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**PARISH NEWS**  
**Spring 2019**  
**(for March to May)**

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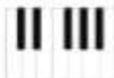
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## How entitled?!?

I recently sat down with an abuser and the woman he had been abusing for some years. He admitted to what he called “emotionally damaging behaviour” and “an idealism about marriage” that had led him astray—but he refused to accept that he had been abusive, on the grounds that it hadn’t been a “pattern of behaviour”. I don’t know where he got that definition of abuse from—perhaps he had read the Serious Crimes Act 2015, and didn’t want to admit to something that could land him 5 years in prison? Anyhow, it was textbook stuff. There is only one route from “an idealism about marriage” to



“emotionally damaging behaviour”: the “idealism”, beliefs and values that have been conditioned within us, lead to expectations of how others should behave and what we are entitled to. When it doesn’t work out like that, we feel forced to try to control the outcome and to control those others, whether by physical force or otherwise. And that leads to emotional damage. The root beliefs around entitlement. The core trunk of control. And the many branches and fruit of abusive behaviours. As I say, textbook stuff.

It made me think again about how important it is to challenge our own deeply held beliefs about what we think we are entitled to do, to look at, to expect from others. A false sense of entitlement (more commonly conditioned within men, sad to say) is responsible for a lot of suffering, and until we deal with that, we’ll continue to see 1 in 10 relationships harbouring abuse of some sort. My dear friend, Natalie Collins has organised a day conference in London on 23<sup>rd</sup> March, to launch her new book, “Couples, Conflict and the Capacity for Change”, at which many talented leaders in their fields will be pointing towards a different way. If you want to know more, drop me a line.

This Lent, we’ll be meeting in Hanover Gardens Lounge on Wednesday evenings, thinking about what we learn from the church in India, and helping to tackle modern day slavery. We’re also encouraging as many as possible to take up walking or running at least 1km per day through Lent. Use the hashtag [#40k4lent](#) on Twitter or Instagram to let us know how you get on. Hopefully, it’s something achievable that we can all benefit from over Lent.

On church fabric and churchyard matters, almost all of the recommendations from our last quinquennial report have now been done and the font restoration is in progress, thanks to your generous support. We also have new heating in, which is making a big difference. The graveyard rules are still being looked at and after lots of to and fro, we may get a final resolution on that by the time the next edition of MPN comes out.

Wishing you a fabulous 2019!

Adrian

## **From the Registers** (Mulbarton unless otherwise stated):

### **BAPTISMS**

4 Nov 2018 – Cecilia Mary Rose Berney at Bracon Ash

25 Nov 2018 – Huxley Ashley Whitehouse

### **WEDDINGS**

17 Nov 2018 – Thomas H R Wharton & Pearl K L Mortlock

### **FUNERALS**

8 Nov—Kenneth Flowers at Earlham Crematorium

14 Jan 2019—Anne Elizabeth Gotts

30 Jan—Elizabeth Valiant at Swardeston

### **BURIAL OF ASHES**

21 Nov 2018—Daphne Smith

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## **Messy Church....**

...leapt back into action in 2019 with our first gathering during February half term. We meet again in the school Easter holidays on **Thursday 18 April** and in the May half term on **Thursday 30 May**.

We will be in Mulbarton Primary School from 10 am to 12 noon. We have a lot of fun and usually get quite messy exploring a Bible story through crafts, activities, acting out the story, song and prayer. We draw everything together with lunch, which is provided. Do come along and join in, meet other families and find out more about how we can follow Jesus in our everyday lives. Cost: £1 for each adult and child to cover costs.

*Cathy Nicholls*



### **HOLY WEEK & EASTER**

Look out for details of daily prayers and outdoor runs across the parishes through the week, as well as Easter Garden making at Bracon Ash Church on **Saturday 20th April**.

**14 April:** PALM SUNDAY **10am** All Age service in Mulbarton

**Mon 15 April:** Tenebrae service (darkness to light), **7.30pm**, Flordon Church

**Thurs 18 April:** Maundy Thursday Communion, **7.30pm**, Mulbarton

**19 April:** GOOD FRIDAY **10am** Walk with the Cross from Catmere Herne/ Cuckoofield Lane junction to village sign ( then hot X buns in Harvest House)

**2pm** Meditation round the Cross, Hethel Church

**21 April:** EASTER DAY—see back cover for services at Mulbarton (8am & 10am), Bracon Ash (9am) & Flordon (6.30pm)

## FROM THE EDITOR

WELCOME to the Spring issue, with several new items—including a very important request for your views on the possibility of erecting a new War Memorial (see page 15). *Please respond!*

One name stands out from the list of those who died recently (opposite): 'Liz Valiant was, I believe, the very first editor of Mulbarton Parish News when a newsletter was proposed by the then Rector to make sure the growing number of newcomers knew what was going in. Although started (and paid for) by the church, the Rector was anxious to involve the Parish Council and include all village organisations and events. That was back in the late 1960s, when the likes of Birchfield Gardens and Southern Reach were being built!

Today, we hope Parish News continues to help newcomers and make you all feel welcome—and I would like to say a special THANK YOU to the army of distributors who deliver it to every door every quarter. If you could help with that task, contact Pauline Campion (details below).

Speaking of EDITORS—I'm still hoping someone will volunteer to be Assistant Editor soon, with a view to taking over in 2020... Let me know if you can help.

