

Church & Village News

Baconsthorpe • Barningham Winter • Edgefield • Hempstead
Matlaske • Plumstead • Saxthorpe with Corpusty

August 2026



Kestrel, Hempstead
Photograph by Jonathan Neville

Newsletter Team

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Barningham Lucy Raynes 07894 061571

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Saxthorpe &

Corpusty Guy Hodgson 07771 575277

Parish Council Websites

Baconsthorpe

<https://baconsthorpepc.wixsite.com/baconsthorpepc>

Edgefield

<https://edgefield-pc.gov.uk/>

Hempstead

<https://hempsteadpc.wixsite.com/hempsteadpc>

Matlaske & Barningham

<https://matlaske-pc.gov.uk/>

Plumstead

<https://plumsteadpc.wixsite.com/plumsteadpc>

Saxthorpe & Corpusty

<https://corpustyandsaxthorpe-pc.gov.uk/>

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Village Websites

www.baconsthorpe.org

www.corpustyandsaxthorpevillagehall.org.uk

www.hempstead-norfolk.co.uk

www.plumstead.org.uk

Church People

Rector Revd Canon David Longe 01263 577252

Asst Priest Revd Judy Rosser 07469 390178

Lay Minister Dr Jane McLarty 07791 870104

Church Wardens

Baconsthorpe Harry Steel 07711 890360

B Winter Amelia Courtauld 01263 577250

Rebecca Hill 07960 739593

Edgefield Emma Cletheroe 01263 587049

Alison Mawson 01263 587236

Hempstead Airlie Inglis 01263 577440

Matlaske Thomas Courtauld 01263 577250

Duncan Wood 01263 570293

Plumstead Vacant

Sax with Corp Lesley Last 01263 587782

Jill Perry-Warnes 01263 584 221

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safeguarding@matlaske.org.uk

Safeguarding concerns please contact the Police on 999 or

Diocese of Norwich Safeguarding Team

safeguarding@dioceseofnorwich.org or 01603 882345

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andrew.brown@north-norfolk.gov.uk

Callum Ringer - Erpingham division

callum.ringer@north-norfolk.gov.uk

What's On

AUGUST

Wed 5 10.30am

Fri 7 10.30am

Sat 8 10.00am

Fri 31 6.00pm

Baconsthorpe Coffee Morning

Hempstead Coffee & Catch-up

Hempstead Social Saturdays

Baconsthorpe Pop-up Pub

Village Hall

Village Hall

Village Hall

Village Hall

SEPTEMBER

Sat 5 10.00am

Sun 6 10.00am

Sun 6 10.00am

Thur 10 6.00pm

Sat 12 9.00am

Sat 12 9.00am

Sun 20 10.00am

Hempstead Arts

Hempstead Arts

Corpusty & Saxthorpe Summer Sizzle + Duck Race

Corpusty & Saxthorpe Bonfire Meeting

Norfolk Churches Trust Ride, Walk & Drive

Hempstead 100 Years of Wedding + Christening Gowns

Corpusty & Saxthorpe Fete

Village Hall

Village Hall

Village Green

Village Hall

All Villages

Village Hall

Old Station

Clash Diary to add an event contact

Corinne Youngs 01263 577263

corinne@avyoungs.com

Oct 9 Saxthorpe Harvest Supper

Oct 15 Corpusty Bonfire Meeting

Oct 17 Edgefield Craft Fair

Oct 17 Hempstead Centenary Tea Party

Nov 7 Corpusty Bonfire

Nov 7 Hempstead Autumn Craft Market

Nov 8 Hempstead Autumn Craft Market

Nov 21 Baconsthorpe Craft Fair

Holt Library

9 Church Street, Holt NR25 6BB 01263 712202

Staffed Hours

Tues 10am-7pm / Wed 2pm-7pm

Fri 10am-7pm / Sat 1pm-4pm

Unstaffed Hours

8am-7pm weekdays Sat 8am-4pm Sun 10am-2pm

accessible with Open Library Access

Post Offices

Baconsthorpe Mobile Post Office Van

Wednesdays 10.45am - 11.30am Village Hall

Corpusty Stores 587726

Monday-Friday 9.00am - 12.00noon

Itteringham Shop 587325

Monday + Thursday 9.00am-1.00pm

Disclaimer: The views expressed in this publication are not necessarily the views of the Church & Village News. Apologies if contributed material is not published due to space constraints. All facts are believed to be correct at the time of going to press.

