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PARISH NEWS  
Autumn 2022  
(for Sept. to Nov.)**





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## FROM THE RECTORY

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“Change! The only thing here to stay!” So said Heraclites 2,500 years ago. He was right.

I've been reflecting on change. There's been a lot of it the last couple of years - in the churches here, in the villages, in the wider world, and for me personally. Friends, colleagues, government officials, come and go. Children grow up. Family members emigrate. Finances ebb and flow. Conflicts and wars start and stop. Relationships change. And within, our values, beliefs & understanding grow and change too.

If change feels threatening or if you're going through a tough time and feel “this is it forever”, it can help to know that nothing ever stays the same. That this too shall pass, whatever it is.

I think many of us have a love-hate relationship with change. Certainly when things are going poorly for us, we can take solace in the fact that, no matter what, things are not going to stay the same. They might get better, or they might get worse, but they are going to be different. It's important to note that this will happen whether we proactively try to change our situation or not.

Conversely, when life is going great for us, we “want things to stay this way forever.” Let's keep everything the same, and these happy times will continue indefinitely. Unfortunately, that's not the way life works. Again, whether we actively try to keep things as they are or not, change happens.

So, in this changing and uncertain world, how do we manage the changes that impact us? Take a moment to think about what changes are most impacting you right now! I wonder what you need to help you navigate.

I have been thinking that I need two things, don't always have as firm a grip on them as I'd like, but I'm making progress: **anchoring and acceptance**.

Hebrews 12:28 encourages us to “be grateful for receiving a kingdom that cannot be shaken”. For me, I am realising how valuable and important it is to have an anchor that is able to steady me and carry me through upheaval, and I am so grateful to Jesus for what He has done to provide that anchor.

And then as change happens, there is the security to accept the present moment in a non-judgemental way, simply noticing and accepting what is, the feelings we experience, the choices we make, the stuff that happens around about us. As we embrace change, or work towards a better relationship with change, my prayer is that we will know grace to navigate change, and ultimately live more in line with our values and true purpose.

*Yours, in process of transformation, Adrian*

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

### Baptisms

31st July 2022 Charles Albert FISK  
31st July 2022 Zachary Kenneth RAMM

### Weddings

28th May 2022 Sean Smith Reeve & Lorna Puttock (Bracon Ash)  
10th June 2022 Bruce W Van Portvliet & Beatrice M G Cullum  
11th June 2022 James P Hyde & Lydia R A Perllman  
18th June 2022 Julian R Vincent-Bunn & Marion E Gray (Hethel)  
2nd July 2022 Stephen A Cozens & Rujuan Wang (Flordon)  
9th July 2022 Ross E Nelson & Amy E Knights  
16th July 2022 Tristan J P Cliffe & Annette D Phillips

### Wedding blessing & dedication

27th May 2022 Peter Heywood & Jennifer K Midura

### Funerals

8th June 2022 Augustus ('Gus') W Ives at St Faith's Crematorium  
17th June 2022 Jennifer M Pedley  
7th July 2022 Pamela Tomkins (Hethel)  
11th July 2022 Margaret Nash (of Flordon, formerly Mulbarton)  
at St Faith's Crematorium

[*Note from Ed:* you are welcome to submit details of weddings and funerals of local people that have taken place at other venues—contact details opposite]

**REMEMBERING LOVED-ONES**—details for All Saints'-tide service opposite:

## Village Information, especially for newcomers!

Hello to all reading this Autumn Edition of our Mulbarton 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 on the Home page of my **Village Website** [www.mulbarton.info](http://www.mulbarton.info) where there's also a link to the **Village Google Calendar**. Please let me know about events you'd like included.

I send regular **info-mails** to quite a number of local contacts, (sent Bcc so 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 the door! *Marina* 01508 578186 / [marina@mulbarton.info](mailto:marina@mulbarton.info)

## **WELCOME to PARISH NEWS! & important information & an apology**

Jill Wright has edited this edition for **AUTUMN 2022**, which features some special events coming up, including **BIG GREEN WEEK** events organised by MALGA's recently formed Environment Group, and football news & fixtures.

Most of you noticed that the Summer issue was on much thinner paper. The printer we have used since going full-colour hiked their prices by nearly 40%, so Adrian searched out another printer, and we think they did a good job for little more than the cost of the Spring edition. But print costs are rising so we have had to make the difficult decision to increase the advertising fees by a small amount for the coming year.

