

# KEEPING IN TOUCH

# MARCH 2013

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

## CHURCH SERVICES

Holy Communion unless marked. \*=an unusual time or place M=Matins E=Evensong

MARCH	Lent 3 3rd	Mothering Sunday 10th	Lent 5 17th	Palm Sunday 24th	Easter Sunday 31st
ALBY	Group Eucharist 10.00	3.30 E	--	--	*8.00
ALDBOROUGH	↑ ↑	11.00 *Family Service	8.00	11.00	11.00
CALTHORPE	↑ ↑	--	9.30	--	9.30
ERPINGHAM	↑ ↑	9.30	--	9.30	--
INGWORTH	↑ ↑	11.15 M	3.30 E	--	--
THWAITE	↑ ↑	9.30 M	11.15	6.30 E	--

## WEEKDAY SERVICES

Wednesdays 9.15 at Ingworth  
 Thursday 7.30 pm at Calthorpe (14th only, Benediction)  
 at Erpingham (21st only, HC)  
 Friday 1st 9.00 am Messy Church at Erpingham  
 \*8th 9.15 at Aldborough  
 22nd 9.30 at Alby

## SERVICES of HOLY WEEK

Palm Sunday, 24th March 9.30 am Erpingham Parish Communion  
 11.00 am Aldborough Parish Communion  
 6.30 pm Thwaite Evensong  
 Tuesday, 26th March 7.30 pm Calthorpe Stations of the Cross  
 Wednesday, 27th March 9.15 am Ingworth Holy Communion  
 Maundy Thursday, 28th March 11.00 am Norwich Cathedral, Mass of Chrism  
 7.30 pm Erpingham Liturgy of the Last Supper & Watch  
 Good Friday, 29th March 3.00 pm Aldborough Hymns, readings & reflection  
 Easter Eve, 30th March 12 noon Erpingham Confessions (or by arrangement)

Easter Day, 31st March **EASTER COMMUNION at**  
 8.00 am Alby  
 9.30 am Calthorpe  
 11.00 am Aldborough

*Please ask if you need transport for any of these services.*

The Rector will gladly bring Holy Communion to any housebound communicant who contacts him.

Parish Priest: Fr Brian Faulkner, The Rectory, School Road, Erpingham  
 01263 768073 e-mail: [brian-faulkner@lineone.net](mailto:brian-faulkner@lineone.net)  
[www.scarrowbeckbenefice.org.uk](http://www.scarrowbeckbenefice.org.uk)

**FROM THE RECTOR**



Journeys are part of life and not just in terms of travel. For in our meeting with others, in our reactions to others, and in our growing older, we rightly take new bearings, and think in new ways.

We would never presume to know everything there is to know about those dearest to us, simply because we have been together for many years. Relationships that are real change and develop.

It is in that context that I invite you to share in the events of Holy Week and Easter. The story of Jesus is not fixed in stone but touches our humanity. It shows us what love is like.

Whether you are a regular churchgoer, or hardly ever attend church at all, the acts of worship that begin with Palm Sunday and continue on Maundy Thursday, Good Friday and Easter Sunday are part of a picture that is worth more than just a glance.

Let it become an invitation to so much more.

Fr Brian

**FROM THE REGISTERS**

<b>Funerals</b>	at St Mary’s Erpingham	17th January	Rosie Whitehead
	at St Mary’s Aldborough	22nd January	Ray Moffett



Alby Church

**GROUP SERVICES**  
**Sunday 3rd March, 10.00, at Alby**  
**and**  
**Sunday 7th April, 10.00, at Thwaite**



Thwaite Church

**MOTHERING SUNDAY** Please note that **the Family Service this month will be on 10th March**

Week beginning Sunday

**PRAYERS FOR THE PARISHES**

MARCH

- 3 Aldborough: Mill Lane and Church Lane
- 10 Erpingham: Jubilee Close, Birch Court, and Lowlands
- 17 Alby: The Common, Blacksmith’s Lane and Church Lane
- 24 Ingworth: The Street
- 31 All the parishes in the benefice

**CHURCH AGMs**

Your parish church can’t operate without the continued involvement of many people.

