts we distributed around Loddon and Chedgrave to highlight and support the Climate Coalition's 'Show the Love' campaign. It's a big problem, but we can all help in small ways. At our meeting this month we will be welcoming a speaker who will tell us about the 'Little Lifts' charity, which, to quote from its website, has "a mission to provide free, thoughtfully curated gift boxes to every breast cancer patient in the UK receiving chemotherapy or radiotherapy treatment".

Thankfully Loddon WI survived the pandemic and now has more members than in 2019. If you are interested in finding out who we are and what we do, why not come and join us at one of our meetings? You would be made most welcome. We can also be contacted through our Facebook page.

Next Meetings: Thursday March 9th Knit, Natter & Crochet 2.30 p.m.
Loddon Library

Wednesday March 15th Monthly meeting. *Speaker:* a representative from the 'Little Lifts' charity. 7.15 for 7.30 p.m. St Johns Chapel George Lane.
(Note return to evening meeting time)

New members always welcome. For further information we can be contacted via our Facebook page or on 01508 528656.

Chedgrave & District Women's Institute

Our first meeting of the year saw us enjoying a Beetle Drive which many of us had not played since school days, and some had never played before, so great fun was had by all. March will be our Birthday Lunch which will be an informal meeting at The White Horse, Chedgrave, on 28th March.

Our normal meetings are held at All Saints Church Rooms, on the fourth Tuesday of the month at 2.00pm. All are welcome. For more details

Loddon & District Cooperative Day Centre

The Day Centre is meeting again, so if you'd like to get out from your four walls to meet others to chat, play games and have a hot meal, please give Bev a ring on 07826 299290. We'd love to see you at the Brian Clarke rooms in Chedgrave.





FitzRoy are recruiting!

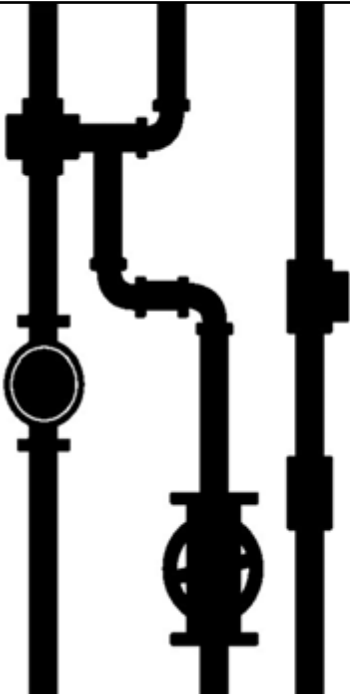
FitzRoy Registered Care and Nursing service in Hales provides care and support for twelve residents with learning disabilities, physical disabilities and complex health needs.

We are seeking exceptional new Support Workers who share our values to join our friendly team.

A support worker's day is varied, and flexibility is required. You will be providing care and support individually tailored to the needs and wishes of people with learning disabilities. You will work together to identify and achieve their goals, enabling them to have choice and control over their lives.

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Please call Mark on 07392 278005 for further details and how to apply



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Sport

Footballers Wanted!

A friendly, relaxed group of guys of all ages and abilities who meet at Hobart Astro Turf every **Thursday** from 8:00-9:00pm for a non-competitive kick about to keep fit and socialise. £3:00 per session. First session free. More information from Terry: tezzahayden99@gmail.com



Jubilee Short Mat Bowls Club

If you have never tried short mat bowls, now that the summer lawns bowls has finished, why not give this a go? We are a very friendly small group that needs some new members. We meet Tuesday afternoons 1:30-3:30pm in the Jubilee Hall, George Lane, Loddon. Beginners are very welcome; just bring flat indoor shoes (no heels), and we can supply the bowls. The right money of £3 and a sense of humour are also appreciated. More information from Sara 01508 521958.



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

The launch of the Tennis Club in June has been very successful and there are now over one hundred people regularly playing together in Loddon. Pay and Play is available for £5 per hour via www.clubspark.lta.org.uk/LoddonTennisClub.

Coach Paul Solomon is also delivering junior coaching, group coaching, and cardio tennis sessions; email: loddontennis@loddonpc.org.uk or phone 07368 684806.