The next issue is the **SUMMER** one, for June, July & August. Because of holidays among the team I need to make the FINAL COPY DATE slightly early: it will be **WEDNESDAY 24th APRIL**—immediately after Easter. However, I really value having items sooner: most contributors were brilliant in sending items for this issue early—*thanks!* So please think about those balmy summer days and let me know your events, and tell us how your activities this Spring have gone

### THE TEAM:

Editor: Jill Wright (570532) [dandjwright@hotmail.com](mailto:dandjwright@hotmail.com)

Distribution: Pauline Campion (570335) [pauline.campion@btinternet.com](mailto:pauline.campion@btinternet.com)

Proof-checking: Sue Stirling

Production: Rev. Adrian Miller

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*Jill*

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## VILLAGE INFORMATION

Hello to all reading this quarterly Parish News, and welcome especially to newcomers – it's a great source of information, with contact details etc. for local services, Clubs, organizations and events, especially if you aren't a computer user! Well done to all the volunteers involved in its production and distribution.

There is also a free WELCOME Booklet with lots of local contacts' information, which is available from the Parish Council Office at the Village Hall 01508 578134 (24hr answerphone) or to view/print via their website <http://www.mulbarton.org.uk/>

As well as the Booklets, there's a Village website, [www.mulbarton.info](http://www.mulbarton.info) where you can find a printable Village Map, and link to a Google Village Calendar on the 'Home' and 'Notice Board' pages for easy reference to local events! Please e-mail me via the 'Contact us' button if you have a comment or question about any of these.

I send monthly info-mails to a number of local contacts, which are sent Bcc so personal details are not shared with any other recipients, and names can be added (or removed) on request in writing please to comply with GDPR. There is a link to a printable PDF version of the latest one at the top of the Notice Board page of my website, these have dates and details of local news and events for the coming month.

If you are new to Mulbarton, or have a new neighbour, do let me know so I can pop a map and welcome note in the door!

Thank you again, for all the encouragement and support I receive!

Marina, 578186 [marina@mulbarton.info](mailto:marina@mulbarton.info)

## USEFUL TO KNOW

### Other useful websites:

Parish Council: [www.mulbartonpc.org.uk](http://www.mulbartonpc.org.uk)

Mulbarton surgery: <http://www.mulbartonsurgery.co.uk>

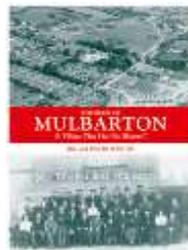
Church group: <http://mulbchurch.org.uk>

**Riches Trust** (a local charity) can make small grants to residents to meet specific needs. You can contact the Almoner in total confidence: Pauline Campion (570335) [pauline.campion@btinternet.com](mailto:pauline.campion@btinternet.com)

**RED CROSS loan equipment** (walking frames, bedpans, commodes, wheelchairs, etc) available via Dr Andrew Fairclough, Mill House, Norwich Road, Mulbarton on B1113 opposite village sign (entry at side). Tel: 570377

**The Book of Mulbarton** (a large-format hard-back, Halsgrove, £19.99) is still available at Paddock Farm Shop or from the author, Jill Wright (editor of this magazine—contact details p.5)

The village history website is at [www.mulbartonhistory.org.uk](http://www.mulbartonhistory.org.uk)



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## FROM THE PARISH COUNCIL

### PROPOSED NEW DEVELOPMENT

As I write this report (27th January 2019) we have just found out that at the 11th hour SNC's Planning Department, under planning rules, have had to grant Lanpro yet another extension of time for their application at Paddock Farm, despite under the same rules having to refuse us/other organisations the same opportunity. The application was due to be heard by SNC on the 30th January 2019, with a recommendation by the officer for refusal under a number of grounds. Both the District Councillor and ourselves find it very frustrating, particularly too for those residents who have taken the time and effort to produce a response/petition to this application and may have booked holiday/taken time off in order to attend the meeting.

Also on the horizon is the new Greater Norwich Development Plan and if all the sites being put forward were to be implemented then 4,000 houses would be added to Mulbarton within the Parish boundaries- not including large scale plans for our neighbouring Villages. I have instigated a meeting of the Chairmen of neighbouring villages/parishes to formulate a joint strategy to combat unwanted and unnecessary developments.

### PRECEPT

At the Parish Council meeting in January the Councillors elected to keep the Precept the same as last year i.e. no increase. This is despite the council tax support grant from SNC being reduced to zero; it was £3,743 a few years ago. We have

been able to do this by careful management of our resources and maximising returns on our assets.

### RESOURCES & ALLOTMENTS

We have worked hard to increase resources available to all age groups over the past twelve months; with the introduction of outdoor table tennis, Pickleball, tennis and the relocation and refurbishment of the youth shelter, which was languishing in Orchard Park and is now located near to the main Village Hall building. The MUGA is also marked out for netball if you fancy getting a team together.

We have instructed a solicitor to assist in finalising the handover of the first phase of the new allotments at Oakley Park, and they are dealing with SNC and Hopkins Homes and their responsibilities with regards to planning approval and S106 agreement. The aim is to have them ready for the spring. If you would like to have an allotment on this site then please get in touch with the Parish Clerk.

### LEST WE FORGET

Lest we forget: following last year's centenary Remembrance Day the Parish Council are asking for your views on installing a memorial, to all that have served in conflict, to be erected somewhere prominent in the Village and accessible at all times for the villagers. More details are given in the article on page 15, along with the relevant contact details.

