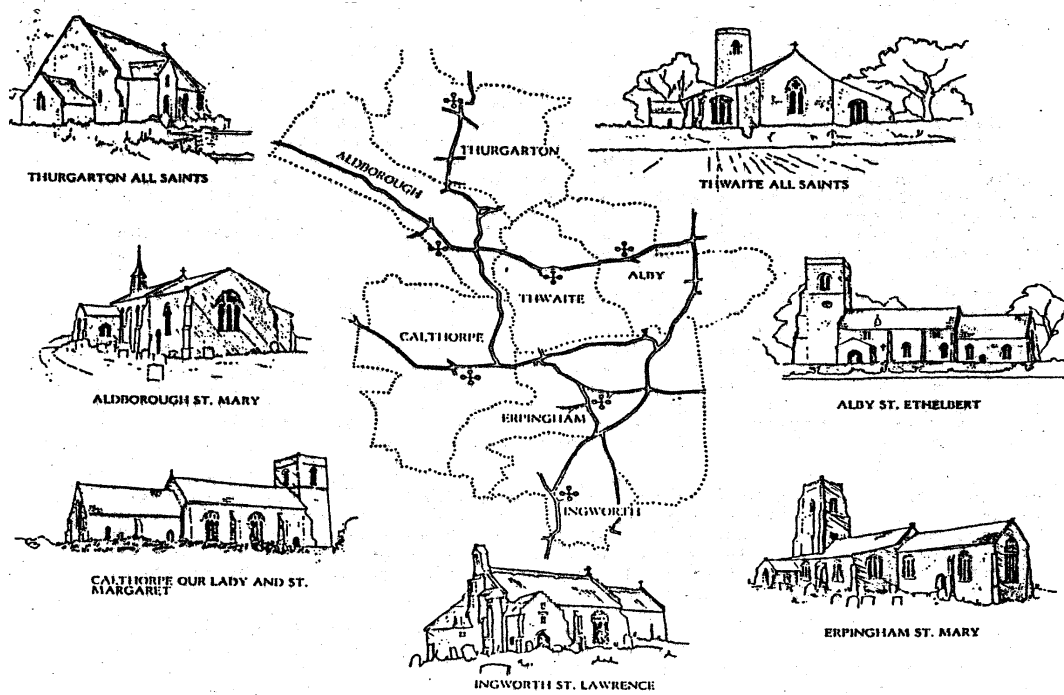


# KEEPING IN TOUCH

AUGUST 2014

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



## CHURCH SERVICES

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

AUGUST	7th Sunday after Trinity 3rd	8th Sunday after Trinity 10th	9th Sunday after Trinity 17th	St Bartholomew's Day 24th	11th Sunday after Trinity 31st
ALBY	↓ ↓	6.30 HC	--	--	--
ALDBOROUGH	↓ ↓	11.00 HC and Baptism	8.00	11.00 Family Service	11.00
CALTHORPE	↓ ↓	--	9.30	--	9.30
ERPINGHAM	↓ ↓	9.30	--	9.30	--
INGWORTH	↓ ↓	10.00 M	6.30 E	--	--
THWAITE	↓ ↓	9.30 M	11.15	6.30 E	--
THURGARTON	Group Service at 11.00* Family Communion followed by a picnic and games				

## WEEKDAY SERVICES

Wednesdays 9.15 at Ingworth  
 Thursdays \*6.30pm at Calthorpe (HC 7th, Benediction 14th)  
 Erpingham (HC 21st, Benediction 28th)  
 Friday, 22nd 9.15 at Aldborough

Parish Priest: Fr Paul Thomas, The Rectory, School Road, Erpingham  
 01263 761110 e-mail: synergyatwork@aol.com

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



**FROM THE RECTORY**

Hello Everybody

I happened to overhear one of my parishioners saying to someone, "Don't bother Father Paul, he's very busy". I can't deny that I am kept busy, but I am never too busy to answer a call for help, or to respond to anyone's need, or a request for a visit, or indeed just a chance meeting for a chat. I am here for you.

