

CONTACT

Published by the Church in Loddon February 2019



'The Beast from the East' 2018
Photograph: R.Y. Ball

Editorial

FEBRUARY

On page 4 there's an advert for an editor of Contact magazine. It's slightly 'tongue in cheek', because the job description is *my* way of doing things. Most of it applies, but the important bits are the job overview and the 'comment from the present editor'. I hope you will read it and that someone will feel motivated to make the desired response.

Meanwhile, here we go again.....

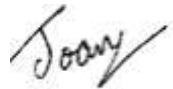
Once again there has been a magnificent response to all the fundraising events and charity collections over the Christmas period. I haven't added all the amounts together, but the spirit of generosity and goodwill is certainly alive and well in our community.

Things are back in full swing, with all our groups and societies looking forward to another year of meetings and events. Most of the 'special events' included in this month's Contact have been organised by the Chet Valley Churches: puddings and quizzes, snowdrops, and talks by antique experts something in there to interest most of us! (There was no need for a 'What's On' page, and there wasn't really room for one, anyway!)

Richard Ball's cover photograph was taken last year during the visit of the 'Beast from the East'. Hopefully we won't have a repeat performance, but nevertheless, the month of February can be cold and miserable, and on page 51 there is an article from 'In Good Health', with advice on how to take care of ourselves.

With regard to 'taking care of ourselves', on page 47 there's a message from the residents of Davy Place asking for people to take care in a different way - do read it, please.

It just remains for me to wish you all the best for 2019.



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Chet Valley Churches Information

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Church Office

St John's Chapel, George Lane, Loddon, NR14 6NB
Tel. 01508 521179 Email: office@chetvalleychurches.org
Open: Mon & Fri. 10.00am - 4.00pm. Tues. Wed. Thur. 10.00am - 1pm



Baptisms, Weddings, Thanksgiving Service for the Gift of a Child
To arrange any of the above please contact the Church Office.

Church Websites

Chet Valley Churches www.chetvalleychurches.org
The Norwich Diocese www.dioceseofnorwich.org
The Methodist Church www.methodist.org.uk
The RC Diocese of East Anglia www.rcdea.org.uk

'Contact' Magazine

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COPY DEADLINE IS ALWAYS NOON 8TH OF THE MONTH

Email submissions to c.magazineloddon@gmail.com

Hand written submissions can be handed in at the Church Office.

Please include your name and telephone number.

'Contact' is published monthly, with double issues for July/Aug & Dec/Jan.

DISCLAIMER

Advertisements are included in good faith, but the Church in Loddon does not necessarily endorse the products or services advertised.

Similarly, the opinions expressed by contributors are not necessarily those of the Church in Loddon

Position Vacant - 'Contact' Magazine Editor

Job Overview

An opportunity to assist in providing an invaluable resource to the local community through the pages of the parish magazine, which is published 10 times a year. The magazine carries news and reports from the Chet Valley Churches and local organisations, and advertises local events. It may also include articles of general interest. The magazine has an extensive commercial advertising section which has its own editor, and both editors liaise closely in order to make the best use of available space.

Responsibilities and Duties

- Liaise with the regular subscribers (who sometimes need to be reminded of the deadline date).
- Receive and respond to the emails from subscribers.
- Edit the various submissions.
- Plan and design the layout.
- Design a suitable cover, often with the help of local photographers.
- Have the magazine ready to go to the printers as soon as possible after the deadline, preferably the next working day.

Qualifications

- Access to a laptop or computer and Microsoft 'Publisher'.
- An interest in the community and in the life and work of the church.
- Patience

Remuneration

None, but lots of satisfaction.

Comment from the present editor

Every editor brings his or her own 'slant' to a publication. **It doesn't have to be done the same way anyone else has done it.** It is, however, necessary to bear in mind that while there is a degree of autonomy in how the job is done, ultimately the magazine is produced under the auspices of the Church in Loddon's Joint Church Council. It is primarily a parish magazine, designed to promote and assist in the work and ministry of the Church as well as providing a means of communication with and for the local community.

I have thoroughly enjoyed the job, and the only reason I have decided to retire is the fact that it seems sensible, in view of 'anno domini', to find a replacement while I'm still reasonably sound in mind and limb rather than have to find someone in an emergency!

Please, please will someone volunteer? Help will be available if required.

Ministerial Musings

All you Need is Love

February is the month when love is in the air. The birds are finding mates, the shops are full of Valentine's cards and it's a popular month for booking weddings. The weather may tell us we're still in chilly winter, but we're surrounded by the warm evidence of love.

So how important is all this emphasis on love? Is it an advertising gimmick to get us to spend more money, or does it highlight something important?

My birthday's in January, so I've just had the happiness of receiving cards or messages from friends and family. They tell me that I have people who love me. Someone I know has recently acquired a dog, who over the years will offer his owner the loyalty we associate with doggy love. A mother in Norwich paused in the rush of shopping to comfort her child who had fallen over, allowing the child to feel the warmth of her love.

These are small examples, but they suggest that we all thrive on love. In church we have come to the end of the season when we celebrate Jesus as the baby born in a stable. We're looking ahead to his ministry of healing, caring and justice, and eventually to his death and resurrection at Easter.

Jesus didn't say "All you need is love," but he did demonstrate that God's love is the greatest, strongest bond of love known to humankind. He said that this love is available to anyone who asks for it. Talk to me (or any of our ministry team) if you'd like to know more about how we can experience the greatest love in the universe.

John 3. 16: "For God so loved the world that he gave his only Son....."

David Owen

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Across the Chet Valley Churches

Worship in the Chet Valley

**You will be warmly welcomed to any of our services.
We hope to provide worship to suit everybody.**



- **Holy Communion** is celebrated every Sunday at one or other of the churches in the Benefice, either Book of Common Prayer or Common Worship, with an informal Holy Communion service once a month in Chedgrave.
- Once a month there is an **Evening Prayer** service at Sisland.
- Services of **Morning Worship** are held in Loddon and Hardley.
- **Last Sunday Praise** is held on the Last Sunday of the month at St John's in Loddon: a chance to sing old and new Christian songs plus time to worship together.

Families and children are welcome at all our services.

*Special provision is made at Chedgrave
where there is a toilet and baby changing facilities.*

- **Xpressions Café** Normally held at All Saints, Chedgrave, on the first Sunday every month between 10.00 a.m. and 12.00 noon. This is a relaxed and contemporary way of 'doing church'. You can come and go as you please for coffee, cake, crafts, games, songs and much more.
- **Xtra!** An exciting, informal service every Thursday after school in St John's Church.
- **All Together Worship** on the third Sunday.
This is designed to be as inclusive as possible, a mixture of formality and informality; traditional and modern; activity and stillness. In short, we will attempt to provide a service which will have points of connection for children and adults - indeed people of all ages and all backgrounds.

In Loddon and Chedgrave there is an opportunity to meet after the service and enjoy a chat over tea or coffee.

Home Communion: If you would like home communion, because you are unable for any reason to get to a Sunday service, please contact the clergy or the Church Office and we will arrange for someone to bring communion to you.

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

Adverts
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Thanksgivings & Baptisms



You are welcome to request thanksgiving and baptism for your children. Thanksgiving Services may be held at any time in the churches by arrangement with the clergy. They are an opportunity to give thanks for the gift of a new child and to celebrate this with family and friends in the presence of God.

