

THE NIB



NEATISHEAD • IRSTEAD • BARTON TURF PARISH MAGAZINE

THE BENEFICE OF ST BENEDICT

Rector: The Rev'd David Smith

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Original artwork by Poppy Grocott

*MERRY CHRISTMAS TO ALL OUR READERS
FROM THE NIB TEAM*

See pages 8 and 9 for our new NIBS Kids feature!!





From your Parish Priest

In the midst of last month's climate change conference in Glasgow, there were news stories of a multitude of major projects and initiatives to help resolve the challenge of global warming. Most will take time and planning to achieve results, but that's no excuse for not getting started now.

We do of course need some opportunity in our lives for spontaneous, spur-of-the moment decisions - "Let's go to the seaside, today" or "Let's have a party tonight". But other major events in our lives need thought, consideration, planning, and often much preparation. When Mary was confronted by Gabriel, to be told the sudden news that she would bear God's Son, her answer was seemingly a spontaneous 'yes' though there were still nine months to prepare for the baby's arrival. However, for Mary, as for the Jewish people, this was the culmination of centuries of prophecy and expectation. This was to be the long-awaited Messiah – the one who would save their people and fully restore the covenant made between God and Abraham.

Jesus' birth was a momentous event for Mary and Joseph, as for any family. Similarly, Mary's cousin Elizabeth would give birth to John the Baptist, an even more significant event in their family, given Elizabeth's age. But at a different level, both these family arrivals were also just another part of God's project to save the world from itself – a project that would come to fulfilment in Christ's death and resurrection.

We could just celebrate Christmas, with all its modern commercialism, spend too much, and then start looking for the Easter eggs on 2nd January. Instead, in our church calendar, we have time. Time to think about the history that led to Christ's birth, about the impact on the lives of the people involved. Time to remember the hardships and pain, as well as the joy of the new arrivals. None of this can happen in just 48 hours between Christmas Eve and Boxing Day! As always, the church continues to celebrate for a whole 40 days, until at Candlemas on 2nd Feb, the Feast of Christ's Presentation in the Temple, we finally start to turn away from the story of the stable, and start looking towards the Easter story.

As we prepare once again to celebrate Jesus' birth, may I extend a warm invitation to you to join us for our Advent and Christmas services, and experience again the Wonder of Christmas. Join us as we begin to celebrate again the story cycle of Jesus' life on earth, from Nativity to Ascension. Join us as we pray that we may let the light of the Christ-child illuminate our own lives and so lighten the community around us.

With every blessing.

David

From the Register St Michael's, Irstead,

29th October 2021, Marriage, John Seeley and Alison Sawyer

Christmas at St Michael's, Irstead

We very much hope that circumstances will continue to allow us to celebrate Christmas this year at St Michael's as we have done prior to the Covid pandemic.

Services at St Michael's this Christmas will therefore be: - Friday 24 December (Christmas Eve) 4.00 pm, **Crib Service**. The Christmas story for the young and young at heart.

Saturday 25 December 9.30 am, **Christmas Day Family Holy Communion**

We look forward to welcoming you to St Michael's this Christmas. Wishing you a very Happy Christmas and New Year.

David Murrells, Warden, St Michael's



St Michael's Irstead

St Michael and All Angels, Barton Turf

Coffee Mornings

It was so good to see you all at the coffee morning. In amidst all the fellowship we raised £212.80, an amazing amount. This brings our total for 2021 to £1,088.80. This money goes a long way to keeping the church solvent, helping us to pay for example the insurance and the Parish Share. The size and age of the church means it is always a headache keeping afloat and being there for the community. I can't thank you enough for the help that you have given over the year. When we began the coffee mornings for this year in May, I had no idea that they would be so successful.

The December coffee morning is **18 December**. It is a very busy time for everyone so we would like to invite you to drop in for a cup of coffee and a mince pie, free of charge, as a way of saying thank you and to wish you a Happy Christmas. We shall be in the church from 10am until noon, and we will be delighted to see you there.

Christmas Cards

There are Christmas Cards for sale again this year in aid of the church. Packets of 8 @ £5.00 are available from the church, at December's Farmer's Market at the New Victory Hall, at Horning Post Office or ring Celia Scott on 01692 630278.

Foodbank

Our Christmas charity collection is focused on the foodbank. Contributions for this special collection can be made between the **4 and 12 December**. Contributions can be left in the porch if necessary. It would be helpful if they were in bags or boxes. As it is Christmas perhaps include an item for children. Thank you in anticipation.

Services

All being well we will be having our annual **Nine Lessons and Carols at 11.00am on Christmas morning** as usual. We were unable to have this service last year so it will be so good to have a return to normal. Even with social distancing, we will be able to accommodate you all. On **January 6** it is **Epiphany** when we celebrate the visit of the Magi to Jesus. This year it is on a Thursday, and we will be having a candlelit service at 6pm. I know for some people this is a better time than the weekend.

After the service we will celebrate with mulled wine and Epiphany cake, which contains trinkets, rather like a Christmas pudding!

Finally, our **Christingle** service this year is at Candlemas on **30 January at 4.00pm** with tea being served afterwards. This is always a very popular service for adults and children alike as we pack away the nativity and bring to an end the Christmas season. May I wish you all a very Happy Christmas and New Year.

Barbara Pilcher

Neatishead Baptist Church, Chapel Lane, NR12 8YF

We hope you will join us for Carols by Candlelight on Sunday, 19th December, at 6.00 pm. This is a lovely way to experience the real meaning of Christmas, and there'll be mince pies and mulled wine to follow. May we wish the NIB team and all readers a Merry Christmas and a Happy New Year.

Sue Gibbons

November Coffee Morning in Aid of Horning Church

The November coffee morning, held again in the Village Hall, was another great success and the grand total of £186.00 was raised towards the upkeep of the Church. The next one will be on **Saturday 4 December**, and we start 2022 on **Saturday 8 January** at 10.00 to 11.45. All are welcome to come to meet old friends and make new ones. There will be coffee and mince pies, homemade cakes etc. And of course, a large Christmas Raffle.

Gillian Jeckells

St Swithins Ashmanhaugh

Firstly, I want to say thank you to everyone who has kept the services running so smoothly at St Swithins since Liam and I, for various reasons, have not been able to attend a number of them. Then just to draw your attention to the services over the Christmas period that you, or your visitors might like to attend.

17 December at 5pm Carol Service (Friday)

25 December at 9.30am Holy Communion (Saturday)

There will not be a service on Sunday 26 December at St Swithins but this, St Stephen's Day, will be celebrated within the benefice.

There are a number of other services within the benefice over the Christmas and Epiphany season so do go and support our other churches if you can.