Hobart Badminton Club

Players wanted! Come and join our friendly club of all ages from 16+. Playing experience desirable. We meet at Hobart sports hall, **Tuesday** evenings from 7:30-9:30pm. Cost £5:00, first session free!



Loddon Junior Badminton Club

Open to all children aged 10-16 years regardless of ability. on Wednesday evenings from 6:45-7:45pm; Jubilee Hall. £4 per session; Rackets and shuttles provided.

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





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Loddon Community Gym

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

Tel: 07534 946143 www.loddoncommunitygym.com

From now on the Gym will open at some part of every day

Monday to Friday: Monday 1:45–5:25pm; Tuesday 4:45–7:05pm;

Wednesday 9:00–11:20am; Thursday 6:00pm–8:20pm; Friday

10:15am–12:35pm.



NEW AT THE GYM. We are launching a Chair-Based

Exercise Class for older women and men on Wednesday mornings. The class is designed to be low-impact and to help those who may find a gym workout too challenging. There are many benefits from chair-based exercise:

- improved muscle strength, balance, flexibility and range of movement
- improved mobility and coordination
- decreased joint pain and stiffness
- increased blood circulation

Exercise from the comfort of a chair in a friendly environment and led by Louise our fully trained instructor. For more information or to book a place in the class ring Louise on the number above or when the Gym Open sign is on the railings outside the Library on Church Plain, why not pop in and see for yourself what is on offer.

We are open on the days and times above but please contact us if you feel strongly that other times may be more popular or if you belong a group who would like a session designed especially for you. If you are one of our local retained firefighters and want to pass your annual fitness test the community gym is here for you. Equally, if you have medical conditions for example, high blood pressure or diabetes, your GP will happily give you a referral form for the gym and Louise is qualified to design a programme especially for you.

If the Gym Open sign is on the railings outside the library on Church Plain, why not pop in and see for yourself what is on offer.

If we are successful with further grant applications we will enhance the gym even further and may be able to offer free taster sessions.

Watch this space. As we are a relatively compact gym you will still need to book via www.picktime.com/easternriverscommunitygym.

Alternatively you can book a first session by ringing Louise on the number above.



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

7th March. The Enigma of Sutton Hoo—Sally Sisley

21st March. Through the Stage Door—Jim Stebbings

Come along to a couple of meetings and try us out; no pressure to join. Clive Boyd, Secretary, 01508 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 at Chedgrave White Horse at 10:30am and lunch is optional.

Next meetings:

14th March: Blakeney and Cley: A maritime history of the Glaven Ports—Jonathan Hooton.

28th March. Norfolk's more idiosyncratic clergy of the 19th and 20th century: Speaker Christopher Armstrong.

11th April. AGM.

25th April "Edwin Gooch; Champion of the Farm Workers" Speaker Simon Gooch.

Chet Valley Photography Club (CVPC)

Our monthly club meeting in March is on Monday 13th in St John's Methodist Chapel, George Lane, Loddon. Doors open 6:45 for 7:00pm start. The topic for this meeting is "Breaking Composition Rules in Photography" as a continuation from our February meeting.



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 for more information.

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Loddon WEA

Our single subject lectures in November proved very popular with talks on 'Thinking like a Philosopher', 'Science, Religion and Truth in the 19th Century' and 'Running a Household in Medieval East Anglia'.



We are nearing the end of our Spring Course on Eerie East Anglia which has proved a light hearted series to brighten the winter blues. We have come to the conclusion that the most weird eerie sightings seemed to have occurred after a darts match at the local pub!

Our very quick AGM will take place after the final session on Monday, 6th March at 3.45 followed by tea and biscuits in the Jubilee Hall. All are welcome to attend.

Look out for details of our next course, starting in September and for any further details, contact Alison on 01508 521976 or Sharon on 01508 520386.