**APOLOGIES** that the Post Office info was not all correct last time—it came from their own website! Hopefully you have found alternative locations and one day soon we will get a Post Office back in Mulbarton.

**A REMINDER** on page 21 about funds available to local organisations from past profits of Parish News

**THANKS** to all contributors. Please note, the **DEADLINE** for items for the WINTER issue (December 2022 to February 2023) will be **FRIDAY 28th OCTOBER** when Sue will be the Editor and will appreciate having items sooner as it helps so much with the layout.

### **THE TEAM:**

Editors: Jill Wright (570532) [dandjwright@hotmail.com](mailto:dandjwright@hotmail.com)  
and Sue Parker [sueondartmoor@hotmail.com](mailto:sueondartmoor@hotmail.com)

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

Proof-checking: Sue Stirling

ADVERTISING: contact Advert Manager, Sara at [brumhead2@aol.co.uk](mailto:brumhead2@aol.co.uk)

## **Pull-out Village Directory p. 23, What's On pp.24-26**

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## **REMEMBERING LOVED ONES**

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

Which one of the list of fruit is not hidden in the grid and which one can you find twice? [clue page 43]

Apple

Raspberry

Strawberry

Cherry

Cranberry

Redcurrant

Damson

Blueberry

Gooseberry

Plum

Rhubarb

Blackcurrant

Pear

Blackberry

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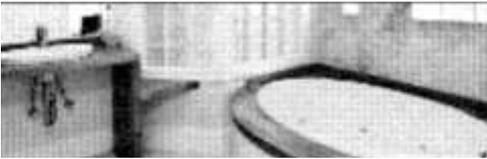
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# PARISH COUNCIL REPORTS

## From our new Clerk:

Since the summer edition, there have been a lot of changes at the Parish Council. We said goodbye to 5 Councillors and to our clerk, Anne Phillips, who had been working with the council for 10 years. It was at this point, 8 weeks ago at the time of writing, I joined the council as the clerk. With only 2 councillors remaining, the parish council is unable to operate legally so South Norfolk Council appointed District Councillors Nigel Legg, Florence Ellis and Barry Duffin. At their first meeting Steve Sewell was voted in as Chairperson and Roger Dyndal was co-opted onto the council. Since then, we have now welcomed 3 new members, Louis Kaszczak, Danny Gaskin and Laurence Hughes. We still would like more new councillors to join us, so if you would like to find out more, please contact me or one of your councillors.



Roger Dyndal



Louis Kaszczak



Laurence Hughes



Danny Gaskin

In the 8 weeks I have been here, the council have repaired the play area on the Common (see page13) and the water has been reconnected to the allotments at Oakley Park North. We still do not know why the water had been cut off as this is still managed by Hopkins Homes. The transfer of the allotments to the Parish Council is with the lawyers and we continue to push to get this finalised. The Parish Council and Village Hall Management Committee are working together to resolve their differences and to improve their working relationship. A new website for the Parish Council is being worked on, with the aim that this will go live in the Autumn.

*Lorraine Trueman*

(Clerk to the Council)



Lorraine Trueman

[mulbartonpcclerk@gmail.com](mailto:mulbartonpcclerk@gmail.com)

You can contact the Parish Council on 01508 578134 or

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**REPORT FROM PARISH COUNCIL CHAIRMAN  
OVERLEAF, page 13.....**



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## PARISH COUNCIL CHAIRMAN'S REPORT

### From Steve Sewell—Chair of Mulbarton Parish Council:

As the summer continues it is time to reflect on what has been a difficult and trying period for the Parish Council.

As many of you will be aware the Parish Council has been going through a turbulent period. Our long-time clerk Anne Philips and a number of stalwart Councillors decided that it was time to move on and pursue other interests. I would like to thank Anne, our former chairman Cllr. Derek Aldous, Cllr. Richard Tucker, Cllr. Emma Reeve and Cllr. Beverly Leek for their many years of sterling work for our community.

The make-up of MPC allows for up to *eleven* serving Councillors. We have, though, operated for many years with just seven Councillors. The resulting high workload I believe has resulted in burn-out for many of those involved. It is worth remembering that being a Parish Councillor is an entirely voluntary position and can involve a lot of work for the community.