Finally, following our Carol Service on 17 December there will be complimentary mulled wine, mince pies and other savouries for your delight in the Preston Room. We are running this in conjunction with the Village Hall Committee and everyone is very welcome to attend.

The Grand Christmas Prize Draw will be drawn on the night and I will be selling tickets throughout December so watch out!

Anne Mulhall Church Warden
01603 784874 anne.mulhall1@btinternet.com

New Victory Hall

Please don't miss the New Victory Hall Christmas Fair on **Saturday 4 December** 9.30am–12noon. There will be lots of stalls, refreshments, competitions and a Grand Draw. Santa will be there to collect any Christmas letters and he may even have a present for every child. All welcome.

You can also see the unique 2021 Christmas Tree provided by the Knit & Stitch Group.

Friday 17 December at 7.30pm – An evening of Christmas Music and entertainment with **Norfolk Wherry Brass**. Entry is free, but to manage numbers please collect complimentary tickets in advance from White House Stores. Mulled wine and mince pies will also be free of charge. Just a raffle on the night so come prepared.

Sorry but with the current Covid situation still a concern, it has been decided not to run the **Community Breakfast** in January. It will be back when we feel we can run it safely and make it a good occasion.

Keep an eye out for future NVH events, as we are busy putting together a good programme for 2022!

NVH Events Committee



Festive Greetings and best wishes for the New Year from NVH Trustees, staff and volunteers

Many thanks also to the groups and members who have supported the NVH through a difficult year.

Now the hall is busy again, we seek a few more volunteers to get involved and help with running the village hall. If you are interested and have a little time then please get in touch with Doreen on 01692 630637 or Cheryl on 01692 536325 or find us at an event or Farmers' Market.

Email enquiries@victoryhall.info.

Every little helps so please offer just what you can as we need help with premises (DIY type things), admin, accounts, bookings, running events, advertising, etc. It also a good way to get to know new people and help your community at the same time. No previous experience necessary!

Doreen Dean, Chair VHM



Village Screen

On Monday 6th December we will be screening the film **DREAM HORSE** (2020, Cert. PG 113 mins). This is the true story of an unlikely racehorse bred by a small-town Welsh bartender. Guaranteed to make you smile!

We look forward to seeing you at the Village Hall at 7.00pm for 7.30pm when coffee and tea will be available before the film.

Tickets are £5 and advance booking is preferred by calling Christine on 01692 631347. Contactless payment is an option and unreserved tickets will be available on the door, numbers permitting. Please see the NVH website www.victoryhall.info for current Covid measures.

There will be no film in January as the scheduled date is too close to the Xmas/New Year holiday.

Village Screen Team



Gardening Club

The quiz we normally have in December has been postponed, so NO meeting this month. However, we will be running a stall at the Christmas Fair. If you have spare plants or bulbs, gifts suitable for gardeners, festive holly, please bring them along.

We are already planning a varied and informative series of meetings for 2022, starting on **January 17** with Simon Partridge on 'The Natural History of the Broads'. If you haven't been before and want to give the club a try, do come. There is a £3 charge, coffee and biscuits included, for visitors.

At our last meeting of 2021, enthusiastic entomologist, Dr Ian Bedford, showed how a balance of insect variety in the garden could avoid the use of chemicals. He advocated planting in small groups rather than on mass, with the right companion plants surrounding providing protection. If pictures of his garden were anything to go by, it must work!

Wendy Price



Knit and Stitch

Let's see your knitted tree decorations hanging outside in time for Christmas. Those of you who have been following our Tree Decoration Knit-a-Long should have completed seven patterns during the year. I hope you have been pleased with your results. Last year the group created a large and very colourful alternative Christmas Tree. We were pleased to be invited to put it up again outside the New Victory Hall during December - do pop along to see it while visiting the Christmas Fair on 4th December - though it will be there until the end of December.

Our very informal group shall be meeting as usual during December and January on the 2nd and 4th Wednesday of the month in the Community Room at the New Victory Hall - all knitters and stitchers welcome, whatever your crafty project and whatever your crafty ability. Do get in touch or just call in to meet us.

Claire Penstone-Smith, 07760643739, 01692 630580, claireps@btinternet.com



Helping you get Fit for Life!

2022 - a Year to improve your health and your body! And GYM BUDDIES can help at your local, not for profit community gym.

We know getting fitter isn't easy, but as so many of our members will tell you, small steps can lead to big improvements. To make it easier, Neatishead Community Gym, which meets three mornings a week in the village's New Victory Hall, is offering a special new scheme called Gym Buddies! If you and a friend sign up for a no obligation free trial, and then pay for a month's membership (£22) you will, at the end of that period, each be given £10 back! We hope that once you've tried the Gym you'll want to stay!

Our Gym is for people like you, it's not full of honed hunks or leotard lovelies, just ordinary folk who want to get healthier and fitter. You can wear anything comfortable, and don't worry; we have members of all ages, shapes and sizes.

Our experienced, respected Instructor will give you a personally tailored programme to help you achieve what you want – you can do as little or as much as you want without pressure.

The Gym can be reached via gym@victoryhall.info or by calling Gary on 07387 876216.

Neatishead Community Gym

Craft Club

We are planning to start a new craft club! The idea is to meet once or twice a month in the meeting room at the New Victory Hall, possibly on Friday mornings, to try a wide range of different crafts ranging from textiles, felting, willow weaving and card-making, to name just a few! There will also be opportunities to sign up for more specific workshops in crafts such as stained and fused glass.



In order to gauge the number of people who would be interested, please contact Jan on the email address below. We hope to get started early in the New Year.

Jan and Anna: jan.cuss@gmail.com

Neatishead, Barton Turf & District WI

The October meeting speaker cancelled at the last minute, but our stalwart member Olive Arguile stepped into the breach and gave a very interesting talk. Olive told us that she had served on the WI Home Economics Sub-Committee for some years and, in 1994 at the time of the 75th anniversary of the founding of the Norfolk Federation of Women's Institutes, when she suggested as to how they could celebrate this auspicious occasion, she was, of course, asked/instructed/volunteered to organise it! That meant Olive ran the scheme whereby all 150 or so WIs were sent some fabric and asked to produce an embroidered design to reflect their Institute. No instruction was given as to "portrait" or "landscape" so, when the results started to come back, poor Olive had to put her dining room out of bounds to friends and family as she juggled how to put together a pleasing display and then, with other WI chums, machine them into one huge hanging. From the slides we were shown, some Institutes just embroidered their name, but others showed name, dates and all sorts of local landmarks, flora, fauna, birds and/or animals. What a talented lot then and this level of expertise, creativity and ingenuity is still around today.

