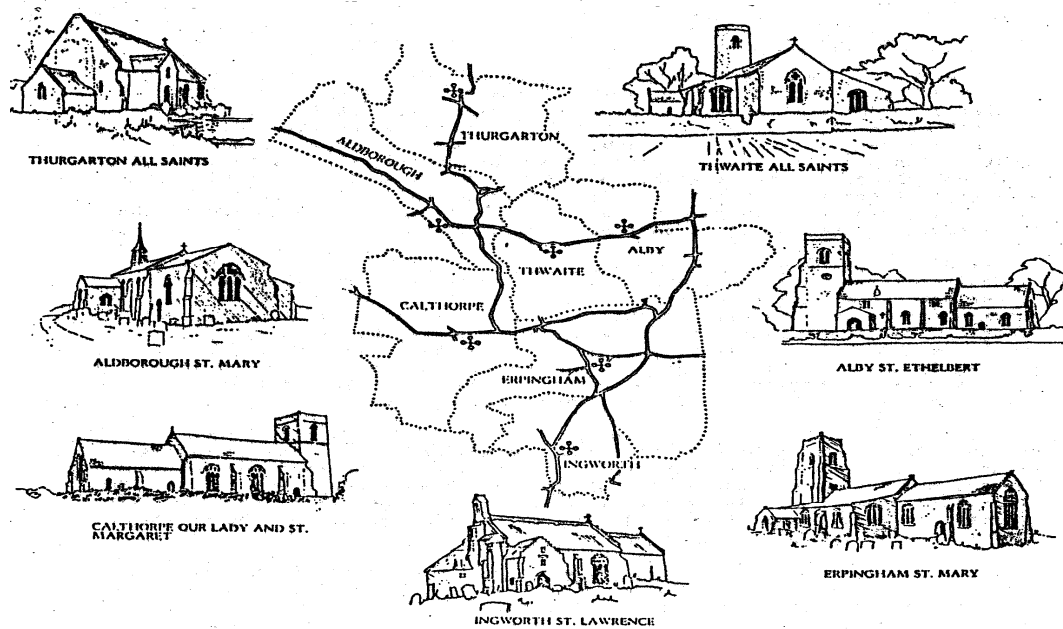


# KEEPING IN TOUCH

APRIL 2008

News from the Scarrowbeck Group of Parishes  
Alby, Aldborough, Calthorpe, Erpingham, Ingworth, Thwaite,  
Thurgarton



## CHURCH SERVICES

Holy Communion unless marked M=Matins E=Evensong

| APRIL      | 6th<br>3rd Sunday<br>of<br>Easter | 13th<br>4th Sunday<br>of<br>Easter | 20th<br>5th Sunday<br>of<br>Easter | 27th<br>6th Sunday<br>of<br>Easter |
|------------|-----------------------------------|------------------------------------|------------------------------------|------------------------------------|
| ALBY       | --                                | 6.30 E                             | --                                 | --                                 |
| ALDBOROUGH | 8.00                              | 11.00<br>Festival Service          | 11.00                              | 11.00                              |
| CALTHORPE  | --                                | No service                         | --                                 | 9.30                               |
| ERPINGHAM  | 9.30                              | 8.00                               | 9.30                               | 8.00                               |
| INGWORTH   | 11.15 M                           | 9.30                               | 11.15 M                            | 6.30 E                             |
| THWAITE    | 11.15                             | --                                 | 6.30 E                             | 9.30 M                             |

Parish Priest: Fr Brian Faulkner, The Rectory, School Road,  
Erpingham

01263 768073

e-mail: [brian-faulkner@lineone.net](mailto:brian-faulkner@lineone.net)



## **FROM THE RECTOR**

The parish churches of Erpingham, Calthorpe, Aldborough, Ingworth, Alby and Thwaite have been grouped together for 25 years. High time to have a name to reinforce our sense of belonging, as we seek to work together. I'm delighted therefore that the six church councils of the benefice have decided to name this group of parishes after the stream that passes through each of our villages – 'The Scarrowbeck Group'. As the Scarrowbeck is the means by which water passes to the Bure and so to the sea, may our churches be a source of life and refreshment to many. Our new name roots us in the community we serve, and reminds us of what we are called to be.

