

KEEPING IN TOUCH

APRIL 2006

News from Alby, Aldborough, Calthorpe, Erpingham, Ingworth, Thwaite & Thurgarton

CHURCH SERVICES

Holy Communion unless marked . M=Matins E=Evensong

APRIL	Lent 5 2nd	Palm Sunday 9th	EASTER SUNDAY	2nd Sunday of Easter 23rd	3rd Sunday of Easter 30th
ALBY	--	10.00 Group Eucharist	8.00	--	☞ ☞
ALDBOROUGH	8.00	☞ ☞	11.00	11.00	Correction: ☐ 10.00 am☐ Group Eucharist ☐ is at Aldborough ☐ NOT Erpingham!
CALTHORPE	--	☞ ☞	--	9.30	
ERPINGHAM	9.30	☞ ☞	9.30	8.00	
INGWORTH	11.15 M	☞ ☞	9.30	3.30 E	☞ ☞
THWAITE	11.15	☞ ☞	--	9.30 M	☞ ☞

NORMAL WEEKDAY SERVICES

Wednesdays 9.15 at Ingworth (not 19th or 26th)
 Thursdays 7.30pm at Erpingham (only 20th HC,
 and 27thBenediction)
 Thursday 6th 7.30pm Lent Course concluding
 Friday 7th 9.15 at Aldborough

First Thursday each month, 10.15 Prayer Group at Aldborough in Prince Andrew's Chapel

HOLY WEEK

Palm Sunday, 9th April 10.00am at Alby Group Eucharist
 Tuesday, 11th April 7.30pm at Calthorpe Stations of the Cross
 Wednesday, 12th April 9.15am at Ingworth Holy Communion
 Maundy Thursday, 13th April 11.00am at Norwich Cathedral Mass of Chrism
 (open to all - lifts available)
 7.30pm at Calthorpe Liturgy of the Last Supper and
 Watch at the Altar of Repose
 Good Friday, 14th April 10.00am at Erpingham Liturgy of Good Friday
 7.30pm at Aldborough Devotional service
 Easter Eve, 15th April 12 noon at Erpingham Confessions
 7.30pm at Calthorpe Liturgy of the Easter vigil

EASTER DAY: All services Holy Communion, see above for times

CHRIST IS RISEN! HE IS RISEN INDEED. ALLELUIA!

The Rector will gladly bring Holy Communion to the housebound if asked

Parish Priest: Fr Brian Faulkner, The Rectory, School Road, Erpingham. 01263 768073
 e-mail: brian-faulkner@lineone.net
 Curate: Fr John Smith, 01263 734761 (evenings and weekends only)
 e-mail: ajksmith@btinternet.com



FROM THE RECTOR

This month there can be only regrets from Fr Brian on his bed of pain. We wish him a swift recovery. Recycling is a necessity in many spheres of activity: Here is a recycled Rector's letter – no, **not** a recycled Rector! It was written by Fr Brian's predecessor, Fr Barry, in 1991, and answers some questions that have been put to the Editor recently. Many people say that they pray although they do not come to church, others want to know how to begin..

WHEN YOU PRAY

- Whatever else you may be doing, you are acknowledging the existence of God. Prayer involves your life, your thought, your very being, with a Being other than yourself. Prayer "takes you out of yourself".
- It is a 'must' for all Christian people, since Our Lord himself was a man of prayer, and we are to follow his example and teaching.

So, when you pray ...

- Don't try too hard – you are already a man or woman of prayer just by making a start, by simply beginning to give time to yourself and your Heavenly Father.
- Begin where you are and with what you have. Ask God to bless each of your circle of family and friends – and slowly say the Lord's Prayer.
- Then meditate on one line of the Lord's Prayer each day.
- If you can, walk ... and pray through whatever you may come across – the school, the traffic, the beauty of the blossom, or for someone you see and just don't like!
- Pray through your diary.
- Or simply "be still and know that I am God".
- If you are a systematic person be systematic in prayer. Some people like making lists, others may use a rosary.

Don't look for results – leave that to God.

Don't try too hard – God is seeking you.

Don't ever imagine that you pray alone.

"More things are wrought by prayer than this world dreams of."