Central to this are the discussions and decisions that happen at our AGMs.

These meetings are for everyone. Please come and take part.

Erpingham & Calthorpe	Tuesday	26th February	7.30	at Calthorpe Church
Aldborough w. Thurgarton	Tuesday	5th March	7.30	at Aldborough Church
Ingworth	Wednesday	6th March	7.30	in the Parish Room
Thwaite	Friday	8th March	7.30	in Thwaite Church
Alby	Tuesday	12th March	7.30	in Alby Church

**prince Andrews Chapel**  
Aldborough

*Living out the message of Jesus in North Norfolk*

*We are part of God’s family - ordinary people who believe that what the Bible teaches is relevant to each one of us.*

*Want to find out more? – You are welcome to join us on Sunday mornings @10:45am, for about an hour, where we learn together from the Bible about God’s love for us all.*

*For more info, call Martin & Ruth (761468) or David & Jean(768416)*

[www.princeandrewschapel.org.uk](http://www.princeandrewschapel.org.uk)

**CHRISTIAN FELLOWSHIP**  
in Prince Andrews Chapel, Aldborough  
**Tuesday 19th March, 2.30 - 4.00**

**TOPIC: KINDNESS**

What springs to mind when you think of "kindness"? Tell us about some act of kindness you have received. And what does the Bible have to say on the subject?

In brief, any little item about kindness will, we hope, uplift our afternoon.

**Do join us for fellowship, friendship and the kindness of hospitality!**

Postponed from last month - **please note the date** - this is not in the usual week of the month.

[For more information please contact Pauline Hill on 768738]



**CLUB** for 5 - 11 year olds

**CRAFTS AND ACTIVITIES**

Thursday 7th March

6 pm - 7.15 pm at Prince Andrew's Chapel

**CHILDREN'S SOCIETY BOX OPENING.**

**Wednesday 10th April** at John Brown's House, Aldborough Green. Please bring boxes between 11.00 and 1.00 for tea, coffee and a chat.

If this isn't convenient please bring your box before this date to help our treasurer.

We look forward to seeing you.

Glenys Padgham

**ALDBOROUGH SCHOOL**

We have had a busy start to the spring term.

**As a Heartstart school** we joined in a national initiative and raised money for the British Heart Foundation by wearing red for the day and completing lots of physical activities during break times. These were organised and led by our 10/11yr olds and a magnificent job they did too!



**We were successful in securing another British Council Grant** for a further two colleagues to visit Dedza in Malawi and set up shared learning opportunities between the children at Kalinyeke School and our children. The teachers go out during May half term and the new Head Teacher of Kalinyeke will return in June to spend ten days in our school. Look out for our **Jumble Sale** kindly being organised by the Wilson Family on **Saturday 9<sup>th</sup> March 10.00 to 12.00 at the Community Centre**, proceeds from this will go to Kalinyeke and our school.

**Our annual trip to London** will be in **early March**. This time we are off to the **National Portrait Gallery**.

**A pleasant Ofsted letter.** We were expecting a call from Ofsted but instead we got a letter to say an interim assessment of our standards over the last three years had been carried out and they were confident that the school's performance had been sustained, and as a result the next full inspection will not take place any earlier than summer 2014. We were thrilled!

Tina Casburn

**JUMBLE SALE**

**Aldborough Community Centre Saturday 9th March 10 – 12**

Raising money for Aldborough Primary School and our partnership school in Malawi

**Donations of Jumble needed; clothes, bric-a-brac, toys etc.**

Sarah Wilson 01263 761767



THE NEXT **FARMERS MARKET** in aid of Stepping Stones Pre-School will be on **SUNDAY, 3rd March, 9.30 - 12.30**, in Aldborough Community Centre.

