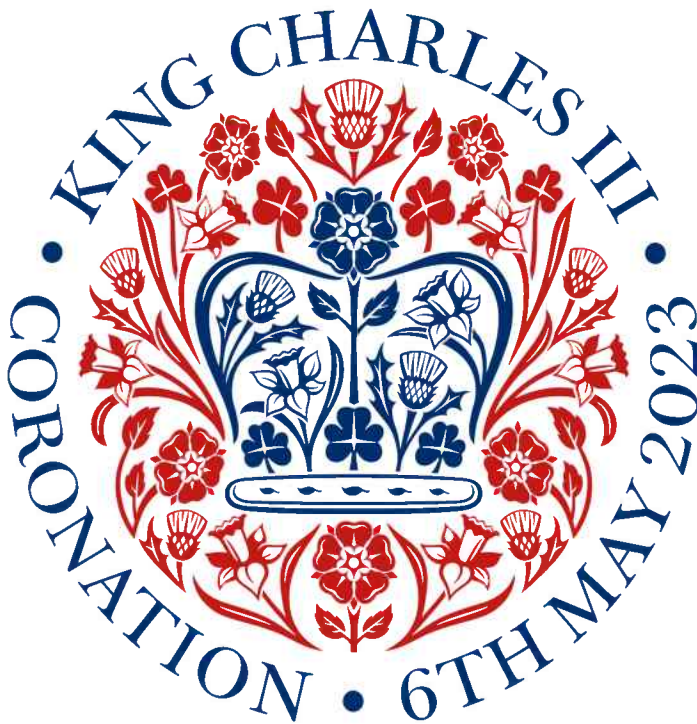




# WEETING VILLAGE LIFE



March 2023  
Edition 41



## Breckland Mobile Food Store

The Breckland Mobile Food Store went live in May last year and visited Weeting every Friday until just before Christmas when it broke down. Following in depth inspection, it was evident that the damage was far more significant than expected



Breckland are pleased to announce that an interim replacement vehicle has now been secured and the food store is once again touring the rural communities, offering healthy, nutritious food and store cupboard staples at a reduced price.

The food store will be visiting Weeting as usual outside the Bowls Club on Friday mornings between 10:30 & 11:30am.

To book the Village Hall for meetings, parties or other social functions, contact Angie Page on 01842 814147

## Local Government Elections

The local government elections will take place on Thursday May 4th 2023 for Breckland District Council when you will have the opportunity to vote for your ward representatives. Weeting is in Forest Ward and has two District Councillors and the Polling Station will be at Weeting Village Hall.

If you are eligible, (that is, you are on the Breckland Electoral Register), you will receive your voter's card through the post and you need to take this with you when you attend the polling station. It would be a good idea to take some photo identification along with you as well, such as a Driver's Licence, Bus Pass or Passport if you have one.

If you are interested in local government and would consider putting yourself forward for a position of councillor within the Breckland area, information about how to do this is available on the Breckland District Council website. Being a councillor is a rewarding experience and you can help to bring in new ideas and make decisions that benefit the local population.

As residents of Weeting, no doubt you have opinions about how you would like to village to develop in the future. Everyone here has a potential voice, but you need to bring your ideas into the light. The ideal platform for this is the regular monthly Parish Council meetings, as these will keep you abreast of local and national issues that could affect us, as well as enabling you to put forward your ideas and suggestions for improving the facilities and lifestyle within the village. These meetings are held on the 3rd Thursday of each month in the Village Hall starting promptly at 7pm.

## Editor's Note:



Mark Your Calendar

The next edition of Weeting Village Life will be published in June 2023.

If anyone would like to submit an advertisement, article, photo, etc for consideration to be included, the deadline for receipt by the Editor will be **Friday 12th May 2023**.

I look forward to hearing from you.

## Editor's Contact Details:

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# School Report



It is amazing to think how quickly the term has gone and that we have reached the halfway point in the school year! The children have all worked incredibly hard this term and it has been great to see so much progress in their learning, as they grow in confidence and make links with previously taught skills and knowledge.



This term has seen the children explore our school vision "A cord of three strands is not easily broken", with a particular focus on one of the strands "Being part of a community". Mother Joan very kindly invited a group of Year 6 children who were VIPs at a special "meet and greet" at St Mary's Church and met the author, Elly Griffiths.

It was not only an amazing opportunity to meet a famous person, but a very powerful way of promoting a real love of reading. A huge thank you to Mother Joan for letting us be the first to meet and talk to her and for organising a box set of Elly's children's books that she signed for us. They are already a much-coveted possession in Oak Class and I know the rest of the class are eagerly waiting for these to be passed on for reading. Here's what the group thought about their visit:



***When Annie, Olivia, Eleanor and I went to meet Elly Griffiths [a world-famous author] at the Weeting church, we had to wait a while before she arrived. When she arrived, we had some pictures with her and then she gave us some signed books. Then Elly asked us what kind of books we liked, when she asked me, I responded with comedy then as an example I said David Walliams. After that we went back to school.***

**By Jeremy**

***On Wednesday the 1st of February 2023, me, Jeremy, Annie and Olivia went to see the famous author Elly Griffiths, Elly was a very kind lady and she had the most amazing smile. She asked us what type of books we like to read; I said murder mystery because I love the drama when someone dies! Elly gave us some of the children's books she had written and she'd even signed them. Then sadly it was time to go back to school, in my opinion it was the best day ever!***

**By Eleanor**

***When Jeremy, Olivia, Eleanor and I went to see famous author, Elly Griffiths my heart was jumping out of my chest. Once we got to the church (where we met Elly) we waited for her to arrive there was a lot of Elly fans. It was amazing. When she arrived, she was so nice. We had our photos taken by people from the daily press she then asked what style of books we had me Eleanor and Olivia said murder mystery I love murder mystery because the drama and questioning is great, I also like the traumatic deaths of the people what also is great is the cliff hangers wanting you to read even more. Elly then gave us copies of her book's (they were signed) for our library. In my opinion I think she was so kind and an amazing person to meet it's crazy to think that she was a small author once and now she's traveling across the United Kingdom for more people to read her books.***

**Annie**

Our School Council have chosen EACH (East Anglian Children's Hospices) as our charity of the year. Following our Christmas production and Jumper Day the children and families raised over £130.00. Ellie Miller, Community Fundraiser with EACH visited us to say thank you for the fundraising that the children were responsible for. In whole school worship she shared what the EACH Hospices look like and how they support children and families. We were amazed to find out that it cost £7000 to run one hospice each day!



Ellie then met with school council to share different types of fundraising that she has been involved in and how much money can be raised from different events. School Council then discussed some possible events that we could hold over the next 6 months as part of our year-long fundraising campaign. Currently the ideas for further discussions include bake sales, water play day, sponsored silence, sponsored walk or run and an adults v children rounders match!



February also saw the children participate in Safer Internet Day. This year the theme was "Want to Talk About It?". Children in Chestnut Class listened to a story about Hani who had a magic window that she could look through at all sorts of amazing things. The children were inspired to create their own magic windows and thought of some fantastic reasons for their choices of views.



