# New Buckenham Parish News

Macmillan Cancer Support

Big Coffee Morning

R

()

- . New Buckenham Village Hall Friday 27th September
- · Brockfoot: Som Dom: Coffee & Coke
- Breakfast: 8am 9am; Coffee & Cakes: 9am 12pm •



### September 2019

http://newbuckenham.net



We are a family run Tearooms/Cafe specializing in great homemade cooked food, refreshments, home comforts, customer service & most importantly CAKE!!!

Pop in for a cup of coffee & cake or a spot of lunch in a relaxed environment. Stay as long as you like & chat with friends and consider us your home away from home.

Table service is provided so no need to wait around, just take a seat, you may lounge on the ground floor by the fireplace or sit upstairs by the large windows overlooking the beautiful village of New Buckenham.

#### SERVICES

- Bespoke Celebration Cakes (Birthdays, Weddings, Christenings etc)
- Afternoon Tea (Booking only)
- Private functions (Birthdays, Christenings, Funerals, Meetings etc) (Capacity 25 upstairs, 12 downstairs)
- Outside Catering (Functions, Corporate, Afternoon Tea etc)
- Wedding Afternoon Tea Catering (All China Supplied)
- Cake Decorating Classes.

For all inquires please speak to a member of our staff in store or by telephone or you can drop us a message through our Facebook page.





### Macmillan Big Coffee Morning 2019

I think I am right in saying it is nine years ago that we had our first Big Coffee Morning in the Village Hall. Macmillan Cancer Support is a charity that is supported by many of you and I guess there will be some of you who have known people who have benefited from their care and support. So, if you would like to enjoy our Big Coffee Morning please make a note of the date in your diary: Friday 27th September in the Village Hall.

By popular request we plan to start with our early breakfast at 8 am and follow through the morning with coffee tea and cakes until 12 noon.

All the proceeds will be donated to the Macmillan Charity Support. If anyone would like to contribute to this morning by donating a raffle prize, baking a cake or helping with the event in some way please contact me. Thank You.

Clive Rush (01953 860572 / <u>clive.rush@btconnect.com</u>)

### Thank You

We would like to thank the sponsors of this month's edition. We appreciate the support of all our sponsors which helps fund the production of the magazine.

If you would be interested in sponsoring a future issue of Parish News, please contact Mary Dowson (01953 860320 or <u>mdowson@btinternet.com</u>).

Parish News Committee

### On your bike!

The eagle-eyed may have spotted that date of our September **coffeemates** event has been altered, to combine it with the Norfolk Churches Trust Sponsored Bike Ride, an annual event which used to be big in this village and which we are hoping to revive.

This year's Bike Ride will be on Saturday 14th September from 9am until 5:30pm, so make a note of the date and join a fun day out. Bike, walk, ride or drive around the beautiful Norfolk countryside, stopping off at as many churches and chapels as you can along the way. The all-time record is 87!

Many historic churches, chapels and meeting houses, including ours, are battling to survive. Roofs leak, lead roofs are stolen, ancient timbers rot and medieval stonework crumbles, but your day out can raise money for their repair and preservation.

You can be sponsored for your visits, or make a donation to the Norfolk Churches Trust or a nominated church or chapel, and know that your money is helping to preserve these ancient and important buildings for future generations to enjoy.

Sponsorship forms are available in the church or from me.

Easier still, go to the website <u>https://norfolkchurchestrust.org.uk</u> where you will find forms, a list of open churches, safety tips, etc.

And if that's a bit energetic for you, please sponsor someone or come along to the coffee morning to cheer the riders on (and eat cake)!

Susan Jowett 860929

### When you need some help around the house....



#### ... call the Cavalry

- Domestic cleaning
- Ironing / laundry collection and delivery service
- Dog walking / feeding daily home pet service whilst you are on holiday or at work
- Errands any form of shopping, collection or delivery

Whatever your task, we will endeavour to tackle it to your satisfaction There are occasions when everyone could do with a little help around the house – in times of illness, disability or simply from pressure of a busy lifestyle.

Whether you need assistance on a regular basis or just occasional help, Household Cavalry is here to provide a dependable, diligent and trustworthy service.

