

CONTACT

Published by the Church in Loddon

July 2020



Mask Making: Elizabeth Chapman

Hello

Are you self isolating or social distancing as a member of a vulnerable group or over 70's?

If so, we can help you with:

- Picking up urgent supplies and prescriptions
 - Posting mail
 - A friendly phone call

please email EarlyHelpHubSouth@S-Norfolk.gov.uk
or telephone 01508 533933

alternatively, please get in touch with
Councillor Jeremy Rowe: 07733 323581
(angliahome96@gmail.com), Loddon

Eleanor Bannister: 07703 124544
(clerk@halesandheckingham-pc.gov.uk),
Hales & Heckingham

Steve Crisp: 07725 162424, Chedgrave

We will take every precaution to ensure we are spreading only kindness by avoiding physical contact (2m distance), washing our hands before helping and leaving items on your doorstep.

Remember:



Chet Valley Churches Information

Clergy

David Owen:	01508 522993	david.chetvalley@gmail.com
Louise Morrissey:	01728 830733	delilah.morrissey@gmail.com
Ros Hoffmann:	01508 548200	ros@hoffmann2011.plus.com
Alison Ball:	01508 528126	ball880am@btinternet.com
Jill Haylock:	01508 520248	jillhaylock@aol.com
Fr. Pdraig Hawkins:	01508 492202	office@east-angliadiocese.org.uk



Church Office

St John's Chapel, George Lane, Loddon NR14 6NB
Phone: 01508 521179, Email: office@chetvalleychurches.org
Open: Mon & Fri: 10am-4pm; Tues, Wed, Thurs: 10am-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

Email: c.magazineloddon@gmail.com

Editors:	Alison Ball, Roger Outlaw
Advertising:	Paul Maddison
Treasurer:	Val Counter
Distribution:	Roger Outlaw & Helpers
Printing:	Roberts & Son 01508 520221

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.

From the Editor

So here we are some 3 months into lockdown. The restrictions are slowly being lifted and things are slowly being opened up. Some children are back in school. Some people have been allowed to visit family members and give them a hug. Some of our shops and pubs and cafes are open. Some of our churches are open for private prayer.

Because things are changing from week to week, this year the summer will have both a July and an August edition of Contact. Whilst this edition will be on-line only, we are hoping that the August edition will have a limited print run which will be available for collection in some shops (who knows—it may be a *collectable* in years to come!).

Whilst our wonderful team of deliverers is not in action, Roger Outlaw, who arranges distribution, would be delighted to hear from anyone who would like to add themselves to the list of those who deliver Contact. The more deliverers there are, the less onerous is the task. You can e-mail him at c.magazineloddon@gmail.com or leave a message for him in the church office 01508 521179.

Meanwhile, if you are struggling in the lockdown, there are people out there to help if they can. There are a number of contact numbers in this issue—do use them.

Allison



Contents

<i>Inside cover:</i> Community Help	2	Highlights	
Across the Chet Valley Churches	7-9	Jam and Scones recipes	16
From the Parish Registers	11	Loddon Library on-line	19
Council News	11-17	Charitable Assistance	25
Community News	23-27	Local Writers	27, 37, 39
Churches	28-29	Eco-Checklist	43
Community News	30-41	Plants for Sale	49
History Society	45	Loddon Open Gardens A virtual tour	53
Read Any Good Books Lately?	47,49		
Nature Notes	51		
Gardening Notes	53		

Ministerial Musings

Lockdown Learning

This month's Ministerial Musings is a joint effort, reflecting the fact that the Owens have spent a lot of time in each other's company over the past few months. Most of the time it's been good – we've been for more walks than we normally do, and have tackled all sorts of domestic jobs that are better suited to two people rather than one. But what happens next?

As we write this, the Government is issuing numerous pieces of guidance about getting the country back to normality (whatever that might be). We are thinking about how some of our church buildings will begin to re-open, depending on how possible it is to make them clean and safe, and we're in touch with people whose businesses are beginning to plan a way forward. So what have we learnt during lockdown? Here are a few of the things...

David:

Just walking about gives many opportunities to meet and chat with people from across the community;

There needs to be time each day for spending time together, and doing things that contribute to domestic life;

Simply sitting and reading is a useful occupation;

Getting the church and its services and activities online has been long overdue, and now it's happening. (Must find a way to carry on.)

Nina:

It's often good to be a human being rather than an human doing;

Getting to grips with putting everything online has been a steep but essential learning curve for lots of us (me included);

Having the space and loveliness of the countryside around us makes an enormous difference in terms of well-being. (I have a friend with three small children and no garden in London.)

Cooking with what's in the fridge or freezer rather than going to buy specific ingredients is entirely sensible, and a creative thing to do.

That's a digest of some of the day-to-day things we've learnt. But there's something else, which is important for all of us, whether lockdown has been a positive experience or one filled with personal tragedy. It is that God cares for us and holds us gently in his arms, whatever we are facing – when the world cries, God cries with us. Maybe it is when things are tough that we can become most aware of the sustaining comfort of his love. Could this be a positive and life-enhancing legacy of Covid-19?

David & Nina Owen



Thurlton Preschool

Learning through play

01508 548342

info@thurltonpreschool.co.uk
www.thurltonpreschool.co.uk

We are set in Thurlton Village Hall, a bright, spacious hall with well-planned resources and a well-equipped outside play area.

Our caring and welcoming staff have a wealth of experience; give us a call to find out more and arrange a visit.

Rated as GOOD by Ofsted with "support for older children is outstanding"

Find us on Facebook:

Thurlton Preschool – Learning Through Play



Gillingham Early Years

Ensuring individual growth and learning in a nurturing, loving and enabling environment

01502 471861 / 07506544360

gillearlyyears@gmail.com

We are situated behind Gillingham Village Hall and open from 8.30 to 4, Mon to Thurs & 9 to 3 Fri term time for 2-5 year olds. We offer inclusive indoor/ outdoor early years education and play in a happy, relaxed and friendly atmosphere.

Please call to arrange a visit.
Ofsted registered



The Hollies Classroom
Loddon (01508) 520286
www.loddonnurseryschool.co.uk

Open 8am-6pm, all year round
From birth to 5 years, we offer a beautiful natural environment to inspire and stimulate your child's development

Funded places, full and term time contracts available
Holiday club for up to 9 yrs
Please contact us to arrange a visit.



LODDON PRIMARY FEDERATION NURSERY

Teacher-led nursery education offering:

- Funded places for 3-4 year olds
- Access to early years curriculum
- Safe secure learning environment
- Dedicated outdoor area

Our Foundation Stage Area for Children in Nursery and Reception, provides a child-centred curriculum which helps children learn, develop confidence and independence and also have fun at school

Come and visit us

TEL: 01508 520118

KITTENS LANE, LODDON, NR14 6JX

www.loddonprimaryfederation.co.uk

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 service once a month in Chedgrave.

Services of **Morning Worship** are held in Loddon and Hardley.

Xpressions Café is on the first Sunday every month at All Saints, Chedgrave. This is a relaxed and contemporary way of 'doing church'. Open between 10am and 12 noon, you can come and go as you please for coffee, cake, discussion, crafts, games, stories, reflection and much more.

All Together Worship is on the third Sunday every month, starting at 11:00am at All Saints, Chedgrave (January, March, June and September are followed by shared lunch).

All Together Worship 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.

Last Sunday Praise is held on the last Sunday of the month at St John's: a chance to sing old and new Christian songs and worship together.

Xtra! is an exciting, informal service every Thursday after school in St John's Church. Refreshments from 3.15pm, service starts ~3.45pm. Open to all; particularly suited to children and young people.

In Loddon and Chedgrave there is an opportunity to enjoy a chat over refreshments after the service.

There are toilets and baby-changing facilities at All Saints, Chedgrave and St John's, Loddon.

Families are welcome at all of our services but are particularly catered for on the 1st and 3rd Sunday of the month in Chedgrave.

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

**St John's Chapel and
Lecture Hall
ROOM HIRE**

Excellent facilities,
fully equipped kitchen, disabled toi-
lets, parking

George Lane, Loddon, NR14 6NB
Very competitive rates, & discount
for regular users

For details & to book contact Church
Office on 01508 521179
E-mail:
office@chetvalleychurches.org

Maths and Literacy Tuition

Looking for 1:1 teaching for your child?
I am a highly experienced teacher offering
lessons matched to your child's needs.

Key Stages 2 and 3 (7-14 years)
Preparation for Key stage tests, help with
homework or some booster sessions

Jo Fisher, B.Ed (Hons), M.A.

01508 480334

joffisher@btinternet.com



**TRACEY'S
DOG HOME
BOARDING
SERVICES**

Providing a safe and loving,
home from home environment
for your dog whilst you are away.

Based in Kirby Cane, Nr Bungay
Fully Insured and licensed

Please call: 07825800063 or
Email: traceyreeve43@gmail.com

Halls for hire in Loddon
Parties, christenings
meetings, workshops
exercise classes.....



Volunteers!
Help us to restore and
preserve historical
buildings in Loddon.

01508 521173 - loddonbpt@gmail.com - The Hollies, 10 High Street, Loddon, NR14



Saxon House, Kittens Lane, Loddon



Saxon House is a Very Sheltered Housing Scheme

The scheme provides independent living with individual 24hr assessed care and support. Accommodation is a mixture of 1 and 2 bedroom affordable flats for rent. Saxon House is ideal to enable older people to stay in the area, and to retain independence, choice and control over their lifestyle in a safe environment.

For further information contact either Lyn Church (Orbit Scheme Co-ordinator) on 01508 528707 or Hales Care Manager on 01508 528971

Thanksgivings & Baptisms

 You are welcome to request thanksgiving and baptism for your children.

Thanksgiving Services will be held again by arrangement with the clergy after the emergency. An opportunity to give thanks for the gift of a new child ‘

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

The activities below are all suspended until further notice

Noah’s Ark

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



Wednesdays 9.15am - 12 noon.

All are 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.



Next Meeting:

Members of Friends and Neighbours will gather again once the current restrictions are lifted.

If you are interested in joining the group ring Jill on 01508 520248.

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 10am-12pm**. Come and go as you choose. On average there are about 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!)

Xtra! Join us in St John’s Church for an exciting, informal service **every Thursday after school**. Refreshments, activities from 3.15pm. Service starts 3.45pm.

More from Rev David 01508 522993 or Rev Alison 01508 528126

THE LAWNES

Beauty Clinic

1 High Street, Loddon

01508 528610

thelawnesbeautyclinic.com



Louise Cartwright
(M.Ost),

Professional Osteopath

Reg with The General Osteopathic Council, Insured with the Institute of Osteopathy.

For the treatment of Neck, Back & joint pain, Soft tissue/Sports injuries & Rehabilitation.

Based in the Manor House Practice, Manor House Lane, Beccles, NR34 9QG, Tel: 01502 712505.

TOTAL CARE
physio

SARAH CONSIDINE (HCPC, CSP) local physiotherapist in Loddon and Hales

Providing expert treatment for:

- Neck and back pain
- Sporting injuries
- Headaches
- Joint & Muscle problems
- Dizziness & balance problems



01508 548535 07976009524

Haymakers, School Lane, Heckingham, NR14 6SL

www.totalcarephysio.com sarah@totalcarephysio.com

hcpc health & care professions council



CHARTERED SOCIETY OF PHYSIOTHERAPY

MARTIN STOREY OPTICIANS

ophthalmic opticians & contact lens practitioners

82 Northgate, Beccles / 01502 471915

www.martinstoreyopticians.com



Glaucoma screening | Thorough eye examinations | Contact lens fitting & aftercare
Dry eye assessments | Visual field testing | OCT Laser Retinal scanner
Accredited for NHS glaucoma referral refinement | 2 for 1 offers available

Follow the Gillingham road towards Beccles Quay - just over the bridge on the right; Free parking - call for details



New Branch at 3 Upper Olland Street, Bungay tel:01986 948188

Julie Marshall

Mobile Foot Health Practitioner
for treatment of
corns ~ callus ~ thickened toe nails
cracked heels ~ fungal infections
Nail Cutting

For a friendly, and professional service in the comfort of your own home, call Julie **01508 548840 / 07789 041501**

S.A.C.Dip. FHPT: S.A.C.Dip.FHAP

Jackie Nicholson consultant
Cambridge Weight Plan.