"I will see fish through my window. One with a pointy nose. Fish will make me feel happy. When I see them, they make me feel calm". Noel



"I will see the ocean through my window. Seeing the ocean will make me feel happy and remind me of riding a surfboard". Everett

Children in The Nest thought about keeping safe as they used their computers, phones and iPads. They thought about why it is important to tell someone if they see something they are not sure or happy about and made a list of some of the people they could tell.

We are participating in the Eastern Daily Press Lego token collection, that starts on 20th February. Tokens will be daily in the Eastern Daily Press (two on Saturday), Norwich Evening News (two on Saturday), East Anglian Daily Times (two on Saturday), Ipswich Star, and weekly in the North Norfolk News, Dereham and Fakenham Times, Beccles & Bungay Journal, Lowestoft Journal and Great Yarmouth Mercury. There will be a collection box for tokens in the main entrance. If anyone in the village is able to help our aim of collecting 1000 tokens so that we can order Lego for us to use in classes we would be very grateful.



## Chestnut Class

The children have really loved our "Space" theme. We have explored so many different aspects of the theme and several of us now want to become astronauts when we are older!



We learnt that an astronaut is a scientist who explores space. We found out what an astronaut needs to wear when they go into space and produced some very detailed paintings and astronaut handbooks, writing most of our instructions ourselves. The best part of our learning was trying out astronaut space food! The space apples and pears looked very different from the ones we have at snack time and the space ice cream tasted delicious!



We also focused on Neil Armstrong, the first man to walk on the moon. We had to practice walking and bouncing on the moon, just like him and recreated the scene, saying his famous phrase "One small step for man, one giant leap for mankind!".



We learnt that our sun is a star, but we couldn't travel there because it is too hot. Astronomers group stars into galaxies. Galaxies have lots of stars and planets; our own galaxy is called the Milky Way. It has over 100 billion planets in it and possibly 400 billion stars! We learnt that a group of stars is called a constellation and thought about what the shapes reminded us of.



It's a piece of string".  
Gabriel

"It's a spade. This is the handle and this is the bit where all the dirt goes in".  
Seb







# School Report



Our exploration of space took us on a journey.

The children learnt about the different planets in the solar system and sorted them into rocky planets, ice planets and gas planets. We



created representations of the different planets, selecting

the paints and tools that we wanted to use to create stripes, prints and circles.



We discovered that scientists are now beginning to explore Mars and use a Rover, rather than astronauts, to collect information about what the planet looks like. We turned into designers and created detailed drawings of Rovers that might one day explore other planets.

"It would go to Mercury. It needs high wheels so it's high up so it doesn't burn itself. Jet for the steam to come out, because the hotness is going through it. Tracks on the wheels so it doesn't fall over".



## Beech Class

In English, the children have been discovering Greek myths by reading "Pandora's Box" and "Persephone and the Pomegranate Seeds". They discussed and described characters, settings, and retold the stories using specific vocabulary.



During Maths sessions, the children have been learning about multiplication and division. They know how to show times tables in different ways and how to share out amounts into groups.



The focus in Science has been around the seasons and weather. The children kept a daily weather chart to see if they could notice any patterns throughout the winter months.

In Geography, the children learn about the United Kingdom and learning facts about each of the countries. We can now recognise flags, talk about landmarks and recall facts about the United Kingdom. Our Art sessions have allowed the children to take a closer look at the landmarks in London. They have been able to sketch St Paul's Cathedral and Westminster Abbey and use clay to make gargoyles based on those seen in Southwark Cathedral.



The big question the children have been exploring in RE is "What did Jesus teach about God in his parables?". They have listened to a range of parables, including "The Lost Sheep" and "The Good Samaritan", discussed the messages in these and considered how to apply these into their daily lives.

## Elm Class

The children have begun to learn Latin this term, combining it with their understanding of vocabulary and grammar that is used in everyday English. They have learnt how to say "hello" and "goodbye" to individual people and groups of people and have moved onto saying and reading the Latin words for mum, dad, brother and sister. The children are confidently using the phrase 'quis es' to ask who each other are as well as replying with 'sum' which means "I am". They have learnt that females have 'a' at the end of their name to make it Latin, and males have 'us' at the end to make their name Latin and had a great time converting their name into a Latin version!

Elm had an exciting time learning about the Hindu celebration of Diwali. The children learnt that Diwali is celebrated over a number of days. The Festival of Light takes place in the latter half of the last month of the Hindu year. Elm also listened to Hindus thoughts and experiences of Diwali and learnt that it is a time to let God into your life, a time to celebrate new beginnings, and a time to hope Lakshmi, the goddess of wealth, will visit Elm and bless the family (but you have to keep



The children participated in many traditional events. They used shadow puppets to retell the story of Rama who defeated the demon king Ravana to save his wife Sita and return home after 14 years of exile. The children learnt while creating their own diva lamps they are traditionally used to symbolise prosperity in the new year. All of the children engaged enthusiastically with a traditional dance performed on Diwali to symbolise generosity, light, wealth and good luck!



In Art, the children have been discovering how the sphinx was built and what features it had, before moving on to use clay to create their own sphinxes.

They used many different creative approaches; some children used layers on layer,

others created body parts then moulded them together. The children then used tools to add the finer details to show where time had affected it as well as the facial details, grooves and dents.



## Oak Class

At the start of term, Oak Class had a visit from a group called "God and the Big Bang". The session provided the children with an exciting opportunity to discover, discuss and debate the compatibility of science and faith. Lola and Olivia wrote a very detailed report for the newsletter about the session.



"This morning 3 scientists (Michael, Tom and Sarah) came to our school to help us explore the overlapping perspectives of how science and faith can come together to create different possibilities.

The 3 scientists wanted us to explore the following questions:

Where do you come from?

Where are we going?

What is our place in the universe?

They encouraged us by teaching us a saying discover, discuss, debate.

Michael went on to explain that those questions were from an underground lab in Cern, Switzerland and how that laboratory was using sub-atomic particles in a Hadron Collider to create a Big Bang. Not only is Michael a scientist, but he is also a Christian who believes God and the Big Bang connect.

Then we were asked questions about God and The Big Bang; if we agreed we stood by the windows, if we disagreed, we went over to the whiteboard and if we were unsure, we stood in the middle. For example, one of the questions was, can or will science be able to explain everything? I disagreed with the statement because who knows what's out there, for all we know we might have only explored 20 percent of the universe.

The last activity was to guess what was in a can. We used something Tom recommended to us, this was called eyes, brain and feet. We used our eyes to see, our brain to think and our feet to touch. Lastly, we learnt that you get a strand of DNA from you mum and one from your dad. Tom taught us this. You might even get strands of DNA from your family members".

In Maths sessions, the class have been investigating volume and capacity. The children completed the Eureka investigation where they looked at how the volume of an object could be measured using the amount of water that it displaces when submerged in a full container of water. They are able to use and apply the formula Volume = LxHxD (length x height x depth) to calculate the volume of cuboids, or where they know the volume and two of the measurements applying the inverse to find the missing measurement.