Fr Brian

## **FROM THE REGISTERS**

|                     |                           |               |               |
|---------------------|---------------------------|---------------|---------------|
| <b>Holy Baptism</b> | At St Mary's Aldborough   | 9th March     | Tom Padgham   |
| <b>Funeral</b>      | At St Lawrence's Ingworth | 22nd February | Beryl Hannant |

## **GROUP SERVICE**

**A reminder:- Sunday, 30th March, 10.00, at Ingworth Church**

### **DID THEY ENJOY HORSTEAD?**

I had a great 7th time at Horstead and especially enjoyed the high ropes as it was something a bit more challenging.  
Rachel Mumford

I enjoyed the canoeing because we got a hot drink and biscuits. The ball game was fun too.  
Shaun Taylor

Everything was amazing but nothing could beat the knitting! ( and the zip wire!)  
Emily King

The weekend was brilliant. WE LOVE KNITTING AND DAVE!  
Anna-May Follas- Shell,  
Megan Howett and Megan Warren

I enjoyed the canoeing best of all and the high ropes were SO scary. The best weekend ever.  
Maisie Buchanan

This weekend was great because my sister Avril didn't fall in the river and I also liked the rock climbing.  
Ellie McCann

I enjoy Horstead more every time I go. This time has been brilliant but went far too quickly! Thank you to everybody who made it such fun!  
Martha Robinson

This weekend has been brilliant! I can't wait until next year, it gets better each time! Thank you so much to all the Horstead staff and to Eleanor, Claire, Delia and Stephen and all my friends. I especially enjoyed the high ropes.  
Rose Buchan

I have really enjoyed the weekend because I saw friends who have left school and the activities were fun.  
Flynn Hamilton

The weekend was great, I enjoyed the canoeing.  
Lauren Taylor

### **and WHAT DID THE LEADERS THINK?**

21 young people and 4 leaders met together at The Horstead Centre. All but one child had been at least once before and all were reported to have been very excited about the prospect of the weekend! Our theme this year was "Sheep and Shepherds in the Bible". We looked at the OT story of the Passover and at Psalm 23. We looked at several references in the NT and in particular at St John's Gospel, chapter 10. Drama, art and musical items came out of these studies, with prayers being written on sheep cutouts and stuck on to 2 large landscape posters painted by some of the boys. These 2 posters will be put up in 2 of our churches. All the children made bookmarks with vv.1-4 of Psalm 23 printed on them, and these were laminated and taken home. On the Saturday evening, we all went over to the church, carrying jam jar lanterns, which had been made on a previous Horstead weekend, and held a short act of worship by candle and torch light. The weekend ended with another act of worship involving most of the children in one way or another – reading, playing musical instruments, acting out the drama – and with the parents who had come to collect their offspring. One unexpected outcome of the craft activities was an outbreak of knitting! 3 girls decided to have a go at knitting and by Sunday lunch time, 12 youngsters were knitting whilst waiting for their lunch!! Thanks to the Diocesan Youth Task Force, who kindly gave us £100 again this year, and to the Horstead staff who provided us with the opportunity to go canoeing, to use the tower and the high ropes, and to have a go at archery, all of which were greatly enjoyed by the group and some of the leaders.  
E.F.

**CHURCH ANNUAL MEETINGS**

Alby Tuesday 8th April 7.30 at Alby Church  
Ingworth Tuesday 15th April 7.30 at Ingworth Reading Room  
Aldborough Wednesday 16th April 7.30 at Aldborough Church Room  
Erpingham & Calthorpe Tuesday 22nd April 7.30 at Calthorpe Church  
These are open meetings where we review the past year and plan for the future. All are very welcome.