On a similar theme, the Parish Council are pleased to be involved with the Church and the Commonwealth War

**(contd. on p.13)**



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**From the Parish Council Chairman** (continued from page 11)

Graves Commission to try and refurbish the grave of Frank Barrett, who is the only victim of the First World War to be buried in our Churchyard.

Don't forget local elections will be taking place in May when both the District and Parish Councillors are up for re-election (see below).

*Peter Leigh* (Chairman, Mulbarton Parish Council)

Email: [mulbartonparish@btconnect.com](mailto:mulbartonparish@btconnect.com) Phone: 01508 578134

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The **Parish Office** is to right of the Village Hall main entrance, where the opening times are displayed on a notice on the door.

**ANNUAL PARISH MEETING 7pm on MON 13<sup>th</sup> MAY in Village Hall**

**Interested in becoming a Parish Councillor?** Local Council Elections are in May, for both District and Parish Councils. Any parishioner can apply to become a Councillor, either by standing for election or by expressing an interest – Mulbarton Parish can have 11 Councillors and if more people stand there will need to be an election. More information about being a Parish Councillor can be found at <https://www.south-norfolk.gov.uk/residents/elections-and-registration> or by contacting the Parish Clerk (contact details above).

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## Lest we forget

Mulbarton Parish Council welcomes your views on the proposal for a new War Memorial in the village.

Did you know that there are 2 War Memorials in the village?

One is a wall plaque inside Mulbarton Church, giving the names of parishioners who gave their lives in both the First and Second World Wars. The clock in the Church tower is the second war memorial: both are complemented by the Roll of Honour in the Church porch. However, as it is 100 years on from the end of the First World, is now the right time for the current residents of Mulbarton to create our own memorial to all those (not just those from Mulbarton) who gave their lives and who served, not only in the two World Wars, but also in other conflicts since?

The intention is that any new memorial would be located in a prominent position in the village that we all pass by or can go to reflect and remember.

A new memorial could be a freestanding traditional design such as a cross or obelisk that is seen in many villages or it could be something more contemporary such as the shard recently erected as a war memorial in Brundall (below right) which carries the words of the poem "Lest we Forget".

How much will it cost? This is difficult to estimate and will depend very much on what is decided taking into account any design fees and the type of material used.

### Let the Parish Council know:

What you think of this proposal?

What design you would like the new memorial?

Where should it be located?

You can contact the Parish Council: Post at Parish Office, The Common, Mulbarton, NR14 8AE; Telephone: 01508 578134; or e-mail: [mulbartonparish@btconnect.com](mailto:mulbartonparish@btconnect.com) Website:

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## DISTRICT COUNCILLOR'S REPORT

Our new Managing Director, Trevor Holden, is now in post. A new Senior Management Team is being formed jointly with Broadland District Council at Director level.

The system of Members' Ward Grants will continue for the next financial year. Residents or Groups are invited to apply for these. The intention is that the grants will provide financial seed corn to facilitate the implementation of local projects. Recipients this year have included the Scouts, Brownies, the Pickle Ball project and Mulbarton Words Week. Recipients are not allowed to reapply for two years after receiving a grant, so new applicants will be welcome.

Following my last report South Norfolk Council should be issuing an indicative report on future development proposals in the District. There will be an opportunity to comment on this later in the year, before any firm proposals are made. The issue of the five year land supply drags on with conflicting advice from month to month. It is anticipated that the Government will publish a new methodology in the spring which may be favourable to our area.

*Nigel Legg*

Our **Community Connector** is **Rachel Mahoney**. If you need help with anything from a broken washing machine to looking for a new hobby you can contact her on 07972 731176 / [rmahoney@s-norfolk.gov.uk](mailto:rmahoney@s-norfolk.gov.uk) Or you can make an appointment to see Rachel when she's at the **GP Surgery, Tuesday afternoons between 1-4pm for 'Social Prescribing' - Appointments** need to be made by contacting the receptionist on 01603 977477 then choose Option 3

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**Mulbarton Scout & Guide HQ:** available to hire at an hourly rate. Please call Malcolm Court on 570461 for further details.

**Bracon Ash & Hethel Village Hall & Social Club:** has free superfast broadband & WiFi. Available to hire for private parties, etc. at very reasonable rates. For further details contact Liz Heath on 571388 [liz.heath1@outlook.com](mailto:liz.heath1@outlook.com)

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# MULBARTON WORDS WEEK 2019

## June 2<sup>nd</sup> to 7<sup>th</sup>

Now in its 5th year, Mulbarton Words Week has some exciting HEADLINE EVENTS to offer. Already confirmed for MONDAY EVENING (3<sup>rd</sup> June) two popular returnees RORY CLEMENTS and EMMA HEALEY who will discuss their work and answer audience questions.

PATRICK BARKHAM, journalist for The Guardian, prolific writer of natural history books has accepted our invitation to our “Natural World” themed evening on Friday 7th. The Norfolk Wildlife trust and the RSPB are joining him and there is an exhibition of drawings and nature notes of the late Diane Robinson discovered after her death.

As in past years, the week will start on Sunday June 2<sup>nd</sup> with an ALL AGE service in church on the theme of Caring for Creation, and in the evening our BUMPER QUIZ and SUPPER in the Village Hall. There are other events in the planning stage and these will be announced on Facebook and on our website

[www.mulbartonwords.org](http://www.mulbartonwords.org)

To all who have supported us over the past four years a big “Thank You” and we hope to see you again this year, and we hope to welcome many new faces too.