Our history topic has focused on the Industrial Revolution. The children created an explanation of what the Industrial Revolution actually was, as well as learning about some of the inventions and developments which drastically changed the way people lived and worked. In particular, we focused on the cotton industry and how it was revolutionised by the inventions of people such as Richard Arkwright who first used waterpower, then steam-power to run the machines in his factories. The class also looked at the changes in child employment caused by the revolution and the fact that with increased jobs came increased danger.





# School Report



## The Nest

The children started their learning by thinking about the New Year. The children discussed and drew pictures to represent the things they had enjoyed at school last year and thought about their wishes for this year. They enjoyed reading some new stories and thought lots about trying hard to be a good friend. They practised these skills when playing turn taking games and when playing with the boxes of toys. The children continued their learning by finding out more information about perseverance. They found out about different sports and some of the things they might need to consider if they were to persevere in these sports.

Our RE learning was based around the question "What did Jesus teach about God in his parables?". The children especially enjoyed listening to some different parables. They watched the parable of The Lost Sheep. Once they understood the story, they used their ideas to act out the story. They also made their own Lost Sheep.

In PSHE, the children discussed falling out with their friends. They thought about how they feel and how our friends might feel when they do fall out. They reminded themselves about the importance of being sorry and saying sorry. They watched the story "Sorry" and discussed the different characters in the story and their choices.

In English, the children started to look at Greek Myths. They read the beginning of Pandora's Box and have painted and described different settings and the characters.

The children started some new activities this half term. One of these was cooking. In cooking, they made muffins and they tasted delicious. They carefully broke the eggs and did lots of measuring. They have also made cheese salad bagels, fruit kebabs and ham and cheese pizzas. The children have decided to start a running challenge. They enjoyed using trundle wheels to measure the distance around the field. They worked out that to run a mile, they need to run seven times around the field. They have started to think about some heavy work exercises. Some of them enjoyed carrying packets of paper, in their rucksacks, around the edge of the field, giving them an extra challenge to their morning exercises!



We would like to start by thanking everybody for their support at our Christmas Party, - we raised a total of £216.05 which is amazing. This money will go into our fundraising pot where it will be spent on new resources for the children.



It has been a great first half term to 2023, the children have been extremely busy exploring and learning! At the end of January, the children made their own Binoculars for the 'Big Garden Bird Watch'. The children took these into the garden where they had checklists to tick off every time they found a bird through their binoculars!



We then came to Valentines where the children very much enjoyed talking about the people they care and love for! We had lots of fun creating many crafts such as cards, calendars and hearts!



Our next fundraising event is the Charity Family Prize Bingo which will be held on Saturday 25th March at the Weeting Village Hall, - this is open to everyone and we would really love your support. (See poster below). We are currently asking for donations of prizes to go towards the Easter Raffle, if anybody would like to donate, could these please be brought to the Pre-School by Monday 20th March!



## **Charity Family** **Prize Bingo**

**Saturday 25th March 2023**

**Weeting Village Hall**

**Doors Open - 4pm**

**Eyes Down - 5pm**



**Refreshments & Raffle**

**Everyone welcome, bring your friends and family for a fun filled night and win some great prizes!**



**All proceeds go to Little Saints  
Pre-school  
charity no. 292152**

## **Walking on Air (Hockwold)**

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D.T.Byrne MCFHP MAFHP

## **Foot Health Professional**

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## **Diabetic Foot Care - Clinics or Home Visits**

**Unit 4, Harvey Adams Enterprise Centre  
Wimbledon Avenue  
Brandon  
Suffolk  
IP27 0NZ**

**Gift Vouchers Available**



## BRECKLAND CATS PROTECTION

It's that time of the year again, when female cats come into season, so that kittens are born in the spring. If you have a female cat over 5 months old and she has not been neutered, now is the time to get her done to avoid unwanted pregnancies.



Female cats will come into season every few days unless they are mated, which is very stressful for them and not much fun for the owners, as they constantly yowl and demand attention. It can be difficult to keep a female cat in season indoors, as she will be desperate to get out and get mated.

Female cats can have up to 3 litters a year, which is a drain on their systems, and there is always the chance that something may go wrong and she needs a caesarean section which can cost around £1,000.

Male cats also need to be neutered, as they constantly spray indoors and out, marking their territory and their urine has a very unpleasant smell until they are neutered. It takes around 2 weeks for the smell to decline once they have had the operation.

Male and female cats will wander far and wide to find a mate, and often get hit by cars in the process. They can also become infected with Feline Aids or Feline Leukaemia from other cats they come into contact with. Male cats often get into fights with other male cats and can get abscesses as well which often need veterinary treatment.

We are here to help you. We can send you a voucher towards the cost of neutering if you are on a low income or struggling with the cost-of-living crisis. Our vouchers are worth £35 towards the cost of neutering a male cat, and £50 towards the cost of neutering a female cat which you can take to any vet. Just ring our help line on the number below, listen to the message to access the correct phone number and have a pen and paper ready to write the number down. Our helpline does not take messages but will lead you to the correct number to ring, depending on your requirement.

For help or advice, ring 01842 810018 between 9am and 6pm.

Rita Thompson,



## Bunches & Bows

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## CLUB SPOTLIGHT



Well, that's a wrap, then! After many months of planning, rehearsing and behind the scenes creativity, Shoestrin

g Theatre Co. put on their pantomime, Snow White, on 17th & 18th February to a full house at every performance. We would like to thank each and every one of our audience members for their support in attending our shows, without you we wouldn't be able to do what we so love to do.



There was something for the whole family in the show from the love interest between Snow White and Prince Neville to the wicked Evil Queen and the comedy duo, Nik & Nak, and lots of great catchy tunes for the younger, and older, audience members to singing along to. And, of course the flamboyant Dame, Barbara Bonanza, with her many and varied costumes. Not forgetting Madge the Mirror either, who tried to outshine the principal characters with her sparkly mirror costume!

The story was an original take on the traditional Snow White story with the dwarves replaced by "The Seven" depicted by different genres of music. The script was written by our very own Leah Sanders, who directed the pantomime, which was expertly choreographed by Mia McDonald (aka The Evil Queen)

Shoestring Theatre Co. are currently planning their next shows, a Murder Mystery, in conjunction with St Peter's Church Brandon, and their summer show, which is still under wraps.

We welcome you to join our group in any capacity, whether treading the boards or in a backstage role helping with sound, lighting, scenery or costume making. Contact us at [shoestringleah@outlook.com](mailto:shoestringleah@outlook.com) for more information.



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# CLUB SPOTLIGHT

## WASPs

Hi everyone, - here is our three-monthly report on what the cast of the WASP group has been up to:

Last December we ran our seasonal Pantomime, but this time it was a little different from the usual Christmas pantos, as it was all about how Rex the Dinosaur saved Christmas. It was written by one of our younger members, Miss Hannah Sullivan, with a little help from me and the young lady who wanted to dress up as a dinosaur, Caitlyn Molyneaux, has tuned out to be great fun - both us and the audience laughed and laughed. We held that show on the Thursday evening, Friday evening and Saturday afternoon because there was a major football match on the Saturday evening! I am glad to say the next one will be back to the usual Friday evening and two shows on Saturday. It did prove difficult to run on the Thursday, as we could not



leave the chairs etc. out due to the clubs using the hall on Friday. Therefore, it was a big rush to get everything put back for the Friday evening performance. This normally takes approximately two hours to set it up, but, fortunately, the Line Dancers, who were in the hall Friday afternoon, started and finished early,

which helped us enormously, - so a big thank you to Rita and the gang. It was a good show and those who came to watch all said how much they enjoyed Hannah's first show. She is busy now writing the next one, so look out! The only thing that marred it was the weather, as the roads and pavements were atrocious due to heavy ice, making everywhere very dangerous to use and so quite a few of our regulars could not get to see it. As I think this was particularly good show, we just might do it again in a few years time.



