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**PARISH NEWS**  
**Winter 2023-4**  
(for Dec—Feb)



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## FROM THE RECTORY

Rectory telephone: **01508 571167**

Rector's e-mail: [adrian@mulbchurch.org.uk](mailto:adrian@mulbchurch.org.uk)



As the frosty air arrives, and the aroma of freshly baked mince pies fills the streets, we find ourselves on the threshold of another Christmas season, with opportunity to come together and embrace its true meaning.

Christmas is not just about the glittering lights and beautifully wrapped gifts; it is a time to reflect on the birth of Jesus Christ, and the profound love and compassion that His arrival brought to this world. It is a time for us to

emulate those qualities in our own lives and reach out to one another with open arms. With so many opportunities coming up in our villages to join together, I look forward to seeing our bonds strengthen, especially as we extend our care and support to those most in need.

Christmas is a season of sharing. We share our blessings, our joys, maybe our struggles and woes too. And we can share our resources with those who may be less fortunate. Together, we make a difference in the lives of those who are struggling, so no one in our community feels alone or forgotten during this time.

Whether it is inviting an elderly neighbour to share a holiday meal, volunteering at the Monday Hub, donating to the hardship fund, offering a safe space to a neighbour living with a threatening partner, or simply taking the time to listen to someone who may be feeling isolated, these acts of kindness can bring immeasurable comfort and help to those around us.

This is an inclusive season. The angels at that first Christmas announced “good news of great joy that will be for ALL PEOPLE” - the good news of the coming of a special man, whose teaching and example it is a great privilege to follow, and who helps us on our journey of life. Churches play a vital role in fostering a sense of community, and their doors are open to all.

As we approach Christmas, together we will be sharing the love and compassion that Jesus taught us, extending warmth and support to those in need, creating lasting memories, forging stronger bonds. Let's make this Christmas a truly transformative experience for our villages.

May this season be a reminder of the power of unity, the strength of compassion, and the joy that comes from walking together with faith on this journey of life. Merry Christmas! See p.15 for what's coming up. Adrian

## **FROM THE REGISTERS** (Mulbarton unless otherwise stated):

### **Funerals**

2 Aug 2023	Michael DIXON
3 Aug 2023	Stephen CHANDLER (St Faith's Crematorium)
7 Aug 2023	Kenneth TOOKE
10 Aug 2023	Barbara Margaret IRELAND (at Breckland Crematorium)
15 Aug 2023	Douglas (Duke) WOODCOCK (Earlham Crematorium))
21 Aug 2023	Margaret MACE (Bracon Ash)
4 Oct 2023	Baby Gracie HARPER
17 Oct 2023	Ian Peter STUBBS (Bracon Ash)

### **Burial of Ashes**

4 Aug 2023	Walter WIGGER
7 Aug 2023	Richard LEA-COX
12 Aug 2023	Jennifer CRUMMETT (Hethel)
12 Aug 2023	Rodney & Elizabeth NICHOLLS (Hethel)
27 Sep 2023	Geoffrey DUFFIN
12 Oct 2023	Bryant MICKLEBURGH

### **Baptisms**

3 Sep 2023	Noah SYMINGTON
10 Sep 2023	Freddie ATTENBORROW
3 Oct 2023	Raphael GUNBY

### **Weddings**

26 Aug 2023	Holly GARE & Craig SMITH (Bracon Ash)
9 Sep 2023	Polly LOCKHART & Matt WORTHINGTON

## **Notes from the Editors**

Many thanks to Pat Frost who has retired after delivering, with the help of her family, the Parish News for nearly 40 years. She has seen the publication evolve from a black and white leaflet typed on a manual typewriter to the multi-coloured, computer generated and illustrated one we have today (see p.7). She has also negotiated the increase in the volume and speed of the traffic as she delivered to both sides of The Norwich Road.

On that note....if there are any able bodied people who could take an hour or so once every 3 months to deliver some copies in their nearby streets, we would be most grateful. Contact Pauline Campion (01508 570335)

[pauline.campion@btinternet.com](mailto:pauline.campion@btinternet.com)

Apology/Correction from last issue: - The photo of Chris Scales in his Art Class was taken by Lynette - my sincere apologies that I got her name wrong when attributing the photo on p.7 of the Autumn magazine. *Jill*

## WELCOME to PARISH NEWS!

**Sue Parker** edited this edition.

**THANKS** to all contributors and advertisers - we couldn't make this happen without you. As a MPN team we would like to take this opportunity to wish all our readers a very happy Christmas and a peaceful new year.

As well as our usual contributions, please see a few interesting articles such as the history of MPN on page 7 and a tasty recipe on page 45.

Please note, the **DEADLINE** for items for the **Spring** issue (Mar– May 2024) will be Friday 26<sup>th</sup> January .

**TEAM:** Editors: Jill Wright (01508 570532) [dandjwright@hotmail.com](mailto:dandjwright@hotmail.com)  
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ADVERTISING: Sara at [brumhead2@aol.co.uk](mailto:brumhead2@aol.co.uk)

Production: Adrian Miller (page 3)

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## Village Information, especially for newcomers!

Greetings to all reading this Winter Edition of our Parish news and as always, a special welcome to newcomers!

This is a great source of information (*especially if you aren't a computer user*) so do keep it handy! This booklet also features as a downloadable PDF under the scrolling information on the Home page of the **Village Website** [www.mulbarton.info](http://www.mulbarton.info) where there's a link to the **Village Google Calendar**. Please let me know about events you'd like included.

I send monthly **info-mails** about what's happening in the next few weeks to around 200 local contacts, (personal details are *not* shared with any other recipients), Names can be added (or removed) on request - in writing please, to comply with GDPR.

There is also a downloadable village map on the website with colour-coded estates for ease of locating the themed road-names; but 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 their door!

Kindest regards to all reading this, with blessings for the precious Christmas Season lasting long into the new year!