Our carefully selected, fully vetted and insured team can tackle a whole range of household tasks.

Our fee structure is flexible to accommodate your needs, so if you would like more information about our services or a quotation, **please contact Sally on:** 

#### 01953 488635 07900 894902

#### **Household Cavalry Limited**

Slate Plantation Barn, Home Farm Lane, Merton, Thetford, Norfolk IP25 6QS sgt.major@householdcavalryltd.co.uk



#### **BEAUTY BOX**

AND FOOT HEALTH PRACTICE Dermalogica facials / Body treatments Aromatherapy and Swedish massage Indian Head massage Manicures / Pedicures Nail extensions Waxing Electrolysis

General foot care / nail cutting Corns / Hard Skin Ingrowing toe nails Verruca treatment / Diabetic Feet

HOME VISITS AVAILABLE

#### Gayle Wilby Dip CFHP / MPSPract

A MEMBER OF THE ALLIANCE OF PRIVATE SECTOR PRACTITIONERS 1 Norwich Road, New Buckenham Tel: 01953 861 021

> HAND-MADE WINDOWS DOORS, KITCHENS AND FURNITURE





EVERYONE IS TALKING ABOUT JAMIE'S HAND MADE WOODWORK TELEPHONE JAMIE ON 01953 860 933

#### Just Ask

#### **Property Maintenance**

for all your property requirements specialising in Kitchens and Bathrooms

#### Free No Obligation Quotes

### Just Ask Paul

#### on

01953 861476 or 07584 283624

email: justaskpaul1@yahoo.co.uk







www.broadlandtreeservices.co.uk

### Village Show 2019

I know it seems a long time since the Village Show, but it is still resounding with us on the Gardening Group committee as one which had buzz. We can't put our finger on it, but we had more entries, more visitors and more energy. Entries and attendance have been falling steadily over the years and the trend seems to have been reversed this year.

Maybe it was holding the show later than ever, as it was in the school holiday rather than term time, maybe it was the weather, but whatever it was we thank everyone who entered and everyone who attended in the afternoon.

Having a power cut the previous evening did not help, but we have to admire Jason Green who got up at 5:00am when his electricity was restored to cook his show winning chocolate brownies. That's commitment!

We also had more children supporting Mandy's Gingerbread Man show which was great.

In addition to thanking all who entered and attended the show, I must thank all those who helped set up and clear down and also the committee members who have put in hours of work beforehand to ensure it all goes without a hitch. And, finally, to Louise and her crew who supplied lunch for judges and committee and then manned the tea and cakes during the afternoon.

I have had a request that we organise a talk on how to present an exhibit. For example, how to prepare vegetables and show them to best effect. Also, flowers and plant pots, so we don't get so many 'not according to schedule'. This is possible, but it will mean involving a judge and that will cost. Plus we need to be sure that enough people want to attend.

Continued overleaf...

We have an RHS book containing the combined expertise of many judges on presenting exhibits, which we could lend for a small deposit. Currently one of the committee is studying it with a view to preparing a schedule insert giving guidance on only those classes in the show which may be the best option and we can add to it each year. However, if there are enough people wanting a face-to-face with a question and answer session then let me know and we could arrange for one next year.

Talking about next year, in 2020 the show will be 25 years old so we have decided to hold it on 25th July (providing the hall is available that day) and make it a special silver anniversary show. Put it in your diaries and calendars now!

Also, it's Open Gardens next year, which provisionally will be on the Sunday 5th July, so start planning now!

Here's wishing your gardens are verdant and your flowers a blaze (of colour).

Jimpy Casson

Chairman – Gardening Group

### **Good Companions**

The meeting in August was attended by twenty members who enjoyed being entertained by Brian Wells, someone new to us, but who will definitely be returning.

The next meeting will be on Thursday 19th September at 2:30pm in the Village Hall.

Christine Wilby

## St Mary's Residential Care Home

Market Place, New Buckenham, Norfolk, NR16 2AN

#### tel: 01953 860 956 email: manager@stmaryshome.co.uk

A home from home, at St Mary's, we offer 24-hour person-centered care within safe, warm and friendly surroundings with an emphasis on providing a high quality of life.