**ASCENSION DAY** will be on **Thursday 1st May**. Holy Communion at 9.15 am at Aldborough  
7.30pm at Calthorpe

**The BISHOP of LYNN** will be making a pastoral visit to our six parishes on **Friday 9th May**  
and will be celebrant and preacher at a Group Service at Erpingham on **Whit Sunday 11th May**  
at 10.00

**CHRISTIAN FELLOWSHIP**

**Tuesday 1 April at 2.30 in the Church Room Aldborough**  
**'BUNS AND BLESSINGS'**

Do join us for this delayed March meeting – and it's not an April Fool!  
Jean Cooke and Pauline Hill will lead this social occasion. All welcome.  
and again

on **Tuesday 22 April** – same time and place  
**'THE HEALING OF MEMORIES'**

led by the Revd Brian Faulkner.

Anyone keen to know more about this aspect of healing will be most welcome.

**SPRING FESTIVAL**

**A CELEBRATION OF VILLAGE LIFE**  
**AT ALDBOROUGH CHURCH**

**SATURDAY 12TH APRIL 1.00 - 5.00**

**SUNDAY 13TH APRIL 12.00 - 4.00**

**FOLLOWING A SPECIAL FESTIVAL SERVICE AT 11.00 TO WHICH ALL ARE INVITED**

**ARTS & CRAFTS, DISPLAYS, CHILDREN'S ACTIVITIES, MEMORABILIA REFRESHMENTS (YES, THERE WILL BE A FOUNTAIN!)**

**NO CHARGE FOR ADMISSION**

**THE COMMUNITY BUS WILL PROVIDE A FREE CIRCULAR SHUTTLE SERVICE FROM THE GREEN TO THE CHURCH**

**HELPERS ARE STILL NEEDED - VOLUNTEERS PLEASE - TO MAN THE CHURCH AND SERVE TEA, ETC.,**

*Information on the festival can be found on the church website or by contacting the church office on 01463 231111*

**CHILDREN'S SOCIETY BOX OPENING.**

**Wednesday 2nd April, 11.00 - 1 .00.** at John Brown's House, The Green, Aldborough.  
Do come for a chat, coffee and cake, or leave your box before this date.

**ALDBOROUGH GARDEN CLUB**

All are welcome to the next meeting, on **Thursday 17th April** at **7.30** in the Church Room.  
C. Philcox will talk about Gardening for Birds, Butterflies and Bees.

**ALDBOROUGH & THURGARTON WOMEN'S INSTITUTE**

Meeting on **Wednesday 16th April** at **2.30** in the Church Room.  
Speaker: Mrs M. Rispin – Starting a W.I. at Sandringham in 1919



**ALDBOROUGH PARISH COUNCIL**

Items from the minutes of the March meeting (selected by the Editor)

- Norfolk County Council has agreed to donate 10 tonnes of “planings” (waste road material) to **resurface the Church Room access road**, subject to approval from the Environment Agency, which has been obtained. Delivery of the material is to be arranged for May 2008. A grant application is being submitted for the labour costs.
- **No crimes have been reported** since the last Meeting. PCSO Berrisford has enjoyed a visit to the Youth Club and will return when there is a greater attendance to speak about his work.
- Jack Rogers reported that the **Youth Club** now had 14 registered members. He indicated that up to £25,000 was earmarked for grants from April 2008 and he was working to ensure that as much of this as possible was made available for the Youth Club. The bulk of the funding is for physical schemes.
- **Planning:**  
An application for a replacement garage at 5 Old School Cottages, Thwaite Road has been approved. No objections were raised to applications to erect a first floor extension at 1 Dunno, Thwaite Hill and a replacement single-storey side extension at 3 The Mill, Mill Lane.
- Norfolk Rural Community Council are holding a meeting about **proposed Post Office closures on 26th March 2008 at Aylsham Town Hall**. Places need to be booked in advance on 01362 698216.
- A request from Alby Horse Shoes for permission to use the Village Green for the start of their **Classic Car Rally on 13th July 2008** was approved.
- **Annual Parish Meeting:** This will be on **Wednesday, 12th April** at 7.30 pm in the Community Centre. The bar will be open from 7.00 to 7.30 and after the end of the meeting. I
- The **AGM of the Parish Council** will be on **Monday 12th May at 7.30**.

