



CHET CONTACT

Produced by the Chet Valley Churches July/Aug 2026





3rd to 5th July 2026

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<http://www.loddonandchedgraveartsfestival.uk>



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SUN 30 AUG 12.30-5PM

MON 31 AUG 10-4PM

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*There will be a 'Pop-up' café
in Holy Trinity Church
throughout the Exhibition*

Chet Valley Churches Information

Clergy

Miriam Fife:	07593 163920	rector.cvb@gmail.com
Jill Haylock:	01508 520248	jillhaylock@aol.com
Ros Hoffmann:	07572 965271	roshoffmann2011@gmail.com
Martin Keenan:	01502 560178	martin.keenan@methodist.org.uk



To arrange a wedding, funeral or interment of ashes, baptisms and thanksgivings please contact Rev Miriam.

For prayer requests and home communion please contact Rev Ros.

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

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

This phone and e-mail account are also being monitored regularly.

The Church Office is open 10-12am Monday & Wednesday.

Church Websites

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

Chet Contact

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Email submissions to c.magazineloddon@gmail.com.

Please include your name and telephone number.

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From the Editor

There's a lot going on in the next two months so be sure to browse through everything to find what interests you.

This is my last editorial for the magazine, I am resigning and giving someone else the chance to take it further. I'm very proud of the 8 years I've given to it, for the most part alongside Rev. Alison Ball, with whom and our excellent printer John Roberts, we have made a pretty great team. I thank them both for all the help they have given me,

I thank also the huge team of volunteers who get Chet Contact to your front door each month and without whom it would not happen at all.

Finally I thank all of you, readers, contributors, advertisers and comment providers—nothing wrong with a bit of criticism now and then and some praise too!

Enjoy your magazine and keep all the comment and ideas coming!

Thank You

Roger



<i>Front Cover: Loddon Staithe & RiverChet flickr.com</i>			
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Ministerial Musings

When I was first asked to write this month's 'musings', I thought I would be sharing something from my recent holiday in North Yorkshire.

Instead, my thoughts have been dominated by the recent passing of my brother, Ian and also of a good friend in the church, Rev'd Barry Rodwell.

Back in 1789, Benjamin Franklin, one of the founding fathers of the U.S.A, wrote 'in this world, nothing is certain except death and taxes'. Despite that, life and death is still a subject we try and avoid talking about. Most of us will have suffered the loss of someone near and dear to us and perhaps being able to talk about that will help others going through that painful experience.

For Christians, death is not the end, but the gateway to eternal life. The Salvation Army describes death as being 'Promoted to Glory'. The apostle Paul, writing to the Philippians could say 'for me to live is Christ and to die is gain.' Loss is only the experience of those of us left behind. I'm not trying to trivialise how painful that can be. However, we need to balance this with the thought that both Ian and Barry are now free from their suffering and more importantly are knowing the joy of being in the presence of the Lord Jesus Christ, who they both loved and served for so many years.

We too can know that great blessing. In perhaps the most quoted verse in the bible, John 3 v16, Jesus says 'whoever believes in me will not perish but have eternal life.' That's a promise and a hope for each one of us today. Why not trust Him now, so that when your time comes, you will indeed be ready to meet your Maker.

Paul Mizen



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Across the Chet Valley Churches

Worship in the Chet Valley

You are welcome to join us at any of our services



Holy Communion is celebrated every Sunday at one or other of the Chet Valley Churches: either Book of Common Prayer (BCP), Common Worship, informal or Celtic style. See weekly news sheets for details or speak to a member of the ministry team.

Morning Worship is held regularly in Loddon, Chedgrave and Hardley.

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

Café Church is on the first Sunday of the month at All Saints Chedgrave.

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

Breakfast Church every 3rd Sunday in Sat John's, Loddon

Contemporary family friendly worship Breakfast 8.30-9.15.

Service 9.30-10.15 (followed by usual Holy Communion service at 10.45)

Last Sunday Praise: Contemporary Evening Worship Service is held in St John's Chapel every last Sunday of the month. Refreshments from 6.30, service begins at 7pm. A warm welcome awaits at this informal, Spirit-filled service!

In Loddon and Chedgrave there is the chance to enjoy a chat over refreshments after services. There are toilets and baby-changing facilities at St John's, Loddon and All Saints, Chedgrave.

Families are welcome at all of our services.

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

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



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Church Groups

Friends and Neighbours

Don't be Lonely!

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

Future Meetings:

July 9th (Second Thursday!!) -

12.30pm lunch at Langley with Hardley Village Hall and talk by Angela Bishop on 1950's cinema and films.

August 6th - 1.30pm. Bring and share savoury or sweet food for Afternoon Tea in the Garden at Applebough 26 Norton Road Loddon.

To join the group, please ring Rev 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.



To join or just to know more, please contact the Church Office

Monday Mardles

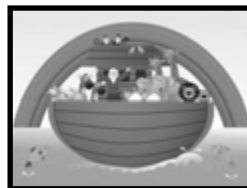
If you like a relaxed and informal chat with others or are looking to meet some new friends, join us at a Monday Mardles for refreshments and to swap books at Chedgrave Church Rooms.

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

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



Noah's Ark



Wednesdays 9.15—11.30

St John's, George Lane Loddon

Drop-in group for babies, toddlers, parents and carers. Friendly and fun! For info contact the Benefice Office or just call in on a Wednesday.



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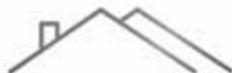
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From the Parish Registers

Baptisms & Thanksgivings

Heavenly Father, we praise you for all children. Surround them with your blessing that they may know your love, Be protected from evil, and know your goodness all their days.

Funerals

Reverend Barry Rodwell who died on 8th April 2026 aged 86 years.

Funeral: Waveney crematorium, followed by service of thanksgiving for his life at Holy Trinity, Loddon on 11th May 2026.

Marisa Rosemary Crisp who died on 26th March 2026. Burial of Ashes on 3rd June 2026 at Holy Trinity Church Loddon.

Wedding

Teegan Jermaine Porter and **Leah Jade Ellis Horton** of the Parish of St Andrew's, Gorleston were married at Holy Trinity, Loddon, on May 30th 2026.

Baptism

Wilfred Cley Ashton Cawkwell was baptised in St Mary's Church, Sisland on 17th May 2026.

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

We pray for all the couples looking forward

Holy Trinity Church - Watch & Welcome Team -
(Formerly Churchwatch) CAN YOU HELP??

For some years now, we have had a team of people who have looked after the many visitors that Holy Trinity Church receives during the spring and summer seasons, to welcome and help those visitors, as well as keeping an eye on the church. Unfortunately, a number of that team are no longer able to help and we need to find more people who can take this on.