On a much more positive note, I must welcome our new Parish Clerk Lorraine Truman to our team. I can also report that following a recent recruitment drive four members of our community have stepped forward to join our team. I am very pleased to welcome Cllr. Roger Dyndal, Cllr. Louis Kaszczak, Cllr. Danny Gaskin and Cllr. Laurence Hughes to the Parish Council. We would welcome more (see *page 11*).

Sadly, as many will have noticed, Todd's Pit (the main village pond) has completely dried out following the long dry spell. I have lived in the village 40 years and never seen the water level so low. I notice as I walk around the village many people have offered temporary accommodation to our beloved ducks. Work is planned to excavate many of the village ponds in the near future but I doubt this will completely compensate for climatic changes. This has enabled the team led by Sophie (who litter picks around Mulbarton on the last Saturday of each month) to clean up the pond. Thank you to Sophie and everyone that helps each month.

The path on the south side of the Common has now been repaired and the stump of the old horse chestnut tree near the village sign has finally been removed. It is hoped that a suitable replacement can be planted in commemoration of the Queen's Platinum Jubilee.

The slide on the common play area has now been repaired along with a number of damaged waste bins. It was reported to the police and classed as criminal damage, and their investigations continue. The repair work has been undertaken at no inconsiderable expense to the village. We can only hope that there will be no repeat of such vandalism. When many in our village are suffering in these financially challenging times it is worth remembering that we all pay for such repair work out of our Parish Precept (Council Tax).

**Steve Sewell** [Chairman, MPC]



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## DISTRICT & COUNTY COUNCILLORS' REPORTS

**From District Councillor Nigel Legg** [nlegg@s-norfolk.gov.uk](mailto:nlegg@s-norfolk.gov.uk)

South Norfolk Council's move to Horizon House on The Broadland Business Park in conjunction with Broadland Council has been confirmed. No date has been announced for the actual move. In the meantime, the offices at Long Stratton and Thorpe Lodge will continue to operate.

The Council has issued an official statement objecting to the Green Infrastructure Project (new pylon route to London) in its current form.

Natural England has issued "guidance" on the matter of phosphate and nitrate run off from building developments. Currently no building development involving an overnight stay can be permitted, until some form of Nutrient Neutrality can be demonstrated. Legal and specialist advice is being sought in order to determine how this might be mitigated in practice. The concern is chemical run off into the Norfolk Broads via the catchment areas of the rivers Yare and Wensum, ie, from most of South Norfolk. Currently only small works such as house extensions are being considered for approval.

Members' Ward Grants continue to be available for residents or groups who need seed funding for local projects. Any resident wishing to take advantage of these should contact myself or one of our other District Councillors direct.

Recent resignations from the Parish Council left it inquorate and unable to make decisions. The District Council, in conjunction with the DCLG, has co-opted three local District Councillors on a temporary basis to make good the short fall, Florence Ellis, Barry Duffin and myself. The outcome is explained on page 11.