Now we say follow that! Well, our next show will be held on the 16th and 17th of June so put that date in your diary. The WASPs are going to try something new "A MURDER MYSTERY" - well, knowing us, it will be a comedy with a little music! We have just stated rehearsals and as usual the cast are doing their thing of not remembering the lines and putting their own in! Still, we are used to that and it makes us laugh. So come and laugh with us in June as the cast get up to their usual tricks.

By the time this report comes out, the WASPs will have held their spring Quiz night. We held one last October and that was a great success as we had a meal with it and that went down very well (I like the Pun!). This time we are using all the salads we can think of and hopefully everyone will have had a good evening.

Looking forward to April, do not forget to come to the village hall on the 1st of April when I will be putting on our usual "Easter Craft Fayre". We have over 30 stalls booked with some wonderful crafts made by our friends and neighbours, plus the kitchen will be open with their usual bacon rolls etc.

Just take a look at the pictures and you can see REX sure is a very big dinosaur and inside him is Caitlyn, just about 5ft 4inches. Wow!



Have a good Spring everyone, Carole.

## ART FOR PLEASURE

After a lovely Christmas break, our group are beginning to look forward to an eventful 2023.



We are enjoying reasonable attendances and can't wait to start back to all the things we used to enjoy, such as workshops with professional artists; sketching the church, the castle, or the thatched cottages, if the weather is good; mini bus outing; etc.

Also, with quite a few new members they have brought new ideas and have inspired us all. Recently two new members brought in a few bunches of daffodils. We nearly all tried to draw or paint them. It so brightened up the cold bleak day and we all had something cheerful to take home as reward for our morning's work.

You may have enjoyed the Christmas Fair at the Village Hall where hopefully you saw some of our work displayed and on sale. It was such a good fair that we have decided to attend the Easter one, again, at the Village Hall. So come along and see for yourself how talented your neighbours are and maybe join us on a Thursday morning.

Some of us had painted before but quite a lot decided to take it up as a hobby on retiring. We are of mixed ability and work in all mediums, but mainly the essence of the group is in the title - the pleasure of painting and socialising with like-minded art lovers.

We meet every Thursday 10.30 am - 12.30 pm at Weeting Village Hall.

For Details phone: Beryl Pountney 01842 828750

## WEETING BOWLS CLUB



**Looking for something new? Why not try bowling?**

**Q. "But bowls is just for old people isn't it?"**

**A. Definitely not, bowls is for everyone!**

### Why bowls?



- Bowls is a skilful, competitive, non contact sport, which can be enjoyed by all ages. (There are Under 18 and Under 25 teams at national and international level. Most international players are Under 40)
- There are amazing health benefits, you can walk up to 3 miles during a game without even realising you are exercising.
- Bowls is a social game, you can gather with friends, meet new people and just play for fun, or satisfy your competitive instinctive.

### Why Weeting?

- Weeting Bowls Club is your local, friendly club.
- With a well stocked bar, we host a wide range of fun, competitive and social events throughout the year, including pool.
- Weeting, welcomes bowlers to the green from April to September, and offers a wide range of fun activities and competitions, from club friendlies, to club competitions, and league matches for the more competitive.



IF YOU ARE INTERESTED IN FINDING OUT MORE, PLEASE COME TO OUR INFORMATION MEETING ON FRIDAY 31 MARCH AT 7.00pm (Refreshments included)

# Down Memory Lane

If there is one thing a lorry driver must not do, it is to talk to people as he is reversing onto a loaded trailer – the effect can be devastating.

When I worked as a lorry mechanic, a lorry came into the yard where the driver dropped off his empty trailer, went round to where the loaded trailers were parked and went into the office to get the paperwork for his next load. Having done that, he walked back to his unit, got in and checked the trailer number he was to take out. He backed his unit under it, coupled up and then wound down his window and began talking to the yard foreman (who was quite a chatterbox!). After several minutes talking, he jumped down from the cab and closed and locked the door. However, what he had not done was apply the hand brake to the unit so that it would not run away as the trailer parking brakes were on. He walked round to the back of the cab to plug in the air brake hoses, jumped up onto the catwalk and plugged in the red hose which immediately released the parking brake and the vehicle began to run away. Realising what he had done, he jumped to the ground and ran to the off side to get into the cab to stop the runaway, fumbling to find his keys. In the process he tripped over a pallet and was unable to get up fast enough to stop it and watched the truck run across the yard towards the warehouse.

It was about this time when one of the warehouse staff would go to do his potty training, taking about half an hour to do this. He was blissfully sitting upon the throne, picking out the runners at Kempton racecourse, when he saw a big black shadow through the window. A second later, the toilet wall was knocked down, the cistern knocked him off the seat, smashed the pan and pushed him up to the cubicle door. Thankfully the truck came to a stop and the employee was not badly hurt, although he was in quite a mess as you can imagine. It really wasn't his day because the runners he picked didn't win either!

On another occasion, a lorry came into the yard with a big bulge in the side curtain. The driver carefully loosened the side straps and pulled open the curtain to find four huge tyres leaning to one side mounted on a broken pallet with the straps snapped. These tyres weighed a quarter of a ton each and when the forklift tried to lift them off the lorry, they all fell off and rolled away down the yard. From what I could gather, they were ex Russian military in origin that had been remoulded and then sold over here to be used for farm trailers. The tyres trundled off amid shouting and gesticulating from yard staff who ran after them. The bystanders and the guard dog also took chase – it was a pantomime! The yard staff tried to grab them but were spun off and knocked down and one chap tried to wrestle one of them, but was knocked over, the tyre ran over his foot, spraining his ankle, and then ran into a parked car, smashing the front wing and windscreen. Two of the tyres ran into the fence, bounced back, fell over, wobbled around and settled against a pile of pallets, knocking them over. The last tyre hit the wooden shed that housed the controls for the diesel pump, demolishing it to a heap of splinters. It took three men to stand the tyres up, settle them onto a new pallet, tie them down and reload them onto the lorry. I got the job of rebuilding the shed!

In my younger days I used to be a mechanic to my brother-in-law, John Brooks. He was a Superstox Car competitor (673) and we used to go to various meetings in East Anglia: Wisbech Stadium, Ipswich Speedway, Great Yarmouth and also Wembley Stadium. It was good fun, but hard work, mostly outside in the pits – sometimes in the cold, wind, rain and mud, but when the weather was fine it became very dusty. On one occasion at Great Yarmouth two of our mates had bought some fish and chips. They walked over to the trackside barrier, leaned on it and started eating, but were not quick enough as the race had already started. When the cars came around the first bend, one was pushed to the outer edge, wheels spinning wildly and threw up lots of sand and shale. The two men got covered and threw their food, which was now coated in a brown crust, at the car. We could not stop laughing!