We are looking for those who could keep an eye on the church from approx. 10.00am to 3.00pm on Monday to Friday, and we are happy for you to come and go during that time. If you would like to share with a relative or friend, that will be fine. If you can only cover certain days then this can be accommodated.

You do not need to be a regular church attender to become involved and if you do think you can help, please email me, website.chetvalleychurches@gmail.com or call me on **01508 520535. Paul Mizen**

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email: brianclarkeroom@chedgraveparishcouncil.gov.uk

News from Your Local Councillors



Thank you to those who supported me at the recent elections I was very pleased to be returned to serve you at Norfolk County Council. I would also like to thank the other candidates who stood, it is important that people come forward to be representatives for our community. I will continue to work with my colleagues at both County and District level for the benefit of all who live here.

Hopefully the one-way system will now be in place in Chedgrave for the development at St Felix Park, it's about time. This will relieve the congestion on Rectory Lane and Langley Road. I am an active part of the group opposing the proposed development off Proctor Road. We still have no planning application yet but are watching this closely. There are also rumours of more housing off Beccles Road in Loddon. I will continue to oppose this over development in our area. It is difficult when we have such high housing targets imposed on us by the government, but we must keep resisting inappropriate housing without new infrastructure.

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

Hope everyone's well and enjoying the sunshine.

I'd like to start this month's column by mentioning the Members Grant that all South Norfolk District Councillors receive. The amount has been raised to £2000 this year, all of which is for local groups and good causes. I've allocated £1500 so far, so have £500 remaining. Please get in touch if your group would appreciate some help.

My next two surgeries, both of which will be held in Loddon library, are 2-3pm on **Saturday 11 July** and **Saturday 19 September**. Please come in and see me if there is anything that I can help with.

As well as helping locally, I also serve as the Chair of the South Norfolk District Council Scrutiny Committee. This role of this committee is to review the council's work, ask questions about decisions and services, and make recommendations to help ensure that SNDC acts transparently, and in the best interests of all of you. In the final year or two of South Norfolk District Council, before we move to everyone having one local Council, I'd like to expand the role of the Scrutiny Committee. Please let me know what you would like to see looked at.

Finally, please get in touch if there is anything I can help with. We work for you.

Jeremy **07733323581**

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Chedgrave Parish Council



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

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

Thank you to everyone who attended or continues to engage with the work of Chedgrave Parish Council. This newsletter shares key highlights from the Annual Parish Meeting and Annual Parish Council Meeting held on 14th May 2026.

We are pleased to confirm that: • Cllr Sinfield has been re-elected as Chair • Cllr Demain has been re-elected as Vice-Chair

We also warmly welcome David and Rebecca Rust, who have been co-opted onto the Parish Council. We look forward to working with them to support our community.

The Chair's Annual Report reflected on a busy and productive year for the Parish: Progress has been made on the redevelopment of The Pits play area. Funding has been successfully secured, and new equipment is due to be installed in time for the summer holidays. Traffic issues, particularly linked to development at St Felix Park and Langley Road, continue to be a priority. The Parish Council is working with Highways and developers to address concerns. Monitoring continues through SAM2 signage, and plans are in place to launch a Speedwatch scheme—volunteers are needed to help make this happen. Community engagement events continue to grow in popularity, more sessions are planned for the coming year. The Parish Council is strengthening collaboration with Loddon Town Council, particularly around shared challenges such as planning, infrastructure and traffic. Plans have been approved to resurface the tennis courts shared with Loddon Town Council. Work is expected to begin later this year, supported by grant funding and local contributions. The Council has agreed to support Jubilee Hall to help strengthen its operation and future sustainability. The Council continues to monitor proposals for development west of Proctor Road. Residents' views will be central to any formal response when a planning application is submitted. Traffic management measures are expected to come into force, and ongoing concerns are being followed up with Highways and developers. The Parish Council will continue to represent residents' views and work to ensure developments are appropriate and well-managed.

Thank you for your continued support in helping keep Chedgrave a great place to live

Next Meeting: see parish notice board 7.00pm, Brian Clarke Room, Chedgrave.

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Discover Loddon's History via Blue Plaques The Loddon Blue Plaque booklet is now available to purchase for £3 from the Council Office. Each booklet includes a handy map plus information about the plaques and the stories behind them. Pop into the office to get your copy while stocks last.



Love Loddon Community Group This brilliant bunch are not afraid to roll -up their sleeves and get stuck-in, enhancing our lovely town with forks, brooms, and colourful blooms! Strike a chord? Why not give it a go? Meetings are on Church Plain at 10am Sundays (unless otherwise stated) for a couple of hours max - including coffee!

12 Sept - Planning Meeting in The Swan (NB-Saturday)

27 Sept - Strip out summer bedding



Warren Hills Woodland and the Community Orchard Have you visited our two recent biodiversity and green space projects? Warren Hills Woodland is a small area of woodland located just off the Warren Hills footpath, while the Community Orchard can be accessed via the Cannell Road footpath. Both initiatives benefited from grant funding, and we look forward to seeing them continue to flourish and develop over the coming years.



Warren Hills Woodland - [what3words: sometimes.reader.elaborate](https://what3words.com/sometimes.reader.elaborate)



Community Orchard - [what3words: buffoon.search.lordship](https://what3words.com/buffoon.search.lordship)



Chet Valley Community Larder Meal bags are distributed at Loddon Library on Mondays: 12:00 – 1:00 pm and Saturdays: 1:00 – 2:00 pm. Donations and volunteers are welcomed.



Local Support South Norfolk Council's Help Hub can be contacted on 01508 533933.

www.southnorfolkandbroadland.gov.uk/community-safety/help-hub



Stay in Touch For meeting dates, contact details, and the latest community news, visit: www.loddontowncouncil.gov.uk

email admin@loddontowncouncil.gov.uk or call 01508 522 020.

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Hales & Heckingham Parish Council

For all enquiries please contact:

clerk@halesandheckingham-pc.gov.uk

Website: www.halesandheckingham-pc.gov.uk



Facebook: www.facebook.com/Hales & Heckingham Parish Council

Next Parish Council Meetings: There will be no Parish Meeting in July or August

Signs, Potholes & Footpath Issues – If you see anything that is not right please advise South Norfolk Council through their webpage

<https://apps.norfolk.gov.uk/HighwaysDefect/>.

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

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

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

Councillors Vacancies – Due to resignations from 3 of our Parish Councillors. We have vacancies on our Parish Council. We provide a voice for concerns, ideas, and initiatives that help promote village life. If you care about where you live please get in touch with our Parish Clerk on the above email.