Banking Hub

Barclays Bank, 16 High Street, Holt, NR25 6BQ

9am-5pm weekdays

Monday NatWest Thursday Santander

Tuesday TSB Friday Lloyds

Wednesday Barclays Halifax

Bank of Scotland

Mobile Library Van

27 August / 24 September

Matlaske 12:40 NR11 7AQ Old Post Office

Plumstead 13:00 NR11 7LG Walnut Farm

Baconsthorpe 14:30 NR25 6LJ Council Bungalows

Hempstead 15:05 NR25 6TL Telephone kiosk

Edgefield 15:45 NR24 2AL The Memorial

16:10 NR24 2AX The Street

Corpusty 16:35 NR11 7BU Great Farm Cotts

Times and dates sourced from Norfolk County website: <https://bit.ly/2AJdSGA> / Route No CEN 411 Tel: 01603 222303

Letter from Dr Jane McLarty, Licensed Lay Minister

A dry and weary land...

I write just as a hosepipe ban has been announced by Anglian Water, underlining (as if we needed it) how very dry it has been. We are now in the third heatwave of the summer, and by the time you read this, though I hope not, we may be in the fourth or fifth. I hear crops such as oilseed rape just haven't developed as they normally would, and we've no doubt seen fields being irrigated and perhaps also seen (or certainly read about) field fires. How the land longs for rain!



My Lawn

Jesus was of course no stranger to arid conditions. The importance of rain runs through the Scriptures that he heard (what Christians call the Old Testament), along with rain's association not just with refreshing the land but (symbolically) the human soul, too. Psalm 63 for instance begins: 'O God, you are my God, I seek you, my soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water.' Jesus takes up this theme when he describes himself to a somewhat mystified Samaritan woman as the source of a water that quenches thirst forever for anyone who drinks it – 'that will become in them a spring of water gushing up to eternal life.' (John 4:15)

The bible links spiritual 'drought' with the suffering of creation in a way that might give us pause in this time of climate change. Hosea, a prophet of the 8th century BCE, writes of the wrongdoing he sees around him – there is no faithfulness, no loyalty, but instead lying, stealing, murder. He goes on to say, 'Therefore the land mourns, and all who live in it languish; together with the wild animals and the birds of the air, even the fish of the sea are perishing.' (Hosea 4:3) In other words, human beings are part of creation and what we do affects our world. I wonder whether Hosea might have seen the parched fields around us as the land mourning for our own shortcomings when it comes to caring for our planet?

Increasing evidence of the reality of climate change might make us feel hopeless. What on earth can you or I possibly do to make a difference, when countries much larger than ours keep pumping out pollution? I recently read an article about Alexander Solzhenitsyn, the Russian writer who found Christian faith when imprisoned in a labour camp. In *The Gulag Archipelago* he wrote, 'It is impossible to expel evil from the world in its entirety, but it is possible to constrict it within each person' – and he suggested we begin with our own heart.

Greta Thunberg would probably add, 'Never think you are too small to make a difference.' Who knows what might happen if each of us resolved to do all we can to tread softly on the earth, for our own sake and for the sake of future generations?