The stadium was near to Bristow Helicopters, North Denes and, for me, it was a big distraction watching the helicopters flying in and out from such close quarters. When they took off, the wind from the rotor blades was tremendous and dust, papers and any other light rubbish would be blown up in a whirling cloud and come down all over us in the pits. On some occasions they would run mechanics races and I was allowed to take part in them. I never won but came second three times.

On a visit to Ipswich Stadium, the Cayzer Brothers came over to talk to my brother-in-law, John, asking him if he had ever had a win. He said, "no, perhaps one day". "Yes", they said, "and today will be the day". The cars began racing, John got to the front and stayed there. The Cayzers were beside each other just behind John, thus preventing anyone overtaking, so John did have his first win. (The Cayzer family were well known in the stock car racing world).



In those days, John was the only driver on Spedeworth books who drove with a prosthetic arm – he had a hook that he used to hold a ball on the steering wheel. Good old days!

I have just learned from the TV that I am an 'amaryllidaceous' or snowdrop fancier. The trouble is I cannot grow them in my garden. Out of 50 bulbs that I planted last year, only 7 have grown. I live in hopes that I will get more this year.

John Holledge

**Georgina Sims 07913 976786**

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# WEETING SPEED RECORDER

## QUARTERLY UPDATE

Time Period (4-week cycle)	Position (Direction facing)	Total Vehicle Count	Vehicle Count within the limit	Vehicles exceeding the speed limit	Speed Limit mph
November-December	Peppers Close (W)	3252	3156	96	30
December-January	Park View (W)	26373	24590	1783	30
January- February	Lynn Road (N)	54378	37191	17187	40

Summary for the period.

Total Vehicle Count from 19 <sup>th</sup> November 2022 to 11 <sup>th</sup> February 2023	<b>84003</b>
Vehicle Count within the speed limit	<b>64937</b>
Speeders within the village	<b>19066</b>
Speeders as a percentage of the total vehicle count	<b>22.7%</b>

## ?? Who's Who ??

### Weeting Parish Councillors

Cllr Margaret Burlingham 01842 811177  
Cllr Tom Childerhouse 01842 811469  
Cllr Clodagh Drewry 01842 815073  
Cllr Margaret Lister (V-Chair) 01842 810467  
Cllr Tim Murfet 07958 723994  
Cllr Mike Nairn (Chair) 01842 810212  
Cllr Sue Nairn 01842 810212  
Cllr Peter Nordan 01842 815638  
Cllr Bernard Smith 07985 902188

Please contact Margaret or Parish Clerk for street lighting problems  
tjchilderhouse@btconnect.com  
clobagh-drewry@hotmail.co.uk  
margaretlister11@gmail.com  
t.murfet652@btinternet.com  
mike.nairn@btinternet.com  
sue.nairn@btinternet.com  
nordanp@hotmail.co.uk  
bernardsmith7@btinternet.com

### Weeting Parish Clerk

Mrs Pauline Angus 07741 481956

clerk@weetingparishcouncil.org.uk  
50 Brecklands, Mundford, Norfolk, IP26 5EG

### Breckland District Councillor

Cllr Sam Chapman-Allen 07771 966457  
Cllr Robert Kybird 01842 753132

sam.chapman-allen@breckland.gov.uk  
robert.kybird@breckland.gov.uk

### Norfolk County Councillor

Cllr Fabian Eagle 07774 295510

fabian.eagle@norfolk.gov.uk

### Member of Parliament

Mrs Elizabeth Truss 020 7219 7151  
House of Commons  
SW1A 0AA

elizabeth.truss.mp@parliament.uk  
website: <http://www.elizabethtruss.com>  
Twitter: <https://twitter.com/trussliz>

### Constituency Office

01842 766155

# LOCAL CLUBS AND ORGANISATIONS

<b>CLUB</b>	<b>CONTACT</b>	<b>LOCATION</b>	<b>DAY AND TIME</b>
Adult's & Children's Street Dancing	Micha 07841 474400	Village Hall	Wednesday 3:45 - 8:45 Thursday 6:30 - 8.30pm
Art For Pleasure	Beryl Pountney 01842 828750	Village Hall	Thursday 10:30am – 12:30pm 3rd Thursday 10:30 - 3:30pm
Bingo	Angie Page 01842 814147	Village Hall	Tuesday Open at 6:30pm Eyes down at 7pm - 9pm
Brandon & District Classic Vehicle Club	John Maxim 01842 811032	Brandon Sports & Social Centre	2nd Monday 7.30pm
Brandon & District Camera Club	Denise Whiting 01842 862079	Baptist Church Brandon	2nd & 4th Wednesdays 7:30pm
Brandon & District Society of Model Engineering	Mick Wickens mick.wickens@gmail.com	Brandon Council Offices	1st Wednesday 7:30pm
Brandon Speaker's Club	Gary Sander 01842 814679	The Raml Brandon	2nd & 4th Wednesday 7:00-9:30pm
Carpet Bowls	Heather Woodhams 01842 815406	Village Hall	Friday 10 – 12 midday
Fit Camp	Naomi 07506 246786	Playing Field	Monday 6:15 - 7:15pm
Green Bowls	Sue Windget 01842 812094 Carol Newman 01842 815089	Bowls Club	Friday 6.00 – 10pm Sunday 12 midday – 4:00pm
Gun Club	Derick Spencer 07766 750153	Weeting Gun Club	Alternate Sunday January to October
HATS	Gary Sander 07754 727130	Hockwold Village Hall	Tuesday & Thursday 7:30 - 9:30pm (during rehearsal periods)
History Group	Julianne Young 01842 813581	Various - call to check location	Last Thursday 7:30pm
Hockwold Cricket Club	John Ruddick 07902 231235		
Outdoor Archery	Mike 07894 904090	Euston Park	Friday 6:00 – 10pm Sunday 12 midday – 4:00pm
Keep Fit	Dorothy Kent 01842 810378	Village Hall	Monday 10:00– 11am (except Bank Holidays)
Line Dance	Rita Thompson 01842 815550	Village Hall	Friday 2:00 - 4:pm
Methwold Theatre Club	01366 727526	The 21 Room St George's Complex Methwold	Tuesday 7:30pm
Model Car	Colin. 07876 330687	Village Hall	Alt. Wednesday 7pm - 9pm
Pool	Carol Newman 01842 815089	Bowls Club	Tuesday 7)00pm
St Mary's Church	Tommy Saward (Churchwarden) 01842 813601	St Mary's Church	See list of Service times
Shoestring Theatre Company	Jill Hopper, 07985 376465	IES Breckland School Crown Street, Brandon	Tuesday 7:00 - 10:00pm
Thetford Singers	Sue Nairn 01842 810212	Methodist Rooms Tanner Street	Wednesday 7.30 – 9.30pm
W.A.S.P.s	Carole Wilkins 01842 550919	Village Hall	Monday and Friday 6:00 - 8pm (during rehearsal periods)
Weeting Saxon FC	James Langley. 01842 811627		
Weeting Steam Rally	Kate Plant Rally Co-ordinator 07907 720312		Monday 7pm to 9pm Friday 9:30am - 2:30pm
Weeting Weenies	Marie Stebbins mariestebbins@hotmail.com	Village Hall	Wednesday 10:00 – 12 midday (school term time only)



# CLUB SPOTLIGHT



## Weeting Bowls Club Social Club

The bowls club has had an excellent start to 2023 with lots happening. Our popular monthly karaoke have been brilliant evenings. Karaoke are held on the first Saturday of each month and are worth a visit. We have organised a couple of 50th birthday parties so far with disco and buffet and were great evenings.