*Nigel Legg*

NOTE: details of all District Councillors are available at <https://www.south-norfolk.gov.uk/about-us/councillors-and-committees/your-councillors>

~~~~~

**From County Councillor Daniel Elmer**

The latest round of the 'Social Infrastructure Fund' launched this week. The fund provides capital funding for voluntary and non-profit making groups and organisations to support community initiatives that benefit Norfolk residents. This year £775k is being made available to community organisations to bid for, and £225k has already been committed to continue the successful partnership with Norfolk Community Foundation in expanding their Nourishing Norfolk food hubs across the county. Bids can range from small projects for local facilities to more significant infrastructure projects.

As always, if you have any questions or concerns, please don't hesitate to get in touch at [daniel.elmer.cllr@norfolk.gov.uk](mailto:daniel.elmer.cllr@norfolk.gov.uk)



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## ***FROM THE SURGERY***



This is the first article the practice has written for the parish magazine for some time, so apologies. It has been and continues to be a busy time for general practice nationwide. I do not wish to dwell on the pandemic as the facts are well known but suffice to say we continue to struggle with the ongoing pressures the pandemic has brought across the whole NHS.

We want to look ahead to the future and share with you the changing landscape of primary care. In the last 12 months or so, in conjunction with our Primary Care Network (PCN), we have expanded our clinical team to include clinical pharmacists, mental health practitioners, first contact physiotherapists and physician's associates.

This blend of skills, working alongside those of the GPs, provides a wide range of appointment options. Our Triage Hub will help direct you to the most appropriate person to deal with your issue. Minor illnesses can be dealt with by physician's associate, an advanced nurse practitioner a minor illness nurse or even a referral to a local pharmacist. Musculoskeletal issues can be dealt with by our physiotherapy team. Mood issues can be dealt with by our mental health practitioner.

It is important that patients understand how general practice is changing, not just for The Humbleyard Practice but across the country. The lack of GPs is well documented. Our multi-disciplinary team all with their own expertise, enables the practice to ensure GP appointments are available to deal with complex issues. Please help our staff triage your ailments to ensure we can offer you an appointment with the most suitable clinician – which may not be a GP.

We hope to re-launch our practice newsletter shortly, so please keep an eye out for it on our Facebook site 'The Humbleyard Practice' and our website [www.humbleyardpractice.co.uk](http://www.humbleyardpractice.co.uk) and paper copies will also be available in the surgeries.



### **Mulbarton Community Speedwatch Group**

We are up and running now, you may see us around the village.

We would welcome more help so if you would like to be involved, please send an email to [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*

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[www.mulbartonprimary.norfolk.sch.uk](http://www.mulbartonprimary.norfolk.sch.uk)

**A new era** begins, and we wish Bev Theobald >> a very happy retirement. And **WELCOME** to our new Head Teacher, Mrs Natasha Hall.

Farewell to Year 6, too:

Right—'Snow Leopards'

And

Below—'Jaguars'





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## GRANTS & HELP AVAILABLE....

### For Local People in Need:

In these trying times of rising prices some people are having to make difficult choices. If you are one of those, there may be help available. The Norfolk Community Foundation has given another grant for households in need, administered by the Rector through church trusts (his contact details page 3). And the Edwin Rich Trust is able to make small grants for specific needs (contact details page 23).

*Donations for Food Bank and Period Supplies may be left in the church porch and are freely available to people in need. Your help is greatly appreciated*

### Free Period Supplies Available

For any who may appreciate this little bit of help there are free period supplies available in the church porch in the box labelled 'Dignity in Difficult Times'. As the cost of living soars many are facing some hard, impossible choices. Please don't struggle alone. We stand with you in these difficult times. Please take as you have need.



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

### For local organisations in need of some help:

Mulbarton Parish News & Village Website has a fund that has built up from past profits. We would like to offer grants to local organisations that might help you repair or buy new equipment, subsidise an event, or reach out to the whole community in a new way.... You can ask for a grant of up to £200 by sending an e-mail or letter to any or all of the signatories: Sue Parker, Adrian Miller, Marina Carter or myself (contact details pages 3 - 5 of magazine) explaining the need and costs for us to consider. Larger grants could be available for anything that benefits the whole village (for example we have given a bit more than £200 towards the Christmas Fayre last December and to MALGA for the Green Week events this September) - again, write and ask. And we would also like to help new organisation or 'pop-up' community events get started (e.g. we offered backing for some Platinum Jubilee teas which in the end were self-funded). NOTE: funds are for local organisations, NOT individuals.