B.M. (who is now living in Felixstowe)

FROM THE REGISTERS – details postponed until next month.

GROUP SERVICES

Palm Sunday 9th April, 10.00, at Alby Church

(There is stop press news of the likely availability of a donkey to lead the outdoor procession)
and also, as usual when there is a 5th Sunday in the month,

Sunday 30th April, 10.00, at Aldborough Church

A new attraction at Group Services is the benefice choir – what a difference they make!

The Horstead weekend –the verdict from those who matter:

- ❖ I really enjoyed the climbing wall and zip wire, it was great fun. **Helen**
- ❖ I really enjoyed my weekend at Horstead, it was a lot of fun (even if we couldn't go canoeing, it was fun!) I loved every moment, well, apart from not getting to sleep. I felt very secure and happy, I look forward to going next year. **Ellie**
- ❖ I went to Horstead and I loved the rock climbing (but it was a shame not to go canoeing!) I am looking forward to going again because we might be able to go canoeing! **Fabian**
- ❖ I thought Horstead was brilliant this year. The activities were great, the staff were lovely and everyone enjoyed it. This year I particularly enjoyed the climbing wall and archery, which we did for the first time. I had great fun at Horstead and I hope everyone organizes it again. **Martha**

Just to explain about the canoeing disappointment, there weren't enough trained staff to take us as it was the very beginning of the season, surprisingly it was nothing to do with the freezing cold weather!!

THE LISTENING GROUP

The next meeting will be on **27th April 2006** at our usual venue in Ingworth. If any new members would like to join us, please contact me on 01263 776359. We are hoping to arrange a short course in June in listening skills. We can accommodate 10 people. If you are interested please let me know, it will be on a first come first served basis. Fr John.

WANTED

YOUNG PEOPLE AGED 16 – 24 TO REPRESENT NORWICH DIOCESE ON THE CHURCH OF ENGLAND YOUTH COUNCIL

Each Diocese can send 2 representatives. The Youth Task Force will cover their travel expenses and their membership. Contact triciaelson@norwich.anglican.org

CHRISTIAN FELLOWSHIP – COME AND FIND OUT ABOUT 'BREAK'

Date: Tuesday 25 April Time: 2.30.pm

Venue: the Church Room, Aldborough

- ◆ We shall welcome Liz Holman, the Community Officer of 'Break' to tell about the 'special care' this charity gives to 'special people'.
- ◆ We shall also have an opportunity to buy goods sold by the charity and to donate to their cause
- ◆ **OPEN TO ALL – COME AND JOIN US!**

A reminder:

On **29th April** from **10am to 1pm** **The Friends of Daybreak** are holding their **Spring Fair** at the Methodist Church Hall in Sheringham. Day break provides day-care for Adults with learning difficulties and is **part of the Break charity** based in Sheringham. Search your shelves and racks for all those unwanted used CDs, Videos, DVDs, cassettes and jig saws. When you have assembled a pile, give Keith Good a call on 01263 761580 and he will collect them, or you could deliver them to St Anne's Cottage [between the Butchers shop and the Black Boys].. KRG

***4us* 'He opened wide his arms for us.'**
Monday 10th to Saturday 15th April, 10.00am to 6.00pm
The Forum, Norwich

- ❖ Experience the Easter Story.
 - ❖ Travel on a journey around the world through images of Christ.
 - ❖ Discover how Jesus is seen by people of different cultures, and by artists of other faiths.
 - ❖ Come and view these dynamic portrayals of the Man at the centre of the Easter Story.
- ❖ Find out what Jesus did ***4us***

The event will be opened at **11am** on **Monday 10th April**, by the Lord Bishop of Norwich the Rt Revd Graham James, the Bishop of East Anglia, the Rt Revd Michael Evans, and the Revd Graham Thompson, Chair of the East Anglia Methodist District.