The Erpingham Fête was a great success and you will by now be aware that it raised a record amount of money and appeared to be enjoyed by all who came. A renewed thank you! Don't forget to put in your diary the date of **the Trosh**, which this year is on **Sunday 14th September**.

Whilst we are looking ahead, **5th October is Stewardship Sunday** when we remind ourselves of the need to consider our commitment to the churches, whether in our giving or in our talents. It is preceded on the Saturday by the distribution of pamphlets to every house in the Benefice seeking your help in keeping our churches open and properly maintained. Most of you will have received this edition of Keeping in Touch before or on the start of the month. If that is the case then remember **3rd August is our Group Service at Thurgarton Church**, one of the rare times that it is used for worship, and all are welcome to come along at 11.00 am for a Family Communion with a Picnic, outside if fine or inside if wet. We shall also be remembering those who gave their lives in the First World War. Do come along.

I once again invite you to come to any of our services when you will be warmly welcomed.

Best wishes

Fr Paul

**FROM THE REGISTERS**

<b>Weddings</b>	at Ingworth	5th July	Mercede Mercer and Martin Brown
	at Erpingham	12th July	Samantha Bumphrey and Robert Bird
<b>Funerals</b>	at Aldborough	10th July	Winifred Flowerdew
		11th July	Patricia Ferry

**GROUP SERVICES**

**Sunday 3rd August, 11.00, at Thurgarton Church**

**Family Communion with Picnic afterwards**

(Please bring your own lunch – hot & cold drinks will be provided)

**7th September, 10.00, at Calthorpe Church**

Week beginning Sunday

<b>AUGUST</b>	3
	10
	17
	24
	31

**PRAYERS FOR THE PARISHES**

Thurgarton: Bessingham Road, Chapel Road
Aldborough: Doctor's Corner and Hall Road
Calthorpe: The Street and Wickmere Road
Alby: Church Road, Lane End and Middle Hill
Aldborough: Prince Andrew's Close and Thurgarton Road

**Prince Andrew's Chapel**  
**Aldborough**  
*Living the Message of Jesus in North Norfolk*  
**Sundays @ 10.45 for about an hour**  
**All are welcome to join us as we worship God**  
**and study the Bible together**  
 John & Jenny (577624) or David & Jean (768416)  
[www.princeandrewschapel.org.uk](http://www.princeandrewschapel.org.uk)

**OPEN CHURCHES WEEK** In this benefice all our churches are always open, at least in hours of daylight. Some areas of Norfolk aren't so fortunate, but most of the county's wonderful medieval churches will be open **2 -10 August**. Some, like Erpingham (see page 6) will offer refreshments, and others will have special exhibitions.

**CHRISTIAN FELLOWSHIP** - No meeting in August – look forward to September.

### **Aldborough Community Bus**

One of the benefits of our Community Bus is that it is available for private hire. Most afternoons, evenings and weekends anyone, an individual or club, can hire the bus with a helpful volunteer driver. We transport people to and from the show on Cromer Pier, weddings, birthday parties, pub nights, theatre visits etc. etc. We give you a quotation based on the mileage involved, and the monies help keep our bus running, despite the cuts!  
To discuss your trip please contact **Nita Good on 01263 761580 or [goodnita@hotmail.com](mailto:goodnita@hotmail.com)**

**ALDBOROUGH GARDEN CLUB** Next meeting on **18th September**.

*Editor's note:* I was asked recently to look up the date of an event in back copies of 'Keeping in Touch' and my eye caught an item in September 1988 asking if there was anyone interested in forming a Gardeners' Club. There was an exploratory meeting in October, and in January 1989 the Club was properly formed with 18 members. The Flower Show pre-dates the Club. **For the results of this year's Show see page 9.**

**ALDBOROUGH COMMUNITY CENTRE 200 club**

Because of declining membership, the management committee has decided to discontinue this fundraiser. The rules state that if the membership falls below 150, the prize money must be reduced pro-rata, so this decision has now been made. Thanks go to all who have supported over many years. Any ideas for a similar scheme would be most welcome.