*Jill Wright (Editor)*



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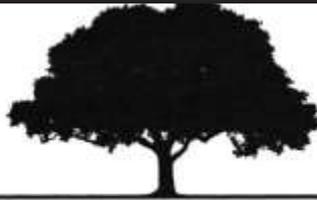


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[sales@intwoodfarm.co.uk](mailto:sales@intwoodfarm.co.uk)

Or call 01603 987037



## VILLAGE DIRECTORY

Village information, google calendar, downloadable map, link to monthly 'infomail' and to digital version of this Parish News: [www.mulbarton.info](http://www.mulbarton.info)

Parish Council: [www.mulbartonpc.org.uk](http://www.mulbartonpc.org.uk)—downloadable **WELCOME** booklet for newcomers here, or collect a copy from the **Parish Council Office** which is to right of the Village Hall main entrance, where the opening times are displayed on a notice on the door.

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

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

**Edwin Rich 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)

### Available for hire:



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

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



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

**Bracon Ash & Hethel Village Hall & Social Club:** equipped with free superfast broadband & Wifi. For all bookings and enquiries get in touch with [contact@bavh.co.uk](mailto:contact@bavh.co.uk) Details & events at [www.bavh.co.uk](http://www.bavh.co.uk) ( see p.26)

# Mulbarton Diary Pages

**CHECK THE VILLAGE CALENDAR** at [www.mulbarton.info](http://www.mulbarton.info)  
as things are still in a process of change and uncertainty....

**FRIDAY 9<sup>th</sup>**—Live music from Space Hooper, Norfolk at Social Club  
8.30pm



**FRIDAY 16<sup>th</sup>**—Karaoke at Social Club

**MONDAY 19<sup>th</sup> WI**—7.30pm talk by &  
presentation to speaker from Priscilla  
Bacon Hospice (see p.29)

**THURSDAY 22<sup>nd</sup>** BOOK CLUB in Harvest House—see page XX

**FRIDAY 23<sup>rd</sup>**—**LIONS CHARITY QUIZ NIGHT** at Newton Flotman  
Village Hall. 7pm for 7.30 start. Costs, teams—see page 31

## BIG GREEN WEEK EVENTS

**Connecting the Dots: Wildlife, Land  
and Gardens** (see p. 32)



**Saturday 24<sup>th</sup> Sept.** from 1.30pm in Jubilee Room  
of Village Hall. **Norfolk Wildlife Trust** children's roadshow; Quizzes; Nature  
Table; Pledging Tree, etc Winners of the Photography Competition to be  
announced. More details page 32 **ALL WELCOME!**

**Tues 27<sup>th</sup> Sept.** 7.30pm in Jubilee Room of Village Hall. Speakers  
include Helen Baczkowska, Acting Head of  
Conservation for the Norfolk Wildlife Trust PLUS  
book display & winning photos (see p.32)



**TICKETS needed for Tues—check MALGA  
Facebook page to book.**

**TUESDAY 27<sup>th</sup>**—Mardlers' tea, 2-4 at Social Club (see page 26)

**FRI 30<sup>th</sup>**—LIVE music at Social Club from Ransom for a Deadman Band 8.30

## dates continued:



**SATURDAY 1<sup>st</sup>—SWAP SHOP** at Harvest House 2.30-4.30pm (p. 31)

**WEDNESDAY 5<sup>th</sup>**—hearing aid cleaning at Swardeston Day Centre (p. XX)

**FRIDAY 7<sup>th</sup>**—Horse-racing night at Social Club, 7.30pm

**MONDAY 17<sup>th</sup>**—7.30pm, WI talk on Jarrolds (p.29)

**WEDNESDAY 19<sup>th</sup>** Full-length **Film at Flordon** Community Centre off Long Lane, Fordon—title to be announced (see page xx)

**FRIDAY 21<sup>st</sup>**—Karaoke & Quiz night at Social Club, 8pm

**SUNDAY 30<sup>th</sup>**—'Remembering Loved Ones', 3pm Hethel Church (page 5)



**THURSDAY 3<sup>rd</sup>—BOOK CLUB** meet in Harvest House (see p. xx)



**FRIDAY 4<sup>th</sup>, 7pm 'QUEEN—ULTIMATE TRIBUTE ACT'** at Village Hall. Tickets available £15 via Eventbrite

**SATURDAY 5<sup>th</sup> NOVEMBER—Scout Group FIREWORK DISPLAY** at and near Scout & Guide HQ. Gates open

6pm; fireworks 7.45pm. Adults £5, children £3; BBQ, refreshments—and bonfire, of course!



**MONDAY 21<sup>st</sup>**—7.30pm WI talk on Walking the Coast (see p.29)

**'LATE NOVEMBER'** look out for details of the Community Choir Concert (page 37)

## REGULAR EVENTS:

### Mulbarton Sports & Social Club

Check the **mulbarton sports and social club** Facebook page for dates and details of all events – all of which are open to “non-members” but a small entry fee to the club. Bar open from 7pm Mon—Fri; open from 1pm Sat & Sun. Come down to watch all Premier League games on Sky Sports @ MSSC

### Mulbarton Village Hall (MVH)

Please like our page to keep up to date with all our events fb & 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 regular.....

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

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

## Mulbarton Mardlers

An afternoon of tea and chat and an opportunity to meet others