*Pauline & team*



### **THE GROVE (Leonard Cheshire disAbility) East Carleton Road**

A date for your diary:

**Sunday 7 April 2019** – Second Spring Walk (for daffodils) **12.00 – 4.00pm.**  
Entry - £3 adults, children under 16 free and dogs on leads welcome. Teas/cakes, tombola, books and bric-a-brac for sale, plus other stalls and music.

We have over 25 acres of lake, woodland, meadows and marshes with signposted walks, and have done a considerable amount of work during 2018



to make improvements. If you are a regular at our open days or haven't been for some time or have never been, we'd love to see you there.

For those new to the area, The Grove is off East Carleton Road (the turning at the bottom corner of the Common), about half-way between the villages of Mulbarton and East Carleton.

Proceeds from all events go for the direct benefit of our residents

*Andy De'Ath*

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# REGULAR EVENTS for all

## WEEKLY / fortnightly:

'Bubbies' (for expectant Mums & those with young babies) Harvest house most **Wednesdays** from 1.15pm to 2.45pm. (See page 35)



Mulbarton Community Choir

**Community Choir** meets on THURSDAYS 7:30-9:30pm in term-time in the "lower hall" at Mulbarton Primary School. Everyone is welcome

**LIONS:** second Monday of month at Social Club; last Wednesday of the month at The Grove (Leonard Cheshire Foundation), East Carleton Road. See p.29

**MOBILE LIBRARY:** from APRIL the library vans will visit *every 4 weeks* Until then, the THURSDAY van (route CEN 427) will visit on 28th February, 14th March and 28th March.

The Monday Route (CEN121) will visit on the evenings of 4th and 18th March. For date(s) during April and thereafter ask at the van, or call 01603 222303 or [www.norfolk.gov.uk/libraries-local-history-and-archives/libraries/your-local-library/routes-and-timetables](http://www.norfolk.gov.uk/libraries-local-history-and-archives/libraries/your-local-library/routes-and-timetables)

**FRIDAY NIGHTS AT THE SOCIAL CLUB**—programme p.24.

## MONTHLY:

**CHAT CAFE** at Hanover Gardens Lounge for anyone over 50: first Friday of each month, only £1 entry including refreshments. Optional activities or just come along for a coffee and a chat!

**Worlds End Quiz nights** – 2<sup>nd</sup> Sunday of the month at 7.30pm to raise funds for Mulbarton Words Week 2019

**Baby clinic** - held on **2nd Thursday each month** in the Social Club at the Main Village Hall via front lobby entrance - 1.30pm to 2.30pm

**Mulbarton Evening WI** – 3<sup>rd</sup> Monday of month, 7.30pm in Village Hall – programme page 27

**Mulbarton Mardlers** meet at the Social Club on the fourth Tuesday of the month between 2.30 and 4.30pm – see p.27

**BOOK CLUB** meets about every 6 weeks at World's End: dates p.32

# SOMETHING FOR EVERYONE!!

CHECK THE VILLAGE CALENDAR at [www.mulbarton.info](http://www.mulbarton.info)



## Friday 1<sup>st</sup> – Chat Café Special:

60's live music with Bobby Graham followed by a buffet lunch. Everyone age 50 or over welcome to join us in the Hanover Gardens Lounge.

**Wed 6<sup>th</sup> March - Sat 20<sup>th</sup> April - #40k4lent** - can you cover a km per day for the 40 days of Lent? Help available at [mulbchurch.org.uk](http://mulbchurch.org.uk)

**Weds 13<sup>th</sup> Mar - 10<sup>th</sup> Apr - Lent Course:** learning from Indian churches on themes of Community, Injustice, Gender, Climate & Hope —at Hanover Gardens Lounge—open to all

**Sunday 10<sup>th</sup> – WORDS WEEK QUIZ NIGHT** at WORLD'S END 7.30 (Teams of up to 6; £2 per person)

**Mon 18<sup>th</sup> – WI** meeting about Natural Cosmetics & skin care (p.27)

**Tuesday 26<sup>th</sup> – Mardlers** at Social Club 2.30 – 4.30 (see p.27)

**Saturday 30<sup>th</sup> - Mulbarton Gymnastics Club** annual show at the Village Hall: for tickets and more information check out



[mulbartongymclub.com](http://mulbartongymclub.com)

**Fri 29<sup>th</sup> to Sun 31<sup>st</sup>**

**BRACON ASH ARTS FESTIVAL:** an exciting new event (see page 33)



**Sunday 7 April 2019 – Spring Walk** (for daffodils) at Grove

## **APRIL (continued)**

**Sunday 14<sup>th</sup>** - **WORDS WEEK QUIZ NIGHT** at WORLD'S END 7.30

**Monday 15<sup>th</sup>** – **WI** meeting, 'Have Camera – will travel' (p. 27)

**Thursday 18<sup>th</sup>** – **Messy Church**, 10am to 12 noon in Mulbarton School (see p.4)



**Tuesday 23<sup>rd</sup>** – **Mardlers** at Social Club 2.30-4.30



**Tuesday 9<sup>th</sup>** - **Mulbarton Gardeners' Question Time** 7:30 pm in the Village Hall, Jubilee Room - tickets in advance only from [malga.mulbarton@gmail.com](mailto:malga.mulbarton@gmail.com)

**Sunday 12<sup>th</sup>** - **WORDS WEEK QUIZ NIGHT** at WORLD'S END 7.30 (Teams of up to 6; £2 per person)

**Mon 13<sup>th</sup>**—**ANNUAL PARISH MEETING** 7pm in Village Hall

### **Sat & Sun 25<sup>th</sup> & 26<sup>th</sup>—VILLAGE FESTIVAL**

Beer festival, live music, stalls, games.... organised by Mulbarton Wanderers & Belles Football Club at the Mulberry Park pitch. Times and ticket information on posters, Facebook page and website. **BOOK THE WEEKEND AND COME ALONG** to make this a truly ALL VILLAGE occasion.