- Care services offered include day care, respite, dementia, palliative, end of life and long/short-term residential care
- Day care services include hot meals & refreshments
- Freshly prepared meals, including catering for special diets -Consistently received highest Food Hygiene rating of 5 star
- Single occupancy rooms, passenger lift, two enclosed gardens, Wi-Fi, nurse call facilities, wheelchair friendly wet room and a hair salon
- Residents enjoy engaging and stimulating activities
- Top ratings by residents, family & friends and healthcare professionals
- Social Services and self-funding residents welcome
- Self-funding residents offered very competitive rates
- Care package tailor-made to meet your requirements
- No-obligation free trial day offered

#### For further information or for a fact-finding visit, please contact the manager on 01953 860 956 or email manager@stmaryshome.co.uk

Registered and licensed to provide services by the Care Quality Commission (CQC)

- Under new management -

### Thank you from Village&Vestry

Village&Vestry launched a programme of activities in September 2018. We can hardly believe a year has gone by. Our aim was to see St Martin's church used in a variety of ways and to fill it with music and people, as well as trying to raise funds to support the fabric of the building.

Following our inaugural event with fizz, jazz and the Gissing Singers, we have since held a coffee morning, a concert with Pud and Prosecco and the Pulham Orchestra, and a summer 'indoor' picnic with the Downtime Jazz Quartet. It has been wonderful to see so many of you at our events and we are very grateful to you for supporting us in our endeavours. Along with book sales from the church library, we have managed to raise £1,500 towards the costs of insuring the great historic building that sits at the heart of our village. Thank you!

We hope you'll continue to support our efforts, and look forward to seeing you again at one of our events planned for the coming year. The first on the agenda is a Cheese and Wine Evening on 28th September with music from Iceni Rising, and 20 plus cheeses to taste (for more details, see page 20)! We look forward to welcoming you.

Maria Lloyd, on behalf of the V&V Committee: Louise Casson, Gordon Chase, Pauline Dynes, Susie Hilton-Jowett, Lynsey Hodges, Ian Jowett, Judith Kearney, Mary Manning, Jan Prior and Fizzy Thomas

### New Arrivals

We would like to welcome Mr and Mrs Marsh, who have moved into White Lodge, Grange Road.

Also, Thomas Felix Hoggett, third child for Richard and Alice and little brother for Lottie and Sam, born on 27th July.

Parish News Committee



### Outstanding advice and legal expertise for the region

#### How can we help?

- Agriculture
- Conveyancing
- Employment
- Family

- Wills, Tax & Probate
- Tenancy Management
- Litigation & Disputes
- Corporate & Commercial

Attleborough | Aylsham | Dereham | Diss | Norwich | Watton | Wymondham



#### www.spiresolicitors.co.uk







Tel: 01953 860 572-Fax: 01953 860 090 E-Mail: clive.rush@btconnect.com

EVERYTHING FOR THE MOTORIST... M.O.T Station inc. Diesel and Catalyst cars

Full Diagnostic Facilities Up-to-date E.C.U - Engine Management Scanner

Servicing Exhausts, Batteries, Welding, Bodywork. Fully Equipped Tyre Bay Insurance and Accident Repairs Breakdown Service

> AIR CONDITIONING SPECIALISTS All makes of tyres at very low prices WE WILL COLLECT AND RE-DELIVER YOUR CAR

### John Underwood Antiquarian Books

from 16<sup>th</sup> to 19<sup>th</sup> centuries

Newspapers from 17<sup>th</sup> century Modern First Editions Children's Books from Pooh to Potter All the above and much more!

Book Room and Bindery open most days .. please check before visiting. BOOKS WANTED TO PURCHASE BOOKBINDING CLASSES Plum Tree Farm, Upgate Street, Carleton Rode Tel: 01953 860746 www.johnunderwoodbooks.com

# SWEEPERS

Chimney and Flue Cleaning Services

FOR A PROFESSIONAL SWEEP

Call Marty on:

01953 888544 07826 595385



Email: marty.the.sweep@gmail.com

EVENING AND WEEKEND SERVICE AVAILABLE

### Tackling Climate Change: Tree By Tree

It is no exaggeration to say that the choices we make now will literally determine our children's and grand-children's futures. Scientists tell us that the next five years will prove crucial, before irreversible climate change melts the poles and wipes out coastlines. This is terrifying and we should be terrified terrified into waking up before it's too late and taking action. Because, if we act now, we can still make a difference, as one courageous Swedish schoolgirl, Greta Thunberg, has proved with her 'Fridays for Future' school strikes.