Well done, Olive, for making it a jolly meeting. November is our Annual Meeting and December brings our Christmas lunch on the 15th, as well as our bottle tombola stall at the NVH Christmas Fair on the 4th. New members always welcome.

Monica Riley 01692 630336



Neatishead, Irstead & Barton Turf Community Heritage Group

Thank you to those who attended our AGM at the NVH in November when we were able to display the copy of John Yaxley's Wartime Incidents Map that a grant from the Norfolk Community Foundation helped us to fund. It was also an opportunity to pay tribute to the considerable contribution John made in helping to preserve the heritage of the villages. We were very pleased to welcome two new members to the committee but are still looking for a Treasurer - if you think you might be interested to help, please get in touch. We look forward to organising some events for 2021 - look out in NIB for details - but meanwhile plan to be at the regular Farmers' Markets. Our main event next year will be an exhibition which will form part of the villages' Queen's Platinum Jubilee celebrations in June. If you have photos of village events over the past 70 years, we would be very interested to hear from you.

*Claire Penstone-Smith, 07760 643739
01692-630580, claireps@btinternet.com*



The White House Stores Community Shop

Urgent help needed!

I am sorry to say that we've had no one at all come forward in response to our plea for new Committee Members! We desperately need a new Secretary and a Chairperson. Without replacements for the people soon to be leaving, the workload on existing members will be too much and the size of the Committee over all would become worryingly small.

I don't want to moan - while we appreciate everything our shop and Committee volunteers do, we always need more help, and particularly suffer when people leave the shop team, as it is so hard to find new people. If you are interested in joining us or know someone who might, please email info@whitehousestores.co.uk.

Christmas - We wish everyone a Happy Christmas and hope to see you all in the shop to pick up some presents, cards, wrapping etc. We work hard to keep the selection interesting, so please shop local this year and keep your money in your Community Shop.

A thank-you must go to Chris Rogers who recently retired from the shop after over 8 years of working here. We wish you well in your retirement and thank-you for your hard work over the years.

Margaret Maxwell 07460 740700
info@whitehousestores.co.uk

Barton Turf and Irstead Poors Trust – Winter Fuel

The Poors Trust was founded in 1810 to help those in need in the parishes of Barton Turf and Irstead by providing a contribution towards the cost of their winter fuel bills. This is the time of year when the Trust allocates its funds to residents in the parishes who are in need of help.

Do you know anyone who has a genuine need of help this winter, the elderly, the sick, the unemployed or others? If you do know of anyone or feel personally that you might qualify, then please contact the Clerk to the Trustees, Chris Dockerty on 0777 1866437 or any of the Trustees. All information provided will be treated in strictest confidence.

Gail Murrells

Two Rivers Artists November Fair

A big 'thank you' from the Two Rivers Artists. So good to see so many of you at our Festive Fair. We're already looking forward to all sorts of creative projects in the New Year and to sharing them with you next autumn.

With best wishes for a very Happy Christmas and a bright and positive 2022.

Kit Calladine

Neatishead Parish Council

The Parish Council met on Thursday 18th November at the New Victory Hall. Councillor Nick Fowle has taken the decision to retire and tendered his resignation to the Parish Council. Many thanks is given to Nick for his years served, with his knowledge and experience he has been a real asset and will be sorely missed; although we are delighted that Nick will continue to be part of the staithe working party. The Parish Council are happy to advise that Ben Mullard was co-opted at the November meeting. This vacancy has been open for a number of months and with the skills and energy Ben has we are sure he will be a most welcome addition.

Other items discussed were the budget and precept setting for 22/23, planning applications, the new bench installed at the park, free trees offered by the County Council for the village and SAM2 training for volunteers in Neatishead. A new permissive footpath that runs parallel with Street Hill has been signed. Special thanks are given to Roger Lamb and Bill Dorsey for this.

HM Lord Lieutenant of Norfolk, The Lady Dannatt MBE has commissioned a plaque that commemorates the resilience of communities in Norfolk during the time of the pandemic. It was with special honour that we received a visit from Deputy Lieutenant Louis Baugh who presented the plaque to the Parish Council on behalf of the village. Discussions on a location for its display are being had.

The Parish Council would like to wish you all a Merry Christmas and a Happy New Year. Our next meeting will take place on **Thursday 21st January** at 7.30pm at the New Victory Hall.

Charlotte Hummel Parish Clerk and RFO to
Neatishead Parish Council 01493 718128

Dog Bins

The Parish Council have taken over the maintenance of the dog bins in Irstead Road and the Victory Hall car park. They say access is difficult for the others so the bin on the Alderfen Woods track (New Road) is no longer in commission. It has been very well used in the past. If you feel strongly (as I do) that there should be a bin there, please contact the Parish Council.

Resident volunteers will continue to maintain the bin at the end of King Street Loke and the bin at Neatishead Staithe.

Dog Bin Deb

Editor's note: we understand this matter has been the subject of discussions at the Parish Council and they have no comments to add. The Chairman writes that some of these bins have been found overflowing with other rubbish which made them more of a problem than a help.



Christmas Fair
Horning Village Hall
 Saturday December 4th
 10.00 – 12.00

Coffee Mince Pies Scones
 Raffle Tombola Books Jewellery
 Xmas Stall Cakes and Produce
 In aid of the fabric of St Benedict's Church

Horning Flower Club

At our November meeting we were thoroughly entertained by David Wright, a local demonstrator who is always full of interesting and amusing stories about his travels around the country to various flower clubs, together with local tales of his extensive early morning rides around the county on his bicycle. All these were told whilst making beautiful flower arrangements to inspire us.

The monthly flower arranging competition for members was reintroduced and was well supported. The title was "Mirror Image" and the results were 1st place Doreen Dean, 2nd place Carole Swan, 3rd place Trish Percival.

13 December sees the return of Crystal Dyball, with a demonstration entitled 'Christmas Sparkle', and the member's competition 'Yule log with seasonal foliage'. The demonstration will be followed by Christmas Tea.

10 January sees another favourite, Brenda Tubbs, her demonstration subject is 'Hello Again' and the members Competition title is 'Welcome to my table'.

New members always welcome, further information from *Carole*, tel 01692 536270.



Looks like Vernon has been doing his own bit of floral decoration



Weather Highs and Lows on the Rain and Temperature Gauges

October's rainfall total was 99.6mms / 3.92in which is 142% of average, so making up for the notable deficit in September.

So far in November up to and including the 20th, we've had 20.4mms / 0.8in, which is just 29% of the monthly average, with 13 dry days to date.

The highest daily total so far is 6.4mms / 0.25 in falling on the 13th.

Temperatures. - The highest daytime temperature to date is 16.3°C on the 9th and the lowest overnight temperature is -1.0°C on the 3rd.

Overall, temperatures have been above average for the month to date with south-westerly winds and high pressure predominating.