**ALDBOROUGH COMMUNITY CENTRE**

**Friday 18th April - Quiz Night with supper**

Teams of 4 - £3 per person - tickets available from Post Office and Spar or ring 768280.  
Keep up to date with local news ..... you may find it useful on the night !

The **AGM** will take place on **Wednesday 14th May** at **7.30**. Even if you aren't on the committee we would love to see you. Come and let us know what else you would like to see happening at the Community Centre. Maybe you would like to get involved in some way . . . . but there will be no pressure! After the short meeting the bar will be open and there will be light refreshments.

**ALDBOROUGH VILLAGE FETE AND PICNIC - SUNDAY 29TH JUNE**

The Community Centre Committee is continuing with plans for a great **FUN DAY** - pet show, races, competitions, tombola, etc. Help is needed for children's races. There will be stalls: when you are spring cleaning save items for W.I. tombola and Church stall bric-a-brac, old china for a 'smashing' time, books for the Village Care stall. Stalls will cost £7.50 for locals, £15 for non-residents and businesses. More information from 01263 768286.

**G.I.F.T. (GOOD INTENTIONS FUNDRAISING TEAM)**

Raising funds this year for: Aldborough Surgery, North Norfolk Radio "Families First", Motor Neurone Disease and The Grand Order of Water Rats

**6th April - G.I.F.T. FACTOR - Aldborough Community Centre**

G.I.F.T. FACTOR will choose several acts to take part in the Norfolk Night which is to be held on **Saturday 3rd May** at the **Auden Theatre, Holt** at **7.30 pm**. One act from those chosen will also be asked to appear at the Annual Variety Show on Sunday 21st September, again at the Auden Theatre Holt, 2.30 and 7.30. This Variety Show is organised by the Grand Order of Waer Rats and will be a great opportunity for the chosen act to perform in a professional show.

We encourage all participants to bring with them family, friends etc., to be in the audience. (FREE ADMISSION) Entry to G.I.F.T. FACTOR will be £1 per person.

**Entry forms** are available from Sainsburys North Walsham, Roys - North Walsham, Morrisons - Cromer, several outlets in Holt or by ringing 01263 768076 or via email [davidgtiffany@aol.com](mailto:davidgtiffany@aol.com)  
**COME ON - LET US SEE THE TALENT IN NORFOLK!!**

**Saturday 3rd May - Norfolk Night - Auden Theatre, Holt**

An evening of song, dance and comedy. Local group The Castaways have agreed to appear. Tickets are now available £5 in advance or £6 on the door. Tel: 01263 768076

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**NEW! NEW! NEW!**

Beginning Thursdays 10th and 24th April

**Coffee morning - Aldborough Church Room - every fortnight!!**

**9.30 - 12.00**

Come and enjoy a cup of coffee, meet up with friends, have a chat, call in after the school run. Also G.I.F.T. (Good Intentions Fundraising Team) will be having a few stalls, second-hand books, etc  
Free admission

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**ALDBOROUGH CHURCH ROOM**

For the time-being, bookings should be made with Ruth Bayes on 01263 768063. New arrangements are being made – keep an eye on noticeboards.

We are always grateful when hirers take towels and teatowels home to wash – but *please bring them back!*

**FROM ALDBOROUGH PLAYERS**

A big thank you to everyone who came to "The King's New Clothes". We had record audiences this year for our 15th production and, as always, we really appreciated your support and enthusiasm. We enjoy our productions and it's good to know that our audiences do too.