At first Greta was a lone figure sitting outside the Swedish houses of parliament with her hand-written placard. Now she is a major figurehead of the climate change movement, sailing across the Atlantic on a racing yacht (in the hurricane season) so she can take part in a UN conference on climate change in New York, without breaking her commitment not to fly.

After our piece on the urgent need to combat climate change appeared in August's *Parish News*, a small group of us met to discuss what we could do as a village. We came up with a few exciting ideas, but as scientists now say planting millions more trees is the cheapest, most effective way to reduce carbon in the atmosphere, we decided to ask permission to plant a tree on our village green. This will be the first visible step in a concerted tree-planting drive in New Buckenham in the months to come. We are grateful to the High Bailiff's Trust for granting permission and also for their warm encouragement for this plan.

The tree planting on the green will be on Saturday 5th October in the afternoon, but before the actual planting of the tree we hope as many people as possible will come and join us for a procession around the village.

Continued overleaf...

We want this event to mark the beginning of a historic commitment to making New Buckenham more carbon neutral. We feel that we can most effectively help to protect our endangered planet by starting with our own little corner. Further events with an environmental focus will follow.

We would love as many of you as humanly possible to join us on 5th October. We will post more specific details regarding timings and where to gather nearer the time on Facebook, in next month's *Parish News* and on lamp-posts around the village. If you want to know more meanwhile, please call either Annie (861300) or Jan (861312).

Annie Dalton, Violet Highton, Jan Prior, Sue Chapman and Mandy Hartley

### High Bailiff's Trust: The Market Cross

As anyone who has visited the Market Cross recently may have seen, the cobbles near the bus stop are breaking up and the weeds seem to be taking over. Well, no more, I am pleased to say, as Peter Hodges has been round with his environmentally safe weed killer and his trowel and lime plaster and replaced all of the flints. We seem to be missing a few as there were not enough to completely fill the void, but nevertheless it is much safer to walk there now and looks much better.

I cannot thank him enough for his efforts, as it was him who came to me and asked to be allowed to repair the damage, not the other way around. He and his wife Lindsey have only been in the village a short time, but have already made their mark. *Jimpy Casson, Chairman* 

### coffeemates!

Thank you to everyone who has been for coffee, cakes and chat on Saturday mornings over the last few months. June was slightly different because we were participating in the Open Gardens, but, rather wonderfully, at the four Saturday coffeemates! held so far we have raised the sum of just over £430 for four Charities. So, a heartfelt thanks to everyone who has come to drink coffee, eat cake and chat!

You may have wondered about the charities coffeemates! have supported this year. The simple answer is that they have been chosen because either they don't have a particularly high profile, or because we know they have been of enormous help to villagers and friends, and sometimes both.

Our Charity for September — Saturday 14th, save the date! — is Riding for the Disabled, so please do come along to not only enjoy a delicious slice of cake, try your luck on the raffle and buy a cake, but also to support the charity. As well as all that, there will also be lovely cards — for every occasion! — on sale. These are kindly supplied by Flamingo Paperie, a professional card company, who generously give a donation on all their sales.

Our final coffeemates! for this year is more of a teamates! To coincide with harvest celebrations we will be having a high tea on Sunday 14th October, so keep the date and an eye out for more details.

Appropriately for harvest, the chosen charity is the Farming Community Network. They provide help and support to farmers and their families; farmers have the highest rates of suicide in the UK and the Charity provides a national helpline, which costs £330 a day to run, so we hope that in some small way the funds raised at our harvest tea will go a little way to keeping the helpline going.

Louise Casson

### New Buckenham Parish Council

There was no Parish Council meeting in August, so there are no minutes this month. Our next meeting will be held on Tuesday 10th September at 7:30pm in the Large Meeting Room at the Village Hall. A warm welcome is extended to all parishioners.