Baptisms are usually held within the Sunday worship in our churches. They 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.

Please contact Rev Alison Ball on 01508 528126

ball880am@btinternet.com or the Church Office on 01508 521179.

Noah's Ark

A drop-in group for babies, toddlers and their parents and carer.



Wednesdays

9.15a.m. to 12 noon. All welcome.

For further details please call Alison on 01508 528126 or e-mail : **ball880am@btinternet.com**

Friends and Neighbours

If you've been widowed or have lost your life partner come and join us at St John's Lecture Hall on the first Thursday of the month. Make new friends, enjoy tea or lunch together.



If you are interested in joining the group ring Jill on 520 248.

Next meeting: Thurs 7th February at 2pm in The Lecture Hall for our AGM with Afternoon Tea.

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.

If you would like to join one, or just to know more, please contact David Owen or the Church Office.

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 between 10:00 am and 12:00 noon.** Come and go as you choose.

On average there are about 17 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!)

Xtra! Join us in St John's Church for an exciting, informal service **every Thursday after school.**

Refreshments, activities from 3.15. Service starts 3.45.

More from Reverend David 522993 or Reverend Alison 528126

Adverts
Adverts

JUST DESSERTS

Saturday 2 February, 7pm

St John's Lecture Hall, Loddon

Ever want to eat lots of lovely PUDS without having to eat a main course first?

NOW'S YOUR CHANCE!

Tickets priced £7 (family ticket £20) are available from Nina Owen (01508 522993,

theroamingfenlander@gmail.com)

Val Counter (01508 520702, valancounter@gmail.com)

or from the church office, St John's Chapel

Ticket price includes light starters, followed by lots of pudding and tea or coffee. There will be a raffle or similar fundraiser.



Fundraising for the
Church in Loddon

An evening with **Elizabeth Talbot**

(from the television programmes Bargain Hunt and Flog it)

Wednesday 13 February, 7.30 pm at St John's Chapel

Come and listen to Elizabeth's Tales of an Auctioneer

There will be a chance for a limited number of prearranged objects to be discussed. If you'd like to submit an item of interest contact Val Counter on 01508 520702. email valancounter@gmail.com.

Tickets £6 from Val Counter or from the Church Office.

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SNOWDROP SUNDAYS

ENJOY THE EARLY APPEARANCE OF SPRING BY VIEWING
THE MAGNIFICENT DISPLAY OF SNOWDROPS IN THE
CHURCHYARD AND SURROUNDING WOODLANDS OF
LANGLEY CHURCH



St. Michael's Church, Langley

Entrance from The Avenues, Langley, NR14 6BL
(Ample free parking)

Sunday 17 & 24 February 2019 2.00–4.30pm

LIGHT REFRESHMENTS AVAILABLE

Organised by The Friends of Langley Church

Proceeds for the heating and lighting fund

Space for a smile:

- *In a parish magazine:* You will find next week's preacher pinned to the inside of the front door.
- The Vicar at Harvest Festival had arranged all the vegetables in front of the Altar. He asked the children if they could name them. The replies were potatoes, cabbage, carrots, broccoli, and swede. So he asked if they could use one word to cover them all. A little boy held his hand up and replied "Gravy"



Chet Valley Churches
All Saints, Chedgrave

**Come to the Quiz and Supper on
8th March 2019**

**Starting at 7:00 pm, a supper of baked
potatoes + fillings and delicious
puddings from Spooncake will be
interspersed with quiz rounds.**

Suitable for all ages.

**£8.00 full price; concessions £6.50;
families £25.00**

***Come on your own or as a group—
each table of eight will play as a team.***

Tickets from Church Office or Rev Alison 528 126

Thank you!

Just £2 for a Christmas Present...

Thank you to everyone who generously donated money for the Embrace gifts. The tree in Chedgrave church was covered with gift labels by Christmas Eve. All of them were paid for raising £88 for the important work of this charity.



Loving by Giving

We were delighted to be given so many items of warm clothing and toiletries in addition to other of the requested items for this initiative. I know that they have been gratefully received by those who distribute them.



Refugee Action

Collections in Chedgrave at the carol service, Christmas Eve carol singing and the midnight service raised ~£200, and a further £409.40 was raised for the important work of this charity from the collections at the Crib Service and Carol Service in Holy Trinity Church.



Thank you to all who gave so generously.

Loving by Giving: Thank you for prisoners' clothes 2018

A message from Daphne Gibson:

I was lucky enough to meet Dr. Jaco Beukes, CEO of Loving BY Giving, based at 55a Ramsden Square, Cambridge, CB4 28BN.

I was at the Family Centre, HMP Norwich on Wednesday 12th December and was introduced to him. I think he is Scandinavian. (I didn't have the nerve to ask!).

He is very impressed with the donations of clothes, toiletries etc., socks and gloves, from Loddon and Chedgrave and said they are all being used. He comes about once a month to the Family Centre where all the items are sorted and distributed to outgoing prisoners and put into small rucksacks.

I emphasised how caring and thoughtful the community and churches are here. He asked to give his thanks to everyone here.

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From the Parish Registers



THANKSGIVING FOR THE BIRTH OF A CHILD

MYA ROSE FOSTER January 13th in St John's Loddon

*'Heavenly Father, we praise you for these children.
Surround them with your blessing that they may know your love,
be protected from evil, and know your goodness all their days.'* Common Worship

FUNERALS

WILLIAM JOHN MARSH who died on November 7th aged 76 years

Funeral: December 3rd at Waveney Crematorium

NADIA BLANCHE RICKMAN who died on November 19th aged 88 years

Funeral: December 4th at Waveney Crematorium

JOAN MONICA STANDING GILLINGS who died on November 16th aged 95 years. Funeral: December 10th at St Mary's Sisland

FREDERICK CHARLES McEVETT who died on November 26th aged 80 years

Funeral: December 20th at Holy Trinity Loddon

PAULINE MARY COOK who died on December 13th aged 74 years

Funeral: December 28th at Holy Trinity Loddon

PHILIP HAWKINS who died on December 19th aged 91 years

Funeral: January 11th at Holy Trinity Loddon

ANNIE BEATRICE DAVIES who died on January 1st aged 85 years

Funeral: January 18th at Waveney Crematorium

*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*

THANK YOU

Tricia Gunson would like to thank all those many people who were kind enough to send lovely cards, letters, and emails following the sad passing of Adrian, and for all the kindness and support she has received. Special thanks to Revd Lynn Chapman and Revd Michael Kingston and organist Brian Orland for a beautiful burial service at St Peter's, Brooke, and to Rev David Owen, Revd Liz Billett and organist Paul Mizen for the memorial service at Holy Trinity, Loddon.

Adrian was an amazing man who left us too early, but will be remembered for all his hard work and commitment to the people of the Loddon and surrounding area he represented on Norfolk County Council.

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Local Government Elections: The next Election will be held on 2nd May 2019. If you would be interested in becoming a Parish Councillor then please contact the LPC office for more information on what this would involve.