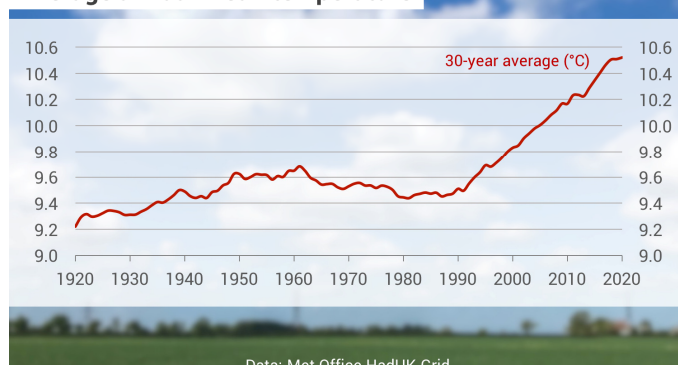
Peter Mills

Global Warming in East Anglia

Looks like most of our Global Warming has happened in the last 30 years!

EAST ANGLIA

Average annual mean temperature



Data: Met Office HadUK-Grid

Graph provided by Weatherquest Norwich

Christmas Greetings from Utah



From across 'the pond' to everyone who knows me in the Norfolk villages which I still call 'home', Christmas greetings and every best wish for a peaceful and happy New Year. While I won't be able to cross the miles physically this Christmas, it is good to be able to keep in touch with you all, and you will all be very much in my thoughts. I'm sending a photo of the small community in the mountains where I am now living, and I anticipate that on Christmas Day there will be a lot more snow than this!

Jan Levermore levermorejan@gmail.com



NIBS Kids



COMPETITION WINNER

Congratulations to our winner of the 10-15 age category:
Harry, aged 14. Harry wins A House of Marley Bluetooth
Speaker made from sustainable materials



HOLLY
DONKEY
RUDOLPH
CHIMNEY
STAR
STABLE
REINDEERS
ANGEL
JESUS
PRESENTS
SANTA
STOCKING

How do you know when
Santa is around?
You can sense his presents

CHRISTMAS JOKES

What do angry mice
send to each other
in December?
Cross-mouse cards

Festive Wordsearch

A	T	H	I	J	S	U	R	U	D	O	L	P	H
T	I	P	S	S	S	O	S	S	Y	A	T	B	E
N	D	I	R	S	P	L	T	S	O	N	O	D	O
A	O	O	E	S	L	A	H	A	Y	P	N	H	E
S	K	A	N	D	R	C	H	N	S	R	S	E	T
G	Y	R	C	K	H	I	H	G	E	E	I	S	E
R	N	R	E	I	E	I	A	E	Y	S	I	K	N
I	N	O	M	J	S	Y	G	L	L	E	E	S	E
I	E	N	M	R	E	E	N	A	L	N	E	M	Y
D	E	L	H	S	R	S	O	T	O	T	R	N	M
Y	P	O	K	R	H	P	U	C	H	S	S	T	T
S	E	S	T	A	B	L	E	S	R	O	S	J	I
R	K	G	S	T	O	C	K	I	N	G	N	E	E
Y	D	U	R	N	R	E	I	N	D	E	E	R	S





COMPETITION WINNER

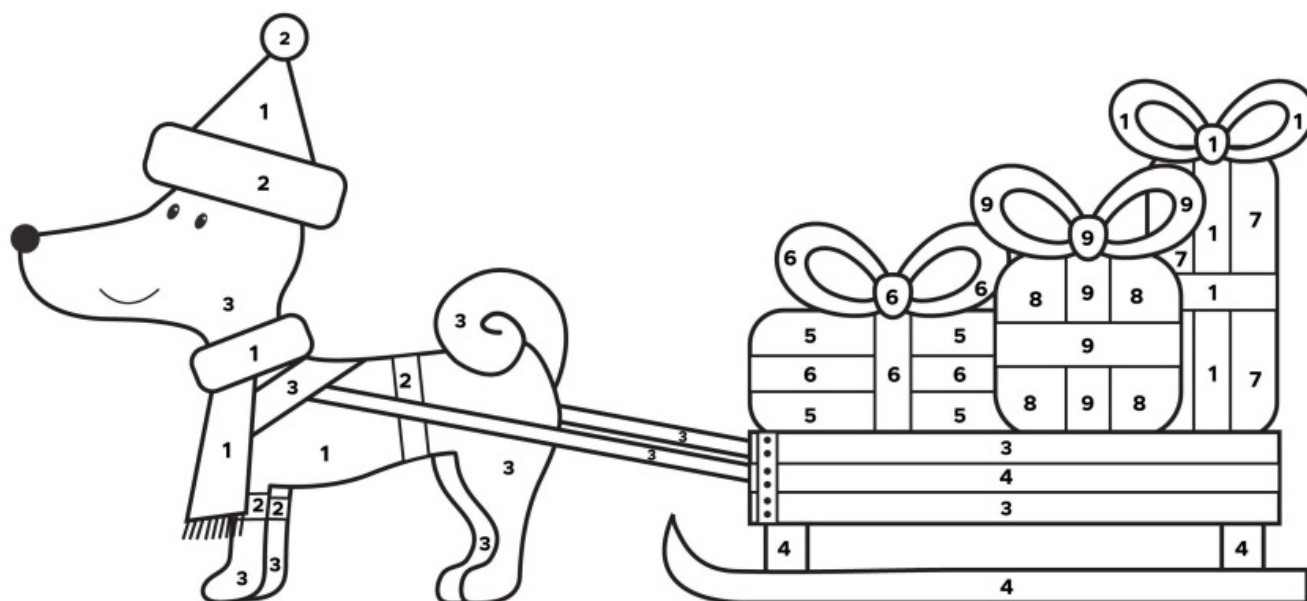
Congratulations to our winner of the under 10 age category: Ava, aged 5. Ava wins an eco bundle of products from Beplanetkind.



What do you call an Elf who has won the lottery?
Welfy

Why should you take a ladder carolling?
So you can reach the high notes.

Colour by numbers





Wildlife Notes

Last month I mentioned that goldeneye ducks usually turn up on Barton Broad in the last week of October. They didn't let me down and I saw 2 female goldeneye on the broad on the 22 October. Already that number has increased by mid-November to 26 and includes a good number of male ducks looking striking with their white plumage combined with emerald green head, white facial patch and of course a gold eye. Barton Broad is one of the best places in Norfolk to see these winter visitors and their numbers will swell to as many as 40 during the winter months.

When I first moved to Neatishead in 1987 I *soon* noticed the two species of deer in the fields around the village. Herds of red deer, Britain's largest land mammal roamed out from Beeston Hall and followed regular pathways across roads and even across rivers, as they are not averse to swimming across water. I always told my daughters when learning to drive if you see a red deer cross the road ahead of you it is best to stop as there are likely to be others following it.