Our remaining meetings for 2019 are on Tuesday 8th October, Tuesday 12th November and Tuesday 10th December.

Karen Hobley, Chair

(01953 860529 / karenhobley@hotmail.com)

New Buckenham Parish Council		
Chair:	Karen Hobley (01953 860529 / <u>karenhobley@hotmail.com</u> )	
Vice-Chair:	Andrew Bingham (01953 861150 / <u>andrew.bingham100@gmail.com</u> )	
Councillors:	Don Crossman (01953 861246)	
	Mary Dowson (01953 860320)	
	Steve Highton (01953 860499)	
	Mary Manning (01953 861242)	
	Paul Martin (01953 861117)	
Clerk:	Trevor Wenman (01379 641423 / <u>parishclerk@newbuckenham.net</u> )	
second Tuesda Parish Council	ncil meets at 7:30pm in the Village Hall on the y of every month. Further information about the can be found on our notice board on the Village Ir website <u>www.newbuckenhampc.info</u> .	

## **Kings Stores**

We offer a wide range of services and supplies including groceries, fresh meat and veg, newspapers, lottery, dry cleaners and lots more ...

#### Opening Hours: Monday – Saturday 7 am to 7 pm Sunday 8 am – 12.00 pm

Post Office: Wednesday 9.30 am - 12.00 pm

Why not call in and give us a try?

Look out for our special offers!

01953 860264



### Biz Buzz

It's time to catch up on the Biz Buzz for August. Highlights this month include:

This month:



- ⇒ The parking debate...surely FREE parking is best for business? One Norfolk town says NO!
- ⇒ Calling all builders. Have you heard of VAT domestic reverse charge? It's a new way of collecting VAT for builders and construction companies. It starts from October 1st. If you haven't heard about it, you really need to get on it.
- $\Rightarrow$  Biz Buzz has found you a FREE domestic reverse charge seminar. Act NOW!
- ⇒ Bikers will hit New Buckenham and dozens of villages nearby on Sept 14th. Be ready!!!
- ⇒ AND....the latest episode of the Mobile Phone Mast Mystery...This month: The head of communications is forced to communicate...

Biz Buzz is a group of business folk and wannabes in and around New Buckenham spreading the news, offering support and swopping contacts.

Pick up the latest Biz Buzz at <a href="http://www.np4nb.online/">http://www.np4nb.online/</a>

Get in touch: <a href="mailto:info@np4nb.online">info@np4nb.online</a>

If you want to join in with Biz Buzz and get the info and downloads, hop on board now.

Janet Trewin

200 Club Lucky Winners				
Thank you for your continued support of the Village Hall. Here are the lucky winners for April's draw. If you would like to join the 200 Club, please call Paul Madden.				
£30	Margaret Hupton			
£20	Jean Norton			
£10	Shirely Wright, Mary Dowson, Judith Kearney, Julie Eggleston, Keiron Elvin, Emma Colby, Emma Bailey, Phil & Jeannie Anderson, Brian & Averil Camp			



#### Richard Bunn

LED Lighting - Indoor/Outdoor Lighting Extensions - Rewires - New Builds Additional Lights & Sockets Mains Upgrades

#### 07899936057

Competitive Hourly Rates R.BunnElectrical@Gmail.com No V.A.T Part P Approved

### Calling all cheese eaters!

#### Saturday 28th September, 7:30pm

For the final Village&Vestry event this year we are organising an evening of cheese tasting at the church, with musical background by the Iceni Rising folk duo.

We hope to have some thirty cheeses from Britain, France and around Europe for you to sample, along with our customary glass of wine.

Tickets cost £10 from Kings Stores or £12 on the door and we hope that you will buy in advance so we have some idea of numbers. A ticket entitles you to a glass of wine and ten samples of cheese with a plentiful supply of bread, biscuits, chutney and good French butter, but with more available in return for further donations. At the end of the evening a supply of cheeses will be available to buy from our '*fromagerie*' table on a first-come first-served basis.

This is the third of our 'music and food' evenings and we hope you will support us as generously as on the previous events. When it comes to maintaining a building such as St Martin's every little helps.