Marina

01508 578186 / [marina@mulbarton.info](mailto:marina@mulbarton.info)

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## A brief History of Mulbarton Parish news (MPN)

Mulbarton was growing rapidly in the 1960s, with new housing between the Common and Cuckoofield Lane. Mulbarton's Rector, Sandy, the vicar, was concerned about the best way to welcome newcomers and help new clubs thrive. The only community spaces were the recently condemned Wingfield Hall and the (old and overcrowded) school. Thus began Parish News, jointly between the Church, the Chapel and the Parish Council. Delivered free to every home by volunteers, there was an annual appeal for donations (in an envelope to Post Office or Church) and the cost was subsidised from a few ads and the Parish Council.



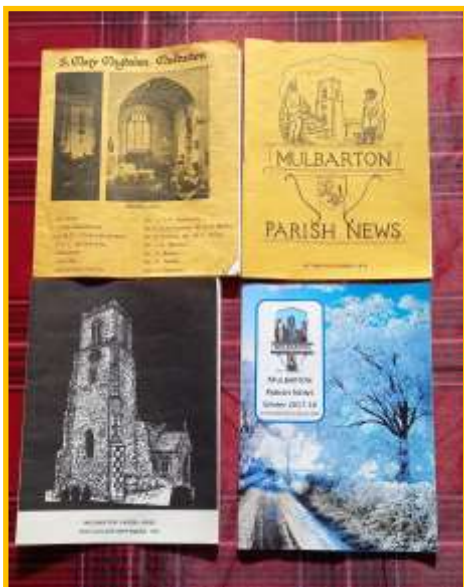
The first cover showed the church, but a competition was held in 1979 for a cover picture to reflect this being a VILLAGE and not a church magazine. The village sign remained on the cover until the end of 2017 when the magazine was no longer printed in the village and we went to full colour. There was one special cover, in Summer 1981, to celebrate floodlighting the church tower!

Inside, the order of items is still remarkably similar to the late 1960s: a letter from the Rector on page 3, register entries overleaf, and church services on the back cover; an item from the Parish Council chair, and from the Head Teacher. But we no longer have a Methodist Chapel and the organisations who report back have changed. In all the years of a B&W magazine there were only 2 printers, thanks to the Hutchins family and Brian Laws.

Despite moving to full colour, the magazine is now self-financing, thanks to many more advertisers. But it still depends on our wonderful band of volunteers delivering each quarter. Despite Facebook and websites, it continues to be THE means of informing you, our readers, of what is going on in the village to ensure that even the most recent newcomers feel welcome and can become involved in local life.

*Jill Wright*

Covers from Spring 1974, Autumn 1979 (top); special cover for Summer 1981 and 1st colour cover of Winter 2017/18.



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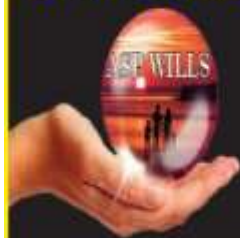
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## PARISH COUNCIL REPORT

We are very pleased with the resurfacing of the Common Car Park / entrance to the Village Hall. This will make it much safer for users of the Village Hall, Mulbarton Wanderers CIC, Scouts HQ, Orchard Park, MUGA, etc. The total cost of this work was £11,350 and has been paid by the Parish Council, South Norfolk Council and Mulbarton Wanderers CIC. We would like to say a BIG thank you to all those involved in helping to achieve this.



The water supply to all allotments will be switched off at the end of October to minimise the risk of burst pipes. It will be switched on again in April. The council will use the winter months to assess the pipework in place and carry out some improvements.

Tree work at The Meadows and Orchard Park will be carried out in November, as recommended in the survey carried out earlier this year. We will review all trees the council is responsible for again in the Spring.

We are meeting with suppliers to discuss some replacement play equipment for the Meadows. Many thanks to those who have already been in touch with ideas. Please keep sending these in so councilors can



understand the needs and preferences of the users (and their parents/carers). We hope to have the new equipment installed in the Spring, if we can secure some funding support.

Members of the public have asked us to keep benches & bins separate due to the smell! We will be moving these, where feasible, over the next few months. Please let the clerk know if we miss any.

Many thanks to our volunteer who has done an amazing job refurbishing and repairing the fingerposts on the Common.

**CONTINUED on page 12....**

## PARISH COUNCIL REPORT Cont...

This quarter the council have given Mulbarton Environmental Group (MEG) a grant of £756 towards maintenance of The Meadows Wood area. MEG have planted trees earlier this year with the support of Norfolk Wildlife Trust, Woodland Trust, Parish and District Councils and many volunteers.



In September, the council agreed a new logo to help residents easily identify communications from the Parish Council. Many thanks to all those who helped create this and shared their views.

Tony Martin is welcomed onto the Parish Council. Tony was co-opted onto the Council in August and has attended an induction course to help him understand the obligations of the Parish Council. He has lived in the village for over 30 years and leases an allotment plot at Oakley Park South. Tony is our 8<sup>th</sup> councilor but we still have room for another 3. If this is something, you would like to find out more about please contact any of the councilors or the clerk. 2024 full council meetings will be agreed at our meeting on 6 November. These dates will be published on our website, once they have been confirmed. We hope to continue to meet in the Committee Room at the Village Hall with a start time of 7.30pm. All members of the public are welcome to attend. Agendas will be available on our website and notice boards.



## DISTRICT COUNCILLORS' REPORT

Your Liberal Democrat District Councillors, Ian Spratt and Jim Webber are delighted to have been joined by Bob McClenning following the by-election that took place on the 28<sup>th</sup> September. Our desire is to continue to operate in a collaborative and coordinated manner, thereby offering the most comprehensive service to all residents throughout the community. Bob McClenning will be known to many of you having previously spent three terms at South Norfolk Council, including two terms as Chair. His vast knowledge and experience will be invaluable to us all.



We will be keeping you informed via the Parish Council and social media and of course be contactable via our South Norfolk email addresses (over page) to support you should you have any District Council related issues.

Despite the disruption caused by the unexpected by-election we have continued to keep a watchful eye on issues throughout the community.....