I work from home in Haddiscoe but also have some mobile appointments available.

I can help you lose weight with a plan that best suits your lifestyle and budget. Call or message me for further information

07500848188.



From the Parish Registers

Thanksgivings

At this challenging time we give thanks for all the new lives born into our community and we pray for their good health and long life.

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. Common Worship

Funerals

Leonard William Frank Bird who died on 20th May 2020

Funeral: 4th June 2020 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

News From Your South Norfolk District Councillor



A shorter column again this month, as we start to rebuild following lockdown.

I've been very proud of the work of the team of 80+ incredible local volunteers we have put together, and for their incredible work, helping people, driving patients to hospital, delivering prescriptions and so on.

Our focus in the future, as well as being a general help group, will be to combat loneliness across Loddon, Chedgrave and Hales & Heckingham.

To this end, I am currently cycling the length of Britain to raise money to help set up this group: at the time of writing this report, I have raised £598, which will go towards training and resources. If you would like to contribute to this, please go to **Just Giving/Jeremy Rowe**.

My regular surgeries will resume when it is safe to hold them again.

Jeremy Rowe—Councillor for Loddon and Chedgrave.

Holiday Club 2020

Following on from our successful EcoWarriors in Summer 2019, this year we were hoping to hold 'Zookeepers' as our annual holiday club in the Chet Valley Churches. Unfortunately, we are not going to be able to run this year for obvious reasons and are sorry for any disappointment that this will cause. However, we hope to run something in the February half term of 2021 to bring us all together once more and 'Zookeepers' is on ice (just like the penguins) until summer 2021.

Hair 4 U

1 Market Place, Loddon

Ladies, Gents and Children

Mon; Tues; Thurs & Saturday
9am-5pm

Friday 9am - 7pm.

O.A.P. discounts on Tuesdays
Tel: 01508 520468

Mill Farm Holiday Lets

Book now for a great holiday to remember

Tel: 01508 528087

Shepherds Hut and Lambs Creche

Nr The Norfolk Broads Loddon Norfolk

E-mail matto99@hotmail.co.uk

AFFINITY

Hair Design

Ladies, Gents & Children

Open Tuesday - Saturday

Late night opening Thursday & Friday by
appointment only

54 Langley Road, Chedgrave

Tel: 01508 520509

Emma's Hair Studio

Ladies & Gentlemen

Specialising in perming, colouring,
cutting, blowdrying, shampoo & set,
plaits

Special rates for OAPs on Tuesdays

Late nights Thursday & Friday

Tel: 01502 713101

Ample parking

18 The Street, Gillingham,
Beccles

ROBERT SHROPSHIRE HAIRDRESSING



PROFESSIONAL HAIRDRESSING FOR LADIES &
GENTS IN THE COMFORT OF THEIR OWN HOME.

EVERYTHING FROM CUTTING & STYLING
THROUGH TO COLOURING & PERMING.

FOR AN APPOINTMENT TO SUIT YOUR TIME
AND CONVENIENCE PLEASE TELEPHONE

07946 433395

Bark in the Park Dog Walking & Pet Services

Sara Jenkins - Langley - Norwich

*No Pet too large or small from horses to
cockroaches, I've looked after them all.*

07909774793

barkinthePark29@gmail.com

Pet first aid qualified, fully insured & DBS
checked



Find me on Google, Facebook & Instagram

Beth's Blooms

Quality Florist
for all occasions

Weddings

Funeral Tributes

Corporate Floral Displays

Bespoke Designs

Cut Flowers

Floral Sundries

Modern & Traditional Designs

Bouquets

Arrangements

Aqua Packs

Florist flowers
delivered worldwide

Loddon Garden & DIY,
25 Bridge Street, Loddon NR14 6NA
01508 520632

Annual meeting Of Loddon Parish Council - May 2020

Thank you to Parishioners and Councillors that attended remotely, the full set of Minutes will be available on our website in due course; www.loddonpc.org.uk. A summary of the meeting follows.

- Chairman Councillor June Strickland and Vice Chairman District Councillor Kay Mason-Billig were re-elected.
- The Skate Park, Play Area, TIC, Staithe Public Conveniences and the Council office closed until further guidance is received from the Government.
- Wherryman's Way was discussed and Councillor Kay Mason-Billig has offered to research grants and assist County Councillor Barry Stone.
- The grant application was awarded to Kirby Cane Hall Farms for maintenance of the well-used permissive footpath from Hales Green to Loddon.
- Cllr June Strickland thanked Councillors and members of the public for socially distancing whilst attending the recent VE Day wreath laying ceremony.

Allotments: Now is the growing season and we have vacant plots available.

Tennis Courts: Please visit www.loddonpc.org.uk to book. £5 per hour per court.

Vacancy - Responsible Financial Officer: We are looking for a candidate that has excellent bookkeeping PAYE and VAT skills. To find out more about the vacancy, please go to our website; www.loddonpc.org.uk.

Vacancy - Parish Councillor: If you are interested in local issues and would like to work as part of a team to improve community amenities and facilities, we would like to hear from you. You would be co-opted onto the Parish Council. You must be over 18, be an elector within the Parish, live or work within three miles of Loddon.

Staithe Public Conveniences, The Play Area and Skate Park Closure: At the time of writing these public facilities are still closed.

Future Meetings of Loddon Parish Council: Meetings commence in the Library Annexe at 7pm on the second Thursday of each month. They are being held remotely at present. Information on how to access these meetings will be on our website and our Facebook page. The Agenda will be displayed on the notice board on Church Plain and on the Council's website at least three working days before the meeting. The next meeting date of the Parish Council is 19 July 2020.

Contact Loddon Parish Council: by phone on 01508 522 020, or email the Clerk: Emily Curtis clerk@loddonpc.org.uk. The office is in the Library Annexe, 31 Church Plain, Loddon and is open on Tuesday, Wednesday and Thursday mornings between 9:00 am and midday. At present the office is closed to the public, but we are still receiving post and telephone calls. More information is available on the Parish Council's website: www.loddonpc.org.uk or follow us on Facebook for regular updates: Loddon Parish Council.

www.loddonpc.org.uk or follow us on Facebook for regular updates: Loddon Parish Council.

tellystream

Aerials . Satellites . CCTV .

HD LTE Digital TV Aerials
CCTV Systems Supplied & Installed
Wall Mounting
Freesat/Freeview
Telephone Points
No Call Out Charge
Free Surveys



5 Year Guarantee

01508 218044

07912 180042



Tom's Trees

Offering complete
arboricultural solutions
from surveying to
stump grinding.

Contact me for a
friendly, reliable service

NPTC

QUALIFIED
WORKING FORCE



m: **07796 273087**

e: **info@tomstrecare.co.uk**

For more information about the
services we offer please visit
www.tomstrecare.co.uk



Join us now and make a difference...

At Beauchamp House, Chedgrave, we are currently recruiting for both experienced care staff and those passionate about a new career in care to join our amazing team!

If you are kind, caring and passionate about providing a quality driven service then we would love to hear from you!

✓ Excellent rate of pay ✓ Career Progression

✓ Exceptional training

For further information or to apply for one of our roles please contact us on 01603 706187, or email recruitment@norsecare.co.uk

www.norsecarecareers.co.uk

Chedgrave Parish Council



All enquiries please contact the Parish Clerk: Hayley Goldson.

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

Website: www.chedgraveparishcouncil.co.uk

The Parish Council held a virtual meeting on 4th June 2020 (in line with Coronavirus Act 2020). Copies of the minutes are available at Loddon Library, on the Parish Council noticeboard and website. **It is possible that future meetings will also be virtual. Members of the public are welcome to attend – please contact the Clerk for details.**

Coronavirus: For urgent help, including for those not “on-line”, please contact South Norfolk Help Hub on **01508 533933** or earlyhelphubsouth@s-norfolk.gov.uk

Local Heroes: South Norfolk Council is welcoming nominations for individuals who have been particularly helpful during the pandemic. Nominations can be made via: <https://www.south-norfolk.gov.uk/residents/communities/community-awards-2020/nominate-your-local-hero>

Councillor Vacancy: Please contact the Parish Clerk.

Play Areas (The Pits and Grebe Drive): Closed (at time of writing, 9 June 2020) as per government guidance, please check noticeboards & parish website for changes.

Brian Clarke Rooms: Currently closed.

Allotments: Open, with adherence to government guidance on social distancing. One full size plot is currently available. Please contact the Clerk.

Planning Applications:

2020/0506: The matter was discussed and the parish council expressed concern as to the proximity of trees to the proposed properties and noted that a more sympathetic colour could improve the effect of the cladding.

Wherryman’s Way: A Powerpoint presentation has been received from NCC in lieu of a meeting. The Working Group is continuing to press for a meeting with the aim of the full re-opening the path which NCC has advised is not part of its plan.

White Horse Plain: It is hoped that a final plan will be ready for the July meeting. The only material change is the surface material with most other details remaining the same.

Annual Accounts: The annual accounts were signed off at the June meeting in line with requirements.

Grass Cutting: Matters relating to grass cutting were discussed and the parish council is following up with the relevant authorities.

Faulty street lights, potholes, problems with roads, footpaths or public rights of way, road safety, flooding and overgrown trees and verges should be reported to Norfolk County Council on 0344 800 8020 or online at www.norfolk.gov.uk

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

Strawberry Jam

Great strawberry jam is surprisingly quick and easy to make especially if a spurt of enthusiasm at the pick-your-own has left you with a glut, or you spot some overripe fruit going cheap at the market – it's the flavour of summer all year round. All you need are good berries, and a little patience. And, of course, a good scone recipe.

Makes 4 x 200ml jars

2kg small ripe strawberries

1.7kg jam sugar

Juice of 2 lemons

1. Hull the strawberries and discard any rotten ones.

Set aside about 10 of the smallest berries, and then mash the rest up into a rough pulp. Put into a wide, thick-bottomed pan, add the sugar and the lemon juice, and bring to the boil. Add the remaining strawberries to the pan, and put a saucer in the freezer.

2. Boil the jam for about 15 minutes, stirring regularly checking the setting point every minute or so during the last 5 minutes. To do this, take the cold saucer out of the freezer, put a little jam on it, and put it back in to cool for a minute. If it wrinkles when you push it with your finger, then it's done. Strawberry jam is unlikely to set very solid.

3. Take off the heat and skim off the pink scum. Pour into sterilised jars and cover with a disc of waxed paper, seal and store.



Scones

350g self-raising flour

¼ tsp salt

1 tsp baking powder

85g butter, cut into pieces

3 tbsp caster sugar

175ml milk

Heat oven to 200C fan.

Mix flour, baking powder and salt together in bowl.

Rub in the butter until the mixture resembles fine breadcrumbs.

Stir in the sugar.

Mix to a dough with the milk.

Pat the dough out until it is about 3 cm deep.

Use a 5 cm cutter to cut out 8-10 scones.

Brush with some beaten egg or a little milk.

Bake in the oven on a lined baking tray for 10 minutes.

Eat just warm on the day of baking, generously topped with homemade strawberry jam, and clotted cream.