**ALDBOROUGH COMMUNITY CENTRE EVENTS – dates for diaries**

**20th September** The Cromer and Sheringham Brass Band will be playing, 7.30pm start. Watch out for posters with details of ticket prices. More information next month, or contact Jean Wheeler, 768280.

**25th October** Quiz night.      **22nd November** Race night.      **17th January** Table top sale.

The Centre and the Brass Band have also been booked for a Christmas Celebration on **Sunday 21st December, 11.00.**

**HELP NEEDED in Aldborough Church**

We are in need of extra names on the cleaning rota: you don't have to be a church attendee, just someone who loves the building and wants to see it cared for. Contact Anne Bettany 01263 768681.

**ALDBOROUGH CHURCH ROOM** **Wednesday after school activity** will re-start on **10th September**.

*An appreciation:* Heavy rain and hail were forecast for our planned BBQ in June. 38 members and carers were expected, so I rang to book the Church Room. 'About with Friends' had a great time that afternoon. Thank goodness we had this venue – long may it be there for us. Many thanks. G.P.



THE NEXT **FARMERS MARKET** in aid of Stepping Stones Pre-School will be on **SUNDAY, 3rd August, 9.30 - 12.30**, in Aldborough Community Centre.  
**There will be markets on the first Sunday of each month.**

**ALDBOROUGH WILDLIFE GROUP** No meeting in August – look forward to **10th September**.

Village Care would like to express their warmest thanks to Julie and her team at the 'Black Boys' pub for their recent kind donation of £65.00.



### **VILLAGE CARE TRANSPORT**

Our new system is generally working well. We will always do our very best to find drivers, but there may be occasions when this just isn't possible. It is currently proving especially difficult on Saturdays, in the evenings and at short notice. It would be helpful, therefore, if appointments at these times could be avoided and as much notice as possible given for all requests.

We have reviewed the cost of the service, looked at drivers' expenses and taxi fares to our most common destinations. As a result, the following are new suggested contributions:

Norfolk & Norwich University Hospital

Return journey by taxi about £70      Suggested contribution to Village Care **£25.**

Local hospitals (Cromer, North Walsham)

Return taxi fare about £25      Suggested contribution **£10**

Aldborough Surgery      Free for Aldborough residents; otherwise remains at 50p per mile

We hope that everyone will regard these suggestions as fair; we receive no funding and rely on donations, fund raising and these contributions to continue offering the service.

**You are warmly invited to attend the Village Care AGM  
on Thursday 11th September at 7.30pm in the Church Room for  
an account of our work during the past year  
and the Election of Officers for the coming year  
followed by**

**'A Meandering Life': a short talk by Father Paul Thomas**

**This promises to be an interesting and enjoyable evening – delicious refreshments too!**



**The Black Boys, Aldborough, will be holding a Macmillan Coffee Afternoon  
on Wednesday 24th September, 2.00 – 4.00**

We need donations of cakes and items for a bring and buy stall,  
to be dropped off at the pub in the morning.

**All proceeds to Macmillan Cancer Support.**

**GIFT (Good Intentions Fundraising Team)** would like to thank everyone who came to the Annual Hog Roast on 13th July - we all had a fabulous afternoon. A big thank you must go to Billy Hammond for hosting it again at Manor Farm – albeit in the Barn. We think we made the right decision, but I know how much time and effort Billy had put into his garden for it to be, as usual, delightful.

The **next GIFT event** is the **1940s Evening on 19th September at Aldborough Community Centre.**

Tickets, price £8, will include a 1940s style meal, entertainment and dancing, and can be reserved by phoning Yvonne on 01263 768076

### **ALDBOROUGH SURGERY Stop press news**

As this edition of 'Keeping in Touch' goes to the printers, news about changes will be beginning to break. Dr Wood has written a detailed letter to all patients – copies can be picked up at the surgery. The major change is that he has decided to leave at the end of this year, after 26 years here. Some of us remember his arrival as assistant to Dr Skipper, and then time in a portacabin while the new surgery was being planned and built. There have been constant developments, extensions to the building and its services, and then conversion to a 2 partner practice – all adding to patient care.