Election information is provided on the South Norfolk website at: <https://www.south-norfolk.gov.uk/residents/elections-and-registration/current-elections> Nomination Packs will be available on-line in early 2019 but if you have any queries then further information is available from the parish council office or The Electoral Commission website

Vacancy for Finance & Projects Officer

Howard has decided, after three years, to stand down from this post and we are very grateful for his sound financial management of the parish council during that time. If anyone would be interested in this part-time role we would be delighted to hear from you:

Average 9 hours per week over two or three days (Tuesday, Wednesday, Thursday) to include one evening meeting a month. The office is open on the above days, between 8.30 am to 1.00pm

Salary: Local Government Pay Scale SCP 28: £13.20 per hour. Pay Award pending

The successful applicant will have:

- Accounting, budgeting and financial forecasting experience
- Proven experience of managing projects
- Effective communication skills

Application Form, Job Description and Person Specification available from the Parish Council office: clerk@loddonpc.org.uk Parish Council Office, The Library Annexe, Church Plain, Loddon NR14 6ED. Tel: 01508 522020

Room for Hire: The Parish Council is now leasing, direct from the County Council, both the office in the Library Annexe as well as the room at the rear of the building. It is currently used by some local groups so if you would like to hire the room for your event, whether a one-off or a regular booking, please get in contact with us – contact details are below.

Allotments: there are a few vacant plots available to Loddon and Chedgrave residents on the allotment gardens on Bridge Street. The available plots vary in price beginning at about £15 per year, depending on size. If you are interested in taking on an allotment or would like to know more then please get in touch (see contact details below).

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..... Loddon Parish Council continued from page 19

Future Meetings of Loddon Parish Council: All meetings commence at 7.00pm; the next two dates are scheduled for Thursday 14th March and 11th April in the Library Annexe. Members of the public are welcome to attend meetings and will be given the opportunity to speak. The agenda will be displayed on the notice board on Church Plain and on the council's website (see below) at least three days before the meeting. A list of the meeting dates are on the LPC website.

Contact Us: Please telephone the Parish Council on 01508 522020, or email on clerk@loddonpc.org.uk. The office in the Library Annexe, Church Plain, Loddon is open on Tuesday, Wednesday and Thursday mornings between 9.00am and midday if you would like to visit in person. More information is available on the parish council's website: www.loddonpc.org.uk or find us on Facebook under Loddon Parish Council

What's happening in Loddon Library

OPEN LIBRARIES: Open library gives you access to your local library even while the building is unstaffed, making your library available at times that are more convenient for you. To find out more information and to sign up, please visit the library and speak to a member of staff.

The library opening hours are:

Monday	8am-7pm (Staffed 10am-7pm)
Tuesday	Open library access only
Wednesday	Open library access only
Thursday	8am-7pm (Staffed 10am-7pm)
Friday	8am-7pm (Staffed 2pm-7pm)
Saturday	8am-4pm (Staffed 1pm-4pm)
Sunday	10am-4pm (Open Libraries access only)

Are you new to the area, have never used a library before or just haven't used the library for a long time? Then come along to Loddon library and we can join you up, renew your card or just update your details. To register for a new library card, just bring something with your name and address on it and the staff will do the rest. We look forward to seeing you!

FACEBOOK: Good news, you can now keep up to date with all our events and news by following us on Facebook just search for Loddon and Poringland libraries.

BOOK GROUPS GALORE: There is now no need to miss out on joining one of our book groups that we have in Loddon library, with both a morning and evening group.

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LODDON COMMUNITY BOOK GROUP: A daytime book group that meets on the 1st Wednesday of every month 10.30am-11.30am. Everybody welcome.

LODDON LOVES BOOKS: An evening book group that meets on the last Friday of every month 5.45pm-6.45pm. Everybody welcome.

CROCHET CLUB: Come and join the crochet group that meets the 1st & 3rd Thursday of every month from 2pm-3pm. It's never too late to learn new skills.

JUST A CUPPA – every Monday from 10am – Feeling at a loose end pop in for a friendly chat and a cuppa.

BOOK ENDS – Every other Friday 3.45pm-4pm: Please contact library for future dates–story and craft fun.

LEGO CLUB: A weekly after school Lego Club that meets every Monday 3.45-4.30pm. With a different theme every week, come along and join in the fun.

CHILDREN'S CRAFT CLUB: every other Saturday 2pm-3pm Join us for craft activities-please check for details.

C.A.B. WILL BE HOLDING ADVICE SESSIONS IN THE LIBRARY : Last Monday of the month 10am-12pm. Please contact library to book a session.

COMPUTER BUDDY DROP-IN – Every Monday, 10am – 12noon – He's happy to help you with most IT difficulties.

BOUNCE & RHYMETIME: The Children's Centre will be running bounce & rhyme sessions every other Thursday in the library. Please contact the library for confirmed times.

BABY WEIGHING SCALES: We now have a set of baby weighing scales located in the library. These can be used anytime during our normal opening hours.

DVD HIRE – A reminder you can hire dvds for just £2.00 per week. Top Titles £2.00 for 2 nights from the library. Special offer 2 for 1 every Thursday and Friday.

Are you unable to get to the library? Would you like to have books chosen for you and collected? Contact the library for details of our housebound library service.

**31 Church Plain, Loddon, NR14 6EX
01508 520678**

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Looking back:

Friday 16th November: the bells at Holy Trinity were rung at the memorial service to celebrate the life of County Councillor, Adrian Gunson.

22nd November: We rang a Quarter Peal of Norwich Surprise Minor at Norton Subcourse to mark the retirement of the Bishop of Norwich.

1st December: We attended an AGM of the Eastern branch of the NDA held at Pakefield on Saturday. Ringing took place on the Eight bells before a service, tea and the meeting itself, held in the nearby church hall. Our own Katie Wright was re-elected as chairwoman again for 2019.

Sunday 2nd December: Two Quarter Peals were rung on our simulator , one of Rutland Surprise Major and another of Stedman Triples.

Friday 7th December: in the evening of we rang at the beginning of the annual Loddon Victorian evening festivities.

Thursday 13th December: We rang a Quarter Peal of Cambridge Surprise Minor at nearby Norton Subcourse for the 54th anniversary of the re-dedication of those bells after their re-hang on 12th December 1964.

We took part in a Quiz at the Chantry in Norwich, organised by the St. Peter Mancroft ringers, which raised £460 for Christian Aid. We also supported them at three Christmas coffee and cake mornings held at the Octagon which raised £1275 for the newly installed ringing training centre in the tower.

Christmas ringing at Loddon included the Carol service held at the church on **Sunday 23rd December**, the crib service and the Midnight service on **Christmas Eve**, and on **Christmas morning** itself.

The annual Christmas Peal was postponed due to unforeseen circumstances until mid January. Details in the next issue.

Quarter Peals of Plain Bob Royal and Glasgow Surprise Major were rung at Loddon on Sunday 6th January to celebrate the arrival of the New Year.

Steve Rabong

Editor's note: I personally really enjoy the sound of the bells on Sunday mornings, but especially when I'm in my garden on a summer Tuesday evening, the ringer's practice night. In the words of the old song, it really is 'bells across the meadow'.

The above shows just how much time and dedication the ringers give.

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THE SISLAND CHRONICLE

Sisland is a tiny parish of around 500 acres, but from time to time it has been in the headlines. The Charles family owned most of it for a time, and Sir Edward Charles was Lord of the Manor in 1335. Whether he ever came here is a moot point, as he spent most of his time at sea, and as Admiral of the fleet was responsible for protecting our shores of much of the North Sea, from the Thames up to Berwick on Tweed, and by all accounts he did a good job. Perhaps it is a pity that he wasn't around when the Vikings caused so much trouble!