Hales & Heckingham Parish Council

All enquiries please contact Parish Clerk: Eleanor Banister

clerk@halesandheckingham-pc.gov.uk or by phone 07703 124544

Website: www.halesandheckingham-pc.gov.uk

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

Next Parish Meeting: At 7.30 pm on Wednesday 9th September at Hales Assembly Hall (formerly Village Hall), Briar Lane, Hales. Agendas are posted on the notice board in the brick bus shelter opposite Masala Garden and on the website 3 days before the meeting. Minutes are displayed in the same places.

Hales & Heckingham Community Compost Scheme

To all residents in Hales and Heckingham.

Our Community Compost Scheme is looking for new members.

Everyone, after 5 successful years we were concerned that our ability to continue into 2020 may be held back by our dwindling number of volunteers..... and then Covid 19 struck.

Historically the scheme has worked on the basis that our volunteers collect your garden waste. This in part was to enable us to be reasonably certain that we knew where waste had come from in the event of any problems. However, it was demanding on manpower which in turn has become a major drawback for the Scheme.

The lockdown has forced us to look at how we can run our Scheme in the future and after a successful trial of socially distanced and revised collection procedures we feel confident that we can move forward.

By adopting these new procedures it means that we can invite new members to join the Scheme.

This will be on the following basis. You must bring your waste to our site at a pre allocated time, unload your waste and let us record the weight before you empty your sacks into the bins and then leave. Sacks will be provided to you. It would be very nice if you could also lend a hand on the odd maintenance session but this is no longer a condition of joining the scheme.

As a start we will accept up to 15 new members and depending how this works we may look to expand further.

Future 'collection' dates will be Saturday's, initially fortnightly but depending on demand we may be able to move to every Saturday.

If you are interested please contact with Alan Mason on:
alan_mbc@btinternet.com or 07738 933316.

PILATES

ST. JOHN'S CHAPEL
GEORGE LANE
LODDON NR14 6NB



Tuesday 6.30-7.30 Beginners
Tuesday 7.30-8.30 Improvers
Friday 9.30-10.30 Mixed Ability
Friday 10.30-11.30 Mixed Ability
Friday 11.30-12 Limited Mobility

£6.50 Per Week First Class Free

Rosie Matthewson

MTI, ITEC, MAR

Sports Massage & Reflexology

01508 480253 07827 668503
rosie.matt67@hotmail.co.uk

16 St Georges Close, Thurton, Norwich,
NR14 6AY

Andrew Bloy Chartered Accountant



"A friendly and professional service"

Sole trader, partnership, company annual accounts

Self assessment income tax returns

VAT returns, Payroll, Monthly or quarterly management accounts

Business plans, General taxation advice

For a free, no obligation quotation call 01508 520548

Or email andrew@andrewbloy.co.uk, Web www.andrewbloy.co.uk

Andrew Bloy Ltd, Company No 09419444 Director Andrew Bloy BSc (Hons) FCA

YOUNGS

FUNERAL DIRECTORS OF LODDON

At your time of need we are here to help you;

"Quiet guidance, gentle words and our professional knowledge will help you make the right decisions for you and your family."

- Rachael Barber

'Providing the very best care'

19 Bridge Street Loddon NR14 6NA

Tel: **01508 528274**

www.gordonbarber.com



What's Happening in Loddon Library

All of Norfolk's libraries and library services have been closed until further notice including mobile libraries, the home library service, and Open Library.

All borrowed items will be automatically renewed until further notice, and we are asking people to keep library books at home for the time being.

You will not be charged overdue fees, and any existing charges, as of 17 March, will not increase over time. This covers all items, including books, DVDs and music.

Unfortunately, you will not be able to reserve items, or request inter-library loans whilst our libraries are closed.

From home you can join the Library via the Norfolk County Council website. If you have a library card but can't remember your PIN, email libraries@norfolk.gov.uk

You can download a range of eBooks, eAudio books, eNewspapers, and eMagazines from a range of different apps, including Libby, Overdrive, Zinio and PressReader.

For a full list of our apps visit: <https://www.norfolk.gov.uk/libraries-local-history-and-archives/libraries/find-an-item/ebooks-and-audio> If you have any issues downloading your titles, you can get support from staff by emailing libraries.iconnect@norfolk.gov.uk

For children there are regular Storytimes, Bounce & Rhyme sessions, Brick Building Club, reading challenges, and a virtual reading group, among other things. All are available across our social media channels – more info below.

Online reference subscriptions available from home include Encyclopedia Britannica, Times Digital Archive, plus others. Login requirements may vary between titles.

The Business and Intellectual Property Centre can answer enquiries by email, contact bipecnorfolk@norfolk.gov.uk

If you need help learning how to use online services, register for Learn My Way and enter the name of your local library into the 'Centre' box for free online learning. <https://www.learnmyway.com/>

There are a range of Norfolk Library podcasts to brighten your mood.

The Norfolk Heritage Centre Podcast

Norfolk Libraries – Escape with a Poem

Around the World in 80 Books: Classics in Translation

If you're missing your local book group, why not join the Norfolk Borrowers Facebook group? You'll be able to share what you're reading with others and get lots of recommendations to add to your 'to be read' piles. Just search The Norfolk Borrowers in Facebook.

Website, Social Media, and Contact Info:

Facebook: @NorfolkLibrariesUK or @LoddonLibrary; Twitter: @NorfolkLibs;

Instagram: norfolklibraries; YouTube: NorfolkLibraries

Website: <https://www.norfolk.gov.uk/libraries-local-history-and-archives/libraries>

Rosy Lee's Tearooms

37a Bridge Street, Loddon



Refreshments & Cakes
Hot & Cold Snacks
Food Cooked to Order
Full English Breakfasts
Fresh Fish Dishes
Wide Range of Dishes



Open Monday to Saturday 7.30am - 5pm
Sunday & Bank Holidays 9am - 5pm

Tel: 01508 520204

Voted 7th Best tearoom in the country by The Times

Sewing & Alterations

Caron

07762723082

01986 469003



GS Computers

Unit 1D Langley Rd Trading Estate
CHEDGRAVE, Norwich, NR14 6HD
Opposite the White Horse Pub

Open Most Afternoons 1pm to 5pm

ESET & Bullguard Anti Virus Partner
New Laptops & Desktops Supplied & Installed
With Your Complete Data Transferred
Large Stock of Laptop Chargers
Shop No 01508 528398
Mobile No's 07733 231992 or 07794 846443
E Mail: support@gscomputers.co.uk

A J Ward Butchers

Fresh Meats, Poultry & Game
Handmade Sausages & Burgers, BBQ Orders
Home Cooked Cold Meats
Homemade Pies/Pasties/Quiches
Bread, Fruit & Vegetables
Private Cutting Service

FREE LOCAL DELIVERY ON FRIDAYS

2 High Bungay Road, Loddon.
01508 520228

Cleaners R Us

Domestic Cleaning

Trusted in homes since 2003

Affordable rates—Regular service

Same, reliable, insured police checked cleaner

01508 490 808

E-mail: norwich@cleanersrus.co.uk
www.cleanersrus.co.uk/domestic-home-cleaning-norwich/



Free tea, coffee & cake at
Xpressions Café on the first
Sunday of each month....

10am-12noon

Chedgrave church

With craft activities, chat
and a different sort of church

Loddon Players



We are pleased to tell you that we have made the following donations to various charities and local societies.

Loddon & District Day Care Centre £375

Hallswood Animal Sanctuary £375

Norfolk Blood Bikes £375

Playpark (Chedgrave Parish Council) £375

Funky Feet (Floor Fund) £375

Eastern Rivers Community Gym £50

Dementia U.K. (Songs of Praise collection) £90.60

These donations would not be possible without you, the audience, so a big 'thank you' for your continued support for our productions. We hope to see you again before too long.

It has been evident, during these past few months of lockdown, that many of us have been enjoying the delights of the natural world on our doorsteps.



It has been found that the enforced shut down of much of our busy lives has shown to have benefited the health of those who have taken advantage of this situation. We have had the time to notice the flora and fauna that, in usual everyday circumstances is generally missed. Our creatures too seem to have been able to flourish and increase, in many areas, due to the general lack of disturbance.

On our daily allotted walks many have been rediscovering places much nearer to home, that are just as beautiful as those we usually travel to find.

Sadly, during this time, many of the crucial grasses and wildflowers that are so important for our insect life, in particular, have recently disappeared under the flail and our daily exercise has been far less enjoyable. There seem to be several authorities responsible for this, all of whom are being lobbied by many of us who err on the side of nature, to desist from their regimes or, at least, to change their timing to a later part of the year. This could then be carried out when flowers have seeded, insects have bred and birds have nested and young are fledged.

Two of our local wildlife groups, The Chet Valley B-Line and The South Yare Wildlife Group are both working to encourage everyone to appreciate the need to leave nature to its own devices more. We really do have to stop our incessant efforts to control every tiny space that could be left alone, at least for the few crucial months between March and September. If verges, banks, and open areas, including house frontages, could be left unmown along with our own wild patches in our gardens, maybe next year we will be able to enjoy our home territory and all it has to offer, in more relaxed times.

Carol Webb.

Cannell's Farm Shop has re-opened and we will be practising social distancing, plus we will be offering a delivery service to Loddon and Surrounding Villages, of fresh fruit and veg, fresh milk, eggs etc.

**Mon—Fri 8-5
Sat 8-2**

Email for an order form
cannellsfarmproduce@gmail.com

Or call 01508 520994 to place an order



CANNELL'S FARM PRODUCE

- Fresh Fruit & Veg
- Jams, Chutneys & Pickles
- Coffee from Give It Some Beans
- Zero Waste Wholefoods
- Fresh Eggs, Duck Eggs
- Fresh Fruit & Veg Boxes
- Free Local Delivery
- & more

Open Monday - Friday 8am - 4.30pm

Saturday 8am - 2pm

Langley Road Trading Estate, Chedgrave NR14 6HD

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

BRIDGE STORES

Newsagent & Convenience Store



24 hr Cash Machine - Free Withdrawals

Groceries & Confectionery

Beers, Wines & Spirits

Cigarettes & Tobacco

Newspaper & Magazine Deliveries

Stationery & Greeting Cards

Toys & Gifts

Fax, Photocopy & Laminating Service

Dry Cleaning

FREE HOME DELIVERY

*Within 3 miles radius when £15 or more spent
(Excluding Lottery) Telephone orders are accepted*

OPEN 7 DAYS A WEEK

Mon-Sat 5.30am to 9pm

Sunday 5.30am to 8pm

41 Bridge Street, Loddon

(opposite Loddon Staithe)

Tel 01508 520699

WINDMILL COTTAGE KENNELS & GROOMING

*A caring, family run kennels,
in a picturesque countryside setting*

Food and bedding provided
in individual, heated kennels.

Dogs walked twice a day
in our own private paddock.



Tel: 01502 678172

Thorpe Road, Haddiscoe, NR14 6PP

[**www.windmillcottagekennels.com**](http://www.windmillcottagekennels.com)

TV Cabin

01508 528940

Langley Rd Trading Est, Chedgrave

Opposite The White Horse Pub



TELEVISION & STEREO REPAIRS

TV AERIALS INSTALLED

DYSON VACUUM CLEANER REPAIRS

S/H DYSONS FOR SALE

BATTERIES & BULBS

WATCH BATTERY FITTING



The Sisland Chronicle

The Virus plague has, in a short space of time, taught us a lot about human behaviour, not least of the small businesses who have pulled out all the stops to ensure that those confined to their homes have been supplied with essential items. In towns and villages people have picked up 'phones and i-pads to keep in touch with those in need to ensure that a semblance of normal life is maintained. As for those who have cared for the victims of the virus, no praise can be high enough, although as a nurse said the other day "we're not heroes – we are just doing the job we trained for". I think this could be an under-statement!

Scientists often surprise me with their wide range of work. Dr Anthony Dodds of the John Innes Institute in Norwich has been studying the circadian rhythms of plants, which tells them what to do, and when. He found that they are much better at recovering from 'Jetlag' than we are! This 'clock' also ensures that Night scented Stock knows when to open its blooms and switch on its alluring scent on summer evenings, and off again at dawn.