**CONTINUED on page 13....**

## DISTRICT COUNCILLORS' REPORT cont....

**Pylons.** This continues to cause concern to such an extent that Norfolk, Suffolk and Essex County Councils have all formally registered their misgivings about the social and environmental impact it will have throughout East Anglia. Our local campaign groups remain active. For further information visit: [pylonseastanglia.co.uk](http://pylonseastanglia.co.uk)

**Sale of South Norfolk House.** This has been deferred once again but an extraordinary Council meeting to discuss the sale is planned for 6<sup>th</sup> November. Hopefully this will be resolved in the near future.

**MALGA.** Ian Spratt has helped create logos for the Meadows for Mulbarton Group. The inspirational artwork was created by two pupils from Mulbarton Primary School following an art competition. The images can be seen in the September 23 issue of 'Mulbarton Environmental' the MALGA newsletter.

**Alderman.** South Norfolk Council have granted, Mulbarton's former and much-loved District Councillor, Vivienne Clifford-Jackson, Alderman status at a ceremony held prior to the full council meeting at the Horizon Building on 16<sup>th</sup> October.



**Entrance upgrade to Community Hub.** We are delighted to report that the much-needed repair to the Mulbarton Community Hub entrance has now been completed. This work has been achieved by a grant from South Norfolk Council and match funding by Mulbarton Parish Council.

**Village Clusters.** South Norfolk Council will be re-consulting on the housing allocations for the village clusters – probably starting before Christmas for an extended Eight-week period. New allocations are needed as one site in the district is inappropriate for development and another has reduced housing capacity. There could be implications for local villages.

*Ian Spratt, Bob McClenning and Jim Webber.*

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## Carol Services

Sunday 10 Dec, 4pm, HETHEL

Sunday 10 Dec, 6:30pm, FLORDON

Sunday 17 Dec, 4pm & 6:30pm, MULBARTON

Sunday 24 Dec, 10:30am, HANOVER



## Christmas Day Services

Christmas Eve, 11:30pm, Midnight Mass, MULBARTON

Christmas Day Communion, 9am, FLORDON

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Christmas Day All Age "Bring a Present" Celebration, 10am, MULBARTON



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Another half term has flown by, and just in the last week it feels like Autumn is here. As always, we have all been busy with a variety of trips, visitors and WOW - to kick start our Autumn topics.

The school garden that was re-sited and developed

last year has become established very quickly – we have had a fantastic harvest, which included an impressive crop of pumpkins. Several year groups have been able to use these (along with other produce) in their cookery projects.



Another project for the start of the Autumn term was to develop our 'Nurture Nook'. You will, no doubt, have heard in the press about the challenges many young people are facing, in terms of mental health and well-being. At Mulbarton Primary, we are very mindful of these needs, and following the departure of our three-class year six cohort, we have been able to develop a dedicated space on site for emotional interventions and support.

Highlights for next half term will include our offer to pupils to take part in a variety of additional clubs and after school activities. Alongside our established sports activities, French, choir, musical opportunities and gardening club; pupils can choose to sign up for creative writing, ceramics, knitting and sea shanties – to name just a few! As the term draws on, we will be welcoming parents to reading cafes and of course, our Christmas events!

On a personal note, it is lovely to be experiencing the Mulbarton school year for the second time. I would like to thank everyone who has contributed to school life over the last year, the impact for our children and the difference the community makes is a substantial one. I would also like to thank everyone who welcomed me and has helped me settle and feel like part of the furniture just one year in!

Please do get in touch with me via the school office – [office@mulbartonprimary.norfolk.sch.uk](mailto:office@mulbartonprimary.norfolk.sch.uk) - if you have a talent you would like to share, would like to become a 'Reading Champion'- helping hear children read, or even become a Governor! Thank you for your on-going support.



*Natasha Hall* (Headteacher)

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## AUTUMN NATURE NOTES

As I write this article we are being bombarded by heavy rain and strong winds as storm Babete passes over The British Isles, a brutal reminder of winter to come.

After experiencing unseasonably high temperatures sunny days in September and the first half of October the sudden change is



a shock. The unusual pattern of autumn weather combined with rain in August,



has confused some plants into thinking it is spring. The photos show apple blossom on a tree in the Rosery allotment site and my summer flowering clematis blooming for a second time this year. Also, the deciduous trees are slow to turn colour.

As the temperatures drop and the days shorten the birds are coming to feed at my bird table, the sparrows the first to arrive. Walking around the village I have heard the song of the winter robin as he stakes out his territory. Is the one which has appeared in my garden a migratory robin which come south from Scandinavia for the winter?

My window cleaner Ivan told me how, at the beginning of September, he watched the daddy long legs (AKA crane fly) emerge from the lava stage (we know them as leather jackets) under the lawn where they feed on the roots leaving brown patches where the grass has died. Like ants, they all fly at the same time and their only mission is to mate and get into our houses to lurk in corners. Some traditions never change and I have chosen for the winter edition Diane Robinson's drawing of a winter robin on berries to remind us that the festive season is upon us.



Happy Christmas, however you choose to celebrate.

Pauline



# PALMER & PALMER

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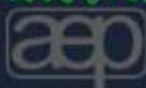
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Email: [npalmer@papps.org.uk](mailto:npalmer@papps.org.uk)

US Phone: 01603 555 670

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 [@mjoflooring](https://www.facebook.com/mjoflooring)

## The EDWIN RICH TRUST

The Edwin Rich Trust, which has existed for hundreds of years, derives its small income from two parcels of land within the village of Mulbarton; one being rent for the allotments off The Rosery and the second is a small parcel of land on Flordon Long Lane. From this income the Trust is able to give small grants to Mulbarton residents who may need assistance with immediate and short-term problems. People in the first instance should contact our Almoner, Pauline Campion. They can be assured the matter will be treated in the strictest confidence. Pauline's contact details are included at the bottom of this article.

We have just re-let all our remaining allotment plots and we have a waiting list of 2 people; but if you wish to be added, contact our Almoner.

