





Revd Ben Bradshaw

THE BENEFICE OF ST BENEDICT

brother_ben@btinternet.com

Summer Holidays – Time for rest, recovery and relaxation!

Summer is a magical time and holidays bring us the opportunity to disconnect from day-to-day working routines and responsibilities and offer us a unique opportunity to reconnect with both nature and ourselves.

Its carefree spirit and a slower pace of life, soaking up the sun, swimming in the sea, whether it is going to your local park for the day or a week in the Mediterranean will ultimately help you recharge and make a stronger comeback – all it takes is an open mind and the right questions.

Holidays should be the time where many of us have the luxury to press pause on errands, commutes, social responsibilities and work assignments – which makes more time for relaxing and treating ourselves, but also for self-reflection. Oh, this should be so easy, shouldn't it? But for many people taking the time to do these things is difficult. We live in a society that is always on the go, and we are expected to be as well. There is always something that needs to be done, and we can always find something to occupy our time.

However, rest recovery and relaxation are important - we need to make time for ourselves, and not just physically, but mentally and spiritually as well. It is vital for our overall health and well-being.

Rest enables our bodies to function properly. It helps us to heal from sickness and injury, and it gives us the energy we need to face the day. Mentally, it allows us to recharge and rejuvenate so that we can think clearly and make good decisions. Spiritually, it gives us time to connect with God and grow in our faith.

Recovery is often thought of as something that we do after we've experienced an injury or a setback. And while that is certainly true, it is also something that we need to do on a regular basis. We all face

challenges in life, and we all need time to recover from them.

Perhaps you've been through a difficult situation recently or the wear and tear of everyday life have gotten to you. Maybe you've lost a loved one, or you're dealing with a chronic illness. Whatever the case may be, it is important to give yourself time to grieve and heal. Don't try to push through it or pretend that everything is okay.

And if you feel anxious or extra emotional, your body may be telling you that you need to relax and reflect.

So, how can we embrace rest, recovery and relaxation? Perhaps by taking a social media break, even for a few hours a day, choosing screen-free activities, be it reading a book or getting outside to enjoy nature.

When you get time off and the opportunity to slow down and quieten your mind, there's no better time to connect with your spiritual side.

Maybe during these quieter moments of the summer, is a good time for self-reflection, to look back with a fresh perspective and take stock but it's also a great time to do some forward planning for the remainder of the year. There are verses about rest in the Bible that remind us that we are in control of our bodily troubles. We can choose to rest and relax, or we can work ourselves to the bone. We must prioritize recovery, and when we make that choice, we open ourselves up to God's peace and protection.

'Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus'. (Philippians 4:6-7)

Happy Holidays,

Pauline Simpson (Licensed Lay Minister)

St Michael and All Angels', Barton Turf

The church was full for the memorial service for Wendy Price which was held in the church on 22nd June. Thank you for the beautiful flower arrangements that were displayed in the windows by the organisations that Wendy was involved with. The full church was a good indication of how much Wendy was loved and how much she will be missed.

It was good to see so many of you at the Friends evening on Friday 28th June. Two groups were able to go up the tower as the weather was very kind to us that evening. The church quiz generated a good deal of conversation between everyone who came.

On Sunday 30th June at the Benefice service held at the church we welcomed Father Nicholas Stebbing from Mirfield who came to talk to us about the charity that he runs called Tariro, in Zimbabwe, which rescues and helps street children. That day we raised £165.50 from the cash collection to go to the charity.

Our next coffee morning will be on **Saturday 17th August** from 10am until noon, as usual.

Barbara Pilcher, Churchwarden

St Peter's, Neatishead

St Peter's Bell Fund and Alzheimer's Research Auction on September 21st

This event is at the New Victory Hall, 7pm for 7.30 start.

Please contact us with your offerings before the deadline of **Saturday 31st August** in order that a catalogue can be prepared and made available in advance of the auction.

Nick & Jane Fowle
Nicholas4567fowle@gmail.com
01692 630249

St Michael's, Irstead

A date for your diary this coming autumn. Our celebratory Harvest Thanksgiving Songs of Praise will be on **Sunday 29th September** at 6pm. It will, as has become our custom, be followed by a 'Bring and Share' harvest supper in the church. We look forward to welcoming you to St Michael's for this happy harvest service.

David Murrells, Churchwarden

St Swithin's, Ashmanhaugh

Please do join us for our first ever church open day on **Saturday 3rd August** from 11am to 2pm! Come and see what is happening at St Swithin's church. There will be a tasty BBQ, refreshments, games for children, plus an interesting display exploring the people and village of Ashmanhaugh from past generations. There will be something for all the family, so please do come along!

Parking is available at the Preston Rooms; the church is just down the lane past the cricket club. For more information please contact the Rector, Revd Ben Bradshaw brother_ben@btinternet.com or call 01692 630216.

Thank you to everyone for the marvellous response to our Coffee Morning in aid of the East Anglian Children's Hospice (EACH). A special thanks to those who helped on the day or donated plants, cakes and raffle prizes. We raised £811, a fantastic amount for our small community.

Our quiz at the end of July was for a very special charity Tariro which is giving hope to young people in Zimbabwe. Father Nicholas Stebbing told us about the wonderful work they are doing giving support to young people and their parents providing such essential items as rent, groceries, solar lamps and school fees. 98.3% of the money raised for Tariro is spent on the young people in Zimbabwe. Our quiz raised £260 and we hope to help this worthwhile charity again in the future.

Anne Mulhall, Churchwarden
Anne.mulhall1@btinternet.com

Open Day
St Swithins, Ashmanhaugh

Village History
Treasure Hunt
Ice-cream
Games
BBQ



Saturday 3rd August, 11am-2pm

New Victory Hall

Come to our new POP-UP CAFÉ
WITH MUSIC

Saturday 3rd August, 2-4pm.