Reg. Charity no.1077895 **There will be markets on the first Sunday of each month.**

**Stepping Stones Pre-School would like to invite everyone to a  
Mothering Sunday Big Breakfast,  
10th March, 8.30-11.00  
at Aldborough Community Centre**

Full English or Continental Adults £5.00 Children £3.00

Reduced prices for pre-booked tickets

Tombola & Raffle Cakes & Mothering Sunday Gifts Face Painting & Tattoos

Tickets available at Aldborough Post Office and The Spar

Contact Julie on 01263 768616 if you are able to make a donation of produce or a raffle prize

### **MID- LENT SUNDAY - WHAT SHOULD WE CALL IT?**

For this Editor there is no doubt about it – ***Mothering Sunday*** is British and traditional, kept since the 17th century on the 3rd Sunday before Easter. ***Mother’s Day*** is American and commercial – and in the US it doesn’t even relate to the same Sunday. In 1913, the US Congress officially dedicated the 2nd Sunday in May to the memory of “the best mother in the world – your mother”. European countries too have a secular festival for mothers in May. Language specialists lay the blame squarely on the US forces who came to Britain in the 1940s and mixed the two ideas. Commercial concerns such as card and gift makers were quick to spot the opportunity to widen their markets – but the name Mothering Sunday is the one used in the church’s calendar, remembering the times when young apprentices and domestic workers were allowed a Sunday off to visit their mothers and perhaps take them posies of flowers that they had picked on the way, when the rigours of Lent were relaxed and when believers were encouraged to visit their ‘mother church’, which usually meant the cathedral. In some parts of the country this was also the Sunday for the simnel cake, a rich fruit cake, with a thick band of marzipan in the middle as well as on top; this too has got confused with the traditional Easter cake which had eleven balls of marzipan on the top representing eleven of the disciples - no Judas.

RB

**ALDBOROUGH WILDLIFE GROUP** proudly presents at **Aldborough Primary School** on **Wednesday 6th March at 7.30, two films by local film-maker John Snape:** ‘The Miracle of Birdsong’, and ‘Magpies in Picardy’.

***This is a re-scheduling of the programme cancelled in January because of snow.***

Entrance is free, but donations can be made at this meeting to the Simon Aspinall Wildlife Education Centre fund at Cley. We hope for a great turn out for this interesting programme.

During the evening new and old members will be able to enrol for the year for £8.

We hope to see you there. More information from Christine Carlson, 761715, or Anne Murat, 761597.

At the regular meeting on **13th March at 7.30 in Aldborough Church Room,**  
**Dr Pam Taylor** will talk about **Dragonflies.**  
**Everyone welcome!**

## **ALDBOROUGH COMMUNITY CENTRE**

will be closed for redecorating from 26 March to 6 April.

**ALDBOROUGH CHURCH ROOM** The recent 'BEAT the BLUES' Evening raised £1029.00 from sale of tickets, donations, raffle and plants! The money will go towards the expense of further drainage work in the churchyard, which has been advised by our architect.

To raise such an amount in one evening is tremendous and it was great fun too. We have an amazing team of helpers, entertainers and organisers – thanks to everyone. It was good to be able to welcome our friends from St Giles Norwich too, especially on such a cold evening. S.M.

## **ALDBOROUGH GARDEN CLUB**

All are welcome to the next meeting, on **Thursday 21st March**, at **7.30** in the **Church Room**.

Penny Clarke will give a glimpse 'Behind the scenes in the gardens of Felbrigg Hall'.



## **ALDBOROUGH PLAYERS**

To mark our 21st anniversary, I am writing a short history of the Aldborough Players. If anyone outside of the Players has any memories or anecdotes about any pantomime or play we have done, I'd be delighted to hear from you. Any comments or views (positive or negative) on either pantomimes or summer productions also welcome.