**Tuesday 28<sup>th</sup>** – **Mardlers** at Social Club 2.30-4.30 (see p.27)

**Thursday 30<sup>th</sup>** – **Messy Church**, 10am to 12 noon in Mulbarton School (see p.4)

---

## **LOOKING AHEAD:**

**MULBARTON Words Week 2019** commences 2nd June (p.19)

## FRIDAY NIGHTS AT THE SOCIAL CLUB

### MARCH

Friday 8th—Karaoke

Friday 15th—Dynamite (Party Band)

### APRIL

Friday 5th—Space Hoppers (Party Band)

Friday 19th—Karaoke

### MAY

Friday 10th—Karaoke

Friday 17th—Sirens (Female Duo)

Friday 31st—Tracy Dean (Female vocalist)

NOTE - All events are open to “non-members” but a small entry fee to the club (currently £1) is payable per adult. Children under 18 are admitted free when accompanied by a club member or a paying guest over the age of 18. Check out the website and Facebook page for more events in the Social Club.

## FLORDON FILM CLUB

**Come along to the Flordon Community Centre (within Flordon Church).  
Doors open 7pm; film showing from approx. 7.40**

### WEDNESDAY 17 APRIL: KING OF THIEVES

Not to be confused with last season's The Hatton Garden Job, but covering the same ground, **King of Thieves** (cert. 15) is the incredible but true story of the spectacular Hatton Garden diamond heist, the biggest and most daring in British history, humorously told through career best performances from a stellar cast which includes Sir Michael Caine, Jim Broadbent, Ray Winstone, Michael Gambon, Tom Courtenay and Charlie Cox.



Information on the Club at <http://mulbchurch.org.uk/community/5>

Good viewing,

*David Harrison*

## NEWTON FLOTMAN FILM CLUB

Also showing **King of Thieves** at Newton Flotman Village Centre - 7:30pm (bar opens at 6:30pm) on **TUESDAY 19th MARCH**, then coming later:

**Tuesday 16<sup>th</sup> April – Bohemian Rhapsody** (cert. 12A). Starring Rami Malek & Tom Hollander, the story of Freddie Mercury and Queen, from their beginnings to their legendary appearance at Live Aid in 1985

For future films, PLEASE VISIT <https://www.facebook.com/newtonflotmanvillage/>

*Christopher Remer*

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## LOCAL ORGANISATIONS, CLUBS & SOCIETIES

### MULBARTON EVENING

#### WOMEN'S INSTITUTE

Mulbarton Evening W.I. had a very enjoyable Christmas lunch at the Bird in Hand, Wreningham. We started the New Year with a visit from the Short Mat Bowls Club. They gave a demo then most of the ladies gave it a whirl. Not as easy as it looks! It was a pleasant sociable evening.

The March meeting on Mon 18th March will now be a talk by Victoria Goff on Natural Cosmetics and skin care. Then, on Mon 15<sup>th</sup> April Phillip Mariner will be giving us a slide show, "Have camera will travel" - getting us in the mood for the holidays! Then in May, as part of 2019 Norfolk W.I. Centenary celebrations, we will be having our own Centenary Garden Party. Dressed accordingly we trust! New faces are always welcome at our meetings: 3rd Monday of the month at 7.30pm in the Village Hall.

For further information, please contact the Secretary, Anne Hackett, on 01508 570040 or e-mail [aehackett@btinternet.com](mailto:aehackett@btinternet.com)

*Anne Hackett*

theWI  
INSPIRING WOMEN

#### Mulbarton Mardlers

Mulbarton Mardlers meet at the Social Club on the fourth Tuesday of the month between 2.30 and 4.30pm. You are very welcome to join us for an afternoon of tea and chat and an opportunity to meet people. No 'membership': come when you can; come by yourself; or come with a friend. If you need transport, contact Sue Mellows (578034 or e-mail [sue@sysue.co.uk](mailto:sue@sysue.co.uk)) who will organise a lift for you.



In November we celebrated our 2nd birthday and also went to Taverham Garden Centre for Christmas shopping. In December over 70 of us, including friends and family, enjoyed a Christmas party in the village hall.

Lunch out before Easter and further coach trips for spring and summer are in the pipeline.

Dates this spring are **Tuesdays:**

**26th February, 26th March, 23rd April & 28th May**

*Sue*



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# Hethersett District Lions Club

## (CIO) - Your local Lions group



You may have noticed that we have several large Easter eggs placed in various pubs and businesses locally that you can try and win by purchasing a square on the numbered sheet.

On Friday 12th April we will be holding our annual 'Ploughman's Quiz' at Mulbarton Village Hall, look out for the posters showing details. All money raised from both the eggs and the quiz will be donated to 'Big C' a worthwhile local charity.

We have an allotment that we rent at The Meadows, Cuckoofield Lane, which is split into small plots available *free of charge* for anyone who wants to grow a few things without having to manage a large plot. If you are interested please contact Mel Creasey 01508 570099.