Other surgery news is that Dr Masters will retire in September, as will Julie Grey, practice manager, who will be getting married and moving to the Midlands. Dr Sian Thomas will continue to provide cover for Dr Baker's maternity leave. And Dr Fleming is staying.

Dr Wood says he could not have chosen nicer patients, or a village with a stronger sense of community.



## INGWORTH TROSH and FUN DOG SHOW



Sunday 14 September 1.00 – 5.00

**Troshing (threshing the old way) on fields further east this year  
(and we hope for better weather than last year!)**

### HELP WANTED!!

If you can contribute in any way to the following stalls we would be very grateful. The stall holders are listed below. **All phone numbers 01263 ...**

**Refreshment tent** – filled rolls, sausage rolls, cakes, scones etc. Helen Burrell 768209

**Cake stall** – Mavis Waite 768597

**Plants, vegetables, fruit, and produce stall** – Mecki Green 761480

**Tombola** – Daphne Nichols 761704

**'As new' saleable goods/books/bottles** – Joyce Duffield 761356

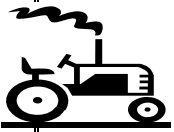
Things can be brought on the day, or if you want to deliver them beforehand or need them collecting please ring the stall holders or Helen Burrell on 768209

In addition **we will need lots of help** on the **Saturday, 13th September**, to help put up tents.

**After the Trosh on the Sunday we need all that help again** to take tents down and clear the site.

**Please ring Alan Witham on 761156** if you can help in any way. It's a lot to do but good fun if we have enough people!

**If you have vintage tractors/machinery, side shows or other attractions  
or would like to have a stall (£20 donation) at the Trosh,  
please ring 768209 Or 761156  
(You will need your own table/gazebo/insurance)**



Profits in aid of Alby, Erpingham and Ingworth churches. Aldborough Church will be having a stall - contact Anne Bettany, 768681. The Trosh raises crucial funds towards trying to keep these beautiful medieval churches in good order.

### Erpingham and Calthorpe Church Fête at the Rectory

A record crowd and a record amount raised for the two churches means a highly successful fête.

A very big thank you must go to Father Paul who allowed his Rectory to be turned upside down both inside and out. I don't know if he quite realised what he was letting himself in for when he took over the job of Interim Priest!! Not only that but he was seen to be busy cooking and serving hot dogs as well as taking time off to enter Luke in the 'Dog most like his owner' competition. With Luke (a black Labrador) with a dog collar matching Paul in his black shirt – the result was perhaps inevitable and I understand the squeaky toy is still going strong!

An equally big thank you must go to Ros Horne, her friend Mary and the 2 judges for running such a spectacular dog show. A lot of dogs brought their owners along and we are pleased to report that they and their owners were very well behaved. A dog agility course added to the fun, including some owners having to go through the tunnels first to encourage their pets to follow them!

And we are not forgetting all those many people who put in hours of time to make the fête a success of course. Thank you to **every one** of you.

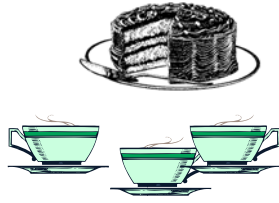
The amount raised was around **£1,200** to be divided between the 2 churches.

H.B.

**CALTHORPE Parochial Church Council** urgently needs a **Treasurer**.

If you think it's for you please contact Fr Paul Thomas as soon as possible.

01263 761110 or [synergyatwork@aol.com](mailto:synergyatwork@aol.com).



**TEAS during OPEN CHURCHES WEEK**  
**at Erpingham Church**  
 on  
**Saturdays 2nd & 9th August**  
**Sundays 3rd & 10th August**  
**2pm to 5pm**

**Come and enjoy a drink and a homemade cake whilst you look around our beautiful church.**  
**Some cakes and produce for sale.**

### **Erpingham Community Church**

As reported last month, on **Sunday 3rd August**, we shall be meeting at **10.30 (NOT 5.00)** and we will have a shared lunch together afterwards. The congregation from Emmanuel Church, Aylsham, will be joining with us for the occasion - so do join us as well!

