

LOCAL LYNX

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

ISSUE 169
August -
September 2026



Stiffkey cricket pitch, summer 2019



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WHAT'S ON

VH = village hall

AUGUST

1st Sat. **Morston** Morston Regatta, Blakeney Cut
8.30am
1st Sat. **Morston** Regatta Party, Morston Quay 7pm
5th Wed. **Field Dalling** coffee morning, VH
5th Wed. **Sharrington** Craft Group, VH 10.30am-
12.30pm
8th Sat. **Binham** Priory Concerts - Xuefei Yang, BPC
6pm
8th Sat. **Field Dalling & Saxlingham** Village Fete 2-
4pm
8th Sat. **Langham** Churchyard tidy up, 9am-12noon
8th Sat. **Langham** Stall on the Green, 9.30-11am
11th Tue. **Gunthorpe** Friends of P.C. AGM, V.I.
6.30pm
13th Thu. **Stiffkey** Maritime Heritage Centre, Sea-
Shanty BBQ, 5-8pm
14th Fri. **Bale** Fish and Chips, VH 7pm
14th Fri. **Field Dalling** Bingo, VH
15th Sat. **Langham** Street Fayre, 10am til late
22nd Sat.-23rd Sun. **Binham** Art Group - Annual
Exhibition, BMH 10am-4pm
22nd Sat. **Langham** Stall on the Green 9.30-11am
23rd Sun. **Morston** Ralph Allwood Singers, All Saints
Church 5.30pm
26th Wed. **Gunthorpe** Quiz Night V.I. 7pm
26th Wed. **Sharrington** Tech Skills and Coffee
Morning, VH 10am-12noon
28th Fri. **Bale** Bale Oak Bar, VH 6.30-9.30pm
29th Sat. **Binham** Priory Concerts - Kyan Quartet, BPC
6pm
29th Sat. **Gunthorpe** 50:50 Club Coffee Morning, V.I.
10.30am
29th Sat. **Langham** Stall on the Green, 9.30-11am
29th Sat. **Sharrington** Norfolk Jigsaw Festival, VH
10am-4pm
29th & 30th Sun. **Stiffkey** Stiffkey Local History Group
Exhibition, St Johns Church all day
30th Sun. **Bale** Village BBQ, VH 6pm
30th Sun. **Morston** Evensong, All Saints Church 4.30pm
30th Sun. **Sharrington** Norfolk Jigsaw Festival, VH
10am-4pm
30th Sun. **Stiffkey** Stalls on the Knoll, 10am-12pm
31st Mon. **Stiffkey** St Johns Church, Made in Stiffkey
Raffle, 4pm

SEPTEMBER

1st Tue. **Langham** Parish Council Meeting, VH 7pm
2th Wed. **Field Dalling** Coffee Morning, VH
2nd Wed. **Sharrington** Craft Group, VH 10.30am-
12.30pm
4th Fri. **Field Dalling** Firsty Friday, VH 6pm
11th Fri. **Bale** Fish and Chips, VH 7pm
11th Fri. **Field Dalling** Bingo, VH
12th Sat. **Morston** NCT Charity Bike Ride, Church
12th Sat. **Sharrington** NCT Bike Ride, Church
13th Sun. **Binham** Priory Concerts - Intesa Duo, BPC
7.30pm
19th Sat. **Langham** Bob Brandt's "stories in words and
paint", VH all day
19th Sat. **Sharrington** Gardeners Bulb Sale VH 10am -
12.30pm
25th Fri. **Bale** Bale Oak Bar, VH 6.30-9.30pm
26th Sat. **Gunthorpe** 50:50 Club, Coffee Morning, V.I.
10.30am

REGULARS

Mondays **Bale**, Painting Group VH, 1-4pm (closed
during August restart 7th September 2026)
Mondays **Binham** Pickleball Group, BMH 4pm - 6pm
Mondays **Sharrington** Yoga class, VH 11am-12noon
(Not Bank Holidays)
Tuesdays **Binham** Art Group, BMH 9.30am - 12.30pm
Tuesdays **Field Dalling** Judo (6pm 5-15years, 7pm 16+
years)
4th Tue. of the month **Field Dalling** U3A Art for Fun,
VH 1.30pm
Wednesdays **Binham** Youth Group, BMH 6-8pm (during
term time)
1st Wed. of the month **Field Dalling** Coffee Morning,
VH 10.30am
3rd Wed. of 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
4th Fri. of the month **Field Dalling** U3A Family History,
VH 10am
First Sat. of month **Langham** coffee mornings, VH drop
in 10am-12noon
2nd Sat. of month, Stiffkey Swap Shop, VH 10:30am

WEEKENDS

Stiffkey St Johns Church, Made in Stiffkey Exhibition,
11am-3pm (August only)
Stiffkey Maritime Heritage Centre, open every Sunday &
Bank holiday Monday 11-4pm

POST OFFICES & LIBRARIES

Wednesdays **Field Dalling** Mobile Post Office VH 9.15-
9.40am
Thursdays **Langham** Mobile library, St Marys Estate
13th Aug and 10th Sept 4.20-4.35pm
Wednesdays **Langham**, Mobile Post Office, Village Hall
9.45-10.15am
Fridays **Sharrington** Library Bus, VH 3.25 pm, 14th
August & 11th September



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:

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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 August and September 2026

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

Parish	2 nd August	9 th August	16 th August	23 rd August	30 th August
Bale	9.30am HC				At Morston
Field Dalling		11.00am CFS	At Saxlingham	11.00am MP BCP	At Morston
Saxlingham		At Field Dalling	11.00am HC BCP	At Field Dalling	At Morston
Gunthorpe		11.00am MP BCP			At Morston
Sharrington	9.30am MP BCP	9.30am HC	9.30am MP CW	9.30am HC	At Morston
Binham	11.00am HC	11.00am MP	11.00am MP	11.00am MP BCP	At Morston
Morston	9.30am HC BCP		9.30am MP BCP		4.30pm Group Service Evensong
Langham	At Stiffkey	9.30am MP BCP	At Stiffkey	9.30am MP BCP	At Morston
Stiffkey	9.30am MP BCP	At Langham	9.30am HC BCP	At Langham	At Morston

Parish	6 th September	13 th September	20 th September	27 th September
Bale	9.30am HC			
Field Dalling		11.00am Harvest Festival	At Saxlingham	11.00am MP BCP
Saxlingham		At Field Dalling	11.00am HC BCP	At Field Dalling
Gunthorpe		11.00am MP BCP		
Sharrington	9.30am MP BCP	9.30am HC	9.30am MP CW	9.30am HC
Binham	11.00am HC	11.00am MP	11.00am MP	9.30am 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 MP BCP	At Langham	9.30am HC BCP	At Langham

LETTER FROM YOUR LAY MINISTER

Dear Friends and Parishioners

I'm writing the letter this month to give Ian a well-earned rest. I became Ian's Licensed Lay Minister three years ago, but have been leading services in these churches since 2019. I've lived just outside the benefice in Blakeney since I retired in 2017 and before that had a house in Cley since 1995. It's been a huge privilege to come into your churches to take services each week and to meet many of you.

A subject that often comes up when I go into our lovely churches to take a service on Sundays is faith. What do we mean by faith? I would say that it means accepting that we cannot do everything ourselves: that there is someone greater than us who looks after us, even when we may not be aware of Him.

I learned a very important lesson about faith over 20 years ago. I had dropped out of regular churchgoing at that time: for me, I was one of those people who just went to church a few times a year, at Christmas and Easter. In 2002 I was working at the British Museum in London and a few years before I had set up a project, the Portable Antiquities Scheme, which had 11 people working for it around the country. But it was on the point of closing because the funding was about to run out. I was very worried for the future of the team. I had recruited them all and felt personally responsible. I too felt desperate. I went and prayed about it and within a month the project received first a 6 month extension from the Government and then a month after that it received a lottery grant of over £2 million which gave it 3 years' funding and allowed it to be extended nationally. And 24 years later the project is still going strong with 50 staff.

I believe this was a direct answer to my prayer and I became a regular communicant and worshipper since that time. You could say that getting those grants was just a coincidence and had nothing to do with my prayers: that that funding was going to come anyway. That may be so, but the impact for me was very profound and it has taken me down a path which has led to me becoming a lay minister and speaking to you now. As Stephen Cottrell, the Archbishop of York, has said, 'I don't believe in coincidences: usually there is God's hand at work'.

Since that time 19 years ago I have experienced many joys but also many difficulties, but I have found that all these experiences have tended to deepen my faith. As the prophet Isaiah said: "Do not fear, for I am with you. Do not be afraid, for I am your God; I will strengthen you, I will help you, I will uphold you with my victorious right hand." (Isaiah 41: 10).

Roger Bland

Batter My Heart, Three-person'd God

Batter my heart, three-person'd God, for you/ As yet but knock, breathe, shine, and seek to mend;/ That I may rise and stand, o'erthrow me, and bend/ Your force to break, blow, burn, and make me new./ I, like an usurp'd town to another due,/ Labour to admit you, but oh, to no end;/ Reason, your viceroy in me, me should defend,/ But is captiv'd, and proves weak or untrue./ Yet dearly I love you, and would be loved fain,/ But am betroth'd unto your enemy;/ Divorce me, untie or break that knot again,/ Take me to you, imprison me, for I,/ Except you enthrall me, never shall be free,/ Nor ever chaste, except you ravish me.

John Donne (1572 – 1631)

Rev'd Ian Whittle, The Rectory, Langham 01328 830246

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.

Published every other month, it contains community news as well as news and articles from each of the villages together with details of church services and news from the local school in Langham.

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.

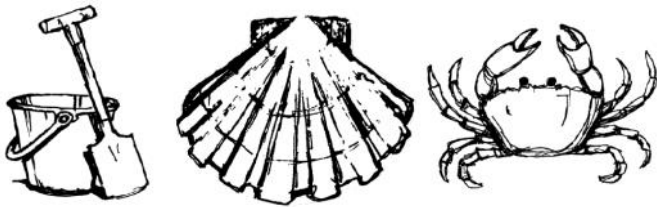
The paper is produced entirely by volunteers with the editor supported by village reps who collate the stories, distributors who pop the paper through each letterbox, proof readers who try to catch the typos, a designer who can add style and of course those that write the interesting articles and news.

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

Account Name: Local Paper

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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 25 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 NEWS

...from CC Victoria Holliday

Help with living costs

The Crisis Resilience Service offers short term financial support and ways to improve your financial resilience. Please reach out and if you have any difficulty with an application, do get in touch.

Alternatively, the Social Workers' drop-ins at Heritage House, Wells, on the 2nd and 4th Tuesdays in the month, or at the Glaven Centre, Blakeney, on the first Friday and 3rd Tuesday (2nd in October), can help fill in forms (or with any other queries). No appointment needed. Find out more at <https://www.norfolk.gov.uk/article/41957/What-the-Crisis-and-Resilience-Service-is>.

Food Support

Food support can be accessed at <https://www.norfolk.gov.uk/accessingfood>.

Utility Bills

Help with utility bills can be found at <https://www.norfolk.gov.uk/article/41958/Help-and-advice-with-utility-bills>.

Reduced Broadband

If you're on benefits you can get reduced broadband packages. I have a detailed information sheet on this so please do get in touch if you'd like to find out more.

Anglian Water 'WaterSure' Scheme

If anyone in your household has a medical condition which means you use more water than usual, Anglian Water have a scheme (WaterSure) which caps your water bill. You do need a water meter and be on certain income related benefits.

<https://www.anglianwater.co.uk/services/extra-support/tariff-options/watersure/apply-for-watersure>

Education

Twenty-five new places for children with autism are being provided at Alderman Peel High School in Wells to help the children integrate into mainstream education with the right specialist help in place. These should be completed by October 2026.

Tech Skills

If you need to borrow a laptop, smartphone or tablet and learn how to use them; find out how to get free mobile data or a more affordable broadband tariff; if you're not sure you're getting the best out of your mobile phone; or are worried about online scams, do contact the Tech Skills for Life team at Norfolk County Council on 01485536420 or 01493448246.

Go Digital Funding Programme

This provides free digital business support to small and medium sized businesses. Successful applicants receive free digital advice on websites, social media, digital tools to support their business, and can request a £500 grant to help implement a digital action plan.

More detail on this at <https://www.newanglia.growthhub.co.uk/go-digital/>.

Waste Recycling

The Wells Recycling Centre has shown a significant increase in usage since the booking system was introduced and there are no plans to close it.

As of 13th July, Norfolk County Council confirmed that all Norfolk recycling centres were now accepting electrical

waste items and batteries.

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.holliday@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 REPORT

...from Victoria Holliday

Benefits

NNDC is still helping residents take up pension credit so do get in touch so as not to miss out.

If you think you're due more benefits than you are receiving the Financial Inclusion team is a good place to start. Also, there is still some money left for energy support, so even though it's high summer, think ahead to winter. Contact financial.inclusion@north-norfolk.gov.uk or ring 01263 513811.