We have loads of events still to come:-

**Thursday 16th March 7.30 - 10.00**, Medium Night with Sue Hind, a ticket event £10.00. Book your ticket now as limited spaces.

**Saturday 29th April**, a Motown night, live entertainment with Mr. E (not to be missed).

**Friday 5th May** For the King's coronation, we have a long weekend of great entertainment kicking off with "Broadbandits", live band, reappearing by popular demand.

**Saturday 6th May**, the club will be open for Weeting villagers to watch the coronation whilst having a drink at the bar and food will also be provided. We also have karaoke in the evening of **6th May**. Barbecue on **Sunday 7th May** and quiz on **Monday 8th May**.

Everyone is welcome to come to any events and I guarantee that once you come in, you won't want to leave. A comfortable, very friendly venue with a fully stocked bar. So come on round and have a look. You won't be disappointed.

You may also be interested in having a go at bowls or joining our pool teams.

For more information contact:

Sue Windget [suewindget@hotmail.com](mailto:suewindget@hotmail.com),  
01842 812094, 07855 764288,

Carol Newman, 01842 812089, 07837 174056

## St Mary's Church



**Rector:**

Joan Horan

Tel: 01842 828034. [revjhoran@gmail.com](mailto:revjhoran@gmail.com)

**Churchwardens:**

Tommy Saward

Tel: 01842 813601 [tommysaward@hotmail.com](mailto:tommysaward@hotmail.com)

Julianne Young

[julianneyoung0@gmail.com](mailto:julianneyoung0@gmail.com)

**Regular services are as follows:**

Second Sunday of the month: Service of The Word @ 11am

Third Sunday of the month: Eucharist @ 11am



It was about ten years ago when Feltwell man Stephen Parker first talked to us about his exploits in Antarctica and this third instalment was delivered with the same enthusiasm as the others; audience participation being reflected with the same gusto.

Stephen began his talk, entitled 'Antarctic Aviation', by describing the environment in which he was

expected to work: the topography, geography, temperatures, winds and accommodation; all very extreme. He paid tribute to the pioneers of the early part of the last century, the primitive aircraft and machinery that were used to tame this hostile environment. He named numerous aircraft types involved, those he mentioned more than once had greater versatility, like the 1911 R.E.P. monoplane that could be converted into a tractor, the DHC Fox Moth that was used to map the peninsula in 1934 and the ubiquitous DC3 Dakota that could be relatively easy to dismantle and reassemble following marine transport. Practically all the equipment had to be transported this way including all the fuel; in 50 gallon drums. As the activity in the region increased so did the interest among many nationalities. All wanted a slice of the cake. There were a few skirmishes at the beginning but remarkably, since the Antarctic Treaty in 1959, all active countries share a cooperative spirit; a bit like the multinational activity we witness now in the space station - science triumphs over politics it seems.

Stephen saw many other changes after his arrival there in 1990 with more modern aircraft having more sophisticated pollution monitoring technology; even airliners made an appearance. Another difference he noticed: in 1994: women started arriving. On that note it seems pertinent to remark that the most interesting question he was asked all evening was by a lady club member: "Where did you put all your rubbish?" Stephen was not fazed, in fact it was almost as if he himself found it the most interesting question and joyfully announced that the rubbish was put in the empty oil drums and shipped back to where it originated.

At the beginning of the evening Commander Allen made the unhappy announcement that a younger member of our club had died and that his family had very kindly bequeathed all his aviation literature and several framed pictures to the society which they could dispose of as they wished.

Thanks as always to our hosts, Val and Len.

Please find here: [www.westnorfolkaviationsociety.org.uk](http://www.westnorfolkaviationsociety.org.uk) details of WNAS Calendar, Photos, Press Releases, and any changes to the schedule.

Nigel Tooth

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St Edmund Close	10.30 - 10.45
Saxon Place	10.50 - 11.00
All Saints	11.05 - 11.15
Glebe Road	11.20 - 11.45
Rectory Lane	11.50 - 12.10

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# Spring Gardening

Ready, Set, GROW!!! Spring is here at last. It's been a cold winter, with prolonged spells of temperatures below freezing causing damage to our garden plants, particularly those that originate south of the equator. The cordylines in our garden have been devastated. However, all is not lost. Plants can recover as long as their roots haven't frozen or become waterlogged. Species that are only partially frost hardy such as Hebe, Choisya (Mexican orange blossom) and Euonymus can now be pruned to remove any damage. This may mean you end up with a very lopsided plant, so prune back some of the undamaged growth too to promote even new growth. You may want to move these plants but its best to wait until Autumn to do this. Don't forget after pruning to give the shrubs a good feed with a granular fertiliser such as growmore or fish, blood & bone. I'm afraid though that if the centre growth of your cordylines has been damaged and is mushy or mouldy, its unlikely to recover, although sometimes (especially if they flowered last year) they send up new shoots or seedlings from underground.

Whether we like it or not climate change is shaping our gardens at the moment, and it's the extremes of weather that do the damage. Drought in summer may lead you to think that more tropical species are more suited to the climate, but when winter comes around these plants need protection to ensure they survive. The key is to look for species that can deal with these extremes in weather, resilient plants that tolerate a wide range of conditions from summer drought to winter flooding. These plants are actually quite rare so it's a learning curve for us all!

As I'm writing this article we've had a few days of sunnier weather, and hopefully you've had a chance to make the most of it and get those last winter tasks complete. If you didn't get round to pruning your hedges or trees, please don't consider doing it now that birds are nesting.

As well as dealing with winter damage here's a few more tasks to do this spring!

## March:

- Plant early potatoes outside
- Mow lawns, and apply lawn fertiliser
- Hoe weeds to keep them under control
- Top dress containers with slow release fertiliser and fresh compost.
- Keep an eye out for aphids and other garden pests and deal with accordingly.
- Primroses, Polyanthus, Dianthus, and Pansies will all provide fantastic colour from now until May (when they can be replaced with summer annuals).

## April:

- Protect fruit blossom from late frosts
- Sow seeds of hardy annuals, herbs and wildflowers directly where they are to flower.
- Keep a ball of twine handy and tie in new growth of climbers particularly Clematis and Honeysuckle which grow rapidly
- Leave your spring bulbs to die down naturally, don't be tempted to cut back or tie up foliage. Lift & divide any congested clumps which didn't flower.