A warm welcome is offered to everyone to join with us - in the **Village Hall in Erpingham**. Our gatherings are informal, yet hopefully informative and challenging, as we seek to understand more about what it means to live out our Christian faith today.

Our meeting on **Sunday 17th August** will be at the usual time of **5.00** and will be followed by afternoon tea together at the end of the meeting.

For more information, please contact us. Come along and try it - you'll enjoy it - we don't usually sing!  
*Tony and Jacky Peacock (768041 - or [tonyandjacky@btinternet.com](mailto:tonyandjacky@btinternet.com))*

*Have you heard ....??*

### **Erpingham Multi-Use Games Area**

(next to the **Village Hall** on The Street, NR11 7QD)

is **North Norfolk Big Society Fund's**

### **Community Project of the Year!**

..... and it's always **FREE** to use, for Tennis\*, Cricket, Football, Basketball, or any other sporting activity of your choice. (\*Tennis Net available: please email for details - [erpinghammuqa@yahoo.co.uk](mailto:erpinghammuqa@yahoo.co.uk)) Open 9am 'til 8pm **every day** – 8am 'til 9pm on weekdays.

#### **ERPINGHAM and CALTHORPE VILLAGE HALL**

200 Club Recent Winners		<b>£10</b>	<b>£5</b>
09.06.14	88	F. Pointer	6 A. Sharpe
16.06.14	115	Luke King	8 A. Payne
23.06.14	49	J. Peacock	156 G. Craske
30.06.14	38	J. Eagles	5 M. Allen
<b>£150</b>	149	Mr & Mrs A. Wood	<b>£100</b> 179 Angela King
			<b>£50</b> 7 L. Brett

**Have you looked at the Erpingham and Calthorpe website recently?**

Go to [erpinghamwithcalthorpepc.norfolkparishes.gov.uk](http://erpinghamwithcalthorpepc.norfolkparishes.gov.uk)



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

President: Christine Jope 01263 768665 Secretary: Judith Harden 01263 761



As this British summer meets expectations, hot and very sunny with strong winds flattening the herbaceous borders (note to self - remember to stake next year), and torrential thundery storms beating at the ragged roses, we can console ourselves with the thought that it is downhill all the way to Christmas!

Erpingham with Calthorpe WI still have a very busy summer programme to enjoy.

Our June Garden meeting exceeded expectations. For a delightful change our various partners were invited to join us in the garden of our host and her husband. He barbecued and we ate strawberries picked that morning, before the meeting proper, during which the guests were entertained to a quiz while business was discussed in the garden room. Another activity ensured that afterwards we all got to see the full extent of their glorious patch. (Read a full report on our website).

4 members enjoyed the latest arranged outing by vintage coach to Somerleyton Hall. It was a perfect blue sky summer day, with cake. (Full details are available on our website.)

A group of members entered a conceptual piece in the Royal Norfolk Show WI craft competition. We won no accolades but had great fun, fuelled by the occasional afternoon tea and iced Pims while creating the entry.

Did I mention the website? Thanks to one of our more recently recruited members, Hannah, we have a website which actually arrived at the same time as her new baby; congratulations Hannah on all counts. She took the work of our website group and turned it into reality.' **Erpingham with Calthorpe WI** ' will find us on your search engine and the web address is **athenawi.wordpress.com** The site will give reports with photos of our activities and lots of information about our WI. We hope in due course, to develop an archive of past activity and ask anyone who has records of past events to let us know all about them, especially if there are photos.

We will also be inviting members to contribute to the website and hope to establish links with many related activities. The site is very much in its infancy and we hope that all of our members will contribute to it as it develops, including those who are not on line, as **WE WILL ARRANGE CONTACT EVENTS FOR MEMBERS WITHOUT A COMPUTER TO MAKE SURE THAT THEY SEE EVERYTHING.**

**We do hope that people who are not WI members will give us a look** too, as in time it will contain something to interest everyone. Also, for the first time we will be tweeting..... Watch this space.