Housing

Homelessness is still an issue, the main reasons being friends or family can no longer help or the end of a private tenancy. There is a mismatch in terms of size between households in need and available housing.

With the help of Government funding NNDC will have 41 homes for homeless households by the end of 26/27.

Six hundred affordable homes should be delivered this year, but the net gain will be less than this, as some housing associations are disposing of homes, citing poor condition and unsustainable locations. I am speaking with NNDC about this as it's a great loss to our villages.

Ukrainian guests will have a further 2 years permission to stay but 'thank you' payments for hosts will cease. The NNDC People from Abroad Support Officer can visit and advise.

Don't forget if eligible you can apply for a Disabled Facilities Grant to make your home more accessible.

Planning

A consultation with stakeholders on the scoping of the next new local plan (how to engage with residents and what the plan should contain) runs 20/7 to 31/8/2026. This will determine how the new local plan is prepared.

A new national scheme of delegation is being introduced this autumn whereby more applications will be determined by planning officers and not the Development Committee.

The Enforcement Team has a big case load at the moment, and nine enforcement notices will have been served by the end of June.



The Norfolk Coast National Landscape Management Plan has been adopted which is a five-year strategy to conserve and enhance the local designated area (which used to be called the Area of Outstanding Natural Beauty). I'm told the necessary action plans to underpin the management plan are in preparation.

Dental Practice

The Cromer Visitor Centre conversion to a dental practice is underway which is good news for those needing a dentist.

Warm Homes Grant

Contact energy@north-norfolk.gov.uk to see if you're eligible for a Warm Homes grant which will help you find heating which isn't reliant on expensive oil and gas and insulate your house.

Leisure

Lifeguards at our main season beaches - Sheringham West, Cromer East, Mundesley and Sea Palling - started on 23rd May. Peak season beaches - Cromer West, East Runton, Sheringham East and West Runton will see lifeguards return from 11th July.

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) victoria.holliday@north-norfolk.gov.uk

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Sunday 23rd August 2026

CONCERT

an evening of choral singing

led by

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former Director of Music at Eton
College**

A group of 16 singers, drawn from the Old Royal Naval College Trinity Laban Chapel choir and York University Music, will sing a varied repertoire spanning 500 years of sacred music

at

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6pm

drinks from 5:30pm

Glass of wine and canapes included in ticket price

Tickets £15

07973 885665 or 01263 741125

mcardoe@msn.com or annerolfe45@gmail.com

All proceeds for the upkeep of All Saints, Morston

Langham Street Fayre – 15th August – we are providing the teas and our delicious cakes – see you there.

Happy Mondays join us for lunch - two courses for just £8 – every Monday, do book early to avoid disappointment.

Tuesday Coffee, Cake and Cards with raffle 10am to 12 noon - donations please for delicious teas and coffees - every Tuesday.

Thursday Chatty Café 'chatter and natter' - pop over for a friendly chat every Thursday – starts 3rd September.

Caring for the Carers coffee, chat and lots of advice from other carers, our team and a representative from Social Services - 10am-12noon first Friday of the month (7th August and 4th September)

Board Games & Chat 10am-12noon – coffee, chat, chess, and more. Free to attend and all levels welcome - every third Friday of the month (21st August and 18th September)

Bridge Club players - do check our website for details of our new bridge club.

Looking to rent space for events, keep fit and creative classes, meetings and more?

Our sunny, airy garden room, a small office space and a treatment room are available to rent hourly or by the day on Saturdays, Sundays and Wednesdays with some availability weekdays, too.

Competitive rates – please call 01263 740762 or email info@glavencaring.co.uk to find out more

Do check our website and face book pages for more details.

FAKENHAM CHORAL SOCIETY

Fakenham Choral Society has had a successful year, performing three near-capacity concerts; Midsummer Classics, Vivaldi's Gloria and Mozart's Coronation Mass with Faure's Cantique de Jean Racine and Mozart's Ave

Verum woven into the Coronation Mass. With Louis Vierne's Messe Solennelle and Matthew Coleridge's Requiem for our spring concert and Benjamin Britten's Saint Nicolas and Vivaldi's Magnificat and other festive music at our Christmas concert, 'Christmas Knights'.

Our popular 'Come & Sing' day 'Glorious Glorias' attracted singers from near and far.

Sadly after our summer concert we bade a fond farewell to music director Mark Jones. FCS Chair, Rosemary Dear said: "To everything FCS has done in the past eight years, rehearsals, concerts, Come & Sing Days, Mark has brought his immense musical skills, his dynamic style, boundless enthusiasm and stamina and given a huge commitment of time to the choir. Thank you Mark - we will miss you but hope that you will have fond memories of FCS and of the wonderful music we have achieved with your help and guidance."

Our year wound up with a delightful garden party for our members hosted by our President, Sarah, Countess of Leicester.

We will be revealing details of our new music director over the summer and we will start rehearsals on 8th September for our Christmas concert, which will take place on Saturday, 12th December. If you enjoy singing and would like to join us, you can find details on our website here www.fakenhamchoralsociety.org/join-us. We are particularly looking for tenors and basses. Shirley Collyer

WHAT'S ON AT HOLT LIBRARY

Friday 14th August 2.30pm -

Read to the Beat Junk Modelling session

Come along and get creative junk modelling with a musical theme. No need to book. Free event. Ideal for ages 4+ but younger siblings welcome. Children must be accompanied by an adult.

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membership.sadgg@gmail.com

Or check out our website:
www.sharringtongardening.org.uk/whats-on



Monday 24th August 10.30am - Musical Keys

Inclusive, SEND-Friendly music making with Musical Keys. Come and join Musical Keys for an hour of free interactive, accessible and fun music activities. No experience necessary and all abilities welcome. Suitable for ages 5 – 12 (but younger siblings welcome). Children must be accompanied by an adult. Booking is essential as spaces are limited. To book contact the library on 01263 712202. This event has kindly been funded by Holt Library Friends.

Mini Summer Reading Challenge

Did you know there is also a mini challenge for Under 5s. Collect stickers for the library books you share with your little ones, and there's a certificate at the end!

For more details about summer events at Fakenham, Holt and Wells Libraries contact: Elena Parkin, Library Manager, Norfolk Library and Information Service

Dept: 01328 850233 | Mobile: 07786 198618

Fakenham, Holt and Wells Libraries

FAKENHAM RUGBY CLUB WALKING RUGBY TOURNAMENT

Saturday 6th June saw Fakenham Rugby Club's second Walking Rugby tournament. As last year, it was an enthralling, hard-fought and entertaining event; a great advert for a rapidly growing sport. Teams gathered from across the county: Diss, Lowestoft and Yarmouth, Wymondham, March as well as Norwich. The Fakenham team was faced with a full range of keen opposition. With no running allowed, this version of the sport, designed for mainly older players, presents unique challenges. On the day, all teams rose to these and provided many twenty minute matches which were incredibly close. With three points for a win and one for a draw, the whole day was organised around a league system.



At the end of the tournament, Diss emerged as the worthy winners with Fakenham a highly creditable second, narrowly ahead of the team from Lowestoft and Yarmouth. After each game, there were cheers

and handshakes all round - a feature which indicated the sporting atmosphere.

Thanks to Jeffrey Pearce for organising the whole day and also to Fakenham Rugby Club for the tremendous hospitality. Beer, coffee, burgers, bacon butties and hot dogs were in good supply for the spectators and resting players. Thanks also, of course, to all referees and the timekeeper.

Why not join in with walking rugby? If you are interested, look at Fakenham Walking Rugby's Facebook page for further details and contacts. You won't regret it. We meet and play every Wednesday evening, between 7 and 8 pm, at Fakenham Rugby Club. Come along and join us.

BALE

Contact: David Bridge

david@bridgeifa.co.uk

BALE FETE

Saturday 13th June saw another outing for the Bale Fete. With the previous week's weather being rather rainy, we were worried that the day would be a wash out, but luckily the rain kept off.

Mind you, the wind had other ideas and trying to lay out gifts, plants, cakes and prizes, without them becoming airborne, proved rather tricky.

On the tombola stand, we did manage to secure all our prizes with the help of what Blue Peter used to refer to as 'sticky tape.' However, this resulted in prize winners nearly taking the covering tablecloth home with them when claiming their prizes (a la Paul Daniels).

We were happy to see folks (many sensibly attired in coats and hats) yet again enjoy all the delights of the Bale Fete - playing games, buying nic-nacs, enjoying cups of tea and homemade cakes and all to the iconic 'English summer' soundtrack of the Sheringham Brass Band, who were, as always, fantastic.

There was a very poignant moment, when fete-goers remembered Eileen Spooner, a stalwart of the Bale Fete for many years, who sadly passed away this year. She is hugely missed by the village and wider community.

The total raised for the day was a whopping £4,053 and a large proportion of the money raised goes to support All Saints Church in Bale. This really was a wonderful achievement and huge thanks go out to everybody who came along and to the organisers and stall holders, with a special shout out to Walter

JACK SADLER PHYSIOTHERAPY

Holt Holistic Centre,
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Holt, NR25 6BS

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jsadlerphysio@outlook.com



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Tourist Information

Staithe Street - Wells-next-the-Sea - NR23 1AN

For full programme details see:

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North Norfolk's Centre for Community & Culture

Hammond, who made it all possible. Roll on Bale Fete 2027.
Rebecca Withey

WILD BALE

Dragonflies

The fine weather this spring and summer has increased the fortunes of our native dragonflies and damselflies. These incredible creatures belong to the animal insect order Odonata meaning – toothed jaw- in ancient Greek. There are some 5,500 species of Odonata in the World of which fifty-two are regularly seen in the UK including forty species or so in Norfolk while in the parish of Bale & Gunthorpe, I have identified twenty-three species. This lower number is partly due to the lack of large bodies of open water.



Dragonfly adults are on the wing from April, Large-red Damselfly is often the first seen, with some species seen until October/November such as Common Darter. The peak season is July – September.

As adults' damselflies only live for 2 – 4 weeks while dragonflies live for up to two months. The larva of dragonflies are aquatic and carnivorous, feeding on small aquatic invertebrates and small fish. Damselflies take a year to emerge from the water and become adults while dragonflies are in the larval stage for 2 – 5 years depending on their adult size.

Naturalists have long been fascinated by the dragonfly's prehistoric appearance and their amazing flight abilities; their two pairs of wings allow them to fly sideways and backwards as they hunt for flying insects which they catch in their front legs which are pushed forward with the leg spines creating a net. They have 360-degree vision and can see very small prey at some distance.

Common species seen in our parish include Banded Demoiselle, Emerald Demoiselle, Common Blue Damselfly, Southern Hawker, Brown Hawker, Four-spotted Chaser, Broad-bodied Chaser, Black-tailed Skimmer & Common Darter. These species can be seen hunting a little distance from water quartering over meadows and along hedgerows and species such as the Emperor Dragonfly can often be seen hunting along wooded glades and over treetops.

To find dragonflies it is best to search along sheltered, warm banks of Norfolk becks, ditches and boggy ground as well as open ponds. They will often be

concentrated around shallow bodies of water that remain after a long dry spell as many of the suitable habitats for egg laying begin to shrink and disappear.

Most dragonflies are easily identifiable with a field guide and some patience as they will often perch on vegetation giving an opportunity to study the colours and markings. The males are brightly coloured with distinctive colouring on at least some of the ten segments of their bodies, while others have markings on the wings. The large and brightly coloured Broad-bodied Chaser and the Four-spotted Chaser are very attractive dragonflies and are often quite approachable.

Paul Laurie

*Jewelled, vibrant hues of now memories lost,
Like whispers on the wind, they pay the cost,
In the silence hangs their goodbye,
Gone are the dancers, the spellbinders of the sky.*

Paul Laurie

BALE BOOK GROUP

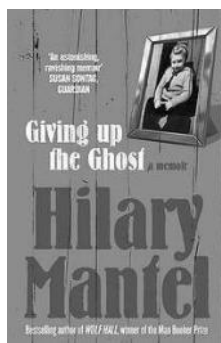
Giving up the Ghost by Hilary Mantel

At their May meeting, members of Bale book group discussed Hilary Mantel's memoir, *Giving up the Ghost*. Although it is an account of Mantel's childhood, and of significant events, experiences and people in her life, it is, as she insists, not an autobiography. The first part of the book describes, with acerbic wit and amazing recall, her unconventional and, at times, uncomfortable childhood. Her descriptions of incidents at her convent school made me very glad

I wasn't there. The reader can feel her confusion at some of the strange ways of her teachers. She was particularly puzzled at being asked 'Would you like me to hit you with a ruler?'

Much of the rest of the book centres on her many years of struggling with undiagnosed and misdiagnosed endometriosis. She experienced unnecessary and cruel psychiatric treatment and an increasingly mind-numbing drug regime.

Ghosts provide a continuous thread throughout the book, from those of her childhood to those of the children she could never have, and the things she may have experienced had she made different choices. The group was unanimous in its admiration of Mantel's writing. It is concise, funny, sad, honest and moving.



