

LOCAL LYNX

BALE - BINHAM - COCKTHORPE - FIELD DALLING
GUNTHORPE - LANGHAM - MORSTON
SAXLINGHAM - SHARRINGTON - STIFFKEY

ISSUE 170

October -
November 2026



Cockthorpe All Saints Church



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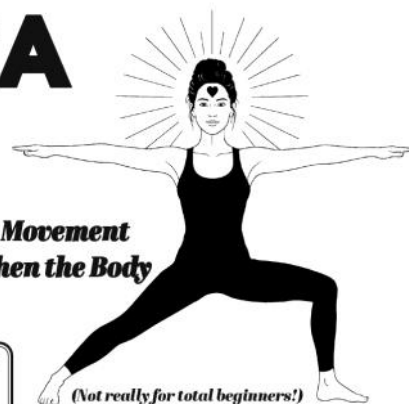
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**ADS DIRECTORY now on back page and at
www.locallynx.co.uk**

WHAT'S ON

VH = village hall

OCTOBER

1st Thu. **Gunthorpe** Wildlife photography talk, VI 7pm
 3rd Sat. **Morston** Bowel Cancer Tea Party at **Blakeney Village Hall** 2:30pm
 4th Sun. **Bale** Harvest Supper, VH 12.30pm
 3rd Sat. & 4th Sun. **Stiffkey** 2TEN Exhibition, Cricket Pavilion
 7th Wed. **Sharrington** Craft Group, VH 10.30am–12.30pm
 7th Wed. **Stiffkey** Local History Group: Evening with Jonathan Draper, VH Doors 6.30pm
 8th Thu. **Sharrington** Noble Rotters, VH 7pm
 9th Fri. **Bale** Fish and Chips, VH 7pm
 10th Sat. **Morston** Churchyard Tidy, All Saints 10am
 10th Sat. **Morston** Morston Mardle, VH 6.30pm
 16th Fri. **Langham** Cheese & Wine tasting VH 6.30pm
 21st Wed. **Sharrington** Tech Skills and Coffee Morning, VH 10am–12noon
 21st Wed. **Sharrington** Gardeners Talk at **Field Dalling Village Hall** 6.30pm
 23rd Fri. **Bale** Bale Oak Bar, VH 6.30-9.30pm
 24th Sat. **Sharrington** Stage Direct play, VH
 25th Sun. **Stiffkey** Rescue Wooden Boats, Greenway 11am-4pm - last day to visit until Easter
 29th Thu. **Gunthorpe** Quiz night, VI 6.30pm
 29th Thu. **Langham** Cindy Buxton talk at **Blakeney Village Hall** 6.30pm
 31st Sat. **Binham** Halloween Party, BMH 6pm
 31st Sat. **Gunthorpe** 50:50 Club coffee morning, VI 10.30am
 31st Sat. **Sharrington** Terence Blacker, VH 7.30pm

NOVEMBER

4th Wed. **Sharrington** Craft Group, VH 10.30am-12.30pm
 5th Thu. **Gunthorpe** Bonfire night celebrations, Village Green 6.30pm
 11th Wed. **Sharrington** Gardeners Talk Field Dalling VH 6.30pm
 13th Fri. **Bale** Fish and Chips, VH 7pm
 13th Fri. **Binham** FOBP, Wells RNLI - From Past to Present, BMH 7pm
 13th Fri. **Langham** Quiz night, VH 6.30pm
 19th Thu. **Sharrington** Noble Rotters VH 7pm
 21st Sat. **Binham** Christmas Fair, BMH 10am - 2pm
 22nd Sun. **Gunthorpe** Piano trio concert, Mere Place 3pm
 23rd Mon. **Stiffkey** Parish Council meeting, VH 7pm
 27th Fri. **Bale** Bale Oak Bar, VH 6.30-9.30pm
 28th Sat. **Gunthorpe** 50:50 Club, coffee morning, VI 10.30am
 28th Sat. **Langham** Christmas Fair, VH 10 -12noon
 28th Sat. **Sharrington** Christmas Fayre VH 10am-1pm

REGULARS

Mondays **Bale**, Painting Group, VH 1-4pm (7th Sept.–14th Dec. 2026)
 Mondays **Binham** Pickleball Group, BMH 4-6pm
 Mondays **Sharrington**, Yoga class, VH 11am-12noon (Not Bank Holidays)
 Tuesdays **Binham** Art Group, BMH 9.30am-12.30pm
 Tuesdays **Field Dalling** Judo VH (6pm under 5-15yrs, 7pm 16+yrs)
 4th Tue. Of the month **Field Dalling** U3A Art for Fun, VH 1.30pm
 Wednesdays **Binham** Youth Group, BMH 6pm-8pm (during term time)

1st Wed. of the month **Field Dalling** Coffee morning, VH 10.30am
 3rd Wed. of the month **Binham** Cosy Club, BMH 2-4pm
 3rd Wed. of the month **Field Dalling** U3A Psychology, VH 10am
 4th Wed. of the month **Field Dalling** U3A Military History, VH 10am
 4th Thu. Of the month **Field Dalling** U3A Architecture, VH 10.30am
 Last Thu. of month **Binham** Social Night, BMH 7pm
 1st Fri. of the month **Field Dalling** Firsty Friday, VH 6.30pm
 2nd Fri. Of the month (usually) **Field Dalling** Bingo, VH doors open 6pm, eyes down 7.30pm
 4th Fri. of the month **Field Dalling** U3A Family History, VH 10am

POST OFFICE & LIBRARIES

Thursdays **Langham** Mobile library, St Marys Estate, 18th Oct. and 5th Nov. 4.20 - 4.35pm
 Wednesdays **Langham** Mobile post office, VH 9.45 - 10.15am
 Fridays **Sharrington** Library Bus, VH 3.25 pm, 9th October & 6th November

Local Lynx is a non-profit-making community newspaper for the ten villages of the benefice.

We welcome **articles, drawings, photos, poetry and advertisements** for publication from all ages but the editor reserves the right to edit or omit submissions. A **maximum of 400** words is recommended. Please contact your local rep on their email or phone number listed under your own village heading.

All submissions must go through the village rep.
 For general information: lynxeditor@pobox.com.

Deadlines for submissions to reps are: 6 January, 6 March, 6 May, 6 July, 6 September & 6 November

And please don't forget....

Lynx 170 and all back issues are permanently available on our website at www.locallynx.co.uk. The website now has an **Ads Directory**, an **'In More Detail'** page and a **'Local Charities'** page to cover relevant articles in greater depth. (Paper copies of website articles are always available from Roberta on 01263 740188.)

Newsletter and Website Advertising

For enquiries about advertising in Local Lynx, contact Sally Metcalfe: sallymetcalfe@btinternet.com

Rates for advertising (pre-paid) are:

One column x 62 mm (1/8 page): £72 for six issues.

Small Ads Panel on the back page:

Available for individuals and businesses providing local services. Cost: £36 for six issues.

ST. PETER'S CATHOLIC CHURCH

Back Lane Blakeney NR25 7NP

Mass Sunday - 11am

Mass Wednesday - 9.30am

Holiday of Obligation 9.30am

www.catholicparishofwalsingham.org

Church Services for Bale and Stiffkey Benefice for October and November 2026

HC=Holy Communion. CFS=Church Family Service. MP=Morning Prayer. BCP=Book of Common Prayer CW- Common Worship

Parish	4 th October	11 th October	18 th October	25 th October
Bale	11am Harvest Service with Communion			
Field Dalling		11am CFS	At Saxlingham	11am MP BCP
Saxlingham		At Field Dalling	11am HC BCP	At Field Dalling
Gunthorpe		11am Harvest Festival		
Sharrington	9.30am MP BCP	9.30am HC Harvest Festival	9.30am MP CW	9.30am HC
Binham	11am Harvest Thanksgiving	11am MP	11am MP	11am MP BCP
Morston	9.30am HC BCP		9.30am MP BCP	
Langham	At Stiffkey	9.30am MP BCP	At Stiffkey	9.30am MP BCP
Stiffkey	9.30am Harvest Thanksgiving Service	At Langham	9.30am HC BCP	At Langham

Parish	1 st November	8 th November Remembrance Sunday	15 th November	22 nd November	29 th November
Bale	9.30am HC	9.30am Service of Remembrance			At Sharrington
Field Dalling		10.50am Service of Remembrance	At Saxlingham	11am MP BCP	At Sharrington
Saxlingham		At Field Dalling	11am HC BCP	At Field Dalling	At Sharrington
Gunthorpe		10.50am Service of Remembrance			At Sharrington
Sharrington	9.30am MP BCP	9.30am HC Service of Remembrance	9.30am MP CW	9.30am HC	10.30am HC Group Service
Binham	11am HC	10.50am Service of Remembrance	11am MP	11am MP BCP	At Sharrington
Morston	9.30am All Souls' Day Service HC BCP	3pm Service of Remembrance	9.30am MP BCP		At Sharrington
Langham	At Stiffkey	10.50am Service of Remembrance	At Stiffkey	9.30am MP BCP	At Sharrington
Stiffkey	9.30am MP BCP	At Langham	9.30am HC BCP	At Langham	At Sharrington

Additional Services

Wednesday 11th November: Remembrance Day gathering at the War Memorial, 10.50am.

RECTOR'S LETTER

My Dear Friends and Parishioners,

At this time and in these days we find ourselves somewhat thinking of time and seasons passing. God made us, male and female, to be together or to be alone. I met a few weeks ago two young women and their Clydesdale, who was pulling an old gypsy caravan. They had been visiting friends and family for a month and were walking back to North East Lincolnshire. We had a good talk and discovered that we had lots of people and places in common. They'd stayed at Narford in West Norfolk where my late friend Charles Fountaine lived. I used to ride there; and one November morning, out with the Irish groom (Come on now, Sir, it's only 14 feet high...) – straight through the hedge, our horses absolutely stopped still. No amount of encouragement would move them. Then we saw, towards West Acre a white stag in the mist and fluttering above him a barn owl.

It silenced two Cork men – a miracle in itself. We sat and gazed and were transported to the land of deer and unicorns. Then the mist came down and they were gone. "I think we'll walk back," said the groom. We sang the hymn to Mary.

The two young women talked of the 'deep magic' of the earth. C. S. Lewis, Professor at Cambridge and Oxford, who wrote the Narnia saga, wrote of the 'deep magic' which is profoundly Christian, strong and eternal. Aslan gives himself to be slaughtered, an image of Christ and is re-made, as Christ was resurrected. At the end of the year we surrender to fallen leaves and death. But we shall rise again.

The white stag and white owl stand for all that has been and all that shall be. Christ is in all and is deep magic: sacrifice unto death and resurrection.

That quiet power gives us leave and power and authority to forgive and to enjoy and to enter upon an eternity which is inexpressible. In my end is my beginning.

Yours very truly,

Ian Whittle, The Rectory, Langham 01328 830246

From: East Coker (Four Quartets)

*Home is where one starts from. As we grow older
The world becomes stranger, the pattern more complicated
Of dead and living. Not the intense moment
Isolated, with no before and after,
But a lifetime burning in every moment
And not the lifetime of one man only
But of old stones that cannot be deciphered.
There is a time for the evening under starlight,*

*When here and now cease to matter.
Old men ought to be explorers
Here or there does not matter
We must be still and still moving
Into another intensity
For a further union, a deeper communion
Through the dark cold and the empty desolation,
The wave cry, the wind cry, the vast waters
Of the petrel and the porpoise. In my end is my beginning.*
T. S. Eliot (1888 - 1965)

LOOKING AFTER LOCAL LYNX

Local Lynx is a not-for-profit community paper covering the villages of Bale, Binham, Cockthorpe, Field Dalling, Gunthorpe, Langham, Morston, Saxlingham, Sharrington and Stiffkey.

Currently distributed to over 1,100 households it has an estimated readership of over 2,000 as well as over 800 readers on-line at www.locallynx.co.uk.

Financially the paper is supported by the parish councils and parochial church councils of the villages concerned and by the wonderful local businesses who place their adverts with us. We also have great support from our readers. If you like what you read and would like to make a contribution to the running costs of the paper then these can be made by contacting the editor at lynxeditor@pobox.com or by direct bank transfer to: Local Paper a/c 65004288 sort code 09-01-54.

Lynx Internet Banking and Standing Orders

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HIRE YOUR LOCAL VILLAGE HALL

If you are planning a public event or private party, our benefice's village halls cater for all shapes and sizes at very reasonable rates. Think "community" and get in touch to find out more.

Binham Memorial Hall (max 150) contact: see page 16 for details

Field Dalling & Saxlingham Villagers' Hall (max. 100) contact: booking@fdands.org

Gunthorpe Village Institute
contact: 01263 860051 stevestarkings@gmail.com

Langham Village Hall (max. 100) contact:
frances.mackay@btconnect.com

Morston Village Hall (max. 70) contact: 01263 741082

Sharrington Village Hall (max. 90) contact:
sharringtonvh@gmail.com 01263 860097

COMMUNITY NEWS

COUNTY COUNCILLOR'S REPORT

...from CC Victoria Holliday

School Uniform Support

Support is available for families who may be struggling with back-to-school costs, including essential clothing and school uniform. To apply for school uniform support go to www.norfolk.gov.uk/article/70800/School-Uniform-Support-Fund.