Chinese water deer on the other hand were much more likely to be on their own or in pairs. These are much smaller deer, native to eastern China and Korea, and were first recorded in Norfolk at Hickling in 1968 having spread from Buckinghamshire. They are quite happy in wet habitats and therefore thrive in the broads and on eastern sides of the county. They are a little chunky, about the size of a large labrador and have large teddy bear ears that they stick upright when they turn and look at you. More recently those two species have been joined by two more species and we now regularly see Reeve's Muntjac deer in our garden. These are another non-native species originating from southeast China and Taiwan and were first released in woods at Woburn, Bedfordshire in 1901 spreading through the country and reaching Norfolk in 1951. They are slightly smaller and slimmer than Chinese water deer with two distinctive dark brown lines on their heads and are usually solitary animals. They are now found throughout Norfolk, even in cities, and have the ability to creep through tiny gaps in hedges.

A fourth species that I have been seeing recently near Alderfen is the roe deer, as a group of 4 individuals have taken up residence in the wood there. These are smaller than the red, and bigger than the other two non-native species, being just over two feet high at the shoulder. They have a black and white muzzle, distinctive white bottom and during the summer are a chestnut red colour although this fades to brown in winter. As the number of deer increases there are concerns on the effect that they are having on farmers' crops and on the native flora.

Jerry Simpson 01692 630674
simpsonj24@btinternet.com



NIB Wildlife Friendly Villages

The tree giveaway took place at the NVH on 13 November. We handed out 169 individual saplings and 115 metres of wildlife friendly hedging to local residents. The saplings were donated by North Norfolk District Council.

News:

1) Our group has been given permission by the trustees of the New Victory Hall to make some wildlife friendly improvements to the NVH grounds. These changes will happen gradually, starting with some preparation for a future wildflower area on the grass behind the hall. We thank the trustees for allowing us to put in place changes which we hope will increase biodiversity at the hall over time.

2) Norfolk Wildlife Trust has produced a proposal for works at Barton pond/common with the aim of increasing biodiversity and reducing flooding. The number of species recorded on the site during only five sessions was almost 450! The report had been sent to Barton and Irstead Parish Council.

Sophia Hale-Sutton (WFEV secretary)



Chinese Water Deer



Red Deer near Hickling



Reeve's Muntjac

Volunteers to help NHS

Voluntary Norfolk is looking for volunteers to support the NHS and vulnerable people needing extra help in the community. We have a wide variety of volunteer opportunities and are happy to work with you to find the volunteering role that is right for you, fits your interests, skills, location and availability.

Current volunteer vacancies, include supporting carers and the people they care for; volunteer drivers to assist patients in accessing key healthcare appointments; meet and greet, admin support and stock room roles in community hospitals and GP surgeries; marshals and administration roles at Covid vaccination centres; volunteers to help people with a newly diagnosed long term condition achieve health goals and improve their quality of life; volunteers to help clients use smart phones and computers to connect with family and friends and, of course, telephone befrienders to reduce isolation and loneliness.

All our volunteers are friendly, approachable, have a sympathetic manner, good communication skills, and are determined to help and support others living in Norfolk.

If you would like to have a conversation about the volunteering opportunities available at Voluntary Norfolk, please get in touch. Email us at volunteering@voluntarynorfolk.org.uk providing your preferred contact information, phone 07385 378740 and speak to a volunteer coordinator or leave us a message, or fill in the volunteer registration form for the service you are interested in via this link: [Volunteering Opportunities in Norfolk | Voluntary Norfolk](#).

We look forward to hearing from you and thank you for your help.

Ladies Who Sing

The renowned local choral group 'Ladies Who Sing', under the direction of Janet Kelsey, invite you to a Christmas Concert on **Saturday 4 December** at 7.30pm in Aylsham Parish Church, Market Place, Aylsham, NR11 6EL.

Start this festive season with a magical concert including well-known carols and Christmas favourites. There will be an opportunity for the audience to join in with some of these. In addition to familiar pieces there will be some by the group's resident composer Maggi Warren. The accompanist will be the distinguished pianist, Mark Jones.

Tickets £10 available in advance from choir members, or by contacting 01263 768441. Due to restrictions, there is a limit to the numbers allowed in the church. Any remaining tickets will be available on the door. For further information please see <http://ladieswhosing.org.uk>.

Covid 19 Keep on Testing and Jabbing

Although reports mid November indicate that infection rates are beginning to fall across the UK, the pandemic is still very much with us. In fact, the King's College Zoe App real time reporting is showing an upward climb in infection in North Norfolk, putting us higher than some other areas in Norfolk. This has not been the case in the past. The message remains that it is essential that people get three doses of the vaccine as soon as possible. Professor Tim Spector on the Kings College Covid Team suggests that we should consider the third dose as an essential part of the vaccine course of treatment and not a booster.

The Zoe Covid App real time data, taken from 100s of thousands of individual daily reports, shows that about 35% of those currently getting Covid are fully vaccinated, so we need to be vigilant, especially when we are in crowded places or with vulnerable people. One difficulty is that with the rapid increase in significant colds the symptoms are sufficiently similar as to lead to some uncertainty. Lateral flow tests need to be undertaken when symptoms are apparent but remember quite a large proportion of people show no symptoms when they get the virus. The Zoe App lists the symptoms in vaccinated people and children, which are associated with a diagnosis of Covid19 infection. They are runny nose (74% of cases), headache (73%), Sneezing (unexplained) (60%), persistent cough (49%), Sore throat (48%). Note this is not the same as the official Government guidance at the present time, but is taken from daily live data of people reporting to the App. Currently there are about 1450 people, reporting daily, living in North Norfolk. If you do get a positive test result you need to isolate, as instructed. If you would like to find out more and become a contributor to this groundbreaking real time study, go to covid.joinzoe.com.

Editor



Hi, my name is Gary Forde, a personal fitness trainer, and I run Neatishead Community Gym. Most people know of someone who may be suffering with mental health. Seeking professional help is all-important as a priority, but in my career I have had positive feedback from clients with low self-esteem and affected by depression. They say how training sessions made them feel better about themselves and more positive. Endorphins are produced during and after exercise, which is the feel-good chemical that elevates our mood and creates a natural high.

Sure, exercise can improve your physical health and your physique, trim your waistline, improve your

sex life, and even add years to your life. But that's not what motivates most people to stay active.

People who exercise regularly tend to do so because it gives them an enormous sense of well-being. They feel more energetic throughout the day, sleep better at night, have sharper memories, and feel more relaxed and positive about themselves and their lives. And it's also a powerful medicine for many common mental health challenges.