Do you need help? – South Norfolk and Broadland's hub assist with a wide range of problems. Contact details Tel: 01508 533933 or via email at helphub@southnorfolkandbroadland.gov.uk. Opening hours are 8.15am until 10.00pm Monday to Friday (excluding bank holidays)

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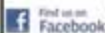
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Notes from Sisland

Although the hot period from the middle of May was great for those on holiday, the farmers and gardeners would agree that we need more of the rain we have had in the last few days. The churchyard will be left uncut until the start of August to allow for the wildflowers to seed and provide the stunning display that we are treated to each year, the bluebells were particularly good this year and have spread throughout the churchyard.



On **Sunday June 28th at Lodge Farm, Sisland we will be offering Strawberry Teas**. They will run from 2pm until 5pm and all are welcome during the afternoon. Heartfelt thanks from all PCC members to those who have been able to support us, directly and indirectly, at any of our events so far this year.

August Sunday Afternoon Teas. We are busy planning our main fund raiser of the year. It has been running for a number of years, and it is always lovely to see friends, old and new, from across the county who visit on a Sunday afternoon to enjoy tea and a slice of homemade cake in the beautiful surroundings. Last year we were incredibly lucky with good, often hot weather and we can provide a covered space for those who want to enjoy the location without every aspect of the British summer. This event is the main fundraising focus for Sisland each year, but it is an important part of the fabric of the village. Many people from the village, and beyond, contribute each week, and, as such, it brings many of us together with the opportunity to catch-up. As the tenders we received for the work on the tower were quite high we need to continue to raise funds as well as apply for grants to cover the costs. Events over the summer are an important part of our fund raising.

There are five Sundays in August this year and we will be open from 3pm-5pm on each Sunday. As part of the standard church service pattern, you can also join us for Evening Prayer on the third Sunday (17th August) at 5pm.

We look forward to seeing friends, old and new, over the summer.

Rowena Bryce, Churchwarden, St Mary's, Sisland

Langley with Hardley Parish Council

All enquiries please contact the Parish Clerk: Hayley Goldson.

Answerphone: 07516 361239

Email: clerk@langleywithhardley-pc.gov.uk

Website: <https://langleywithhardley-pc.norfolkparishes.gov.uk>



Find us on Facebook!

The council facilitated the Annual Parish Meeting and carried out its Annual Parish Council Meeting on 12th May 2026

Annual Parish Meeting: No members of the public attended this meeting. Garry Moore, Chair to the Parish Council presented his report of the year, noting key highlights. He also paid tribute to former Parish Clerk Natalie Wilson and those present observed a one-minute silence in her memory.

Annual Parish Council Meeting: Garry Moore was elected as Chair and Jane Pearman was elected as Vice Chair. Joe Conlin continues in his role as Tree Warden and Janey Craigs continues in the role of Internal Control. Many thanks to these individuals for taking on this additional responsibility. The council considered and approved the Internal Audit and Council Accounts for the year 2025/2026 and the council approved all matters relating to year end. Documents will be available on noticeboards and the website in due course.

Trees, Grass and Hedges: The council approved a tree survey to assess the health and safety of trees on council land. The results will be considered in due course. Minor tweaks were made to the grass cutting schedule to account for early season growth and the council requested a quote to prune the rear hedge of the play area. Hopefully these actions will bring improvements to our outside spaces.

Save the Date: The council has decided to host a “Party in the Park” on Saturday 22nd August. Details to be published in due course but please save the date – it is likely to take the format of a bring-your-own picnic with an ice-cream van and possibly live music!

Community Speedwatch: The council decided not to proceed with this scheme due to a lack of suitable location for volunteers to stand. **Please slow down in our villages!**

Community Hero: Councillors nominated long-standing member Tibby Bunn for South Norfolk Council’s Lifetime Achievement award. Fingers crossed for Tibby and many thanks for all she does for our community!

New Clerk: Hayley Goldson has been appointed as the new Clerk and Responsible Finance Officer. Contact details above.

Dogs: Please keep your dogs on a lead and under control at all times in public places, keep them out of our play area and PLEASE remember to pick up any poo left by your dog and not leave bags hanging on fences and hedges etc! **Thank you!**

Next Meeting: Tuesday 14th July 2026 at 7.30pm Langley with Hardley Village Hall.
All welcome!

Sport

Loddon Ladies Hockey Club



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

Hobart Badminton Club



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

Loddon Junior Badminton Club

Held at Jubilee Hall, sessions are just £3.50.

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

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

Open to all children regardless of ability.

Sessions run by qualified coach. Rackets and shuttles provided.

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



Jubilee Short Mat Bowls Club

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



Loddon Tennis Club

Loddon has two floodlit courts, situated adjacent to the Loddon & Chedgrave Playing Field. We are a thriving tennis community with over 150 members. Memberships are affordable; pay and play is at £5/hour.

Website: <https://clubspark.lta.org.uk/LoddonTennisClub>.

Email:

loddontennis@loddontowncouncil.gov.uk



Loddon Swan Bowls Club

'The Loddon Swan Bowls Club Green is now open for the 2026 season'

It is located behind the Swan public house in Loddon. With a membership of about 50. Lawn Bowls is played outdoors through the late Spring and Summer months. We have a very active season of League matches, Cup matches and Charity matches as well as practice sessions or roll-ups as they are called. Cup and Charity games are played throughout the season

Lawn Bowls is a very enjoyable sport offering fresh air, exercise, competition and most importantly a social side which spreads through membership and competition with other clubs. We are always looking for new members and welcomes those with playing experience as well as absolute beginners. There are opportunities to 'give it a try' and equipment is provided with encouragement and assistance from members. Come and join us at any of our roll-ups or as a spectator at our matches when you see us on the green.

Should you have any questions or require further details do not hesitate to contact Paul Clemence – our chairman he will be very pleased to hear from you.. Contact him by phone 01508 218078 or at paulclemence.l@gmail.com

Loddon and District Horticultural Society



On 8th July we have our Rose, Fuchsia and Sweet Pea Show which is for members only and points will then be added up to see who is the winner of the Malt Cup. This is held at the Jubilee Hall Clubroom, George Lane, Loddon and starts at 7-30pm. Raffle will be held and refreshments available. Then on 12th August we have a visit to an exotic garden near Norwich instead of a meeting at the Jubilee Hall.