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Most members preferred the second part and almost all would recommend it to others. I certainly would.

Anne Peppitt

BALE PAINTING GROUP

Warnings of and actual heatwaves have been the current local issues earlier this summer. As the heat rises the painting continues albeit with specific challenges. The main one for those of us using acrylics or watercolours is the paint drying before we would like it to. It's tempting to add more solvent, water in these cases but you run the risk of losing the paint body if you over dilute acrylic paint and it stops being paint. Likewise watercolours can become more of a weak wash if you are not careful. There is a solution to the acrylic paint drying too quickly called a retardant additive but in the 30°C plus heat we've had recently it's unlikely to help much.

Following the sad event of the death of David Hockney we did change our planned topic on the following Monday to one of trying to create a painting in his style. On looking into his oeuvre of work it is impossible not to be struck by his use of colour and form in representation of subject matter painted. He excelled at picking out shapes in landscapes and then making them jump out using colours which seem odd in isolation but work in his pictures. There are one of two pieces from this session on display in the village hall. His renowned paintings created while in California in the 60s, now called Pop Art, such as Splash look simple on first glance but include subtle graded skies and blocks of colour not so easy to reproduce without practice. His ever changing output including images made using Apple iPad in more recent years will be missed but we are now all more appreciative of the work he did do.

We currently have three spaces for people to join us, if that's you please contact us by email or just come along to the Bale village hall on a Monday afternoon. **TheBalePaintingGroup@Outlook.com.**

There are no sessions in August. We restart on 7th September at 1pm.

Peter Jones

BALE VILLAGE HALL NEWS

Into the summer season of Bale village hall activities, and alongside the regulars – painting group, yoga, pilates, fish and chips and the Bale Oak Bar, the village hall will be hosting the annual summer barbecue. The date for this popular event is Sunday 30th August, starting at 6pm and the price this year is £17 per adult,

children free. Booking will open on 1st August via the Bale Village WhatsApp or **balevillagehall@gmail.com**. Don't forget that this is usually a sell-out, so book early to avoid disappointment.

In place of the traditional Harvest supper at the beginning of October, which normally precedes the Harvest Festival at All Saints, the village hall will be hosting a Harvest lunch at 12.30pm on Sunday 4th October, the day of the church service. The two-course menu will consist of baked potatoes, cold cuts, (with plant-based alternative) and salads, followed by home-made desserts. The price will be £10 per person and, in recognition of our good fortune in enjoying the fruits of the countryside, a donation to the food bank would also be very welcome. Bookings for the Harvest lunch will open on 1st September, as usual via Bale Village WhatsApp or **balevillagehall@gmail.com**.

Fish and chips dates for this period are 14th August and 11th September, orders as above by 5pm on the day for fish and chips and by the preceding Wednesday for fish pie (if available). Bale Oak Bar will open its doors on 28th August and 25th September, 6.30-9.30pm

As always, more volunteers are welcome to help with the running of all village hall events, so please contact a member of the committee if you are able to assist. The current committee members are: Paul Turnbull (Chair); Alastair Macorkindale (Treasurer); Paula Moore (Secretary); Dan Marsden (Fabrics Officer); Fiona Andrews (Health & Safety); Anne Peppitt; Ann Wall; Chris Ryan; David Bridge.

Paula Moore



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BALE 100 CLUB WINNERS

May		June	
1st	Win Huddle	1st	James Pickett-Thomas
2nd	Dan Moore	2nd	Evie Marsden
3rd	Liz Marsden	3rd	Dawn Baker
4th	Ruth Hulton	4th	Andrea Turnbull

ALL SAINTS BALE

The PCC would like to extend a huge "thank you" to all the residents of Bale and beyond who made a great success of this year's Bale Fete. A large proportion of the proceeds of the Fete support our church and without this sum every year it would be impossible to meet ongoing costs. Over £4,000 was raised this year, thanks to the generosity of donors and volunteers. A special vote of thanks goes to Sue and her team on the refreshments, who represented Sue's greatly-missed Mum, Eileen Spooner, who sadly passed away since last year's Fete.

It seems very early to be thinking about autumn, but the next notable date in the church is Harvest Festival, where we celebrate our good fortune in enjoying what the earth provides. As a rural parish, this is particularly relevant. The Harvest Festival service is at 9.30am on Sunday 4th October, preceding the Harvest lunch at the village hall at 12.30pm. Eileen Spooner took great pride in decorating the church for this service, with food which would then be donated to charity. In Eileen's absence, it would be much appreciated if donations of groceries (ideally tins or packets, with at least a one-month expiry date) could be left in the church porch by Saturday 3rd October. After the service, any offerings will be taken to the Fakenham Food Bank.

Regular Holy Communion services will be at 9.30am on Sundays 2nd August and 6th September. *Paula Moore*

BINHAM

Contact: Paul Bailey 07401 315714
paulbailey04@aol.com

BINHAM YOUTH GROUP

As you read this, Youth Group will have closed for the summer holidays.

The last few weeks of the summer term were warm and sunny so most children spent Wednesday evenings playing outside with the last Wednesday of term being our ever popular 'Wet night'.

As I'm writing this, we are anticipating a busy, fun-filled and very watery evening with water pistols, wet sponges

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and super soakers aplenty.

Tuck shop is as popular as ever with old favourites like sherbert dib-dabs, freddos, flying saucers and chewy brains selling out fast. Drinking water is always available during the warm weather. We have a no mobile phones policy, expect and recognise good behaviour, good manners, kindness to others and positively encourage the children to use our litter and recycling bins.

With another busy summer over we need to thank again our amazing volunteer helpers without whom the Youth Group would not run. So a big thank you to Andrew, Wendy, Helena, Laura, Heidi, Liz and Jane. If you think you could help out regularly or even now and again please do get in touch.

Youth Group reopens on Wednesday, 9th September. Anyone aged 5 -16 is welcome. It's £1 entry.

Wednesdays 6 - 8 pm, term time.

Contact Andrew Marsh 01328 830178 or Amanda Able 07776 031662 or visit our Facebook page (Binham Youth Group) for more information.

Have a great summer everyone.

Amanda Able

BINHAM PRIORY CONCERTS

Summer Concert Series

Tickets, £20 per concert (with allocated seating) from Wells Maltings Box Office, 01328 71088 (10am-4pm), wellsmaltings.org.uk.

Saturday 8th August, 6pm - Xuefei Yang (classical guitar)

"A Spanish Tapestry". Music by Manuel de Falla, Rodrigo, Albéniz, Malats and Sabicas.

Celebrate the fiery spirit of Spanish music performed by this world renowned guitarist. This is a special concert marking the 150th anniversary of Manuel de Falla's birth.



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Saturday 29th August, 6pm - Kyan Quartet

"A Multi-Century Journey from England to Central Europe". Music by Purcell, Kreisler, Schulhoff and Brahms. Making their debut at Binham Priory Concerts, this award-winning quartet, currently based in Salzburg, brings together four exceptional musicians from the United Kingdom, the United States, China and France.

Sunday 13th September, 7.30 pm - Intesa Duo

"Voices of San Lazzaro". Our summer series ends with a special candlelit concert performed by a duo who have been selling to sold out audiences throughout Europe. It showcases a unique combination of viols and voice where folk and early music repertoire are placed side-by-side, bringing together European and Armenian traditions through narrative and self-accompaniment.

Full details of all concerts can be found on the website: binhampriory.org *Geoff Scott*

BINHAM MEMORIAL HALL

We hope you have been enjoying the fine summer weather recently, although the gardeners amongst us would probably welcome some overnight rain now and again.

Hopefully the weather will continue to be fine, firstly for a free family event on Wednesday 12th August at 6pm courtesy of the North Norfolk Astronomers to observe the solar eclipse. All equipment to safely observe this and informative commentary provided. Eclipse commences at approximately 6:30. See website for full details.

The following Sunday this year's Binham and Cockthorpe village fete, on Sunday 16th August takes place from 1-4pm. Everyone is welcome to come along to this family friendly event and, following on from the success of last year's event, there will be something

there for everyone to enjoy. All the old favourites: outdoor games with prizes to be won; tombola; craft and artisan stalls; bar and refreshments; BBQ; ice cream; pre-loved clothes; bric-a-brac; live music and much more besides.

Does your dog have the waggiest tail, or perhaps they are the one that the judge would most like to take home with them? These are just two of the categories in our Fun Dog Show. So come along with your dog(s) and see if they can win a prize.

If you're able to donate any items for our stalls and raffle prizes, or can contribute, or assist in any way, please let one of our team know. All donations and assistance will be greatly appreciated. So please do come along on the day and join in the fun, and be sure to mention it to your friends and visitors. This is one of our biggest fund raising events, so please support it if you can.

In September we have another bingo session on Thursday 17th 6:30pm, eyes down at 7pm.

And on Saturday 19th September, live music with acclaimed local band, The Blenheim Bombers, new and old tunes, bring your dancing shoes, 7pm for 7:30pm start, £5 admission, bar available.

Of course, there's all our regular events, social evenings, cosy club and youth group.

Please note, if you'd like to book our hall for an event, occasion or group, the contact details for hall bookings have changed: Tel 07771 560132 and email bookings.binhamhall@gmail.com.

Keep up to date with everything on our facebook pages, website and signage.

We look forward to seeing you soon.

Kevin Howard



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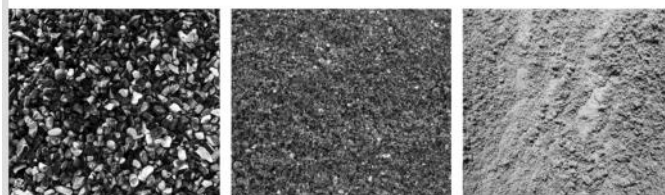
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BINHAM ART GROUP

Most of us talk about the weather each day at some time as it affects what we do, what we wear, whether we stay in or go out and even what or when we paint. The hot weather we have been having can inspire us to paint a cheerful and bright picture or even a dark moody reflection if we hide away out of the glare.

Just to remind you we are holding our Annual Exhibition on 22nd and 23rd August from 10am to 4pm each day. There will be a good selection of paintings as well as crafts and cards on sale. You should be able to find something to suit your budget as they are all reasonably priced. However, if you did not find something at the exhibition there is the gallery available at the Binham Chequers Pub. We are very grateful that they have allowed us to display our pictures there all year round and we can recommend them for being one of the friendliest pubs in Norfolk.

Once the exhibition is over then it is back to being creative at our weekly sessions. Meeting regularly and admiring other members' techniques does encourage us all. You see something you like and then decide to have a go yourself, whether it is in a different medium or just using a different technique. We all have a different style and when we have our monthly picture of the month competition it is very difficult to decide who the winner should be as they are all winners in their own way. The May picture of the month was won by John Hill for his intricate picture of a Delphinium and the June picture of the month was won by Hazel Ashley for her colourful picture entitled Flowers from My Garden.

If you have never tried painting a picture of any sort in any medium why not have a go this year. Most artists find that just putting paint onto paper is very therapeutic and you can forget about whatever you are struggling with in life and just get absorbed in the effect you are making, even if you do not feel it is a masterpiece at the end, the process can be very healing.

For more information contact **susanaedwards09@gmail.com** *Sue Edwards*

FRIENDS OF BINHAM PRIORY

We are delighted to announce that our next talk will be on 13th November in the village hall and full details will be available in the next copy of the Lynx.

Please save the date and please book early if you wish to attend. We were overwhelmed by the demand for tickets for our last two talks and despite putting on extra seats we still sold out in advance.

Talk details will also be on our website, **friendsofbinhampriory.weebly.com**. The site is designed

to showcase other village events as well as our own with a dedicated "What's on in Binham" page. Do take a look at that too and if you wish us to add an event you are arranging, please contact us on **friendsofbinhampriory@gmail.com**.

Finally, a big thankyou to all FoBP supporters. We look forward to seeing you again. Take care and enjoy the rest of this sunny summer of 2026. *Carolyn Raymond*

BINHAM MEMORIAL HALL 100+ CLUB WINNERS

May		June	
Julie Poole	£25	Lucy Fox	£25
Richard Fisher	£10	Stanley Hewitt	£10
Jane Groom	£5	Donald Ritchie	£5
Liz Hall	£5	Alex Wales	£5

For only £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 **paulbailey04@aol.com**. *PB*

BINHAM & HINDRINGHAM OPEN CIRCLE

We are informal group of women based in and around Hindringham and Binham who get together to make friends, learn new things and enjoy local outings.

Recent events have included a cinema trip, a 'bring and share' get together at Binham village hall and a visit to 'Tulips at Houghton'.

If you would like to be part of the group please contact Shirley on **collyersh Shirley@gmail.com**. *Shirley Collyer*

BINHAM WITH COCKTHORPE PC

There has been little change in the projects that the Parish Council are hoping for completion by the autumn.