*We are still actively seeking to recruit a Secretary/Clerk and if you feel you could fulfil this volunteer post please get in touch. This is not an onerous task and does not take up a lot of time with 2 meetings a year. A full job description is available from the Trust for anyone who may be interested. Please note this is a voluntary position but out of pocket expenses will be reimbursed.*

**Pauline Campion (01508 570335) [pauline.campion@btinternet.com](mailto:pauline.campion@btinternet.com)**

## AVAILABLE FOR HIRE



**Mulbarton Village Hall:** 4 rooms + licensed bar, for regular or occasional hire. See p.27. Contact: Louise on 01508 578454 or [mulbartonvillagehall@gmail.com](mailto:mulbartonvillagehall@gmail.com)

**Mulbarton Scout & Guide HQ:** large hall, well-equipped kitchen, enclosed play area. Contact: Malcolm Court at [mulbartonhqbookings@gmail.com](mailto:mulbartonhqbookings@gmail.com) or tel: 01508 570461

**Harvest House (right):** small, comfortable venue in lovely location. Main room has chairs & tables for 36; fully equipped kitchen; accessible toilet; Wi-Fi; large garden; parking. Small upstairs room with great views for home-working or groups of up to 6. Very reasonable rates. Contact: Sarah Miller [sarah@mulbchurch.org.uk](mailto:sarah@mulbchurch.org.uk) Tel: 01508 579111 or 571167



**Bracon Ash & Hethel Village Hall & Social Club** by B1113: equipped with free superfast broadband & WiFi. Contact: [contact@bavh.co.uk](mailto:contact@bavh.co.uk)

**Flordon Community Centre** within Flordon Church (off Long Lane) is a comfortable venue with chairs, tables, kitchen facilities & toilet. Contact: Jimmy Lockhart, [jimmylockhart@benburgess.co.uk](mailto:jimmylockhart@benburgess.co.uk) tel: 01508 471888



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## VILLAGE DIRECTORY

Village information, Google calendar, downloadable maps, link to monthly 'infomail' and to digital version of this magazine at [www.mulbarton.info](http://www.mulbarton.info)

Parish Council: <https://www.mulbartonpcinfo.com/> has lots of information about meetings, etc. A **WELCOME** booklet can be downloaded here, or arrange to collect a copy from the **Parish Council Office** at the Village Hall.

Mulbarton group of churches: <http://mulbchurch.org.uk>

Mulbarton Primary School: <https://mulbartonprimary.norfolk.sch.uk/>

Mulbarton Surgery: <https://www.humbleyard.nhs.uk/>

Explore your local history at: <https://www.mulbartonhistory.org.uk/>  
[www.bracon-ash-and-hethel-history.webnode.page](http://www.bracon-ash-and-hethel-history.webnode.page)  
[www.flordonhistory.webnode.page](http://www.flordonhistory.webnode.page)

### GRANTS & HELP AVAILABLE—call on help if you need it:

The **EDWIN RICH TRUST** can make small grants to residents of Mulbarton to meet specific needs. Contact the Almoner in confidence: Pauline Campion (01508 570335) [pauline.campion@btinternet.com](mailto:pauline.campion@btinternet.com) More details page 21.

A **HARDSHIP FUND**, is administered in confidence by the Rector, partnering with other service providers —contact details p.3.

The **COMMUNITY PANTRY** and 'Dignity in Difficult Times' in church porch are for residents facing hardship to use. DONATIONS welcome from those who can help others in need. Everything left is then given to Norwich Food Bank.

The **HELP HUB** is there to meet a wide varieties of needs / emergencies.

Tel.01508 533933 or <https://www.southnorfolkandbroadland.gov.uk/help-hub-1>

**Social Prescribing** appointments with our Community Connector are available at Mulbarton Surgery, tel. 01603 977477

### Technology Help?

Need some advice or support with Technology? Abilitynet are a charity aimed at doing just that for older people over 50 and disabled people of all ages. Local experts can provide help in your home or over the telephone via a network of disclosure checked friendly volunteers; and all at **no cost** to you. Support is available for all technology – TVs, phones, tablets, computers and smart devices.

If you'd like to request a visit or find out some more information you can call their freephone number 0800 0487642 or [www.abilitynet.org.uk/at-home](http://www.abilitynet.org.uk/at-home)

# Mulbarton Diary Page

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



Sat 2nd Dec –Mulbarton Choir  
Concert Village Hall

Sat 9th Dec 11am –3pm Grove  
Christmas Fair—page 41

Sun 10th Dec –Mulbarton Choir at  
Hethel Church

Tues 12th Dec 2pm -Mardlers Christmas tea at Social Club -page 30

Thurs 14th Dec –Mobile Library see page 35

Thurs 14th Dec - Book Club see page 35

Sat 16th Dec 3pm Village Hall - Mulbarton Christmas Party - page 27

Sun 17th Dec Carols with the Mulbarton Choir at the village church



Wed 20th Dec—Film Club Flordon  
- page 37

Thurs 11th Jan –Mobile Library in  
village - page 35

Thurs 18th Jan Book Club - page  
35

Tues 23rd Jan 2pm -Mardlers tea at Social Club - page 30



Thurs 8th Feb -Mobile Library -  
page 35

Tues 27th Feb 2pm -Mardlers tea at  
Social Club —page 30

# MULBARTON CHURCH: FOLLOWING JESUS

*Sharing the Journey*



## Focus on: Youth, Children and Families

It is a privilege to share the journey of life and faith with children, young people and families here in our community.

You are so welcome to join us.



### All Age Services,

on the 1st Sunday of the month, offer a relaxed, interactive and fun opportunity to explore the things of God with all ages.



### Forest Church

Church, but not as you know it.  
Outdoors and wild.  
Coming soon.  
Watch this space!

### YOMMY Youth Group

meets alongside our Sunday Services, offering a fun, relaxed space for young people aged 11yrs plus to explore the things of life and faith together



### The Children's Corner

is available during all services, with toys, crafts, puzzles and books for younger ones to enjoy.