Jane Maguire (tel. 01263 761578 or email: [sjmaguire0401@aol.com](mailto:sjmaguire0401@aol.com))



**ALICE in WONDERLAND** or should it have been called 'Alice in Dibley'?

What a cracker of a performance for the 21st anniversary! It went with a verve and a swing from start to finish – a brilliant idea to start with, superb sets and costumes, and, as usual, providing parts for about 40 local people of all ages on stage, backed up by the musicians and the practical skills of another

30 or so behind the scenes. What team work! The line-up of no fewer than six Dames was impressive and colourful – some had been involved since the earliest productions, but I believe there was only one Player who had been on stage in every one of Aldborough Players' pantos. Do you know who?

Looking forward to another 20 years of fun! R.B.



## **A MATTER OF LIFE AND DEATH 11th – 12th May, 10.00 - 4.00**

Aldborough Church in recent years has celebrated baptism and had a festival of marriage, so it is logical to continue with a celebration of death. End of life concerns us all. Planning is making progress for a weekend of information and advice from professionals such as a solicitor, an undertaker, palliative care nurses, with floral displays and an exhibition of memorabilia, records and registers, quizzes and other activities for children, and tea, coffee and cakes.

**Norman Lamb, MP**, has agreed to open the event at 10.30 on the Saturday, and there will be a special service for all six churches of our benefice at 10.00 on the Sunday (everyone invited). Not just C of E – it's for the whole community. More details next month.

**ALDBOROUGH LIONS FOOTBALL TEAM** have strung together a fine run of five wins on the bounce, culminating with a fine 7-2 demolition of Blakeney on Saturday 2nd February. The Lions are now sitting third in division two after some scintillating football over the festive period which included a narrow victory in the derby against Erpingham and a hard fought win against top of the league Cromer. The reserve team have a new manager at the helm in the guise of Jonny Pratt. His side have been steadily improving with a notable performance against Erpingham Reserves where they ran out 4-1 winners.

If you would like to follow the Lions throughout the season then take a look at <http://www.nenleague.org> for fixtures and results. Adam Brown

The next **MESSY CHURCH** will be on **Friday 1st March, 9.00**, at **Erpingham Church**. Children, parents, staff and friends enjoy a shared activity. All are very welcome!



The period **25 Feb – 10 March** is designated **Fairtrade Fortnight**.  
 Fairtrade products are available at **Erpingham Village Hall coffee mornings every Wednesday morning, 10.00 – 12.00**

***Erpingham Café Church at the Village Hall***  
***Sunday, 3rd March: Visiting guests lead us:***  
*International students from Capernwray Bible College, Carnforth.*  
***and Sunday, 17th March: "Towards Easter"***  
 each followed by shared tea together in the hall.  
 Please join us for these informal times.  
 Both events start at **5:00 p.m., with tea around 5:45 p.m.**  
*Tony and Jacky Peacock (768041)*

**ERPINGHAM VILLAGE HALL**

<b>200 Club Results</b>		<u>£ 10</u>	<u>£ 5</u>
24-12-12	172	Mrs M. Allen	169 M. Matthews
31-12-12	113	M. King	149 Mr & Mrs Wood
07-01-13	21	D. J. Nichols	200 Revd B. Faulkner
14-01-13	183	M. Daniels	177 J. Compston

**ERPINGHAM WITH CALTHORPE VILLAGE HALL** Registered Charity no. 1009281

**The Annual General Meeting** will take place in the Village Hall  
 on **Wednesday 6th March at 7.30pm.**

As well as receiving reports and accounts for the year, the meeting will elect the Management Committee for 2013. There is an urgent need for new volunteers to stand for election. The meeting is open to all residents of Erpingham and Calthorpe and refreshments will be served afterwards. The Committee will value any input from residents about activities that you would like to see in the Village Hall in the future.

**Among topics we would like to discuss are improvements to the Hall and future events.**

## **ERPINGHAM with CALTHORPE WOMEN'S INSTITUTE**

President: Yvonne Moore, 01263 768358 Secretary: Clare Wilson, 01263 761350



Our January meeting was held amid the winter snow, despite which a good group attended including new and prospective members. It was worth the effort as we enjoyed a fascinating talk and film show of local wildlife, from an accomplished speaker, Mr John Snape.