On the hottest day of the year our borehole pump expired, and suddenly being without water, with a kitchen garden burgeoning with crops, concentrated the mind. Fortunately it was soon put right, but not before our rainwater tanks were nearly empty. Not surprising really, as in May we only had 4mm of the stuff, but being dry did seem to have a beneficial effect on butterflies. Sisland also benefited by a visit from cuckoos' in May, a welcome return of a sound that seems rather sporadic these days.

Sislanda

Hi – Freddie here, I'm not a dog to complain – but a chap in a fur coat like me feels the sun has been overdoing it a bit recently. T. has been muttering too – about the amount of water that his plants drink; would you believe they suck it up through their roots, but don't make a sound! When it is hot I have been spending a lot of time on a big comfy stool near a window which lets in lots of cool air – it also lets in lots of smells so that I know what's going on outside. I'm not keen on cats you know; I chased one up a tree the other day, and kept him there for ages – until it was time for our elevenses. I don't think he'll come back! J. says that some dogs help people and guide them, and even pick up the phone when it rings! The trouble is I'm not big enough to do that sort of thing– but I am a working dog – it says that on my biscuit packet – rats are my speciality! Keep safe.



Cheers Freddie

Holy Trinity Bell Ringers

As with every other aspect of our daily lives, Coronavirus hit the bellringing world with all events and local plans immediately cancelled after the Government announcements. The ringers at Loddon are all of various ages and some went into self isolation straight away to keep away from others. To stay in touch, a Whatsapp group was set up and has proved very useful not only for communicating but also for our mental well being and to be able to make sure everyone is ok and not lonely at this challenging time. 'm sure as and when we are all able to get back to some form of normality, the bells at Holy Trinity will once again ring out over Loddon.



Steve Rabong

YOUR LAWN CAN LOOK GREAT THIS SUMMER WITH SEASONAL TREATMENTS FROM JUST £15

Your lush, green lawn is a phone call away,
contact 01502 677019 for a quote

- > Seasonal feeds
- > Moss and weed control
- > Aeration and scarification
- > Over-seeding and top dressing

lawns@apeironuk.com
www.apeironuk.com



APEIRONUK

—LAWN CARE—



The grass really can be greener on your side of the fence!



Traditional Korean Martial Arts

KUK SOOL WON™

Beccles - Loddon - Cambridge

Philip Hinchliffe

Master Instructor

T: 07960980333
E: kuksool100@yahoo.co.uk
W: www.kswcbl.co.uk



Luxury Self-Catering Accommodation

Catering On-& Off-site

01508 520520

sisland-tithe-barn@hotmail.co.uk

www.sisland-tithe-barn.co.uk

www.sisland-tithe-barn.co.uk

GIBLING Florida Villas

Fancy a holiday in a luxury
villa in Florida?



2 Luxury Florida Villas

Rentals available for couples, families or up to
22 people. Located near Disney World and
Universal Studios!

Contact Stephen & Jilly Gibling:

01508 480608

stephen@gibling.com

www.gibling.com

During these difficult times we are aware that some people are in need. Perhaps these can be of help to you:

Loddon Town Estate Trust

What does the Trust do?

We can offer small grants to people who live in Loddon who are going through a difficult time in their lives. The Trust is made up of two strands, welfare and education. Grants are made in proven circumstances, which means you must prove that you need help. However, we really want to help if we can!

Who can apply to the Trust?

The Trust is for anyone who lives in Loddon.

What might the Trust pay for?

These are some of the things we might help to fund:

- Household necessities such as a washing machine or cooker.
- Disability aids.
- Bathroom adaptations such as shower.
- Equipment for educational activities.
- Help to access education or training opportunities.

How do you apply to the Trust?

To find out more about how the Loddon Town Estate Trust might help you, contact the Secretary:

Ann Lumley: 01508 528141 or by post to 1 Harvey Green, Loddon, NR14 6UB.

Please remember that we will need to ask some questions about what you can afford, and why you need a grant. We don't have a big pot of money, so we must make sure we use it wisely.

Chedgrave Church Discretionary fund

We can offer small grants to people living in the parish of Chedgrave who are going through a difficult time in their lives. Please remember that we will need to ask some questions about what you can afford, and why you need a grant. We don't have a big pot of money, so we must make sure we use it wisely.

How do you apply to the Discretionary Fund?

Please contact either Rev David Owen (01508 522993 david.chetvalley@gmail.com) or Rev Alison Ball (01508 528126 (ball880am@btinternet.com))

Foodbank

Please contact Rev David Owen about how to access Foodbank boxes in the Chet Valley (01508 522993 david.chetvalley@gmail.com)

The Hollies

Food is available to collect by people in need in the front lobby of The Hollies thanks to @morrison's. It is open from 9am—4pm, Mondays-Saturdays. Take a bag and fill it with what you need.

Please contact Heather Tew 01508 520528 for further details of how to access this resource.

Home Tutor Needed ?



Leigh has been in Norfolk classrooms since 2009 and is based in Poringland

Q. Does your child need a helping hand to catch-up or to get ahead?

Q. Are they worried about SATS or do they just need some extra confidence?

"As a fully qualified teacher I have taught children from Reception to Year 6."

"I still teach and have a current Enhanced Disclosure DBS Certificate. I charge £25 per hour. Lessons – Late afternoon/Early evenings/Weekends/Holidays."
"I still teach and have a current Enhanced Disclosure DBS Certificate. I charge £25 per hour. Lessons – Late afternoon/Early evenings/Weekends/Holidays."

Contact Leigh Cole on **07766 705988** or leighcole1@gmail.com

"Quote 'Loddon Contact' for a 1st lesson discount. Meet me beforehand for your peace of mind."

Gemma Spalding Private Tutor

Chemistry, Mathematics, Physics

Key Stage 2/Key Stage 3/GCSE

Due to demand, new slots now available for 2020

100% pass rate for weekly students

Contact me:

spaldingschoolofscience@gmail.com

07983562758

Find me on Facebook/online:

@Gem Spalding-Private Tuition Services

www.spaldingschoolofscience.com

NEW: GCSE Chemistry resources now available.

Fully Insured & DBS Checked

L A Robinson Architectural Services Ltd

Planning Drawings
Building Regulations
Architectural Design



Tel: 07786753349

Email: louise@larobinson.co.uk

www.larobinson.co.uk

Poetry from local writers

2020—Lock in Marriage!

Wiv bin in this 'ere bungalow
Jus' doing what we're told
For nearly 13 weeks now.
And I'm feelin' kinda old.

I thought I'd do some knitting.
Round the needles red wool whirred.
But my square turned to a triangle
'cause I'd *plained* instead of *purred*.

I'd like to have me hair done,
Put polish on me nails.
But I'll 'ave to get my rollers out
And perm, if all else fails.

For comfort I went bra-less
But that weren't a good idea.
They swung about like pendulums
Right up to me ear.

I'll look sexy for me hubby,
Make a bulge in them there flies.
Wore a G-string and red lipstick,
'boufed' me hair, and flashed me eyes.

He came in from the garden,
Then looked me up and down.
"You'll get a chill if you sit like that,
I'll get your dressing gown"

Well, if he won't please me, blow him!
So I cooked, then mopped the floor.
I'll be off to take my steaming pie
To the nice young man next door!

Jeanne Sinclair

Ring of flames

A small spark,
a quarter of a world away,
set a fire by the Yangtze River.
Winds fanned the flames,
blew embers here and there,
started new blazes, ever distant.

Lives, livelihoods consumed
in the conflagration,
ways of life laid waste.

As we watch our embers cool,
we yearn for times
without the stench of smoke;
we yearn for times
before the match
was struck.

Richard Y. Ball

Church Services

5th July		
8.00am	Holy Communion (BCP)	St Mary, Sisland
9.00am	Informal Holy Communion	All Saints, Chedgrave
10am—12 noon	Xpressions Café	All Saints, Chedgrave
10.45am	Holy Communion	Holy Trinity, Loddon
12th July		
8.00am	Holy Communion	St Margaret's Hardley
9.30am	Holy Communion (BCP)	All Saints, Chedgrave
10.45am	Morning Worship	Holy Trinity, Loddon
19th July		
10.45am	Holy Communion	Holy Trinity, Loddon
11.00am	All Together Worship	All Saints, Chedgrave
5.00pm	Evening Prayer (BCP)	St Mary, Sisland
26th July		
9.30am	Holy Communion	All Saints, Chedgrave
10.30am	Morning Worship	St Margaret, Hardley
10.45am	Morning Worship	Holy Trinity, Loddon
6.30pm for 7.00pm	Last Sunday Praise	Holy Trinity, Loddon

Church Services during the Covid-19 pandemic

At present our churches are shut and will continue to be so until further notice. However, prayer and worship has not stopped!

On Sundays, our services are available on our YouTube channel: Chet Valley Churches. The URL for each service and a pdf is on the church website (www.chetvalleychurches.org). If you would like a paper copy of the Sunday service, please contact one of the clergy.

It is possible that we may be open for worship again in July. The dates and times given are indicative of services that may happen in the Chet Valley but we will need to follow government guidelines.

Every day Morning Prayer 9.00am <i>All Welcome</i>	Monday	Holy Trinity, Loddon
	Tuesday	St. Margaret, Hardley
	Wednesday	All Saints, Chedgrave
	Thursday	Holy Trinity, Loddon
	Friday	St Mary, Sisland
	Saturday	All Saints, Chedgrave

From 15th June some of our churches may be open for private prayer on some days of the week. We have to adhere to government and Church of England guidelines about maintaining social distancing, use of hand sanitisers... in the buildings. Please be mindful of instructions if you visit one of our churches that is open.

Other Services in St John's, Loddon	
Every Saturday 6.00pm	Roman Catholic Mass
Tuesdays 7.30pm- 8.30pm	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' 3rd Tuesday Midweek Communion with Blessing <i>All are welcome</i>
Thursdays during school term	Xtra! Join us for an exciting, informal service. Refreshments from 3.15pm, Service starts 3.45pm More from Rev David 01508 522993 or Rev Alison 01508 528126

Please contact Rev Alison (ball880am@btinternet.com) about arrangements for Xtra!

Please contact Rev Jill (jillhaylock@aol.com) about arrangements for Tuesday Prayer and Reflection.

Please contact Father Padraig (office@east-angliadiocese.org.uk) for details of Catholic services.

COMMUNITY GROUPS NEWS & EVENTS

Loddon Flower Club

Contact Tricia Godfrey on 01508 480522 or tricia646@aol.com or take a look at our new website at www.loddonflowerclub.co.uk We are available to arrange flowers for family occasions.

Loddon Women's Institute

The members of Loddon WI have been keeping in contact with each other. We have circulated a monthly newsletter to keep everyone up to date with the Federation News and our own. It is unlikely that we shall meet together again as a group until later in the year. However, we are hoping to maybe have an afternoon outdoor meeting in August. We have been busy puzzling, reading, gardening and crafting. Prem baby hats are still be knitted. We are also hoping to produce a 'Lockdown Journal' with a contribution from each of our members. Contact us through our website; or Facebook, or via LoddonWI@gmail.com.

Chedgrave & District Women's Institute

Our usual meeting place is All Saints Church Centre, Chedgrave at 2pm. Unless otherwise specified, meetings are held there on the 4th Tuesday of the month, at 2pm. For further details, please contact Rosemary Whettem on 01508 528291

Langley with Hardley Women's Institute

The group meets on the third Tuesday of every month, starting at 7:30pm at Langley with Hardley Village Hall. Further details from Secretary Gillian Ball 01508 528182 or President Judy Wilson 01508 522051

Loddon & Chedgrave Ladies 8 o'clock Club

Sadly, not operating at present due to the Covid 19 pandemic. We are a friendly group meeting each month for a talk from a guest speaker and refreshments. Usual time 8pm at the Brian Clarke Meeting Rooms, Mallard Close, Chedgrave.