Residents who are not able to apply online can apply by phone through the NCC Customer Contact Centre on 0344 800 8020.

Find out more about the range of help available through the Crisis and Resilience Service at www.norfolk.gov.uk/CRS.

Recycling Update

Norfolk County Council is now only accepting unwanted fridges, freezers and other cooling appliances at the county's largest recycling centres. Hempton is our closest. This is due to a national shortage of specialist recycling and treatment capacity across the UK.

Better Bus Services

Many residents living in villages have said they really need better bus services. I've been speaking with NCC to see if anything can be done to improve this. To that end, we've created a very simple three question survey to see where people need to get to from villages which have no or very limited public transport. The responses will help shape any future changes.

Email victoria.holliday.cllr@norfolk.gov.uk with your answers to the 3 survey questions below:

1. Name of village where you live
2. Where you want to get to by bus
3. Reason for travel: e.g. leisure, work, other

Care Support Advice

If you would like help or advice about care support you or a loved one needs, or help with paperwork or online forms, there is a social worker available at Heritage House, Wells, two days a month, next dates are 5th and 20th October, and at Glaven Caring, Blakeney, next dates 2nd and 13th October, and 6th and 17th November. No appointment is needed.

Fire Safety

Fire safety advice, including safety both inside and outside the home, is available on the county council webpages. You can also request a free home fire safety visit if you're worried about your or a friend, neighbour or loved one's fire readiness by filling in the online form at <https://www.safelincs.co.uk/hfsc/>.

Half-price motorcycle training course

Norfolk residents can book the Huger motorcycle training course at half price for sessions between August and October 2026. This is part of the Norfolk Road Safety Partnership campaign encouraging drivers and motorcyclists to take simple steps to reduce serious and fatal collisions.

Do get in touch if you have any questions.

Victoria.holliday.cllr@norfolk.gov.uk

Cllr Victoria Holliday, Wells Division

County Councillors' contact details:

Victoria Holliday: County Councillor Wells Division -

Glaven, Priory and Walsingham Parishes (incl. Binham & Cockthorpe, Brinton & Sharrington, Field Dalling & Saxlingham, Langham, Morston, Stiffkey)
victoria.holiday.cllr@north-norfolk.gov.uk
Andrew Brown: County Councillor Melton Constable Division (incl. Bale and Gunthorpe Parishes)
andrew.brown@north-norfolk.gov.uk 07970 298695

DISTRICT COUNCILLOR'S NEWS

...from DC Victoria Holliday

Mobile Not Spots

There is just time to respond to the mobile connectivity survey - we're trying to find all the not spots (where you live or travel) so we can report actual live data to the network operators in the hope we'll eventually get improved signal. The survey is on the NNDC website under 'news' or <https://www.north-norfolk.gov.uk/news/2026/august/tell-us-about-poor-mobile-connectivity/>.

Finance

The current projected Outturn for 26-27 is a surplus of £367k. This is despite budgeting to put £500k into Local Government Reorganisation.

Increased Penalties for Fly Tipping

NNDC is voting to increase fixed penalty notices to the allowed maximum to deter Environmental waste crime. We have lobbied the Government to take responsibility for the removal of fly tipping on private land as that is such a burden on landowners who are not always wealthy.

Hardship Support

NNDC put £50k aside for energy support earlier this year. Do come forward if you're struggling to afford oil - winter is just around the corner and about half this money has been spent already. Contact Financial Inclusion on 01263516221 or email financial.inclusion@north-norfolk.gov.uk.

Housing

The additional income from second home council tax is being put towards purchasing more units of temporary accommodation for homeless households and as grants for Housing Associations to build more affordable homes.

District Councillors' Contact Details:

Sarah Butikofer e:sarah.butikofer@north-norfolk.gov.uk
(Binham/Cockthorpe, Field Dalling/Saxlingham, Gunthorpe/Bale, Langham)

Andrew Brown e:andrew.brown@north-norfolk.gov.uk
(Sharrington) 07970 298695

Victoria Holliday: (Morston & Stiffkey)
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Glaven News and Diary Dates

All welcome – young and not so young, able and not so able, at our day care centre for the elderly in Blakeney. Run by our team and volunteers for the local community.

Happy Mondays

Join us for lunch - two courses for just £8 – every Monday. Do book early to avoid disappointment.

Monday Knit and Natter

10am to 12 noon at the Glaven Centre – we are knitting and crocheting our Toto The Seal mascots which we will sell to raise funds for our client activities and trips out. Please do help us.

Tuesday Coffee, Cake and Cards

With raffle 10.00 to 12 noon every Tuesday - donations please for delicious teas and coffees.

NEW Bridge Club every Tuesday evening

6pm to 8pm – at the Glaven Centre. Tables for both experienced players and learning players.

Thursday Chatty Café

'Chatter and natter' - pop over for a friendly chat every Thursday 10am to 12 noon.

First Friday of the Month

2nd October and 6th November

Caring for the Carers coffee, chat and lots of advice from other carers, our team, and a representative from Social Services - 10am to 12 noon first Friday of the month.

Formula 1: Behind the Scenes



A Talk by Dr Pete Tibbetts At Morston Village Hall

Saturday 10th October at 6:30pm

Dr Pete Tibbetts, who, whilst working for motorsport's governing body, the FIA, attended over 380 Grands Prix, and at 360 of which he was in the Safety Car.

Tickets £15 (including a drink on arrival and canapés during the interval)

Email: MorstonMardle@gmail.com

Or Call: 01263-741082

All proceeds in aid of "The Friends of Morston Church" (Charity No. 1099831)

**Third Friday of the Month
16th October and 20th November**

Board Games & Chat, coffee, chat, chess, and more.
Free to attend and all levels welcome - 10am to 12 noon
every third Friday of the month.

Would you like to drive our bus?

Volunteer bus drivers welcome, please contact us if
you are interested for one or two shifts a month.

www.glavencaring.co.uk 01263 740762

AUTUMN'S NATURAL WONDERS

A talk by local naturalist David Horsley

Glaven Caring, Blakeney

Monday 5th October at 2pm

Why not join us for lunch and then listen to the talk?
Booking essential on 01263 740762.

FAKENHAM CHORAL SOCIETY

Fakenham Choral Society is delighted to welcome
James Willshire as its new music director.

James's musical training is as a pianist and he works
as both a performer and teacher. He has performed at
the BBC Proms, on BBC radio, and at concert halls
around the country. His award-winning recordings have
been reviewed internationally and feature works by
under-represented composers. His future concerts
include debut recitals at Wigmore Hall with the
Hebrides Ensemble.

James has previously worked as a conductor in the
Cirencester area with both the Cirencester and Cotswold
male voice choirs, conducted concerts at Hereford and
Truro Cathedrals, and is Director of Music at St Peter's
in Winchcombe.

James comments: "Fakenham Choral Society has a
reputation as one of Norfolk's foremost choirs and I am
delighted to have been selected. I look forward to
starting work in September on the Christmas concert."

Chair of the Society, Rosemary Dear said: "We
carried out a thorough selection process involving the
whole choir, who all had an anonymous vote indicating
which candidate they preferred. James was the most
popular choice, both with the interviewing panel and the
choir members. We're all looking forward to starting
rehearsals with him in September and working on our
Christmas concert, which will be held on Saturday, 12th
December in Fakenham Parish Church at 5.30pm."

Further details of the Christmas concert will be
available here: **www.fakenhamchoralsociety.org/
forthcoming-1.**

Fiona Thompson



Garden & Ground Services
07867 398 547
fnewton2802@gmail.com

FULLY INSURED

BALE

Contact: David Bridge
david@bridgeifa.co.uk

VILLAGE HALL NEWS

The hall was practically bursting at the seams at the
annual barbecue on Sunday 30th August. After the
glorious summer, the weather gods were not kind so all
were indoors except for chef John, who got slightly
damp despite being followed around by Tracy with an
umbrella, when the rain started to fall. Nevertheless, it
was the usual excellent evening, with the catering menu
completed by Alastair, Paul and Ann and a good time
was had by all.

The next special event on the village hall calendar is
the Harvest Lunch, which replaces the traditional
Harvest Supper. This will be on Sunday 4th October at
12.30pm and will consist of our usual two-course meal
of cold cuts, salads etc. and desserts at a cost of £10 per
person. In the spirit of gratitude for the harvest,
attendees are invited to also bring along a donation for
the local food bank if possible. The bar won't be open
so please bring your own liquid refreshment. Booking
via the village WhatsApp.

Fish and Chips evenings for the coming period are
on 9th October and 13th November. Please put in your
order via WhatsApp by 5pm on the day (if the fish pie
option is available, orders by Wednesday).

The Bale Oak Bar (BOB) will be open for business,
serving beer, wine, gin & soft drinks on Fridays 23rd
October and 27th November.

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Bale 100 Club winners

July

1st Dawn Baker
2nd Jen Moore
3rd Dan Marsden
4th Evan Turnbull

August

1st Ann Wall
2nd Olivia Marshall
3rd Fiona Nielsen
4th Daisy Wall

WILD BALE

A Bird's Bill

The ability to fly means that a bird's forelimbs have only one function, to enable flight or in the case of Penguins swimming, and that means that the bill is their main tool for grasping, carrying, cleaning, fighting, digging, drumming and nest building.

Nearly all the birds we observe in our gardens in Bale have different sized and shaped bills allowing them to specialise on the foods they consume. Greenfinches have heavy bills with sharp edges allowing them to break open seed shells in comparison to Goldfinches that have a narrow beak that is pointed enabling them to take very small grains such as nyjer seed.

The bill consists of the upper and lower mandibles connected by a layer of toughened skin. The edges may be sharp for cutting or serrated for grasping. Ducks have very sensitive receptors on the edge of the bill so they can feed "blind" in murky water.

The upper mandible has nostrils, though some high diving birds, such as the Gannet do not have external nostrils as they are mouth breathers and dive with the bill closed. This stops water flooding the airways when they dive deeply for fish.

A bird's bill is formed as a horny sheath that peels and is replenished from beneath. This grows some 0.2 – 0.5 mm per day in Oystercatchers and this allows the bill shape to change depending on what food is available. A Puffin's bill loses much of its colour in the winter and then the old growth exfoliates in the spring to expose the bright colours underneath for courtship. A Puffin's bill also has spines on the upper palate to ensure it grips a large number of fish while still hunting more.

A bird's beak is very important for drinking, preening, displaying, excavating and defending a territory. The bill is used to clean each feather and to massage oil from the gland at the base of the tail into the feathers creating a waterproof covering.

Ornithologist can determine a bird's family group by considering the bird's bill shape, size and structure. Sparrows and finches have short stout bills, birds of prey have hooked bills for tearing flesh, woodpeckers have chisel like bills for removing bark from trees, warblers and

flycatchers have slender bills for taking insects.

A bird's bill can also restrict it from certain foods, for example Long-tailed tits and Blue Tits cannot shell seeds such as black sunflower and is why they tend to take peanut bits and soft suet from garden feeders. *Paul Laurie*

BALE BOOK GROUP

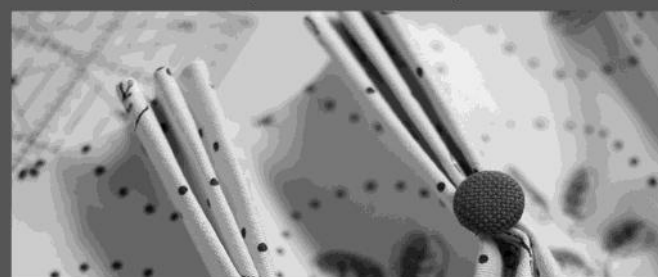
Crossing To Safety by Wallace Stegner

This is the American author Wallace Stegner's last published novel in 1987. It is semi-autobiographical and the group discussed the implications of publishing a personal story with real characters and how that might affect real life relationships.

The start of the novel is set in 1972 when Sally and Larry Morgan (Larry by then a successful author) travel back to Vermont to visit Sid and Charity Lang, their longterm friends. Larry is the narrator of this story of their lives and their friendship which began when the men were colleagues teaching at the University of Wisconsin. The focus is on the four main characters and how they cope with adversity. One group member described it as a story of "survival with support". The two couples are from very different backgrounds with different financial circumstances but Charity is endearing because of her generosity, although her levels of control over all the characters dominate the friendship, even when she lights up the world with her smile. Sally becomes disabled by polio after having her first and only child but accepts her situation angelically and the author paints a very realistic picture of living with a physical disability. Larry is ambitious and talented, Sid longs to write poetry but is constantly pushed by his wife to write academic essays to be promoted and confirm their social status. Male friendship is a strong part of this story.



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Some of the group found the early chapters about academic life hard-going. There are numerous literary quotes and references but we agreed the final chapters were worth the wait. It is shockingly detailed in places and the cruelty displayed by Charity in dying her own way without consideration of others was discussed in the group. We talked about the animal instinct to hide away for birth and death and it is hard to read this novel without reflecting on your own mortality.