We look forward to seeing you for tea and cake at our new Pop-Up Café on **Saturday 3rd August** from 2- 4pm.

Ray will be there with his music. You are welcome to bring your own bottle of fizz or wine if you wish but don't miss out on a delicious slice of cake!

Tea and coffee unlimited. Join us for a lazy Saturday afternoon.

NEXT COMMUNITY MARKET & CAFÉ

SATURDAY AUGUST 10th
9am – 12 Noon



NEW VICTORY HALL
NEATISHEAD

Did you miss the scrap metal collection last month, not to worry – watch out for the next date!

Following the success of our Italian produce and wine stall in July,

'Via Vigna' will return on September 14th

Always on the lookout for new stalls as well as our regulars and delicious bacon butties on sale.

For information contact Pauline 07818 599303

NVH Events Team



Knit and Stitch

It was fantastic to see so many entries at the Village Show last month - such a huge array of talent in the villages. If you were there you will

have seen the display of 'Twiddlemuffs' and 'Trauma Teds' all knitted by members, and which will go to local charities and care homes. We will be starting a couple of other projects in the Autumn, but meanwhile if you would like to try your hand at knitting or crochet we can help you along the way with needles, yarn and patterns. We meet on the 2nd and 4th Wednesdays of the month which this month is on the **14th and 28th August**, 7-9pm, at the New Victory Hall. If you would like any more information do get in touch or just pop along, you will be made most welcome.

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



Gardening Club

The Village Show was held on July 20th in the NVH, organised by the

Gardening Club and Knit and Stitch.

It proved to be a real success with a broad range of local talent on display, especially in the art and craft sections. The quality of exhibits across all classes was good and it was pleasing to see some new faces taking part.

All entrants are to be congratulated. Despite the unseasonable start to the year, entrants still managed to display a range of fresh produce from their gardens. The colours and size of the hydrangeas were stunning – they obviously like the rain!

There was a very welcome return of an exhibitor in the home produce classes who contributed a number of entries of a very high, varied and consistently good standard.

Thanks to everyone involved in any way bringing together people from across our local communities.

Jane King, 07423 820228
janeelizabethking@hotmail.com



Village Screen

In complete contrast to last month's film, *Wicked Little Letters*, this month we are showing *The Zone of Interest* (2023:12A: 103 mins) It was the Oscar winner for Best International Film and a BAFTA award for best Sound based on the book by Martin Amis.

In 1943 the Commandant of Auschwitz and his wife strive to build a dream life for their family in a house right next to the concentration and extermination camp he helped to create. Activity in the camp is not shown at all, only a sonic depiction. The film is about what we pay attention to - and what we are able to ignore.

We look forward to welcoming you to The New Victory Hall on **Monday 5th August**, 7pm for 7.30pm when drinks and biscuits will be available for £1.

Tickets at £6 (cash only, correct change please) can be purchased from White House Stores Community Shop. Advance booking is preferred by calling Christine on 01692 631347. Card payment is an option for unreserved tickets on the door, numbers permitting.

Village Screen Team

I am writing this after spending a most wonderful afternoon at our WI. This month was our garden party and we were so fortunate to have had the weather on our side. Our members spent a very enjoyable afternoon outside at the NVH sitting in the sunshine, eating cream teas and chatting together. Helene Hayden did a fabulous report on her visit to the AGM in London. We also had a quiz with much falling out about whose answer was correct but the President stood firm as quiz master and eventually we had a winning team. We have no formal meeting in August but please do come and join us at St Benet's Hall on **Wednesday 7th August** from 2 - 4pm for our fund-raising afternoon in aid of the Benjamin Foundation. There will be tea, cake, a raffle, and trading stall. Everyone is welcome so please come and support us.

Sally Church, President



**Neatishead, Irstead and
Barton Turf Community
Heritage Group**

**St Benet's Abbey and our three
parishes**

If you look around our villages, apart from the parish churches which offer a glimpse into the medieval world, there is little evidence of the people who lived here in the Middle Ages. With the 1000-year anniversary of the founding of St Benet's Abbey in 2019, and as part of its celebrations, a few members of the group researched the medieval connections between our parishes and the Abbey. Uniquely St Benet's was never officially 'dissolved' under King Henry VIII's closure of the monasteries in the 1530s, and the site came into the ownership of the Bishops of Norwich and to this day remains consecrated ground. Hence the Bishops of Norwich also hold the office of Abbot of St Benet's and the local vicar of the parish, the Prior.

With the annual service at St Benet's taking place on **Sunday 28th July**, in the presence of The Right Revd Graham Usher, Bishop of Norwich, and conducted by Revd Ben, we thought it appropriate to display our research again at the August Community Market. Do come along to discover more about the villages' medieval connections with St Benet's.

*Claire Penstone-Smith, Neatishead, Irstead &
Barton Turf Community Heritage Group*



The Arms of St Benet's Abbey. This piece of stained glass can be seen in St Peter's Church, Neatishead.

Neatishead Bowls Club



Like other outdoor sports events at present, we are working our way through this difficult season, the weather being the main adversary.

However it is still good to see members from other clubs for a catch up. As mentioned in the last edition we would be hosting the Neatishead School children. This happened on 17th July, children, teachers and helpers attending. The weather was perfect and a great time was had by all. There is lots of potential in the group. Goody bags were given out on their departure.

Cathy Smith, Chair, 07810 586551



**Friends of Neatishead
School**

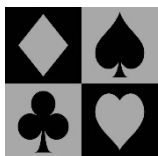
A big thank you to everyone who supported Neatishead School's Festival.

The weather was terrible but the attendance was amazing!