In the meantime, I note the following in the June County Councillor and District Councillor reports. Firstly, Norfolk Fire and Rescue Service have highlighted risks associated with lithium batteries catching fire, especially associated with e-bikes and e-scooters, mainly associated with charging incorrectly and not disposing of batteries appropriately. Further information can be found **<https://www.norfolk.gov.uk/lithiumbatteries>**. Secondly, a message from Highways suggesting that using **<https://www.norfolk.gov.uk/highwaysproblem>** is the most effective way of reporting road defects or if you think more urgent contact Customer Services **highways@norfolk.gov.uk** by email or phone 0344 800 8020. The highways engineer and rangers can only act on a plan to repair potholes and road edge deterioration if one accesses

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their portal to draw their attention to poor road surfaces etc.

Our District Councillor draws also our attention to NIDAS (Norfolk Integrated Domestic Abuse Service). A county wide service that supports victims of domestic abuse considered to be of medium or high risk <https://nidasnorfolk.co.uk>. There are several organisations across the county that offer safeguarding support, all of whom work together to support an individual's need. In recent years, safeguarding categories have been defined and currently ten different categories affecting children (neglect, emotional, physical and sexual) and adults (physical, sexual, neglect, psychological, financial and material, discriminatory, domestic, organisational and modern slavery). You might wonder why I draw attention to safeguarding, other than to introduce the need to be mindful and not be afraid to ask for help if found in need. The various organisations are there to help according to their protocols.

A further reminder the PC chair has previously suggested that a small group come together to maintain the verges and flower bed adjacent to the bus shelter. This includes the pathway along Warham Road. Hopefully in the next few weeks the vegetation will be cut back. If anyone might be interested in joining such a group, then please contact the parish clerk Sarah Hayden (clerk@binhampc.norfolkparishes.gov.uk) for further information.

Elizabeth S Brady, Chair

VILLAGE FLOWER FESTIVAL

Binham Priory 2027

Advanced notice and a date for your diaries next year: 28th – 31st May 2027. The festival will take place in the Priory Church and is themed 'All things bright and beautiful'.

Elizabeth S Brady



COCKTHORPE

Contact: Juliet Case
julietcase@live.com

NEWS FROM THE LAMBING SHED

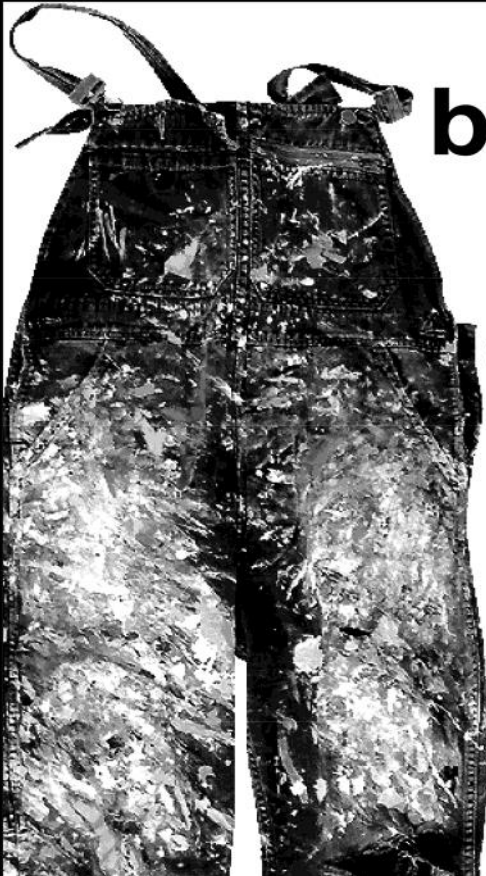
All the lambs have progressed into one big pen, and from the big automatic milk feeder onto hay creep pellets and water, I had a noisy few days when every time they saw me they demanded milk. I didn't make eye contact and held firm and they are now a good independent bunch of happy lambs.

The story of Lucky

I normally refuse to name lambs, but this time I was overruled by my grandchildren; they also christened me crazy sheep lady.

Lucky is a blue faced Leicester, born on the day of the point to point. I arrived home before the rest of the family to find a ewe in trouble, the lamb was presented correctly but I could see by the size of its feet and head he was a monster. The ewe was brilliant and between us we delivered a lamb the size of a small Labrador. I left ewe and lamb to bond, but this never happened. The ewe didn't want to know. I penned them together but still no joy; motherhood wasn't high on her list and by this time the lamb was cold and in need of the all important feed of colostrum, so my kitchen became part of the lambing shed. For four days I tubed him with colostrum kept him warm by the Aga gave him a hot water bottle at night and said a lot of silent prayers; to say that I became slightly obsessed was an understatement hence the mad sheep lady. The outcome didn't look good but when you are close to something rational thinking goes out the window.

Last resort I rang my friendly vet. He was very polite



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and although he thought I had gone barking mad told me if the sucking reflex had not returned after 48 hours he didn't hold out much hope. At the end of the conversation he mentioned and old shepherds trick fill the belly, double the amount of milk, and then try the bottle an hour later.

Nearing midnight, the witching hour, found me in the kitchen with the lamb. I told it very firmly that this was the last option, it had to start drinking, no problem and it took a whole bottle. Crazy sheep lady was overjoyed. Thank you vet and old shepherd.

Progress was rapid and he soon moved in with some lambs. Twenty-four hours later he was ill. He had joint illness; a bacteria that attacks the joints and is mostly fatal. Quick talk with the vet and a really huge dose of antibiotics, fingers crossed another silent prayer.

He survived. but he also decided that living with me would be the best option. Above all the odds he is recovering and I have managed to find him a small lamb friend. Fingers crossed and all prayers for Lucky, and never give up.

Juliet Case

FIELD DALLING

fielddallinglynx@gmail.com
Queries: Samantha Duncan

200 CLUB WINNERS

June	July
£50 Paul Hennessy	£50 Mark Whitworth
£25 Glynn Thomas	£25 Monica Jarvis
£15 Clare Burnett-Hall	£15 Ginny Kirby

FIELD DALLING & SAXLINGHAM SUMMER FETE

Saturday 8th August 2-4pm

Our annual Field Dalling and Saxlingham villagers fete will be held at the Villagers Hall in Field Dalling NR25 7LE. Final plans are in place and all the traditional stalls and games will be there, something for everyone.

There will be live music from the Norfolk Jazz Quintet, tea and cakes, hot dogs, Strawberries and ice-cream, raffle, tombola, plants, cakes, gifts, books, white elephant, toys, petanque game, treasure island, splat the rat and lots more games.

Please come, and bring your family, friends and visitors with you. Theres lots on offer: fun games, lovely stalls, raffle and tombola, just sitting and enjoying the atmosphere,

refreshments and music. Look forward to seeing you there.

BINGO IN FIELD DALLING

We have a very popular and successful bingo once a month (usually 2nd Friday of the month) in the Villagers Hall, it is run by Debbie & Ian Ladley and their merry band of helpers!

It all began around the year 2011 when Debbie suggested running a village bingo again, because apparently there used to be a bingo held weekly in the village that she could remember going to as a child.

It was decided that they would give once a month bingo a go, with all the Village Hall committee helping, and see how it went from there. It went very well and is a very successful and enjoyable event to go to.

Debbie and Ian very kindly donate all the profits from the bingo to the Villagers Hall, which has funded many things especially the new tables and comfortable chairs. This fundraising is extremely important in the success of our lovely Villagers Hall and the committee and the villages are very grateful to them.

The most popular fundraising months are the Easter and Christmas bingos, with more Easter eggs than you could possibly know what to do with and wonderful Christmas goody parcels. These months often sell out well before the event.

Each bingo night they play a book of 10 games, a flyer, a jackpot ticket and a liner and theres always a fantastic raffle. This would all cost under £20 which includes buying £5 worth of raffle tickets.

Cash prizes on the night can be up to £90 on the jackpot, £15 and £30 on the flyer, a line £15 and full house £20 on the books and the liner can be up to £200.

The night is always boosted by an extremely tempting raffle usually 25-30 prizes, at Easter and Christmas there are even more prizes up to 40-100. Prizes are very varied, something for everyone.

The evenings are always well attended with around 65 to 70 people each month, refreshments are available on arrival and at the interval.

If you would like to come to the bingo please contact Debbie Ladley Tel:07748 115889 who will gladly help book you in, please leave a message if she is unavailable and she will happily get back to you.

CONVOY4UKRAINE

From Field Dalling

(see page 19 for Convoy4Ukraine, Langham)

The prospects of a secure long-term peace in Ukraine any time soon are remote and whilst Russia's hostility continues unabated, the brave people of

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Ukraine continue to need our help in this their fifth year of war. That being so, I have decided to join a team with www.convoy4ukraine.com, who have to date raised over £2.1 million and have taken twelve aid convoys to Ukraine, the most recent this June.

Norfolk is well represented with drivers, 6, (so 3 trucks) and we are called Norfolk Ukraine Truckers (NUTS). 3 of us have roots in the area, my brother Edward, Nick Wykeham of Seal Cottage and myself.

Edward has set up my JustGiving donation page under Convoy4Ukraine October 2026. We hope you can help.

Stephen Allen

GUNTHORPE

Contact: Jane Carwardine 07989 534145
jacarwardine@googlemail.com

FOGPC

50/50 Club Draw Results

May		June	
Dan Marsden	£20	Myfi Everett	£20
Aaron Maloass	£15	Tony Dufour	£10
Julie Frost	£15	Dawn Gillies	£5
Ken Prouton	£10	Laura Latham	£5
Andrew Wood	£10	Karen Burton	£5
Lisa Rush	£5	Helen Ford	£5
Michael Bunting	£5		

Our new subscription year started on 1st June 2026 with 111 members and the club handed over to Laura Latham who has volunteered to run it from now on. The first draw of the new subscription year was held on 27th June. If you

have not already renewed your membership, or would like to join, subscriptions for the full year 2025/26 are £12 per person for 12 draws (and can be pro rata for a partial year). Payment can be combined with Friends membership (£5 per person minimum). Payment can be made by BACS (Acct: "Friends of Gunthorpe Parish Church", Sort Code: 53-50-73, Acct No: 2572 7532), by cheque payable to "Friends of Gunthorpe Parish Church" or by cash.

If you would like more information on the Friends and 50/50 Club, please contact Laura Latham on 07825 241968.

I'd also like to take this opportunity to say a huge 'thank you' to John Blakeley who has run the 50/50 club in Gunthorpe for over 15 years.

Laura Latham

FRIENDS OF GUNTHORPE PC

Liz, Jane and David have done an excellent job canvassing the village, instilling momentum and seeking volunteers interested in taking over roles on the Friends committee. As a result, we have met with those offering to help and elections will be held at the AGM in Gunthorpe Village Institute at 6:30pm on Tuesday 11th August. We hope many will attend. An email with further details will go out to members soon. There will be drinks and snacks before and fish and chips following the meeting. The incoming committee have great ideas for future events, and it will be a fresh boost for the village.

I can't express how much I have enjoyed the past thirty-two years in my role as chairman and look forward to supporting the Friends, Village Institute and village church in any way I can in the future. I wish the incoming committee a great run in the very special, friendly, entertaining village of Gunthorpe – how lucky I have been to be a part of it.

Here's to the future - with my thanks and best wishes.

Marie Denholm



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UP-COMING VILLAGE EVENTS

August - October 2026

Following two hugely successful events in July including a village BBQ and 1940s street party, we look ahead to late summer and autumn, with a few dates for your diary.

Friends of Gunthorpe AGM Institute

Tuesday 11th August, 6.30pm

Election of the new committee with drinks, snacks and fish and chips.

Quiz Night, Institute

Wednesday 26th August, 7pm

A fun quiz with nibbles provided. Please bring your own drinks. £4 per person.

Wildlife Photography Talk, Institute

Tuesday 1st October, 7pm

Illustrated talk by David Paton. Welcome drink and nibbles provided. £7.50 / person, children free.

Monthly Events

St Mary's Church Service, 11am

2nd Sunday of the month

Coffee Morning and 50/50 Draw, 10.30am

Last Saturday of each month at the Institute

Liz Marsden

A FRESH LOOK FOR GUNTHORPE'S VILLAGE SIGN

Visitors to Gunthorpe may have noticed that the village sign on the Green is looking particularly splendid once again. Thanks to the kindness, generosity and craftsmanship of village resident **Nick Boon**, the much-loved sign has been carefully restored and returned to its rightful place, looking better than it has for many years.

Nick, owner of **Boon Bespoke Decor**, undertook the restoration as a gift to the village. He carefully cleaned the carved wooden sign before treating the front with protective oil to enhance its appearance and help preserve it for years to come. The result is a beautiful restoration that once again showcases one of Gunthorpe's most recognisable landmarks.

The village sign is much more than a nameplate – it is a carved monument celebrating Gunthorpe's rich



Nick Boon with the newly renovated sign

history and heritage.

Historic photographs show there was no village sign on the Green in either the 1920s or the 1960s. The earliest known photographs of a village sign date from December 1978, when the first sign was officially unveiled. The occasion was clearly a significant event in village life, with many residents attending the ceremony. Among those pictured was Fred Wright, then Chairman of the Parish Council.