It is promoted by The Church of England, The Roman Catholic Church, The Methodist Church, The Salvation Army, The Society of Friends, The Baptist Church, The United Reform Church and The Church Mission Society
[For more information, contact: Mrs Pauline Hill, Plum Tree House, Aldborough, Norfolk NR11 7NR
Tel: 01263 768738 pdhill34@hotmail.com]

[For those who cannot visit this event, some of the pictures will be on display in A3 size in Aldborough Church during Holy Week and will be a wonderful backcloth to the Good Friday service. There will be more than pictures in the Forum, so do go there if you can. RB]

ALDBOROUGH PLAYERS

Aldborough Players would like to thank all their generous and supportive audiences, who appeared to enjoy "Caribbean Dream" as much as the Players themselves. There were virtually full houses on all four nights. Thank you all for coming and for joining in so enthusiastically.

We have already started on plans for our next production. If there is anyone who would like to be involved, or would just like more information on things like the time commitment required, please contact one of the Players (there are 65 of us to choose from!). Newcomers are very welcome, but usually take on a backstage role to begin with as this is a good way of getting to know who's who and how the panto works. Children must be in Year 6 or above and accompanied to all rehearsals and performances by an adult (normally a parent who wants to get involved in the production).

ALDBOROUGH GARDEN CLUB

All are welcome to the next meeting, on **Thursday 20th April** at **7.30** in the Church Room.
The speaker will be Mrs S. Gilbert on Herbs and their uses.



Gardeners' Question Time

Fruit and vegetables * Shrubs and perennials * Roses * Organics * Garden design * Whatever your problem or question, our experts are here to help

Thursday 4th May

7.00 p.m. in Aldborough Community Centre

Distinguished panel of guests to include:

David Barker * Peter Purdey * Matthew Rice * Lord Walpole



£5.00 admission - includes cheese and wine

Raffle Plant stall Bar

Tickets available from Post Office and Spar

Please submit your gardening queries in advance, on a postcard marked with your name, at the Post Office, the Spar shop or to Aldborough School

ALDBOROUGH & THURGARTON WOMEN'S INSTITUTE



Meeting on **Wednesday 19th April** at **2.30** in the Church Room.

Speaker: Mr Harold Hems – The West Runton Elephant

Competition: a fossil, or a picture of one.

CHILDREN'S SOCIETY

If you have a collecting box, come to 'John Brown's House' on Aldborough Green for a box opening session on **Wednesday 5th April, 11.00 – 1.00**. Tea, coffee and cake for all. Please advise Glenys if you would like your box opening at home. Phone 761309. Tell her too if you would like to have a box or know anyone who would.

STEPPING STONES PRE-SCHOOL - CAN YOU HELP?

Once a year the annual accounts for Stepping Stones Pre-School need to be audited by **an accountant**. Is anyone able to help us with this? You don't have to be in employment to help - so long as you are an accountant.

If you are willing to help or want further information please call Sandra on 768872.

ALDBOROUGH COMMUNITY BUS SERVICE – FREE BUS FARES

Free fares **from 1st April 2006**, for all persons 60+ and others who are eligible and hold a North Norfolk District Bus Pass. The bus leaves Aldborough Green around 9 a.m. returning around noon. The routes are: Monday/Aylsham, Tuesday & Thursday /North Walsham, Friday/Holt. The first and third Wednesdays of the month the bus goes to Norwich, and the second Wednesday to Wroxham. For further information please phone Nita Good - 01263 761580

ALDBOROUGH PARISH COUNCIL

From the minutes of the March meeting (not yet approved):

- **Children's Play Area:** a questionnaire is being circulated (copy attached to this news-sheet). Teenagers' views are requested too (Parents, please draw their attention to this.)
- **Cricketers' marquee.** After discussion and taking into account views expressed by residents, the proposal to place a marquee on the Green was rejected.
- **The Fair** will be on the Green from **21st to 24th June**, inclusive.
- Alby Horseshoes will hold their **classic car rally** starting from the Green on **9th July**.
- **The Green.** Some repair and protection work will be included in NCC Highways programme for Spring/ early summer. Prices are to be sought for installing protective matting on certain areas, and for repairing holes near Chapman's Row and the Church Room.
- **The wine press** (gift from twinned village of Villiers St Denis). The bottom tray needs repair. It will be replaced on the Green when the weather improves.
- **Village clean-up** round the Green – date fixed for **13th May**.
- The next meetings will be the **Annual Parish Meeting, 24th April** (see below), and the **AGM of the Parish Council on 15th May**.