Our first competition of the year was for a wooden ornament and was won by Jan's wild life themed carving.

Also this month we have re energised the swimming group, the walking group have ventured out on a blustery day, and the bowls team are back on form. Craft competitions are entered and teams of crafters are producing quality entries. The real joy is that one category is for biscuits. Much experiment and testing takes place at those sub group events.

The meeting on **Wednesday 27th March at 7.30** in **Erpingham Village Hall** will be celebrating the Birthday of this Institute, with '**Living History at Blickling Hall**'.

### ***Film Nights at Erpingham with Calthorpe Village Hall:***

*Our last film night of this season will be on*

***Friday 22nd March at 7:30 p.m.***

***FREE entry! Do come!***

There will be a brief half-time interval for a hot drink (*donations welcome*)

*Details from: Tony Peacock: 768041; email: tonyandjacky@btinternet.com*

### **COME AND JOIN THE FUN!!**

**Scottish - Ceilidh Dance Class in Erpingham Village Hall**

**Starting Thursday 7th March, 7.30 - 9.00**

**Dance first of all means having fun!!!**

**Keeping fit with lots of laughs and lots to learn!**

**Please contact Joyce Sutherland, RSCDS teacher, to register interest before this date.**

**Tel: 01263 761165 (H) 07788 990 447 (M)**

**or just turn up, on your own or with a friend.**

**If enough people are interested the class can then go ahead.**

**GIVE IT A GO!!**

## **Prayer Pilgrimage on Thursday 14 March in Norwich Cathedral**

with the new Archbishop of Canterbury, The Most Revd Justin Welby

Everyone is welcome at the Cathedral to join Archbishop Justin in prayer at any time from **12 noon - 5.30pm**. Come and go as you wish

There will be prayer "stations" including prayer spaces, prayer trees, labyrinth, prayer globe, candles, music, silence, biblical reflection etc..

Children and schools especially invited. FREE entry and no need to book.

Choral Evensong will conclude the day at 5.30pm.



“Lent is really about giving away more than giving up”, writes Bishop Graham. “It prepares us for Holy Week and Easter and Jesus giving his life away for us.”

The north of Uganda has been devastated over the past years by the ‘Lord’s Resistance Army’. People had to leave their own homes to seek refuge in camps. With the threat receding, the camps are closing, but how do people re-establish their communities when they have nothing? Freda Lewis, a retired teacher living in Norwich, first went out to Lira as a volunteer to give humanitarian aid in the Internally Displaced People’s camps. She distributed relief supplies to people on the verge of starvation, living without hope of relief or an end to their suffering. She later returned on her own and established **The Oasis of Life** charity which raises money to alleviate the despair and despondency of children living in IDP camps in northern Uganda. It uses small scale projects to make a real difference. **The Norwich Diocesan Lent Project is partnering with ‘Oasis of Life’ to build a clinic at Lira, to provide some of the basic medical health care we take for granted for our own children.**

More info at [www.theoasisoflife.co.uk/](http://www.theoasisoflife.co.uk/)

Last summer, the Revd Adrian Miller, Team Vicar in Tas Valley Team Ministry, led a team of over 20 people, mainly from Norfolk, to a school established by World Shine ministries in a poor part of West Uganda at Rwentobo. Children travel up to 10 km into school: this affects attendance and can be dangerous - particularly for the girls. The school has been designed so dormitories can be added, and **we hope to raise enough money through the Lent Project** to secure the building one of these so the children living furthest from the school can be educated safely.

See [www.norwich.anglican.org/lent](http://www.norwich.anglican.org/lent) or contact the Revd Graham Steel, The Rectory, Main Road, Fleggburgh, Great Yarmouth NR29 3AG [grahamsteel@tiscali.co.uk](mailto:grahamsteel@tiscali.co.uk) 01493 368210.