So if you want an action-packed read, this is not for you. However, these characters stay with you and I can highly recommend reading this book and reflecting on the power of friendship, the fortune of good health and the process of death.

Fiona Andrews

BALE PAINTING GROUP

Each week a different theme is suggested, sometimes with a tableau, to create a picture using the subject matter. It is interesting to see what is produced as everyone has their own view of both the subject matter and the angle they are to the tableau in front of them. There is no right or wrong in art. If you see it as a colour or shape and can reproduce it in your piece of art, that is perfection at the time.

There will be opportunities to paint fire and smoke as this time of year brings the unique UK bonfire night and more the global Halloween. Although Halloween was exported to the USA, with colonisation, in the past the American version is not to everyone's taste, pictures of pagan pageants await.

The group is open to more would-be artists, so if you'd like to come along or suggest to an acquaintance if they'd like to try a session, or come together, all are welcome. Sessions run until 14th December.

Contact: TheBalePaintingGroup@Outlook.com.

Peter Jones

ALL SAINTS BALE

To co-ordinate with the Harvest Lunch on 4th October, this month's 1st Sunday service will be the Harvest Festival, at the later time of 11am. The service and the lunch are separate entities but it was felt that those who attended the service could then proceed directly to the Village Hall in time for a pre-lunch drink before sitting down to eat. In celebration of harvest there will be the well-loved traditional hymns, an addition to the usual "said" Sunday service.

In November, the service will return to the normal time of 9.30am on Sunday 1st November (All Saints' Day).

Paula Moore



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BINHAM

Contact: Paul Bailey 07401 315714
paulbailey04@aol.com

BINHAM MEMORIAL HALL

The sun kept shining for us and the summer fete was once again a great success. Thank you for your support. It was lovely to see so many villagers and visitors enjoying everything on offer, from the fun dog show, music, stalls, crafts and games. We hope there was something for everyone.

Thank you also to everyone who supported the event donating prizes, it so very much appreciated, as well as everyone involved in helping, both on the day and also with planning; too many to mention, but you know who you are. If you'd like to be involved in the 2027 event, please let us know.

On the Wednesday prior to our fete weekend, the sun didn't shine, well not for a short while, when we hosted an eclipse event by the North Norfolk Astronomers. Wow, we were absolutely overwhelmed by the amount of visitors that arrived with all sorts of paraphernalia to observe this cosmic phenomenon; it certainly did put Binham Village Hall on the map.

All the family are welcome for our Halloween party on Saturday, 31st October at 6pm. A free fun evening of music, games, food and treats and prizes for the best ghost, ghoul or monster. Come on, get those costumes ready.

It's September, and I've already seen Christmas bits and pieces in the shops, so I guess it's not too early to mention the Christmas fair from 10am to 2pm on Saturday, 21st November for crafts and gifts and this year's Christmas supper which will be on Saturday, 5th December at 6.30pm for 7pm and is an opportunity for us all to come together for an enjoyable festive evening of merriment and a traditional Christmas meal (vegetarian option available), plus bar. Or bring your own wine £5 corkage. Tickets in advance £10 from any of our team (please make known any food allergies, or dietary requirements). Keep an eye out too for other upcoming Christmas events at the hall.

And finally a reminder of monthly regulars. Firstly the Cosy Club, on the third Wednesday of each month from 2-4pm and secondly our social evening on the last Thursday of each month from 7-9pm. Board games, pool, table tennis. Bar and nibbles. Every Monday,

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BINHAM YOUTH GROUP

We are back at Youth Group after the long summer break and looking forward to the next few weeks.

Due to the lack of rainfall and the hosepipe ban in July, we were not able to go ahead with the much anticipated "Wet Night" before the summer break. This is the first time ever we have had to cancel, but everyone understood and we still had a good turnout.

We will be thinking ahead to our Halloween party and we hope you are planning your scary, unusual or devilish costumes.

Youth Group meets every Wednesday at Binham Village Hall 6pm-8 pm, during term time. Entry is £1. Popular tuck shop, outside playing field and play area, games, craft and more. All 5 - 16 year olds welcome. Come along and meet us. All adult helpers are volunteers and are safeguarding and first aid trained. No mobile phone policy.

Contact Andrew Marsh 01328 830178, or Amanda Able 07776 031662, or visit our Facebook Page.

Amanda Able

BINHAM WITH COCKTHORPE PARISH PC

At last, the rain has come which is good news and I am always amazed at how quickly the fields and lawns recover. At the same time most of the harvest has been completed. I gather the yield is not the best, but the lorries, tractors and trailers are still 'charging' through the village. Next will be the sugar beet.

As there is little to report I am mindful of what the PC's responsibilities are and would say that parish councils (PC) are the lowest tier of local government but do have an important role within their community. Hence Binham with Cockthorpe Parish Council aspires to providing a supportive approach to ensure that encompasses both communities to deliver local services aiming to improve quality of life for those who reside within both villages. How is the PC funded you may ask. It is through the precept, a small local tax added to each resident's council tax bill. When necessary, it is possible to apply for specific grants and external

funding for the larger projects as discussed and agreed by the PC on behalf of the community.

The PC is responsible for several local services and facilities not least the village greens and common land for example grass verges, maintaining the bus shelter and providing waste and dog bins and the upkeep of the parish council cemetery. The PC at their bimonthly meeting, which is open to the public, reviews associated planning applications after which the PC clerk conveys agreed comments to the appropriate District or County Council planning department. The PC also works closely with the police, highways authorities on associated crime and traffic issues and district and county councillors who attend. Lastly, and when necessary open public meetings are advertised and held to garner, understand and recognise resident's needs from which the PC will react and respond appropriately and in a timely manner.

However, I would reiterate that we all have a responsibility to be aware of anti-social behaviour (ASB) and possible safeguarding issues and not be afraid to come forward as outlined in the last edition by contacting the police (www.norfolk.police.uk), local authority (www.northnorfolk.org), and social housing landlord. Such behaviour can and does cause alarm and distress to an individual, the community or indeed the village environment (<https://www.ourwatch.org.uk/asb>). Most issues can be slow to manifest and are most often associated with neighbour disputes, noise nuisance, harassment and intimidation, environmental ASB behaviour such as dumping rubbish, street drinking and antisocial driving.

The PC is still hoping that residents might like to join a group to maintain the grass verges and flower bed adjacent to the bus shelter. Do get in touch with the parish clerk Sarah Hayden for further information (clerk@binhampc.norfolkparishes.gov.uk).

Elizabeth S Brady, Chair

FRIENDS OF BINHAM PRIORY

We are excited to announce that our next talk on Friday 13th November, is being given by Nicky King, Coxswain of Wells RNLI.

Wells RNLI - from Past to Present, is a fascinating talk exploring the history of Wells Lifeboat Station and how saving lives at sea has changed through the generations. Nicky will share the story of the station, its lifeboats and the generations of volunteers who have served the community, as well as some of the remarkable changes he has witnessed during his own time with the RNLI. The talk will bring

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the story right up to the present day, including the move to the new lifeboat station and the arrival of its state-of-the-art Shannon class, all-weather lifeboat, the Duke of Edinburgh, alongside the station's D Class inshore lifeboat, the Peter Cox. RNLI merchandise will be available to purchase at the event, giving visitors another opportunity to support the charity.

Doors open at 7pm, for a 7.30pm start and tickets are £12.50, including a glass of wine/soft drink. Tickets are available from 18th September for FOBP members and from 2nd October for the general public. Visit the The Maltings website at wellsmaltings.org.uk for on line bookings, or ring 01328 710885, or call in person.

Roy Lawrence

BINHAM FLOWER BOXES

Many thanks for the lovely comments that we've been receiving regarding the flower boxes dotted around the village.

In order that we can ensure that the boxes can be kept going in future years, we would very much appreciate some help with planting, watering and maintenance.

Any offers of help would be most gratefully received, so please call me on 07435 788221. *Liz Brown*

BINHAM MEMORIAL HALL 100+ CLUB WINNERS

July

Jane Grange £25
Richard Fisher £10
Jane Groom £5
Liz Hall £5

August

David Frost £25
Julia Wright £10
Vanessa Buxton £5
Mark Bartram £5

For just £1 per month, you can help provide much needed support for Binham Memorial Hall. Monthly cash prizes as shown above, with a £50 bonus draw in December. So if you would like to join, please contact me on paulbailey04@aol.com. *Paul Bailey*

BINHAM ART GROUP

Autumn is upon us after such a brilliant sunny summer so how can we get inspiration to take up a new challenge in our art. Although it is a season when things begin to shut down it is also a season where we can take up a new dimension in our art to try something more challenging. As a long time member now of the Binham Art Group I often get inspired when I look around at what other artists are achieving and think maybe I could do that or at least my version of that. So this is a season

of challenge where we leave the garden behind and find extra time to indulge in something new.

When we look at the wonderful skies of North Norfolk and see God's dramatic cloud formation I stand in wonder of such a masterpiece and want to try and replicate it. Most pictures have some sky in them which can determine the mood of the scene you are painting, from dramatic to serene, and the weather is something we all talk about as it affects us all. Hopefully we can capture a little of the drama going on overhead in our art this season.

As an art group we have a warm friendly atmosphere where fellow artists help each other and encourage each other. We are always looking out for people who will come and do a demonstration or workshop to help us progress and inspire us. If you know of an artist who would like to come and do a demonstration, please let us know.

Our art is on display at The Gallery at The Chequers in Binham, so if you are looking for a gift or a new painting for your house do pop along to this friendly pub and have a look around. Contact **susanaedwards09@gmail.com** *Sue Edwards*





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COCKTHORPE

Contact: Juliet Case
julietcase@live.com

As summer draws to a close, children return to school for a new term and some start for the first time, a huge step.

Due to the long hot summer and lack of grass the lambs are still in the barn. They have grown very well.

Great news, Lucky has joined the flock. It was rather like sending your child to school for the first time; you know you have to do it but hope that happiness, joy and world peace is the outcome! Lucky is doing well, my shy retiring little lamb is actually a very feisty little know it all.

The next discovery on my nature trail are the bats in the church; apparently a large colony. I have a lot to learn.

Stay safe and take care of each other. Watch this space for news of the Cockthorpe carol service.
Juliet Case

FIELD DALLING

fielddallinglynx@gmail.com
Queries: Samantha Duncan

200 CLUB WINNERS

August club winners: £50 Sam Duncan, £25 Deborah Wilson, £15 Patricia Moore.

FIELD DALLING & SAXLINGHAM VILLAGE FETE

What a wonderful day we had at this years fete, superb weather and lots of visitors.

The event was kicked off by Rev Whittle kindly opening the fete, wearing a very jolly hat.

Then the band struck up and we were away.

People queued over 100 yards down the road to enter and poured in to enjoy the delights on offer, books, plants, gifts, white elephant, BBQs. Strawberries kindly donated by Sharrington Strawberries and ice cream donated by Pointens Dairy.

The tombola was extremely busy as were the lovely teas

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with delicious cakes on offer. The cake stall was huge with three large tables full of donations of cakes, bread, quiches, sausage rolls and more.

The games were very busy with a Petanque game, Spin the Wheel, Aunt Sally, Hoopla, Treasure Island and two new games of Horseshoe Hoopla and Crockery Smash which proved very popular.

The raffle was amazing and most tickets were sold. Thanks to all the wonderful donations of fabulous prizes.

Lots of money was raised for St. Andrews Church, Field Dalling, St. Margarets Church Saxlingham and the Villagers Hall. Exact figures have not yet been confirmed but it is close to £900 each which is an amazing amount.

A huge thank you to all that helped in any way, which were alot of villagers, without whom it could not have happened. We rely heavily on village participation and are always blown away how it appears happily and willingly.

Save the date for next years fete on 7th Aug 2027.

Villagers Hall Committee

A heartfelt thank you to the Village Fete Committee (Sam, Marcus, Andrew and Sue) for their hard work, dedication and organisation in making this year's fete such a success. Thank you also to everyone who supported the event, whether by volunteering their time, lending a hand behind the scenes or simply coming along on the day. The funds raised for the village hall play an important role in helping to maintain this valuable community asset to a high standard for everyone to enjoy.
VHC

VILLAGE BINGO

Friday 11th October 2026

The Village Bingo on Friday 11th October, by kind donation from Ian and Debbie Ladley, will be in aid of St Andrews Church, Field Dalling.

The PCC are extremely grateful and there will be refreshments before and at the interval, along with a fantastic raffle organised by Debbie with the PCC's help.

Doors open at 6pm and eyes down at 7.30pm, please come along and enjoy a great night at bingo!

NCT CYCLE, BIKE & WALK EVENT

12th September 2026

We took part in this annual event with the bonus that Marcus Flint kindly cycled in aid of St Andrews church in Field Dalling.

He had organised an ambitious route covering nearly 30 miles! As of yet we don't have the full figure from his sponsorship but it is well over £500 at least. Well done and thank you to everyone who has sponsored him.



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All monies that are raised will be split equally between Norfolk Churches Trust and St. Andrews church.