We recently had an interesting talk from Norwich Deaf Association and donated £300 to them. Other donations were made to Red Balloon a charity for bullied children who received £250 to pay for a coach trip to Cromer; Sight Savers received £462; Finnbar's Force £100 (a charity set up to provide help for children with brain tumours).

Over the next few months we will be attending local events with our candy floss stall. Socially we spent an enjoyable Sunday morning recently tenpin bowling followed by a carvery lunch.

Should you wish to know what Lions get up to feel free to come along to any of our meetings on the second Monday of the month at Mulbarton Social Club or the last Wednesday of the month at The Grove (Leonard Cheshire Foundation), East Carleton – both meetings at 8pm

*John Hewitt, Club Secretary*

*01508 570392 [www.e-clubhouse.org/sites/hethersettuk/](http://www.e-clubhouse.org/sites/hethersettuk/)*

## **MULBARTON COMMUNITY FIRST RESPONDERS**

Community First Responders (CFR) are volunteers who respond to 999 Emergency medical calls in and near Mulbarton as directed by the Ambulance Service. Locals Liz and Graham are:

- Fully trained by the East of England Ambulance Service in Basic Life Saving treatments.
- Able to attend the scene of an emergency call in a very short time and may be sent by the Ambulance Service on occasions before the arrival of an Ambulance crew.
- Fully equipped to respond to Cardiac Arrest, Stroke, Anaphylaxis, Epilepsy, Diabetic and other medical emergencies as appropriate.

They want to encourage more volunteers to join so we can have 24-hour on-call coverage. If you are interested in becoming a volunteer CFR, please contact them on: [mulbartoncfr@gmail.com](mailto:mulbartoncfr@gmail.com) or 07737 321008

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If you are a keen gardener, even if you are not an allotment holder, why not join MALGA to meet like-minded people?

We have a full programme of events this year so please look out for posters and follow us on Facebook where you can find full details of our planned activities (many of which are open to the public) and details of Member-only activities such as barBQs, pub nights, dinners and lunches.

Don't miss **Mulbarton Gardeners' Question Time in the Village Hall on Tuesday 9 April at 7:30 pm.** And visit our stall at the Mulbarton Beer Festival at the end of May.

New for this year will be a **Mulbarton Open Gardens** event in June, in friendly rivalry with East Carleton and to raise funds for two local charities. Please get in touch **now** if you would like more information; or if you would like to open your garden or assist with the planning. It doesn't matter how small the garden—and even the 'plainest' garden is an ideal location for refreshments.

**All offers welcome contact details below....**

Join MALGA now to benefit from a full year's membership in 2019, for only £3 per year. See our Facebook page for details of how to join, or contact our Chair, Janet Feltham on 01508 578 714 or our Secretary, Geoff at

[geoffandvirginia@tiscali.co.uk](mailto:geoffandvirginia@tiscali.co.uk)

*Nick Martin*

## **MULBARTON HERITAGE GROUP**

No meetings have been arranged yet for 2019, but the Group would welcome new people with new ideas to help organise meetings and/or activities to promote our local history—contact the Co-ordinator for more information.

New material is being added to the websites about Mulbarton and neighbouring villages:

[www.mulbartonhistory.or.uk](http://www.mulbartonhistory.or.uk)

[www.bracon-ash-and-hethel-history.webnode.com](http://www.bracon-ash-and-hethel-history.webnode.com)

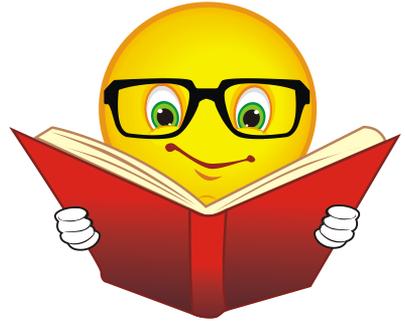
[www.flordonhistory.webnode.com](http://www.flordonhistory.webnode.com)

Have another look if you have not done so recently – and make your contribution of memories, photos, etc. via the CONTACT US page.

*Jill Wright* (Co-ordinator) tel:570532; [dandjwright@hotmail.com](mailto:dandjwright@hotmail.com)

## ENJOY A GOOD READ?

Fancy some interesting reading and lively debate? Book Club meets every six weeks at The Worlds End at 8pm to share a wide variety of books and opinions in a friendly atmosphere. These are books we at Mulbarton Book Club will be reading and discussing in the coming months. **Our meetings are at 8pm in the Worlds End.**

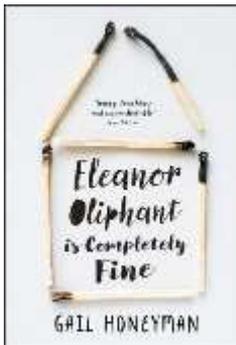


### Thursday 4 April 2019

#### Eleanor Oliphant is Completely Fine – Gail Honeyman

Eleanor Oliphant leads a simple life. She wears the same clothes to work every day, eats the same meal deal for lunch every day and buys the same two bottles of vodka to drink every weekend. Eleanor Oliphant is happy. Nothing is missing from her carefully timetabled life. Except, sometimes, everything....

Change can be good. Change can be bad. But surely any change is better than... fine?