Looking ahead, on **Sunday 28th September** we hope to arrange a **grand village-wide car boot sale or French style Brocante** in Erpingham, and will be inviting anyone with an attic full of gems that they no longer require to hold a stall on their own drive - share with a neighbour or borrow a friend's drive or garden if you do not have space or if you live outside the village. The plan is to register all stall holders for just £1 at the village hall and offer refreshments there during the period of the sale, from 10am to 2pm. A map showing the location of participating stalls will be provided for just 50p to potential customers. ingBuying or selling, full details will be published on our website and a contact address and phone number for registration will be published in September's In Touch, or speak to a member of our local WI at our tent at the TROSH.

Our next meeting will take place **in the Village Hall, as usual at 7.30pm on Wednesday 27 August - Wildlife Close to Home, with David North.** The competition will be 'a wildlife photo'. Ladies welcome guests from all surrounding villages as well as our members to enjoy the evening which will include teas and coffees.

### **50/50 SALE at THWAITE CHURCH, Saturday 23rd August, 10.00 – 4.00**

Come along to enjoy a glass of wine and nibbles and to see the many items for sale - the 'Loved & Lived-in' range of clothes (previously at Alby Crafts), pictures, bicycle parts, good bric-à-brac and more! Do call in. Entry and wine free.

Contact Lesley Hennessey 01263 761873 or [lesley.alby@gmail.com](mailto:lesley.alby@gmail.com)

## **ERPINGHAM with CALTHORPE PARISH COUNCIL**

Items from the report of the July meeting- Editor's choice

Rob Goodliffe was in the chair and apologies were received from two members.

**Matters arising:** Remedial highways work had been carried out on The Street and the Erpingham Lodge road had been resurfaced. The footpath clearance to the Alby shop had been scheduled, but the Council felt it needed a more comprehensive cut back; this would be arranged and the Clerk would liaise with Alby pc about longer term maintenance. The Clerk would also follow up with Norfolk County Council again about the Calthorpe junction.

**Planning:** the extensions at Laurel Cottage, School Road and the notification of barn to residential at The Sheepfold, Windmill Farm had been permitted, as had the extensions at By The Way, Eagle Road, Ingworth. The Council had no objection to a workshop at Chapel House, Chapel Road, an extension with verandah at West End Cottage, Ingworth, or side and rear extensions at Willow Cottage, The Street. The Council considered NNDC proposals for residential development on Eagle Road and heard the background to this from the NNDC perspective; Norman Smith, as District Councillor, had arranged a public meeting to gauge general reactions; the Council agreed to review the situation when more information, including pre-planning consultation, is available.

**Finance:** The VAT reclaim had been received, the Internal Audit had been completed and the Annual Return submitted for External Audit. E.ON had offered to renew the fixed price terms for the Multi-Use-Games-Area electricity but as demand was unknown it would be left at a variable rate. The Council considered the policy of seeking contributions for playing field maintenance and dog bin servicing. This issue is wider than just the financial contributions. It was agreed that the Clerk would write to the Village Hall committee to suggest open and informal discussions as to how the grounds maintenance and associated responsibilities can be reviewed. This year the Parish Council would not seek the Village Hall contributions for grass cutting and dog bin clearance. Payments due were approved.

**Members reports :** The parish website had gone live. There was an update on the preparations for the 2015 Agincourt programme. The Clerk was asked to contact the contractor about the standard of the grass cutting as many areas had been left untended, and he would contact BT to ask for clearance and cleaning around the telephone box in The Street.

## **ALBY with THWAITE PARISH COUNCIL** Items from the report of the June meeting (Editor's choice).

**County councillor** John Timewell spoke positively on the changes at NCC, moving away from the Cabinet model in favour of a form of committee governance. The Norwich Northern Distributor planning enquiry has begun and is expected to take six months to complete.

**District Councillor** Norman Smith, reported that Police Crime Commissioner Stephen Bett is preparing to introduce a mental health worker in the force control room to ensure that they are taking the appropriate action in certain cases.

The **Erpingham Defibrillator** will be sited near the Bowling Green by the Village Hall. It will have a combination lock that the ambulance service will be able to communicate to the responder.