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GUNTHORPE

Contact: Jane Carwardine 07989 534145
jacarwardine@googlemail.com

FOGPC

50/50 Club Draw Results

July		August	
Libby Norton	£20	Annette Ward	£20
Liz Marsden	£10	Callum Dryden	£10
Julian Hammond	£5	Niamh Shevlin	£5
Alice Lemberger	£5	Josh Kingsbury	£5
Doreen Webster	£5	Harriet Lindsey	£5
Michele Healey	£5	Bill Hill	£5
Michael Bunting	£5		

Well done to the 50/50 Club prize winners of July and August. The July draw took place at the Gunthorpe Village 1940's Street Party, organised by the Village Institute committee. It was a wonderful event, and it was great to do the draw in front of a crowd dressed in 1940s outfits.

August's draw was back to the Village Institute, with tea, coffee and cake organised by Susan, who has taken over from Myfi and Julia who have done a fantastic job over many years – time for them to sit back and enjoy the coffee and cake now.

The 50/50 club raises funds for the Friends of Gunthorpe Parish Church (FOGPC), which is a secular (non-religious) charity set up to maintain the building and grounds of St Mary's Church in Gunthorpe. The 50/50 Club is so named because 50% of the income is given back as prizes.

If you would like to join the Friends, membership is a minimum of £5 per year. If you would also like to enter the draw, the cost per year for one entry per month is £12. The more entries we have the more we can give back in prizes and there is no limit to the number of entries you can have.

Each draw takes place on the last Saturday of the month at the Gunthorpe Village Institute at a coffee

morning, which starts at 10.30am. Do join us for lovely tea, coffee and cakes and a chat, and a chance to win a raffle prize as well as winning a cash prize in the 50/50 draw.

To join the Friends and/or enter the 50/50 draw, please contact me on laurafranceslatham@hotmail.com
Laura Latham

ST MARY'S CHURCH NEWS

Our monthly services on the second Sunday may have a reputation for being marginally chaotic, but last month the spirit of disorder excelled itself. Often the vicar, organist and congregation have not been at one and vociferous as to the number of the hymn, its appropriate tune, the correct prayer book, page number and reading, with additional accompanying dogs' misbehaviour. This time the organ itself played up, refusing to pipe down when it should have been reverently silent, and sulkily silent when it should have been spirited.

Yet the usual extreme goodwill, wise words of wisdom from the pulpit and poetry, and calming coffee and cake restored an element of appropriate ecclesiastical normality.

Rodney Briscoe, who maintains the organ, blamed the weather and will come when it has finished settling back to normal for a Norfolk summer.

FRIENDS OF GUNTHORPE PC

Celebrating 33 Years of the FOGPC Charity

There was a wonderful turn out for the Friends of Gunthorpe Church charity AGM, celebrating 33 years of fund raising for the upkeep of the fabric of St Marys Church and the church grounds.

The AGM was an upbeat, joyful meeting led by Marie Valk, in which the work of the charity over the last year was reported on. The village acknowledged the enormous success of the committee over their many years of fundraising, especially through the Village Fete, Harvest Supper and monthly 50/50 Club.

The charity was established in 1993 by Marie Valk and Martin Swindells (previous owner of Pebble House) in response to village concerns about the upkeep of St Marys', which has features dating back to the 1300s. Over their time in office, Marie as Chair and Jeremy as Secretary, offered superb leadership being ably supported by Richard Redmayne as Treasurer and John Blakeley as the Subscriptions Officer and 50/50 Club organiser. Also highlighted was the work of Myfi and Julia who have kindly provided refreshments for the



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monthly 50/50 club for many years.

A special thank you was offered to each of them, along with gifts of appreciation, as they retire from their positions and hand over to new appointees. What a fantastic job they have done organising events and raising funds to enable the ongoing repairs and maintenance of St Mary's for the Village.

Marie ended the meeting being hopeful that the new Friends Committee and the new Institute Committee would continue to work well together for the benefit of all in the village.

New Executive Members were voted onto the Committee as follows:

Liz Marsden – Chair, David Paton – Secretary, Simon Latham – Treasurer, Laura Latham – Subscriptions officer & 50/50 Club Lead.

They are supported by Pippa Bunting, Jane Carwardine, Dave Godin and Susan Wood.

Repairs & Maintenance to Gunthorpe Parish Church

Over the last year the Friends of Gunthorpe Parish Church (FOGPC) have continued to fund the repairs and maintenance of St Mary's our village church. Thanks go to all FOGPC paying members, those who take part in the 50/50 Club, and the many villagers who contribute generously through fundraising events.

Liz Marsden

GUNTHORPE VILLAGE INSTITUTE

On Sunday 26th July a 1940s themed street party took place in the village centre, enabled by a road closure for a true party/picnic atmosphere.

Bunting adorned the village hall, and practically everyone who attended turned up dressed in 1940s style clothing. Two classic cars and three motorcycles of the period were on display, some of which had WW2 connections and plenty of food and drink were available in the Institute,

Music of the era played throughout the event, and after such a success, it is proposed to hold another 40s event next year, with the same attractions of a bric-a-brac stall, plant stall, and ice creams. Thanks to everyone who helped in the setting up and running the event, which was very well attended, by villagers, family and friends.

Another village quiz took place on 27th August with 30 participants (making up six teams). Great fun was had by all. The winning team, The Yellow Wellies (again) scored an impressive 65 out of 80, and was awarded the first prize of a bottle of prosecco and a gift

card to use at Byfords in Holt.

The next quiz will be on Thursday 29th October 6.30pm for a 7pm start.

Steve Starkings

FOGPC FUND RAISING EVENTS AUTUMN 2026

Dates for the Diary

The new FOGPC committee is excited to announce the following fundraising events for all to enjoy, and everyone is welcome from the village and beyond. For further information or to book places, please contact liz_marsden@outlook.com.

Wildlife Photography Talk

Thursday 1st October 7pm, Village Institute

An illustrated talk by David Paton sharing beautiful photos and fascinating facts, along with stories of his antics capturing the Norfolk wildlife. Welcome drink, and tea and cake provided. Photo competition and raffle. £7.50 per person, children free.

Bonfire Night Celebration

Thursday 5th Nov 6.30pm, Village Green

Gather with torches and lanterns on the village green to enjoy sparklers. Walk to the Village Institute where hot food and sweet treats will be served, along with fun games for all to enjoy. Sparklers, hot dogs and sweet treats included. £7.50 per person, children free.

Afternoon Piano Trio Concert at Mere Place

Sunday 22nd November 3pm

This event is kindly hosted by Marianne and David at their house, and the performers are David Aitman, piano, Jane Carwardine, violin, Ingrid Perrin, cello. They will be playing works by Haydn (Gypsy Rondo), Bonis (Soir and Matin) and Beethoven (Archduke).

Tickets are £15 with proceeds to be split between the Friends and Village Institute.

The number of seats is limited to 65, and booking will be organised through Eventbrite. Details to follow.

Candle lit Christmas Concert

Thursday, 18th December at 6pm

St Marys Church

Enjoy a very special evening concert packed with festive fun. Music and song, poetry and drama set amongst the backdrop of fairy lights, lanterns and candles. A magical evening for all to enjoy followed by carols around the pulpit. Welcome drink and festive treats served. £7.50 per person, children free.



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WELCOME

We have several people who have moved into the village recently.

A big welcome to Ali and Paul Girling who have moved to Pheasant Cottage. They are keen birdwatchers and enjoy being in nature, so after years of holidaying in this lovely part of the world they are very excited to have set up home in this special place and to be part of the community.

And another welcome to Pete Stapleton and Christine Argill who have moved to Valley Farm. They are hoping to have some fresh eggs available once the chickens have arrived.

We wish them all a very happy time living here in Gunthorpe.
Jane Carwardine

A PLEA FOR VILLAGE PHOTOS

We recently showed a wide range of Gunthorpe village pictures from 1853 to the present day, in a talk at the Institute, and this proved to be a very popular and informative event for both new and long-term residents. The pictures came from a variety of sources and have been collated by John Blakeley (jbconsult@btinternet.com).

We would like to have a similar event in 2027, and we suspect that many readers have more pictures that could be added to the collection, if they agree to their release.

Topics can range from village and church functions, family events in the village such as weddings, historical people and events and just "nice" village pictures such as sunsets, the village in the snow, etc.

If you have, or indeed take, any pictures that you would be willing to let us have for the history collection please either e-mail them to John with details such as when/where taken, etc, or contact him if you have a picture that is not in digital format that can be scanned and returned.

John Blakeley

GUNTHORPE HISTORY

The following article is Part 1 of the sections on "Gunthorpe 1836 and 1845-1900" in the unpublished "History of Gunthorpe" written by Ray Steffens and completed in the 1970s. There have of course been many changes in the village since then, so the article may not always reflect today's Gunthorpe.

The information given here is taken from the various Directories available. (White, Harrod, Kelly, etc). At the beginning of the period, Gunthorpe had attained its maximum population and the tithes had been. "commuted". During the period, the Gunthorpe estate was being developed by John Henry Sparks, and more houses were

built in the village. The church underwent restorations and a new window was placed there. The school was built, a Wesleyan Chapel established, and a Reading Room Society formed. Communications with the outside world were improved with the coming of the railways to Melton Constable. As a result of the changes in the way of life fewer people were working on the land and occupations were changing. By the end of the century, the population here had dropped by over 30% and some of the shops had closed.

1836 White's Norfolk

Although the 1845 edition of this work is rather better known, having been reprinted in recent years, the edition produced by White in 1836 is the earliest known directory of the County of Norfolk.

It gives the population of Gunthorpe as 316 at the 1831 census, the parish being valued for property tax at £1124. It refers to Gunthorpe Hall as "a handsome white mansion" (not the red brick mansion referred to by later writers). The Reverend JH Spark had not long since taken over the estate and apart from him, those known as having estates here were Sir Charles Chad, Shovell Brereton, James Gay and Christopher Winn.

The chief residents are listed as:- William Bridges, blacksmith; Robert Clark, tailor; Robert Clark Junior, beer seller; James Dubble, shoemaker; Henry Fitt, publican at the Cross Keys; Sarah Lynn, shopkeeper, and Robert Porter, shopkeeper. There were 9 farmers: - William Barrett; Chamberlin England; William Margerson; James Massingham; Thomas Pearce; Gould Porter; Martin Porter; John Sands and Israel Winn.

It is interesting that as well as a publican, there was a beer seller in the village then. There is a story in the village that there was once a brewery or distillery of some kind situated near where Briar Cottage now stands. Perhaps Robert Clark the Younger brewed his own beer here. His father would be about 70 years old at this time and died in 1851 aged 84.

It was at about this time, circa 1839, that the "Walsingham Union" came into being. As a result of the Poor Law Amendment Act of 1834, Norfolk was parcelled into unions of parishes. Gunthorpe, Bale and other nearby parishes became part of the Walsingham Union and the "Institution" or workhouse at Great Snoring came into being.

The workhouse (pictured on psge 15) could accommodate up to 250 people and later in its life became a hostel for the elderly. When it closed for this purpose in 1930, it became a smallpox hospital and, later still, a civil defence headquarters. It became known

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--



as “Thursford Castle” and eventually passed into private ownerships. Plans had been made to convert the premises into 35 flats, but nothing came of the scheme. Today, (1970s) it is virtually ruined, and the buildings are considered in a dangerous state (but today’s 2026 local residents will know this has now changed into an attractive modern development).

It was at about this time also that people in this area were emigrating to the New World. How Gunthorpe was affected is not known, but it is known that 30 people left Bale to emigrate between 1835 and 1836. It is also known that over 3000 people left 90 parishes in Norfolk to emigrate at this time.

John Blakeley

LANGHAM

Contact: Debi McIntosh 01328 830767
debimcintosh0@gmail.com

STREET FAYRE 26

We were so lucky to have the best type of weather for our street fayre this year. A bit chilly and cloudy in the morning and warming nicely through the day so huge numbers attend. This may have been helped somewhat by getting our event advertised on Vernon Kay’s radio 2 program the day before, indeed we did hear of a number of people who came as a direct result so, thank you Vernon!

The atmosphere on the street was superb; all generations getting together, enjoying themselves and (importantly for us) spending money. Bailey (the albino barn owl) and his girlfriend Florence were a big hit with more adults than children which surprised us somewhat

but Bluey and Bingo (if you know, you know) were a definite hit with the children. We had really good feedback from the stallholders and entertainers that came, all commented on the lovely atmosphere on the street and all are keen to come back in 2028.

Having just mentioned the entertainers the committee would like to say a big “thank you” to Tracey Blackwell, who once again, gave us a very generous donation towards our evening band. They (Hot Squash) were superb and the crowd they attracted drank our bar dry before they had finished their set which allowed the two committee members who were manning the bar to get out front and enjoy themselves - win, win all round!

As always we would like to extend our grateful thanks to our brilliant volunteers

because, without them giving up their time and being such good ambassadors for our village, we would not have been able to raise the amount of

money that we did, which was (drum roll...) £7,700 which will be shared equally between the village hall and (the fabric of) the church.

For those who volunteered on they day and others that may be interested the village stalls made: dog show £112, cakes £278, raffles £927, bric-a-brac/books £844, bbq £294, bar £2,031, carparks £732, bottle tombola £483, toy tombola £86, housewares £279.