Amazing as it may seem, our thoughts are already turning to next year. A word of clarification may be useful to anyone out there who may be interested in becoming involved in a future production. We should hate to be considered "a closed shop" but there are very real physical limitations to the number of people who can be accommodated either on stage or in the room upstairs where we change. For this reason, any newcomers are normally first asked to help out backstage in some capacity. This provides a good introduction to the company, to the time commitment and to how things generally work. The policy with children is that it is normally only those in Year 6 and above who take part (evening rehearsals being one reason for this, as well as the number of children's parts being limited) and only accompanied children or those of adult members of the Players (for reasons of health and safety and supervision).

Anyone interested in becoming involved next year should leave names and contact details (preferably Email) at the Post Office or phone Jane Maguire on 761578.

**ALDBOROUGH WOMEN'S FOOTBALL TEAM** practise on **Thursday evenings** on the outdoor astro football pitches **at Cromer High School** from **8.30pm - 10pm**.

For ages 16 years and over. **Cost £3**. Wear suitable clothing and bring some water. Any queries please ring Natasha on 07900505930.

## **HOW ALDBOROUGH SURGERY PERFORMED IN THE 2008 PATIENT SURVEY AGAINST NATIONAL BENCHMARKS**

Aldborough Surgery undertook their annual patient survey in November and December 2007. They are extremely pleased with the results against the national benchmark and they also show a year on year improvement over the last three years. The Nursing scores are shown below; the GP scores will be in next month's 'Keeping in Touch'

### **NURSING SCORES**

|  | Mean score | GPAQ benchmark for nurses |
|--|------------|---------------------------|
| Q2. Satisfaction with receptionists                        | 86         | 80                        |
| Q3a. Satisfaction with opening hours                       | 75         | 69                        |
| Q4b. Satisfaction with availability of nurse               | 75         | 71                        |
| Q5b. Satisfaction with waiting times at practice           | 75         | 68                        |
| Q6a. Satisfaction with phoning through to practice         | 79         | 67                        |
| Q6b. Satisfaction with phoning through to nurse for advice | 70         | 68                        |
| Q7b. Satisfaction with continuity of care                  | 85         | 75                        |
| Q8a. Satisfaction with nurse's questioning                 | 91         | 84                        |
| Q8b. Satisfaction with how well nurse listens              | 91         | 86                        |
| Q8c. Satisfaction with how well nurse puts patient at ease | 91         | 87                        |
| Q8d. Satisfaction with how much nurse involves patient     | 91         | 85                        |
| Q8e. Satisfaction with nurse's explanations                | 92         | 86                        |
| Q8f. Satisfaction with time nurse spends                   | 91         | 84                        |
| Q8g. Satisfaction with nurse's patience                    | 93         | 87                        |
| Q8h. Satisfaction with nurse's caring and concern          | 92         | 87                        |
| Q9a. Ability to understand problem after visiting nurse    | 56         | 66                        |
| Q9b. Ability to cope with problem after visiting nurse     | 55         | 62                        |
| Q9c. Ability to keep healthy after visiting nurse          | 51         | 61                        |

### **ALDBOROUGH TWINNING ASSOCIATION**

Villiers Saint Denis now has **un blog!** It's a very interesting blog and includes a link to the Aldborough Community website. I hope we shall include a link to theirs: <http://v-s-d-le-village.over-blog.com/>

If there are any language problems consult Jane, 761578, or Ruth, 768063. RB.

### **FROM THE EDITOR'S POSTBAG**

"So many thanks to all concerned people of Aldborough, especially my yoga friends, who helped and supported Keith and me throughout his illness. Our association with Aldborough over the years has given us many happy memories – a great comfort to me now, at this sad time.

Love to you all, Geraldine."

### ALDBOROUGH YOUTH CLUB

We meet every Friday from 7.00 to 10.00pm In the Church Room. Everyone between the ages of 11 and 18 welcome. No membership fee.

Come and join us for a chat, or play on the computers or just Hang Out with your friends.

### DO YOU LOVE WHERE YOU LIVE?

Then enter the EDP Community Awards 2008. Say what's great about where you live in no more than 400 words. **Entries close 21 April.** **Anyone can do it!** If a lot of people take the trouble to write it shows how much you care! Visit [www.EDP24.co.uk/prideinnorfolk](http://www.EDP24.co.uk/prideinnorfolk) (Aldborough was shortlisted for an award last year – it was close, so have another go!)