Note from the Parish Clerk re **street lighting**:

The residents of Tinkers Close and others still experience problems in contacting anyone in NNDC who will accept responsibility for faults.

The number to call is 01263 516044, Housing Department.

ALDBOROUGH ANNUAL PARISH MEETING

Monday, 24th April, 7.30p.m. in the **Community Centre**

Following last year's successful format, the bar will open at **7.15** and again at the end of the meeting, with nibbles being provided. The aim of this is to make the meeting less formal than a Parish Council meeting and more of a social event.

This is your opportunity to come along to hear a review of all the many things that have been happening in Aldborough and Thurgarton during the last twelve months and to look to the future. **It is a public meeting, where anyone may speak.** If you have a particular item you would like to see discussed, please tell the PC Clerk, John Padgham, or the Chair, Jane Maguire.

All village organisations are warmly invited to send a representative to give a brief report and, if this is not possible, to submit a short written report, which will be read out at the meeting.

NORTH NORFOLK HOUSING TRUST

Dennis Bacon has been elected as **tenant representative** for Aldborough and the surrounding area. He can be reached on 01263 768817 to help with any problems that may arise.

ALDBOROUGH TWINNING ASSOCIATION

An Aldborough family visited Villiers during half-term week and enjoyed a fantastic welcome as usual. Several families are still in close contact and the school at Villiers is still anxious to explore the possibilities of another visit.

The Twinning accounts held a balance of £137.58. This has now been transferred to the Parish Council, for use in the repair of the wine press.

VILLAGE APPRAISAL NEWS

79% of respondents support the resumption of football games on the Green and 82% think the Village Fete & Picnic should continue to be held every two years.

An application for a grant from the Norfolk Rural Community Council has been made in order that we can not only continue the analysis of the appraisal results but also provide everyone with an attractive booklet which sets out all the results and a plan for implementing some of them. More news when we have it .

DANCE PARTY

Friday 28 April 7.00-8.30

Aldborough Community Centre

7 year olds to Year 6 welcome

Entrance 50p

Sweets & drinks available

Please bring your favourite CDs

For more info please contact Emma, 01263 768 366



ALDBOROUGH SURGERY

Mr David Bott has agreed to become the **patient representative** for Aldborough Surgery. Should you wish to contact him, please telephone 01263 570121. He will be pleased to help you.

To help the Surgery

A Night at the Dogs!

at the **Black Boys** on **Saturday 25th March from 8.30pm**

A fun night arranged by Dave Bott, dog racing and Hot Dogs to raise money for portable blood pressure monitoring equipment for use by the patients of Aldborough Surgery. The evening is sponsored by many local businesses and Punch Taverns.

In addition, to help with the fund raising and following their extremely popular visit in November,

TERASH will be displaying a wide range of magnetic jewellery, candles, and other unusual gifts
at the **Black Boys** on **Saturday 25th March from 12pm until 5pm**
(10% of all takings will be donated to the fundraising)

Ideal for Mothering Sunday, Birthdays or just to treat yourself or that someone special!

EXPANDING VILLAGE CARE

Village Care is a registered charity whose volunteers are known for running a Lunch Club and providing a transport scheme primarily for hospital and clinic visits, as well as sponsoring other social welfare activities. The Aldborough and Thurgarton appraisal form which was circulated last October asked residents if they would like help from the Village Care Group, over and above help from family, friends and neighbours. More than 50 people responded – anonymously - with a 'Yes' to at least one of the suggested options. These included, among others, help with shopping, minor technical help and maintenance, form filling, collection of prescriptions and pensions, support in emergencies, and occasional home visits as well as Lunch Club and transport. Now, the Village Care Committee needs to consider how to expand its activities in line with what people would like and with what is practicable. So if you were among those who responded 'Yes' to the questions about getting help - and you would still like help - please 'phone **Peter Wedge** (Chair of Village Care) on **768692** or ask someone to 'phone on your behalf. If you didn't answer 'Yes' on the form but would now like help, please also contact Peter Wedge.

ALDBOROUGH CRICKET CLUB will be holding **Indoor nets** at **North Walsham High School** on **Tuesdays in April at 7.00pm**. Members and potential new members welcome.