Advanced notice: we will be holding our Annual Open Show on Saturday 5th September at the Jubilee Hall, Loddon when anyone can enter our classes. If you would like a schedule then please contact Tricia on 01508-520273 or patrialoades@btinternet.com. We hope you will enter something. We have 92 classes including flowers, vegetables, cookery, pot plants, and flower arranging and classes for children to enter.

We meet on the second Wednesday of every month at the Jubilee Hall Clubroom, George Lane, Loddon. For more details contact our Chairman Jean Cope on 01502-710024 or jeancope52@gmail.com or Secretary Hazel Copland on 01508-520890 or happyhaze50@gmail.com. Follow us on our Facebook page which has photos from our meetings. Membership is £10 per year.

Community Groups, News and Events

Loddon Bell Ringers

A busier month has seen members ring quarter peals here at Holy Trinity and also at Necton, Watton, North Lopham, Holme Hale, Scarning, Bressingham, Hockwold cum Wilton and St. Peter Mancroft in Norwich.


We rang a quarter peal of 1264 Plain Bob Major here at Loddon in memory of Rev. Barry Rodwell. Ringers were 1. Rona Sporle 2. Sandra Norris 3. Stephen Rabong 4. Michelle Clutton 5. Ann Webb 6. Adrian Edwards 7. Paul Norris 8. David Webb (conductor).

We have supported a twelve bell practice at Great Yarmouth Minster and another eight bell practice at Redenhall.

We took part in two peals during May. One of 5040 seven surprise minor methods at St. James, Castle Acre in two hours fifty four minutes and another of 5040 eleven doubles methods at St. Michael's, Oulton in two hours forty eight mins.

We rang the bells here at Holy Trinity to celebrate a wedding that took place on Saturday 30th May.

Steve Rabong



COMMUNITY LUNCH

Donations only
St John's Chapel George Lane

**Wednesday July 8th & August 12th
12 noon to 1.00 p.m.**

Any profits will go towards funding a new commercial boiler which is desperately needed before the winter months.

Royal British Legion -Loddon & District Branch

"It's good to see Veterans are going to the Coffee mornings and Breakfast clubs. An ideal time to make new friends or catch up with others. Anyone interested, details are on our RBL Noticeboard, on the outer wall of The Meningitis Charity Shop in the High St, Loddon.

Suffolk Military Show at Trinity Park in Ipswich, is welcoming Veterans for Free on July 25th & 26th. Check their website for details.

VJ Day Service at Loddon War Memorial, will be on Sunday 16th August. 10.45 for 11am. If you wish to lay a Wreath, these can be purchased from the Poppy Appeal Organiser Bryon Sparkes. Contact ourselves, as below, or Loddon Town Council and we will pass on your details to him.

Branch meeting dates are on our Noticeboard, or contact Colin 01508 521136."



Church Services

5th July Trinity 5

9:00am	BCP Holy Communion	St Mary, Sisland
10:00-12 noon	Café Church	All Saints, Chedgrave
10:45am	Holy Communion	Holy Trinity, Loddon

12th July Trinity 6

9:30am	Holy Communion (BCP)	All Saints, Chedgrave
10:45am	Morning Worship	Holy Trinity, Loddon

19th July Trinity 7

8.30am	Breakfast Church	St John's, Loddon
10:45am	Holy Communion	*Holy Trinity, Loddon
11:00am	Morning Worship	All Saints, Chedgrave
5:00pm	Evening Prayer (BCP)	St Mary, Sisland

26th July Trinity 8

9:30am	Holy Communion	All Saints, Chedgrave
10:30am	Morning Worship	St Margaret, Hardley
10:45am	Morning Worship	*Holy Trinity, Loddon
6.30pm	Last Sunday Praise	St John's, Loddon

2nd August Trinity 9

9:00am	BCP Holy Communion	St Mary, Sisland
10:00-12 noon	Café Church	All Saints, Chedgrave
10:45am	Holy Communion	Holy Trinity, Loddon

9th August Trinity 10		
9:30am	Holy Communion (BCP)	All Saints, Chedgrave
10:45am	Morning Worship	Holy Trinity, Loddon
16th August Trinity 11		
8.30am	Breakfast Church	St John's, Loddon
10:45am	Holy Communion	*Holy Trinity, Loddon
11:00am	Morning Worship	All Saints, Chedgrave
5:00pm	Evening Prayer (BCP)	St Mary, Sisland
23rd August Trinity 12		
9:30am	Holy Communion	All Saints, Chedgrave
10:30am	Morning Worship	St Margaret, Hardley
10:45am	Morning Worship	*Holy Trinity, Loddon
6.30pm	Last Sunday Praise	St John's, Loddon
30th August Trinity 13		
10:30am	Benefice Service	St Margaret, Hardley
6:30pm	Last Sunday Praise	St John's, Loddon

Chedgrave Church Centre Hire

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

Other Services in Chet Valley Churches

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

YOUTH 4C ~ 4C ~ 4C GROUP

We meet in St John's Loddon on Fridays in term time, 4.30 – 6.00pm.

Working with Youth For Christ. our young people have fun, question and explore Christian faith through games, media, discussion and more, including all their 4C's (come along to find out what they are!) **Open to all Y6 – Y11 students**

£2 per person; £3 for two or more from the same family. To join contact Rev Miriam on 07593 163920 or Gary Watson at gwatson@norwichyfc.co.uk.

Catholic Weekend Mass Times

Our Lady of the Assumption, Poringland ----Sunday 08.45

Parish priest: Fr. Karol Porczak- based at St Georges, Norwich . tel 01603 426971

website: <https://ourladyporingland.wordpress.com>

Waveney Valley Parish - Beccles, Gillingham, Bungay and Harleston:

Parish priest: Fr. Simon Blakesley - tel 07946 390060

website: <https://waveneyvalleycatholics.church>

Beccles- St Benet -----

Sunday 11.00

Gillingham- Our lady of Perpetual Succour Sun18.00 (16.00 in winter)