## May:

- Watch out for late frosts!

Rachel Sobiechowski BSc(Hons)

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## Picture Puzzle

Here are ten images all of which are either directly or indirectly associated with one piece of normal clothing. Can you identify them?

Answers on page 15.



1



2



3



4



5



6



7



8



9



10

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Walking in Norfolk <https://www.walkinginengland.co.uk/norfolk> has hundreds of walks to download and print, free, it also has books of walk routes, details of all the walking groups in the county and much more. Whether you want to walk on your own or with a group all the information is there in one place.

John Harris (the custodian of the website) said 'There is so much walking information on the web, but it is difficult to find. Walking in Norfolk (part of the Walking in England website) has brought it together in one place so whether you are walking from home, or away on holiday, you will be able to find a walk suitable for you'.

With walks from half a mile to twelve miles plus long, and a note of suitability for pushchairs and wheelchairs, everyone can find a walk to enjoy.

So, home or away, check out the websites and get walking!

John Harris

[www.walkinginengland.co.uk](http://www.walkinginengland.co.uk)  
[john@walkinginengland.co.uk](mailto:john@walkinginengland.co.uk)

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# Rector's Report

As the days begin to lengthen and we start to see the first tentative signs of Spring in our gardens, so we now see signs of renewal at St Mary's Church. Work has finally begun to repair the porch roof. Again, thank you for all your fundraising efforts which has enabled this work to proceed.



## Historic England Grant

Great news! Historic England has agreed to give St Mary's a grant of just over £7,000 to conduct a series of structural surveys on the nave ceiling and south aisle roof, south aisle floor and north aisle drainage. Our architect Ruth Blackman is in the process of securing contractors to undertake this work. The purpose of these surveys is to determine the underlying causes of the various major structural faults in the building, especially the problem of the plaster falls in the nave that has necessitated the closure of the building since August. Once these surveys are complete, the PCC will have a clear picture of exactly what needs doing and the cost of repairs which will enable us to apply for some major grant funding to undertake the necessary work and preserve the fabric of the building for the future. The contractors who will undertake the ceiling survey will, at the same time remove any dangerous plaster. **This will enable the church to reopen once their work is complete.** We are hopeful that the survey of the south aisle floor will not reveal any real structural problems in relation to the Angerstein crypt thus enabling the floor to be repaired/replaced and the south aisle to reopen in due course. It will be fantastic to be finally able to use the whole church again until, that is we secure further grant funding to have the ceiling repaired and the plaster replaced. This of course will be a huge job that will necessitate extensive scaffolding and closure of the building for a few weeks whilst the work is completed. This work however won't be likely to happen this year as it will take time to secure the necessary diocesan permissions and significant grant funding in order to proceed. St Mary's PCC will of course be required to contribute funds towards the restoration projects, just as we're required to contribute over £2000 to this current survey work, so we will be hoping for your continued support for current and future fundraising efforts to be able to meet our repair and restoration targets.

Once these repairs are eventually undertaken, the building should be in much better condition and should remain in good repair for many years to come.

My heartfelt thanks go out to you, the Weeting village community for your support and encouragement. As part of the grant application process, Historic England required evidence of the significance of the Church within the community. I received over twenty amazing emails of support from many of you to pass on to the Historic England board and I believe it was these letters of support that influenced their decision to offer us the grant. It is so heartening to hear how much the church means to you and how important it is within the life of this village community, especially for significant life and community events such as Remembrance Sunday, Baptisms, weddings and funerals.

On the advice of Jane James of **Not Just Books** at Thetford, churchwarden Tommy Saward has set up a **Go Fund Me** page for St Mary's. The link is <https://gofund.me/4026063c>

## Elly Griffiths Visit

A huge thanks to everyone who turned out to welcome well known crime author Elly Griffiths to St Mary's on the 1st February. Due to eagle eyed Sue Nairn, we learned last August that our church was featuring on the front cover of Elly's latest Ruth Galloway novel **The Last Remains**. At first, I didn't seriously imagine that such a popular author would have the time to visit St Mary's but after discussions with Jane James, owner of **Not Just Books** at Thetford who was liaising with Thetford Library to organise a book signing, it seemed that it might just be possible for Elly to visit St Mary's on the same day. After contacting Elly's publishers, especially the lovely helpful Joe Christie at Quercus Books, Elly agreed to visit St Mary's first before moving on to Thetford. As well as inviting local people to come along to St Mary's to meet Elly and to bring their brand-new copies of the book for signing, we also invited a group of Year 5-6 children from Weeting Primary school, accompanied by interim Head Jacqui Hardie to meet Elly and be presented with signed copies of her children's series, **A Girl Called Justice**. It was such a great feeling – the children really relished the opportunity to meet a well-known author and the adult Ruth Galloway fans were happy to meet Elly and have their books autographed. Even the dogs, especially Archie the cocker spaniel, were 'star struck'. Elly explained that the publishers actually sourced and chose the photo for the front cover but she said it's her favourite cover of the series and was therefore very happy to see the church and its setting for real and to meet everyone who attended. Elly loved the church and has offered her support in helping us promote the repair and restoration projects.



Photographers and journalists from the EDP and Bury Free Press were in attendance and there were some fantastic photos on the EDP website. The school ordered some of these photos from the paper and have set up a display in the school library which I'm looking forward to seeing when I visit the school tomorrow.

I wish everyone in the village warm wishes for a very Happy Easter and look forward to seeing many of you at some more fantastic events in support of St Mary's as the year unfolds.

All good wishes and every blessing,

Joan Horan [Rector]



## Calling All Clubs!

If your club would like to submit a report, advertise an event and / or include photographs in the next edition, please contact the editor (details on front page).

Similarly, if you wish to add your club to the list in the centre page, or change contact details, days, times, etc. please let the editor know.

## Editor's note:

A list of the clubs and organisations in the village can be found in the centre pages of Weeting Village Life along with details of who to contact if you would like to make enquiries. Most of the clubs have room for more of you to come along, so have a look and see if anything takes your fancy!



## WEETING VILLAGE HALL NEWS

Hi everyone, hope everyone is keeping fit and well and able to get out and use all the local amenities including our lovely hall over the last three months – can't believe we are in March already – where has this year gone??



As usual, we have been getting on with things in and around the hall over the last few months, what with new lights around the outside including sensor lights at the entrance to the hall and new lighting on the field side of the hall too from which we have heard that they are so much better than they were.

And, the new entrance ramp is now in place – thanks to TJM

Groundworks who have created such a lovely walkway into the hall now and put gravel down either side surrounding the bench seat and the notice board - the old ramp into the hall was beginning to rot and was getting quite dangerous. Our two young handymen have been busy cleaning the guttering and putting up two new cigarette boxes (also by the bench seat) as the old one decided to fall apart.



Carole Wilkins (Hall Secretary) has now put King Charles's picture up where Her Majesty, the late Queen once was, and my doesn't he look splendid up there?