ERPINGHAM VILLAGE HALL

200 Club - recent results	£10	£5
30-1-06	88 A.Alston	22 R.Rayner
6-2-06	47 M.Newman	97 H.Burrell
13-2-06	71 P.S.Lunnon	77 J.Postle
20-2-06	49 J.Peacock	54 A.Payne

ERPINGHAM SCHOOL CELEBRATES WORLD BOOK DAY.

To celebrate our love of reading all children and staff at Erpingham Primary School dressed up as their favourite book characters. The fun day began with a Cat Walk on a red carpet, giving pupils the opportunity to 'show off' their costumes.



To make the day even more special the children took part in a sponsored spell, and they provided cakes for a cake sale for parents at the end of the day. Both classes were furiously baking the day before and during the morning, to ensure there were enough cakes to sell!! All monies raised will go towards additional equipment for the children.

Costumes included Mulan, St George, Snow White, and a dragon, as well as a range of characters from Harry Potter – the dementor was very scary. All children were asked to share their favourite books with each other. The most popular choice was Enid Blytons Famous Five.

Miss Leahy, the new Headteacher (although dressed as a chef for the day!) said, 'fun days like these ensure learning is fun and exciting. The day has been about celebrating our love of books.

At the end of the day, each child was given a £1 book voucher to spend on a book of their choice.

ERPINGHAM with CALTHORPE WOMEN'S INSTITUTE

On Wednesday, 26th April, in the
Village Hall.



Please note the start time – 7.00pm

Blackwork embroidery

History, demonstration and workshop of a form of embroidery using one colour but different stitches to define a picture or pattern. Led by Mrs Gilly Canny.

ERPINGHAM with CALTHORPE PARISH COUNCIL

From the March meeting:

David Clayton as Chairman, with his fellow Councillors and District Councillor Peter Willcox, were joined by representatives of Alby with Thwaite and Ingworth Parish Councils who came to hear Carolyn Heydon of the Norfolk Rural Community Council talking about **Parish Plans** – *the setting out of the community's vision of how it sees itself in the future*. These depend on community involvement, sponsored by a Parish Council rather than produced or influenced by it. Anyone interested in further information should talk to a Parish Councillor.

- **Bus shelters** are planned for both Erpingham and Calthorpe. Councillors will be talking to residents near the suggested locations to get feedback.
- **Speeding traffic.** After 4 visits Norfolk Police concluded that there is general compliance with the 30mph limit in the village.
- The clerk had attended the NNDC Area Forum and a seminar on attaining 'Quality Status'. With Chairman Alex Moore he had attended the Spring Seminar of the County Association which dealt with a wide range of topics of current interest to parish councils.
- The **minutes** (unapproved) will appear on the Parish Council noticeboard at the Village Hall.
- Both the **Annual Parish Meeting** and the **Annual Meeting of the Council** will be held on **Wednesday 10th May** in the **Village Hall**, beginning at **7.00pm**.

SUMMER'S COMING

And that means that the start of the bowling season is coming too.

The Erpingham Bowling Green is being prepared for the opening of the 2006 season, which begins in May, and the green is in excellent condition for the start.

New members are always welcome. League matches against neighbouring clubs are usually played during evenings, and there are some afternoon fixtures also.

Friendly tournaments amongst club members (and visitors) are held on Sunday afternoons.

Non-members are also welcome on Sunday afternoon. If you are interested, contact any of the people listed below:-

Daphne Nichols [Tel: 761704] George Craske [Tel.761577] Tom Mollard [Tel.761638]

INGWORTH PARISH COUNCIL

From the March meeting:

- There are at present **two vacancies for Councillors**. Any villager who is interested should contact Chairman Tony Chambers on 735072.
- **Highways**. The centre white line along **The Street** is due for removal in April. The Green may be restored – a site meeting to be arranged.
- The Clerk was asked to write to the County Council about the poor condition of **Ringers Lane**, and to the District Council about the damaged ‘The Street’ sign at the bridge whilst enquiring if the Priory Lane sign could incorporate ‘West End’. Restoration of the **village sign** will also be undertaken.
- The **Annual Parish Meeting** and **Annual Meeting of the Council** will be on **Monday, 8th May**.