Loddon & Chedgrave District Society

We are a friendly group of people who like walking, visiting interesting gardens, historic buildings, and the occasional social evening. Membership fee is £6.00pa. Members will receive a programme. New members welcome. Next meeting: **March 9th** – Thursday. 11.00 am. Norwich's Hidden Street Tour. £15.00 per person. Meet at The Shoebox, 21-23 Castle Meadow. (opposite the Castle) A fascinating guided tour of the historic hidden street below Castle Meadow. (2 flights of stairs). Contact June on 528853 if you would like to come. For more information about our events, contact: June at junecs@btinternet.com Tel: 01508 528853 For membership, contact the membership secretary Hillary meredithp3@sky.com Tel: 01508 520457.

Chet Valley Voices

Chet Valley Voices is a community choir aged from 15-80+.



We enjoy singing music in a variety of styles from classical to modern. 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 lifted. Rehearsals: Thursdays 7:00-8:30pm (doors open 6:45pm) in St John's Chapel, George Lane, Loddon. Subs: £5, £3 for under-18s. Free first session. New members are always welcome.

Contact, Sue 01508 528069; suemartin303@btinternet.com or chetvalleyvoices@gmail.com. Follow us on Instagram @ChetValleyVoices, on Twitter @ChetValleyVoice or on Facebook. www.chetvalleyvoices.co.uk

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Loddon Indoor Bowls Club

We meet in the Old Town Hall in The Swan pub car park, Loddon. It's a members' club with inter-club league matches every evening; roll ups on Monday, Wednesday, Thursday and Friday afternoons starting at 2:00pm and on Tuesday morning starting at 10:00am (restricted to the first 12 turning up). New members are always needed. Subs just £12 per year. Rink fee £2 per session. Just turn up and give it a try. For further information, please contact Paul Clemence (chair): 01508 218078.

Loddon and District Horticultural Society

Next meeting is on 8th March. Bob Coutts coming along with his talk entitled 'Pruning, the reasons and tools for the job'.



Meeting are on the 2nd Wednesday of the month at the Jubilee Hall Clubroom, George Lane, Loddon and starts at 7-30pm. We have a raffle and refreshments and visitors are £2. We hope you will join us.

For more details contact Jean Cope (Chairman) on 01502-710024 or jeancope52@gmail.com or Hazel Copland (Secretary) on 01508-520890 or email happyhaze50@gmail.com. It is £10 per year to join our Society and follow us on our Facebook page.

Loddon Community Cinema

"Fisherman's Friends 2" starring James Purefoy

rated 12. Following the unexpected success of the band's debut album "No hopers Jokers and Rogues" we rejoin them almost a year later, struggling with the pressures, pitfalls and temptations of their newfound fame, second album syndrome, performing on the pyramid stage at Glastonbury.



Thursday 2nd March, St. John's Lecture Hall, George, Lane Loddon. Doors open 7:00pm and the film starts at 7:30pm. Tickets £4, £2 under 16, available on the door or in advance from Loddon DIY.

Davy Place . Wanted— volunteers for our social club, an outings and events person and a media person, anyone interested please contact Carol—see below.

We have bingo every Monday at 2pm

Bowls is now starting up on Wednesdays at 2pm,

Hoy is the last Saturday in the month 7pm

There will be a jumble sale on the 8th April 10-12am

All donations very gratefully received. **Carol Castle 01508 826 488**

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Loddon Flower Club

Our next meeting will be on 7th March when we have invited Christine Hewson along with her flower arranging demonstration entitled 'Spring is Sprung'. We will also be holding a competition for members that evening with the same title. On 4th April we will be holding an Easter workshop.

Our meetings start at 7pm with doors opening at 6-30pm and are held at St John's Church, George Lane, Loddon. A raffle will be held at the end of the evening for the arrangements. Visitors are £7-50 and refreshments will be available.

Advanced notice: There will be a flower festival in Holy Trinity Church, Loddon in September to celebrate our Club's 65th anniversary. Details later.

For more information please contact our Chairman, Tricia Godfrey on 01508-480522 or tricia646@aol.com or Secretary, Alex Pinder on 01508-493869 or nmark@aol.com. We are available to arrange flowers for family occasions and our website is at 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. An annual fee of £10.00 is charged plus £3.00 for each meeting attended. New members always welcome.



At our meeting on Wednesday 29th March, we will welcome our speaker Cheryl Lewis from the East Anglian Air Ambulance.