Regular exercise can have a profoundly positive impact on depression, anxiety and ADHD and boosts your overall mood. Research indicates that modest amounts of exercise can make a real difference. No matter your age or fitness level, you can learn to use exercise as a powerful tool to deal with mental health problems, improve your energy and outlook, and get more out of your life.

Yours in health and fitness.

Gary Forde Tel: 07989830855
www.garyforde-personaltraining.co.uk



Wroxham & Hoveton Lions Club

It's that time of year again and we'd like to wish everyone a Happy Christmas and a safe, healthy and prosperous New

Year. Santa has been fully vaccinated and will be out and about near you as follows:

Fri 3 Dec – Wroxham; Wed 8 Dec – Hoveton; Sun 12 Dec – Roys Dept Store Hoveton; Sat 18 Dec - Roys Dept Store Hoveton + Carol Singers; Sun 19, Mon 20 & Tue 21 Tesco Stalham

The above dates are of course weather dependant. See our Facebook page for updates. Santa has to observe social distancing so please ensure your children do not climb on the Sleigh.

Perhaps you, or someone you know, cannot commit to being a Wroxham and Hoveton Lions Club member because of family, work, or other commitments; BUT are willing to lend a hand every so often. Just a few hours during different times of the year to help on the tombola stall, at the annual fete, or help Santa on his sleigh - that sort of thing. No committees or meetings, just good intention, some muscle or skill and a sense of fun.

If this is you, and you'd like to help, just contact us using the link below. Remember you will gain too!!

To support our community, we need the support of our community. If you can help with time, skills or funds please contact us and get involved. We would love to hear from you.

Fancy getting involved?

Just contact our Membership Chairperson, Lydia Spight, using the 'Learn More' link on our website www.wroxhamandhovetonlions.org or ring me on 01603781310. You can follow us on Facebook or our website

Lion Mick Holden, President



News from Wroxham Bure Valley Rotary Club

The Autumn has been a busy time for Wroxham Bure Valley Rotary Club. Our work in helping at the vaccination centre at Hoveton village hall has increased as Covid booster vaccinations have been taking place there.

We also presented cheques for £600 to the Nancy



Oldfield Trust and to Rotary Foundation from the proceeds of our Classic car show. Thanks to matching funding generously given by Barclays Bank, we have also been able to fund a Shelterbox that has found

much needed use in Haiti.

Santa will be joining us for our Christmas sleigh excursions: we start in Sprowston on 27 November, then near you: Horning 15 and Hoveton & Wroxham 16 and finishing at Tesco Stalham 22, 23 and 24. Santa is always looking for helpers on these trips, which are always great fun. If you fancy joining in please ring the number below.

Don't forget you can support us and, the many local and international charities we donate to, through the Broadland Council Lottery Scheme – simply go to www.communityatheartlottery.com and sign up, selecting Wroxham Bure Valley Rotary Club as your chosen cause. It is a weekly draw and you chose how much to invest. 50% of proceeds go to your selected charity and there's a chance to win up to £25,000 every week. Alternatively, come along to a meeting to find out more about us, and maybe even join us and our many varied activities. Meanwhile, we hope everyone stays safe and remember, in the true Rotary spirit of "Service above Self" we have members ready and willing to help in the local community wherever the need arises. If you fancy joining us for a vibrant, sociable, active, and fun club experience, please contact our president, Peter Milsted, on 01603 782733 07850 742337.

WHB Twinning Association

Over twenty members attended our AGM on November 11 at Wroxham Church Hall. Not much to report, of course, but our French friends in **La Pommeraye and Montjean-sur-Loire** are having a meeting in November to discuss next year's visit, **11-16 August 2022**, and we do hope that they can start the ball rolling then. We do hope to have some more social occasions soon, Covid permitting, our usual post-Christmas meal, perhaps a bit later than normal.

For any more information please contact us via Peter, at peter_c_milsted@talk21.com or 01603 782733

DECEMBER 2021 ADVERTS

FINANCIAL ADVISOR providing impartial whole of market advice to local residents since 1999. Home visits are always available or meetings at our office. Please call Martin Smith on 07584 030071.

"THE DOG WALKER NORFOLK" Living locally at Gangate Offering Fun controlled walks for your dogs plus drop ins for food and cuddles Call Sophie Claxton 07887 767093.

DOMESTIC CLEANING for help with all your domestic cleaning, bed changing, etc please call Tricia on 01692 535585, an answer phone is available. Ten year's experience.

LINN HAIRDRESSING in your home. Very experienced in all aspects of hairdressing. Please call Linn on 07557 737490.

WINDOW CLEANER locally established window cleaner. Call or text Zak 07585 919093.

DAVID WRIGHT Painting & decorating. Established since 1997. Horning based. Call 01692 631366.

MARINE ELECTRICIAN 35 years experience. Installation, fault finding, repairs & spares. Fully insured. Please phone Steve on 07958 679118.

NORFOLK FOOT MOBILE HEALTH CARE Routine care, diabetic foot care, corns and callus verrucae and fungal nails. Please call Richard Parnell Dip FH BSc Econ Hons 07766 167562.

C&B GARDEN SERVICES Garden maintenance, pressure washing, (patios, paths etc) Pest Control, specialising in **MOLES & WASPS** (certificated) rabbits & squirrels etc. Free quote. Call Clive 01692 538356.

LANCE BUCKINGHAM CARPENTRY all building work undertaken, incl kitchen fitting, extensions, refurbishment, roofing, fencing, decking & maintenance. Phone: 07795 210522 or 01603 720229, lance@lb-carpentry.co.uk.

ROOF REPAIRS scaffolding, flat roofs, pitched roofs & chimney repairs. Also fascias & gutters. All high level maintenance work undertaken. Ring Nigel for a quote or advice, 07764 962627.

COMPUTERS problem solving and tuition. Please call Jamie Nickerson on 07747 450776, jamie@burntfen.plus.com.

KC WASTEWATER Service and repairs to all make of domestic sewage treatment plants. Over 30 years experience, Felmingham based. Please call 01692 402747 or 07975 620630. Website www.kcwastewater.co.uk.

Lb CLEANING SERVICES windows, fascia soffits, gutters and conservatory roof cleaning. Gutter clearing. Fully insured. Please call or text Lewis 07786 033265.

LOGS FOR SALE barn stored, seasoned firewood, delivered locally, £118 a load or £64 half load. Please call Jamie Nickerson on 07747 450776 jamie@burntfen.plus.com.

LARGE TIMESHARE SWIMMING POOL IN BARTON Unique conversion of barns into 16½ metre pool. From £10 per ½ hour slot. Max 6 people. Please call 01692 630798 www.swiminabarn.co.uk.