For more information contact Hillary 01508 520457 or June 01508 528853

Patient Participation Group

Our meetings are mpt currently taking place and we will advise all through Contact when normal service is likely to resume.

Footballers Wanted!

A friendly, relaxed group of guys of all ages and abilities who meet at Hobart Astroturf every **Monday** evening from 8.30pm-9.30pm for a non-competitive kick-about to keep fit and socialise. We are looking for like minded people to join us once restrictions are lifted. Cost £2.50 per session, first session free.

For more details, please contact Terry on:

tezzahayden99@gmail.com

Facebook: Loddon Men's Football Club



Hobart Badminton Club

We meet on **Fridays** 7.30-9.30pm 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



Short Tennis Club

Come and join our friendly non-competitive club on **Tuesdays 11.30am - 1pm** at the Jubilee Hall. All welcome. For more information call 01508 520589.

Hales & Loddon Cricket Club

For details contact Pete on 07931711323 or Pete.dye@canaries.co.uk

The Club run teams in the Norfolk Alliance as well as the Norfolk League, as well as teams at U9/11/13 age groups.

If you would like to play, whatever your age or ability, you'll be very welcome at Hales and Loddon. All our Youth Coaches are DBS checked and are qualified to work in youth Cricket. We are just off the A146 after the roundabout near Hales.



Ashby St Mary Cricket Club

We are a small village club, who plays home games at Ashby Hall "The Meadow", a wonderful location. We play competitive friendlies on a Sunday afternoon, also midweek 20 over games April—September. If you are new to the area, not played for a while, or perhaps want a change in clubs - call us.

Come and join us—you will enjoy it! For more information, please contact Paul on 01508 218078.



Located next to the River Yare in the heart of the Norfolk Broads, The Reedham Ferry Inn & Touring Park is a family run business which was established in 1949 by the Archers.

Looking out at our idyllic riverside views, the last working chain ferry in operation in East Anglia or simply taking in the ambient history, our seasonal menus, well-kept local ales and relaxed atmosphere are yours to enjoy.

To book:

01493 700429

reedhamferry@aol.com

Please see website www.reedhamferry.co.uk for updated opening hours and menus

Dog friendly

TRADE & RETAIL

**HTS
SUPPLIES**

JANITORIAL

TOOLS

ELECTRICAL

PLUMBING



APPROVED AGENTS

- Workwear
- Power Tools & Accessories
- Aggregates, Cement & Postmix
- Coal, Wood & Gas
- Building Consumables / Tools
- Tipper Truck Hire

01508 520768

Unit GA Langley Road Trading Estate, Chedgrave, NR14 6HD

www.htssupplies.co.uk

ALLENS CADGE & GILBERT

SOLICITORS FOR OVER 100 YRS
BUNGAY / HALESWORTH / LODDON

We can help with:

Family matters

Property dealings

Financial affairs

Wills and Inheritance

Claims and Court advice

Trust and Charities work

01508 520361

loddon@acg-solicitors.co.uk

GREENWAY PLUMBING & HEATING

PLUMBING & HEATING SPECIALIST

FOR OVER 45 YEARS

BATHROOM INSTALLATION

KITCHEN INSTALLATION

PLUMBING REPAIRS

UNDERFLOOR HEATING SPECIALIST
HEATING SYSTEM UPGRADE & REPAIR
HEATING SYSTEM POWER FLUSHING

ALL SMALL BUILDING WORKS

UNDERTAKEN

FOR LODDON, CHEDGRAVE & DISTRICT

TEL.01508 521257/07702818875

Loddon Community Gym



As I write this in early June, we are still in lockdown even though there has been some easing of restrictions. Schools, shops and businesses are tentatively opening their doors but social distancing is still mandatory. Hopefully by the next issue of Contact in September there will be better news. When the government allows and when our committee feels it is safe to do so, the Gym will reopen. Those on our e-mailing list will be informed by email. Please also check local social media and this website for updates: www.loddoncommunitygym.com

In the meantime I am sure that you are all doing your best to keep fit and well. It is lovely to see so many people out enjoying a walk or cycle ride in the sunshine and, if Loddon and Chedgrave are anything to go by, gardens across the country will be stunning this summer though a little more rain (at night time please) would be very welcome. Take care, until we met again at Jubilee Hall, George Street, Loddon

Mondays: 1.30pm-6pm, Tuesdays: 4.30pm-8.30pm, Fridays: 10am-1pm.

Jubilee Short Mat Bowls Club

Calling all bowlers and non bowlers. Do you fancy bowling throughout the year? Why not give short mat bowls a try. Free taster session on your first visit. Then just £2.50 a week. Join us on Tuesdays 1.30-3.30pm at Jubilee Hall. Bowls can be provided, just bring indoor flat shoes. Further information from Sara 01508 521958

Royal British Legion-Loddon & District Branch



Not much has changed since last month, but we hope you all had chance during the lockdown to see our branch VE Day display in Young's window. We look forward to celebrating the 75th anniversary of VJ Day in August, although what form this will take we do not yet know. Look for details in August's issue of this magazine.

Thank you to Colin and Christine Hartley for keeping branch members informed and cheered up, and we hope that, now there seems to be a slight chink in the lockdown rules, it won't be too long until things return to some semblance of normal and we can all start meeting again in person.

In the meantime, Christine Hartley as Secretary can keep you updated with help and advice. As usual, she can be contacted by phone on 01508 521136.

Loddon and Chedgrave District Society

Contact June on 01508 528853 for further details unless otherwise stated.

All bookings for lunches, walks, events etc. must be made in good time through the person named. Events marked with an * must be booked or paid in advance by the date noted to guarantee a place.



Claire's
Dog Grooming

Willow Barn
Low Road 
Norton Subcourse
Norwich
NR14 6SA

www.clairesgrooming.co.uk
07505684561



Joel Spurdens
Pest Control

07903887146
01502677067

Rats. Mice. Moles.
Wasps. Rabbit's .
Insects.

8 St Mary's Row Aldeby
BECCLES NR34 0AL

joelspurdens@outlook.com



Armiger Electrical

All domestic & commercial
installations

Test and inspection

Fuse box upgrades, intruder alarms

Full and part rewires and more

Part P and NAPIT registered

07825 794045 01508 520237

Handy man, looking for
work. Reliable and honest.

No job too small, for a free
quotation; Contact Phil on:

07544554574

ADEPTA ACCOUNTANTS

Fully qualified, years of experience & on your door-
step

Self Assessment tax returns |
Bookkeeping & VAT | Payroll
Rental accounts | Business accounts
Limited company accounts & tax
returns

We work to fixed annual fees so there
are no hidden charges

Call us today for a free chat to see how
we can help

Kirby Road | Kirby Bedon | NR14 7DU

Jacquie@adepta-online.co.uk

Tel: 01508 537024



CUSTOMISED
HOME TECHNOLOGY

We professionally install:

Whole Home Wi-Fi Systems

4G Broadband

Wireless Multi-Room Music

TV Wall Mounts & Home Cinema

Book your free survey
01508 528964

Visit our Home Tech Experience
Centre at 2a High Street, Loddon

Loddon Community Cinema

The cinema is suspended until further notice for the safety of our community.

Social Whist

We meet every second and fourth Friday of the month though there is no pressure to attend every month. We welcome new players. We meet in the back room of The Hollies and start playing at 7.45pm. The evening consists of 12 hands of Whist, each with a different partner, a drink and a biscuit at half time together with lots of chat. You don't need a partner and if you need a lift to get there this can be organised. All proceeds are for local charities. If you need a lift please call me, Jane Hale, on 01508 528875.

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 and meet new people? 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. Meetings start at 10am and finish around midday with the option of staying for lunch. Several of our members do.

We are a friendly informal club, jackets and ties not required. Members range in age from 60 to almost 100. We have guest speakers with topics range from clocks, Whitehall, cartoons, space and even stagecoach journeys to Norwich.

Meetings are: currently suspended.

Please contact Clive Boyd on 01508 520547, or e-mail cliveboyd@btconnect.com

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.

All meetings are regrettably cancelled due to the current health crisis.

Undaunted, and despite being a non-profit organisation with limited funds, the Club has decided to contribute the generous sum of £500 to the Cambridge University Covid-19 Research Programme - <https://shar.es/aHqXxZ>. This is in addition to its usual more modest donations to local charities each year.

For further details contact the secretary: John McCormack, 5a Norton Road,

Chet Valley Photography Club

All money raised by our displays goes to worthy causes.

For more details about our club please see our website:

www.chetvalleyphotography.org.uk



RUSSELL FAMILY FUNERAL SERVICES

Your Local Independent Funeral Directors & Funeral Celebrant Service

Approachable; Affordable; Available

24 hr Contact Line – **07535 524972**

www.russellfamilyfuneralservices.co.uk

email: tanya.russell56@gmail.com

Bespoke arrangements; Compassionate advice

Keeping our fees low



**COUNTRY
MARKETS**
COOK • CRAFT • GROW

LODDON TUESDAY MARKET

The Hollies, High Street, Loddon; 9:15-10:30am

- Home baking: sweet and savoury including vegetarian
- Preserves and local honey
- Seasonal vegetables
- Flowers and plants
- Eggs and raw milk
- Crafts

Enjoy teas, coffees, and cake in our friendly atmosphere!



GRAVEL RUN

ALL AGGREGATES SUPPLIED & DELIVERED

07535 499 409

www.GRAVELRUN.CO.UK

SAND
SHINGLE
BALLAST
TOPSOIL
TYPE 1
BARK
SLATE
CEMENT

CRUSHED CONCRETE

TARMAC CHIPPINGS

MUCKAWAY

LODDON GARDEN & DIY

Garden Tools, Fertilisers, Weed Killers, & a massive range of Garden Accessories

Beth's Blooms Floristry Service.



A Huge Range of DIY Tools, Plumbing, Electrical and Fixings. Paint, Sealants, Aggregates, Cement and Postfix

Pet and Animal Food and Accessories

Grass Cutting from Lawns to Estates.

Lawn Mowers Serviced.

Tools Sharpened.



Calor Gas, Wood, Coal, Logs & Kindling.

25, Bridge Street, Loddon, Norwich NR14 6NA

01508 520632

loddongardenanddiy@live.co.uk

Online 'Zoom'



Join classes at home on your mobile phone, PC or Ipad
Every **MON & WED 7pm,**
& **SATURDAY 11am**

Email: caroline.yardy@btinternet.com

Tel. 01508 548142 Mob.07879 471609

www.zumbafitnesswithcaroline.co.uk

Reflections from Lockdown

As a single parent with grown up children I was, this weekend, allowed to find a bubble buddy, so I was reunited with my daughter and three-year-old grandson after being apart for too many weeks to count. It was blissful. The hugs, the love, the joy, the hugs, the laughter, and the hugs. A tactile man, I have greatly missed the physical touch of another person and, given the opportunity, I did not want to let either of them go. Now reflective, listening to mellow tunes on a Sunday evening, I am beginning to process the enormity of those magical few hours.

I do not like what is happening in the world. It frightens me. I am frightened because of the tragic stories I hear. I am frightened at our lack of understanding of this dreadful disease, and even more frightened when our politicians and leaders pretend that they do understand it. I am frightened of what might happen in the winter, and I am frightened of how it is affecting our mental health. I am frightened that we are becoming numb because we are being bombarded with statistics – “896 died yesterday, and another 788 today” – and frightened that we may not be properly equipped to deal with the ensuing grief once we find whatever our “new normal” becomes.