Contact June 01508 528853 or Hillary 01508 520457.

Waveney Valley Arts Society

We are a friendly group who meet at the Fisher Theatre in Bungay on the first Wednesday of every month (excluding July and August). 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 1st March: Pop go the Artists: from Warhol to Dylan by Dr Suzanne Fagence-Cooper, at 10.45 with the A.G.M. first.

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://theartsociety.org/waveney-valley>.

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Events

- **1:1 PC Support** Monday, 10:00am-12:00noon. Book in advance on 01508 520678 or just turn up on the day. For help with computers, tablets, and mobile phones.
- **Bounce and Rhyme** Monday, 10:15-10:45am. Hot drinks and toys available afterwards; do stay and chat.
- **Colouring Club** Monday, 3:30-4:30pm. Come and colour yourself calm with our ever-changing array of colouring sheets. Suitable for all ages.
- **Board Games** Thursday, 3:30-4:30pm. Suitable for all ages.
- **Beginner's Backgammon Club** Thursday, 12:00noon-2:00pm. Learn to play backgammon and play against our volunteer.
- **Knit, Crochet, & Natter** 2nd Thursday of the month, 2:30-3:30pm. Pop in to learn a new skill or to chat to friends whilst you knit.
- **Just a Cuppa** Friday 10:30am-12:30pm. Pop into the library for a free tea or coffee, chat to others in the library or our staff.
- **Loddon Loves Book Group** 2nd and last Fridays of the month, 5:45-6:45pm. Come and discuss the chosen book for the month. Advance booking essential. Please use the details below to book.
- **LEGO Club** Saturday 2:30-3:30pm. Suitable for children aged 5+.

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Loddon and District Local History Group

Mary Fewster visited the history group in December to talk about the Goldsmiths of East Anglia between 1550 and the end of the 1700s. Even those working in silver were called goldsmiths. These master craftsmen operated in the cities of Norwich, Ipswich, Bury St Edmunds, Kings Lynn, Beccles and Great Yarmouth as these were on main trade routes and likely to have visitors. London was the only place where hallmarks were used until around 1565 so identifying the workshops of items before that is difficult. Their product was a luxury trade for the top levels of society and in Norwich the 'gold' area for workshops and shops was found on the north end of the market place and what is now London Street reaching to Tombland.

Mary proceeded to discuss some individual goldsmiths starting with John Bassingham who worked in London Street until he died in 1569. The gateway of his house still survives with his coat of arms featuring 2 cups and 2 lions on the Guildhall. Mary added that having your own coat of arms was not uncommon for goldsmiths. John would have had apprentices as standards had to be high and any substandard silver could be confiscated or broken. Although goldsmiths were important people they were rarely mayors probably because they were too busy and the group in Norwich tended to intermarry with widows often marrying another goldsmith.

The Reformation helps to identify individuals and their work. All chalices had to be replaced by something in the style of drinking vessels with simple designs and no patterns. In 1565 Norwich started to use the hallmark of a castle and lion (for the place) and then an individual mark for each goldsmith. Peter Mancroft's 'Peterson' cup was made by William Cobbold who was one of the finest Tudor goldsmiths. In Norfolk there were around 700 parishes who needed new communion cups and many had weights scratched onto them. Flacons and communion plates were made later on.

Norwich corporation was also building up their silver collection. Cobbold made a piece to hold salt and the scabbard on the civic sword was replaced but smaller, cheaper items like thimbles and buttons were being made too for tradesmen. Silver spoons started to be given as presents for a wedding or christening.

Later goldsmiths became retailers of luxury goods like London plate so less is known about them. Now about 70 pieces of non church silver from this time period is left and around 300 communion cups. A fascinating lecture.

Next meeting: 15th March - What the Normans did to and for Norwich by Adrian O' Dell.

All meetings held in the St John's Lecture Hall, George Lane, Loddon starting at 1.30pm. Admission £3. All welcome

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Read Any Good Books Lately?

Superhero Mum by Timothy Knapman, illustrated by Joe Berger

Mother's Day is close so what could be nicer than a picture book celebrating your superhero mum?! Its retro Pop Art-style this playground-chasing, cake-making, teddy-finding, bubble-bearded Supermum is great fun!