### Holiday Clubs

God's story and love are shared with primary aged children through 'Open The Book', games, crafts and lots of fun.

### Social Events

from Bring and Share lunches to Ice Cream Sundaes, there are lots of chances to meet together and enjoy friendship, fellowship and fun.

## REGULAR EVENTS IN THE VILLAGE

### Mulbarton Sports & Social Club

See Ad. page 42 and check out the club Facebook page for dates and details of all events. BAR Opens from 7pm Mon to Thurs; Opens 4pm Fridays; Opens from 1pm Sat & Sun. *Everyone welcome.*

### Mulbarton Village Hall (MVH)

Please 'like' our page to keep up-to-date with all our events Facebook & insta @MulbartonVillageHall. All proceeds go back to Mulbarton V H Charity.

**Hanover Gardens** in Cuckoofield Lane (next to Co-op) hosts a number of events that are OPEN TO ANY aged 50+, including the following 'regulars':-

**Knit and Natter - Mondays** 2-4pm in the Hanover Lounge. Tea/coffee & biscuits £1.

**Chat Café** - First Friday of each month from 10am in the Hanover Lounge, with different activities as well as refreshments and the chance to chat.



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11AM TO 2.30PM

# MULBARTON

## Christmas PARTY

£5 ENTRY  
UNDER 16S FREE  
AVAILABLE FROM THE BAR

STARTS  
3PM  
TILL LATE

MULBARTON VILLAGE HALL CHARITY FUNDRAISER  
SATURDAY 16TH DECEMBER 2023

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and much more  
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evening  
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## LOCAL ORGANISATIONS, CLUBS & SOCIETIES

### MULBARTON COMMUNITY CHOIR



#### Welcoming members from the whole community

We meet Thursday evenings 7.30—9.15 in term time in the School hall. If you would like to contact the choir either about or about discussing a performance with us, please get in touch.

Events coming up are:

2nd Dec Concert in Village Hall

10th Dec Hethel Church Carols

17th Dec Carols at the village church at 4pm and 6.30pm

[enquiries.mulbarton.choir@outlook.com](mailto:enquiries.mulbarton.choir@outlook.com)

We sing pop, sea shanties, show tunes, classical, gospel – anything goes!

### Mulbarton Short Mat Bowls Club

Mulbarton Short Mat Bowls Club look forward to welcoming new players! Wednesday evenings—village hall.

If you have never given bowls a go, please come and try your hand. If it's not for you then no problem. We offer two sessions free of charge and bowls are available for you to try. Please wear soft indoor shoes.



We have joined the South Norfolk League, so if you are interested, please call either Marga 01508 219029 or Jayne 07787707220

**Bracon Ash & Hethel Village Hall** hosts a Family & Pub night (with Kebab Van), **Wednesdays** from 7pm & BINGO on **alternate Sundays** 6-11pm. Check website for full details of events: [https://bavh.co.uk/regular\\_events/](https://bavh.co.uk/regular_events/)

**Mulbarton friendly walking group** meet every two weeks at 1.30 for local walks approx 3-5 miles. Our next walk is **24th November**. These walks are completely free and dog friendly. Contact Pearl via Facebook or Whatsapp Mob

07799 012397 or  
email [farmcottagebedandbreakfast@gmail.com](mailto:farmcottagebedandbreakfast@gmail.com)



## Happy 7th Birthday to Mulbarton Mardlers

Mulbarton Mardlers group was started in November 2016 in response to a known need for somewhere for those who are lonely or living on their own to meet one another. After exploring many possible ideas, it was decided that an afternoon tea once a month was both appropriate, and manageable for the team of volunteers.

Mardlers normally meets on the 4<sup>th</sup> Tuesday of the month from 2-4pm in the social club. We are grateful to the social club for letting us hire the space and all the food is donated by the team and other villagers.



In addition to afternoon tea and seasonal parties, the group also has occasional coach trips, mainly to garden centres or similar venues. Lifts can be arranged for those unable to get themselves to the social club.

If you are interested in joining us, then you would be most welcome. Either as a volunteer to offer lifts, food or tea making, or just to come along and make new friends over tea and cake! One lady remarked this month, that she would hardly see anyone to chat to during the month without coming out to Mardlers. Don't be lonely—come and join us!

See advert below for details

### Mulbarton Mardlers

**We usually meet on the 4th Tuesday each month at Mulbarton Social Club between 2 & 4 pm for tea and chat (Voluntary contribution of £2)**

**Nov 28th, Dec 12th, Jan 23rd, Feb 27th**

plus another outing is being planned

**Anyone who would otherwise be alone is most welcome to join us!**

Lifts available - for more information give us a ring:  
Sue Mellows 07936 703124 or Tracey Salisbury 07708 228998



## Hethersett 'District' Lions Club



We had a successful quiz night recently at Newton Flotman Village Centre and made £250 for our charity fund thanks to those who supported us. Thanks also to the Worlds End Mulbarton for making a donation in October from their monthly quiz.

We continue to donate £200 each month to the Norwich food bank run by the Trussell Trust, covering all villages in this area. We had a talk in September from the charity 'Get Me Out the Four Walls' and gave a donation. 'GMOTFW Norfolk' is a community-based peer support service, with the aim of preventing parents feeling isolated and lonely during the first year of parenthood. They have a hub on Hall Road Norwich open Monday to Friday from 10am – 2pm. They can be found on [www.getmeout.org.uk](http://www.getmeout.org.uk) also on Facebook and Instagram. Recently donations have been made to local charities as well as Cancer UK. We will be helping again with the cost of Christmas activities for Swardeston Day Centre. We take this opportunity to wish everyone a Happy Christmas and a good New Year.

Car parking for all of Norwich City home matches is still operating on Lower Clarence Road for £5. We always open three hours before kick-off but it fills up very quickly so come early.

Should you wish to know more about what Lions get up to feel free to come along to any of our meetings on the second Monday of the month at Mulbarton Village Hall Committee Room or the last Wednesday of the month at Bracon Ash Village Hall – both meetings at 8pm.