**Planning** The application relating to Hill House , Alby, has been approved by NNDC.

The costs of installing and maintaining a dog waste bin on Thwaite Common were discussed: action - to talk with the owner of the camping site.

*With the meeting adjourned, a member of the public commented on the visibility of the camp site as the surrounding hedge is being strangled with ivy so is not giving a lot of cover.*

**Correspondence** A Thwaite resident had phoned to report danger from a falling tree, large dead branches, and cables brought down. This has been dealt with.

**Any other business** The footpath by Blacksmiths Loke is overgrown – to be reported to NCC footpaths. The next meeting will be on Wednesday 10th September at 7.30 pm at Thwaite Church room.

\*NB- These Notes are informal and are not comprehensive - to see the full formal Minutes, please make an appointment with the Parish Clerk, Mrs Sheila Vince 01263 761818.



**INGWORTH PARISH COUNCIL** The next meeting will be on **Monday 1st September.**

**Items from the report of the July meeting – Editor’s choice**

At the July meeting Gill Chambers was nominated and duly co-opted to join the Council.

On a **planning** item for an extension at West End Cottage, Ingworth, the Council studied the application and resolved to object on the grounds that this was a large development in a rural setting with concerns over the accuracy of drawings and light pollution.

The council reviewed the **proposal by National Trust to lease/manage a riverside area** by the Bure and the working party reported on their meeting when they considered the issues to be resolved before the Council should decide whether to progress the proposal. The Clerk had obtained National Trust’s permission for volunteers to maintain the gardens pro tem and was asked to request a draft licence from National Trust, to be followed by a site meeting with them; he had received straightforward advice from the Council’s insurers as to necessary actions. The Council received a risk assessment which demonstrated the Council acting with due diligence, thus satisfying the insurer’s requirements. It was confirmed that, as a statutory body, its members would not be personally liable for any claim against the Council.

**NORFOLK CHURCHES TRUST SPONSORED CYCLE RIDE, 13th September**

The Norfolk Churches annual Sponsored Bike and Walk is an event which should appeal to anybody who would like to take a bit of exercise, who appreciates the importance of our churches to the Norfolk landscape and wants an opportunity to raise money for their local church and the Norfolk Churches Trust.



The Bike ride has raised around £2,600,000 over the last 30 years. Half of that money was given back to the participants' chosen churches and the remainder has been used by the Trust to give grants to hundreds of churches to be used for repairs, renovation and the conservation of their buildings. Over 600 church buildings will open for one day in the year for everyone to explore.

There should be something for everyone in this year's event:

If you want a challenge then compete to be on the **wall of fame for the most churches visited.**

**If you are top fundraiser in this year's ride you will receive a certificate from HRH the Prince of Wales.**

**If you are not a cyclist or even a walker** then you can still take part by either being sponsored to drive around churches or by acting as a steward on the day.

There is going to be a **photograph** competition this year and even a prize for **best refreshments.**

Last year raised over £110,000 and was made up of lots of donations some large, but mostly small, which collectively make a huge difference in helping to preserve our Norfolk Churches.

Go to <http://www.norfolkchurchestrust.org.uk/bikeride-day> to find out more

**ALDBOROUGH GARDEN CLUB** presented the 2014 Flower and Vegetable Show on 19 July, so this is a Stop Press item. (For main Club news see page 3.)

The weather started thundery and raining but cleared up during the morning, with the afternoon hot and humid. There were 40 exhibitors showing 240 exhibits, slightly down from last year.

One of the judges told us that the quality and quantity of flowers and vegetables was very good and better than some larger towns she judged. The Hall looked very colourful with the flowers exhibited on the centre tables.

<b>Overall Show Winner</b>	The Donald Cup	Maxine Moody
<b>Flower Section</b>	Ron Henshaw Cup	Glenys Padgham
<b>Vegetable Section</b>	Anne Hammond Trophy	Bob Evans
<b>Cookery Section</b>	Snelling Rose Bowl	Sue Buchanan
<b>Photography Section</b>		<b>Sheila Evans</b>
<b>First prize for miniature garden (children)</b>		Lilly Cubitt
<b>Best in Show</b>	Bob Evans	

**The show in 2015 will be on Saturday 18th July.**

**AYLSHAM AND DISTRICT CARE TRUST** is developing its dementia services based at the ACT Community Centre.

We are now running Cognitive Stimulation Therapy (CST) groups. CST is a therapy specifically to help people with mild to moderate dementia.