Village Green 1920



Previous sign 1978



The present carved sign replaced that earlier version after it became damaged. It was created by talented local artists and former Gunthorpe residents Jane and Paul Quail, whose work in woodcarving and stained glass was renowned throughout England and Europe. From their studio at Boundary Farm they undertook church restoration projects, welcomed international artists to the village, and generously volunteered to create the beautiful sign that has become such a familiar landmark. Their gift remains a lasting tribute to both their artistic talent and their affection for Gunthorpe.

Every carving on the sign tells part of the village's story. A wheatsheaf represents Gunthorpe's long agricultural heritage. A tree and four pigs, dated **1086**, recall the village's entry in the Domesday Book, recording its woodland and four pigs. A dog gazing towards a royal crown, marked **1201**, commemorates William, son of Robert le Mey, who held land through the unusual Grand Serjeanty of keeping a hunting hound for the King.

The sign also features the famous **Bale Oak**, the ancient hollow tree that once housed both a cobbler's workshop and a pigsty before it was finally felled in 1860. A cottage loaf represents charitable legacies left for the benefit of the village poor by Christopher Ringer in 1678 and John Towne in 1777. Finally, a gravestone bearing the initials **I.L.H.** commemorates Isaac Le Heup, a local gentleman and landowner who died in 1747.



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The sign is therefore not only an attractive feature on the village Green but also a beautifully carved history book, illustrating the people, landmarks and events that have shaped Gunthorpe over the centuries.



Old sign with villagers December 1978 above



Unveiling of present sign date unknown (prior to 2003)

The village would like to record its sincere thanks to Nick Boon for his time, care and generosity in restoring this important piece of Gunthorpe's heritage. His work has ensured that one of the village's most distinctive landmarks can continue to be admired and enjoyed by residents and visitors alike for many years to come.

References

Photos and village history supplied by John Blakeley and history of the current sign supplied by Marie Valk. Many thanks to them both.

<https://www.geograph.org.uk/photo/458044> Adrian S Pye, <https://www.gunthorpewithbale-pc.gov.uk/about-xxx>

Valerie King

GUNTHORPE HISTORY

The following article is Part 3 of the "Introduction" to 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.

As shops closed, and older cottages became untenanted, or fell into disrepair, they were then modernised and occupied by newcomers who had no traditional connections with the village. The result is a different village, but a village nevertheless, and there is a debit side as well as a credit side to the change. On the debit side, the newcomers have tended, until quite recently to be older or retired people. The result is that the average age of the adult population here is much higher than the national figure. About a quarter of the population are newcomers who have settled here in the last 10 years or so. About a third of the population is of pensionable age. Only about a quarter are young people under the age of 18, and there are relatively few people in the age group 20 to 30 years. Only about two dozen of the present inhabitants went to school here, and there are relatively few villagers who have spent their whole lives here. Of those who were here in 1955 - just a generation ago - only some 40% remain. On the credit side the great majority of the newcomers have adjusted well to village life. They have, it is true, brought a different outlook, but they have brought their own expertise as well, and this has been to the general benefit. Many of them are playing a leading part in organising those activities that are an essential part of village life. The homes they have modernised or have had built preserve the village as a structural entity. Some of the newcomers have young families and this augurs well for the future of the village.



Post Office Row 1920



Post Office Row today

One particular point about the changing population has preoccupied this writer (*Ray Steffens*), and to some extent, explains why this history was written. Perhaps by the year 2000, which is only another generation away, there will be very few villagers left whose fathers and grandfathers lived here before them. The link with the older Gunthorpe may then be gone and questions about people, places and events will then be difficult to answer from direct family



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knowledge. It is relevant to mention, in this connection, that not too long ago there would have been people at Bale whose parents or grandparents could remember the removal of the famous Bale Oaks in 1845. Similarly, there would have been people at Swanton Novers who have known why Pigs Grave was so-called - although it seems to be a complete mystery now. It is timely, therefore, that such information about Gunthorpe that can be gleaned from personal, as well as from documented sources should be collected and recorded for the benefit of future generations.

Some of the questions that have been raised during this research can be positively answered. For example, how did the titles Gunthorpe Avenals and Honour of Clare come about? What was the origin of the Bread and Blanket Charity? What was Bell Rope Acre? Where was Gunthorpe Windmill and who was operating it? Have there been two different Cross Keys public houses?

Other questions remain unanswered, at least until further lengthy research can be done. For example, did the Black Death of 1349, which caused the deaths of about one fifth of the inhabitants of Norfolk, have an important effect on Gunthorpe? Does our Church of Saint Mary stand on the site of an earlier church? Was there a religious house or retreat here belonging to Binham Priory, and where did the early Lords of the Manor, or their chief tenants live?

Gunthorpe has some well-established historical connections. It is known for example that Binham Priory held land at Gunthorpe in 1086; the land being given by the nephew of William the Conqueror. There are other connections with royalty. King Edward I appointed the rector here in 1301; the Clare family, once Lords of the Manor, were related to Edward IV; King Henry VIII took over some of the lands here in 1511 and his Queen Anne was related to the Boleyn's of Gunthorpe and Bale.

There have been several people called Gunthorpe, or de Gunthorp. Since all those referred to here had strong Norfolk connections, it is probable that they, or their ancestors, once lived in this village or had lands here. In former times, particularly before 1550, it was not unusual to name people after the area in which they lived, or had interests, for example John de Bodham and John de Baldeswell. In 1281, William, son of Richard de Gunthorp, was one of the parties who appeared before the judges at Norwich in connection with the release of the manor at Broke to John the Abbot of Bury. In 1303, John de Gunthorp was instituted to the rectory and Church of Saint Ethelred in Thetford, being "presented" by the Bishop of Ely. William de Gunthorp, who died in 1400, was rector of Fakenham from 1364 to 1400. He was also Prebendary or Canon of Wighton Yorks, of South Alton Salisbury, and of

Southwell (Saint Mary's). He is known to have been involved in the transfers of land at Caley's Manor, North Walsham. Robert de Gunthorp was parson of Saint Mary's Weeting and died in 1539. Henry Gunthorpe was churchwarden at Holkham in 1552. Perhaps the most famous was John, otherwise known as "Bishop Gunthorpe". He was one of the earliest pioneers of the "New Learning" and went to Ferrara to study Greek under Guarino in the 15th century. At one time he held the rectory of Cley next the Sea. He was chaplain to King Edward IV and was Dean of Wells, Somerset from 1472 to 1498, and built the Deanery, (a building that even Sir Christopher Wren declined to remodel).

John Blakeley

LANGHAM

Contact: Debi McIntosh 01328 830767
debimcintosh0@gmail.com

STREET FAYRE 2026

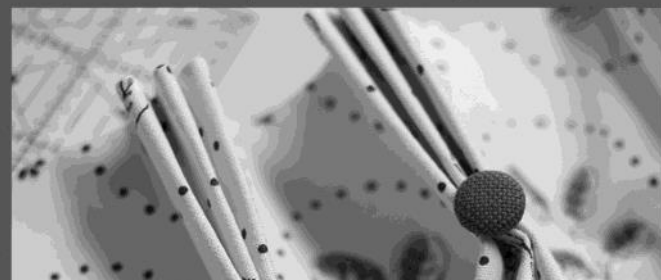
Saturday 15th August

We're nearly there! All of the entertainment is booked, necessary licences and permissions obtained, marquees and straw bales organised and the bunting and road signage dusted off for another year.

But we still need you. We've had lots of people coming forward to offer help (for which we are very grateful) however to make sure that everyone can enjoy a good part of the day we do need more. So, if you can offer an hour or two to either help with the car parking, manning a stall or selling raffle tickets PLEASE get in touch.

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that the road will be closed to traffic from 8am until late on the day. If you'll need to use your car during that time, please consider parking it elsewhere beforehand.

Finally, a further reminder that we will be accepting your donations of bric-a-brac, bottles of something for the bottle tombola plus the children's games/cuddly toy tombola, on Sunday 9th August from 10am to 12noon.

Any questions or offers of help please contact Debi on 07943 947763 or 01328 830767.

NB. The committee are all keeping their fingers crossed that the weather will not be a repeat of the biblical event we endured in 2024. Many thanks. *LSF26 committee*

CHURCH BRING AND BUY

Bank Holiday Monday, 25th May

We are delighted to announce that the proceeds from this event were £665.10 for Langham Church general fund; a wonderful amount,

Thank you for supporting us, and to the helpers, a great thank you, too.

The book display in the pews was very well received. The books were left out after the event and I estimate that the card machine took an extra £120.

Edward Allen Langham PCC



LANGHAM CHURCHYARD

The Churchyard is looking good thanks to the small army of volunteers who come with stout gloves, pruning equipment and a "get stuck in" attitude.

The next Saturday session is 25th July but you might have received this Lynx just after this. Don't despair, come on Saturday 8th August for the last one before the Street Fayre.

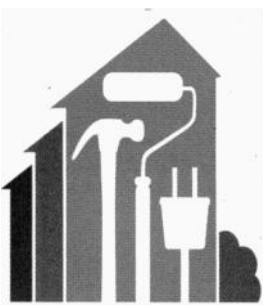
9am-12noon or when you can and our Rector will supply coffee or tea and a chance to mardle.

Edward Allen Churchwarden

CONVOY4UKRAINE

(see page 14 for Convoy4Ukraine, Field Dalling)

You might recall that, in February this year, I drove in a convoy of pickups full of medical and humanitarian aid to Lviv in Ukraine. There were 22 trucks and 44 drivers who then left the trucks and aid for the Ukrainians and flew home. I was asked to try to raise £9000 to help the charity buy the trucks and aid. I succeeded thanks to you all of my donators and I actually raised £12,500 so the extra £3,500 went to help buy more aid. I had to pay my own way with Chunnel crossing, fuel, hotels and food and flight home. My



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donors did not pay me, only for the aid to Ukraine.

I was so moved by my experience I have signed up to do it again. I had hoped Putin would have seen the light and withdrawn but yes, wishful thinking. Those poor people in Ukraine are going through hell and I want to help them. They didn't want this war.

I have set up my JustGiving donation page under Convoy4Ukraine October 2026 Edward Allen.

Norfolk is well represented with drivers, 6, (so 3 trucks) and we are called Norfolk Ukraine Truckers (NUTS). 3 of us have roots in Langham, my brother Stephen, Nick Wykeham of Seal Cottage and myself.

I hope you can help. I have just heard that one of the trucks from February has been blown up by a Russian missile. Fortunately the occupants escaped.

Edward Allen edwardallen.kgt@gmail.com

WELCOME TO LANGHAM

Guy, Ellie, Lara and the bump who will have made an appearance to the world when you receive this issue of the Lynx, have moved into Willow House. Also to Paul and Carolyn in Field End.

We hope you will find happiness in Langham. *PCC*

LANGHAM VILLAGE HALL

Langham Village Hall has three roles in the upcoming Langham Street Fayre: hosting the pre-Fayre quiz evening on 7th August when doors will open at 6.30pm and the quiz begins at 7pm. On the Fayre day itself, 15th August, Glaven Caring will provide teas and coffees from 10-4pm and the hall will also show an art exhibition of Guy Allen's and Tracey Ross' work.

In September the Parish Council meets in the hall on 1st September and the village hall management committee on 30th September. The star of the month is Bob Brandt's art



course, 'Telling Stories in Words and Paint', on 19th September; for details and bookings: **RuthABrandt@AOL.com**.

A reminder that on the first Saturdays of the month, 1st August and 5th September, all will be welcome at the monthly coffee mornings from 10am until noon.

LANGHAM STALL ON THE GREEN

We need your help

We hope to have this event on the Saturdays of 8th 15th 22nd and 29th August this year.

We need two people to man the stall each week, and several on August 15th as it is the Street Fair. We will have a cake stall in the church and expect to be very busy. We will welcome any baking and produce for all the dates mentioned. Alongside cakes, savoury tarts and sausage rolls are strong favourites. Jams, marmalade and chutneys are also being requested by our customers.

Do come along and have a chat whilst you buy.

The stall is open from the start of the Street Fayre until sold out and 9.30 – 11am on other dates. If anyone is interested, please get in touch.

Many thanks in advance. Proceeds for Langham Church General Fund.

Contacts: 01328 830605/ 01328 830276.

MORSTON

Contact: Martin Cardoe 07973 885665

mcardoe@msn.com

ANCHOR INN NEWS

We are full of sunshine and smiles during this wonderful heatwave that has been forced upon us. Top news from the pub must be the Anchor Inn's darts team securing the crown and coming home with the trophy (yet to be presented!). Congratulations on doing a fantastic job in the inaugural local pubs' darts league. The whole event over the past few months has been tremendous fun. Our thanks are extended to the Red Lion at Stiffkey, The Horseshoes at Warham and The Chequers at Binham. We aim to start it again in September and encourage any other local pubs and clubs to join in the fun. There might even be a Ladies league!