**Mulbarton Social Club Tuesday 2 - 4pm on  
September 27<sup>th</sup>, October 25<sup>th</sup> and November 22<sup>nd</sup>**

**You are most welcome to join us!**

(Voluntary contribution of £2)



Lifts available - for more information give us a ring:  
Sue Mellows 578034 Sue Parker 218692 or Tracey Salisbury  
578068.

## Bracon Ash and Hethel Hall - Socials and Bingo

Meet the neighbours at Bracon Ash & Hethel Village Hall on the B1113 at a Family & Pub night (with Kebab Van) on Wednesdays from 7pm and Bingo on alternate Sundays from 6-11pm. We host a variety of community and private events, Teapot Tuesdays monthly, Yoga, Gym Sessions, Mobile Library, Parish and Public Meetings, Remembrance Day, Bingo, and a Christmas Carols evening.

*Steve Horton* (Chairman)

Check our website for full details of forthcoming events

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



# 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)*

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## LOCAL ORGANISATIONS, CLUBS & SOCIETIES

### MULBARTON WOMEN'S INSTITUTE



Our W.I. group meet on the third Monday each month at 7.30pm in the main room of the Village Hall. We are informal and friendly: visitors and new members are always welcome and your first two visits are free of charge. Extra events are organised, such as theatre visits, lunches out and trips to gardens etc. We are looking forward to a visit to the lovely show at Thursford in November, for a Christmas treat with our partners and friends. But lots before then....

**Mon 19th Sept** we are expecting a visit by a representative from the Priscilla Bacon Hospice, when we will be presenting them with a cheque—monies raised from the Christmas Raffle .The following month, on the **Mon 17th October**, we will have a talk by Peter Goodrun who will tell us the history of Jarrolds, the family and the business. In **November**, on **Mon 21st**, we will hear about the exploits of a local couple aiming to walk much of the coast of Britain, which will fill us with nostalgic thoughts of the summer just gone. Let us hope that not too much coastline disappeared along with the summer! Any W.I. is what the members make it. We evolve with the personalities and interests of our ladies. Come and be the future of our village group!

**For further info please contact Anne Hackett** Secretary. 01508 570040  
email: [aehackett@btinternet.com](mailto:aehackett@btinternet.com)



### Mulbarton Short Mat Bowls Club

We have continued to meet through the summer on Wednesday evening at 19.30 in Mulbarton Village Hall. These are friendly evenings for anyone to join—any ability, any age, and visitors are always welcome. We offer two weeks free, so that people can see if they

would like to become members, and thereafter it is only £2 per evening. If you'd like to try, we have spare sets of bowls, so just come in flat shoes—and COME and give it a go!! We look forward to seeing you.

For more information, contact Marga (Chair) on 01508 219029

**A friendly walking group** meets every two weeks on FRIDAYS at 1.30 for local walks of approx 3-5 miles. These walks are completely free and dog friendly. For dates and routes contact Pearl on 07799 012397 or email [farmcottagebedandbreakfast@gmail.com](mailto:farmcottagebedandbreakfast@gmail.com)



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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.

## Hethersett 'District' Lions Club

(CIO) – Your local Lions group: Charity No: 1179036



We had an interesting talk at our June meeting by Emily Matthews from the 'Dogs Trust' at Snetterton. They provide care for hundreds of dogs each year and their kennels are full of waggy tails with their paws crossed that someone may find them a new home. Free guided tours of their complex to look behind the scenes can be arranged by calling 01953 49712. We were pleased to donate £500 towards their work. £500 was also donated to 'The Benjamin Foundation' in Norwich, a charity that gives support and care to young people across Norfolk and Suffolk. Socially, we had a fun morning at Silfield pitch and putt course in June followed by lunch at The Horseshoes at Hemphall. In July we had an interesting presentation from John Paul Garside, Charity Director of the NNUH Foundation Trust following our £1000 donation towards the new orthopaedic centre already under construction at the NNUH. A thank you to Mike and Sue from the Worlds End and to Grant Keys for donating the proceeds of a quiz they held, to our charity, it is much appreciated.

It is with sadness that we have lost Roger Thornhill one of our long standing members to higher service. Roger had been an active Lion for 42 years and will be missed by us all. Our thoughts go out to his family and friends.

The football season is with us once again and we will be providing our usual car parking at Lower Clarence Road on match days for £5/car. We fill up very quickly so come early if you want a space. Car park opens three hours before kick-off time.

We will be holding a **charity quiz night at Newton Flotman Village Hall on Friday 23rd September**, teams of up to six at £5/head. There will be a bar and a raffle but no food this time, so feel free to bring your own nibbles. Doors open at 7pm for 7.30 start. To book a table call Bob on 01508 470766.