We were lucky to have support from many local businesses donating to a fantastic raffle. Place UK, The White Horse, White House Stores Community Shop, Teepees Tents & Treats, Fizz & Fromage, The Little Interior Company, NABS, Vera's Cafe, Rackheath Vets, Hoveton Hall Gardens, NR12 Fitness, Mississippi Riverboat, Waterside Wroxham, North Walsham Garden Centre, Tunstead Pool Hire, Hickling Campsite, Broads Tours and Hayley's Beauty to name a few.

Unfortunately, the festival was cut short due to the weather but we still made an amazing £1,330.

Lisa Seager & Kerry Smith



Bridge Club

Here's a reminder that Bridge is a card game played with two pairs of players (ie 4 people) each being dealt 13 cards. One of the great things about Bridge is that you always get new challenges with every deal. This is because there are 5.36×10^{28} possible deals. That is a big number. It is 536 followed by 26 zeroes!

At Neatishead and Horning Bridge Clubs we use a special machine which automatically deals random hands. We use 30 hands for a session. Before, we used to deal the hands manually. There has been a noticeable change in the types of hands we play since we started using this machine and this has caused much discussion amongst the members.

We get more hands with distributions like:

♠AK98542

♥3

♦QJ953

♣-

The reasons for this are that: 30 hands chosen at random from the very big number described earlier will not necessarily be representative of the "average", and human dealing isn't very random! In order to get the randomness achieved by our computer dealt hands, a human would have to do at least 7 riffle shuffles (that's the fancy one that you see conjurors use) of a pack.

I keep being asked "Have you fixed these?", "Has the computer got a setting for weird hands?". The answer is "No", but no one believes me. You do, though, don't you? On a lighter note, our recent charity session at Neatishead raised £70 for Shelter. Many thanks to those who contributed. As always, you are most welcome to come and visit on Friday mornings at NVH to see what we get up to – no need to stay for a long time.

Jim Fletcher



Barton Turf Bowls Club

On 13th July the club took part in the Triplewood League Presidents Day which was held this year at Smallburgh. Each club entered a block of players, opponents were drawn and three matches were played. This year Barton Turf Bowls Club were the winners and were presented with the Presidents Cup. This was the icing on the cake for the club in the league this year. Many congratulations to the block of players who took part.



New players are always welcome to come to the club and have a go. No previous playing experience required.

Barbara Pilcher, Secretary

Swallowtail Fine Artists

2nd Fine Art Ludham Show with guest artists

After a very successful inaugural exhibition last year, Swallowtail Fine Artists will be hosting the 2nd Art Ludham Fine Art Exhibition over August Bank Holiday weekend. To be held at St Catherine's Church, Ludham from 24th to 26th August, the Fine Art show will once again feature works by Swallowtail Fine Artists Lorraine Auton, Tony Colledge and Amanda Springall-Rogers, and will also showcase paintings, lino prints, cards by well-known Norfolk-based artists including Ben Kendall, Bruce Rushin, John Sparks, Julie Hodgson, Kate Gabriel, Ruth Mann and Tom Cringle.

All work featured will be for sale. The exhibition will be open from 10am to 5pm on Saturday 24th August, 11am to 5pm on Sunday 25th August and 10am to 5pm on Monday 26th August. Refreshments will be available. Free entry.

For further information, please contact Swallowtail Fine Artists via Facebook, by email at swallowtailfineartists@gmail.com.

Amanda Rogers



Community Gym

STOP PRESS: 1,300km Challenge Completed!

Exactly five weeks after setting off on the (virtual) 1,300km Olympic Challenge journey to Paris and back, the gym's intrepid and athletic mascot, Gyminny, returned home a week ahead of schedule and just in time for the 2024 AGM! The aim of Gyminny's journey has been to recognise the upcoming Paris Olympics and also to celebrate the fun, friendship and fitness philosophy of our local community gym. Gym members recorded the kilometres they covered on the two treadmills, three rowing machines, four bikes and the cross-trainer.

These kilometres were added up after each of the Sunday, Monday and Wednesday sessions and Gyminny's progress was recorded on a large Neatishead to Paris map. Gym members were actively enthused and pushed themselves on each visit to achieve an extra kilometre or two. The average distance accumulated per session was an amazing 87km: that's about 3-4 km per attendee. Huge thanks and congratulations to all who took part and to their sponsors too! As you can see from the photo, Gyminny looks pretty exhausted and is due for a well-earned rest! Watch out for a new challenge later in the year: North Pole anyone?



Gyminny's return was celebrated with bubbles and French patisserie at the well-attended AGM on July 8th. Sharon Jones gave everyone's heartfelt thanks to retiring, committee members: Jill Bazire, Jim Clinch, Clare Costello and Phil Johnson, who have been involved in leading and supporting this

unique village facility for several years. Also leaving the committee are Chris Corson and Liz Ollier whose particular areas of expertise have been very helpful over the last year. The new chair, Alan Smith, took over the meeting and Q and A session; new trustees were nominated and welcomed and future plans outlined: see the NIB September edition for more details.

If your interest has been raised by the above account, but you remain reticent about joining a 'gym', please do consider this wonderful facility on your doorstep and follow the contacts for a visit and trial. See the accompanying photo for an idea of how the gym is set up and used, in the New Victory Hall.



For a free gym trial, email: gym@victoryhall.info or call Gary, our instructor, on 07387 876216. For photos, video and more information: www.neatisheadcommunitygym.com.

Joan Dickie



White House Stores Community Shop

Part of the maintenance work on the shop has been completed. The rest has been paused until September, as access will be easier once the school summer holidays are over.

We have recently asked our volunteers if they would like to do an extra shift over the summer holidays. Sometimes it's very helpful to have someone to help with making coffees or working on the till. Would you like to join our fantastic volunteer team? Pop in and have a chat if you're interested.

Our shop is for us all, and all are welcome to help out. If you're at the shop and you have a spare few minutes, we'll always welcome an offer to wash up some mugs, answering a badly-timed phonecall, tidy up the tables or even just chat to our visitors to help make them feel welcome.