Bungay - St. Edmund ----- Saturday 09.15 and Sunday 09.15

Harleston - St. Thomas More ----- ----Saturday 18.00

Chet Valley Medical Practice

Patient Participation Group



Now is the summer of our discontent! (OK so it should be winter of discontent, but it got your attention!) We especially hope that our patients are not discontented!! If so, we definitely want to hear from you. We hope you are enjoying the weather and managing to get some time away with family/friends. Hopefully the allergy season is behind us now but do not forget if you are still suffering the chemist should be your first port of call and the Pharmacist in Boots is always most helpful. Also do remember sunscreen and to stay hydrated. We are well into our second questionnaire now and the results are promising. A full detailed analysis will be available later. Thanks you to all those of you who have already contributed by filling in the form and to those who still have time to participate. The survey will run until 26th June. Survey forms are available in the waiting area or can be requested by using the email below. Also, do be aware that there are two iPads (tablets) available for use by patients for using the Triage system. They are available at reception. The AGM was well attended and we must thank Dr Anna Tawn for giving up her time to attend and give a report on what is happening at the practice and especially to David Mason, Clinical Pharmacist, for his enlightening insight into diabetes. His presentation was well received and there were a few interesting questions asked. Please do contact the surgery if you have any symptoms which include unquenchable thirst, unexplained weight loss and frequent urination especially at night to name a few diabetes symptoms. The **DNA** (Did Not Attend) figures for April/May were very encouraging: 88 patients did not attend out of a total of 4452 appointments that were offered. Please remember to cancel your appointment if you cannot attend. Do remember that the **PPG** is there for **YOU** - we can help with any queries you may have regarding the surgery which we can then relay to the practice manager Wednesday, 3 June 2026 on your behalf. We are always looking to welcome new members to the committee so if you can manage to attend four meetings a year plus help and advise on fundraising, we would like to hear from you. There are a few things going on behind the scenes, details of which we hope to share with you soon. As always, you can contact **your** PPG by email: ChetvalleymedicalpracticePPG@gmail.com. We look forward to hearing from you.

Loddon Community Gym

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

Tel. 07534 946143



The Gym was created to provide a facility for residents of Loddon, Chedgrave and the surrounding areas, users from further afield are very welcome.

We are a well equipped not for profit gym, located in the centre of Loddon with lots of free parking. There are hourly sessions at varying times every weekday. You'll find a relaxed, friendly space with no pressure and all the support you need.

If you're not sure where to start, or would value some advice our experienced instructor, Louise will work with you to create the perfect programme for your needs. Full daily session details are on our website.

You can call Louise on 07534 946143 or pop into the gym when you see the Gym Open sign on the railings outside the Library.

We are open to 16 years old and over. There is a small annual membership fee and sessions can be paid for daily or, at a reduced rate monthly.

Sessions are bookable via www.loddoncommunitygym.com

Chet Valley Patchworkers

We are a small group of friendly sewers who get together on the last Wednesday of the month to enjoy their shared pastime at The Brian Clarke Rooms, Chedgrave 9:30am to 12:00 noon where we share our quilting successes, failures and learn from and with each other. Whilst we do not 'teach' how to do patchwork or quilting we do share the vast amount of knowledge we have within the group—so those starting out in the craft can pick up how to, tips and tricks; somebody is always willing to give advice or show you how. If we don't have anything to work on at group meetings we often bring along other crafts such as crochet or knitting and enjoy a show and tell of finished items and each other's company. If this is something you think you might like to come along to, your first meeting is free - we pay by annual membership, which is decided each May. Contact Vicki Radley on 01508 538461 or email vicrad@live.co.uk. We look forward to welcoming you.

Chet Valley Voices



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

Rehearsals: Thursday 7:00 – 8:30 pm (doors open 6:45 pm) in St John's Chapel, George Lane, Loddon. £5 on the night, £3 for under 18s: New members always welcome, especially me. More info from: chetvalleyvoices@gmail.com follow us on Facebook, Instagram or Twitter @ChetValleyVoices. www.chetvalleyvoices.co.uk

Breathing/Vocal Techniques

Friendly, supportive sessions to improve breathing, develop your voice, and build confidence. Suitable for beginners and those with experience. Led by

Tanya Chelovska, an experienced vocal coach.

Wednesdays, 10:00–11:00 Chedgrave Church Centre

£8 (block) / £10 drop-in, which include refreshments. First session FREE if interested, please contact Tanya at t.chelovskaya@gmail.com or

WhatsApp: 07737 765098

"After long Covid, these sessions supported my breathing and recovery always leave me feeling uplifted and more like myself again." — Mandy Rogers



The Loddon Band

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



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

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

Loddon and District Women's Institute



The year races on and here we are mid-summer! As ever Loddon WI will be keeping busy with several events lined up for July and August. At the Loddon & Chedgrave Art & Craft Festival on July 4th we shall be hosting a stall in St Johns, Loddon, with home-made jam and Victoria sponges for sale, plus a display of some of our craft activities and a photo collage of events we have enjoyed. Also in July some of our members will be going to see 'Mama Mia' at the Theatre Royal. In August we hope to have a display stall at the Loddon Art Exhibition over the Bank Holiday Weekend. There will be all the usual meetings as given below, with one of the highlights being our annual garden party in August, held in a member's garden.

Monthly Meetings

July 9th Knit & Natter, Loddon Library - This is a community event so do join us for a cup of tea and a natter.

July 15th Monthly meeting – A talk by 'The Gal Tina' entitled 'My Life, Poems and Norfolk Squit'. 7.00 for 7.30, St Johns Lecture Hall, Loddon.

Other events in July -usual Open House and the Book Club for members.

August 19th Monthly meeting: - Our Annual Garden Party

Have a good summer and happy holidays everyone!

Our membership is still open, so if you think you might like to join us or find out more about what we do, just come along to the next meeting in July, or we can be contacted through our Facebook page or at loddonwi@gmail.com

Loddon Community Cinema



St. John's Lecture Hall, George Lane , Loddon.

Our next presentations are;

Thurs. July 2nd. "HAMNET" Rated 12a 125 minutes. Stars- Jessie Buckley, Paul Mescal and Jacobi Jupe -The film dramatises the family life of William Shakespeare and his wife Agnes Hathaway as they cope with the death of their 11-year old son Hamnet. The death of his young son inspires Shakespeare to write his timeless masterpiece "HAMLET".

Thurs. August 6th " "SONG SUNG BLUE" rated 12a 132 mins - **Stars—Hugh Jackman, and Kate Hudson** - Two down-on-their luck performers form a Neil Diamond tribute band, and along the way prove that it is never too late to find love and follow your dreams.

Both at St. John's Lecture Hall, George Lane, Loddon. Doors open 7pm, film starts at 7.30pm. Adults £4, under 16 £2. On the door or in advance from Loddon DIY.

NB. All our films are shown with subtitles.

Loddon Flower Club

We recently had a group visit to Muddy Boots flower farm in Bergh Apton, refreshments delicious, flowers excellent.

Our next meeting will be on **July 7th** at St John's Lecture Hall on George Lane, doors open at 6.30pm, 7pm start

We have **Linda Kingcott** demonstrating for us, the title for the evening is '**From Sunset to Moonlight**'.

All Linda's arrangements will be raffled at the end of the evening and homemade refreshments will be served during the interval.