I don't seem to be able to cry any more. When I read “pregnant nurse, 28, dies of coronavirus” I howled. I sobbed. It seemed so real, so fresh, so raw, so relatable, and yet every one of the thousands of people still being affected directly by awful circumstances – death, pain, isolation, poverty, anxiety, uncertainty – is undergoing their own challenge, facing their own mountain, and I feel so helpless. I can not help feeling that the processing of these awful events will take many months, and impact on many thousands of lives.

After a recent unexpected change in my life circumstances I took time and space to reflect and to listen. Time in some of the world's poorest regions helped me to re-calibrate my priorities in life, and I returned home with a renewed belief in humanity in all its beauty. I met and lived with people who owned almost nothing, but willingly shared everything. This helped me remember the importance of community and the wonder of society.

If there is a positive side to what we are enduring it is that we are taking opportunities to demonstrate this human beauty. Who would have believed that we could willingly sacrifice so much of what we took for granted in life and adapt to a world with new rules and a new vocabulary?

ADEPTA PROBATE

Fully qualified, to deal with Probate and Will administration

You don't need a solicitor to administer your will. We are fully qualified to act on your behalf and extract the Grant of Probate

- We work to fixed fees quoted upfront
- We are experts in dealing with HMRC
- As accountants, we understand tax law
- We work with the executors to ensure a smooth process to make sure the estate is distributed as quickly as possible

Call us today for a free chat to see how we can help

Kirby Road | Kirby Bedon | NR14 7DU
Jacquie@adepta-online.co.uk

01508 537024



CANNELL'S FARM PRODUCE

- Fresh Fruit & Veg
- Jams, Chutneys & Pickles
- Coffee from Give It Some Beans
- Zero Waste Wholefoods
- Fresh Eggs, Duck Eggs
- Fresh Fruit & Veg Boxes
- Free Local Delivery
- & more

Open Monday - Friday 8am - 4.30pm

Saturday 8am - 2pm

Langley Road Trading Estate, Chedgrave NR14 6HD

www.cannellsfarmproduce.co.uk

Carpet and Upholstery Cleaning

Barbara and Adam Gill your local Carpet and Upholstery Cleaners

CLEAN-EAST CARPETS

01502 377427

07811 275427

Rob Last

Chainsaw operator

- Fully licensed (NPTC) & insured -

Conservation work, tree surgery, fruit tree pruning, hedge planting.

Free no obligation quotes.

Tel: 01508 528848 or 07960 282132

Canvas Prints

Show off your special photo on canvas with our single image, gallery-wrapped canvas prints.

High quality printing of your favourite pics, mounted and ready for hanging.

Prices on application

Call in for details or phone

01508 520221



Bring us your favourite pics on disc, on a memory stick or send via email and we will work with you to position the image exactly as you wish to see it on the final print.

Roberts and Son Printers
2,4 and 6 Bridge Street, Loddon,
Norwich NR14 6EZ
Tel: 01508 520221
Email: print@robertsandson.co.uk

Reflections from Lockdown continued

“Social distancing” and “furloughing” are accepted and commonplace. We have defined “key workers”. There is no sport, no pubs, and few shops. We cross the road to avoid people walking towards us. We stand on spots or behind lines. Screens have appeared, as have masks and gloves. We have stood in our streets, united, and shown our appreciation for health workers and, in so doing, we have re-ignited a community spirit that I last remember seeing in the street parties to celebrate the Queen’s Silver Jubilee in 1977.

Loddon and Chedgrave are particularly special. We were one of the first to set up a community volunteer hub to support the elderly and vulnerable in our society. The love and kindness shown by that group, and many other unrecognised volunteers, is inspirational. Buying some shopping, delivering a prescription, popping around for a welfare check, doing a quick favour, or simply reminding a neighbour that we are available if they need us are all wonderful and worthy gestures.

My hope for the future is a simple one. I hope we can support each other through challenges as we face them, now and later. I hope we can learn and accept that life does not have to run at its usual fast pace, and I hope we remember the love and kindness we can show each other when we put our minds to it. Let us not yearn for what we once had but, instead, let us learn from these experiences and be mindful of them as we continue this journey together.

Tony Bown



PAINTING & DECORATING

Inside and Out
General Maintenance etc.

Genuine Tradesman with 30yrs experience

No silly prices: Free estimates

All work fully guaranteed

NO JOB TOO SMALL

Call Ian on 01508 522133



POWER WASH CLEANING

**BRICK-WEAVE DRIVES
(Weed Killed and Sand Filled)**

Patios - Paths - Wood Decking

Contact: Stephen Jermy
01508 528461

Email: stephenjermy3@gmail.com

ECOPAINTERS

Interior & Exterior Painting

- * Dustless sanding
- * Interior/Exterior lime wash specialist
- * 14years experience
- * Free quotes
- * Fully Insured
- * Repairecare™ filling lasts up to 10yrs
- * Glazing repairs

Contact Oliver on 07824679329

Email: oliver.ecopainters@gmail.com

Website: www.ecopainters.org.uk

John Bussens

Decorating Services

**All Painting interior/exterior
Wallpapering**



Evenings 01508 528076

Day Time 07799 497977

E-mail johnbussens@btinternet.com



THE JUBILEE TAPROOM
LODDON & CHEDGRAVE SOCIAL CLUB

THURSDAY 19:00 - 23:00

FRIDAY 12:00 - 1:00

SATURDAY 12:00 - 1:30

SUNDAY 12:00 - 22:00

Events • Live Sport • Real Ale

CHIMNEY SWEEP

Certificates issued

NACS & HETAS Approved

- ◆ Chimneys, Flues, Appliances
- ◆ Bird, Rain & Draught
Terminals Fitted

AMPLE CLEAN

01603 666964

A W PLASTERING

FOR ALL YOUR PLASTERING NEEDS

Call **ADAM** for a free quote or advice on

01508 480014 or 07733 107339

Specialists in

- ◆ All aspects of plastering
- ◆ Internal/external rendering
- ◆ Covering artex
- ◆ Plasterboarding
- ◆ Patchwork
- ◆ Painting & Decorating
- ◆ Clean & tidy work



PARKINSONS

Would you like to meet other Parkinsons sufferers? We will normally meet on the first Monday of the month at the Chedgrave White Horse at 12.15pm. Partners are also welcome. For further details please ring Michael Osborne on 01508 522034.

Davy Place Social Club

Hello from everyone at the Davy Place Social Club.

Thank you to two very kind people who have donated a piano stool and a tea trolley for our residents to use in the Davy Place Common Room. We are very grateful for your generous gifts.

Our exercise classes on Tuesday and Friday mornings continue to be good fun and are proving to be very beneficial. We have a few spaces available for our Friday morning sessions with personal fitness instructor Mike, of Long Stratton Leisure Centre. If you are interested in joining us contact Janet—see below

Bingo is held every Monday afternoon, eyes down at 2pm.

Please contact Janet 01508 522115 for further information about any of our activities or events. Thank you.

Loddon & District Cooperative Day Centre

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

For up to date info contact Bev on 07826 299290.

9.30am-2.15pm, each Tuesday and Friday, at the Brian Clarke Room, Chedgrave.

Loddon and District Horticultural Society

Schedules for our Annual Open Show in September are likely to be reviewed in the light of the Covid 19 pandemic.

Show Secretary Tricia on 01508 520273 or patricialoades@btinternet.com. Will produce information when available.

For other information contact:

Secretary Hazel on 07765098345 or happyhaze50@gmail.com

Chairman Jean on 01502 710024 or jeancope52@gmail.com

Follow us on our Facebook page or take a look at our webpage on www.loddon.org

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. There are wheeled tables which 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 Jack Barwick who is responsible for hall bookings on jackbarwick@yahoo.co.uk



DOS SANTOS Plumbing Services

All forms of plumbing work undertaken, including central heating systems. Specialising in kitchen and bathroom installations.

Water Softener Supply and Installation

Free kitchen and bathroom design
Plus product advice and sourcing

Complete building services
to create beautiful rooms

High Quality Finish
(references available)

Val Dos Santos

14 Norton Road, Loddon, NR14 6JN. Tel 01508 521803, Mob 07775946061

DARREN SMITH

Plumbing, Heating
Oil & gas boiler servicing

Inc, landlord Safety Certificates

GAS SAFE REGISTERED

(Reg.No. 178855)

Free advice always given

Tel: 01508 528699

Emergencies: 07900 824192



Hales Fencing and Paving

All Fencing, Block Paving, Patios and
Landscaping work carried out, fully insured.

Contact: - Neil Burwood

www.halesfencingandpaving.com



Find us on
Facebook

01508549958 / 07900582683

CERAMIC WALL & FLOOR TILING

Slate, Porcelain, Terracotta etc Est: 1993

A reliable & efficient service—Free Estimates

Contact Nick on



Mobile: 07899 850316

Tel: 01502 677005

E-mail: nicholasdowning62@outlook.com

N M Downing Ceramic, Wall & Floor Tiling

JOHN RAMSEY GAS SERVICE



Heating & Plumbing Services

221513

Boiler Service from £52

Servicing of all Gas Appliances incl. LPG
jrgas@btinternet.com

01508 528304 07799 841163

John Ramsey Gas Service, Loddon



**DO YOU LOVE
CLEANING?
SELF EMPLOYED CLEANERS REQUIRED**

- Domestic homes only
- Materials supplied on site
- Car not essential
- Permanent work / same home weekly
- Hours / days to suit candidate
- Police check and references required

01508 490808

www.cleanersrus.co.uk karen@cleanersrus.co.uk

Gluing yourself to the pavement too uncomfortable, but want to do something positive to help the environment?

Here it is!



The Bergh Apton Conservation Trust, supported by the South Yare Wildlife Group, Norfolk Wildlife Trust, and others, is leading a project to create a pollinator friendly corridor centred on the Chet from its source in Poringland all the way to the Yare: **The Chet Valley B-Line.**

We are looking to recruit people to help with a range of tasks including promoting the aims of the project by speaking to Parish Councils, local clubs and societies; giving advice on pollinator friendly gardening; lobbying for change; organising or helping with planting projects; and monitoring and recording pollinator numbers. Training will be provided where necessary.

B-Involved If you have experience or are just enthusiastic and want to make a practical difference please contact any of the following:

- Dr Anthony Davy 01508 558453 a.davy@uea.ac.uk
- Andrew Milner 07939134326 milnerandrew9@gmail.com
- Rodney Aldis 07909 540672 rodnevaldis@ymail.com

Eco Checklist	
I take regular walks in the countryside and notice what trees and flowers are there	
I always pick up litter when I see it	
I am going to wear last years' summer clothes	
I support a project helping sustainable farming another country	
I compost my waste food and other compostable items	
I grow my own vegetables	
I have planted bee-friendly shrubs	
I can recognise common birds and butterflies	
I cycle or walk as much as possible	
I use zero-waste shops and take my own bags when I shop	

www.norfolkwoodburners.co.uk



Norfolk Woodburners offer the best local service for the supply and installation of:

- Wood Burners & Multi-Fuel Stoves
- Main agents for Aga, Hunter & Cleanburn Stoves
- Chimneys Lined
- No Chimney, No Problem
- Fireplaces Enlarged




t: 01508 498393 m: 07847 426953

e: norfolkwoodburners@outlook.com



**The White House, Mill Road
Ashby St Mary, Norfolk NR14 7BN
w: www.woodlandstoves.co.uk
t: 01508 480351**

AN EXTENSIVE AND COMPETITIVELY PRICED RANGE OF WOODBURNING AND MULTIFUEL STOVES ON SHOWROOM DISPLAY

FULLY QUALIFIED HETAS REGISTERED INSTALLATION SERVICE AVAILABLE

SUPPLIERS OF FLUE LINERS, FLUE PIPES, CHIMNEY COWLS AND ACCESSORIES

PLEASE PHONE FOR OPENING TIMES



Ship Shape

HANDYMAN SERVICES

For all your handyman, odd job and small building needs.