Volunteer help is always welcomed, no matter how small a task it may seem to you. Thank you!

Margaret Maxwell, shop & committee
01692 631549
margaret@whitehousetores.co.uk



A busy spell at the shop last month – Margaret Maxwell



Farming - Sugar beet! A little history ...

Writing this article in late July, the yellow oilseed rape flowers of early spring have transformed into dry head-high seed pods ready for harvest and transformation into oil. The spiky, swaying barley and more robust waist-high wheat fields are waiting for the right time and weather before welcoming the huge combines that will harvest them in a single afternoon.

However, there is still a low, green, broad-leaved crop in many of the fields around our villages' lanes and it will remain growing there until autumn. This is sugar beet, whose fascinating story is closely tied with that of East Anglian farming.

Sugar was first imported to the UK in the Middle Ages. A rare and expensive luxury (honey was the poor man's sweetener) early sugar was refined from sugar cane that was grown in the Far and Middle East. After the discovery of the Americas, sugar cane was planted, mainly in the Caribbean, for export to Europe. Harvesting and processing was massively labour-intensive and became inextricably linked with the horrors of slavery. By the 18th century, consumers were beginning to look for 'free-grown' sugar: a very early example of how consumer choices can effect change.



But sugar cane is a tropical crop; could a European alternative be found? It was already known that beetroot could produce a sweet syrup, but it remained unpopular compared to the clearer colour and lighter taste of cane

sugar. Plant breeding commenced, based on white fodder beets, related to the wild sea beet found on Norfolk's shorelines. By 1800 a white beet alternative had been bred and Europe's first sugar beet factory opened in Poland in 1801. The crop quickly expanded to France and elsewhere in Europe.

The UK's first sugar beet factory was built in 1912 at Cantley, near Yarmouth and sugar beet growing has become a major rotation crop for many East Anglian farms. British Sugar plc, or Silver Spoon, now provides about 50% of the UK's sugar demands and sits on shop shelves alongside imported cane sugars.

Take a look at the sugar in your cupboards; it may have come from a field near you!

Peter Dickie



Wildlife Working Party

There is a significant amount of duckweed and red algae growing on Dale Pond at the moment and a number of you have been asking me about this. Duckweed and algae are not necessarily bad signs as blooms can come and go. However, they can be a sign of high nutrient levels, primarily nitrogen and phosphorous, which can result in eutrophication. Eutrophication, which some of us will remember from GCSE biology, happens when algae or other plants like duckweed thrive on high nutrient levels. These blooms stop light from entering the pond, which results in the death of other water plants. Bacteria thrive on this material and remove oxygen from the water, which in turn results in the death of aquatic organisms. In worst case scenarios, the pond can become pretty much lifeless. So where do these nutrients come from? Ecology is not an exact science, so it can be difficult to work this out, even with necessary resources. There are a number of possibilities, including disturbance caused by the pond excavation, water run-off and ducks!

Ducks, when present in high numbers, cause eutrophication and will also eat plants, invertebrates, frogs and great crested newts! Mallards are of course part of the ecosystem and we have always had a small number of them on the common that come and go. Each duck defecates an average 96 times a day and recently there has been a consistently large number of them which amounts to a lot of... nutrients! Ducks exist in high numbers when they are being fed and this can result in a murky, bare pond. Talking to Andy Hind from NWT and other experts, it seems most likely that there is eutrophication and that the ducks are, at least, partly the cause of this. I have already talked to some duck feeders who were very understanding and will no longer duck feed, so a big thank you to them. We get that feeding the ducks allows us to get up close and can seem like a great way for us and children to connect with wildlife. However, it's better for all the species that live on the common if we don't and instead allow the ducks to disperse to other larger bodies of water where they will thrive and feed on natural food sources. So please help the biodiversity of the common by allowing the ducks to feed on natural food.

Otherwise, it's a quiet time of year for the working party. Andy Hind and I found several great crested newt larvae and an adult female in Hayletts Pond which further confirms that they are now establishing their population as a result of the pond clearance. Have a walk around the newly mown

paths, see the huge diversity in plant and animal life that we have and enjoy the tallest foxgloves I think I've ever seen.

Neil Sanderson nesanderson@yahoo.com
07788 787149



Ashmanhaugh & Barton Wanderers Cricket Club

The 2024 cricket season is well under way, although the weather does not seem to agree!

Matches are being played at all levels from the 1st XI in the East Anglian Premier League right down to the under 9's team.

Our 1st XI are battling hard to cement their place in the new, high standard of the EAPL.

Matches take place at home and all over the East of England & fixtures can be found online www.aandbw.play-cricket/matches or by dropping in for a fixture booklet.

Our 2nd XI are currently sitting top of the Lacon's Norfolk Cricket Alliance division 4, an excellent effort which they aim to continue.

Our 3rd XI, often with young players new to senior cricket, are sitting in 2nd place in the Norfolk Cricket League division 3 East, only 1 point behind the leaders!

Our 4th XI, again containing young players are currently in fourth place of the Norfolk Cricket League division 4 North East having lost only 1 match to date.

Lots of talented youngsters who are destined for big things – watch this space!

In the junior section the U15's are currently top of their league and the U13's are in 4th place. Friday evening junior training is hosted at Barton Turf every Friday evening at 6pm, run by ECB qualified coaches.

We are also hosting summer camps for juniors aged between the ages of 7-15 years throughout July and August.

All details can be found on the club social media along with a link to book – these are likely to sell out!

All new members are welcome to join the junior section on Friday where the Bar & BBQ will be open.

Contact us via social media for information on joining the senior cricket section.

Thanks once again for all the local support we receive, if you'd like to help out or come along to watch some really great cricket please get in touch.