We have no demonstration in August as this is when we hold our AGM, so the next one will be in **September on Tuesday 1st**, our demonstrator for the evening will be Christine Hewson, her title being 'Misty Nights' and as usual her arrangements are raffled at the end of the evening and homemade refreshments served during a short interval. Everyone very welcome, no experience needed, same time and place.

Come along and your first time visit will be FREE, why not bring a friend for an enjoyable evening with good company and get a few ideas on what to do with your garden flowers or even a bunch from the supermarket.

If you would like further information, please get in contact -

Tel: Tricia 01508480522, or email us at - loddonflowerclub@gmail.com

We also have a website www.loddonflowerclub.co.uk and a Facebook page - Loddon Flower Club

Enjoy all your summer activities, come and see us during the Loddon and Chedgrave Arts Festival, we will be demonstrating on the Saturday, 10am - 12noon and we're holding a workshop in the afternoon, 2pm -4pm, both in St John's Lecture Hall. We hope to see you soon



An Evening of Shanty Magic

with the

Pot of Gold Shanty Crew

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Saturday 25th July

7.30pm

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Loddon Library

Loddon & Chedgrave Arts Festival

As part of this year's festival, we will be hosting Abbie of Story Magic for an interactive reading of her fantastic book *The Loddon Dragon*. After the reading stick around for the chance to craft your very own fire-breathing dragon snout!

Sat 4th July: Reading 1:30pm, craft will follow.

Summer Reading Challenge: Read to the Beat

Saturday 4th of July also marks the kick-off of this year's Summer Reading Challenge. After all the dragon excitement, you'll be able to pick up your challenge packet and plan what exciting books to read over the summer holidays!

From Sat 4th July onwards.

Free Summer Craft Sessions

We'll be hosting two crafting sessions during the summer holidays for little ones to let their creativity run wild! All supplies will be provided, and the sessions are open to children of all ages.

Thurs 30th July: 2-4pm

Thurs 13th Aug: 2-4pm

Family Teatime Quiz

Staff will be hosting our very first family teatime quiz. Work up an appetite for dinner by putting that grey matter to work! No need to book but make sure to have your pencil at the ready at 4pm sharp so you don't miss any questions.

Open to all ages.

Thurs 27th Aug: 4pm start

URGENT

LODDON TOWN ESTATE TRUST

Our Treasurer is leaving after 27 years loyal service.

This Charity has 2 meetings and involves roughly 5 hours work per year.

LTET helps local people with small but often much needed grants

**COULD YOU HELP? contact Val Counter 01508 520702/
valancounter@gmail.com**

Loddon & District Day Centre

The Day Centre meets at Saxon House, Kittens Lane, Loddon, on Tuesday and Fridays from 10:00am-2:00pm. We chat, enjoy games, talks and light exercises, together with refreshments and a home made two-course lunch. Why don't you come and join us, we'd love to see you! Contact Karen on 07765 866 507 or via loddondaycentre@gmail.com

Chet Staithe Probus Club

We are a club for retired gentlemen, and friendship. The atmosphere is relaxed, jovial, with little formality. Dress code is casual. We have a good mardle, and a different speaker every meeting on varied subjects. Afterwards, members either go home, adjourn to the bar, or stay for a pleasant lunch. Your choice. We meet at The White Horse, 1st and 3rd Tuesday each month,at 10am.

7th July What is Quarry Roger Woodward

21st July Wildlife Tales Vicky Eyles

4th August Bamber Murders Tony Diamond

18th August More about Sutton Hoo Sally Sibley

Come to our meetings and try us out; no pressure to join.
Clive Boyd, cliveboyd28@gmail.com tel. 01508 520547



Chet Valley Probus Club

Chet Valley Probus Club welcomes people who are retired, semi-retired or approaching retirement and who've had some measure of responsibility in their working life. We are friendly and excellent company, enjoy fascinating talks on a variety of subjects, good food and meeting others of like mind. Why not come along and give us a try with no obligation? We meet on Tuesdays at Chedgrave White Horse, sat 10:30am, lunch is optional.

14th July; "50 Gems of Norfolk". Speaker Pete Goodrum

28th July; "Ghostly Guards & Phantom Platforms." Speaker Mike Wabe.

11th August; "Mission Aviation Fellowship." Speaker Ken Thom.

25th August; "The Extension and Expansion of Education. 1902-1988." Speaker Rowena Burgess.

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

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Look forward to seeing you all there. **Jenny**

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Loddon Lifelong Learners

Following on from our successful course in the Spring we have arranged two courses, of 4 weeks each, in the Autumn.

The first will start on the 28th September, entitled '**Digging into our Past**'. Tutors will discuss local archaeology, including the Caister Roman Project and Life and Death in Norwich. This will be followed by a second in November on Iran entitled '**Dressed to Resist: Women and Change in Iran**'. This course will explore Iranian women's contemporary social history through their own voices, highlighting how they have shaped social and political change despite enforced dress codes and other social limitations. Each course will cost £40.00.

We meet in the Jubilee Hall Club Room in Loddon on Mondays 2.00 – 4.00 pm. Further details will be on the posters and sent to our mailing list.

If you have attended our courses in the past you will know that we are a lively group who enjoy a good discussion!

If you would like to be informed of developments and join our mailing list, or have any suggestions for a lecturer, please contact Sharon, email swnsmith949@gmail.com or Alison on 01508 521976.

VOLUNTEERS NEEDED! Church Clean-Up morning Saturday - July 25th 2026 - 10am-Midday



**St Gregory's Church
Norton Road, HECKINGHAM,
NR14 6QT**

Interested? If you are, then please bring a broom and dustpan and brush if you have one. We will however have cleaning equipment available and refreshments will be supplied. Full instruction will be given.

NB there are no toilet facilities so if you only want to come for a short time that's fine!

For more information about this day and volunteering for the Churches Conservation Trust, contact Kate Roma, Local Community Officer
kroma@theccct.org.uk Tel: 07721866425

Loddon and Chedgrave Social Group

Walking Treasure Hunt - Sunday 12th July - from 10.00am - Diss

The road journey to Diss will take 40-45 minutes, so please bear this in mind. No entry fee, please pre-book before 6th July by email to John & Sara Green at pennyworth4@outlook.com, or call on 01508 521958. You will then get details of venue, directions and time. **This year's route is a little hilly and includes a flight of around 35 steps (down).** Weather allowing, please bring picnics and chairs for an outdoor lunch after the hunt, when puzzle answers and the winners will be announced.