Club Secretary John Hewitt 01508 570392 or visit [www.e-clubhouse.org/sites/hethersettuk/](http://www.e-clubhouse.org/sites/hethersettuk/)



## Mulbarton Community Speedwatch Group

We are a small but active group, who you may see around the village from time to time. We are always on the lookout for more help! If you would like to be involved, please email [mulbartonparish@btconnect.com](mailto:mulbartonparish@btconnect.com) with Community Speedwatch as the subject, and your email will be forwarded. (Contact details will be deleted from the Mulbarton Parish Council address once your email has been forwarded).

*Sue Stirling*

**Join MALGA.  
It's fun, sociable,  
interesting & educational**



Well, we've had all the weather that a gardener could wish for but, in the words of Eric Morecambe, not necessarily in the right order.

Our November pub quiz night was the usually happy success. As was the AGM followed by one of Jan's (Country Kitchen) excellent dinners. We were very pleased to welcome Mark Smith (*Vision Norfolk's* Leisure and Activities Co-Ordinator) as our after-dinner speaker. Mark gave a very inspiring talk about the wonderful work that is done by *Vision Norfolk* to support visually impaired people, both young and old.

It is no coincidence that next year, MALGA will be organising another *Open Gardens* (last one was pre-pandemic 2019) The charity of choice is *Vision Norfolk*. Date: Sunday 21 July 2024. Please contact any MALGA member if you would like to get involved with this very worthwhile event.

Our meeting in December will be dedicated to planning activities for 2024 so come along if you have any ideas. We are also still looking for someone interested in social media. If this is you, please contact [lynne.middlemiss@gmail.com](mailto:lynne.middlemiss@gmail.com)

On the Environmental front, as we go forward, we need a core of supporters who can help with maintenance of planted areas. You don't have to be in the group or come to meetings, just let us have your email address or other contact details – send to [malgaenvironmentgroup@gmail.com](mailto:malgaenvironmentgroup@gmail.com)

The next edition of MALGA's quarterly newsletter *Mulbarton Environmental* will be published in December – visit our Facebook page for your free copy. **Members** will be informed by email of any future events. In the meantime, follow us on Facebook where you can find full details of our activities.

**Note** that on presentation of your membership card, you will receive a 10% discount on plants at the Wymondham Garden Centre, and at Myhills in Wymondham.

**To join MALGA** (membership only £5 per year), please contact our Chair, Chris Samson on [cjmsamson@yahoo.co.uk](mailto:cjmsamson@yahoo.co.uk) or 07837 969 715; or our Secretary, Geoff, at

[geoffandvirginia@tiscali.co.uk](mailto:geoffandvirginia@tiscali.co.uk) ; or  
download the form from our  
Facebook page (scan right).

←MALGA FB Page  
MALGA Membership Form →



## Seasonal Feasting

Which word of those listed below, is not found in the square?

S	G	S	N	A	M	S	A	A	O	H	R	S	C	F
T	D	R	Y	O	E	V	L	Y	C	E	V	U	L	E
Z	F	X	A	I	M	R	M	H	N	C	H	M	E	Y
C	Z	A	K	V	M	A	O	K	K	P	I	Y	M	H
C	F	O	S	W	Y	C	N	V	K	N	G	E	E	G
E	O	C	E	E	O	V	D	N	C	K	O	K	N	Z
C	E	M	M	L	I	V	S	E	I	M	L	R	T	B
I	G	O	A	P	Q	R	P	R	W	C	E	U	I	G
A	C	T	S	U	F	I	R	S	F	P	L	T	N	J
S	E	P	F	U	E	U	U	E	P	M	U	Z	E	Z
J	Y	U	V	S	F	N	R	Q	B	R	Y	L	R	E
S	T	U	F	F	I	N	G	N	Q	N	O	K	H	J
D	A	E	R	B	R	E	G	N	I	G	A	U	K	O
R	E	T	T	U	B	Y	D	N	A	R	B	R	T	R
N	P	A	R	S	N	I	P	S	H	C	V	V	C	S

**Almonds**

**Cranberries**

**Sprouts**

**Brandybutter**

**Gingerbread**

**Stuffing**

**Chocolate**

**Gravy**

**Turkey**

**Cinnamon**

**Marzipan**

**Yulelog**

**Clementine**

**Mincepies**

**Cookies**

**Parsnips**

Answer page 40

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**Please call Mark for an informal chat  
on 01603 867444 or 07468246933**



## ENJOY A GOOD READ?

As the cooler weather arrives it is time to slip between the covers and for book club members this means slipping between the covers of a good book. Find yourself transported to faraway places, meet up with all kinds of characters, learn new things and find some winter contentment. If you would like more information about forthcoming books and details of meetings please contact [Patriciabrooks569@gmail.com](mailto:Patriciabrooks569@gmail.com)

14 December - Small Things Like These – Claire Keegan

It is 1985, in an Irish town. During the weeks leading up to Christmas, Bill Furlong, a coal and timber merchant, faces his busiest season. As he does the rounds, he feels the past rising up to meet him - and encounters the complicit silences of a people controlled by the Church. *Small Things Like These* is an unforgettable story of hope, quiet heroism and tenderness.



18 January 2024 - The Moonstone – Wilkie Collins

*The Moonstone*, a novel by British writer Wilkie Collins, originally appeared as a weekly serial in Charles Dickens's magazine *All the Year Round*. In 1868, the story was published in a three-volume set titled *The Moonstone: A Romance*. A variety of narrators present the tale, which centers on the disappearance of the valuable Moonstone gem on the very night Rachel Verinder receives it as a gift. Part sensation novel and part mystery, *The Moonstone* prefigured the modern detective novel.

Only 6 copies left....

***The Book of Mulbarton*** (a large-format hard-back, Halsgrove, £19.99) is still available from the author, Jill Wright (editor of this magazine—contact details p. 5) – when it's gone—it's gone!!