The effect of the bubonic plagues doesn't get a mention, and there don't appear to have been any trials of parishioners for witchcraft practices. However in 1761 St Mary's was hit by a thunderbolt and virtually destroyed; being rebuilt on a more modest scale, as one of the small number of Georgian 'Gothick' churches in the country, painted internally in shades of blue (Saint Mary's colour) with a ceiling of golden stars. In 2018 the churchyard gained a second bench, (the first being a memorial to members of the Hemmant and Haylock families, churchwardens for half a century), the new one given in memory of Major General Pank, who lived in the parish, by his widow. Sited near the hedge, it is a pleasant place to sit, contemplating the life of this rural parish over the millennia, or just quietly listening to nothing!

Has anyone heard of Alcmuntona. In the Hundred of Lodding. Total population: 2 households (very small). Total tax assessed 0.0 geld units (very small). Value to the lord of the manor in 1086, £1. Households: 4 free men. Now classed as a lost Village, but it was mentioned in the Domesday survey under the heading of Sisland.



Hi Freddie here. I had my visit to the Vet. just before Christmas. She did all the usual things, and said my biters were very good, but when the nurse weighed me (she reads this, so I have to be a bit careful) she said I was half a kilo above my ratting weight, and T. had got to cut out some of the treats. The trouble is that T. & J. do as she says, and at the rate my rations have been cut I'll be underweight next time! But Christmas came, and with a full house I did quite well under the dinner room table, and all sorts of things ended up in my tummy. I don't think J. noticed, but she was a bit surprised when she had to make my coat fit! I didn't tell her that Tiggy's Mummy gave me all the scraps off the plates, and I had some delicious fruit salad for pud. One of my fans (Demi, the one with the car) sent me a card with some scrumptious treats as well. T. said I didn't have to eat them – he must be joking! Now you know why I'm worried – how long will it take to lose all that weight – before I go to see my (very nice) Vet again?

Cheers F.

Patient Participation Group.

After approximately 25 years of being in existence, we are still asked occasionally what is the PPG and what does it do? The answer to that is that we act as liaison between the patients and the doctors. If you have any queries or comments, they can be addressed to anyone on the committee and we will try to answer them.

We also fund raise to provide equipment which the Practice needs. Our recent purchases have included an ECG machine, a phlebotomy chair (the previous one would not have passed infection control), a bariatric couch which can take the weight of someone weighing up to 50 stone, a dermatoscope for each doctor which can be used to test for skin cancer and possibly save a trip to hospital.

We also pay for the drinking water in the waiting room, acupuncture needles, consulting curtains, a clock which helps patients with dementia and a projector used for our Open Meetings. Apart from those activities we also have quarterly meetings and clinical talks at which a doctor is present.

We should stress that all patients are automatically members of the PPG and if anyone feels they would like to take a more active part, we would be very pleased to hear from you. Names of the members of the committee are displayed in the waiting room.

From the end of January we will have another doctor joining us: Dr Anika Reynolds who was with us previously during her training, bringing the total number of doctors to 8.

On the subject of fundraising, the Victorian evening was a great success and we raised almost £400 for surgery funds. The winner of the food hamper was so pleased that she rang to say thank you and that it had made her Christmas!

The Ditty People

Two old friends decided to hit the road
Traveling to small towns and having no fixed abode
Onto the street quoting our ditties
the people flung money at us and cried "How witty"
At times it was great and we got a little rich
at times it was bad and we slept in a ditch
Of course it's not true, just two old men having a dream
then realising what we already have, is a lot better than it seems
Yes, Family, friendship, love and being proud to be part of it, is enough.
enjoy what you have and don't worry about the other stuff.

Alex Grant

Editor's note: Thank you to Alex , a local resident, for sending this in.

A traditional story in the same vein as Alex's 'Ditty People'. The story occurs in several different cultures.

A boat is docked in a tiny Mexican fishing village. A tourist complimented the local fishermen on the quality of their fish and asked how long it took to catch them.

"Not very long." they answered in unison.

"Why didn't you stay out longer and catch more?"

The fishermen explained that their small catches were sufficient to meet their needs and those of their families.

"But what do you do with the rest of your time?"

"We sleep late, fish a little, play with our children, and take siestas with our wives. In the evenings, we go into the village to see our friends, have a few drinks, play the guitar, and sing a few songs. We have a full life."

The tourist interrupted, "I have an MBA from Harvard and I can help you! You should start by fishing longer every day. You can then sell the extra fish you catch. With the extra revenue, you can buy a bigger boat."

"And after that?"

"With the extra money the larger boat will bring, you can buy a second one and a third one and so on until you have an entire fleet of trawlers. Instead of selling your fish to a middle man, you can then negotiate directly with the processing plants and maybe even open your own plant. You can then leave this little village and move to Mexico City , Los Angeles , or even New York City ! From there you can direct your huge new enterprise."

"How long would that take?"

"Twenty, perhaps twenty-five years." replied the tourist.

"And after that?"

"Afterwards? Well my friend, that's when it gets really interesting," answered the tourist, laughing. "When your business gets really big, you can start buying and selling stocks and make millions!"

"Millions? Really? And after that?" asked the fishermen.

"After that you'll be able to retire, live in a tiny village near the coast, sleep late, play with your children, catch a few fish, take a siesta with your wife and spend your evenings drinking and enjoying your friends."

"With all due respect sir, but that's exactly what we are doing now. So what's the point wasting twenty-five years?" asked the Mexicans.

And the moral of this story is: Know where you're going in life, you may already be there! Many times in life, money is not everything.

"Live your life before life becomes lifeless".

Church Services February

Sat 2nd	6.00pm	Roman Catholic Mass	St John's Loddon
Sun 3rd	8.00am	BCP Holy Communion	St Mary Sisland
	9.00am	Informal Holy Communion	All Saints Chedgrave
	10.00am - 12 noon	Xpressions Café	All Saints Chedgrave
	10.45am	Holy Communion	St John's Loddon
	3.00pm	Baptism Reunion & Christingle	St John's Loddon
Sat 9th	6.00pm	Roman Catholic Mass	St. John's Loddon
Sun 10th	8.00am	Holy Communion	St. Margaret Hardley
	9.30am	Holy Communion	All Saints Chedgrave
	10.45am	Morning Worship	St John's Loddon
Sat 16th	6.00pm	Roman Catholic Mass	St. John's Loddon
Sun 17th	9.30am	All Together Worship	All Saints Chedgrave
	10.30am	Morning Prayer (BCP)	St Mary Sisland
	10.45am	Holy Communion	St John's Loddon
Sat 23rd	6.00pm	Roman Catholic Mass	St John's Loddon
Sun 24th	9.30am	Holy Communion	All Saints Chedgrave
	10.30am	Morning Worship	St Margaret Hardley
	10.45am	Morning Worship	St John's Loddon
	6.30 for 7.00pm	Last Sunday Praise	St John's Loddon

MORNING PRAYER <i>Everyone is welcome to these times of Prayer</i>	Monday	9.00 a.m.	St Johns Loddon
	Tuesday	9.00 a.m.	St. Margaret, Hardley
	Wednesday	9.00 a.m.	All Saints, Chedgrave
	Thursday	9.00 a.m.	St Johns Loddon
	Friday	9.00 a.m.	St Mary Sisland
	Saturday	9.00 a.m.	All Saints, Chedgrave