MICHELLE STEPHENS DECORATING interior/exterior Please call 07866 726178 www.mdec.me.

PAINTING & DECORATING by Chris Ryan. Prompt and professional. Free quotation. 01692 631194.

OLD MILL GARAGE Car **MOTs 20% off**. Other vehicle repairs at competitive prices, including air con servicing & diagnostics. Exhausts, tyres & batteries. K Roll Motors, Barton Turf 01692 536926.

GARDEN WORK fencing, trees and hedges. Local service. Call David 01692 535101 or 07766 334410.

CHIMNEY SWEEP Member of guild of master sweeps. Fully insured. Clean and efficient. All work certificated. All solid fuel appliances. Call Harry on 07799 484012 or 01263 833362.

COUNTRY HOME HEATING offering gas and oil boiler servicing maintenance & installation. OFTEC GAS & NICEIC registered. Call 01692 670139 countryhomeheating@btinternet.com.

NEATISHEAD & BARTON PRE-SCHOOL (2 to 5 five years) Open Monday to Friday term time 8.45am to noon or 1pm, or our longer session to 2.30pm. From £15 a session. Please call us on 07833 796163.

HOUSE CLEARANCE SERVICE for a free quote call Nigel on 07764 962627.

LOCAL SEASONED FIREWOOD free delivery various load sizes available. To book a delivery or for more information, please call 07551 753127 or 01692 678868.

GRASS CUTTING commercial / domestic enquiries welcome. Please call Stephen on 01692 631468.

PLATTEN PEST CONTROL specialising in the management of wasps, rats, mice, moles, and rabbits. Free survey. Please contact us on 01692 631173 or 07711 391839.

EAST ANGLIAN TANKERING SERVICES a local cesspool and septic tank disposal service, also blocked drains cleared. Smallburgh based. Tel 07988 020984/ 07988 406305 www.eatankering.co.uk.

L HARMER TREE SERVICES for all aspects of tree surgery and professional advice. Please contact Liam on 07584124710. Over 20 years experience. Fully qualified and insured. Free quotations.

M STUDIO HAIRDRESSING at Ikens, Smallburgh Road, Barton NR12 8AP. Please call Maz 01692 630744.

YOGA CLASSES with Clare Badham at New Victory Hall, Neatishead, Wednesdays 18.15 - 19.45, £8.50. Suitable for all. Booking essential at www.yogabreeze.co.uk, 07557 353723.

STEVEN LUXFORD Experienced local decorator. Please call 01493 732138 for a free quote.

THE MOWER DOCTOR garden machinery, service and repairs. Extremely competitive prices with no VAT. Free collection and drop off service. Wroxham based. Please call 01603 291927 or 07799 530015.

LOCAL SMALL BUILDER Andy Payne, based locally, over 20 years of experience, including brickwork, plastering, tiling and decorating. Tel 01603 737807 or 07706 991443.

FUNERAL SERVICES here for you every hour of every day. East of England Co-op Funeral Services, 98 High Street, Stalham. Please phone at any time 01692 558733.

GARDENING SERVICES including lawn mowing, hedge cutting, digging, weeding, fencing, decking, patios etc. Friendly, reliable service. For free estimate call Paul on 01692 535316 or 07826 857728.

BROADLANDS HOME MAINTENANCE SERVICES for all your DIY needs: painting, decorating, tiling, kitchen & bathroom fitting, fencing, patios, decking & roof repairs etc. Please call Shane on 07834 915732.

GARDEN BIRD DIRECT a range of garden bird feed, free delivery, no minimum charge. Sizes 2kg to 20kg. Call Peter or Rosa 01493 740288.

CHIMNEY SWEEP Mike Wicks & Son. From £45. Fully insured. Certificate issued. 01692 536592.

GLEAMING GUTTERS Gutter clearing and washing, plus washing of fascias soffits barge boards etc. Conservatory cleaning & pressure washing to patios paths etc. Free friendly quote. Lance 07771 363702 or 01603 782112.

COLIN the PLUMBER oil, gas, and electric boilers and oil tanks. All types of plumbing services. Please call Colin on 01692 670657 or 07990 650331.

YOUR FRIENDLY LOCAL ELECTRICIAN Glen Rogers Electrical. From an electric shower to a garden light. Give us a ring on 01692 538515.

LOCAL GARDENER weeding, pruning and hedges. Please ring or text Joe on 07902 076352.

1st CLASS AERIALS new TV aerial, free view/sky/freesat or extra TV points. HD over Ethernet. Please call 01692 670901 or mobile on 07725 182952.

GRASS CUTTING also pruning, shed and fence painting and garage/shed sorting. Light garden tasks. Please call Carol on 01692 630478 or mobile 07879 442860.

DIAL a PLUMBER City & Guilds trained. Small repairs. No job too small. Small oil/gas boiler repairs. Showers installed & repaired. Please call 07702 277191.

NEW ADVERTISEMENTS

- £1.25 a line, maximum five lines (£5).
- For all existing Ads, price remains unchanged.
- Cheques payable to The NIB or by bank transfer. Email nibadverts@gmail.com or contact Sue Clayton on 07850 436211.