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So, the (new) committee are now going to enjoy a very well deserved break from all things "Street Fayre" and, if they haven't been put off, will no doubt be hard at it later in the year raising funds for 2028's shindig!

Debi, (ex) LSF26 committee

DID YOU BUY A PIZZA AT LANGHAM STREET FAYRE?

You may remember that James Cattle and the team at Contemporary Catering, a local business, sold great pizzas during the evening's entertainment. Payments that were taken by card unfortunately were not processed due to a technical issue with their payment machine. So if you did buy pizza, please check your bank statement and if you think you haven't yet paid please would you kindly contact James Cattle direct on 07919 102064 or info@contemporarycatering.co.uk. Thank you.

CHEESE & WINE TASTING EVENT Friday 16th October

We will holding a cheese and wine tasting evening in the Village Hall on the above date. For those of you who came last time you will know that you're in for a fun (and judging by last time boozy) evening. All of the wines tasted will have been bought from supermarkets. Welcome fizz and canapes will start the evening at 6.30pm and a selection of cheeses will accompany the wines, alongside small dessert treats for the port.

If you would like to join us places will be limited and booking is essential (to ensure we have sufficient food and drink for all). Cost is £30 per person. Please contact Debi on 01328 830767 or 07943 947763.

AUGUST QUIZ NIGHT £329 raised for street fayre

The village came together for a very successful quiz night in early August in support of Langham Street Fayre and its fundraising efforts for good causes within Langham. Residents, friends and families enjoyed an evening of friendly competition, laughter and community spirit with 15 teams tackling a wide range of questions across a variety of entertaining topics including a picture round and a dingbats challenge.

A special mention must go to Alan Smith who did a fantastic job



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as quizmaster keeping the evening moving with a great selection of questions and plenty of good humour. Without a doubt everyone learnt something new! Some great raffle prizes added to the excitement of the evening.

After several closely fought rounds, congratulations went to the winning team of Andrew, Jan, Kate and Neil. The victors not only earned the coveted title of quiz champions but were also awarded the much-admired Langham Street Fayre Glass Platter presented by Debi Godfrey (outgoing chair of the committee). The trophy was made by Langham Glass Company and the winning team get to keep it for 2 years until the next Street Fayre event.

Most importantly, the event raised an impressive £329 for the Langham Street Fayre fundraising efforts which then goes to support worthwhile causes in the village (this year the church fabric and village hall).

Thank you to all those who took part; and all those who helped organise the evening, donated raffle prizes or otherwise supported the event. And if you were in one of the 14 teams of runners up, don't worry, there will be more opportunities to become a quiz champ at a later date! See details of the next quiz evening overleaf

Clare Hyland

COACH TRIP TO NORWICH Sunday, December 6th

Back by popular demand, we're delighted to say that the December coach trip is back on again this year.

Date: Sunday December 6th 2026

Time: 10am coach departs from outside the Bluebell pub and drops off in the centre of Norwich for Christmas shopping/coffee/lunch (boozy or otherwise)/walk along the river/visit a museum, in fact do whatever takes your fancy.

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Return: 3:30pm from drop off point in Norwich.

Cost: £5 return per person for Langham residents, £7 for non-residents.

To reserve, please email (preferred) Sarah at kiteflying@hotmail.co.uk with the number of seats you require, along with your contact phone number, or call 01328 830183.

Seats are limited so booking is essential. First come, first serve so please do reserve your place as soon as possible to avoid disappointment.

NEXT QUIZ NIGHT

Friday, November 13th

No need to book and everyone welcome.

Join us for a evening of friendly competition and community spirit at this quiz night in the village hall on Friday, 13th November. Teams of up to four people (if you don't have a team, just come along and we'll help to find you one).

Entrance fee, £3 per person (cash only please). Doors open at 6:30pm, quiz starts at 7pm. Please bring your own drinks and nibbles. Raffle tickets will be on sale (cash only). Raffle donations will be gratefully received. Any proceeds will go back into the village.

THE BLUEBELL

Everyone will be aware that, sadly, the Bluebell has been closed for business since April. In the meantime, a group in the village has been working with James and Laura Lee, the owners, who have announced their decision to sell the pub.

As I write this, on the 5th September, I have just had an email from Laura to say that, at last, she has the keys from the tenants whom you will know, also owned the Harper Hotel, until April when they sold it to the Morgan family hotel business.

A steering group has been set up, under the title of "The Bluebell Community Pub Group" with the aim to be able to make a bid to purchase the premises, in order to preserve it for future generations as a pub and as a community hub. This will be a tall order! However, we are encouraged by the support shown by the 120 people, who signed up as 'interested folk' at the Street Fayre. We are also being assisted and advised by Plunkett UK, which is a charity with immense experience in setting up community pubs across the country, including several in Norfolk.

By the time you read this, you should have received a questionnaire through your letter box. Your (honest) answers will guide the group in their decision making

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moving forward. It is possible that we will hold a village meeting later in the autumn, once we have assessed our prospects, so will be able to give the village a bit more information.

In the meantime, if you did not get a chance to register your interest, at the Street Fayre, and would like to do so, please drop Simon Cooper an email - simonacooper1@gmail.com – and he will add your name to the list so that you can receive regular updates.

The Bluebell Community Pub Steering Group

HELLO FROM THE HARPER

If you've walked down the street in Langham any time in the past few years, you'll know us by sight, even if you've never stepped inside. The Harper is the collection of brick and flint barns along from the church, home for many years to Langham Glass, and since 2021 a 32-bedroom hotel that has tried to wear its history lightly and let the old bones show through. In May this year, we began a new chapter: The Harper was acquired by Welsh hospitality group The Morgans Family, for whom this is a first venture beyond Wales. They chose Langham deliberately, not a city, not a resort, but a classic North Norfolk village, and the year ahead reflects that choice, with three priorities shaping our plans.

The first is our people. Under the family's direction, we're investing in the team, broadening skills across every department and creating opportunities to progress. People are the heart of hospitality, and looking after ours is the surest route to looking after everyone who stays or visits.

The second will be the most visible from the village: in the coming months, we'll open The Harper to the public for the first time. Until now, a residents-only hotel, we're excited to welcome those who live in and



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holiday around Langham. Our food and drink offering will evolve as part of this, including the possibility of a new first-floor bar beside the restaurant, and the spa will open to non-residents too. We'd rather be a genuine part of local life than a place apart, somewhere you can call in for a coffee, a drink or dinner without a room key in your pocket.

The third is the property itself. Plans include new courtyard seating, a light-touch refresh of the bedrooms and corridors, and continued work with local partners and producers. The aim is simply to keep the hotel feeling fresh and considered, and every space a pleasure to spend time in.

So consider this both an introduction and an invitation. We're new to the family, but we're not new to the village, and we'd like to get to know it properly. Find out more at theharper.co.uk, or simply call in.

The Harper, Langham

CINDY BUXTON - SURVIVAL SOUTH ATLANTIC

Thursday 29th October at Blakeney Village Hall
In aid of St Andrew and St Mary's Church,
Langham - roof appeal



The bar will be open from 6pm and the talk starts at 6.30pm (to finish at approximately 8.30pm).

In March 1982, wildlife filmmaker Cindy Buxton was nearing the end of filming on South Georgia when she and Annie Price were caught up in the Argentinian invasion.

Listen to her remarkable story of that time,

illustrated with some fantastic wildlife photographs, and their ultimate rescue by British Forces. Tickets cost £15 per person and can be obtained from Edward Allen - edwardallen.kgt@gmail.com or call Patrick Allen on 01328 830348.

CHRISTMAS FAIR

Langham Village Hall

Saturday 28th November 10am - 12noon

We hope that you will be able to attend our traditional event and enjoy refreshments and the usual stalls of gifts, books, raffle, Christmas hamper, bottle

tombola and cakes. We would appreciate help with items for the above stalls and these may be left in the church on Wednesday 25th and Thursday 26th November. Cakes may be brought along on the day.

Many thanks for all of your support. Admission is free and proceeds are for Langham Church general funds. Enquiries (01328) 830276; 830175; 830605

Langham PCC

LANGHAM VILLAGE HALL

October-November 2026

After playing its part in the markedly successful Langham Street Fayre in August and hosting Bob Brandt's well known art class in September, by popular demand Debi Godfrey is organising a second Cheese and Wine evening on 16th October (6.30pm for fizz and canapes before a 7 o'clock start). Bookings to Debi on 07943 947763 or debimcintosh0@gmail.com. Also another of our popular quiz nights is to run on 13th November: 6.30 for 7pm plus the Christmas fair is booked for 10am-noon on 28 November. (See articles above for further details.) We look forward to seeing you there.

VH committee

STALL ON THE GREEN

Thank you to all who supported the three Saturdays that we ran (one other Saturday was Street Fayre day). The produce was amazing as we sold out virtually everything. We must have got it right as we made £443.60. Thank you to you all.

CHURCHYARD CLEARUP

The comments from the visitors to the church and churchyard prove that we got it right again, thank you for the helpers.

Edward Allen, Churchwarden

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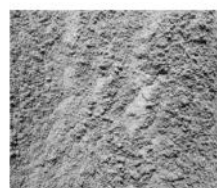
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MORSTON REGATTA

Results

Saturday 1st August was another perfect day in North Norfolk, sunny and warm with a gentle westerly wind blowing, ideal for the blue riband event that is the Morston Sailing Regatta.

Fifty-eight sailing boats assemble on the west bank of nearby Blakeney Cut ready for the off, a staggered start with the slowest boats off first at 8.30am. The boats ranged from traditional sailing work boats through to more exotic catamarans. A handicap is applied which had the fastest boats setting off some 40 minutes after the first boats. In perfect conditions all boats would finish at about the same time, but it is rarely accurate in an event like this as wind and tide play a huge role in Blakeney Harbour, the home for the event.

A complex course round the permanent racing marks provided by the Blakeney Sailing Club and the Stiffkey Cockle Club made for an exciting race especially when the faster boats started to overtake their slower brethren. Support was provided by patrol boats from the Sailing Club and other local boatmen and women buzzing around making sure everyone, especially the younger helms were safe. Many thanks to them as always.

The intention was to set a course that would extend from as far east to as far west as possible in the harbour. With the light wind forecast we didn't go all the way to the west end which turned out to be the right decision as the wind stopped blowing completely for some 35 minutes which, despite the shortened course, with the outgoing tide some boats came over the line several times only to drift back again. Fortunately, the wind picked up and most of the boats completed the race.

Is 'race' the right word for what is, primarily, a sailing celebration of everything that makes Blakeney Harbour the wonderful place it is. I guess it is!

We mustn't forget the 'Muck' boats, aka the sailing work boats. These are the slowest and least manoeuvrable sailing boats, so they have a separate course set for them. Only two entrants this year but nevertheless they fought hard for line honours. An exciting tussle to watch.

The other group included are the rowing skiffs. Four entrants, of which three were Saint Ayles Skiffs, followed yet another set course from east to west and back east. Always a concern that sailing boats might catch up with the row boats, the rowers were set off earlier which this year worked well.

Prize giving was later in the afternoon. With 15 trophies to be won, all in different categories, everyone has something to aim for. The list is shown at the end of this report. The prestigious 'Spirit of Morston Regatta' trophy was awarded to a local dad who not only had a large group of youngsters on board with him but he also shepherded another boat with two nine years old sailors on board, the youngest in the fleet – well done to him and all his young crew.

It takes a lot of people to get an event like this going and enormous thanks to all those involved. From the comments received and the number of smiley faces, the Regatta was a great success. The evening Regatta party, held in Gill Kay's field for the first time, was another great success, however, we'll leave someone else to report on that. See you all next year – let's make it seventy boats!
John Seymour and Nick Hamond

Morston Regatta Winners

Major P Hamond Trophy (1 st Morston Resident)	Pete Tibbetts
Wilson Challenge Cup (1 st Slow Class Boat)	Sam Lulham
Morston Regatta Cup (1 st Fast Class Boat)	Simon Suart
The Carter Trophy (1 st Single-Hander)	Justin Plumpton
The Athill Trophy (1 st Pleasure Boat)	Nick Tyler
The Hassall Trophy (1 st Stiffkey Cockle)	Bruce Johnston
The Ward Trophy (1 st Norfolk Oyster)	Tom Chandler
The Temple Trophy (1 st Catamaran)	John Keyte
Muck Boat Cup (1 st ex-Working Boat)	Paul Roffey
John Bean's Trophy (1 st Helm Under 16)	Noah Caston
Morston PC Trophy (1 st Boat Across Line)	Alan Robinson
Lapstrake Junior Trophy (Youngest Helm)	Adam White & Jacob Hinton-Upward
The Wood Trophy	Roland Goodison



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 Spirit of Morston Regatta Ed Upward
 (Boat showing the true spirit
 of the Regatta)

Please note that under Morston Regatta rules each competitor is only allowed to win one trophy except for the Spirit of Morston Regatta.