Jane



The Benefice of Matlaske Church Services for August

2 nd Trinity IX		
8.30am	Eucharist	Saxthorpe Matlaske
10.30am	Eucharist	
5 th Wednesday		
6.00pm	Meditation	Matlaske
9 th Trinity X		
8.30am	Eucharist	Barningham Winter Edgefield
10.30am	Eucharist	
15 th Trinity XI		
8.30am	Eucharist	Plumstead Baconsthorpe
10.30am	Eucharist	
19 th Wednesday		
6.00pm	Meditation	Plumstead
23 rd Trinity XII		
8.30am	Eucharist	Baconsthorpe Hempstead
10.30am	Eucharist	
30 th Trinity XIII		
8.30am	Eucharist	Matlaske Corpusty on the Hill
10.30am	Eucharist	
2 nd Sept Wednesday		
6.00pm	Meditation	Barningham Winter
6 th Sept Trinity XIV		
8.30am	Eucharist	Saxthorpe Hempstead
10.30am	Eucharist (Arts Festival Weekend)	
Country Mice Baby & Toddler Group Tuesdays 10am-12noon (term time) Baconsthorpe Village Hall Coffee Morning Tuesdays 10.30am - Plumstead Church Coffee, Cake & Chat Wednesdays 10am - - St Andrew's Saxthorpe Details of all our services: https://tinyurl.com/mvxfajre 		



Baconsthorpe

200 Club £50 V Butler, £25 R Hall, £10 S Martin

Tickets are still available for the 200 Club. Top prize £50 every month for a £12 yearly subscription. See Website for details.

Church News

Baconsthorpe hosted the Reverend Catherine Dobson, Archdeacon of Lynn for the Archdeacon's Visitation to the Matlaske Benefice on June 21st. The Archdeacon's role is to oversee the administration and pastoral care within the parishes of this part of Norfolk – in that respect she is our Rector's boss.

We welcomed many from across the Benefice on a lovely summer's morning. After the service Rev Catherine chatted widely with us all, listening to the issues we face in rural parishes and evidently understanding them. All this over coffee and delicious cakes from the previous day's fete, organised in their usual efficient manner by Jo and Hazel.

Harry Steel



Hazel Martin
07879 414577

Rick Quillen



Rick Quillen, a much loved member of our community, died on the 21st June at the Norfolk and Norwich Hospital. Rick and Mandy moved to Baconsthorpe in 2019 and renovated Stores House. Rick quickly became embedded in village life - he had an allotment (or two!), helped run the pop up pub, was a member of the Parish Council and a good friend to many of us. Rick's larger than life character and kindness will be remembered by so many. He was buried in the Norfolk Bluebell woods on Saturday 11th July and his life was then celebrated at Baconsthorpe Village Hall. Our love and condolences go to Mandy, Rick's five children and five grandchildren.

Village Hall News

The Fete was again a wonderful day. There were a variety of stalls, with some new additions – The Treasure Map and Bar Pong. Produce and plants were very popular. 21 cakes were laid out to be tasted and judged by A J the chef from Byfords for the Great Baconsthorpe Bake Off. The winner this year was Lucy Connor – her cake was later bought by the chef when the cakes were being auctioned off. He commented that it not only looked good but tasted delicious.

Our thanks go to everyone who set up for the day; donated bric a brac; baked a cake for the Bake Off; manned a stall; served teas and coffees; came and spent money with us; and finally helped to clear up. The fete raised £1,776.72 – half of which will be given to the church.

Pop-up Pub Friday 31st bar opens at 6pm and food served from 6.30pm. All welcome.

Coffee Morning at the Village Hall is on the first Wednesday of every month from 10.30am. Fresh coffee and cheese scones are served. No charge, just donations.



Barningham Winter

All has been quiet in Barningham Winter but as harvest begins, we will be going to sleep with the gentle hum of combines and tractors. Joyous sounds came from North Barningham last weekend with the celebration of the wedding of Daisy Fiddian to Josh Butt. They met just over nine years ago in their second year of university. We wish them every happiness in their future life together.