Other great news is the installation of new bay windows. I have been advised over the years that the old ones were steadily rotting away (they have been there for many, many years) so a fabulous carpenter at Holt (ianthirtle@gmail.com) was asked to make exact replicas – and he has done a brilliant job - they are fantastic. It was down to our dear friend Dylan to put them in, and he has managed to do a superb job, they look fabulous, the sound from inside is incredible (no more holes means we can't hear the traffic) and they should keep the warmth in during the winter months. We have a few bits to finish off and tidy up, but we are back functioning and for that we are grateful. A historical moment for the Anchor Inn.

We have introduced a TV into the mix (not massive, but easier than the projector) that will be there for special events – which right now is the World Cup. We are showing currently just the England matches, and the next rounds are the exciting ones (so I've been told), although I have already got hooked and hopefully, we will be in it until the final.

Music is always at the heart of The Anchor and on Saturday 27th June, Jamie Brooks, a North Norfolk based solo guitarist, returned to the pub to entertain us all with his delightful live set before the England/Panama world cup match.

Our last quiz before a summer break was held on 1st July and won for the fourth time in a row by *The Swampies!* Competition will recommence in September. It has been great fun running these quizzes, and the trophy is a game changer – the challenge and desire to win it is high! Good luck to all the teams and a massive thanks to everybody for supporting and making them so entertaining and successful – see you in September.

The heatwave has been exceptional and the staff at the pub are absolute heroes managing to continue working in such conditions. We decided for the two extreme days, to alter the menu to suit, and offered just cold dishes to allow the kitchen to breathe a bit easier. They are producing some amazingly delicious meals, and I am forever grateful to them all for their outstanding service and keeping the pub vibrant and cheerful. We will wait to see what the summer weather brings, but if the temperatures become difficult, we will repeat the idea and serve cold dishes to enable us to keep open.

We thank you all for supporting our efforts in the Anchor Inn and look forward to a manic hot summer with lots of Morston fun.

Jane Temple



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(answers on page 31)

1. Brian AUGer and Julie Driscoll had a #1 hit in 1968 with which Bob Dylan song?
(a) Blowin' In the Wind (b) All Along the Watchtower (c) This Wheel's on Fire (d) Mr Tambourine Man
2. AUGustus Gloop, met his demise in Charlie and the Chocolate Factory by which method?
(a) Swelling up like a blueberry (b) Falling into the chocolate river (c) Falling in the rubbish chute (d) Shrunken by a TV camera
3. 'AUGUST in England' - a deeply moving and funny one-man show exploring love, family, and the tragic fallout of the UK's Windrush scandal - was written and performed by which comedian?
(a) Lenny Henry (b) Judi Love (c) Richard Blackwood (d) Gina Yashere
4. The baby name AUGUST was chosen for their child by which UK Princess?
(a) Princess Michael of Kent (b) Princess Beatrice (c) Princess Anne (d) Princess Eugenie
5. Ask a farmer, "what does an agricultural AUGer do?" and they will tell you ...
(a) Sort, grade and pack crops for market (b) Move loose, bulk materials like grain or feed from the ground (c) Scout fields for pests and diseases (d) Whistle chirpily when sowing seeds by hand
6. 'It Might as Well Rain Until SEPTEMBER' was the 1962 hit single for which singer?
(a) Shirley Bassey (b) Cilla Black (c) Carole King (d) Doris Day
7. 'SEPTEMBER Song' (1938) by Kurt Weill, which reflects on aging, mortality, and fleeting romance was originally written for which Broadway musical?
(a) Knickerbocker Holiday (b) Banana Split Sunday (c) Semifreddo Sunset (d) Viennetta Dinner Party
8. 'The SEPTEMBER Issue' is a 2009 documentary film that chronicles which magazine's notorious editor-in-chief, as they put together the massive 2008 September issue?
(a) Ian Hislop (Private Eye) (b) Anna Wintour (Vogue) (c) Matthew D'Ancona (Spectator) (d) Connor McNicholas (NME)
9. In SEPTEMBER 1981, on which light entertainment programme was the song 'I'm The Urban Spaceman' performed?
(a) Cheggers Plays Pop (b) Roy Castle's Record Breakers (c) The Old Grey Whistle Test (d) The Innes Book of Records

10. In Scottish and Irish anthropology, a SEPT is what?
(a) A branch of a clan that follows a different surname but pledges allegiance to the main clan chief (b) The mutation responsible for red hair (c) An ancient Irish tribe who migrated to the west coast of Scotland in the early Middle Ages (d) A sword carried by the Blue Men of Minch

MARY'S CRAB SUPPER AND SEAL TRIP

On a delightfully mild evening on 29th June, over sixty excited participants mustered at Morston Quay for the hugely popular annual crab supper and seal trip.

Those in attendance were rewarded with another wonderful trip out to Blakeney Point, courtesy of Jim Temple, to view the seals and a fabulous colony of terns.

On return to the village hall, full of good heart and spirit, many familiar returning faces, together with newcomers, were welcomed warmly by the PCC team who had decorated the hall and tables beautifully with bunting, flowers and candles, a bar full of refreshments and a delicious choice of crab or coronation chicken complemented by delicious salads and a spectacular range of puddings. Guests were



bowled over by the evening's events both on the water and off it. The event's founder Mary Athill was toasted with positive enthusiasm, and a rousing Happy Birthday was also sung to celebrate Gill Kay's birthday. "Thank you for absolutely everything. It was, as always, a wonderful evening - and I really appreciate the huge effort that you all go to so that the whole affair is seamless and totally

enjoyable. Not only did the weather behave, but so did the seals. The food, the service and table setting were all incredible," remarked one satisfied guest. Another commented on how much their guests loved the evening, too. We very much hope to be back next year."

These events don't succeed without the effort and fabulous support of the locals. As such, our thanks, as always go out to Willie Weston for his generosity in sourcing the crabs, Jim and Jane Temple for leading and organising



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the boats, the hard working PCC team in both preparing the delicious food as well as assisting in setting up the village hall to look so welcoming and to those wonderful people who turned up for the event and whose kindness and generosity raised over £2,400 for All Saints Church. Thank you all so very much. We look forward to welcoming you all back again in 2027.

ALL SAINTS CHURCH

Crispian Steele-Perkins



On 15th May internationally acclaimed trumpeter Crispian Steele-Perkins together with celebrated accompanist Ian LeGrice performed to a packed All Saints Church a programme showcasing the history of the trumpet from its early days up to modern times.

We were treated to many musical examples of how the instrument has evolved over the centuries and were entertained by some lovely performances of old classics all the way up to a medley from Hollywood blockbusters.

This enormously successful event wouldn't happen without the fabulous support of PCC volunteers who produced an arresting spread of delicious canapés and helped staff the refreshments table. Special thanks are extended to Paul and Denny Roffey who secured Crispian and managed the event which raised a fabulous sum of £1,500 in support of the upkeep of our wonderful church.



The Cloud Capp'd Towers - Secure Your Tickets

On Sunday 23rd August at 6pm a choral group under the leadership of Dr Ralph Allwood MBE, will hold its opening concert at All Saints Church, Morston as part of a week-long tour of North Norfolk churches. Inspired by Prospero's words in Shakespeare's *The Tempest* the programme will include music by Stanford, Harris, Howells, Vaughan Williams and Bruckner. These excellent young singers have been assembled from the Old Royal Naval College Trinity Laban Chapel choir, The Royal College of Music and Rodolfus Choir. The performance starts at 6pm with drinks from 5.30pm. Tickets at £15 include a glass of wine and canapes and can be purchased from mcardoe@msn.com (0797 388 5665) or annerolfe45@gmail.com (01263 741125). Tickets will also be available on the night at the door.

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Evensong

The group Benefice service, an 'extra' service whenever there is a fifth Sunday in a month, will be held at All Saints Church, Morston on Sunday 30th August. We are extremely pleased to say that this will be an Evensong service, starting at 4.30pm with, fingers crossed, music and a choir. Do come along as it is a lovely service to be a part of and refreshments will be served afterwards.

Langham Street Fayre

The PCC will be manning a stall at the Langham Street Fayre which is being held on Saturday 15th August. If you have any items which you would like to donate under the heading 'antique and vintage' then please contact Sally Metcalfe (07813 369145). Do come along on the day to support us and grab a bargain. There will also be a fantastic craft stall selling top quality items all in aid of Friends of Morston Church – it is never too early to start thinking about gifts for Christmas.

Norfolk Churches Trust Bike Ride

The annual Norfolk Churches Trust (NCT) bike ride will take place on Saturday 12th September this year from 9am to 5pm. This is an opportunity to ride, walk, drive, or use any other means of transport, to visit as many churches as possible on the day whilst being sponsored, raising money for both All Saints Morston and the NCT. Most of the vast number of Norfolk churches are open on the day and usually have volunteers manning the church offering refreshments to those that visit, if an incentive is needed.

If you would like to take part, please contact Anne Rolfe annerolfe45@gmail.com for more information and a sponsorship form. It's a fun day to perhaps visit churches in an area you have never been to before and at the same time raise money for All Saints and the NCT.

SWAMP NEWS

Visitors to the pond will see, not only the dropping level of water, but different plants growing in the water.

We seem to have cleared the Parrots' Feather completely and there is a good deal less *Crassula helmsii* evident than before. Two new plants are now flourishing, one good and one that requires monitoring.

The plant with the small white buttercup-like flower with yellow centres: the Common Water Crowfoot (*Ranunculus aquatilis*), is good news and to be encouraged. It is a native, eco-friendly oxygenator that absorbs excess nutrients and provides essential cover for wildlife.



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However, we need to be careful how we deal with the Curled Pondweed (*Potamogeton crispus*). Its submerged, crinkled leaves are stiff, alternate along a thin stem, and feature wavy or serrated margins. Although a good oxygenator it can take over and smother other plants, so we need to manage it. We intend to gently remove some of it taking care not to disturb any amphibians in the pond.

Photos of both plants can best be seen at the pond itself or on our website, see link below.

We are now gathering 4-6pm several Mondays a month, often with a cheeky post session drink in The Anchor afterwards. Please get in touch if you would like to know the 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.facebook.com/morstonpondproject) and [@morstonpondproject](https://www.instagram.com/morstonpondproject).

MORSTON PARISH COUNCIL

Morston Parish Council (PC) met in the village hall on 27th June and, among other agenda items, discussed plans to refurbish the village hall; the future of the surveyor's allotment; and concerns over the condition of the flood defence bank and coastal path.

Following a survey earlier in the year, it was discovered that the structural woodwork in Morston village hall requires treatment for beetle infestation and some rot. In putting plans together to address these issues, the PC agreed it should undertake a more general refurbishment at the same time, including replacement of roof panels, external redecoration and a long list of minor repairs. Work is expected to get underway later this year.

The possibility of local government reorganisation and interest in what NNDC might do with its assets, has prompted the PC to enquire about the status of the Morston surveyor's allotment. This is the patch of land on the brow of the hill where Blakeney Road meets Morston Road, formerly used as a quarry. It was established under the Stiffkey and Morston Inclosure Award of 1794 for use by surveyors of the highways as a source of stone for road building and repairs. Long since abandoned, it is now notionally managed by NNDC, but there is a possibility that it could be taken over by a charity, supported by the PC, to create a mini nature reserve. Discussions are underway.

Parishioners have reported concerns about the deterioration of flood defences to the west of the village and the state of the surface of the coastal path to Blakeney. The PC has contacted the relevant bodies.

The next Parish Council meetings are on 28th July and 29th September, both at 7pm in the village hall. All are welcome.

NATIONAL TRUST UPDATE

Blakeney Point breeding birds

Preliminary data from our resident ranger team on Blakeney Point indicates that several key species are enjoying a very good breeding season so far. The most notable change from last year is that we have seen large numbers of Sandwich Terns returning to nest on Blakeney Point, which has not happened in the past couple of years (when they have nested further along the coast at sites including Scolt Head Island). More than 1,100 pairs have been recorded. Another species to have returned to Blakeney Point after an absence is Mediterranean Gulls, although in much smaller numbers with 9 pairs counted.

Our rangers have also recorded significant year-on-year increases in the numbers of Common Terns (from 40 breeding pairs in 2025 to around 160 breeding pairs) and Black-headed Gulls (from 47 breeding pairs to around 250 breeding pairs). More modest increases have also been seen in the numbers of Oystercatchers, Ringed Plovers, Redshank, and Arctic Terns.

Final counts of fledged young have still to be completed, but the team are cautiously optimistic that this year's end-of-season numbers will contain multiple points of good news for our breeding birds.

The various protection measures we've been using over the past few years, including electric fencing, nest caging, fencing off areas as refugia, and tighter dog restrictions during nesting season, appear to be making a real difference for the terns and other breeding birds on the Point.

BBC Radio 3 broadcast

The BBC Radio 3 breakfast show team were our guests in mid-June, as Tom McKinney began his week-long Norfolk and Suffolk 'coastal adventure' from Blakeney Point. The show's dawn chorus came live from the Point and area ranger Eddie Stubbings talked through the year-round work we do to look after the wildlife here, interspersed by some very apt classical musical selections. Day one of the coastal adventure continued by boat to Morston Quay, before the programme concluded with a visit to NWT's Cley Marshes visitor centre.