Four Thousand Weeks: Time Management for Mortals by Oliver Burkeman

If you live until eighty you'll live for just over four thousand weeks – it doesn't seem very long put like that! This humorous, yet surprisingly practical book draws on ancient and contemporary philosophers, psychologists and spiritual teachers. It's a thoughtful book which made me dwell on how I spend my time and what I prioritise. Well worth a read in my opinion!

For Thy Great Pain Have Mercy on My Little Pain by Victoria Mackenzie

I read this in one sitting! It's not that long but it's a wonderful first novel about Dame Julian of Norwich, an anchoress, who chose to live a life of prayer and contemplation shut up alone in a cell (literally anchored to the church) and of Margery Kempe of Kings Lynn, a mystic. It tells their lifer stories separately and culminates in their meeting. It's such a wonderfully imagined book and shines a light on these two extraordinary women. Revelations of Divine Love by Julian of Norwich is the earliest surviving book in English written by a woman and The Book of Margery Kempe is the first autobiography written in English, by man or woman. Together these books are two of the most important books written in the medieval period.

The Women of Troy by Pat Barker

This follows up from her previous book *The Silence of the Girls*, a daring retelling of *The Iliad* from the perspective of the women of Troy who endured the war. I've never properly managed to get into reading Greek myths, even retellings, but Pat Barker is so good at breathing life into them and making you really empathise with the characters.

I am trying to read...

A Little Life by Hanya Yanagihara – It's just very long! It's brilliant though and I am partly trying to read it so I can go to see the production at the National Theatre in May. It follows four young graduates in New York and their seemingly at first, carefree lives. As the novel goes on it darkens and although I haven't got to the point yet it apparently becomes a shattering and difficult read, albeit it a compelling one!

Ruth Redford

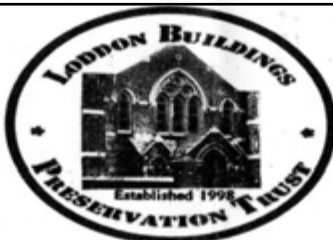
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Nature Notes

It's the 7th of Feb and I have less than 24 hours to get this in. I developed a heavy cold last week, it's now a chest infection and I'm coughing a lot and very breathless. I had a phone consultation with a GP and a prescription yesterday. So does spending time out in the natural world help you snap out of struggling to breathe and feeling sorry for yourself, the honest answer I can give is yes, it lifts my mood and walking slowly helps my breathing. A sunny though cold day has helped. My early morning short dog walk was breath taking (no pun intended). Frost on the reeds, Robins, Woodpigeons and Collard Doves cooing, then I heard my first Song Thrush of the year followed by a Chaffinch, it just reset my day. Having excused myself from doing my usual trip to Seething I was able to take the dogs out earlier than usual. Parking near the entrance to Hardley Hall we set off down the track to the river Chet. By the time we had reached the river I had already seen or heard 25 different bird species. Even though I was having to stop regularly to catch my breath it was fantastic to be out in this beautiful countryside. I had walked about two thirds of the way to Hardley Cross, when I felt I ought to turn back. Although my bird count had only increase by two, I wasn't disappointed, the enjoyment of being out in this glorious place, had given my spirit a fantastic lift. What do they say about a glass half full or half empty, well I just thank God I have a glass! On the short distance home I saw something white at the edge of the road only to discover it was the underside of a Stoat disappearing into the hedge, awesome.

Overall January has been a good month with many highlights, seeing a Bittern fly across the Yare and land in the reeds of the duck pits just upstream of Hardley Staithe and a Great White Egret, once extremely rare in this country.

An enjoyable trip with a friend, firstly to Reydon, outside Southwell, where four Waxwings had been seen. Not finding them at first we headed on to Hen Reed Bed, but then we noticed four starling sized birds, and sure enough there were the four Waxwings giving us good views in poor light. Our walk at Hen Reed Bed looking out over the mudflats of the Blythe Estuary was very productive as well, with lots of waders and ducks on view. We found a Spotted Redshank, it's distinct call separating it from some calling Redshank. Spotted Redshanks are usually Spring and Autumn visitors though some obviously over winter as this one was. I am still coughing but very much buoyed up by my exhilarating slow walk this morning. As well as being distracted every time I see movement in the trees outside my window. Creation can have a very positive impact on our lives if we will only let it.