Amelia Courtauld
01263 577250

Classic Cars Join Churches Trust Event

Looking to September, our little church of St Mary's will be open for the Norfolk Churches Trust Bike Ride, Walk & Drive on Saturday 12th September. Please do think about taking part. It is a great day out and raises essential funds both for the churches in our Benefice and for the Trust. For further information please go to norfolkchurchestrust.org.uk or pick up a sponsorship form in one of the churches within the Benefice. This year to celebrate the 50th Anniversary of the Trust there is also going to be a classic car rally. One of the starting points is Barningham Hall so look out for the arrival of some beautiful cars through Matlaske and Barningham Winter that morning. Details also at the Trust website.

Edgefield

Church News

The Norfolk Churches Trust Cycle Ride takes place on Saturday 12th September. This is a great opportunity to visit Norfolk's varied and beautiful churches by bike, car or on foot, whilst raising money to support your local church. If you would like to take part, please contact Alison Mawson 01263 587236. Volunteers to welcome visitors to the church are also needed; please let me know if you can spare an hour or two: alisonmawson@hotmail.com



Richard Peaver
01263 587486

Alison Mawson

Village Hall News

200 Club Winners for June were: 1st Ian Stewart (£50), 2nd Dougie Freeman (£30) and 3rd Gary Bunting (£20). Don't forget that this month we will be doing the rounds to collect your 200 Club money for 2026/2027, so have your £10 notes ready! Thank you.

Jim Frost

Hempstead

July 200 Club Winners: £50 M Feilden, £50 A Freeguard, £15 P Loach, £10 R Matthews

Coffee & Catchup Friday 7th 10.30am - 12noon - all welcome.

Crafty Creations

There will be no meetings in August while we have a summer break. All welcome to any of our meetings just pop along and enjoy a fun couple of hours with like minded friends.



Jonathan Neville
07836 675369

Centenary Afternoon Tea Party

There will be a Centenary Afternoon Tea Party at the Village Saturday on October 17th, to commemorate the official opening in October 1926. This will be a fundraiser with a raffle. More details to follow next month.

Hempstead Arts

Hempstead Arts takes place this year on 5th and 6th September, with the Hempstead residents and artists private view on Friday 4th. Please put the date in your diaries, more information to follow nearer the time!

Refurbished Seats



Both seats were in place for the 100 year celebration and look splendid. Thank you Parish Council and all who were involved. They are particularly special because the timber was from Robin Carver's woods, milled by Charles Inglis and erected by Douglas Empson. We look forward to having them on plinths as well (to be contributed to by Parish Council) which will do them justice even more.

Jill Roy

100 years of Wedding Dresses and Christening Gowns

To continue to mark the village hall centenary, we are organising an exhibition of 100 years of wedding dresses and christening gowns on Saturday 21st September. This will coincide with Norfolk Churches Cycle Ride and Heritage Open Days. To be able to make this event a success, we are needing as many wedding dresses and/or christening gowns as possible to display in the hall. If you are willing to lend us any items to enhance our display, please contact Lesley Lennox on lesley.lennox@project21.co.uk for more details. We also need a few more mannequins - do you have one we could borrow? Thanks as always.

The Hempstead Great Escape



On several occasions piglets have managed to escape on to Hole Farm Road in the area around the Edgefield junction and the Pond Hills Road junction. If you encounter any escapees, please ring 07717 880806 to get them reinstated. If there is no answer, the police have advised using 999 as the speed limit there is 60mph!

Matlaske

100 Club winners: £25 N Daniels, £10 K England, £5 L Malabar

Service at RAF Matlaske

From the British Newspaper Archive. Colin Hodgkinson reflects on service at RAF Matlaske and other local airfields. TV Times December 1959

On operations from Coltishall I had looked death in the face on many occasions. Returning there, I had been sick with fear more times than I liked to remember.

Those hectic champagne days will never be recaptured. But the personalities will always be remembered. There were Vere Harvey – now Sir Arthur Harvey, MP – our station commander; Laddie Lucas, the cheery likeable Wing Leader, later to become an MP and now managing director of the Greyhound Racing Association; and Ned Kelly, now a London policeman again.