Tuesdays (except 3rd Tuesday) 7.30 - 8.30 pm	COME AND PRAY If you would you like to spend some time in prayer with a small group of people you are welcome to come along to 'Time for Prayer and Space for Reflection'	St John's Loddon
3rd Tuesdays 7.30 - 8.30 pm	MID-WEEK COMMUNION WITH BLESSING <i>All are welcome</i>	St John's Loddon
Thursdays after School	Xtra Join us for an exciting, informal service. Refreshments, activities from 3.15. Service starts 3.45. More from Reverend David 522993 or Reverend Alison 528126	St John's Loddon
Sundays (usually the last Sunday of the month)	LAST SUNDAY PRAISE Refreshments at 6.30 before the service, or just come at 7.00 for the singing	St John's Loddon

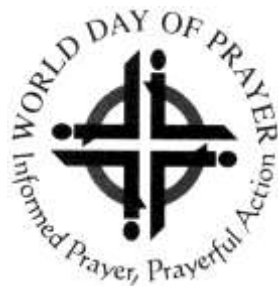
World Day of Prayer Services

Friday 1st March

Written by the women of Slovenia

7.00 pm at St John's Loddon

followed by refreshments



For further details including singing rehearsal at St John's do contact
Genny Godber on 01508 528843

*If you would prefer to attend a morning service
then a warm welcome awaits
at 10.30 am Ashby & Thurton Village Hall
+ refreshments and children's corner*

COMMUNITY GROUPS NEWS & EVENTS

Loddon Community Gym



We wish all Contact readers a happy and healthy 2019. If your New Year Resolutions include improving your fitness, health and wellbeing then we invite you to call in at the Gym and see what we have to offer you under expert guidance, in a friendly atmosphere.

Anyone over 16 can join and our personal trainer, Louise, is qualified to guide those who wish to improve their fitness and, through our Exercise Referral Scheme, those who are referred to us by Medical and other Health Professionals. Several older members will tell you how their mobility and wellbeing have improved over time.

The Gym has just been awarded important funding towards running costs and equipment for 2019. This will ensure its continued vital role in serving the community.

Jenny Bevan, Head of Programmes, said: 'Norfolk Community Foundation is delighted to support this much needed project that will make a real difference in the community. We wish them every success with their work.'

You should have received a leaflet through your door in December with information about the Gym but if you'd like to find out more please contact: Louise on 07534946143 or visit www.loddoncommunitygym.com

or just drop in to see what it is all about -Mondays 1.30pm – 6pm Tuesdays: 4.30pm – 8.30pm Fridays: 10.00am – 1.00pm Jubilee Hall, Loddon.

We are a not-for-profit gym so fundraising is important for us to keep going. This is one way you can help at no cost to yourselves:

**** HELP US TO RAISE FUNDS WHEN YOU SHOP VIA ****
www.goraise.co.uk/LODDONCOMMUNITYGYM.com

SEE YOU THERE

Loddon & District Day Centre

AT THE BRIAN CLARKE ROOM, CHEDGRAVE.

Why not come and meet some new people?
We play games, do crafts and exercises,
chat and have a two course lunch.

9.30am to 2.15pm, each Tuesday and Friday.

Just drop in or ring Bev on 07826299290.



Loddon Flower Club

February 5th: Simon White from Peter Beales giving a slide show about 'Beautiful Bulbs'.

March 5th: Bernard Collingworth with a title of 'Village Life'.

Thank you to everyone who supported our stalls at the Open Evening at the Church in December.

We meet on the first Tuesday of the month at Hobart High School. 7.15 start. We raffle all the arrangements (5 or 6) at the end of the evening. Why not come and join us? Membership is £28. per year (80 or over £15) and nothing else to pay each month except in December, when you will be asked to pay £6 as we have a more expensive demonstrator. If you come as a visitor it's £6 a month.

Loddon Women's Institute

At the November meeting we enjoyed a demonstration given by Margaret Turner, who showed us how to make Christmas decorations. This was followed by the AGM. December was our Christmas Party, when a very good time was had by all! Our rendering of the Twelve Days of Christmas is in a class of its own! Our thanks go to the committee for all their hard work in arranging the party and for all that they have done throughout the year.

Next Meeting:

February 21st 7.15 for 7.30 Jubilee Hall Loddon.

Sue Sursham: Travels in Indochina.

New members welcome.

Chedgrave & District Women's Institute

We have invited a variety of interesting speakers who are willing to visit our W.I. meetings during the New Year, 2019 .

Next meeting: Tuesday February 26th, when we will welcome Charlotte Harrison with 'A story of Tea with Tea Tasting'.

2.00 p.m. at All Saints Church Centre, Chedgrave

Langley with Hardley Women's Institute

February 19th: 7.30 p.m Langley with Hardley Village Hall

Sue Sursham - 'Trans-Siberian Express'



IN THE LIBRARY ANNEX

Friday nights.

Eyes down at 7-30pm. All welcome.

Two jackpots that regularly top £100 with 10 games per session plus a flyer game. Evening usually ends around 9pm.

Adverts
Adverts

Footballers wanted!

We are a friendly, relaxed group of guys of all ages and abilities who meet at Hobart Astroturf every Monday evening from 8:30-9:30 for a non-competitive kick-about to keep fit and socialise.

We are looking for like minded people to join us.

Cost £2.50 per session, first session free.

For more details, please contact Terry on:

Email: tezzahayden99@gmail.com

Facebook: Loddon Men's Football Club



Hobart Badminton Club

We meet on Fridays 7.30 - 9.30 pm at the Sports Hall, Hobart High School.

We play socially and are not in a league.

New members, aged 18 and over, welcome.

Some previous playing experience required.

Membership:

Trial Members: £4 per session for 4 weeks

Full members:- £10 annual subscription and £4 for each week you play.

Visitors:- £5 per session

Further information from Barbara Boardman –

email tomenelli@btinternet.com



Loddon Community Cinema

THURSDAY FEBRUARY 7th

Our next presentation is **“A STAR IS BORN”** rated 15.

A Star is Born has had a few multiple births over the years. Perhaps the most notable being Judy Garland’s portrayal of a struggling singer and a tragic love story weaving through the highs and lows of the quest for fame.

This version stars Lady Gaga and Bradley Cooper, who also directs. I suppose Lady G is a bit like Marmite, you either do or don’t. However the consensus is she makes a very good job of this, her first starring role in a major picture.

Gaga plays Ally, a struggling singer who has given up trying to make the big time until she meets Jackson Maine (Cooper). He sees her natural talent, plus falls in love with her as a bonus. But this is no bed of roses. The DVD release date was put back because it was still doing good box office. Highly rated.



**Showing on at The Lecture Hall, St John’s Chapel, George Lane, Loddon.
Doors open 7pm, film starts 7.30. £4 adults, £2 child. On the door or in advance from Loddon DIY.**

Adverts
Adverts

Chet Valley Photography Club

Our February meeting (11th) is 'Monochrome Landscape Prints' by Barry Freeman ARPS DPAGB. Barry has been interested and involved in photography since the 1950's, his main interest is monochrome landscape photography and he leads the Suffolk Monochrome Group. Currently his passion is 'earth and skies of East Anglia'. Barry is an Associate of the Royal Photographic Society, and is an East Anglian Federation judge. Some examples of his Barry's work is here:



www.scpge.co.uk/members/barry-freeman/barry-freeman-gallery/

If you would like to come along to our meetings please do. The club is open to everyone regardless of their photography knowledge or experience. For more details please see our website www.chetvalleyphotography.org.uk

Chet Staithe Probus Club

Have you recently retired or just moved to the area? Are you missing male company, on your own, or just want to get out from under your wife's feet? Then why not visit the Chet Staithe Probus Club which is held on the first and Third Tuesday of the month at the White Horse, Chedgrave. The meetings start at 10.00a.m. and usually finish around midday with the option of staying for lunch if required. Several of our members do. We are a friendly informal club, jackets and ties not required, with members ranging in age from 60 to almost 100. At each meeting we have a guest speaker and the topics can range from clocks, Whitehall, cartoons, space and even stagecoach journeys to Norwich.