Jayne Everett



Norfolk Punt Club

Sailing in all its various forms has continued with great gusto, despite attempts by the weather authorities to dampen members' spirits. Almost every Sunday, Saturday or Tuesday has seen activity of some sort with boats ranging from the most elegant cruisers and racing yachts to the scruffiest back yard vessel. Racing results do not always reflect the appearance of the craft.

Our photograph this month shows the Social Saturday on 26th June but the physical limitations of the photograph mean that only a small proportion of the activity can be shown and much tea drinking, marvellous cake eating, sailing in a wide variety of boats and a great BBQ on the pontoon aren't shown. (As a location for a BBQ, Barton Broad is impossible to beat).



In the next month or so, there's special activities for everyone (young, old, experienced yachtsmen and complete pre-novices) culminating in the climax of the year, as always on the last weekend of August.

More details of all our activities can be found on the website www.puntclub.co.uk.

Frances and James Arthur 07779 339893

Wildlife Notes



Last month I wrote about Wagtails and in particular about Grey Wagtails. About a week after I had written those notes in mid-June, I was fortunate to spot a Grey Wagtail at Gay's Staithe which flew off together with a second bird which I am hoping was its mate. It would be lovely to discover that they have bred locally so let me know if you see any young grey Wagtails around.

My thanks to the Barton Turf resident who contacted me at the end of June (with video evidence) about the behaviour of Hobbies (photo below: Jon Kelf) in the late evenings over the treetops near the fen. At dusk several of these small birds of prey are hunting around the tops of oak trees and clearly catching insects on the wing. From the observations made it is thought that they are probably catching chafer beetles which are a substantial beetle and would provide them with a reasonable meal.

We generally get 2 species of chafers in this locality and many of you will be familiar with Cockchafer beetles or "May Bugs", as they are commonly called, which are the larger and earlier of the two species. The second and less well-known species is the Summer Chafer which has hard brown wing cases like the Cockchafer beetle but lacks the darker head colouring and large antennae. It would appear that the Hobbies have found a food source at the end of the day when dragonflies have gone to roost or maybe also on days when the weather has been too cool for dragonflies, their normal food source, to be on the wing.



It is known that Hobbies will change their diet according to the season because at the end of summer they will chase and catch young Swallows and Martins but I was unaware of the liking for Chafers. Following the miserable weather at the start of July when insects were in short supply, we now seem to be getting some butterflies and dragonflies in our gardens.

During mid-July I have seen my first fritillaries on the wing. Southern Hawker and Brown dragonflies will also be on the wing and the former will come into your gardens if you have woodland edges. Look out also for Common Sandpipers along the river and broad edges as they move back from northern uplands as they skim low over the water calling incessantly.

*Jerry Simpson 01692 630674
simpsonj24@btinternet.com*



Weather

Warm and dry second half of June, very wet and cool start to July.

The total rainfall recorded in June was 41.2mms/1.6in which is just 69% of average, a rarity over the last 12 months. There was a notable warm and dry spell from the 17th – 29th courtesy of a large high-pressure cell over Denmark.

The highest daily maximum recorded was a hot 28.1°C on the 24th.

The total rainfall for July to date (up to 18th) is 83mms/3.27in which is already 150% of average. The highest daily total so far being 16.4mms/0.65in on the 6th. There has been a total of 13 rain days so far in what has been a very wet and cool period.

Peter Mills

Roman Catholic Churches

- St Helen, Hoveton, NR12 8QJ. Saturday Mass at 5.30pm, Wednesday Mass at 9.30am.
- Sacred Heart, Norwich Road, North Walsham, NR28 9JP, Sunday Mass at 11am.

For more information, call 01692 403258.

Father Peter Raj, parishpriestfrpeter@gmail.com

Wroxham & Hoveton United Reform Church

Do join us for any or all of the following services:

Sunday 4th Aug 10.30am, Rev Zephany Kennedy.

Sunday 11th Aug 10.30am, Rev Carole Pearl, including Holy Communion.

Sunday 18th Aug, 10.30am, Alex Instone-Brewer.

Sunday 25th Aug, 10.30am. Service led by Rev Carole Pearl.

Please see our website for the most up to date information. (wroxhamurc.org.uk)

The Interim Minister is Rev Carole Pearl. For any pastoral concerns, please contact the church secretary in the first instance.

JAM (our Sunday School) welcomes all children aged 4 to 16. In our sessions we watch, read, listen, discuss, play, act, sing, chat, pray, cook, create and have a great time. We meet in Wroxham Church Hall from 10:15-11:45 on a regular basis, but do not meet in August.

For details go to <https://wroxhamurc.org.uk/jam> email jam@wroxhamurc.org.uk or phone Chris Billing on 01603 783992.

The Community Café meets for coffee and cakes from 10.30am to 12 noon on Thursdays. All are welcome, there is no charge. We look forward to seeing friends old and new.

Lynne Howard (Secretary) 01603 738835.

lmhoward100@btinternet.com



NIB Team

You may notice a few changes to our layout in this and the September editions. We hope you like them. We're changing a few things about to make it clearer to see some dates and information.

Many thanks to the children of Neatishead School who have made our front page this month. We think it looks lovely and colourful, with some fantastic artwork. Well done to you all.

Did you know you can also read The NIB online? You can find it by searching for any of our villages on the website www.achurchnearyou.co.uk.