Gone, too, were the satellite airfields at Matlaske and Ludham, now valuable agricultural land. In the dispersal huts, we used to lounge, happily sprawled in battered chairs, waiting for the signal to scramble. Sometimes, "on readiness," we would indulge in a gimcrack form of shooting – dressed in our Mae Wests – in the neighbourhood fields, where we bagged partridges.

My squadron was billeted at Itteringham Mill at Matlaske. From the dining-room window of this lovely old house we used to catch trout which tasted all the better after the flurry of a dog-fight 30 minutes previously. Gone, too, were the angular-looking Spitfires, in their day the finest fighting planes the world had known. In their place stood the sleek, sinister-looking jets. The Javelins and the Hunters had taken over, setting the new tone. There they were, drawn up at the end of the runway, wing-tip to wing-tip in military precision, like a parade of Guardsmen.



Duncan Wood
01263 570293

Plumstead



New Space Complete at St Michael's

After a considerable amount of time, effort and organising we were able to at last host a gathering celebrating the completion of works in St Michael's Church!

It was wonderful to be able to move around and enjoy the cleverly designed new space which will serve the community well for many years to come.

Revd Canon David Longe gave a wonderful blessing, expressing the importance of such spaces to bring the community together.



It was particularly lovely to be able to welcome back the main architect of the project, Eleanor Faulkner who travelled across the country to attend. She had worked tirelessly to get the project going and inspired others to join in.



Harriet Rossi
01263 577239

Coffee & Chat

Coffee & Chat has begun again, on Tuesdays from 10.30am. We would usually sit outside during the summer but lately the church has provided a marvellous refuge from the overwhelming heat.

Saxthorpe with Corpusty

Hello Ducky!

The great Corpusty Sausage Sizzle & Duck Race is back! Be at the Village Green, 3-6pm on Sunday 6 September. As well as the main race for amazing prizes (well, mostly ducks), children will be able to choose ducks on the day for follow-up races. Sausages will be sizzling on the barbecues, games and races on the Green, and Reepham's Fire Engine and a crew will be on hand to give safety advice and an opportunity to see inside the vehicle (unless called out). Look out for duck sponsorship boards at Coffee, Cake & Chat (10am every Wednesday at St Andrews of course) and at the Village Hall.

Sad End to Primary School

The closure of our village Primary School, confirmed by the Secretary of State in June, has left the whole community feeling bruised. As a result of the closure, new school catchment proposals were put forward that would split the parish in two. This has been greeted with dismay within the villages and the Parish Council has lodged a strongly-worded objection describing the proposal as 'wholly unacceptable'. The Parish Council's preference is for the whole of Corpusty and Saxthorpe to continue to be together and remain within the Reepham Primary School catchment area.

Familiar Faces Bid Shop Farewell

In July Corpusty and Saxthorpe said farewell to Peter and Val Johnson from the village Spar shop which they have been running for the past 22 years.

But while they'll no longer be running the shop - which is passing to a new leaseholder - they haven't gone far, as they will continue to live in the village.

Peter and Val have certainly seen some changes over the past two decades at the village shop - taking on the post office in 2007 when the previous village post office in Saxthorpe closed, and continuing to open every day during the COVID pandemic.

"That was an extremely busy time for us, as I was driving round the county to different wholesalers, sometimes every day, to get the supplies needed to keep the village in essentials," said Peter.

"We wanted to make sure that our regulars had what they needed - even toilet rolls!" agreed Val.

During their time at the shop they've seen both a fish & chip shop and a bakery come and go next



John Birchall
07810 016976



door and the opening of the bypass "Actually that didn't mean we lost trade, as although not as many cars go past, it's much safer to stop here and buy than it was on a busy road," Peter says.

The couple have spent their entire lives working in the retail industry, meeting when Val worked in a Mace store in Toftwood near Dereham, and Peter was the Mace area rep. "Our eyes met over a bacon slicer," Val joked.