We have 2 activity days, one based around Arts and Crafts, the other focussing on more physical activities, these groups are both accessible to people with memory problems. We are also working on developing a sensory garden as a therapeutic activity, opposite our 'Crumbs' café which serves hot and cold drinks, snacks and full meals and is open to all.

For more information on any of the above services please contact:-

Sarah Purdy , Dementia Services Development Manager , Aylsham Care Trust

Tel 01263 733385

Email [sarah@aylshamcaretrust.com](mailto:sarah@aylshamcaretrust.com)

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**Age UK Norfolk** has now extended its Home Support and Care Service to North Norfolk residents. The service is designed to help older residents who are still living at home with anything from household tasks to shopping and offers friendly

companionship. SupportGivers are available for regular or occasional visits from as little as one hour up to eight hours a day, five days a week. For more information or to book a free consultation, call 0303 3000 285. Calls are charged at standard local rates and are included in all telephone packages offering free local calls. Alternatively, visit [www.homesupportandcare.com](http://www.homesupportandcare.com)##



In the year April 2013 – March 2014 the public donated 28 tonnes of food and toiletry items worth £47,000 through 100 volunteers, 67 partner organisations, over 70 churches, as well as individual donors, schools, groups, and organisations.

***Crisis occurs in many forms: benefit delays and changes; fleeing violence; debt; sudden unexpected bills; low pay; health issues; bereavement; homelessness.....***

***We give more than food: time; respect; a safe place to talk; signposting for underlying needs.....***

**We received 1079 requests for help We provided sufficient to feed 2357 people**

**One third were children From the trustees and clients: THANK YOU !**

**Items most needed now** – rice, UHT fruit juice, coffee (jars or refill packs), UHT milk (semi-skimmed or skimmed, tinned sponge pudding, tinned potatoes and other vegetables, cuppa soup, sugar, men's razors and foam, jam, marmalade, squash.

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## **DIOCESAN NEWS**

During the school holidays the Diocese of Norwich is organising a 'Summer Trail' through those churches which have a special self-inking stamp: there is a colouring-in map to download where families can record the churches where they have found a stamp by using it. In this benefice, Erpingham and Aldborough have each signed up for a stamp, and other local churches in the scheme include Wickmere, Itteringham, Saxthorpe and Edgefield. Visit [www.dioceseofnorwich.org/summer](http://www.dioceseofnorwich.org/summer) to find out more and download the map and churches.

## **NEW REVS**

**The Church of England will be ordaining nearly 1000 men and women this summer including 18 in Norfolk recently.**

The candidates come from a range of backgrounds, each bringing unique life experiences to their ministries, the deacons putting on their dog collars for the first time, the new priests ready for a new range of responsibilities. Who knows if there is a future Bishop among them?





## HELL AND HUMOUR IN THE TRENCHES

**Wednesday 6 August at 7.30.** This fully staged show in **Aylsham Town Hall** will be complemented by an exhibition of local WW1 connections in St Michael's Church.

After my short introductory film about the importance of the natural world to soldiers in the stress of active service, local actor Hugh Lupton will read poems by Sassoon, Owen, Thomas and others. TV and radio presenter Helen Mc Dermott's readings will recall the often forgotten torment of the women left behind to cope with chronic anxiety, loneliness and grief. The Iceni Choir will sing some of the evocative trench songs whose saucy wit and humour gave courage to the soldiers long before the age of counselling and valium. Tickets at the door £12 to include wine etc, children free, or in advance from Barnwells of Aylsham £10, or phone 01263 768441. Proceeds to 'Help for Heroes'. John Snape

**THE NEXT ISSUE** Copy please for the September edition by Monday 18 August.

Thank you for a donation from Village Care.

Cheques for donations and adverts should be made out to 'Keeping in Touch' and sent to the Editor:

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