ALL SAINTS CHURCH

The Cloud Capp'd Towers

There are few more fitting places in which to hear great choral music than a beautiful old village church, and on Sunday 23rd August 2026, All Saints Church, Morston provided a wonderfully atmospheric setting for an outstanding evening of music from the Ralph Allwood Singers.



photo: Richard Longley

Entitled *'The Cloud Capp'd Towers'*, (as a nod to Prospero), the concert brought together some of the finest young choral voices in the country for a programme that ranged from the Renaissance to the twentieth century, from the serene Palestrina to the rich, romantic harmonies of Bruckner and Rheinberger, and

the distinctive English choral tradition of Stanford, Tallis and Vaughan Williams.

The Ralph Allwood Singers combine members of the Old Royal Naval College Trinity Laban Choir, The Royal College of Music and the Rodolfus Choir and are some of the most excellent young singers in the UK. Individually, the voices were beautiful; collectively, they produced a sound of remarkable warmth and precision.

The choir was conducted by Ralph Allwood, MBE, who was Director of Music at Eton College for 26 years and is now a freelance choral director, teacher and conductor. His direction brought an impressive combination of discipline, sensitivity and musicality to the performance. From the opening 'Beati Quorum Via' by C. V. Stanford, the choir sang the intricacies of the repertoire with emotional depth and joyous sensitivity.

The title work, Vaughan Williams's *'The Cloud Capp'd Towers'*, was a natural centrepiece. The setting of Shakespeare's famous words resonated around in the church, while the final works, including Rheinberger's 'Abendlied' and William Harris's 'Bring Us, O Lord God', brought the concert to a wonderful conclusion.

The acoustics of All Saints were quite fantastic and the old pump harmonium organ also sounded wonderful, adding another distinctive colour to the musical landscape.

The church itself was splendidly decorated for the occasion, creating a warm and welcoming setting for what was, in every respect, a very special evening. It was also particularly pleasing that the concert served a purpose beyond the music itself. Proceeds were in aid of All Saints PCC, helping to raise funds to keep this beautiful church in Morston watertight, maintained and open to all. In a village church, the building is not



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simply a place of worship but a vital part of the community, and an evening such as this demonstrated beautifully what can happen when music, place and community come together.

A huge thank you is therefore due to all the members of the Morston community who helped to organise the event and made the evening such a success. To those who made and served the delicious canapés, served drinks, welcomed visitors, prepared the church, helped behind the scenes and gave their time and energy so generously: thank you.

Richard Longley

Specific mention and gratitude goes out to Milly Cardoe, for co-ordinating the event, to Gill Kay, our flower ladies Denny Roffey & Susy Harrison; Matthew Harrison for the use of his farmyard as a car park; Anne Rolfe for ticket management and church preparation, as well as housing three choristers throughout the week; Sally and Rob Metcalfe for their determined efforts in promoting and marketing this hugely successful event (over 130 people attended); Pete Tibbetts and Alex Scott for manning the bar; Richard Longley for his fabulous photography; all those who supplied the delicious canapés for which Morston is so renowned and finally to Martin Cardoe in securing Ralph Allwood and his wonderfully talented singers. We may be a small community, but we have a big heart for the importance All Saints church plays in our lives. As such a truly magnificent sum of £2,367 was raised in support of its upkeep. Congratulations Morston.

Evensong

The group Benefice service, an 'extra' service whenever there is a fifth Sunday in a month, was held at All Saints on Sunday 30th August as an Evensong service. This was led by the Rev Ian Whittle, assisted by Dr Roger Bland and with Mr Peaver on the harmonium. Nearly 50 people from across the Benefice and further afield attended. Amongst the congregation were many with hearty voices so the hymns and the relevant parts of the service were sung with gusto.

Pimms and soft drinks were served after the service giving many a chance to catch up with members from other parishes. Many thanks to those that arranged this special service and to those that came along – it was decided that next time it would be billed as 'Hymns and Pimms'.

Langham Street Fayre

After weeks of collecting, sorting, washing and pricing and the logistics of transporting everything including tables, chairs and gazebos arranged, the day of

the fayre dawned. It was an early start, but everything was set up by 9am and ready for trading. The weather was perfect, dry with a light breeze and this brought out the crowds. Trading was brisk, people were generous and the huge number of items on the tables began to diminish. At the end of the day £650 was raised for church funds – a wonderful amount. Huge thanks go to those who donated items, helped with the sorting and manned the stall and to those that came and bought the goods. Also, a round of applause to all those volunteers from Langham who put on such a great event; these events take a huge amount of time and effort, and it was rewarding to see the event busy and with such a lovely atmosphere.

Friends of Morston Church (FMC) also had a stall selling top quality craft items, all generously made and donated by a 'Friend', Sue Smith. Trading here was also busy and a fantastic sum of £370 was raised for FMC; thanks go to Sue for the time and effort put in by her.

Churchyard tidy

On Saturday 10th October, from 10am to 12 noon, the PCC is holding its usual autumn churchyard tidying session to weed some of the graves and lightly cut back a few bushes. The plan is also to start to edge the main path which is gradually narrowing as the grass encroaches the gravel. Everyone is welcome to come along. Bring your own tools if you have them. Seats will be provided for those that just want to watch the activity and enjoy the lovely surroundings. And of course, coffee and cakes will be provided.





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MERSTONA QUIZ

(answers on page 31)

M. In 1973, the Derby Stakes winner was a horse named 'Morston'. However, in 1969, the race was won by his half-brother, who was named what?

- (a) Happisburgh (b) King's Lynn (c) Cley Spey (d) Blakeney

E. Which 'E' is Norfolk famous 'lost village' swallowed largely by the North Sea, known for its disappearing medieval church tower?

- (a) Earsham (b) Eccles on Sea (c) East Rudham (d) East Dereham

R. In which Norfolk town beginning 'R' does local legend say three sisters built three churches in the same churchyard?

- (a) Reepham (b) Reedham (c) Ringland (d) Ringstead

S. In Sheringham, The Lobster Potties' are notorious for what?

- (a) Basket weaving (b) Morris dancing (c) Shanty singing (d) Toilets on the lifeboats

T. Allan Glaisyer Minns, a medical doctor from the Bahamas, moved to Thetford in 1888 and became Britain's first what?

- (a) The first man from the Bahamas to play cricket for England (b) The first doctor to use Chloroform (c) The first person from Thetford to buy a copy of the newly published Financial Times (d) The first black man to be elected a town mayor

O. Which Norfolk village beginning with an 'O' was given the nickname "village of millionaires" during Edwardian and Victorian times?

- (a) Overstrand (b) Oby (c) Ormesby St, Margaret (d) Oulton

N. According to 19th-century directories, what Norfolk place beginning 'N' was a marshy area by the River Bure with four inhabited houses and 16 people?

- (a) Noplace (b) Nothing (c) Nowhere (d) Nutting

A. Which F1 racing driver lived in Attleborough during his early years in international motorsport through to his time in Formula One.

- (a) Graham Hill (b) Jackie Stewart (c) Lewis Hamilton (d) Ayrton Senna

Q. In the Breckland village of Quidenham, it is rumoured (though not verified) that which famous person is buried?

- (a) Queen Boudica (b) Robin Hood © Vernon Dudley Bowhay-Nowell (d) King Arthur

U. What was discovered at the Upper Sheringham Council Depot in 1956?

- (a) Seventy early Christian Anglo-Saxon skeletons (b) handwritten lyrics to Bill Hayley's 'Rock Around the

Clock' © A domestic Roman kiln and greyware pottery (d) Grace Kelly and Prince Rainier III of Monaco wedding souvenir mugs.

I. In Ingoldisthorpe, between 1959 and 1991, a Royal Observer Corps post was located in the parish to detect what?

- (a) UFOs (b) Incoming Soviet nuclear attacks (c) Numbers of emigrating pink-footed geese (d) Villagers without a TV license

Z. In Norfolk slang, what is the definition of 'Zackly'?

- (a) Nonsense (b) Yesterday (c) Crooked (d) Exactly

FRIENDS OF MORSTON CHURCH

The Morston Mardle

Saturday 10th October 6:30pm

As reported in the previous edition of the Lynx, this year's Morston Mardle at the Village Hall will be given by Dr. Peter Tibbetts, who, whilst working for motorsport's governing body, the FIA, attended over 380 Grands Prix, and at 360 of which he was in the Safety Car. His talk is entitled:

"Formula 1: Behind the Scenes"

The talk will provide an insight as to what happens over a race 'weekend' and between races to ensure that all the cars (and drivers) are within the necessary regulations.

There will be an interval, during which the bar will be open and canapés will be served.

Tickets at £15 per person, including a glass of wine and canapés are available from **MorstonMardle@gmail.com** and 01263 741082.

Morston Winter Music and Words

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enjoyable 'Summer Music and Words' festival in July 2025, which brought together local performers and an enthusiastic audience for an evening of music, laughter and good company, the Friends of Morston Church are turning their attention to winter — and what better place to do it than inside a candlelit All Saints Church, Morston?

'Morston Winter Music and Words' will take place in early December, bringing together an entertaining mix of stories, music and songs inspired by the winter season.

With the warm glow of candlelight illuminating the ancient church, this promises to be a wonderfully atmospheric evening, combining live music and storytelling in a relaxed and informal setting.

So, wrap up warm, bring your friends and join the Friends of Morston Church for an evening of music, words, laughter and winter cheer in one of Norfolk's most atmospheric settings.

The exact date and times (along with details of the performers) will be announced shortly, so please watch this space and keep an eye on Morston social media and the FMC website: friendsofmorstonchurch.org.

It promises to be an evening not to be missed!

SWAMP UPDATE

Spreading the word

Word is out and we are supporting other villages who want to clear their ponds of *Crassula helmsii* and increase biodiversity in the surrounding area.

Visitors from Edgefield watched as we cleared *Crassula* from the deepest part of the pond, briefly accessible due to the drought. We shared our tried and tested methods of digging, how we lay out the weed on palettes to allow any fauna included to escape back into the pond; then our bagging up and burying process.



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Also, what has worked, what we have had to adapt and tools that make the whole thing easier.

There has been quite a lot of interest in the bus stop poster, and it is always a pleasure to see people stopping there to check out what has been found living in and around the pond.

Another rather bittersweet visitor to the pond has been a magnificent grey heron, wonderful for us to see, less so for the froglets and toadlets!

We are now meeting 4-6pm several Mondays a month. Please get in touch if you would like to know exact dates.

For more regular updates on what's happening down at the pond, please check www.morstonpondswamp.org and do please contact us at morstonpondproject@gmail.com. Our social media postings can be found on [@morstonpondproject](https://www.instagram.com/morstonpondproject) and [@morstonpond.bsky.social](https://www.facebook.com/morstonpond.bsky.social).

BOWEL CANCER UK – TEA PARTY

A traditional afternoon tea party is to be held in Blakeney village hall at 2:30pm on Saturday 3rd October to raise funds for Bowel Cancer UK. This excellent charity is leading the fight against one of the most common cancers in Britain, providing support and funding research.

The event promises a delicious home-made high tea with a wide array of savoury and sweet teatime treats. Tickets cost £25, with all proceeds going to the charity. A raffle with great prizes will also feature during the afternoon, and sparkling wine will be available to buy by the glass.

Almost everyone knows somebody who's been touched by bowel cancer, so this is a great opportunity to raise money for a truly deserving cause.

Tickets are now on sale from Jill Tibbetts on 01263 741082 or at confidentcooking@aol.com. Advance booking is essential. Please do share the invitation with friends and family.

MORSTON VILLAGE HALL

The first phase of refurbishment works commissioned for Morston Village Hall by the Parish Council should get underway on 1st October.

This includes replacement of the roof panels and treatment for woodworm and rot.

The hall will be back in use for the Morston Mardle on 10th October.

The next phase, to include external decoration and a number of smaller maintenance tasks, will take place later in the year.

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ANCHOR INN NEWS

Huge thanks to everyone who has supported us throughout a hot and busy summer. The Anchor has been heaving at times, which is just how Jim and I remember it from the past. We have had constant sunshine, a fantastic supply of holiday makers, and our fabulous staff coping with the daily change of custom throughout the day, depending on the tide, (not an easy task!!) We also feel privileged to see the next generation enjoying the pub, giving them somewhere to spend time together in this rapidly changing world, and it's never a bad thing for the older generation to be reminded of their own youth and how lucky we were in days past to have pubs to visit, to see the 'youngsters' having a good time, laughing, talking and sharing time with each other, with their phones chucked to one side. We love seeing everyone talk to each other!

We had a fantastically nostalgic afternoon in early July when Winston, our very own singing farmer, came to play for us in a very quiet understated way. It was primarily for Winston to see if he could still pull it off, and oh yes, he can! He entertained us with some fabulous Allan Smethurst (The Singing Postman) renditions, along with other songs, just like he used to many years ago. We sang, laughed, cried and thoroughly enjoyed the couple of hours he spent with us. We very much hope he'll pop by again.

School holidays kicked off with the wonderful Ed Raisin and his Hot Squash 80s band - a fabulous night that got everyone moving and shaking. The temperature rose both inside and out! Huge thanks to everyone for coming along to join in the fun.