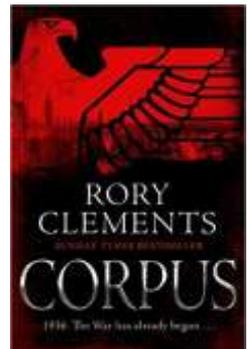


### Thursday 16 May 2019

#### Corpus – Rory Clements

Secrets and lies rub against each other in this enjoyably mind-boggling novel, as hidden Nazi sympathizers at the heart of the British establishment plot the nation's betrayal.

Come and meet the author during Mulbarton Words Week on Monday 3 June.



For more information contact Pat Brooks 01508 570016 or email [Patriciabrooks569@gmail.com](mailto:Patriciabrooks569@gmail.com)

**SEE PAGE 19 FOR MULBARTON WORDS WEEK 2019**



## BRACON ASH ARTS FESTIVAL

Bracon Ash Arts Festival (or BAA Festival) is an exciting community arts festival taking place in the beautiful surroundings of Bracon Ash Church from Fri 29 to Sun 31 Mar, 2019. Over the weekend there will be ticketed performances by established performers, free recitals by local community groups and a series of free workshops. There will also be a fantastic exhibition of works by local artists. The BAA Festival will be family friendly, with activities for young people and yummy

refreshments served throughout the weekend. The Festival will culminate in a special service of Choral Evensong at 4pm on Sun 31 Mar, sung by the choir of St Remigius' Church, Hethersett, where the Dean of Norwich Cathedral, The Very Revd Jane Hedges will preach. During the service, there will also be a very special performance by a guest musician.

For further information visit the church website: [www.mulbchurch.org.uk](http://www.mulbchurch.org.uk)

*Andrew North*

## Bracon Ash & Hethel Social Club & Village Hall

(beside the B1113). Themed events; drama; pub nights; yoga; Teapot Tuesday; Youth Club; Family games night; Family Bingo; and more....See our Facebook page for forthcoming events: **Bracon Ash and Hethel Official Village Hall and Social Club 2018-19** Hall also available to hire at very reasonable rates (see page XX). Info on activities and hall hire from Liz Heath - 01508 571388;

[liz.heath1@outlook.com](mailto:liz.heath1@outlook.com) and [www.bracon-ash-and-hethel-village-hall.co.uk](http://www.bracon-ash-and-hethel-village-hall.co.uk)

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**Re-opened in Spring 2018**, our coffee shop, why not pop in for a coffee or lunch 10:00 – 3:00 every Thursday. We look forward to welcoming you.

**For more information on the above call 01508 570444**

**E-mail [swimming@mangreen.co.uk](mailto:swimming@mangreen.co.uk) or [events@mangreen.co.uk](mailto:events@mangreen.co.uk)**

## FOR CHILDREN & YOUNG PEOPLE

### BUBBIES'

**Now up and running!** Just had a baby or expecting one soon? look out for a chance to get together, find support and meet others "in the same boat": "Bubbies" is an informal group for those expecting a baby or those with babes-in-arms to pre-walkers. We meet at Harvest house most Wednesdays from 1.15pm to 2.45pm.

Contact Zoe: Tel 07944407396 email [zoe.b.kelly@gmail.com](mailto:zoe.b.kelly@gmail.com) or see our Facebook page.

Interested in helping with this group on an occasional basis? Please get in touch.



## Girlguiding

### Mulbarton Guides

We have doubled our numbers since September but we still have places for you to join our Guide Unit and enjoy our activities and be part of our new National Guide Association programme. We meet **Tuesday eve 19.15-20.45 in term time at the Scout & Guide HQ.**

Please email [mulbartonguides@gmail.com](mailto:mulbartonguides@gmail.com) for further details

*Pam , Sally & Hayley*

*< (Left) Members of the uniformed organisations parade to church for the Remembrance Day service Nov. 2018*

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# 1st Mulbarton Scout Group



Everyone at 1st Mulbarton Scout Group wishes you a happy, healthy & adventurous year in 2019. And here's one way to achieve that....

We begin with a serious plea for new adult volunteers to join our group. With the rapid expansion of our village, the number of children within our sections has doubled over the last 5 years. We are now one of the largest Scout groups in the district. We do have a fabulous group of volunteers but will have no option other than to close our doors to new children in the future if we cannot recruit some additional help.

Volunteering within Scouting is wonderfully rewarding. We give local youngsters aged 6 to 18 an opportunity for new experiences, to gain independence, a sense of adventure, make new friendships and grow self-esteem. Did you know, a recent published study showed a strong link between a lower number of adults with mental health problems and those who attended Scouts as a young person?

If you or anyone you know might be interested in joining us, if you can give a couple of hours a week, a month or just on an ad hoc basis then we would love to hear from you. Get behind the future of local youngsters this year; don't just think 'that sounds great but I'm sure someone else will do it'. Do something GREAT for yourself today and get in touch to find out more. No obligation.....find us on Facebook....search '1st Mulbarton Scout Group'. Or call Chris on 01508 570180.