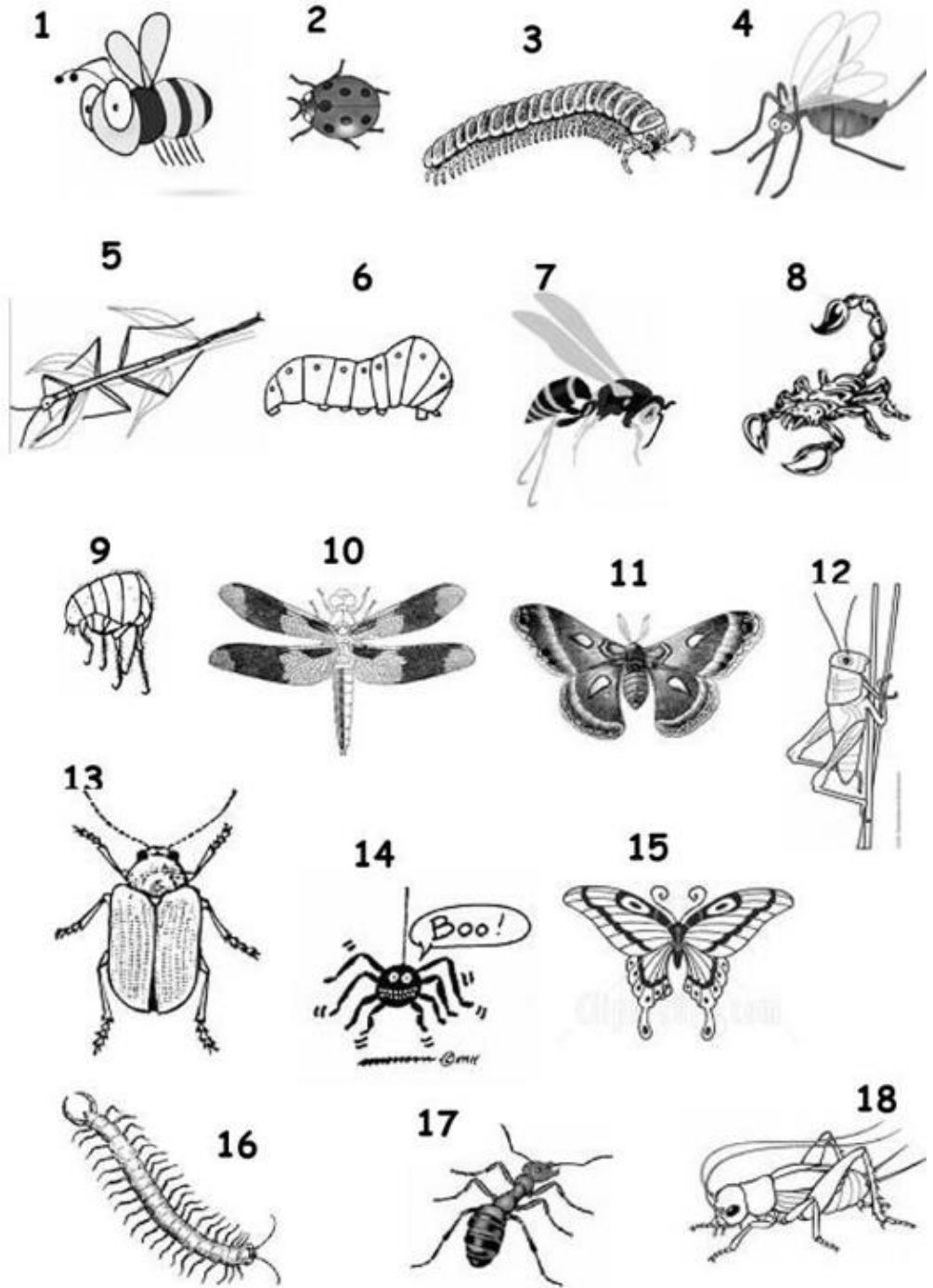
If you live outside the villages and would like to receive a copy by email, please let us know by contacting thenibmanager@gmail.com.

We need a constant rotation of people helping in many ways with the NIB. If you are interested in joining our team and would like to chat to us, please call Sue Clayton on 07850 436211.



Match words and pictures

ant	☐
bee	1
beetle	☐
butterfly	☐
caterpillar	☐
centipede	☐
cricket	☐
dragonfly	☐
flea	☐
grasshopper	☐
ladybird	☐
millipede	☐
mosquito	☐
moth	☐
scorpion	☐
spider	☐
stick insect	☐
wasp	☐



Write the words (more than 1 answer possible)

- It eats insects :
- It stings :
- It jumps :
- It lives on other animals :

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.

ALL THINGS BEAUTIFUL professional and experienced beauty therapist offering nails, eyelashes, eyebrows and waxing. Please contact Vikki on 07545 222549.

ROOF REPAIRS scaffolding, flat roofs, pitched roofs & chimney repairs. Also fascias & gutters. All high-level maintenance work undertaken. Ring Leighton for a quote or advice 07766 563513.

INEXPENSIVE MOORINGS available at Barton Turf Staithe, please ring Martin 07501622068.

COMPUTERS: friendly IT Tuition and Support. Please contact Jamie Nickerson at jamienickerson@live.co.uk or 07747 450776.

GARDEN MAINTENANCE SERVICES: Mowing, hedges trimmed, raised beds, fences, patios, outdoor covered spaces & more: all projects considered. Please call Craig on 07861 555 362.

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.

LOGS FOR SALE barn stored, seasoned firewood, delivered locally. £145 a full load, £75 a half load. Contact jamienickerson@live.co.uk or 07747 450776.

NB NORFOLK BUILDS – local experienced builder. Call Steve for repairs & small works, home improvements, specialist brickwork, extensions and roofing. Please contact Steve on 07568 384934 or at norfolkbuilds@hotmail.com.

MICHELLE STEPHENS DECORATING - Quality efficient interior and exterior decorating 07866 726178 www.mdec.me.

PAINTING & DECORATING by Chris Ryan. Prompt and professional. Free quotation. 01692 631194 or 07758 127983.

OLD MILL GARAGE Car MOTs 20% off. Other vehicle repairs at competitive prices. K Roll Motors, Barton Turf 01692 536926.

AJP HEDGES Trees and Stock Fencing, City & Guilds Qualified. Call Andy on 07827 668038.

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.