Tour of Earsham Hall and Gardens followed by afternoon tea - Thursday 16th July - 2.15pm - £30.00 per person

Discover the story of Earsham Hall from the 15th C to the present. View life in this unusual family house. Annabel Stretton-Derham will share everything she knows about her home including prestigious owners, celebrated architects, tragedies, evacuees, ghosts and love stories. Many areas of the house have been restored as it would have been in the 18th C. We will finish with afternoon tea. Please contact Gill Coupe via email gillycoupe@gmail.com or ring 07732 924869 by Friday 10th July. Gill will need your full payment by the same date (cash only please).

Carrow House and the Forgotten Vaults Tour, Norwich - Friday 21st August - 10.30am - £20.00 per person

An email with full information will be sent to members nearer the time. NB You will not find this event in your yellow programme.

How to join - Throughout the year we run a variety of events for our members including walks, talks and visits to gardens, museums etc. Hopefully there is something of interest for everyone. Our annual fee (until May 2027) will be £6.00. If you would like to join our friendly group please contact our Membership Secretary, Mark Knowles, via mark@blackmouse-group.com or 07926 295029.

Hardship Funds Available in the Chet Valley If you are struggling to make ends meet at the moment, funds are available to help. Local charities, set-up to help people in need in Chedgrave, Hardley, Langley and Loddon. If you are in need, please see if you can draw on these funds.

Loddon Town Estate Trust: Contact Julie on 07976 902487.

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

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

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



Loddon & Chedgrave Arts Festival

The Inaugural Arts Festival 3rd – 5th July 2026

Use the QR code to take you straight to our website



3 rd July	Venue	What's Happening
Evening	White Horse, Chedgrave	Music & Bowls Club events
7-8pm	St John's Chapel, Loddon	Chet Valley Voices performance
	Holy Trinity, Loddon	Children's art/word display
4-7pm	The Hollies	The Spangles learn how to play a steel drum - £5 booking required age 14+ (size matters!)
6-8pm	All Saints, Chedgrave	Drawing workshop with Gerry Nelson for ages 10-16 £5 for materials
8pm	St Johns Lecture Hall	Loddon Players Present
4 th July		
10.30-11.30am	The Hollies	Kitchen Band Workshop
11-12 noon	Jubilee Hall	Hula Hoop workshop - Always wanted to learn how to ? Here's your chance !
12.15-1.15pm	Jubilee Hall	Funky Feet exhibition
2-5pm	Jubilee Hall	Roller Disco – booking necessary
2-3.30pm	The Hollies	Bollywood Workshop
2-4pm	Holy Trinity, Loddon	Handbell workshop
6.30-7.30	All Saints, Chedgrave	Organ Recital
5 th July		
10-3pm	Jubilee Hall	Arts & Crafts Fair
7pm 'til close	Jubilee Hall	Closing concert with Houn'dawgz & others

Plus loads of other displays Martial Arts, Farming, Arts Quiz Trail (for prizes), Chainsaw demonstration, open days for Davy Place, including a Gospel Choir, Fire Station, Community Gym, both Bowls Clubs and free nail clipping for your dog at 'Time Fur Change' on Saturday, 4th July and so much more.

See www.loddonandchedgraveartsfestival.uk -programmes available from mid-June.

Waveney Valley Arts Society



We are a friendly group who meet at the Fisher Theatre in Bungay on the first Wednesday of every month (apart from July and August). Events provide a welcoming place to hear expert lecturers share their specialist knowledge. The theatre is open from 10:00am and our lectures start at 11:00am.

> Next lecture: **Wed Sept 2nd - The Anatomy of a Masterpiece: Bathers at Asniere by George Seurat.**

The speaker is Stephen Barrett.

Guests are welcome for an individual lecture but there will be a charge of £10 and pre-booking is essential. If you wish to join the waiting list to become a member of our society, contact details are on the website

<https://theartssocietywv.org.uk>

Social Whist#



Already half way through the year ! Our July gatherings will be on the 10th and 24th July and August will be the 14th and 28th.

Held in the back room of The Hollies with a 7.45pm prompt start, do join us for a fun evening and a cup of tea/coffee. You don't need a partner, or have even played before, it's really an excuse for some chat and a slight brain stretch. Need a lift? please call **Jane 01508 528875**

Tuesday Market

Good news from the Tuesday Market team.....

We can now take card payments. As always we welcome cash payments.

May flowers will be a colourful edition to our plant stall outside the Hollies. Why not come inside and have a coffee and cake with your friends? You'll find a warm welcome and lots of delicious baking both sweet and savoury, preserves, local eggs, and a good selection of handmade crafts.

We welcome customers old and new at the Hollies—

10 to 11.30 am every Tuesday.

For more information contact Sheila Ford 01508 520752.



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Chedgrave Art Group

This friendly painting group meets every Thursday morning
10-12.30 at the Brian Clarke Meeting Rooms.


New members welcome.

For further information contact Linda—linda@ashehamhouse.com

Chet Valley Photography Club

We are holding our 14th Annual Exhibition on 25th and 26th July at St John's Lecture Hall, Loddon. Free admission. Please come along and have a look. Our next club meeting is on 13th July (Brian Clarke Rooms, Chedgrave) and then will be having a break in August – please refer to our site www.chetvalleyphotography.org.uk for more information or if you are interested in joining the club. The club is open to everyone regardless of their photography knowledge or experience. If you want to take photographs/want to know more please come along to one of our meetings.

Chet Valley Photography Club Annual Exhibition



St John's Lecture Hall
George Lane, Loddon
Sat. 25th July 10am-5pm
Sun. 26th July 10am-4pm

Free Admission!!!
Raffle & (excellent)
Refreshments



Find us on Facebook or visit www.ChetValleyPhotography.org.uk

Loddon & Chedgrave Ladies 8 O'clock Club



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

On **Wednesday 29th July** we will welcome fellow member Audrey Cunningham talking on "My Old Age Gap Year"

No meeting in August. -- On **Wednesday September 30th** we will welcome Lynton Johnson with Flower Arrangements.

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

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

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Loddon and District Local History Group



On May 20th, a beautiful warm sunny day, 18 of us met Dr Richard Hoggett in New Buckenham. The visit was a follow up to last May's talk on "Castles in the Landscape". We started on the Market Square where Rik reminded us that New Buckenham had been built as a planned "New Town" to serve the castle. After the Conquest William D'Aubigny (D'Albini) had been rewarded with estates in Castle Rising and Buckenham. He built castles in both. He decided to rebuild his Castle at New Buckenham, and make it more impressive and visible to people travelling along the roads, easier to defend and to control the area?