**MOBILE LIBRARY** visits every 4 weeks on a THURSDAY. Dates for this quarter are **14th Dec 11th Jan 8th Feb.** (full timetable of stops on village website). We are Route **CEN416**. Information at <https://www.norfolk.gov.uk/libraries-local-history-and-archives/libraries/your-local-library/mobile-libraries> or phone 01603 222303



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We have accommodation at Mangreen if you have any guests you need to accommodate give us a call from £70 bed and breakfast.

## Mulbarton Wanderers & Belles Football Club



The club is always seeking new volunteers to assist by becoming coaches. The 1st team also urgently require some match day volunteers. Roles include car park assistants, general stewarding within the ground and manning the entrance gate and taking fees. If you are available and can offer your services please contact us. It's a fun team to be involved in, we all love our football and enjoy the game and the banter, and after the game in the Social Club.

**Please help if you can.**

The latest information about the club and the teams can be easily found at:

[www.pitchero.com/clubs/mulbartonfootball](http://www.pitchero.com/clubs/mulbartonfootball).

On social media individual teams have the following pages:

1st team: twitter @MulbartonFC Instagram mulbartonFC

Reserves: twitter @mulbartonResFC

Women's Teams: twitter @MulbartonLadies Instagram mulbartonwomenfc

Youth teams: twitter @MWFCYouth

Hope to see you on match days supporting the players that are proud to represent you and our wonderful village.

Jeff Nurse

[j.nurse21@btinternet.com](mailto:j.nurse21@btinternet.com)

**FLORDON FILM CLUB** Thank you to the many members who submitted their choices for the new films.

The winner was Oppenheimer; however, the release date has not yet been announced so there is no guarantee we can screen it until the new year. I know that a lot of members have already seen it, so may not wish to do so again, especially as it lasts two hours which is a bit long to sit on our chairs.



So, the next film will be: WEDNESDAY 20 DECEMBER: **THE OLD OAK**

Whilst writing, I am wondering if bringing the normal club meeting date forward to the second Wednesday in the month would be helpful or otherwise. It might help us somewhat in the future, but we would only change the date if it generally was not going to cause a problem to members. Any change would not take place until the new year. I should be grateful for your feedback if it would make any difference to your likelihood to attend the meetings.

Thank you very much, Lolita and I look forward to seeing you in December.

David Harrison The Old Rectory, Flordon, NR15 1RL

Tel: 01508 470118 Email: [david020747@hotmail.co.uk](mailto:david020747@hotmail.co.uk)

## MULBARTON SCOUTING GROUPS

We hope that plenty of you came along to enjoy our annual bonfire night event and would like to take this opportunity to thank everyone who works so tirelessly to ensure that the event runs smoothly. It is our main fundraiser and without it we simply could not exist!



Which leads me on to say that for the group to exist and thrive we also need adult volunteers to regularly come forward. Please do follow us on Facebook (search 1st Mulbarton Scouts) to see what being a volunteer in Scouting is all about. You can get in touch via the Facebook page or by emailing [mulbartonscouts@live.co.uk](mailto:mulbartonscouts@live.co.uk)

All of our sections have been enjoying busy and varied programs and will continue to get out and about as much as possible even through the slightly more inclement winter months. There's no such thing as bad weather, only bad clothes!!



A recent highlight was a trip for the Beavers to the Hapton based Redwings Horse Hospital. We would like to thank all of those involved in making this happen. Included here are a couple of photos of the educational and fun visit.



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# Girlguiding

Any Girls between the ages of 10 and 19 would be welcome to join Guides or Rangers. Enquiries to [mulbartonguides@gmail.com](mailto:mulbartonguides@gmail.com)

*Pam, Hayley, Sally & Molly*

## Mulbarton Rainbows



Mulbarton Rainbows have had a busy start to the autumn term starting on the Know Myself theme. We have also had an evening at Keswick girl guiding camp site nature hunting and toasting marsh-mallow over the campfire. *Jo*



Answer to word search on page 33  
The missing food item in the grid is MARZIPAN



## **PUDDLEDUCKS PRESCHOOL**

**PUDDLEDUCKS** meet in the Jubilee Room on Monday and Friday from 8 to 3, and Tuesday to Thursday from 8 to 5.45 offering sessional (3 hours) and day care (up to 10 hours) to children from 2 years to school starters. We have a team of highly qualified and experienced staff and offer play and learning opportunities indoors and out.

### **WE NEED YOU!**

We are a charity run preschool which is run by a management committee of volunteers, we are looking for more people to join the committee. You do not need to have any links to Puddleducks just have a small amount of spare time to give back to the community to be part of shaping local children's lives. The committee plans all fundraising events such as the Christmas fair, looks after Facebook marketing as well as providing the management support for the Puddleducks staff so it's great to have people with all different skills and backgrounds. We'd love to hear from you if you are interested in joining us, please contact [secretary@puddleducksmulbarton.co.uk](mailto:secretary@puddleducksmulbarton.co.uk)

*Hayley*

## **The Grove Christmas Fair**

Surrounded by woodland, on the road to East Carleton, The Grove is a Leonard Cheshire home for 32 adults with physical disabilities.

The Grove Christmas Fair is raising funds for residents' activities



Include stalls, raffle, refreshments and the Lake open for lake walking.

**Saturday December 9th 11am-3pm**     £2 Entry – Kids Free

The Grove, Scotts Hill, East Carleton, NR14 8HP.

# MULBARTON SPORTS AND SOCIAL CLUB

## UPCOMING EVENTS



**DEC 1ST**

**LAURENCE BROOKS  
8.30PM**

**DEC 15TH**

**XMAS  
KARAOKE  
8.30PM**

**DEC 31ST**

**NYE PARTY**

**FEB 9TH**

**JULIE BUNN 8.30PM**

**ALL WELCOME**



## Update from Swardeston Day Centre



We have had a busy autumn at Swardeston day centre. Some highlights have been the visit of some cavies (guinea pigs) from 'Cavies and Cake', a guinea pig café in Fakenham; with an opportunity to feed, groom and cuddle the very hairy rodents.