BARTON REED PANEL FENCING - handmade reed panels and screens. All types of fencing work undertaken. Please contact Jon on 07881 717692, email at jon.moore61@btinternet.com or see bartonreedpanelfencing.co.uk.

LOCAL SEASONED FIREWOOD free delivery, various load sizes available, starting at £80. Will stack on request. To book a delivery or for more information, please call Brent 07551 753127.

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.

REGENCY GUEST HOUSE, GIFT SHOP & PICTURE FRAMING - The Street, Neatishead, NR12 8AD. Contact us at 07790 011098, 01692 630233 or regencyhouse1786@gmail.com.

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.

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

YOGA CLASSES with Clare Badham at New Victory Hall, Wednesdays 18.15-19.45. Book in advance please at www.yogabreeze.co.uk: £8.50. 07557 353723.

ANTHONY HOWARD & SON – wet rooms, kitchens and bathrooms. All plumbing, plastering, tiling, carpentry etc. Please call 07954 224216.

STEVEN LUXFORD Experienced local decorator. Please call 01603 891662 or 07786 510558 for a free quote.

THE MOWER DOCTOR for garden machinery, service and repairs. On site repairs and servicing meaning reduced machinery downtime. Stalham based. Please call Rob 07799 530015 or 01603 291927.

A R PAYNE - for all your local painting and decorating needs. Over 35 years' experience within the building trade. Please contact Andy on 07706 991443 or andy Payne.ap@gmail.com.

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 sunflower hearts, peanuts, seed mixes and more! Free delivery by Rose & Peter. Please call 01493 740288 or email gardenbirddirect@aol.com.

CHIMNEY SWEEP Mike Wicks & Son. Fully insured. Certificate issued. Please call either 01692 536592 or 01603 387400.

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.

SAM THE LADY SWEEP Wood burners, open fires, agas etc. Guild of Master Sweeps trained. HETAS registered, NVQ qualified. Please call 07835 476106, www.samtheladysweep.co.uk.

YOUR FRIENDLY LOCAL ELECTRICIAN Glen Rogers Electrical. From an electric shower to a garden light. Give us a ring on 07774 103426.

SIMON'S HOME IMPROVEMENTS We design, supply & fit kitchens, bathrooms, tiling, carpentry, flooring, plumbing and much more. Please contact Simon on 07368 982830 or at simons.kitchens1990@gmail.com.

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.

INDEPENDENT FINANCIAL ADVICE Wills & Power of Attorneys, Probate and Executor Service, very competitive rates to local residents. Home Visits available or at Hoveton office. Call Martin Smith on 01603 273590 or 07584 030071.

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 for Garden Maintenance and Pest Control, specialising in WASPS & MOLES, rabbits & squirrels etc. For FREE QUOTE please call Clive 01692 538356 or 07867 632572.

NEW ADVERTISEMENTS

- £1.25 a line, maximum five lines.
- Payable by bank transfer please.
- Please contact us at nibadverts@gmail.com or phone Sue Clayton on 07850 436211.

All contributions welcome to The NIB, but please note the Team reserves the right to amend or omit items. We also start the magazine from the first of the month, and therefore events in the previous month will not be advertised. Views expressed are those of the named author. No responsibility can be accepted for any content or errors. Everybody who sends in articles, including advertisers, automatically consent to having their details published on the Internet, unless specifically requested otherwise, in which case we will endeavour to omit details before uploading onto the churches' websites.

Welcome Pack

The NIB team have created a package to welcome newcomers to the villages. This package contains a range of useful information and leaflets, including a NIB (obviously!) and details of the shop, village hall, pub etc. If you are aware of a property which is due new residents, please let us know.

If you know, manage or run a local group or business and would like your flyer included, please do get in touch.

thenibmanager@gmail.com

Magazine Team for February 2024 – December 2024

News & dates: Margaret Maxwell (Editor) – 07460 740700 - nibeditor1@gmail.com

Dates: Joan Dickie (Deputy Editor) – 07796 617704 - nibdeputyeditor1@gmail.com

Adverts: Sue Clayton (Manager) - 07850 436211 - nibadverts@gmail.com

NIB Postals: Jane King (Deputy Manager) - 01692 630002 - janeelizabethking@hotmail.com

NIB Kids: Georgina Grocott - 07900 411103 - nibskids12@gmail.com

NIB Treasurer: Mandy Parks 07547 697010 – nibfinancials@gmail.com

DEADLINE FOR THE SEPTEMBER EDITION – 19th August 2024

Diary dates for August 2024

Thurs	1 st	2-4pm	Wroxham Library: Knit and Natter: not just for knitters!
Sat	3 rd	2-4pm	Neatishead Victory Hall: Pop-up Café with music
Sun	4 th	10am-4pm	Wroxham & Hoveton Lions Club: Summer Fete: Hoveton Village Hall
Mon	5 th	7-7.30pm	NVH: Village Screen: The Zone of Interest (2023: Cert 12A: 105mins)
Wed	7 th	2pm-4pm	WI Fundraising afternoon
Thurs	8 th	10am-noon 2-4pm	Friends and Neighbours: Meeting at Radar Museum Café Wroxham Library Cribbage Club (card game) – new players welcome
Sat	10 th	9am-noon 11-3pm	NVH: Community Market and Café Broadacres Summer Fete: Hall Rd, Barton NR12 8AR
Wed	14 th	10.10am 11.15am 7-9pm	Mobile Library: Pitt Corner, Neatishead, NR12 8BT Mobile Library: Council Houses, Ashmanhaugh, NR12 8YL Knit and Stitch: Community Room NVH
Thurs	15 th	2-4pm	Knit and Natter: Wroxham Library: not just for knitters!
Sat	17 th	10am-noon	Barton Turf Church Coffee Morning
Mon	19th		Deadline for SEPTEMBER edition of the NIB
Wed	21 st	10.15am 10.35am 10.55am	Mobile Library: Pennygate, Barton Turf NR12 8BE Mobile Library: Ex-Post Office, Barton Turf NR12 8BB Mobile Library: Staithe Road, Barton Turf NR12 8AZ
Thurs	22 nd	10-noon	Friends and Neighbours: Songs to Entertain You: Jeff & Sue Short
Sat	24 th - 26 th	10-5pm	Art Ludham Fine Art Exhibition, St Catherine's Church, Ludham
Sat	24 th	All day	Norfolk Punt Club: 3 day Sailing Regatta: Barton Broad...
Sun	25 th	All day	<i>... even if you're not a sailor: this is a wonderful spectacle to watch eg from Barton Broad Boardwalk or from a kayak or cruiser.</i>
Mon	26 th	All day	Barton Regatta continues ...
Wed	28 th	7-9pm	Knit and Stitch: Community Room NVH
Thurs	29 th	2-4pm	Wroxham Library: Scrabble Club: all welcome!
Sat	31 st	10-11.30am	Hope Café. Neatishead Baptist Church NR12 8YF