### ERPINGHAM with CALTHORPE WOMEN'S INSTITUTE

On **Wednesday 23rd April**, at **7.30** in the Village Hall, there will be a cookery demonstration by Anita Pye: **Simple but Tasty Savoury Dishes.**



### ERPINGHAM PARISH COUNCIL

Items from the March meeting:

Under matters arising, whilst the Clerk had been advised that **ditch clearance** on the road from The Street to the A140 would be undertaken it was felt that **more drain and pipe clearance** was needed so the Clerk would endeavour to arrange a site meeting with Norfolk County Council; he had been advised that a hedge opposite the Spreadeagle PH was adequately trimmed, an 'electric' fence was encroaching the highway, and that temporary speed signage would be addressed.

Following a meeting with North Norfolk District Council it had become apparent that they could not offer a site for a sign or bus shelter. Other locations would be considered. Up-dates for the 'Welcome Leaflet' are still sought.

Under finance the Clerk reported that the external audit had been completed with no matters for the Council to consider and the notice with the Return had been displayed; the Football Club had paid 50% of the second grass cutting charge. Payments were approved for a donation to the North Walsham CAB, the Audit Commission for the audit fee, a new notice board glass and the Clerk's 6-months' expenses.

Peter Sandy presented the **proposal for a sports arena** next to the Village Hall, on a site which the Parish Council would have to purchase; in order to test the viability of the scheme it was agreed that the Council fund the cost of a planning application, all in favour. Monies received (£250) from The Calthorpe Townland Trust would be banked and reserved towards purchase of the land. The cost of drawings would be funded separately.

In the Clerk's report he advised that the Chairman of Ingworth Parish Council had asked the National Trust to look at the suitability of a cypress hedge on the parish boundary (Green Lane). The Clerk would add the existence of barbed wire fencing beside the track there to items to be referred to the County Council. **The Village Hall had applied for a 'Premises Licence'** for which the councillors indicated that they had no observation.

Future meetings were scheduled for **May 14th (Annual Parish Meeting + Annual Meeting of the Council)**, July 9th, September 10th, November 12th 2008, and January 14th and March 11th 2009.

Under councillors' reports the Council heard about **recent vandalism** and that **hard work had improved the facilities at the Village Hall**. Concern was expressed over the **recent closure of Alby Post Office**.

### ERPINGHAM with CALTHORPE VILLAGE HALL

| <u>200 Club Results</u> |     | <u>£10</u> |     | <u>£5</u> |
|-------------------------|-----|------------|-----|-----------|
| 28-1-08                 | 177 | J.Compston | 131 | C.Brindal |
| 4-2-08                  | 5   | D.Ducker   | 160 | S.Jex     |
| 11-2-08                 | 179 | A.King     | 121 | S.Mollard |
| 18-2-08                 | 167 | S.Waldron  | 143 | L.Weller  |

The **KEITH SKIPPER PRESS GANG** evening  
on **19th April** in Erpingham with Calthorpe Village  
Hall is  
**SOLD OUT**  
*For any returns please ring 01263 761704*

**!! BINGO !!**

A reminder about this popular event  
**SATURDAY MARCH 29TH 7.30PM**  
**ERPINGHAM with CALTHORPE VILLAGE HALL**  
To guarantee a place ring 01263 761704 or 768209  
(Proceeds in aid of the Village Hall refurbishments)

**ALBY WITH THWAITE PARISH COUNCIL**

Minutes of February meeting

1. **Thwaite Common.** Mr Buchan reported on the update given by Helen Baczkowska of Norfolk Wildlife Trust to rights holders and some members of the PC; notes of the most recent meeting of the Management Committee were read out. The public meeting to explain the current situation clashed with the PC meeting. Rob Goodliffe (NNDC Site Management Ranger) was to have come on to the PC meeting, but the meeting finished before he could arrive. Clerk to contact him for report.