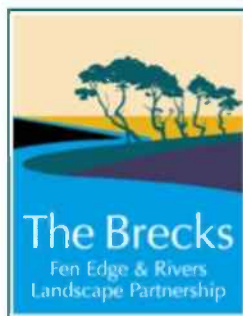
In the meantime, we are looking into creating "warm rooms" within the hall and if anyone is interested in coming along and making use of them, please let us know. What they are for is to provide a safe and warm environment for those who cannot get out and about as much as they used to and meet up with people for a cuppa and a biscuit (or cake), for a chat or just a bit of company, air any issues they may have – if there is enough interest in this sort of thing and some volunteers to help run it maybe on a weekly, fortnightly or even monthly basis, then please contact someone on the committee and we will see what we can do.

It is also that time of year again when we have to think about the Annual General Meeting for the Hall Committee, something we haven't actually been able to do properly since 2019, so people of this village, we are looking for some "younger", more able-bodied people to come forward and help look after this hall. The current committee is supposed to effectively step down at the AGM, and there are one or two who are not returning to the fold due to ill health and other commitments and therefore we desperately need new members to come forward – as once said before – **NO COMMITTEE, NO HALL**, we need at least **10 (TEN)** people on the committee to make it run efficiently, we have **8 (EIGHT)**, some of us are getting to the stage where we cannot do any more and would like to retire but can't. Again, we have to remind all regular hall users, clubs and groups, **YOU** should have someone on the committee to represent your club/group, we need your input as to whether you have had any issues or problems within the hall, we would also like to involve all groups and clubs with things that could be planned and done in the hall or in its vicinity, to help run events within the hall - setting up/packing away, manning the door, hosting events

**The AGM is going to be on Friday April 28th, starting at 7pm sharp, PLEASE come along and join us.**

On behalf of Village Hall Committee  
Karen Scott, Treasurer

## Nature therapy programme tackles menopause symptoms



**A new, green solution offers relief to those suffering from symptoms of perimenopause and menopause in the Brecks.**

Those who suspect they are in any stage of menopause are being offered an opportunity to manage their symptoms through a new nature therapy programme in the Brecks. This free seven-week programme will take place in March and

April across different Brecks locations, supported by the Brecks Fen Edge and Rivers Landscape partnership scheme (BFER), and the National Lottery Heritage Fund.

Nature Therapy is an intervention that promotes positive mental health and enhanced physical and social health. It assists to build a deepened connection to nature, through a guided series of outdoor workshops centred around the practice of shinrin-yoku. Shinrin-yoku emerged from Japan in the 1980s and the name loosely translates to 'forest bathing'. Forest bathing is an easy, gentle walk where participants are invited to engage in sensory immersive activities. Research shows that as a wellbeing practice, forest bathing improves mental, physical, and immunological health.

Gina Geremia, programme facilitator and Director of Adaptable By Design, a wellbeing service provider in Suffolk said: *"We know that spending time in nature is a pathway toward improving mental and physical health. We're using this pathway as the foundation of our approach and harnessing nature's positive effects on the human body to manage symptoms of menopause."*

Those who suspect they may be in perimenopause or menopause could be experiencing symptoms like poor sleep patterns, inability to focus, low energy levels, and high stress and anxiety.

*"Spending time in nature has long been associated with inducing a sense of calm and acting as a mood elevator" says Geremia. "There are also numerous studies demonstrating that intentional moments of sensory immersion in nature, like forest bathing, can lower stress levels, cortisol levels and blood pressure, improve cognitive function, restore focus and concentration, and even reduce inflammation and strengthen immunity. All of this is helpful during our menopause years."*

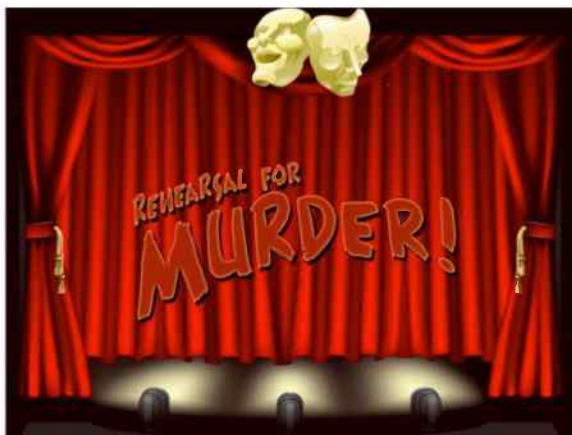
If you're interested in learning more about the programme and how to take part, contact BFER at: [bfer.admin@suffolk.gov.uk](mailto:bfer.admin@suffolk.gov.uk)

This nature therapy programme is facilitated through *Healing Waters, Breathe the Brecks*, a health and wellbeing project delivered as part of the Brecks Fen Edge and Rivers Landscape partnership scheme (BFER). BFER is a programme of projects working to celebrate and conserve the unique landscapes and heritage of the Norfolk and Suffolk Brecks, with particular focus on Brecks rivers. BFER is made possible with thanks to the support of the National Lottery Heritage Fund, and players of the National Lottery. For more information, visit: [brecks.org](http://brecks.org)



Answers to Picture Puzzle on page 13

- |                            |                             |
|----------------------------|-----------------------------|
| 9 - Bootlace.              | 1 - Velcro fastener.        |
| 10 - Walking boot sole.    | 3 - Adidas badge.           |
| equipment supplier).       | 5 - ECCO shoes logo (part). |
| 8 - Karrimor logo (outdoor | 7 - Suede brush.            |
| 6 - Doll's boots.          |                             |
| 4 - Shoehorn.              |                             |
| 2 - Sock.                  |                             |



*A Dinner Theatre Murder Mystery*  
by

**Andrew Hull**



*Published by Lazy Bee Scripts*

On Saturday the 20th of May come and join HATS for one night only at the

Hockwold Village hall to help solve a murder!

Over a meal and a glass of something, test your deductive skills with five of your friends.

It kicks off at 7.30pm doors open at 7.00pm.

Pre-booked tickets only, please call HATS on 07754 727130.

Tickets are £10 a head to include food and a drink. Max of six detectives per table.



## Methwold Theatre Club Goes Medieval

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Tickets (Pre-booked only) £15.  
Call 01366 727526

The evening includes Three Course Meal  
and entertainment



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Beer/Lager/Cider £2.50 can  
Wine £2.50 glass Soft Drink £1.00 ea.  
*Period Dress optional and encouraged*



## Weeting's Apple Orchard

During 2022, Weeting Parish Council discussed the possibility of marking Queen Elizabeth II's Platinum Jubilee by planting some trees on the green in front of the Bowls Club. This was an idea brought forward by Councillor Tom Childerhouse and Norfolk County Council gave us permission to use the chosen area.

At the Parish Council meeting in May, our Norfolk County Councillor, Fabian Eagle, announced that he had been granted some funds that could go towards projects for the Jubilee in his parishes, including green projects such as planting trees. Following a successful bid for funds, it was decided to purchase a selection of traditional varieties of apple trees and enquiries were made regarding the cost of the types and sizes and when to plant them.

Seven trees have been purchased and will probably have been planted by Councillor Childerhouse by the time this article is read. The photograph shows the proposed site.



The Parish Council looks forward to a time a few years ahead, when the trees have matured and borne fruit, when we will all be able to taste these traditional apple varieties.



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