Our next meetings are:

February 5th Ruth Smith - Naked Truth Part 2

February 19th Mark Reynolds - Cartoons & Comedy Part 2

We really look forward to seeing you then.

Please contact David Price Telephone 01508 522033.

or email david.price0841@gmail.com for more information

Chet Valley Probus Club

The Chet Valley Probus Club (*for retired Professional & Businessmen or any who have held some measure of responsibility in any field of endeavours*) meets at the White Horse Chedgrave on the second and fourth Tuesday morning, monthly. Good company, speakers, and food.

February 12th Pete Goodrum: Norwich in the 1950's and 1960's

February 26th Charlotte Paton: Frederick Rolfe - King of the Norfolk Poachers

For further details and an application form please contact the secretary John McCormack, 5a Norton Road, Loddon NR14 6JN. 01508 521899.

Adverts
Adverts

Royal British Legion—Loddon & District Branch



Thank you for the £174.00 you helped to raise for the Poppy Appeal by supporting our stall at the Victorian Evening in December. The November Appeal money is still being counted, but we should know a final figure soon.

We were very sorry indeed to learn of the passing to Higher Service in December of Phil Hawkins, a well liked and much respected long serving branch member who had, at various times in the past, been Treasurer and then Secretary. Our thoughts are with Joyce, his family and friends at this very sad time.

However, we are pleased to know that Ralph Upton is now very much better after his recent spell in hospital and we look forward to welcoming him back to the fold.

However, we are pleased to know that Ralph Upton is now very much better after his recent spell in hospital and we look forward to welcoming him back to the fold.

The next branch meetings are on

Monday 18th February and **Monday 18th March**,
7.30pm at the King's Head.

New members are more than welcome and can find out more by phoning our branch secretary Colin Hartley on 01508 521136

Loddon & District Horticultural Society

Wednesday February 13th Willow Work by Maxine Tricker

7.30 p.m., Loddon Jubilee Hall, George Lane.

Contact Ali on 07707-029940

Non-members £2.00 entry

Loddon and Chedgrave District Society,

To all members of the Society: I am sorry for the delay in getting the programme out this year. As some of you will know I have had family issues to deal with which has put me behind. I hope to have the programme out to you all by the end of the month. The first event is as follows:

February 13th - Wednesday 10.30.

Find out about the history of Norwich, from Medieval times to present times with a visit to the Bridewell Museum. Meet at 10.30. We will be having a guided tour. Cost £7.60 each. Numbers are limited so please book early. Contact June on 528853.

Adverts
Adverts

Davy Place Social Club	
Mondays	Afternoon Bingo. Doors open at 1.30pm ready for eyes down at 2pm. Good prizes, all welcome.
Thursdays <i>(Except Hot Lunch Club Days)</i>	Short Mat Bowls Club restarts February 7th at 2.00 p.m. Come along and have a go.
Thursday February 21st	Hot Lunch Club serving up at 12 noon. Just £6 per head for a two-course home cooked lunch with tea or coffee. Booking is essential so telephone Janet on 522115 to book your place.
Thursday Mornings 10am until noon	<p style="text-align: center;">Craft, Chat and Coffee Club.</p> <p>We celebrated the first birthday of our Craft, Chat and Coffee Club in January. Members enjoyed birthday cake and Buck's Fizz! Many thanks to South Norfolk Council and the "Go For It" scheme for their help and support with this on-going project.</p> <p>We meet in the Common Room on Thursday mornings at. During our first year we have enjoyed master classes in card-making, sugar craft and cake decorating and crafting Christmas decorations from natural materials. If you like to 'Knit and Natter' please come and join us.</p>
FUNDRAISING PROGRAMME FOR 2109 INCLUDES	
These events will be held in the Common Room at Davy Place	
Sat. March 16th 10 a.m.- 12 noon	Jumble Sale Donations of jumble and bric a brac would be very welcome please.
Sat. April 13th	Easter Coffee Morning with and Easter Raffle starting at 10.00a.m.
Sat. August 10th 10 a.m.- 12 noon	Summer Sale with stalls and 'Summer refreshments'

Space for a smile: A photograph seen on the web

Because of copyright restrictions it's not possible to print the photograph. It's undoubtedly true that a picture paints a thousand words, but here is an attempt to describe it:-

There are fourteen German Shepherds sitting in a row, all obviously exceedingly well-trained, but all staring intently at the solitary cat who is walking along in front of them.

The caption reads: 'Yea, though I walk through the valley of the shadow of death, I will fear no evil.' *Psalm 23*

Adverts
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November meeting report: Loddon Surgery in the time of Dr Bennett

Dr Bennett's son John joined us in December and was welcomed by our regulars and friends from his young life in Loddon. Dr Pat & Beth and two children arrived in Loddon from Hampshire after the 15th July 1952. It nearly didn't happen as the post was offered to a Canadian, who then changed his mind!

Norfolk & Loddon then were quite different: the population of Loddon has almost doubled and Chedgrave almost quadrupled. There were more specialist shops in the village. Even the main roads then were twisty with very few cars.

The expectations on doctors then were quite different. They had a car and were expected to visit patients who could not get to the surgery, they took an active role in attending accidents and treating victims, minor surgery was done in the surgery. Many of us will remember the small bubbling stainless steel bath, containing syringes and other instruments being sterilised (no disposables then).

Loddon needed a doctor because of the sudden death of Dr Martland in April 1952. However the practice was not a healthy one. The NHS had been launched 4 years previously and doctors were paid for the number of people on their list. Many Loddon residents had lost the habit of attending the miserable surgery attached to the Chestnuts.

Something had to be done. Patients were seen inside the house, while the "surgery" was refurbished (at Pat's expense). Dr Bennett took on maternity work, and installed telephone extensions in the house, night visits were made. Minor surgery was performed on Sunday mornings, (moles warts & *bits folks didn't want*). Pat & Beth worked almost seven days a week and a planned week's holiday was cancelled when the locum proved to be unsuitable.

Gradually the number of patients increased and John arrived to complete the family. In 1956 Dr Armitage joined the practice and life became a little less hectic. However he was still a dedicated doctor who worked tirelessly for the health and wellbeing of Loddon.

As his 60th birthday approached he decided that retirement was needed. In 1978 the surgery was relocated to Church Plain and the Chestnuts was sold to pay for their new home The Red House across the road. He did not stop completely but for 10 years worked several days per week with the Blood Donor Service.

A strong sense of duty led him to campaign and lobby. After 2 fatal crashes on the new straight road through Thurton he was instrumental in getting a 50mph speed limit. He worked hard for the building of the Jubilee Hall; he created the Church Watch system which continues as Welcome & Watch which several of us enjoy during the summer months.