Before taking over the Corpusty shop, Val managed the stores in Briston and Melton Constable which are now part of the Co-op, and Peter was the area manager for the group that owned both these stores and 11 others across Norfolk and Suffolk.

They don't yet have any firm plans for their retirement, except not having to set the alarm seven days a week to open the shop, but are hoping they can spend a lot more time with village friends and in village activities.

Bonfire Planning - Can You Help?

The Bonfire Team met in June to carry out some much-needed cart maintenance and give it a fresh lick of paint. Plans are underway for another village-focused event on 7th November this year. Last year's team was incredibly small (if mighty) and additional organisers and on-the-day volunteers are very much needed to support this much loved historic ritual. The team will meet at 7pm on 10th September and 15th October at the village hall, or you can contact Maddy or Ben (bndawes@yahoo.co.uk) if you can help out.



Brownies Keep Busy

The 1st Corpusty and Saxthorpe Brownies have had a fun time this term. Lesley and Niven Last organised a fascinating and enjoyable visit to Church Farm. We had a trailer ride around the fields, learnt about all the crops they grow, dug potatoes, and enjoyed climbing into the tractor and combine harvester cabs. We found out how they farm sustainably and sampled some of the many foods that start life at their farm, including Maltesers!

The girls got creative with leaf printing, and baking oat cookies was popular too. A visit from one of the Reepham Fire Engines was very exciting, especially seeing the fire hydrant in action, having a go with the hose and trying on helmets. Tilly and Daisy's mum Rebecca led a Football Fun session where we learnt ball skills and enjoyed new games.

We start back after our summer break on Tuesday 8th September and have spaces for girls age 7-10 years. Contact Alison Mawson 07802 619603 alisonmawson@hotmail.com for more details.

Objections to Massive Chicken Farm

The Parish Council has objected to plans for 6 large intensive chicken rearing sheds on 3.4 hectares of land just off the B1149 Holt Road at Shrubbs Farm, Edgefield. The proposal by CJC Lee (Saxthorpe) Ltd is for 235,500 birds to be raised in the sheds, supported by associated development including feed silos, storage tanks and other elements of a large poultry-raising operation. The

plans, which have been lodged with North Norfolk District Council (Ref PF/22/1753) are also opposed by the Communities Against Factory Farming (CAFF) campaign group.

September Fete

A fete is planned for the afternoon of 20 September, at Corpusty & Saxthorpe Village Hall and the Corpusty old railway station

Attractions already confirmed include the Holt Ridge Morris Dancers; Classic Cars; Games; Railway Memorabilia on display; Hot Dogs and Cakes on sale, and the bar open. Watch our website for further details as they emerge www.corpustyandsaxthorpevillagehall.org.uk

The Village Gardener - To Plant a Garden is to Believe in Tomorrow



As I write this in the second week in July we are already on our third heatwave of the summer and with August on the horizon it does feel somewhat challenging in the Garden. Especially as Anglian Water has imposed a hosepipe ban which includes Norfolk, the last hosepipe ban we had was in 2012. Use of watering cans are still permitted, which is something so I would suggest grouping any pots you have together and I would also attempt to position them in the shade, to attempt to minimise water loss. I'd also suggest only watering at the coolest point in the morning just so your plants

get the full benefit of the water. I would also check any water tanks you do have are all up and running with no issues so that if we do get some rain they will help too.

Back to the veg garden! The one plant in our garden that seems to be completely thriving in these Mediterranean temperatures are our courgette plants! Whole new levels of abundance seem to have been reached, however really fresh courgettes are a completely different vegetable to those you find on a supermarket shelf, especially if you catch them when they are small, then they almost have a nutty texture to them and I for one love cooking with them! Although I might not be saying that by the end of the season. Happily our tomatoes in the greenhouse are thriving too with no sign at present of blossom end rot and blossom drop that plagued us last year, to be honest I am not quite sure why that is, if anything the heat normally exacerbates those condition, so here's hoping I have not spoken too soon! To make sure you get the most out of your tomato plants, make sure you give them a good feed once a week (we use seaweed feed on ours, which works well) and

also keep nipping out those side shoots too, so your plants don't waste their energy on unhelpful growth, once all your tomatoes have set then you can start removing a lot of the lower leaf growth this insures the fruit ripens more quickly, Good Luck!