Ian Jowett for Village & Vestry

#### Autumn film dates for your diary

New Buckenham Arts will be showing two films this autumn: *Fisherman's Friends* on Saturday 12th October and *Yesterday* on Saturday 16th November.

There will be more details in next month's Parish News.

Sandra Lester

New Buckenham Arts



### Iron-4-You

Professional and friendly ironing service from me to

you

Call Debra 07789 992085 / 01953 860376

willowsofdiss@gmail.com

Let me do your pressing and stop your stressing!

#### Slimming World with Amy

Feel your best in 2019 where a world of support and friendship awaits!

Monday – New Buckenham Village Hall 5.30 & 7.30pm

Thursday – Attleborough Scout Hut (near the train station) 9.30am

> Pop along or contact Amy 07590 806046



# **SMART GARDENS**

Lawns and Borders Maintained

**Spring and Autumn Pruning** 

#### **Hedges Trimmed**

For free quote ring Vicky or Alan

01953 860451 / vickyal0712@gmail.com

#### St Martin's Church September 2019

Sunday 1st	11:00am	Parish Eucharist	11th Sunday after Trinity
Sunday 8th	11:00am	Parish Eucharist	12th Sunday after Trinity
Sunday 15th	6:30pm	Evensong	13th Sunday after Trinity
Sunday 22nd	11:00am	Morning Worship	14th Sunday after Trinity
Sunday 29th	10:00am	Group Eucharist: Quidenham	15th Sunday after Trinity

#### **Tacolneston Osteopaths**

Yvonne Ayliffe D.O.FSCCO BSSCMD MICrA Chloe Savage M.Ost Ian Lewis B.Ost

9 The Fields, Tacolneston **Tel: 01953 789629** 



reception@norfolkost.co.uk

- •Experienced osteopath qualified for 37 years
- •Gentle Osteopathy for the elderly
- •Cranial Osteopathy

07770652839

- •Headaches and migraine, acute necks
- •Sporting injuries, accidents & whiplash
- •For muscular and joint problems
- •Repetitive strain injuries at work or at home
- •Pre-& post- pregnancy for mother and baby **OSTEOPATHY FOR ALL**



All types of building work undertaken including:-

- Specialising in Older Properties
- Extensions / Loft Conversions
- Roofing
- Property Maintenance
- Landscape Gardening

MOBILE: 07778 602 026 HOME: 01953 860 693



- Free spaces available for 2, 3 and 4 year olds
- Idyllic rural location
- Full Montessori Programme in line with the Early Years Foundation Stage (EYFS)
- Experienced and gualified staff and management team
- High staff/child ratios
- Exceptional indoor/outdoor play opportunities

#### The Orchard Montessori Preschool & Nurserv The Fen, Banham NR16 2BU

t: 01953 887863 m: 07443658586 e: theorchardmontessori@gmail.com www.theorchardmontessori.co.uk

### Pete Vale



Professional Painter, Decorator and Airless Sprayer Accredited by the P.D.A High quality, friendly service Fully insured Free guotations

T 01953 861 230 M 07986 114 108

E peter.vale@hotmail.co.uk



**PValeDecorating** 



#### 24 hour service

### **Dates For Your Diary**

The Village Hall Bookings Administrator is Stevie Hobley 01953 860463 ~ 07469 715517 ~ bookings@newbuckenhamvillagehall.co.uk

September 2019				
Tuesday 10th	Parish Council Meeting, Village Hall, 7:30pm			
Saturday 14th	Coffeemates, St Martin's Church, 10am			
Thursday 19th	Good Companions, Village Hall, 2:30pm			
Friday 27th	Macmillan Big Coffee Morning, Village Hall, 8am—12 noon			
Friday 27th	Mobile Library, Chapel Street, 1:20pm– 2:30pm, Village Green, 3:40pm–4pm			
Saturday 28th	Village&Vestry Cheese Tasting, St Martin's Church, 2:30pm			

Contributions for the October 2019 issue of New Buckenham Parish News should be submitted by 6:00pm on <u>Friday 20th September 2019</u> to Linda Bryan, Pine Cottage, Marsh Lane (861107), Michael Boswell, Peel House, Chapel Street (860015), Richard Hoggett, 9 Church Street (860136) or by email to editor@newbucknews.co.uk.