## **Archdeacons’ Charge at Raynham Hall near Fakenham on Bank Holiday Monday 6 May at 11am**

Everyone is invited to walk or run up to 10 miles (or from as little as 3). Half of the money raised by runners or walkers through sponsorship will go to the AIR AMBULANCE and half to YOUR LOCAL CHURCH. We will credit it to your church’s Parish Share.

**Get involved to raise money for your church and the East Anglian Air Ambulance.**

£40,000 has been raised so far by this enjoyable activity, enough to keep the helicopter flying for two days, or pay for half a priest for a year.

**What about organising a benefice team of walkers and runners?**

Aldborough’s parish share was reduced by £160 last year – it’s well worth doing and fun.

Contact Sharon Costello on 01362 688032 or [sharon.costello@norwich.anglican](mailto:sharon.costello@norwich.anglican)

**Changing lives for the next generation**

You can make a real difference by leaving a gift to your church in your will

- Say “thank you”
- Enable mission
- Reduce your inheritance tax

Pick up a leaflet in your church or visit [www.norwich.anglican.org/legacies](http://www.norwich.anglican.org/legacies)

Changing lives for the next generation



presents a lunchtime concert in St Michaels's Church, Aylsham  
on **Thursday, 21st March, at 1.00:**

**Clarinet Connections**

Andy McCullough      Clarinet      *Max Bruch, Mozart, Schumann*  
Steve Doman            Viola  
Jennifer Hughes        Piano

**Entrance £7, children free. Refreshments £4 from 12.15–12.40.**

**CROMER FOOD BANK** [www.cromerdistrict.foodbank.org.uk](http://www.cromerdistrict.foodbank.org.uk)

**Please help feed local people in crisis.** Tins, sealed packets, jars, cartons can be left in our churches at a Sunday service or given to a churchwarden. No 'out of date' items please.

**THE NEXT ISSUE** Copy please for the April edition by Monday 18th March

**THANKS** for donations recently received from readers in Aylsham and Hanworth, and from Erpingham PCC towards the cost of the website.

Cheques should be made out to Keeping in Touch and sent to the Editor:

Ruth Bayes, Chesterfield House, The Green, Aldborough, Norwich NR11 7AA. 01263 768063 [rmbayes@tiscali.co.uk](mailto:rmbayes@tiscali.co.uk)