2. **Dog fouling.** NNDC will contact clerk when existing notices have been checked.

3. **Thwaite Common - overgrown pond.** Paul Ingham (NNDC) chased up again; clerk will try to contact him by phone.

4. **Bus shelter project.** No news on grants. Location still to be confirmed. Thanks from Richard at Alby Horseshoes for donation towards cutting. New rubbish bin has been installed at southbound shelter. Clerk to check proximity to shelter supports.

5. **Financial Report.** Current balance £972.16

6. **Audit Commission.** Since the PC does not have an external auditor, the commission would charge £65.30 an hour (plus £20 per correspondence) to audit accounts. Simon Barclay was contacted and was happy to do the accounts. The accounts are now back from the Commission without comment. In future, accounts to be discussed at AGM.

7. **Planning.** Application for replacement conservatory at Conway, Blacksmith's Loke approved unanimously.

**Date of next meeting:** Wednesday **7th May** (this could be brought forward if there is positive news re. the bus shelter grant.

**AYLSHAM COUNTRYSIDERS**



**COUNTRYSIDERS BALL**

**FRIDAY 4TH APRIL**

*Tickets in advance only!*

**AYLSHAM MUSIC** presents a lunchtime concert

In **St Michael's Church** at **1.00pm**

on **Thursday 17 April**



**Lucinder Pennick**

Pedal and Folk Harps  
£6, children free

The Jane Austen Connection  
Refreshments available for £3 from



12.15

and on **Saturday 26th April** at **7.00pm**

An evening of popular music, with Felicity Devonshire, Alison Snape, Clive Ashwin, Caroline Bull  
**£10 to include light supper and wine**

**CITIZEN'S ADVICE BUREAU**

has a monthly session in Aldborough Community Centre

The next will be on **Monday 7th April, 1.00-4.00.**

Open to residents of all local villages.

**Ring 01692 405847 for an appointment**



2008

Empowering people    Christian Aid Week    11-17 May

**NORWICH CATHEDRAL** is currently looking for volunteers to help in the Shop, expected to serve customers and chat to visitors in the Cathedral, perhaps to do some light dusting and re-stocking. Shifts are typically for three hours during the morning or afternoon. In return, 10% discount in the Shop, a free drink in the Refectory.

A 'freeby' recently picked up in Norwich highlighted a feature of the Cathedral under the heading 'Love and the City': "Head to Norwich Cathedral for a snuggle in the cloisters. Take a romantic stroll among the largest monastic cloisters of any English cathedral – it should be enough to send temperatures soaring. Open from 7.30am to 6.0pm daily" Another take on global warming?

**Norfolk County Teleclub (Annual membership £40 (£10 per quarter))**

Aims to provide emotional support, mental stimulation, social contact, fun and entertainment for the over 65s over the phone

- This is a social club using the telephone and Internet.
- Up to three calls a week to join in activities eg quizzes or discussions.
- Chaired phone-in 'coffee morning' discussions.
- A contact service putting you in touch with others with similar interests.
- Birthday and Christmas cards.
- A quarterly postcard and newsletter.

Call 01603 785261 for more information and membership enquiries

**NOTES from ALBY'S HISTORY**

Before the official government Censuses there were occasionally figures produced by local people. The then Assistant Curate produced figures for Alby in 1811 when the population was 227, there were 33 houses occupied by 54 families and 2 empty houses. 32 people were employed in agriculture and 5 in trade. How does this compare with almost 200 years later? In 1841 people were asked to record where they had been born and there was only one person living in Alby who had not been born in Norfolk: how different would this figure be today?

**From 'The Book of Useless Information** Springtime encouragement for gardeners: slugs travel at a top speed of 0.007mph and have up to 27,000 teeth. No wonder one can sometimes hear them chomping!

**THANKS** for a donation recently received from readers in Derbyshire!

**THE NEXT ISSUE** Copy please by **Monday, 14th April.**

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