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Coast & Countryside circular walk (5.5 miles) – Thursday 30th July, Thursday 13th August, Thursday 27th August, Thursday 10th September (10am-1pm)

Spectacular Saltmarshes (4.5 miles) – Thursday 3rd September (10am-12pm)

Meet the Ranger dates

Wednesday 29th July, Tuesday 4th August, Friday 14th August, Tuesday 18th August, Wednesday 2nd September (9.30am-12 noon)

Come along to Morston Quay and meet one of our rangers who care for this beautiful coast, ask questions, and learn more about our work to conserve the landscape and wildlife in our care. Visitors can test their knowledge with an assortment of interesting and unique artifacts found by our team, all along the coast. From Balene to bones, you never know what you may find. Staff will be on hand to lend visitors binoculars to watch over Morston and chat all things wildlife, Norfolk, Blakeney Point, seals and the National Trust. Find us by the Lookout Building.

FRIENDS OF MORSTON CHURCH

The Morston Mardle

On Saturday 10th October, 6:30pm for 7pm start, this year's Morston Mardle 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 explain how the most highly technical of sports is scrutineered to ensure that the complex technical regulations are not breached. He will also cover some of the logistical problems of 'policing' a sport in nine European countries and 15 countries further afield each season. As a fuel specialist, he will also talk about the sustainable fuels that were introduced to Formula 1 this season and their importance for the future of road cars.

There will be an interval, during which the bar will be open and canapés will be served. Tickets at £15 per person, including a drink and canapés, are available from MorstonMardle@gmail.com or 01263 741082.

Save the Date

There will be a Christmas 'Music and Words' event at All Saints Church, Morston on **Friday 4th December**. This will not be a carol service but will have Christmas songs with the tales behind the songs and aims to cover some of the folklore around the festive season. More details will be forthcoming nearer the time.

Annual General Meeting: Report

In front of a record attendance, the 24th AGM of the Friends of Morston Church was held on Wednesday 24th June at Morston village hall. It was reported that the 2025/26 financial year saw the highest annual income since the charity was founded in 2003. This was due to a multi-pronged effort including book sales, the 'Music and Words' festival, the Morston Mardle, a Quiz night, car boot sales and craft sales along with private donations and subscriptions. The Chairman thanked the whole committee and particularly Rob and Sally Metcalfe for the huge amount of time and effort they put in, especially for the book sales, and to Sandra Morris and Richard Longley for organising the 'Music and Words' event. He extended further thanks to Sue Smith for her hard work on car boot and craft sales. It was disappointing that no building work had been carried out on All Saints' Church, but progress had been made on the bat mitigation licence, and a detailed survey had been carried out, which has allowed Morston PCC to produce a detailed scope of work to go out to tender. Four tenders have now been received and are being considered by the PCC and the architect. Hopefully, therefore, renovation work should be starting in the not-too-distant future.

SAXLINGHAM

Contact: John Pridham 01263 687809

jcwpridham@gmail.com

DOWN BY THE FARM

A record first this year on the farm as on 1st July the earliest harvest ever was started.

Peas have all now been vined and, due to a lack of moisture, yields on harvest have not been great yet. Winter barley and rape will be the next to be harvested which should have a better yield.



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By the end of July, if the rains come, the drilling of next years oil seed rape will start and cash crops will be ground in ahead of the autumn period.

The good news on the farm though is that Barn Owl chicks have been born in the farm buildings and others have been seen in different parts of the farm too.

SHARRINGTON

Contact: Claire Dubbins 01263 862261
cdubbins@btinternet.com
www.sharrington.org.uk

SHARRINGTON AND DISTRICT GARDENING GROUP

Our autumn programme begins on Saturday 19th September with our bi-annual bulb sale at Sharrington village hall from 10am-12.30pm. This year we have sourced our bulbs from Peter Nyssen, supplier of bulbs for the Houghton Hall tulip festival held in the spring. There will be a wide selection of bulbs for all situations: borders, containers and naturalising. Refreshments will be available together with a second hand book stall. Proceeds from the refreshments and the sale of books will be aid of All Saints church Sharrington.

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

FOOD BANK NEWS

Providing meals throughout the long school summer holidays is a challenge for all parents but for those families who rely on free school dinners to provide at least one hot meal a day it is even more difficult. Holt is one of the most affluent towns in Norfolk but 37.8 children at Holt primary school are on free school dinners. And according to the official annual statistics, in Fakenham one in four children lives in a low income family. So anyone who is able to put the odd extra item in their shopping trolley can make a huge difference and their donations will be very gratefully received by the food bank. All items may be left at the back of the church which is always open during the day. AS

CHURCH NEWS

We have two fund raising efforts coming up shortly.

On Saturday 15th August we will have a stall at Langham Street Fayre. Do come and see us if you are there and bag yourself a bargain.

And on Saturday 19th September we will be providing home made refreshments and a book stall at the gardening group's bulb sale in the village hall from 10am-12.30pm.

The church is a welcoming place for all and is always kept clean and tidy and decorated with fresh flowers. This is achieved by a very small band of volunteers and we would welcome others to join us. The task is not onerous and would only be a few times a year. If you would like to help please get in touch. TP

SHARRINGTON VILLAGE HALL

Despite the changes to Norfolk council boundaries the County Council are continuing with their initiative Tech Skills For Life. So many situations now require you to access information on a mobile device, from having an NHS App for appointments and prescriptions to keeping in touch with loved ones. The next free one to one advice session will be held on 26th August from 10am-12noon. We have decided that these events should coincide with a coffee morning and home made cake. So if you want to come along for coffee and cake or take advantage of free help with your mobile phones, ipad or laptop we would be pleased to see you.

Our monthly craft group has been creating canvases of sunflowers whilst enjoying company, coffee and biscuits. These events are tutor led by Sarah with all materials provided on every first Wednesday of the month, 10.30am - 12.30pm.

We continue to host yoga with Gini and exercise with

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Annabel. To find out more details of any of the above please look at our website www.sharrington.org.uk.

Village Hall committee

NORFOLK JIGSAW FESTIVAL 2026 29TH - 30TH AUGUST

It's mind blowing to think that I am writing an article about the forthcoming Norfolk jigsaw festival being in its third year. Sharrington village hall is so thrilled to host this major annual event. Every year the festival has seen exponential growth in terms of visitors and puzzles. It's wonderful to see puzzle fanatics from all over the country come together to support this special event.

So when do the organisers begin to plan and prepare for an annual jigsaw festival you may ask? The simple answer is: the day after the current event finishes.

You may begin to see advertising appearing a couple of months prior but believe me there is a lot of hard work taking place behind the scenes all year round. We source the jigsaws, count them, make them up and display them, we store them and make our own merchandise, offer a delicious array of home bakes at the event (thanks to our wonderful team of Sharrington bakers), we design the layout, liaise with major puzzle manufacturers who are always so generous with their support, we price everything and work tirelessly in the days leading up to the event to set up everything in the hall, plus so much more.

This year we have seen a number of new volunteers join us to help count, make up and store jigsaws as yes, we squirrel them away and we are so grateful to each and every one of you so a big thank you to you all. We would also like to thank everyone who bakes for us, who donates jigsaws, likes our social media posts and helps spread the joy of the jigsaw festival.

This year we are delighted to confirm that the event is

now free to enter. So even if jigsaws aren't your thing you can still swing by and enjoy some refreshments in our lovely village hall. But if they are your thing then we really do have a fantastic event for you. In addition to hundreds of puzzles for sale, we will be continuing with our collectors' corner, children's puzzle den with free activities and join-a-jigsaw community tables where you just join the table and help put in a few puzzle pieces. You can stay for a few minutes or the whole weekend. This year we are also bringing back our timed competition event which we will hold at 11.30am each day and we are hoping a very special guest might join us for one of these. More details hopefully to follow soon.

The Norfolk Jigsaw Festival 2026 takes place on Saturday 29th and Sunday 30th August from 10am-4pm daily at Sharrington village hall, The Street, Sharrington NR24 2AB. Free entry with refreshments and activities.

For further details or to join our team of volunteers please visit www.sharrington.org.uk or email: sharringtonvh@gmail.com. SLB

STAGE DIRECT

Sharrington village hall's resident drama group Stage Direct held an open rehearsal in the hall on Friday 3rd July to showcase their latest work, a one act play by Peter Blakeley entitled The Beach Cafe. The play was to be performed at Hunstanton One-Act Festival the following day during which it would be up against work from another 10 drama groups from across the area who were being judged by a panel in a number of categories.

Stage Direct are thrilled to announce that not only were they nominated in one of the categories but up against some very strong competition, Ian Bell won best supporting male actor.

Nigel Manson, chairperson of Stage Direct said "We are

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delighted with this recognition of excellence. Our group goes from strength to strength year on year and this award helps us to reiterate our place in the community. The play we performed was written by Peter Blakeley, one of our in-house playwrights and it was adored by one and all. We look forward to going back to the festival next year and



hopefully picking up a few more awards".

The photo shows the cast in the village hall on the night of the open dress rehearsal which people could attend free of charge. *Stage Direct*

NORFOLK CHURCHES TRUST ANNUAL BIKE RIDE

The annual fund raising bike ride is taking place on Saturday 12th September this year. Participants can visit as many churches in the area during the day as they like, by any means, whether by bike, horse, car or walking and Sharrington residents can raise money for All Saints church by nominating our church on their sponsorship forms. A few years ago we had a number of cyclists setting out from Sharrington church to take part but we are now hoping that perhaps new people would volunteer to take part to help raise much needed funds to maintain the church in good repair. There's no pressure to visit every church around us but it is an enjoyable way to spend what is usually a lovely late summer day at your own pace in your own time.

Those visiting our church on the day are always pleased to see a friendly face who will greet them and sign their forms and if you feel you could spare an hour at some point between 10am and 4pm to help with this we would be very

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grateful. Please contact Teresa Parfitt or any member of the PCC if you can help with this.

More details on how to take part are on the website www.norfolkchurchestrust.org.uk and posters, forms and full details will also be found in the church. *CD*

STIFFKEY

Contact: Sophia Williams 07800 590262
stiffkeylynx@gmail.com

GENERAL NEWS

Just-do-it, not a Nike advert, I promise. It seems to be the mantra of Stiffkey this summer. Things just get done. Someone clears the vegetation off the road signs. Another picks up litter the moment they spot it. It happens quietly, week after week, nobody asked. Mow the graveyard, mow the playing field, clean the church, volunteer at our own Rescue Wooden Boats. Give a little time and the whole village keeps going. Thanks from me to all of those in our community who give back without even being asked.

I donated an original oil painting of one of our five bridges to the Made in Stiffkey event, raising money for the church. Please read more about that in the article written by one of the organisers, Alex.

A birthday treat this year. I spotted a flounder in the River Stiffkey for the first time, on my birthday in June. Nearly six years here and never seen one before. Another treat: a leveret munching away on something at my neighbour's riverbank.

This Month's Seasonal Recipe

Norfolk Shortcakes, makes twelve.

225g self-raising flour

10g salted butter, cold and cubed

75g caster sugar

75g currants or raisins

One egg, beaten

A little milk to bind

Extra sugar for sprinkling

Preheat oven to 190C. Rub the butter into the flour until the mixture resembles breadcrumbs. Stir in the sugar and currants, then add most of the beaten egg, reserving a little for glazing. Bind together with a splash of milk to form a dough. Roll out on a floured surface to roughly 1cm thick. Cut into rounds and place on a greased baking tray. Glaze with the reserved egg and sprinkle with sugar. Bake for twenty minutes until golden. Cool on a wire rack.



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Sophia's sommelier recommendation would be a pot of good Norfolk tea, these traditional treats are made for dunking. For something stronger, try a glass of pale cream sherry or a tawny port, whose raisin and caramel notes echo the fruit in the shortcakes.

Sophia Williams

TALES FROM THE RIVERBANK

We have just enjoyed a very hot spell of weather and the river has responded with a hive of interesting activity. It never ceases to amaze me how not just water levels ebb and flow with the seasons but also the animals and their behaviours.

Visible trout levels have significantly recovered with various sizes now on view. A recent emergence of mayflies supplied them with a feast. One warm evening recently the flies were transforming from their nymph stage into adults in great numbers. They have two adult stages, firstly emerging as a flying 'dun' which needs to get to shoreline vegetation to rest and shed again into its final adult stage, when it will mate and quickly die.

Fish and birds quickly latch on to this bloom occurring and lie in wait to ambush the mayflies at this vulnerable moment. I watched for over an hour and saw many get eaten, however some made it to shelter, and I saw one shed its skin the second time on an iris leaf. Their amazing life cycle provides food for others at every stage and they are a vital part of the river ecosystem.

Also blooming in recent days have been the banded demoiselle. These beautiful damselflies are a personal favourite, and I had worried there were not many about, however the hot spell brought them out in good numbers and the mating dances between the metallic blue males and green females is very entertaining.