Richard and Rachel Hull



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Gardening Notes

From the Allotment

... February is an in-between sort of a month, but March is really when things get going. As I write in early Feb my allotment in Hardley Road with its sandy soil is quite dry, despite the rain we had over the winter, so I'm hoping for rain soon.

I set my potatoes to chit on the 1st Feb, a week earlier than last year and have decided to only grow first and second earlies, hoping for another mild spring, and because last years main crop was so reduced by the drought. We are still eating the Charlotte second earlies left from last year. If you haven't started your potatoes chitting then there is still time and, in fact, if necessary, you can miss out chitting and just plant them. They'll just be a bit slower coming through. Loddon Garden and DIY have a good selection but do tend to sell out.

Loddon Garden also sell loose onion sets and shallot sets which are both cheaper than other garden centres and don't have lots of unnecessary packaging.

Now is also a good time to plant spring broad beans directly into the soil though you can start them off on a windowsill or in the greenhouse first. February is really the last time to plant aubergine seed if growing the plants yourself as they require a long growing season. I tried keeping an aubergine plant indoors over winter hoping the last large fruit would ripen. It didn't and is now compost! **Andrew Milner**

From the Garden

The year has got off to a very cold start so hopefully the dahlias I left in the ground have survived. I will leave checking until I am sure the frosts have finished. I have joined the Norfolk and Suffolk Dahlia Society to learn more about growing dahlias and hopefully I will remember to stake them early. We haven't had much rain as I write this in early February and the pond will need to be topped up if it doesn't rain soon. We planted a few new native trees between the wood and garden, so we need to check they are watered well for this first year. Bare root tree and hedge planting needs to be completed this month or left until the autumn. Jobs for this month include pruning, weeding and mulching and if you didn't do it in the autumn clean and tidy your greenhouse before it gets full of seedlings and new plants. Large clumps of snowdrops can be divided whilst still in the green, they will multiply back up in a couple of years. Deadhead daffodils but leave the stems and leaves to die down naturally, give them a good feed to encourage good flower heads for next year. The Bessera Elgans I planted last year didn't really perform so I will try them in pots. The deer's favourite plants will move into the new planters in the front drive, then I will have room for more Dahlias. Happy Gardening. **Shirley Cross**

End Piece

A MEMORY OF THE 1953 FLOODS

There has been a lot in the Eastern Daily Press recently about the floods 70 years ago in January 1953. Just a short piece to let you know I was there at the age of 8, my sister was 6. There were no significant warnings so we woke up to the devastation of everything under water, Our family escaped to London and were looked after for 3 weeks by our Grandad

He took us and mum around the sights of London. Dad went back to Canvey next day. The Army were there to sand bag the sea wall and after a few days the water went down leaving brown liquid mud.

I didn't know until moving to Norfolk how badly this county was affected too.

Canvey children went back to school after six weeks away, we were told little, probably because there was no proper sea wall built for a few years when the old sea wall was extensively rebuilt and shuttered at the top. It could have happened again.

159 people died including children whose beds and cots were under water level.

It happened at night with no warnings. If we children were told anything, it was to try and forget it and move on! Seeing some of them, including my friend at school who had lost her baby sister, it wasn't an easy thing to do. It was years later before the church started having memorial events. photographs, talking about memories and so on.

Daphne Gibson

THE LOST PINK PURSE

I spent a delightful afternoon at the Theatre Royal enjoying “Kinky Boots” with Loddon W.I. My daughter drove me home, then I realised I'd lost my purse! Was it out on the pavement where I got out of the car? in the car?No! I went out for fish and chips later –comfort food—and when I returned a young couple stood by my door....with my purse! They found it on the path. Looked for information of the owner they spotted my ENVY hair appointment card and found out who the appointment was for and where to find them. Great detective work!!

I send a big thank you to the young couple for being so kind, thoughtful and for being such good detectives.

Janet Potter



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