07541 813349
huw@shipshapeservices.co.uk

Find us on Facebook

MOBILE
07333430454

David Crisp

OVER 30Yrs EXPERIENCE

**QUALIFIED
CARPENTER & JOINER
KITCHEN INSTALLATIONS
PROPERTY MAINTENANCE
BATHROOMS/TILING
Clean and Tidy Service**

01508 528620

Lindsay Building Services

Interior and Exterior Home Improvements
Maintenance and Repair

- ✓Brickwork
- ✓Plastering
- ✓Tiling
- ✓Rendering
- ✓Carpentry
- ✓Painting

No Job Too Small – Free Estimates
01508 521845

UNITS FROM £12.50/WEEK INC VAT



waveney self storage

- Secure indoor storage units, large and small within fully insulated warehouse
- Redcare alarmed, 24hr security and CCTV
- Flexible long and short term rental

Please call
01502 679 911
to arrange appointment to come and view our facilities

enquiries@waveneyselfstorage.co.uk
www.waveneyselfstorage.co.uk

Waveney Self Storage, Elms Road, Toft Monks, Beccles, Suffolk, NR34 0EJ

Loddon and District Local History Group

Work continues slowly with the Churchwardens Accounts transcriptions. One of the delights is the vagaries of the spelling. A word that appears in many of the years is soldiers, but when I first started the transcriptions I was confused by sogers, solgurs, souldyers, souldgers and other variations. The entries often related to collections for “maimed soldiers” by the County Chief Constable. Then even more than now, provision for soldiers released from service, and particularly those injured was poor. Many became vagrants begging and stealing and different monarchs attempted to solve the problem by encouraging local charitable provision and later taxation. In 1602 we find the payment of 4/4^d for a years payment. By 1626 we find a bulk collection of 11/11^d “for halfe a yere due at midsum 1626 for the marshallseas Kings bench{courts down in London} & prisoners in the Castell & maimed souldgers”

Loddon also had to provide men and arms for the militia. In the 1590's they paid 19/- to the Constables for setting forth of Soldiers, and 4/1 to setting forth certain footmen to Ireland. In **1599** there seems to have been a muster at Dereham, and Loddon provided Powder for the Petronel(*a long barrellled gun fired with the barrel supported on a stick and the butt against the chest*), making the Petronel coat(*a thick padded jacket to protection*) good, and the cost of having the men at the muster.

Pd the xxiiij of July to the Constable for the muster master
Payd the fifte of auguste for the peternel coate making last
Payd for gimponder for the peteteserne withal at deared
P to Thomas nashe & Thomas Ad For ther charges & ther horses at deream
Payd for my charges whe I w?? to Newmarket with the sogers viij
Pd for the peternell mending & for the church gate

In 1600 A q^{tr} li gunpowder to the petronell iiij^d

In 1601 John Fox tenant of the Town Lands entered the following bill to the Churchwarden:

more of him the sayde John Fox for his sayde halfe yeeres fearme due at the Feaste of St Mychaell the Archeangell in the sayde yeere of owre Lorde 1601 there beinge before Layde out by him to the use of the towne w[i]th the Consent of the Feoffes and townsmen of Loddon

Firste for the setting forthe of 4 soldeyers	56 ^s
for the mayned souldyers	3 ^s 3 ^d
for the setting forthe of the petrenells	2 ^s

In 1619

Memer[andum] delivered to William Mickleborough fearmer to our Towne :a Muskett, headpiece, bandaleres, staffe, Sword, dagger, Moule, worme, scourer, girdle and bagg

M[emorandum] The Towne doth owe to John davy 40^s



Phil Kenny Domestic Repairs

Over 20 years Experience * All Work
Guaranteed

Service with a Smile * Competitive Rates

For All your Dishwasher, Cooker, Washing Machine
Tumble Dryer & Fridge Freezer Repairs

01502 711548



PAVING **DRIVEWAY**

ARKSCAPE

☎ 01508
470482

TURF **FENCING**

All aspects of general Landscaping & Gardening Services
Local Family Run Business Covering South Norfolk & Norwich

www.arkscape.co.uk/ office@arkscape.co.uk
The Mill, Low Tharston, Tharston, NR15 2NN

BETTS TOTAL PLASTERING

SAM BETTS

Tel: 07468 699 917
Email: bettstotalplastering@outlook.com
Betts Total Plastering

General Garden Maintenance

Grass Cutting
Hedge Trimming
Fencing Creosoting
Garden Clearance



"Give Rob a call and he'll do it all"

Rob Gunton

01508 520194 or 07891 353056

MORTIMER & YOUNG electrical services

Free Estimates Part 'P' Registered



Paul Mortimer Matt Young

☎ 01986 892641 ☎ 01508 521167

☎ 07786 630268 ☎ 07796 272683

✉ mortimeryoung@gmail.com

TIDY GARDENS

Lawns/hedges/patios cleaned/fences painted

TONY FRANKLAND

Gardener & Handyman



12 Farm Close
Chedgrave
NR14 6HQ

Home : 01508 528270
Mob : 07949 296103

tonyfrankland12@hotmail.co.uk

WALKER ELECTRICAL

Domestic Electrical Services

For extra sockets, new lighting,
PAT Testing, fault finding,
fuseboard upgrades, rewires & more...

Call 01502 712763 or 07824 723319

for a free, no obligation, estimate

Trevor Walker BSc. City & Guilds Qualified Electrician

Elecsa Registered, Part-P Approved Contractor

Elecsa Registration Number 34554

E-mail: trevor@walker-electrical.co.uk

www.walker-electrical.co.uk



Dean Baldry Garden Maintenance

- Lawn Mowing & Strimming
- Pruning, Weeding & Planting
- Hedge Cutting & Rotovating
- Fencing
- Pressure Washing

Fully Insured - No Job Too Small

Tel: 07973 382843

Email: deanbaldry@googlemail.com

Read Any Good Books Lately?

"Where is human nature so weak as in the bookstore?"

Henry Ward Beecher, 1813 - 1887

"Normal People," by Sally Rooney

Some of you may have seen the recent dramatisation of this book, but even if you have it is well worth taking the time to read just what the playwright decided to base the television programme on. Two young people, Marianne and Connor, come from very different backgrounds, but live in the same Irish village, go to the same school, and have a very strong sense of attraction to each other. Both being highly intelligent academically, when they leave school they go on to study at Trinity College, Dublin. This is not a straightforward tale of romance, however. They each take up with others from High School days onwards, but something always draws them back to each other.

Sally Rooney has adopted a unique style of narrative in writing this novel; it may strike you as odd at first, but once you begin to accept it you may well enjoy it. The content of the novel is often moving and the ending is definitely so.

"Sweet Sorrow," by David Nicholls

This is the fifth novel written by this extremely talented author, the earlier four being "Starter For Ten," "One Day," "The Understudy," and "Us." "Sweet Sorrow" is the longest of the five. Charlie, the teenager at the centre of the book, is having a hard time. His parents' divorce has upset him in several ways - he stops caring about school work; he dislikes living with, and virtually having to look after, his father; he indulges in a sort of petty theft regularly and he has no real self respect. He doesn't know what to do with himself to make life any better and he doesn't enjoy looking ahead to the future. This is all changed by a chance meeting of a small amateur dramatic group and in particular by a girl called Fran. Again this is most definitely not a straightforward tale of romance; the author has used the quotation "sweet sorrow" (from Shakespeare's Romeo and Juliet) most aptly. To know more, you will have to read the book!

All age groups feature in this novel. David Nicholls seems to have a genuine understanding of any age group and he writes about young and old with equal sensitivity. He also weaves together a very good plotline!

M. Bangley Gardening Services

GARDEN MAINTENANCE, LAWN CARE AND
GRASS CUTTING, WEEDING AND PRUNING
HEDGE TRIMMING

High quality garden maintenance at VERY
reasonable prices!

01508 522133
07884 164668
dominicaz69@hotmail.co.uk

16 Hillside
Chedgrave
Norwich

COOPER HOME IMPROVEMENTS

Carpentry Services

- * Doors-Internal / External
- * Guttering, Fascia, Windows-Wood/PVC
- * Kitchen Fitting / Refurb
- * Floors-Laminate / Wood
- * Fencing / Decking
- * Double Glazing Repairs

City & Guilds Qualified : Free Estimates
Reliable, Reasonable & Recommended
Call David Cooper
01508 480551 or 07982 711499

Loddon & Chedgrave JUBILEE HALL

George Lane, Loddon
jubileehalloddon@btconnect.com
01508 528588 for booking or enquiries

Table Tennis tables for hire Community Gym-Badminton Courts-Short tennis courts–
Short mat bowls Community hall available to hire for parties, sports, meetings etc Smaller club
room available for hire weekdays

Please see our Facebook Page (Jubilee Hall Loddon) for all upcoming fundraising events

Registered Charity No. 285015

Norfolk & Suffolk SERVICES

Heating • Plumbing • Electrical

Full Central Heating Systems Installed, Gas, LPG or Oil
All Aspects of Plumbing undertaken, from leaky taps to full
kitchen & bathroom installations

Electrical Installation & Maintenance
Park Home, Chalet & Caravan Services

Quality, reliability and competitive prices guaranteed

FREE, NO OBLIGATION QUOTES

Emergency Call Out Service Available

*For your electrical, heating and
plumbing needs call*

**01603 748852/
07795 232798**



WORCESTER
Bosch Group
Accredited Installer



Read Any Good Books Lately?

“Deception,” by Ken McClure

A really good thriller, this. There is a most unusual plot centring on GM crops and rats, which have become larger and even more vicious than usual. DSI Steven Dunbar is sent undercover to find out what is going on in the small village where the GM crops are being grown, with instructions to find out what is making the rats so remarkably large and so very aggressive that they have killed a teenage boy and attacked others, including grown men. Steven is an ex-policeman and ex-military person who works for a hush-hush branch of intelligence known as Sci-med. He befriends a local journalist who is happy to help him and also he falls in love with one of the local young women he meets while trying to solve this very complex mystery.

Ken McClure writes well, building the tension all the time. He can make you want to put other things to one side so that you can keep turning the pages until the very end.

Loddon WEA

The decision has been taken by the WEA National Office that there are to be no face-to-face talks this Autumn in any of the branches. A number of talks are nevertheless going to be given on line. Anyone who is a member of the WEA will be able to sign up for any of these talks from July 13th (July 20th for non-members) but this will have to be on the initiative of the individual; the local Loddon branch will not be involved in the on-line programme. To find what is on offer, go on line to: 'WEA Eastern region', and then to the section labelled: "Find a course".

If all goes well, the usual ten-week programme of face-to-face talks on Mondays in the Jubilee Hall will resume in January 2021. It had been arranged for Mr. Stephen Poulter to come to Loddon this September to start a series of talks on "The History and Heritage of E. Anglia". Our hope is that he will still be able to come here in January instead. As the song says, however: "The future's not ours to see", but we hope for the best! There will be another announcement in November or December.

Plants for Sale

Chedgrave Spring Fair and Plant Sale and Loddon Open Gardens have been cancelled. However, if you would normally buy plants at these occasions, there is still the opportunity to do so.

Chedgrave Spring Fair Plants are available on a stall at the bottom end of Hillside in Chedgrave.

Loddon Open Gardens Plants are available at Avocet, Norwich Road, Chedgrave.

There are herbs and much more. Stock replenished regularly. Do go and have a look.

01508 TAXIS

Any where! Any time! Any Day!

Local trips or long distance. Airport Transfer Specialists. Wheelchair Friendly Vehicles.
Got an appointment, wait and return. Children taken to and from school.
Lady drivers available. All drivers fully CRB checked. PATS and First Aid Trained drivers.