So now the summer season is done, we're back on track with our knockout darts competition on the second Wednesday of the month. This is an easy one to join, £2 entry (cash prize for winners!) gets your name into the draw. Once you lose you are out. It's a bit of fun and open to all - beginners and those budding Luke Littlers. The victor gets their name on the winner's board for the month! We are also in discussion with other local pubs to re start the pub darts league - with a lady's team being examined for a home and away tournament with the Binham Chequers.

Our highly popular quiz night returns on Wednesday 30th September, and will be held on the last Wednesday of each subsequent month. Up to six in a team - get your table booked as it does fill up early! Come in time for supper beforehand - with a possible return to offering a curry on that night as we used to.

The boys in the kitchen are now readying the autumn menu which will include all the pub classics and popular choices as well as new seasonal fare. An 'a la carte' menu, will showcase some special recipes. If anyone wishes to hold a gathering, drinks party, buffet, celebration, birthday, we have a great space to share, and fabulous chefs (Aaron and Ross) to make it all happen.

Huge thanks as ever to all the staff, with special mention to Sharon, our ace leader, who do a fabulous job keeping us and our patrons happy. Finally, what a delight it is having Ashton return from his travels. He is a fabulous asset to the Anchor, and we must enjoy him being around before he heads off again - America keeps calling!

Jane Temple

MORSTON REGATTA PARTY

What a great night! Massive thanks are extended to Gill Kay for offering an alternative location, which proved to be a fabulous spot and enabled the party shenanigans to continue into the night; Charlie Ward for donating his time in preparing the new location and constructing an amazing stage for the band; Jim Temple and Alfie Hall (and associated helpers!) for assembling all the necessary bits and pieces, BBQ's, bins, safety items and more; Matthew Harrison for the straw bales arriving and disappearing; James Cowan for the tent and lighting; and Ed Raisin and his amazing Hot Squash 80s party band for delivering the best party as always! Special thanks to the Morston Parish Council for their support in funding the event. Thus, enabling us to have such an amazing time.

We are forever grateful that this annual party occurs - its tradition and history are so important to the village, and we have delighted in watching it evolve successfully over the years. It comes together only with a collective community effort and with great team spirit. Long may it continue.

Jane Temple

NATIONAL TRUST UPDATE

Blakeney Point

As we reach the end of the breeding season, we're very happy to report that 2026 has been an exciting and productive year for the breeding birds on the Point. With the standout being the return of the sandwich tern colony on far point. Activity on far point has been a joy to watch with 1,164 nesting sandwich terns, 178 common terns and 250 black-headed gulls, as well as little terns and the first nesting Mediterranean gulls since 2021.

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Our waders have also enjoyed a successful season, with 20 oystercatchers fledging from the landing ridge alone. While we can record breeding pairs of redshanks (30 pairs) and avocet (8 pairs), we are not able to report the exact number of fledged young as both species will hide their young in the marshes from an early age.

This year we took part in colour ringing projects for both ringed plover and oystercatchers in collaboration with RSPB, Natural England and the Icení ringing group. We were able to ring 26 oystercatcher and twelve ringed plover chicks, and we hope this will help us to understand more about chick survival, recruitment into the breeding population (at the age of four or five in the case of oystercatchers) and longevity.

Our peak seal count so far was on 23rd August with 676 grey seals and 168 common seals. Numbers are continuing to grow as we head into autumn. It is worth noting that we have witnessed several disturbance issues from sail and power boats using the main channel at low tide and getting too close to sand banks where the seals haul out. Seals need undisturbed areas for hauling out and pupping and boats and people on the west sands should keep a safe and respectful distance from seals.

We have now taken down the electric fences at the watch house and far point with the help of Norfolk Wildlife Trust and Natural England. Over the next month we will begin taking down the rope and pin fences around the point in preparation for the seals coming back for the winter pupping season.

Autumn migration is now underway, and a steady flow of migrants have been passing by. Easterly winds in the last week of August brought increased numbers of some common migrants like willow warblers, yellow wagtails and wheatears as well as some less common visitors such as wrynecks and black terns. Rarer still were a melodious warbler (only the 7th record for Norfolk) and a white-winged black tern on 26th August.

Eddie Stubbings, NT Area Ranger, Blakeney Point

Boat parking at Morston Quay

We have been politely reminding owners that boats and trailers must be registered with the National Trust, and the appropriate fee paid, to leave a boat in the boat park at Morston. Reminder notices have been attached to boats that are currently unregistered. You can register your boat with our welcome team in the Lookout Building. Unregistered boats parked at Morston will be impounded. If owners do not come forward and make payment, boats and trailers may be scrapped if left unclaimed.

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VILLAGE LIFE IN THE 1950s - TALES OF A FORMER RESIDENT

During her second visit to Forge Cottage recently I had a chat with Lorna Goodman who was born in the village and left in the 1960s.

We discussed how different the village was in those days. They never needed to go shopping as most of what was needed was delivered.

Church Farm with its dairy herd provided the milk and a churn was left at the top of Church Lane.

Warners End Farm was rented by Mr Bond, known as Whipper Bond and his son lived in one of the cottages. Each cottage belonged to a different tenanted farm.

Mr Savory had much fun with his coach and horses and at Top Farm, now Green farm, there were pigs and sheep plus three shire horses.

Tractors were gradually coming in but her dad would not drive them and so became a labourer.

There was a shop on the left going out of the village before what is now Green Farm, but it was hedged in off the road.

In Field Dalling there was a butcher also a post office with general stores on the corner. Mr Temple came round on Mondays in a large brown van selling paraffin for Tilley lamps.

On Tuesdays a chap from Binham brought a grocery van and Mr Mellor cycled round with meat. Sid Luce from Blakeney arrived with a butcher's van and Hills Supply Stores, now Spar, had a mobile shop.

Also, a baker came on Mondays, Wednesdays and Fridays.

I asked her if she knew some farmers in Langham but "oh no dear we never left the village".

In early summer her dad and some other chaps from the farms scythed the churchyard.

Generally, life in the village at that time was at a slower pace although there were more children around.



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FOOD BANK NEWS

A big thank you to all those who responded so generously to the appeal for family friendly items to get those who rely on the food bank through the school holidays. Two plastic crates full of thoughtful products were transferred from the back of the church to the Fakenham food bank and were much appreciated. With the weather all over the place it is hard to know whether we will be hot or cold, wet or dry by October when this issue of the Lynx comes out, but the staples of pasta, pasta sauces, tea, coffee, biscuits, tinned veg and baked beans go down well whatever the weather and can be left at the back of the church which is always open during the day.

AS

CHURCH NEWS

By the time you read this we should have had our second churchyard working party morning and, together with some professional help, everything will be looking much tidier. Thank you to everyone who has helped us with this.

Our regular Sunday services continue and we will celebrate Harvest Festival on 11th October and observe Remembrance Sunday on 8th November. Do please join us.

We also hope to see you at the village Christmas Fayre on Saturday 28th November where we will once

again have our book stall including the popular mystery books selection.

TP

SHARRINGTON AND DISTRICT GARDENING GROUP

On Wednesday 21st October we are delighted to welcome Dr Chris Gibson, whose subject will be 'Gardening with Wildlife in Mind'. Chris is an ecologist by training and an advisor on nature conservation. He has written numerous books on a wide range of subjects on wildlife. Chris has also recently become closely associated with the Beth Chatto Gardens as wildlife advocate.

On 11th November Graham Watts, NGS joint county organiser, will give a talk on hydrangeas and other plants at Dale Farm, his amazing garden at Dereham, which we had the pleasure of visiting in 2025.

Details of all our events are on our website: <https://www.sharringtongardening.org.uk/upcoming-events/>

RB

SHARRINGTON VILLAGE HALL

Firstly, a big thank you to all our helpers and checkers who made our third Norfolk jigsaw festival such a success. Again the British jigsaw champion came to support us on the Sunday morning taking part in timed competitions. And yes she did win, completing the 250 piece jigsaw in 20 minutes. We hope to see many of you again in 2027.

We continue to have Holli joining us once a month to help those of us getting behind with technology. The event is funded by Norfolk County Council and we will continue to have these sessions into the New Year. Whilst waiting to see Holli you can enjoy coffee and



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cake and maybe help complete a jigsaw. Her October visit will be on 21st October from 10am-12noon.

On 24th October our resident amateur dramatics group "Stage Direct" will be showing their radio play "Twisted tales of Poe".

The inimitable Terence Blacker will be joining us for an evening on 31st October. He will be performing his new show which he has already taken around the country to considerable acclaim. So please do come along and enjoy an evening of hilarity featuring amusing anecdotes and witty songs delivered in his unique style. There will also be a licensed bar.

And lastly, our Christmas Fayre will take place on 28th November, the last Saturday of November. It returns with exhibitors old and new to help you find a unique gift. As usual we will have refreshments and a raffle so we really hope that you can join us.

For any of these events please refer to our website www.sharrington.org.uk for more information.

Village hall committee



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GENERAL NEWS

It has been a great few months of community events and engagement. The Made in Stiffkey art exhibition, the Stalls on the Knoll along with the history group's exhibition have helped raise funds for the church roof, and a lot of people have been involved in creating cakes, savoury scones and art works all in the name of supporting our Stiffkey community. Thank you to those residents who relentlessly go out of their way to give their time to our village. It is appreciated and doesn't go unnoticed.

We've had an abundance of wildlife these past few months as you can read in Martin's riverbank column. I've heard about a large gathering of little egrets that have been using a tree at the back of Camping Hill. A spectacle to see.

The playing field's pavilion has been used as a venue for a book launch, and also is going to be used as an art exhibition venue for two days in October by Stiffkey residents Lin Hartley and Janey Sugden. Lovely to see community assets being used and enjoyed.

Rescue Wooden Boats hosted their BBQ in the heatwave. Reports of lots of locals as well as holiday makers showing the event support.

Dates for October

Lin Hartley and Janey Sugden's exhibition at the pavilion on the 3rd and 4th; Harvest festival at the church on Sunday 4th at 9.30am; the history group's



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evening with Jonathan Draper at the village hall on Wednesday 7th, doors 6.30pm.

I heard on the grapevine that there was a guest at the pub who needed to use our defibrillator, which is at the bottom of Hollow Lane on Wells Road in the old phone box. Sadly, due to the traffic, the pub landlord was unable to reach it. During the summer there is a lot of parking on Wells Road which makes it difficult for vehicles to pass. Especially when they park at narrow sections close to the intersection with Bridge Street. If this is something you would like the parish council to take up, contact the clerk at clerk@stiffkeyparishcouncil.gov.uk. The next meeting is on Monday 23rd November and residents are welcome to attend.

This Month's Seasonal Recipe

Brancaster Mussels in Thai Green Curry, serves two.

1kg Brancaster mussels
Two tbsp Thai green curry paste
400ml can of coconut milk
Two lemongrass stalks, bruised
Thumb of ginger, finely sliced
Two garlic cloves, sliced
One red chilli, sliced
Juice of one lime
Two tsp fish sauce
Small handful of coriander, chopped
One tbsp vegetable oil
Jasmine rice or crusty bread to serve

Scrub the mussels under cold running water and pull away the beards. Discard any that stay open when tapped. Heat the oil in a large pan and fry the curry paste for a minute until fragrant, then add the garlic, ginger, chilli and lemongrass and cook for a further

minute. Pour in the coconut milk and bring to a fast boil. Tip in the mussels, cover and cook for four to five minutes, shaking the pan once, until the shells open. Lift the mussels into warm bowls and discard any that stayed shut. Stir the lime juice and fish sauce through the liquor, taste for seasoning, then pour over the mussels and scatter with coriander. Remove the lemongrass before serving.

Sophia's sommelier recommendation would be an off-dry Riesling, whose sweetness takes the heat of the chilli. A cold beer works just as well, and Duration's Good Times, brewed at West Acre, stands up to the coconut.
Sophia Williams

TALES FROM THE RIVERBANK

The extended dry spell during July and August took its toll on water levels. Luckily the Stiffkey is resilient and although water levels dropped substantially there was still enough to enable its ecology to survive. A strong burst of rain in the middle of the dry spell concerned me because the week before the same thing happened in Norwich and resulted in the death of many fish in the Wensum, presumably because so many pollutants got washed in from the roads and land all in one go.

Our trout survived this inundation and at the time of writing numbers are still good. We sighted another flounder too, definitely a different fish as it was much smaller than the first. A neighbour photographed a small shoal of red finned fish, most likely Rudd or possibly Roach, and I do wonder how they got here as neither are natural inhabitants of a chalk stream.

During the end of August there was some more persistent rain and river levels began to rise again, however the water remains pleasingly clear despite the presence of quite a bit of algae on the submerged plants

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and river bottom.

We've had several otter sightings along our stretch and although I can't claim any myself I've had reliable reports from a trusted source, my wife. One morning it locked eyes with her before swimming through the crystal clear water right past where she was stood. An amazing encounter with this apex predator.

I carefully manage the vegetation on our bank, striking a balance between variety and quantity with an emphasis on creating cover and shelter for animals of all types, while being able to view the water. This pays dividends with lots of water vole activity and recently a little shrew who has taken up residence. It also encourages invertebrates and a recent discovery had me reaching for the research notes on Google.