Last column I reported a lack of new mallard ducklings. This has fixed itself, with several groups appearing in various stages of maturity. Most pleasingly our queen Daphne has appeared with two little ones of her own. She has quickly shown them how to beg for food and how comfortable our lawn is for dozing off.

Babies are everywhere at the moment, with nests of several bird species in and around our garden and consequently many fledglings bumbling around learning the ropes. Swallows have nested in a neighbour's porchway although the nest seems too small for the brood of four. At the time of writing all four just about fit in, we shall see how that goes.

The moorhens have had a second brood. They built a new nest over a weekend at river level in a partially submerged elder bush. The construction was amazing, woven reeds like a basket, and once the four eggs were laid

they continued to add material to it with both parents working shifts. Once fledged the babies were quickly ushered away into the riverbank undergrowth, and although now unseen we can hear them calling to each other through the night, very loudly.

Young birds are a vulnerable food source for the raptors. I've seen quite a few battles recently including a kite taking a fledgling jackdaw from the alder trees. This caused a massive commotion because jackdaws always work as a team and the flock tried hard to recover the lost child, but to no avail. The kite made its way across the meadow in small hops. On the ground it could defend itself better, and it slowly made its way up to the wood on home hill, under attack but ultimately victorious as it disappeared into the trees with its prey.

The jackdaws ganged up on a grey squirrel that had got too close to a nest, and it was quite dramatic watching them dive bomb it along the ground. I thought this was a risky strategy because squirrels are tough themselves and have weapons for claws. This one soon left however due to weight of numbers.

Another attempt by a kite was made on a fledgling blackbird on my lawn, but at the last moment its parent ushered it under a metal bench so the swooping kite missed this time. A kestrel was bumped mid-air by a swallow from above, and they very briefly actually made contact but without harm to either. The riverbank has been a battlefield in early summer, especially amongst the birds, and I'm only witnessing a fraction of what must happen.

One final sighting I must report, my first flounder. This is an estuarine fish and not normally native to a chalk stream, however I have been told they come up from the sea occasionally and this specimen was a decent size, remaining under our trees for a couple of days feeding before moving on. Beautifully camouflaged and difficult to see when still, it was a real treat to finally see one.

Martin Williams

NORTH NORFOLK BOOK WORMS

Our early summer reads have been the classic pick of *The Go-Between*, 1953, by L.P. Hartley and a modern fiction choice, *The Glassmaker*, 2024 by Tracy Chevalier.

Even if you have not read *The Go-Between*, you may remember the 1971 film starring Julie Christie and Alan Bates. Both made a huge impression on me as a teenager. It is the haunting story of Leo, a twelve year old boy awakened to the secrets of adults, forbidden love, naivety,



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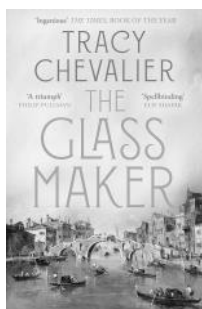
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FRIENDLY & RELIABLE - LOCAL & LONG DISTANCE

betrayal and the societal restrictions of Edwardian England. The book is narrated by Leo in his sixties, looking back on the hot summer of 1900 when he turned thirteen and was staying with a school chum at their country home in Norfolk. Leo has blanked out that summer. With the aid of his diary, he pieces together events.

As a group we commended Hartley's writing style, which completely immerses you in Edwardian society, class expectations and limitations. The characters were very believable, particularly young Leo who hero worships several male characters and experiences his first adolescent crush on the beautiful Marian. He tries to fit in, acutely aware of his class difference, thrilled by his elevated status and seeming acceptance. Then we see Leo become emotionally damaged by the adults he trusted and the events he witnessed. Hartley builds a rising tension as the heat of the summer increases, hurtling us to a tragic and inevitable end. For those reading it a second time, knowing the ending makes it more poignant. We recommend this novel. The



audio version is narrated like a play, missing the beautiful descriptions and the epilogue, which is hugely significant. Impressive. 9/10.

The Glassmaker by Tracy Chevalier, of Girl with a Pearl Earring fame, starts in 1486 on the island of Murano, across the lagoon from Venice. Time here flows differently, like the pulling of glass, and Chevalier uses the analogy of stones skipping across water to skip

through the centuries while the Rosso family hardly age. The main character is Orsola Rosso, who flouts convention to work with glass and save her family from ruin. We follow Orsola through war, plague, true love and tragedy as she hones her glass bead making skills, largely in secret. The novel spans five hundred years, though Orsola only ages from six to her sixties. The book met mixed reviews. The time skipping was the main sticking point. It either works for you or it does not. We appreciated the detail in the glassmaking process and of Venice itself. You felt transported there. Chevalier had clearly researched her subject widely. Some felt the number of characters meant you did not invest in them, and that full characterisation was lacking. Orsola needed others to drive her life choices, and the gentler characters did not fare as well as the strong, often unlikeable ones. Others found the novel stayed with them, showing the artistry of the glassmakers and the sacrifice families made to maintain their craft. Bookworm score 6/10.

Jane Hiscocks

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CHURCH NEWS

The PCC has launched a new church website at stiffkeychurch.com. It includes upcoming events and services, the church's history, digital editions of every issue of Church Notes, and contact details for the PCC. We hope it makes it easier for everyone to stay informed.

If you have interesting information about the church or its history, or photographs that would enhance the website, we would be glad to hear from you.

Our annual Stalls on the Knoll takes place from 10am to 12pm on Sunday 30th August. We would be grateful for help on the day, and for donations of baked goods, home-grown produce, plants, books, bric-a-brac and raffle prizes. Do email me at the address below if you can help or donate.



Over the same bank holiday weekend, we are hosting the Stiffkey Local History Group's latest exhibition, "Fading Memories: The Story of the Stiffkey Light Anti-Aircraft Training Camp." Come along and discover this chapter of the village's history.

A visitor in May left us a wonderful carving of the church as a gift. It is initialled JV on the reverse, though these initials match no entry in the visitors' book. Does anyone recognise who left it, so we can say thank you?

Thanks to everyone who helped with the recent church clean and polish, and to those who support the flower and



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cleaning rota for 2026. We still need a volunteer to cover September. We would also welcome anyone interested in supporting our churchyard management plan or joining the mowing team.

For questions or to offer support, contact the PCC at info@stiffkeychurch.com. *Alan Duff*

RESCUE WOODEN BOATS

Our Sea Shanty Summer BBQ is on Thursday 13th August, 5pm to 8pm, at the Maritime Heritage Centre off Greenway, Stiffkey NR23 1QF. Blakeney Old Wild Rovers play live. Self-pay BBQ and bar. We are not providing chairs this year, so bring something to sit on. All welcome.

Lucy Lavers heritage tours run through the summer with skipper Isaac. Join a ninety-minute tour or book the whole boat, up to 12 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 and bank holiday Mondays, 11am to 4pm. 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: www@wendypritchard.co.uk or telephone 07796 951414. *Wendy Pritchard*

STIFFKEY LOCAL HISTORY GROUP

Stiffkey Local History Group holds its annual August bank holiday exhibition in the Parish Church. Curated by our vice chair Ian Curtis, Fading Memories tells the story of the Light Anti-Aircraft training camp before and during the Second World War, through photographs, artefacts and film. Open 10am to 4pm, Saturday 29th to Monday 31st August. Free admission, free parking, free refreshments. All donations to the fabric of St John the Baptist and St Mary's Church.

Our 'An evening with' series continues this October. On Wednesday 7th October we host an evening with Jonathan Draper of the Norfolk Record Office. As the archivist responsible for the Record Office's audio collections,

Jonathan will showcase its oral history holdings, first-hand accounts of life in Norfolk during the twentieth century. The venue is Stiffkey Village Hall. Starts at 7pm, doors open 6.30pm. Free refreshments. Tickets £5 for members, £8 for non-members.

Later in the year we host another 'An evening with'. More details to follow. For further information email info.stiffkey.history@groupmail.com.

Colin Adlington-De'Ath

MADE IN STIFFKEY

This year marks the first Made in Stiffkey event, celebrating the creativity within our village. Eleven local artists have each donated an original piece to be raffled, raising funds to repair the church roof.

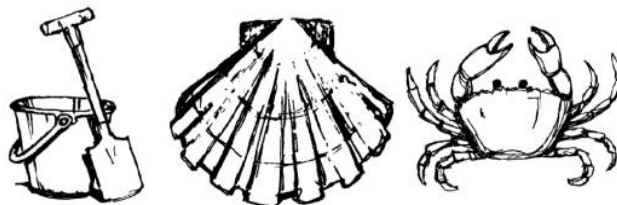
The artworks are on display in the church every weekend in August, 11am to 3pm. Come and admire the collection while supporting the cause. Art enthusiast, collector, or simply a supporter of the church, this is a chance to win an original work.

Raffle tickets are £5 each, available every weekend at the church throughout August. They can also be bought by contacting the PCC on 07791 687806 or emailing info@stiffkeychurch.com.

The raffle will be drawn at 4pm on Monday 31st August, when the eleven winners will be announced.

Thanks to the artists for their generosity. We hope this first Made in Stiffkey becomes an annual event, celebrating local talent and helping preserve our historic church.

Alex Hooper



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LANGHAM VILLAGE SCHOOL NEWS

It has been another busy and exciting few weeks at Langham Village School, with pupils enjoying a wide range of sporting, creative and outdoor learning opportunities.

Our annual sports day was a tremendous success, with families coming together to cheer on the children and create a fantastic community atmosphere. Following a change of date due to the hot weather, we were delighted to enjoy the afternoon in much more comfortable conditions. Every child took part with enthusiasm, determination and outstanding sportsmanship, encouraging one another and celebrating each other's achievements throughout the event. Congratulations to Terns House, who claimed the Sports Day trophy for the second year running! A huge thank you also goes to the Friends of Langham Village School, whose popular strawberries and refreshments stall raised an incredible £330 to support future opportunities for our pupils.

Our pupils have also enjoyed some inspiring educational visits. Quartz Class spent a memorable day at Houghton Hall exploring the spectacular sculpture exhibition by Lynn Chadwick. The children were inspired by the striking sculptures displayed throughout the grounds, created beautiful sketchbooks to record their observations and worked collaboratively to create their own 'human sculptures', demonstrating impressive creativity, teamwork and imagination.

Meanwhile, Amber Class visited a local farm to learn about this year's harvest. The children discovered that harvesting has begun much earlier than usual due to this summer's warm, dry weather. They explored the fields, learned about the crops being grown and gained a fascinating insight into the hard work that goes into producing our food. Their enthusiasm, curiosity and thoughtful questions made the visit a great success.

We are also incredibly excited that our school choir of 60 children has been invited to perform "Africa" by Toto at the prestigious Symphony Hall as part of the Music for Youth National Festival. This is a fantastic achievement for our young singers and a wonderful opportunity to perform on one of the country's most celebrated stages. The children have been rehearsing with great enthusiasm and are eagerly looking forward to this unforgettable experience.

As the school year draws to a close, we also say a fond farewell to our wonderful Year 6 pupils. They have been exceptional role models, making a lasting contribution to school life through their kindness, leadership and enthusiasm. We are incredibly proud of everything they have achieved and wish them every success and happiness as they begin the next exciting chapter of their education.

Looking ahead to September, we are delighted to be welcoming 15 new Reception children to Langham

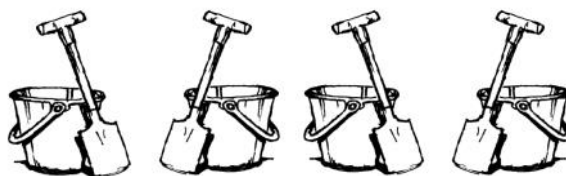
Village School. We can't wait for them to begin their learning journey with us and become part of our friendly and supportive school community.

From sporting achievements and creative experiences to outdoor learning and musical success, it has been a fantastic end to another successful year at Langham Village School. We wish all of our families and the wider community a happy, relaxing summer and look forward to another exciting year ahead.

Polly Kossowicz - Head teacher

Langham Village: *'A place for fun, creativity, friendship, ambition and discovery.'*

<https://www.langhamvillageschool.com/>



MERSTONA QUIZ ANSWERS

(questions on page 21)

1. (c) This Wheel's on Fire
2. (b) Falling into the chocolate river
3. (a) Lenny Henry
4. (d) Princess Eugenie
5. (b) Move loose, bulk materials like grain or feed from the ground
6. (c) Carole King
7. (a) Knickerbocker Holiday
8. (b) Anna Wintour (Vogue)
9. (d) The Innes Book of Records
10. (a) A branch of a clan that follows a different surname but pledges allegiance to the main clan chief



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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 A DEFIBRILLATOR

IF YOU ARE ALONE DO NOT LEAVE THE PATIENT, DO CHEST COMPRESSIONS AND WAIT FOR HELP TO ARRIVE, IF SOMEONE IS AVAILABLE SEND THEM TO GET YOUR NEAREST COMMUNITY DEFIBRILLATOR

✓

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