We enjoyed having 'Elvis' in the building too who gave a rocking good performance and got everyone involved singing, humming, clapping and dancing – much enjoyed by everyone.

Less exciting, but still popular was a 'bring and buy' stall on both Monday and Wednesday at the beginning of November which starts off the Christmas shopping and raises some extra funds for new activity equipment, games and puzzles.

We have a church service each month on both days of the week including our harvest services where the old favourite, 'We plough the fields and scatter' was sung with enthusiasm. We also had a collection for those without, 'plenty'. The charity with local connections was 'Street Child' who are providing disaster relief in Morocco and Libya.

Winter chill is now in the air and our thoughts are of our upcoming Christmas celebrations, which like 'every day' brings warmth, cheer, good hot food, support, refreshments, friendship, company, conversation, music, laughter, fun, well-being and more besides. Our carol services this year are on Monday 4<sup>th</sup> and Wednesday 13<sup>th</sup> December to which extra singers are welcome to come along, but call first so that we know how many extra mince pies are needed. After our Christmas parties, on 13<sup>th</sup> & 20<sup>th</sup> Dec, with special musical entertainment, we take a well-earned break before all in store in 2024!



'Hear for Norfolk' support service make regular visits to us and which are open to the local community - Susan would be pleased to see any NHS hearing aid wearers to check, clean and repair your aids – please call us first. The next visit is 10am on: 11th December, 7<sup>th</sup> Feb 2024, 15<sup>th</sup> April, 5<sup>th</sup> June

Our telephone no. Mon and Wed 10-3pm is 01508 578826  
With best wishes of the season to all the readers of this newsletter

Julia and Liz

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## Almond Loaf

Christmas food can be all about chocolate, dried fruit and indulgent eating but sometimes the simple things are best. This recipe will suit at any time of day and not just at Christmas. To turn it into a quick dessert, slice and serve warm with some berries and a dollop of crème fraiche.



150g marzipan  
120g butter  
50g caster sugar  
80g plain flour  
1 tsp vanilla or almond extract  
1 tsp baking powder  
1 tsp ground cardamon  
3 large eggs

- Set oven to 170c/150c Fan Gas 3 and line a 1lb loaf tin ready
- Break up the marzipan as small as possible and preferably whiz it in a processor
- Combine marzipan with butter, sugar and essence
- Mix together the flour, baking powder and cardamon
- Add one beaten egg at a time to the butter mixture along with a spoon of dried mix until all is well combined.
- Fill the loaf tin with the cake batter and bake for approx. 40-50mins or until cooked and lightly brown.
- Slice to serve warm or cool.

Recipe made and supplied by your editor - Sue



*"The time leading up to the funeral was made bearable knowing that you were at the end of the telephone."*

— from a family we have cared for at Rosedale



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# Swardeston Day Centre



Hilltops, Main Road, Swardeston, NR14 8DU

🌐 [www.swardestondaycentre.org](http://www.swardestondaycentre.org)

✉ [Info@swardestondaycentre.org](mailto:Info@swardestondaycentre.org)

☎ 01508 578826



*We provide quality day care for older people in and around Mulbarton and surrounding villages every Monday and Wednesday 10 a.m. - 3 p.m. including a home cooked meal and a variety of activities & entertainment Please do pop in and come and see what we do (by appointment only please)*

**You can donate to us totally free when shopping online at:**



<https://www.easyfundraising.org.uk/causes/swardestondaycentre/>

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**Tel 01508 578892**

**[www.humbleyardenglishwine.co.uk](http://www.humbleyardenglishwine.co.uk)**

# **SUNDAY SERVICES – 2023—2024**

10am Mulbarton live-streamed weekly and on catch-up: [mulbchurch.org.uk](http://mulbchurch.org.uk)

December				February	
3 <sup>rd</sup>	8am Holy Communion Mulbarton  9am Morning Prayer Bracon Ash  10am Worship with Baptism Mulbarton  4pm Christingle Flordon	31 <sup>st</sup>	10am New Year Benefice Service Hethel  	4 <sup>th</sup>	8am Holy Communion Mulbarton  9am Morning Prayer Bracon Ash  10 All Age, with Baptism Mulbarton
		January			
10 <sup>th</sup>	10am Morning Worship Mulbarton  4pm Carol Service, Hethel  6:30pm Carol Service Flordon	7 <sup>th</sup>	8am Holy Communion Mulbarton  9am Morning Prayer Bracon Ash  10 All Age Mulbarton	11 <sup>th</sup>	8.30am Communion Hethel  10am Morning Worship Mulbarton  3:30pm Evening Prayer Flordon
17 <sup>th</sup>	9am Holy Communion Bracon Ash  4 & 6.30pm Carols by Candlelight, Mulbarton	14 <sup>th</sup>	8:30am Communion, with blessing of plough - Hethel  10am Morning Worship Mulbarton  3:30pm Evening Prayer Flordon	18 <sup>th</sup>	9am Holy Communion Bracon Ash  10am Holy Communion Mulbarton
24 <sup>th</sup>	10 Thanksgiving Mulbarton  10:30am Carol Service Hanover Lounge  4pm Crib Service Mulbarton  11:30pm Midnight Mass Mulbarton	21 <sup>st</sup>	9am Holy Communion Bracon Ash  10am Holy Communion Mulbarton	25 <sup>th</sup>	8:30am Communion Flordon  10.30am Church @ Hanover Hanover Lounge  Together Meal & Service 6 Harvest House 7 Church
Mon 25 <sup>th</sup>	9am Christmas Communion Flordon  10am Christmas Communion Hethel  10am Christmas Celebration Mulbarton	28 <sup>th</sup>	8:30am Communion Flordon  10.30am Church @ Hanover Hanover Lounge  Together Meal & Service 6 Harvest House / Church	<div> <p><b>Full Christmas run-down on p.15</b></p> <p><b><u><a href="http://mulbchurch.org.uk">mulbchurch.org.uk</a></u></b></p> </div>	