Diary dates for December 2021 – January 2022

December			
Sat	4	9:30am-12 noon	Christmas Fair. NVH
Sat	4	10-11:45am	Christmas Fair in aid of St Benedict's Church, Horning Village Hall
Sat	4	7:30pm	Ladies Who Sing Christmas Concert, Aylsham Parish Church NR11 6EL
Mon	6	7 for 7:30pm	Village Screen Cinemas 'Dream Horse', NVH
Tue	7		Music Study Day, Horning Village Hall, 'Early Celebration of Christmas Carols'
Tue	7,21	7:30pm	Wroxham Lions Social meeting, Broadland Youth & Community Centre, Stalham Road, Hoveton
Tue	7,14,21	2-4:30pm	Indoor Bowls Club, NVH
Wed	8	10:10-10:35am	Mobile library, Pit Corner, Neatishead, NR12 8BT
Wed	8	7-9pm	Knit & Stitch, NVH
Sat	11	9am-12 noon	Farmers' Market, NVH
Mon	13	1:30pm	Horning Flower Club, Crystal Dyball, 'Christmas Sparkle' demo, members 'Yule log' competition, Christmas Tea.
Tue	14	7pm	Barton Turf & Irstead PC meeting, NVH
Wed	15	12.30pm	Neatishead, Barton Turf & District WI Christmas Lunch
Wed	15	10:15-10:30am 10:35-10:50am 10:55-11:10am	Mobile library, Pennygate, Barton Turf, NR12 8BE Mobile library, Ex Post Office, Barton Turf, NR12 8BB Mobile library, Staithe Road, Barton Turf, NR12 8AZ
Fri	17	7:30pm	Christmas evening with Norfolk Wherry Brass. NVH
Sat	18	10am -12 noon	Coffee morning, St Michael and All Angels, Barton Turf
Sun	19	6pm	Carols by Candlelight, Neatishead Baptist Church
Wed	22	7-9pm	Knit & Stitch, NVH
January			
Tue	4,11,18,25	2-4:30pm	Indoor Bowls Club, NVH
Tue	4,18	7:30pm	Wroxham Lions Social meeting, Broadland Youth & Community Centre, Stalham Road, Hoveton
Wed	5	10:10-10:35am	Mobile library, Pit Corner, Neatishead, NR12 8BT
Sat	8	10-11:45am	Coffee morning in aid of St Benedict's Church, Horning Village Hall
Mon	10	1:30pm	Horning Flower Club, Brenda Tubbs, 'Hello Again' demo, members 'Welcome to my table' competition.
Wed	12	10:15-10:30am 10:35-10:50am 10:55-11:10am	Mobile library, Pennygate, Barton Turf, NR12 8BE Mobile library, Ex Post Office, Barton Turf, NR12 8BB Mobile library, Staithe Road, Barton Turf, NR12 8AZ
Wed	12	7-9pm	Knit & Stitch, NVH
Mon	17	7:15pm	Gardening Club Simon Partridge 'Natural History of the Broads'
Tue	18	7pm	Barton Turf & Irstead PC meeting, NVH
Wed	19	2pm	Neatishead, Barton Turf & District WI, NVH
Thurs	21	7:30pm	Neatishead PC meeting, NVH
Wed	26	7-9pm	Knit & Stitch, NVH

Magazine Team for March 2021 – February 2022

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DEADLINE FOR THE FEBRUARY EDITION 19 JANUARY 2022



Benefice of St Benedict

We continue to monitor our COVID risk assessments against current national guidelines and local infection rates. As a result our churches remain open daily for services, visits, or individual private payer, but we ask that all those using our churches continue with certain precautions for the time being:

Please check-in using the QR code and the NHS App. Please clean your hands with the hand-gel provided, both when you enter the church, and when you leave. Please wear your face mask during services, if requested, to protect others who may still be vulnerable, even if fully vaccinated.

Please respect those who wish to continue to observe social distancing guidelines.

Services for December 2021 January 2022 are as follows:

5 Dec Advent 2	9.30am MPAshmanhaugh 9.30am HC (BCP)Irstead 11.00am HCHorning 4.00pm EvensongBarton Turf
12 Dec Advent 3	9.30am Benefice HCBarton Turf
17 Dec Friday	5.00pm CSAshmanhaugh
19 Dec Advent 4	8.00am HC (BCP)Barton Turf 9.30am HCNeatishead 11.00am HCIrstead 6.00pm Carol Service..... Horning
22 Dec Wednesday	6.00pm "Carols on the Green" Horning
24 Dec Christmas Eve	4.00pm Crib Service.....Irstead 11.30pm Midnight Com Horning 11.30pm Midnight ComNeatishead
25 Dec Christmas Day	9.30am HCAshmanhaugh 9.30am HCIrstead 11.00am Carol Service.....Barton Turf
26 Dec St Stephen	9.30am Benefice HC Horning
2 Jan Christmas 2	9.30am HC Horning 9.30am MW New YearNeatishead 11.00am HC (BCP)Irstead 11.00am MPAshmanhaugh
6 Jan Epiphany	6.00pm HCBarton Turf
9 Jan Baptism of Christ	9.30am Benefice HCNeatishead
16 Jan Epiphany 2	8.00am HC (BCP)Barton Turf 9.30am HCAshmanhaugh 11.00am HC Horning
23 Jan Epiphany 3	9.30am Benefice HC Irstead
30 Jan Candlemas	9.30am Benefice HCAshmanhaugh 4.00pm ChristingleBarton Turf
HC Holy Communion MP Morning Prayer ES Evensong CS Carol Service (BCP) Book of Common Prayer MW Morning Worship	

Mid-week Holy Communion:

Tuesdays at 10.30am at Neatishead

Morning Prayer:

Thursdays at 9.15am at Barton Turf

Roman Catholic Churches

- Sacred Heart Norwich Road North Walsham, Sunday Mass at 11 am.
- St Helens Hoveton – Saturday Mass at 5.30pm. Wednesdays at 9.30 am.

Parish Priest - *Father James Walsh*

01603 403258 sacredheartnorthwalsham.com

Wroxham & Hoveton United Reform Church

We have fully reopened! Do join us for any or all of the following services:

- 5 December 10.30am - Service including Holy Communion, led by Rev Ian Bloomfield.
- 12 December 10.30am - Service led by Rev Carole Pearl.
- 19 December 10.30am - Service led by Rev Ian Bloomfield.
- 19 December 4pm - Children's service in the Church Hall.
- **Christmas Day** 10.30am - Service led by Canon Peter Howard.
- 26 December – no service.
- 2 January 2022 10.30am - Service including Holy Communion, led by Rev Ian Bloomfield.
- 9 January - 10.30am Service led by Mr Mike Gibbs.
- 16 January 10.30am- Service led by Rev Ian Bloomfield.
- 23 January 10.30am - Service led by Rev Carole Pearl.
- 30 January 10.30am - Service led by Rev Sue Seeley.

The church will be Covid secure, in line with Government guidelines.

JAM (our Children's Church) We meet from 10.15 to 11.45am in the Church Hall on 5 and 19 December and 9 and 23 January. We have Bible stories, cooking, games and lots of fun whilst learning more about Jesus. Please contact Chris Billing (chris.billing@ukbis.com) or phone 01603 783992 for more details.

We have reopened our Community Café. Please join us for coffee and cakes from 10.30am to 12 noon on Thursdays. On 23 December there will be a short Carol Service during the café.

We look forward to seeing friends old and new, after this difficult time.

Minister: *Rev Ian Bloomfield*: minister@wroxhamurc.org.uk

Secretary: *Lynne Howard*, 01603 738835.

lmhoward100@btinternet.com

Neatishead Baptist Church

Chapel Road, Neatishead, NR12 8YF.

Sunday service at 10.30 am. (except 26th Dec)

19 December – Village Carol Service at 6.00pm

Christmas Day Service - 9.30am

Pastor: *Rev Ian Bloomfield*

pastor@neatisheadbaptist.org.uk

Secretary: *Sue Gibbons*

secretary@neatisheadbaptist.org.uk

Church Wardens:

Neatishead Pauline Simpson 01692 630674

Irstead David Murrells 01692 631427

Barton Turf Barbara Pilcher 01692 53613