Continued on page 45

Adverts
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John had brought along several treasures including the brass plate that used to be at the gate of The Chestnuts, the Freedom of Loddon Key, and his Legion d'honneur award presented in 2018 for his role as a Medical Officer during the D Day landings.

An hour flew by, with anecdotes from the memoir John had persuaded his father to write and also from the audience, quite a few of whom had been brought into the world by Dr Bennett. A really moving tribute to Dr & Mrs Pat Bennett.

As an antidote to Christmas our **December talk was Frolic, Fervour & Fornication** presented by Pip Wright. He has spent years researching in Suffolk and his source for our talk was records found in the Parish Chests which Churches were required to keep, first by Henry VIII, but more prescriptively by his daughter Elizabeth.

Floods, fire, theft and vermin have all contributed to the scarcity of records in some Parishes. I had often wondered at the dedication of Vicars attending the homes of the new born to perform *Private Baptisms* but no, these were apparently performed by the Midwife (if babies seemed unlikely to survive) she informed the Vicar who recorded the fact. He did not get his $\frac{1}{2}^d$ fee for the baptism until later when the child was *Received into Church*. For the poor this seems to have been a cost saving, as it was not unusual for there to be no such reception.

Illegitimacy was frowned upon and the baptism of base children was noted by some clergy with relish, especially if the mother went on to produce other base children. Reports had to be made at the Bishop's Court and offending women could be required to admit their fault in public, sometimes dressed in a white penitent's robe, as a deterrent to others.

As well as the statutory records some Clergy made comments on the local goings on: a thousand people attending a Gypsy Wedding; the birth of a monstrous child, baby boys joined at the chest; Will Wadkins who came to an untimely end being killed by a gun; 1762 a collection for a brief for a College in Philadelphia. More usually these briefs were collections to help towns or villages in the UK.

All these tales and many more can be found in Pip's very readable book which should be available through the Loddon Library.

Next Meetings: February 20th our AGM & Parish Study update, with some "Found in the Archives"

March 20th Megan Dennis will tell us about Letters from the Workhouse & the Samplers of Lorina Bulwer.

Meetings are in the Lecture Hall George Lane at 1.30pm.

Admission £3 all are welcome

P.S. Thank you to those of you who contacted me with information about Nurse Goodbody & her tricycle. Especially Ruth who replied so promptly. Sadly all my attempts at replying to her with news of where her Gran, Nurse Burton, lived have bounced back." elvie.herd@btinternet.com

Adverts
Adverts

TESCO
Bags of Help

Loddon & District
Day Centre

Loddon & District Day Centre is bidding to bag a massive cash boost from the Tesco “Bags of Help” initiative. Tesco teamed up with Groundwork to launch its community funding scheme which sees grants of £4,000, £2,000 or £1,000 raised from carrier bag sales in Tesco stores awarded to local community projects. Three groups in every Tesco region have been shortlisted to receive the cash award and shoppers are invited to vote for who they think should take away the top grant. Loddon & District Day Centre is one of the groups on the shortlist.

“**Keeping Old Minds Young**” aims to improve the health and wellbeing of elderly people attending the Day Centre by providing thought-provoking and challenging activities. The Day Centre, which has been running for over 20 years, provides a safe, sociable haven designed to combat loneliness for the elderly of Loddon and the surrounding areas. A healthy and nutritious home-cooked two-course lunch is also provided at the Centre.

Voting is open in the Beccles Tesco and Southwold’s Tesco Express stores during January and February 2019. Customers can cast their vote using a token given to them at the check-out in store each time they shop.

Loddon & District Day Centre

meets every Tuesday and Friday from 9.30 am – 2.15 pm at The Brian Clarke Meeting Room in Chedgrave and new members are always welcome.

For further information, please call Bev Foreman on (01502) 677077 or Lesley Fish on (01508) 520520.

A MESSAGE FROM THE RESIDENTS OF DAVY PLACE

At our recent residents meeting several residents expressed concern about the poor visibility and the speed of the passing traffic at the junction of Davy Place and the High Bungay Road. Getting on and off the bus and crossing the road is getting increasingly worrying for many of our residents, our community neighbours and local school children. Residents are also worried about the increasing number of vehicles **going the wrong way through Davy Place. Davy Place is a one way thoroughfare.**

Please could we ask drivers to be aware that there are several elderly, infirm and vulnerable people ... and youngsters too ... living in the High Bungay Road area and to please drive with care and consideration in and around Davy Place.

Thanking you all in anticipation.

Adverts
Adverts

Reviving the Hollies
make a real difference to your village



The Hollies is a historic listed building in the centre of Loddon Conservation Area, between Boots and the Post Office, and in front of the Nursery. It consists of the two-hall Chapel and is owned and run by the Loddon Buildings' Preservation Trust and let out to a wide variety of local groups during the week.

The Hollies needs extensive restoration to exploit the potential of this lovely building for the community.

For the last three months, the Trust has been running a campaign to assemble a team of volunteers with a range of skills and is delighted that a good number of people have come forward.

There are many tasks to be done and we would like to hear from anyone that would like to participate: there are many administrative tasks to be done. We are also specifically looking for people with experience in fundraising; and identifying and making grant applications.

We will arrange an evening in early February for anyone interested to come along to meet the current trustees, take a tour of the Hollies, and discuss the possibilities, so that potential volunteers can see who else is involved and how they might contribute.

To find out more, come and meet us at the Farmers' Market at the Jubilee Hall, Loddon from 9.30-13.00 on *Saturday 26th January 2019. Alternatively, email loddonbpt@gmail.com or call Larry on 01508 521173.

** Some of you might see this in time.*

THANK YOU

- **The Day Centre** would like to thank everybody who has supported us this year, including Carol Broom and her whist players who have raised £317 for our funds, the Co-Op for their ongoing support and especially our volunteers, who give up their time to make the day centre possible.
- Thank you to all who supported **Miriam Sergeant and friends** on the Victorian evening by buying hot doughnuts, gingerbread men and tickets for the gingerbread house, which was won by Mrs Jenny Smith. A total of £105 was raised for the Big C.
- A big thank you from **Chedgrave MS Therapy Centre** for all the support we received at our Christmas Fayre held on November 24th 2018. We made £1660.

Adverts
Adverts

#HelpUsHelpYou.

Just a reminder from the NHS in Norfolk and Waveney about how to help us help you this winter.

All of us should be making sure our medicine cabinets are stocked. It's also sensible to order any regular medicines you need in good time so you don't run out, taking care to only order what you need.

But if you do feel poorly, seek advice from your local pharmacist before it gets worse.

If it's urgent, then a call to your GP or NHS111 is the next step, and they'll advise you what to do.

Common sickness bugs

Suffering from norovirus or other common sickness bugs? Don't spread it around by visiting your GP or other public places. Stay at home and rest.

HomeFirst – your bed is the best bed!

None of us want to go into hospital or a care bed, but if we do it's good to get home if we can. The NHS and social care across all of Norfolk and Waveney are stressing that if someone needs a hospital or temporary care bed they will get one, but our aim is always to help people get back home as soon as possible. This is because older people in particular can lose independence rapidly. Being back home can also help a speedier recovery. So if you know a friend or relative, particularly if they are older, who has to go into hospital it would be kind to make sure they have all they need to get back home, including checking the heating works and they will have food in the house, the washing is done and they feel OK.