I have let some willow herb grow to full height at one point. Examining their little pink flowers I noticed a silky purse like structure woven into the buds and leaves. Pulling one open revealed a tiny white caterpillar so I decided to make further enquiries and identify the insect. It turned out to be a *Mompha Epilobiella* or Willowherb Cosmet moth. On closer examination there were hundreds of little silk purses in the plants, each one containing a caterpillar which uses the silk, and the debris it creates from feeding on the plant, to protect itself. Eventually they pupate then emerge as tiny adults with a wingspan of only 10 to 13 millimetres.

Unusually unlike most moths that die off in the autumn and spend winter as eggs or pupae these little moths seek shelter as adults in protective places like sheds, barns or bird boxes. They have this close symbiosis with the willow herb, relying on it for food and shelter and I was surprised at the numbers present in our small patch. Extrapolate that along the length of the river and you have an enormous population. It occurred to me these moths must be a valuable source of food for all our bats and birds, and there they were hiding in plain sight all this time without me knowing.

I felt that the swallow nest next door didn't seem big enough for the four chicks that it contained. Well, three fell out and fortuitously for them, I spotted this and managed to place very carefully all of the chicks back into the nest. I wasn't hopeful for them, because it still seemed very cramped, and I doubted that they would survive. The babies worked out how to accommodate each other, and I'm pleased to report that all four chicks successfully fledged after being cared for by their parents.

Martin Williams

NORTH NORFOLK BOOK WORMS

Our final summer read was "The Murder at Worlds End" by Ross Montgomery, 2025. The author is a well-known children's writer, and this is his first foray into the world of adult fiction. Although not his last, as a sequel to this novel is already due later this year. The Murder at Worlds End is an Edwardian locked room mystery with an unlikely pair of amateur sleuths in a young under-butler Stephen Pike and a foul-mouthed octogenarian Lady Decima Stockingham. For those of you familiar with the Netflix film Knives

Out, it is this film meeting Downton Abbey!

The plot is based on the 1910 passing of Haley's comet and the genuine belief that some held, that the gaseous comet tail would bring about the end of the world. Real press articles feature within the novel which is a great touch. The Viscount of Tithe Hall seals up the Hall completely in preparation for the coming apocalypse and with Tithe Hall situated on a small tidal island, all occupants are truly cut off. However, by morning, the world has not ended but there is a body murdered within a locked room. When eyes turn on the new under-butler, his unexpected ally becomes the sharp-witted matriarch who relishes causing chaos and solving puzzles.

This book is romping great read and a fun murder mystery. The author has created a wonderful setting and captured the golden age of the Edwardian rich. There are plenty of clever and sharp, witty lines which make you chuckle, and the star character is undoubtedly Miss Decima. Potty-mouthed and with a razor-sharp mind, she is an amazing creation who steals any scene she is



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council

part of. We were all imagining who would play her in a film adaptation. The group generally felt that Montgomery has created a real page-turner with an ingenious plot and plenty of classic red herrings. However, not everyone was a fan of the crime genre and there was a feeling that Miss Decima's swearing could have been made wittier rather than just shocking. The author does address the swearing at the end of the book. Those who listened to the novel also found it well done, like a great Radio 4 play.

Most of us are planning to read the sequel which is unusual and a testament to the quick paced and enjoyable debut novel. Bookworm score 9/10.

Jane Hiscocks

CHURCH NEWS

The wedding of Sophia Padt and Joe Horrocks-Taylor took place on 4th July. It was a glorious day and the result of a proposal made out on the marshes, perhaps an idea for other couples.

We were saddened to hold the funeral of David Latimer on 11th July, much-loved father and grandfather. His warm smile and gentle humour will be missed by many.

Over the August bank holiday weekend the church hosted the Stiffkey Local History Group's latest exhibition. We are very grateful to the group and its volunteers, whose support brought donations of £415 to the church fabric fund.

The annual Stalls on the Knoll took place on Sunday 30th August, raising a further £1,303. Again, we thank everyone who gave their time, energy and contributions, and all of those who supported this event.

Together with the Made in Stiffkey event, this brought the grand total raised during August, including Gift Aid, to £5,006.

The PCC would like to extend a very big thank you to everyone who contributed to make August such a successful month. It really has been a fantastic team effort, and we are enormously grateful for everyone's support.

Our harvest festival service will be held on Sunday 4th October at 9.30am. We welcome donations of food, particularly packaged, along with household products and toiletries, which can be left in the church.

The remembrance service will be held at Stiffkey war memorial on Wednesday 11th November at 10.45am.

If you have any questions or would like to offer your support in any capacity, please contact the PCC at info@stiffkeychurch.com.

Alan Duff

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RESCUE WOODEN BOATS

Our Sea Shanty Summer BBQ was on Thursday 13th August, our thanks go out to all of you that made the effort to support us. A great time was had by all.

Lucy Lavers heritage tours run through the summer with skipper Isaac. Join a ninety-minute tour or book the whole boat, up to twelve people, for ninety minutes or three hours. So far this year she has carried birthdays, hen parties and special interest groups. Isaac covers the history as you go, Lucy Lavers herself, the lifeboats, Dunkirk, the local wooden fishing boats and Wells Harbour. Dates and booking are on the website.

If you've not visited us yet, our Maritime Heritage Centre in Stiffkey tells the stories of local fishing boats, lifeboats and the families who worked them. Open Sundays 11am to 4pm with our last Sunday being 25th October for 2026. Films, artefacts, a quiz, knots for the children, and this year a 50th anniversary display for boatbuilder David Hewitt. Sit down with a cuppa and watch some boatbuilding. Weekday group visits by appointment.

We need volunteers. Front of house at the Maritime Heritage Centre, planning the Maritime Heritage Festival, and sanding and painting the boats each spring. For more information: wwp@wendypritchard.co.uk or phone 07796 951414.

Wendy Pritchard

STIFFKEY LOCAL HISTORY GROUP

At 10am on Saturday 29th August the doors of St John the Baptist and St Mary's church opened on Fading Memories, this year's annual exhibition by the Stiffkey Local History Group. Ian Curtis curated the show, laying bare the story of the wartime camp, the servicemen who trained on the Bofors 40mm light anti-aircraft gun, and the women of the Auxiliary Territorial Service who worked the searchlights that crisscrossed the night sky. 400 people visited over the three days, making it the group's most successful exhibition to date. Visitors also saw the paintings by local artists in the Made in Stiffkey exhibition.

Exhibitions take months to prepare and Fading Memories could not have happened without Ian's dedication and hard work. Thank you, Ian. Nor do exhibitions run themselves. Our thanks to the members who volunteered across the three days, to those who served visitors with homemade cakes, brownies and biscuits, and to the bakers behind the scenes who made them.

August is the highlight of our year and it is not the end of our work for 2026. On Wednesday 7th October

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we present another in our An Evening With series. Our guest is Jonathan Draper, archivist for the Oral History of Norfolk at the Norfolk Record Office. His talk includes recordings and films from the Norfolk oral collection, along with his insight into collecting oral histories from small villages such as Stiffkey. We would be glad if you could join us at Stiffkey village hall on Wednesday 7th October, doors 6.30pm for a 7pm start. Admission £5 for members and £8 for non-members, including refreshments.

For further information on any of the forthcoming events contact secretary.stiffkey.history@groupmail.com.
Colin Adlington-De'Ath

MADE IN STIFFKEY

What an extraordinary response to Made in Stiffkey. A huge thank you to everyone who helped make the exhibition and raffle such a wonderful success.

We were incredibly fortunate to have so many talented artists generously donate original pieces of their work to exhibit and then raffle as prizes. Their generosity, together with the enthusiasm and support of all of you, helped raise an amazing £3,288, including Gift Aid on donations, towards the repair of the church roof.

There are so many people to thank: our wonderful artists, all those who supported and helped organise the event, the volunteers who gave their time, the fantastic cake bakers who kept everyone refreshed, and everyone who bought raffle tickets and took part. Every contribution, large or small, made a difference. Most importantly, the money raised means that work to repair the church roof can now begin. This is a tremendous achievement, and one that belongs to us all.

It was genuinely humbling to see so many people come together to support the church with such a wonderful sense of generosity, goodwill and community spirit throughout the event. And perhaps the loveliest thought of all is that, when the roof is finally repaired, a little piece of everyone who contributed will be part of the building forever. Every piece of art donated, every cake baked, every ticket bought and every hour volunteered has helped to make this possible.

Thank you. We could not have done it without you.

Alex Hooper



MERSTONA QUIZ ANSWERS

(questions on page 22)

- M.(d) Blakeney
- E. (b) Eccles on Sea
- R. (a) Reepham
- S. (b) Morris dancing
- T. (d) First black man to be elected a town mayor
- O. (a) Overstrand
- N. (c) Nowhere
- A. (d) Ayrton Senna
- Q. (a) Queen Boudica
- U. (c) A domestic Roman kiln & greyware pottery
- I. (b) Incoming Soviet nuclear attacks
- Z. (d) Exactly



LANGHAM VILLAGE SCHOOL NEWS

We are thrilled to be back at Langham Village School, reunited with friends and teachers after a well-deserved summer break.

As we begin this new school year, we take a moment to reflect on the end of the last one, when we said a fond farewell to our Year 6 pupils. It was bittersweet to see them leave, but we are incredibly proud of everything they achieved during their time at Langham. Our heartfelt leavers' assembly, held on the field, was a wonderful celebration of their journey with us, and the year finished on a high with our lively and successful Summer Fair.

We have also had a very busy summer at school, with some significant improvements to our beautiful historic building. We have been delighted to complete the installation of new Phase 3 electrical systems, together with the removal of old lathe and plaster and other essential building work. We are particularly excited that we have also been able to install solar panels, thanks to a very generous grant from Sheringham Shoal Offshore Wind Farm. This is a fantastic investment in the future of our school and will help us to become more energy efficient while supporting our commitment to sustainability.

The summer has also given us the opportunity to prepare our classrooms and learning spaces for the year ahead. Staff have been busy getting everything ready, creating calm, welcoming and well-organised environments where children can feel happy, confident and ready to learn.

We are especially excited to welcome fifteen new Reception children into Coral Class this September. It is always a very special time when our youngest children begin their journey at Langham, and we cannot wait to get to know them, see their personalities develop and watch them grow in confidence as part of our school family.

Looking ahead, we are excited about our first big adventure of the term: the Year 6 residential trip to Bawdsey Manor in Suffolk. This will be our fifth visit to the magnificent house, and the children can look forward to two days packed with outdoor challenges, team-building, new experiences and, of course, plenty of fun!

As we settle into our new classes, the whole Langham family is looking forward to another busy and exciting year. With a wealth of activities, opportunities and enriching experiences planned, we know there will be plenty of opportunities for our children to learn, discover new interests and make wonderful memories together.

Our vision — “A place for fun, creativity, friendship, ambition and discovery” — remains at the heart of all we do. We look forward to another fantastic year.

For further information, please visit our website: www.langham.norfolk.co.uk.

LYNX 170 ADS DIRECTORY

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D

DANGER ENSURE THE SCENE IS SAFE
FOR YOURSELF AND OTHERS. IF IT IS NOT SAFE OR YOU ARE
UNCERTAIN CALL 999 AND WAIT FOR HELP TO ARRIVE

R

RESPONSE CHECK THE CASUALTY NEEDS HELP
CHECK RESPONSE BY TALK AND TOUCH.
SPEAK TO THE CASUALTY IN BOTH EARS, TAP COLLAR BONES. DO NOT SHAKE THEM!

S

SHOUT SHOUT FOR HELP
IF THE CASUALTY DOES NOT RESPOND, SHOUT FOR HELP.
DO NOT LEAVE THEM AT THIS STAGE. DIAL 999 NOW!

A

AIRWAY ENSURE AIRWAY IS OPEN AND CLEAR
OPEN THE AIRWAY BY LIFTING THE CASUALTY'S CHIN AND TILTING THEIR HEAD BACK. DO NOT PUT
YOUR FINGERS IN THE CASUALTY'S MOUTH, YOU MAY PUSH AN OBSTRUCTION FURTHER DOWN.

B

BREATHING LOOK, LISTEN & FEEL FOR
NORMAL BREATHING
KEEP THE HEAD TILTED BACK AND LISTEN FOR BREATHING & LOOK TO SEE IF THE CHEST IS MOVING FOR AT
LEAST 10 SECONDS. IF THE CASUALTY IS NOT BREATHING NORMALLY OR YOU HAVE ANY DOUBT, CALL 999!

C

COMPRESSIONS NOT BREATHING NORMALLY?
START COMPRESSIONS!
PLACE YOUR HANDS IN CENTRE OF THE CASUALTY'S CHEST AND PRESS DOWN HARD. JUST DO COMPRESSIONS. YOU
CAN DO BREATHS IF YOU FEEL CONFIDENT - 2 BREATHS FOR EVERY 30 COMPRESSIONS - PUSH TWICE PER SECOND

D

DEFIBRILLATION GET SOMEONE TO FETCH
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ARRIVE, IF SOMEONE IS AVAILABLE SEND THEM TO GET YOUR NEAREST COMMUNITY DEFIBRILLATOR

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