The mound was created from material hand excavated by Saxon peasants when digging the ditch. The flint walled keep created an impressive fortress which would have deterred all but the most determined of attackers. We learned the site included a meadow between the castle and the important strategic crossroad which could be flooded a foot deep and that there was a Deer Park to feed the Nobility.

The castle was built of flint, presumably gathered from the fields and the ditch. Entry to the Keep was at the first floor level but only the lowest floor remains, as two semicircular rooms with a cross wall to support the upper floor. There are no old illustrations of the castle, nor have there been any archaeological excavations on the site, so there is no evidence of the ancillary buildings, which were probably wooden.

The visit ended at the Church and a look at the "Norman" town layout with its large market square

Next Meetings:

July 15th when Fran Young will tell us about the work of "The Norfolk Archaeological Trust"

August 19th when Val Fryer: will talk about "Death in Mediaeval Norwich"

For more information: loddonhistory@gmail.com

or visit: loddonhistorygroup.co.uk



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Read Any Good Books Lately?

Mrs Dalloway, by Virginia Woolf

Seeing this and other Virginia Woolf novels ranked high on The Guardian's Top 100 novels list led to a reread. It's not always easy to follow the streams of consciousness but some of the passages of prose are mesmerising. The narrative arc of Septimus is heartbreaking and the book was ahead of its time in its portrayal of mental health issues and women feeling trapped by social conventions. Clarissa, the passionate woman full of nostalgia for lives un-lived, and Mrs Dalloway, the repressed and invisible lady defined by her husband's name, are two sides of the same divided psyche.

From Cornwall with Love, by Cressida McLaughlin

This is very much a summer beach read! Maisie loves her life in a small town in Cornwall, working in her family shop and seeing her friends weekly. Frothy, full of references to beach walks, dogs, friends and family, but a lovely read and a satisfying tale of a reunion between childhood sweethearts - and also how much can be achieved by unassuming people who don't realise quite how much they are capable of.

The Paris Express, by Emma Donoghue

I very much enjoyed Emma Donoghue's *The Pull of the Stars*, set in Ireland at the height of the Spanish flu epidemic. This is another historical fiction but set in 1895 on a train from Granville to Paris. It's a fictional account of a real event when a high-speed steam train crashed in Montparnasse. It tells the multiple stories of the train passengers as they zoom towards Paris and disaster. The train carries people from all over the globe, railway workers who spend more time on the footplate together than at home with their wives, a boy travelling alone for the first time, an artist far from home, a wealthy statesman and his invalid wife, and a young woman about to give birth...

I'm about to read

Land, by Maggie O'Farrell

Maggie O'Farrell is one of my favourite authors so I've had this on pre-order since it was available and now it's here! Set in Ireland in 1865, it's the story of the Ordnance Survey project to map the whole of Ireland, told from the perspective of Tomas and his ten year old son, Liam.

Ruth Redford

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Nature Notes

Summer is now in full swing and I am sitting in damp trousers having just returned from walking our dog around Hardley Staithe on this somewhat wet June day. Was the May heatwave our summer or are we to expect some more sunnier weather? We will see. Anyway, back to this morning's walk, I must confess I drove the mile from our home to Hardley Staithe, my excuse being time and my age! Getting there was a Greenfinch on the brambles right in front of me, a Linnet lands on the bushes in front of the barns, and I can hear the tinkling song of Goldfinches. Walking down the left side of the Staithe, in this drizzle the reeds appear lifeless Suddenly a Sedge Warbler, half-heartedly breaks into song, and a second flies up and parachutes back down to disappear into the reeds. By the time I have reached the Yare I have also heard a Reed Bunting. Yes, I admit to using the free App Merlin, to identify bird song. Although it often flashes up birds that I don't hear, other times it doesn't pick up birds I can hear, and sometimes it just makes things up!!

Walking towards Hardley Mill I noticed a pair of Tufted duck at the end of the dyke. By the time I had reached the "Shooting Pits" I had heard a Cettis Warbler shouting its presence from among the reeds. Today there were very few waterbirds on the Pits, a male Pochard, but no sign of the female pochard with her six ducklings, which have been there for over a week, so they were probably hiding in the reeds. A pair of Gadwell conveniently swam out of the reeds, a Little Grebe was continually diving and a pair of Coots with one all most full-grown youngster was the sum total, not a Mallard in sight. There has been a regular Great Crested Grebe there and yesterday a second one was on the river, but they presumably were fair weather birds! As we turned to return to the carpark, I could hear a cuckoo calling.

The way back was interrupted by a Cormorant flying over, then as if out of nowhere a Barn Owl appeared and flew past. It obviously had very hungry young as they would normally not hunt when it was wet as their feathers are designed for silent flight and are not waterproof. The last part of the walk added Reed Warbler and Common Whitethroat, I was finally close enough for me to be able to hear it. As I got into the car, I had a lovely view of a Swallow as it flew low over the field.

Both our dog and I, though somewhat wet had enjoyed the walk and seen and heard some good birds. The short drive home added a Kestrel trying to balance on a wire caused me momentary confusion. So, whatever the weather any walk can be inspiring and lift one's spirit. Hopefully tomorrow will be dry!!

Richard and Rachel Hull



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Gardening Notes

There's something lovely about being caught out in warm summer rain, knowing that short sharp showers end in a rainbow and the smell of petrichor and that the garden plants all revive and become lush and verdant.

I can't seem to keep out of the garden recently. I might pop out for some herbs for our lunch and end up potting on plants, dead-heading or any number of things calling to me that require my assistance. These green lives that I have grown from seed and nurtured, I look after them and they in turn look after us, providing food, healing, oxygen, colour and wonder.

The *Sarracenia* carnivorous plant is flowering, it's fascinating, unlike any other flower in the garden. The plant is thriving now that it lives underneath the bird bath, in a big deep drip tray to keep it happy sitting in lots of rain water and getting full sun all day.

We now have pigeons nesting in the privet hedge behind the Hazel tree, clumsy great oafs that they are I haven't the heart to scare them away, having said that they are so thick skinned I don't think any amount of scaring would work.

The tomatoes are in their forever pots in deep trays in the greenhouse, supported by stakes, the cucumbers have strings to grow up and are climbing fast, there are also Aubergines and Sweet peppers which will require bigger pots in a week or so. Outside I am growing Butternut squash and Crown Prince pumpkins up the privet hedge, 4 types of beans, Courgettes, Chard, Beetroot alongside Dill, Carrots together with Red spring onions, hoping this will deter the carrot fly. I am growing Chicory too but mostly for it's beautiful blue flowers, perhaps I'll have a go at roasting the roots when they have matured and make a coffee substitute, I'll let you know.

Hazel Copland



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