*Cathy Middleton (Publicity Officer)*

*[What a lovely lot—they deserve your help! - Ed.]*



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## Travel Vaccines

The Humbleyard Practice will only provide you with the free NHS vaccines you may need for foreign travel. These are;

- \* Diphtheria
- \* Tetanus and Polio
- \* Typhoid
- \* Hepatitis A
- \* Cholera

If you are travelling abroad and think you may need any of the above please;

- \* Complete a travel form, this can be collected from reception or downloaded from the website [www.mulbartonsurgery.co.uk](http://www.mulbartonsurgery.co.uk)

- o click on the “Clinics and Services” tab at the top

- o select “Travel Vaccinations” from the drop down box

- o click on “Travel Questionnaire”

- \* Complete the form and hand it in to your surgery reception – one form for each person (adult or child) travelling

- \* The nurse will then check your medical records to see if any of the above vaccinations are needed

- \* The surgery will contact you if you need vaccinations and arrange an appointment

**PLEASE NOTE: Some of these vaccines can take 4 weeks to become effective and provide you with cover, so you must plan ahead: at least 6 weeks in advance of the date of travel.**

There is further travel advice on our website:

[www.mulbartonsurgery.co.uk](http://www.mulbartonsurgery.co.uk)

click on the “Clinics and Services” tab at the top and select “Travel Vaccinations” from the drop down box.

For any other vaccines please contact one of the local private travel clinics which are listed below. They will be able to advise you on the vaccines needed for the country you are travelling to and the cost payable for those vaccines.

Boots, Riverside Retail Park, Norwich,  
NR1 1WR  
Tel: 01603 662894

Boots, Chapelfield, Merchants Hall  
Lower Ground, Norwich, NR2 1SH  
Tel: 01603 662894

Superdrug, 12 St Stephens Street,  
Norwich, NR1 3SA  
Tel: 0333 060 4493

The Globe Travel Health Centre, 26  
Cattle Market Street, Norwich, NR1  
3DY  
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## From Mulbarton Post Office

Welcome to the very first newsletter from your local Post Office team. As you are probably aware, many High Street banks are closing their local branches, thus causing considerable inconvenience to Mulbarton residents. You have no need to worry any more! Mulbarton Post Office is now your new High Street bank branch. Just pop into the Post Office to draw cash out or pay cash and cheques into your account, or simply obtain a balance.

Don't forget, as well as offering the full range of postal service, your local Post Office also offers many other services such as:

- ◆ Post Office financial services (savings, insurance, etc)
- ◆ Most utility bill payments
- ◆ DVLA Car Tax
- ◆ Passport check & send (including photos)
- ◆ Foreign currency & travel insurance
- ◆ MoneyGram
- ◆ A full range of personal stationery

If you need any help please talk to one of the team or give us a ring on 01508 570797. We're always happy to oblige.

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*Lorraine*

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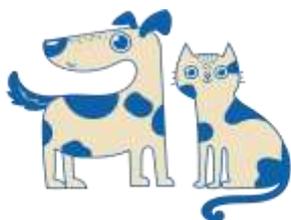
- ◆ Personal care
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# **SUNDAY SERVICES** – March to May 2019

March		April		May	
3 <sup>rd</sup>	8am HC - Mulbarton 9am MP - Bracon Ash From 10am Breakfast Church Mulbarton	7 <sup>th</sup>	8am HC - Mulbarton 9am MP - Bracon Ash From 10am Breakfast Church Mulbarton	5 <sup>th</sup>	8am HC - Mulbarton 9am MP - Bracon Ash From 10am Breakfast Church Mulbarton
10 <sup>th</sup>	8:30am Holy Communion Hethel  10am Morning Worship Mulbarton  10am Morning Light Flordon	14 <sup>th</sup>	8:30am Holy Communion Hethel  10am All Age Mulbarton  10am Morning Light Flordon	12 <sup>th</sup>	8.30am Holy Communion Hethel  10am Morning Worship Mulbarton  10am Morning Light Flordon
17 <sup>th</sup>	10am Holy Communion for ALL the churches with Bishop Alan at Mulbarton  3.30pm Evening Prayer Flordon	15 <sup>th</sup> to 21 <sup>st</sup>	<p style="color: red; font-weight: bold; margin: 0;">HOLY WEEK &amp; EASTER details p.4</p> <p style="color: red; font-weight: bold; margin: 0;">Including daily prayer, outdoor runs and special services</p>	19 <sup>th</sup>	9am Holy Communion Bracon Ash  10am Holy Communion Mulbarton  2:30pm Rogation Walk and Songs of Praise - Hethel  6:30pm Evensong - Flordon
24 <sup>th</sup>	8:30am Communion Flordon  10am Morning Worship Mulbarton  10:30 Church @ Hanover Hanover Lounge  <i>4pm Palm Sunday "4<sup>th</sup> at 4"</i> Hethel	21 <sup>st</sup>	<p style="color: red; font-weight: bold; margin: 0;">8am Easter Communion (Prayer Book) Mulbarton</p> <p style="color: red; font-weight: bold; margin: 0;">9am Easter Communion Bracon Ash</p> <p style="color: red; font-weight: bold; margin: 0;">10am All Age Communion Mulbarton</p> <p style="color: red; font-weight: bold; margin: 0;">6:30pm Easter Praise Flordon</p>	26 <sup>th</sup>	8:30am Communion Flordon  10am Morning Worship Mulbarton  10:30 Church @ Hanover Hanover Lounge
31 <sup>st</sup>	8am Holy Communion Mulbarton  10am Meditative All Age on Mothering Sunday Mulbarton  4pm Choral Evensong to close Arts Festival Bracon Ash	28 <sup>th</sup>	<p style="margin: 0;">8:30am Communion Flordon</p> <p style="margin: 0;">10am Morning Worship Mulbarton</p> <p style="margin: 0;">10:30 Church @ Hanover Hanover Lounge</p> <p style="color: red; font-weight: bold; margin: 0;">4pm "4<sup>th</sup> Sunday at 4" Hethel</p>		