New Year, New You

With the start of a New Year people's thoughts turn to getting fit and improving their health. To stay healthy or improve health, adults need to do two types of physical activity each week: aerobic and strength exercises.

How much physical activity you need to do each week depends on your age. Adults aged 65 or older who are generally fit and have no health conditions that limit their mobility should try to be active daily by doing at least 150 minutes of moderate aerobic activity such as cycling or walking, and strength exercises on two or more days a week.

Why not join a local walking group, go for a swim or join a local class: your library should have information about groups near you.

There are many local services that can enable older people to be more active.

A wealth of information can be found through the **Norfolk Community Directory**.

Editors note: See page 32 for information about Loddon Community Gym.

Adverts
Adverts

Once more a few suggestions to help you enjoy reading - hopefully!

“Mr Mac and Me,” by Esther Freud

This is a really lovely novel, partially based on fact, since Charles Rennie Mackintosh did actually spend a year or so in Walberswick at the beginning of World War I. In addition, some of the incidents which feature in the story did, in fact, happen - albeit not to the fictitious characters which the author has created, but to some of the local folk of the time. The novel is an enthralling mixture of history, family, art, village life, ghostliness and a touch of autobiography; it is written superbly throughout.

“According to Mark,” by Penelope Lively

Mark Lamming is an author - specifically a biographer. He lives in Surrey with his wife, Doreen, who works in an Art Gallery, and sometimes he has to spend hours/days/months even, researching the life of whoever he is then writing about. His current subject is a writer of some prestige, but Mark finds there are gaps in the research which require him to visit the writer's grand-daughter, who lives in Dorset where she runs a Garden Centre. That's the innocent background of this enjoyable novel. Life, however, is rarely as one expects it to be, is it?

Penelope Lively writes entertainingly, describing her characters with amusement, interest and an understanding of their individual foibles. Through the character of Mark she addresses the responsibility of a biographer, i.e. what should be included and what perhaps should be omitted with a regard to the right of the subject to some privacy and - equally importantly - just how necessary it is for a biographer not to become too involved with his subject's life at the expense of his own!

“The Muse,” by Jessie Burton

Stunning! Jessie Burton's second book is as intriguing and extraordinary as her first one, *The Miniaturist*. Set in the late 1930s in Spain and the late 1960s in London, this novel covers elements of racism and sexism (minimally) and also elements of both the Spanish Civil War and the Art World. The writing is so good the reader will be able to visualise every character, to feel the scorching heat and the freezing of cold of Spain, and may well be completely gripped by the complex plot. There are times when one can laugh with Odelle (the central character, a girl from the Caribbean) but also times when tears will be shed for Teresa (the young Spanish girl). A wonderful read.

(You may like to know that Jessie Burton's first novel for children, *“The Restless Girls,”* was published in September 2018. The story is based on the Brothers Grimm tale, *“The Twelve Dancing Princesses”*).

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Hopefully you've all planted at least one tree this winter, if not in your own garden then in another, to help maintain our future stock. If not, there's still time for bare rooted varieties this month. Although at this time of year everything looks a bit sad and dreary, just take a look at the bare twigs and you'll see the buds beginning to swell and the promise of the spring to come. I always think that Horse Chestnuts look particularly lush in their 'sticky bud' cases, waiting to burst forth to display their most beautiful 'candles' once again. The Ash are also very interesting, taking the shape of tiny bishop's mitres with a matt grey finish. In fact tree identification is quite easy, even without seeing the leaves, as each species has it's own bud shape and characteristics.

Even in the gloom of February there are joys to behold. Snowdrops will be lifting their heads again, carpeting the ground in many places. Walsingham Abbey is a joy with so many different varieties on show but our own local Langley Church always has a marvellous show and, in my opinion, is better if only for it's natural aspect. These are all uncultivated and have been on the site for many, many years. You can park in The Avenues, near to The Grange and walk across the small field to the Churchyard opposite. This is a public footpath, the remains of access over what was once the Church Field and is open to all.

Aconites will also be flowering this month and their bright yellow heads look particularly cheery especially if we get a bright sunny day to show them at their best.

Have you noticed the large flocks of geese flying over? These are mainly Greylag that spend their days grazing on the fields and fly back to the water at night. If you take a visit to North Norfolk you'll see large flocks of Brent Geese too. These are much smaller birds and are quite dark in colour with a white under tail. They arrive here in October and usually leave around April. They fly in loose flocks and can be found in large numbers around our coastline. Of course there will be huge flocks of Pink Footed Geese and White Fronted too and also our resident Canada's. Occasionally you may spot a Snow Goose amongst them. As the name suggests they are all white with black wingtips which show up when they fly. The Taiga Bean Geese that are usually seen around Cantley Marshes are very rare now and only a few visit from Sweden, for the winter months.

Of course, if you take that visit to Welney that I often mention you'll be able to see all three species of Swan that arrive there each winter. Our familiar Mute Swan along with the Bewick and Whooper, both of which are smaller and to my mind much prettier, can all be spotted there at the moment.

Staying with birds, have you been to Buckenham Station yet to view the Corvids coming in to roost? Or have you seen a murmuration of Starlings yet? Both of these sights are spectacular and a must to see before they go their separate ways to pair up in the Spring.

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..... *Nature notes continued from page 55*

Lastly, when sitting indoors on these cold winter evenings, I hope you've been planning your wildlife areas for the Summer. As we're all well aware by now our gardens are extremely necessary for all of our creatures that are losing their habitats elsewhere.

Please do think about leaving an area, however small, to get a bit more overgrown than usual and you will be helping them all to survive. Butterflies, moths and all other species of insects need places to breed, grow and feed and all need you to do is not be so tidy. All these creatures, at the bottom of the food chain, will aid the survival of others and our Summer will, maybe, be one to remember.

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Gardening Notes

The new year has come in cold and dry, which is not a bad thing, but it depends on what we get between now and March that will determine how early, and how warm the spring will be. As the soil is reasonably dry it would be a good idea to dig over any remaining undug soil, be it the veg garden or the flower borders. This will allow air to mix with the soil, and help the soil to warm up quicker. If you want to sow seeds early its a good idea to cover the soil, either with a cloche or black plastic. The advantage of black plastic is that it will stop annual weed seeds from germinating.

When conditions allow at the end of the month, onion sets, garlic and spring broad beans can be sown, also early potatoes grown in bags in your greenhouse. Just make sure that the frost doesn't get to them. Various flower seeds can be sown along with tomato seeds, which need to be sown in John Innes seed compost, and kept at a temperature of 16c, not letting it drop below 13C. A conservatory or kitchen window is an ideal place to grow the seeds.

Apple and Pear trees should be sprayed with a winter wash, to kill off any bugs and their larvae which might be present. If not treated they will kill or damage flowering buds and therefore any future fruits.

If the weather is suitable and the grass has grown, its not a bad idea to give your lawns their first cut at the end of the month. Don't cut it too short to start with, and make sure that you have had your mower serviced. Just give me a ring and I will get it serviced for you. Don't leave it too late!

Paths and patios are very slippery with algae growth, and potentially quite dangerous. I can clean your paths and patios, and treat them so that the algae won't come back for several months. Give me a call and I will give you a free quote - it's cheaper than you might think.

Happy new year to everyone, and I hope the next couple of months are frost and snow free!

Andrew Carver
Loddon Garden and DIY