COURTEOUS, RELIABLE AND PUNCTUAL

Business and Private accounts welcome. Ring back on missed calls.

24hrs a day; 7 days a week; with NO increase after midnight.

Email: 01508taxis@mail.com : www.01508taxisloddon.co.uk

Vanessa & Pat welcome
old & new customers

Tel: 01508 321321

4, 6 & 8
seaters



BE MET BY CHET

Established over 25 years

Selection of vehicles-Cars, Minibuses &
Coaches (8,18,22,26,43 &57 seats

No distance too small or too far

Airports/Seaports/Newmarket Races/Weddings
but 24hr & Sundays by prior arrangement only

All drivers & Passenger Assistants (PAs) Police
checked & First Aid trained, Pas,PATS tested

Tel/Fax: 01508 520705

Email: chet.taxi@btconnect.com

Web: www.chettaxischedgrave.co.uk



Landscaping

Complete landscaping service available
including: paths, patios, driveways, deck-
ing, turfing, seeding, fencing, planting, tree
work, clearance & renovation.

Garden design service available.

**Call Mark for enquiries & free
quotations**

**01508 538734
07798 516919**

**The Old Forge, Bramerton
www.dhslandscaping.co.uk**



East Anglian
Airport
Transfers



EAAT

**EAST ANGLIAN AIRPORT TRANSFERS
CORPORATE TRAVEL AND WEDDING HIRE
MERCEDES FLEET**

LUXURY TAXIS

**FROM 4,7,8 SEATERS
ANYWHERE ANYTIME
24/7 365**

*Airport transfers from all major airports/seaports
from Norwich, Yarmouth, Lowestoft, Ipswich,
Colchester, Cacton-on-Sea*

**All drivers CRB'd & Police Checked
FREE QUOTES**

**Call us now! 01508 520257 or 07788 375440
eastangliaairporttransfers@mail.com
www.eaataxi.co.uk**

**CARAVAN AND TRAILER
SERVICES**

07949855380

Servicing on your door step
MOBILE SERVICING AND REPAIRS FOR
CARAVANS MOTORHOMES TRAILERS
HORSE BOXES

E-mail: caravanandtrailerservices@hotmail.co.uk
www.caravanmandtrailerservicesnorfolk.co.uk

Nature Notes

We might still be in lockdown, but it has been amazing what you can see and hear either through a window or from your garden.

Since the June Nature Notes the Greater Spotted Woodpecker finally stopped daily drumming on the 16th May, so he was “head banging” for over two months. We do see both the male and female most days flying from wherever their nest is to where they are collecting food for their young and back.

Rachel has now heard the cuckoo, though not as regular as in previous years. We saw our first Hobby on the 14th May, when we watched three of them mobbing a buzzard. Early the following morning while feeding our chickens, I was aware of something swooping past me followed by a distressed call from a small bird. Looking up I saw a Hobby fly off with its noisy prey. Their main prey are dragon flies which they catch and eat while flying. I have enjoyed watching them doing this on various occasions in the past. The Hobby is a migratory bird of prey spending the summer with us. They resemble the shape of a large swift.

Having mentioned dragonflies, we have been able to identify some in our garden, Four Spot and Broad Chasers, Blue tailed Damsels and the green-eyed Norfolk Hawker. We were also fascinated to watch a damsel fly nymph climb up a yellow iris, from our pond and later see its adult self by the now empty nymph case. Unfortunately, it had not developed its coloration for us to identify though I think it was probably a Blue Tailed Damsel.

Towards the end of May the garden seemed to be invaded by a variety of young birds, initially by starlings, then house sparrows and blue tits. The latter being fledglings from one of our nest boxes. We had a sparrow fly into our bungalow and while I was trying to usher it back out of the door it decided to land on the front of my jumper and cling on until I was outside!

We are still regularly seeing a Red Kite. It is particularly fascinating watching it fly effortlessly, holding its position by slight movements of its tail while everything else was being blown sideways because of the strong winds. On the marsh beyond our property is a drainage ditch and so far, there are a family of Mute Swans, Mallard ducks and Moorhens. Pandemonium breaks out amongst the smaller birds when a Marsh Harrier flies up the ditch just above the water, which gives us amazing views of this bird. Fortunately for the ducklings and moorhen chicks they have survived these low-level attacks.

Since the beginning of being confined to our bungalow our list of birds seen in or from the garden has reached 70. At least from the 1st June I have been able to take the dogs out for a walk. It was invigorating to walk down Hardley Staithe early that Monday morning listening to the cacophony of bird song. Our dogs also enjoyed the freedom. Hopefully as the Summer progresses more restrictions will be lifted. However, I must admit that having to remain in the boundary of our home, has made us appreciative of what is right under our nose and can so easily be missed.

Richard and Rachel Hull



LAND ROVER, MERCEDES BENZ, HONDA,
VAUXHALL AND VW GROUP SPECIALIST
Class 4&7
MOT Tester



Air Conditioning Regas

*Save money on your Car Repairs,
Servicing & MOTS with*

DJ'S MOBILE MECHANIC

Fully qualified with over 17 years in the trade
FREE Quotes for any work

David Joyce

01986 948967 / 07717 767079

Prince-09@hotmail.co.uk

Do own a local Business

Would you like to see your
Business Advertised Here

The Contact Magazine is delivered
to over 2000 Households in the
Loddon area

We publish 10 issues a year and you
could advertise for as little as £10
per issue

If you are interested Contact Paul at
c.magazineloddon@gmail.com

S.J. Scarlett

VEHICLE ENGINEERS (Established 2010)

24 HR RECOVERY SERVICE

Servicing • Repairs • MOT's
Tyres, Batteries, Exhausts, Supplied & Fitted

Aircon Re-Gas from £30
Courtesy Car Available

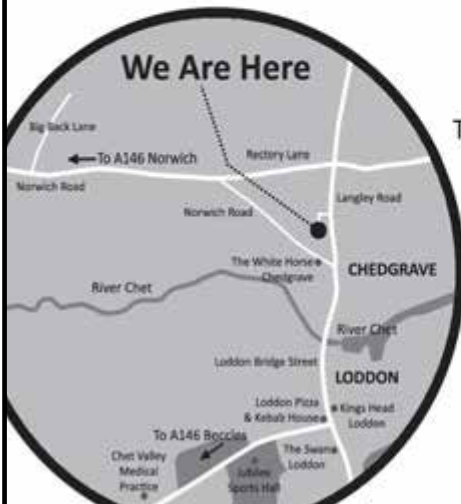
UNIT 10

Langley Road Industrial Estate,
Chedgrave, Norfolk, NR14 6HD.

Tel: 01508 521886

Mobile: 07900 215787

E-Mail: sjscarlettLtd@gmail.com



Gardening Notes

From the allotment ...

We are now entering the most productive period and we should all be enjoying picking and eating the results of our hard work, but also learning a few lessons. Though I know better I was tempted by the sunny weather into planting out courgettes too early and they were really damaged by the late hard frosts and had to be replaced. The new shoots on my vines were also killed and only after two weeks did the secondary buds (next years) start to shoot. I am resigned to a poor crop for two years. Still its only a hobby and not like the Chet Valley Vineyard who think their whole Chardonnay crop may be lost. Potatoes suffered the usually blackening of the tops, but soon bounced back, though I did cover these with straw to limit the damage. As I did the Sweet Potatoes + fleece to hold it in place. On the positive side I have finished picking the November planted crop of broad beans and now started on the Spring ones, the first peas, radish, lettuce, rocket, asparagus, new potatoes, rhubarb, chard and spinach are all being eaten. The bees and other insects have been hard at work pollinating and this week (4th June) I picked enough strawberries for two meals and 4 lbs of jam. More soft fruit will soon follow. The loganberry is loaded with fruit as are the gooseberries and blueberries. Raspberries will soon be. This is why I have an allotment.



Not the Open Gardens...

If we had been able to run Loddon Open Gardens this year it would have taken place on a very cold, wet weekend at the beginning of June, when our gardens might have looked a bit sorry for themselves. Of course the event didn't run, but we do have some stunning photos of the gardens taking part, taken in bright sunshine.

If you would like to take a virtual tour round the garden trail, go to www.chetvalleychurches.org and follow the link to Loddon Open Gardens. The tour is entirely free of charge, but if you wish you can make a donation either by text or by envelope – details at the end of the tour.

For more information, please contact Nina Owen on 01508 522993 or by e-mail: loddonpengardens@gmail.com



LODDON MOTORTEC LTD

MOT TESTING CENTRE

With the most up to date equipment

Free retests * plus sound honest advice



Vehicle servicing and repairs

Experienced technicians qualified to level three and above

Electric & Hybrid vehicle repairer certified

TYRES DIRECT A huge range of makes and sizes
direct from one of the largest national suppliers daily.



**AFFORDABLE
QUALITY**



LODDON MOTORTEC LTD

Little Money Rd ,Beccles Road ,Loddon

TEL **01508 521949**

AutoTechnic

Independent Mercedes-Benz, AMG & Smart Specialist

MOT TESTING

Independent MOT Testing Station for **ALL MAKES OF VEHICLE**

Free re-test provided within 10 working days should your vehicle fail



To book your MOT test telephone **01508 522 995**

View the range of services we offer at autotechnic-mercedes.co.uk

Based on the Langley Road Trading Estate, Chedgrave NR14 6HD

Wild Cherry Gardening

Available for weeding and mowing as well as specialist garden maintenance services, including maintenance of herbaceous borders, plant planning, pruning and training of roses, climbers and espaliered fruit trees and 1 to 1 garden advice/tuition.

Call Anna 07831851127

outlawanna001@gmail.com





BROWNE & SONS

KEEPING YOU MOTORING

- Catering for all your automotive requirements since 1952
 - Vehicle sales, service & repair
- Air-Conditioning recharge & repair
 - Tyres, brakes & exhausts
 - Local collection & delivery
 - Courtesy car fleet
- MOT Testing Station – Cars, vans & motorcycles



www.browneandsons.co.uk

TEL 01508 520315 EMAIL service@browneandsons.co.uk

Loddon Industrial Park, NR14 6JD

R.B. COPPING

FUNERAL SERVICE

Independent family Funeral Directors Since 1935

For Personal Attention with
Dignity and Respect

Private Chapels of Rest

Memorials & floral
tributes supplied

Pre-paid funeral
plans available



56 Langley Road, Chedgrave, Norwich, NR14 6HE
www.coppingfunerals.co.uk Tel: 01508 521159





Roberts & Son Printers

Litho and Digital Colour Printing

For all your printing requirements

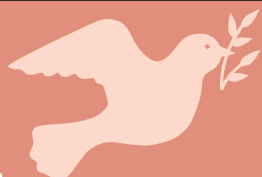
We print: Office Stationery • Business Cards • Posters • Leaflets • Flyers • Postcards • Raffle Tickets • Multi-part NCR Sets / Books • Invitations • Brochures • Calendars • Magazines • Memo Pads

We supply: A4 & A3 Copier Paper • Printer Toner / Ink Cartridges • Envelopes • Labels • Continuous Stationery • Other Office Supplies

High Quality Colour Photocopying and Laminating Service available

T 01508 520221 **F** 01508 528313
E print@robertsandson.co.uk

2-6 Bridge Street • Loddon • Norwich • NR14 6EZ



The Dove

Public House, Poringland

Bung Road, NR14 7NB

Carvery

Tue-Fri 12-2pm

£5.95 per person

Sundays 12-2.30pm

£7.95 per person

desserts only £3.50



Tuesday Fish & Steak Night

2 fish meals (cod/haddock)
or two sirloin steak meals

for only **£16**

**Friendly country pub
serving home cooked food**

Monday-Saturday 12-2pm / 6-9pm

Sunday 12-2.30pm / 6-9pm

BOOK NOW! 01508 494312

Funeral Wakes catered for