Future Dates

Sat 21st Sept: St Peter's Auction, New Victory Hall

Sun 29th Sept: St Michael's, Irstead Harvest Thanksgiving Songs of Praise

26-29th Sept: Horning Arts & Crafts, St Benet's Hall, Horning

Local Services and Contact Details

- New Victory Hall: Street Hill, Neatishead, Norfolk, NR12 8AD
 - Bookings by email bookings@victoryhall.info or phone 07551 008065
 - For regular activities programme see: www.victoryhall.info.
- White House Stores Community Shop: Irstead Road, Neatishead NR12 8BJ, 01692 631549
 - To join the Community Shop Membership: info@whitehousestores.co.uk
- White Horse Inn: The Street, Neatishead, NR12 8AD, 01692 630828:
 - For upcoming events see: thewhitehorseinnneatishead.com.
- Wroxham Library events and dates: 01603 782560; www.facebook.com/wroxhamlibraryofficial

Parish Council Clerks

- Barton & Irstead: Nicola Ledain, bartonturfirsteadpc@yahoo.com
- Neatishead: Laura Bateman, neatishead.parish@gmail.com

Defibrillator Locations

- New Victory Hall, Street Hill, Neatishead, NR12 8AD
- Cox's Boatyard, Toilet Block, Staithe Road, Barton Turf, NR12 8AZ
- Irstead Staithe, Car Park, Shoals Road, Irstead, NR12 8XS
- Point Farm (wall of barn), The Street, Barton Turf, NR12 8BB
- Berry Hall Lodge (left of entrance gate), Berry Hall Rd, Pennygate, NR12 8BE

Benefice of St Benedict - Church Services – August 2024

Sunday 4th August

11.00am Beeston St Lawrence

Benefice Holy Communion

Sunday 11th August

8am St Michael's, Irstead

Holy Communion (BCP)

9.30am St Benedict's, Horning

Morning Prayer

9.30 am St Michael & All Angels, Barton Turf

Holy Communion

11am St Swithin's, Ashmanhaugh

Holy Communion

Sunday 18th August

9.30am St Michael's, Irstead

Holy Communion

11am St Benedict's, Horning

Holy Communion

11am St Peter's, Neatishead

Morning Worship

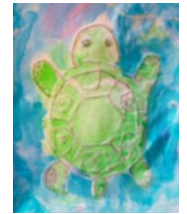
6pm St Michael & All Angels, Barton Turf

Evening Prayer

Sunday 25th August

11am St Benedict's, Horning

Benefice Holy Communion



Weekday Morning Prayer Services – in our Benefice churches at 9.15am*

Monday: Irstead

Tuesday: Neatishead

Wednesday: Horning

Thursday: Barton Turf

Friday at 9.45am: Ashmanhaugh

Latest news from our Sunday Club

As always, our Sunday club members have been doing some brilliant and fun activities over the last few weeks. We had our first ever 'Church in the Sun' event at St Benedict's, Horning, and the sun did shine for us! With a BBQ, games, ice cream and a treasure hunt, there were lots for the young people to do. We also learnt about how God made the sun and how important it is for our world.

In our Sunday club meetings at Neatishead the children made baskets with loaves and fishes and learnt of how Jesus fed the 5000. Sunday Club also thought about the needs of others and those who go without food. In our other gathering last month, we explored the story of Daniel and the Lions. All children aged 3-11 are welcome to join us for Children's Church and Sunday Club, it is completely free with lots of fun games and activities; come along and see what we are doing.

Upcoming Dates and Events

- Sat 3rd Aug: 11am-2pm St Swithin's, Ashmanhaugh. Church Open Day- BBQ, ice cream, & games.
- Sunday 15th September- 11am Sunday Club at Neatishead Church
- Sunday 22nd September- Children's Church 'ON THE ROAD' we will be going on an adventure! More details to follow.

For more information about Sunday Club or Children's Church, please contact Revd Ben at brother_ben@btinternet.com.

Parish Church Wardens

Neatishead: Pauline Simpson on 01692 630674

& Nick Fowle on 01692 630249

Irstead: David Murrells on 01692 631427

Barton Turf: Barbara Pilcher on 01692 536132



Neatishead Baptist Church

4th August 10.30am Marc Grimston

18th August 10.30am Paul Rosier

11th August 10.00am Moira Ketteringham

25th August 10.30am The Rev'd Sue Seeley

16th August 10.00am Prayer Meeting

31st August 10.00am Hope Café

Hope Café meets for fellowship, coffee, games etc. 10am to 11.30am on the last Saturday of the month. Everyone is welcome for a bit of fun and fellowship. No Fellowship Meeting in August.

Prayer Meeting 10am in Church. Please contact the secretary for more details.

Sue Gibbons Secretary secretary@neatisheadbaptistchurch.org.uk



NIB deadline for September edition is 19th August