**PLEASE SUPPORT THE ADVERTISERS** There are new ones recently!

ANN COLMAN - ARTIST, in the Lower Courtyard, ALBY CRAFTS Paintings, handcrafted cards, cardmaking and craft products. Cardmaking classes available Tel. 07789 224341 or 01263 768218	BARRY'S PEST CONTROL Discreet service (no writing on van). Ring 01263 587776 or 07876102918.
FOOD 4 THOUGHTS - catering at very competitive prices. Funeral & memorial teas, parties, business lunches, children's themed parties, etc. We can supply crockery, cutlery, table linen etc. Hire of wedding cake stands. Tel: 01263 768076 or 761227	ALBY KITCHENS at the Downtide Centre For all your kitchen needs - worktops, units, doors, sinks, appliances and more. All at great prices - supply only or full installation . 01603 755019 <a href="mailto:office@gtnorfolk.co.uk">office@gtnorfolk.co.uk</a>
GARDEN MAINTENANCE. Regular or one-off garden maintenance and clearance for residential or commercial gardens/grounds. I love the jobs you hate! Contact Kenny on 07791429052 or e-mail <a href="mailto:kennyhiggs@live.co.uk">kennyhiggs@live.co.uk</a>	HALLS PROPERTY SERVICES Ltd 01263 761819 PVCU windows, doors, conservatories. Fascia & guttering, kitchens, bathrooms & wetrooms, all general building work. Local authority grant work undertaken. Free quotations.
POTTERY MATERIALS and BEE-KEEPING SUPPLIES at Alby Craft centre. Helen – 07947 880163 <a href="mailto:angliaclaysupplies@gmail.com">angliaclaysupplies@gmail.com</a> <a href="mailto:Helen@allbees.info">Helen@allbees.info</a>	Alas! The TeaCozy on Aldborough Green has closed, but Mandé has other ideas for using The Old Bakehouse. Watch this space!
JONES THE SWEEP. Stoves, open fires & solid fuel appliances swept. Member of Guild of Master Sweeps. Fully insured. 01263 833362 or 07799 484012 <a href="http://www.jonesthesweep.co.uk">www.jonesthesweep.co.uk</a>	ALBY'S DOLL SHOP, now in the Lower Courtyard, Alby Crafts. Dolls' handmade outfits, houses and furniture. Also vintage clothes 1940-1980, furs and handbags. Tuesday – Sunday, 10.00 – 5.00 07867 528588
NORTH NORFOLK FUELS. Cash & carry coal products available from our yard at 13 Jubilee Close, Erpingham. Coal, anthracites, smokeless fuels, kindling, logs. Open every day. Call 01263 761359 or 761822 for our opening times.	MOONLIGHT AQUATICS for all your tropical fish, coldwater fish and accessories. Silk flower arrangements for all occasions. Downtide Centre, Cromer Road, Erpingham, NR11 7QA Large car park. 01263 761590.
THWAITE COMMON RIDING STABLES North Norfolk Pony Club Centre providing lessons, hacking, pony days and riding holidays for young people of all abilities. 01263 761787 email: <a href="mailto:thwaitecommonridingstables@hotmail.com">thwaitecommonridingstables@hotmail.com</a>	THE PET STOP Pet food, bird food & much more... Downtide Centre, Cromer Road, Erpingham, NR11 7QA Large car park Tel: 01263 761556 Website: <a href="http://www.thepetstopalby.co.uk">www.thepetstopalby.co.uk</a>
J. READ, PAINTING & DECORATING/PROPERTY MAINTENANCE <a href="http://www.jreaddecorating.services.officelive.com">www.jreaddecorating.services.officelive.com</a> 01263 768402 or 07913 929789	EDWARD BOTWRIGHT, CARPENTER & JOINER (Aldborough) 07826 546588 <a href="mailto:eddybotwright@hotmail.com">eddybotwright@hotmail.com</a>
NEED A CLEANER? CALL GALINA ! Do you need help with cleaning or ironing? Call Galina on 01263 577464 or 0777 5432 229 for more details, or e-mail <a href="mailto:galina123@btinternet.com">galina123@btinternet.com</a> . References available.	EARLY BIRDS TAXIS Early till late. Private hire for all occasions. LOCAL LONG DISTANCE AIRPORTS 01603 755588 <a href="http://www.earlybirdstaxis.co.uk">www.earlybirdstaxis.co.uk</a>
MUTTZ CUTS - complete dog-grooming with care and kindness. Clipping, scissor trimming, nails, bathing, ears cleaned, hand stripping, anal gland relief. Call Louise (Aldborough) 01263 761268.	IAN WRIGHT Farm fresh pork from our own herd of rare Essex sows Orders taken for roasting joints, chops,sausages,bacon, hams. 01263 761461, or see us at Aldborough's Farmers' Market, 1st Sunday
ALSTON & BROWN at Alby Crafts & Gardens A unique hair salon & colour specialist. Call Sarah on 07771 822 930 We also design & make bespoke clothing to suit your style & budget	FRAMED@ALBY Studio 7, Lower Courtyard, Alby Crafts David Coppendale 07989 747 165
TINA READ, REIKI FOR ANIMALS - Benefits may include: Improvement of behavioural issues, deep relaxation and a sense of well-being. Tel: 01263 768402 <a href="http://www.animaltranquillity.co.uk">www.animaltranquillity.co.uk</a>	The KRAFTY KNITTER. Wool, knitting supplies and Gifts. Downtide Centre, Alby. 07570 762658. 9.30 – 4.30, every day but Monday.