THWAITE COMMON

Birds are busy chattering and pairing up and flitting from branch to branch. They seem blissfully unaware of our changes of weather from Spring to cold winds - and sometimes snow - from the Arctic or Siberia. Barn owls can be seen hunting silently in the daytime, so the little mammals on which they feed must also be available despite the earth changing from slushy mud to hard packed iron. And all the time, the daffodils are slowly pushing up ready to burst into glorious bloom when Spring finally arrives. Let's hope it's soon.

The situation with the common is very frustrating. Many letters have been written to Graham Bull and Philip Burton at NNDC, to our District Councillor peter Willcox, our County Councillor Peter Moore, and our MP Norman Lamb, asking why there has been so little progress in implementing the management plan for the common. However, there is still no word, so it seems we must keep up the pressure.



AYLSHAM MUSIC presents

HEIGH HO HOLIDAY!

with

THE MINSTRELS' GALLERY

at St Michael's Church, Aylsham

Easter Monday 17th April

at 11.00am

Lively music and dance from

Medieval and Renaissance Europe

A huge range of early instruments

Children - come and have a go!

Adults £4 Children 6 - 16 £2



Norfolk Are you a person over 60 who supports someone else? Is this person a family member who has a learning difficulty? Or do you support this family member in a different way because they are no longer living with you? If the answer to either of these questions is yes, you are an older family carer and we would love to hear your experiences and views.

“We have seen friends whose family have grown-up and flown the nest. We still have cars, Lego, pens and paper lying around the house. Father Christmas still makes a secret call.” Linda – a family carer.

What is the Project about?

The Older Families Carers Consultation is a joint project between Age Concern Norfolk and the Involvement and Empowerment Team of the Norfolk Learning Difficulties Service. The consultation aims to invite older carers of people with learning difficulties to tell us about their lives and experiences of being a carer and the experiences of services that they have accessed. The project aims to explore what further support and information needs, if any could be provided in the future that could make a difference to their lives.

What do I have to do?

Participation in this project could involve completing and returning a postal questionnaire. Having a one-to-one discussion with a volunteer carer co-researcher to discuss needs and issues in more depth. Or take part in a task group to turn the issues raised into detailed recommendations that we hope will influence the future for carers. Or why not be a volunteer carer co-researcher and carry out some face-to-face discussions with fellow carers?

What do I get out of it?

Your views and experiences will help to shape and influence the services available to carers.

“I just want to be listened to and to be understood. I’m tired of having to fight for everything I want.” Joy - a family carer.

You will be given the opportunity of being put in touch with other carers. Age Concern Norfolk and the Norfolk Learning Difficulties Service can inform you of existing provisions, groups and benefits that you may be entitled to. If you did decide to be a volunteer carer co-researcher, you would be reimbursed for your expenses. You will be listened to and your views will be valued and respected.

Contact us?

If you or anyone you know would be interested in taking part in this project and helping us to gather information on how the role of carers in Norfolk could be better supported or would just like more information, please contact either myself, Heidi King (Project Co-ordinator) or Abby Dalglish (Project Administrator) at the Age Concern Norfolk County Office.

“I have always known that I am the one who knows what my son is able to do and what I hope he will still achieve in his lifetime. I am his expert if you like”

Linda – a family carer

Notice for all our villagers - BLOW YOUR OWN TRUMPET!

Do you take pride in your community? Do you believe it's second to none? Tell the EDP about it!

The EDP will be making Community Awards in their ‘**Pride in Norfolk**’ competition.

There are no entry forms and anyone can enter – there can be several entries from the same community, from individuals or organisations, the more entries the better.

Just say **what makes your village special**, in not more than 400 words.

By post to EDP Pride in Norfolk, Oliver Franzen, EDP events, Prospect House, Rouen Road, Norwich NR11 1RE, **or e mail** to oliver.franzen@archant.co.uk. **Don't delay - entries must be in by 31st March.** More information from the e mail address or phone 01603 772242.

THE NEXT ISSUE Copy please by **Tuesday, 18th April.**

If you are going to be away, please send it in good time before you go.

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