Last week I was asked if we can grow ginger in this country, I think we are all thinking of what plants would thrive better in these levels of heat! You can grow ginger quite successfully in a warm greenhouse or conservatory, the only tricky element is that it needs a long period of warm growth. So I would start it off in February, I'd also use a really fresh piece of ginger with a good growing bud on it, then plant a piece of the ginger root in a shallow seed tray until it shoots then you can transplant it to a larger pot, all being well it should be ready to harvest in the Autumn.

Please do also keep the questions coming in.

Email us at: redmaple@btinternet.com. As ever, the most interesting question will be published next month.

Michelle & Mick McCarter



Nature Watch - Arthur Pentney Partridges - *Perdix perdix* / *Alectoris Rufa*



We have two different varieties of these birds in the UK the Grey and the Red Leg.

In the true Norfolk tradition of 'do different' these names were never used by the locals. The Grey being called the Norfolk Partridge and the Red Legged 'A French Partridge'. There is some justification in the use of these names, the Grey was numerous in our county as it favours lowland areas of open farm land and the Red Legged variety was indeed of foreign origin, having been introduced to the UK in the 18th Century in order to be shot by the landed gentry of the time. Sadly the Grey is now in great decline and its numbers have fallen by 85% in the last 25 years. Intensive cultivation, loss of habitat, fewer insects due to the use of insecticides all being a contributing factor. By contrast the Red Legged variety seems to be doing rather better and a large group of these (known as a Covey) were spotted in our garden recently apparently not overly concerned about human activity.

Despite the reference to a Pear Tree in the well known Christmas song these partridges stay on the ground using hedges as cover and they do not take to the trees. Their nest can contain up to fifteen

eggs, the largest clutch of any of our British birds. This number ought to assist to give the bird a good chance of survival, but the chicks being on the ground are vulnerable to predators such as stoats and weasels and of course once airborne to these shooting 'parties'.

Are you a Veteran?



Life after serving in the armed forces isn't always easy - but support is available locally at Fakenham and West Raynham through the Veterans Voice Project.

Veterans Voice helps veterans and family members find how to access veteran organisations and support groups, such as breakfast clubs and social hubs, identify opportunities for social interaction with other veterans, and provide information about support resources.

Head to Fakenham Library, Oak Street, NR21 9DY, on the first Thursday of the month for a free hot drink, cake, chat and a spot of

banter, or to ask questions about veterans' support. Next drop-in sessions: Thursday 6 August, 3 September (10.30am to 12.30)

Drop-in sessions are also held at the George Hotel, Swaffham. Fourth Tuesday of the month. Next meetings: Tuesday 25 August, 22 September (10.00 to 12.00noon).

Veterans Central at West Raynham SHQ is also active in supporting veterans and ex-emergency service personnel, including events such as the July Veterans Breakfast at West Raynham (pictured) enjoyed by more than 50 people.

For more information contact: ops@veteranscentral.co.uk / 07713 860040



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BIKE • WALK • DRIVE

Saturday 12th September 2026

9am–5pm

Many of Norfolk's incredible historic churches and chapels are **in urgent need of repair** — from leaking roofs and crumbling stonework to essential timber and window repairs.

Your support helps keep these remarkable landmarks **safe, open and alive** for the communities they serve.

Take Part & Make a Difference

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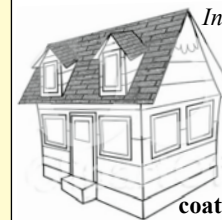
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