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/)

## SWAP SHOP—Saturday 1st Oct. 2.30 - 4.30pm in Harvest House.

Come and join us for an afternoon of recycling, up-cycling and sharing with others as we save some pennies and enjoy some swapping fun. A chance for your once loved items to be given another life in someone else's home: from rugs to mugs, DVDs to toiletries, books, toys, jigsaws and more ....

Bring up to 3 items per person and see what new-to-you items you can take home, and enjoy a cuppa, chat and some homemade goodies too.

NO ELECTRICAL ITEMS PLEASE. More info from Sarah at The Rectory 571167 or [sarah@mulbchurch.org.uk](mailto:sarah@mulbchurch.org.uk)





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

The visit to RHS Hyde Hall was enjoyed by all, as were the barbecues held on the allotments. The next edition of MALGA's quarterly newsletter *Mulbarton Environmental* will come out early September – watch our Facebook page.

The **MALGA Environment Group** has a series of events coming up for the **BIG GREEN WEEK** in the last week of September on the theme of “**Connecting the Dots: Wildlife, Land and Gardens**”. The Group would like to thank Parish News for supporting these events with a donation towards our costs. There is an event for Families on **Saturday 24th September**, in the afternoon starting at **1.30pm in the Jubilee Room**: Norfolk Wildlife Trust are bringing their children's roadshow, there will be quizzes, a Nature Table with homes for wildlife, a Pledging Tree, displays on sustainable gardening to help pollinators, and information on seeds and soils. We will also be announcing the winners of the Photography Competition.



Our second event on the same theme with two or more speakers is an evening programme on **Tuesday 27th September at 7.30pm in the Jubilee Room**. One of our speakers will be Helen Baczkowska, Acting Head of Conservation for the Norfolk Wildlife Trust who will be talking about how we can help wildlife, and the role of Commons and the Claylands Project. We hope to also have a display of books for adults and children in the Hall and the winning entries from the Photography Competition. *This will be a ticketed event - please check our Facebook page or our posters for further information on both events.*

Other forthcoming activities in the Autumn include a quiz night and the AGM. Members will be informed by email of any future events but meanwhile, follow us on Facebook where you can find full details of our planned events.

To join MALGA (membership only £4 per year), please contact our Chair, Chris Samson, on [cjmsamson@yahoo.co.uk](mailto:cjmsamson@yahoo.co.uk) or 07837 969 715; or contact our Secretary, Geoff, at [geoffandvirginia@tiscali.co.uk](mailto:geoffandvirginia@tiscali.co.uk) or download the form from our Facebook page. Your membership card offers great local discounts!

*Nick Martin*

**IF YOU DO JUST ONE THING** this autumn to encourage wildlife to your garden: **DON'T** hack back ivy. If left to grow it will produce flowers in October giving the bees a feed of late pollen to help sustain them through the winter. Also to enrich the soil, collect and store fallen leaves from your lawn and paths. The carbon locked up in the leaves which the worms and other mini beasts convert into a rich compost will help to grow better, stronger plants next season.

MULBARTON ENVIRONMENTAL GROUP

## Mulbarton Wanderers & Belles Football Club



Mulbarton Wanderers are proud to represent the village as their football club. The Adult 1st Team plays in the Thurlow Nunn Premier Division and last season won the prestigious Senior Cup at Carrow Road. We also have a Reserve, U18 and Veterans' male adult teams. We have 3 women's teams, the Mulbarton Belles 1st Team, Reserves and 7-a-side team. The club is complemented with a large range of junior teams. All teams would welcome support from the village at their games. The 1st team fixtures are below, unfortunately other teams' fixtures are not available at time of printing but will be on posters around the village when available. Why not come along with your family for an enjoyable afternoon? Friendship, T-hut, social club and a football match, the perfect afternoon or evening. For any further information contact Jeff on [j.nurse21@btinternet.com](mailto:j.nurse21@btinternet.com)

### Mulbarton Wanderers 1st team fixtures August to November

| Date   | K.O. Time           | Opposition         |
|--------|---------------------|--------------------|
| 27-Aug | 1500                | Walsham le Willows |
| 03-Sep | 1500                | Mildenhall         |
| 17-Sep | 1500                | Soham Town Rangers |
| 24-Sep | 1500 <b>FA Vase</b> | Sheringham         |
| 08-Oct | 1500                | Newmarket Town     |
| 18-Oct | <b>19.45</b>        | Ipswich Wanderers  |
| 29-Oct | 1500                | Norwich Utd        |
| 12-Nov | 1500                | Whitton Utd        |
| 26-Nov | 1500                | Thetford Town      |

**MOBILE LIBRARY THURSDAYS** – 22nd September, 20th October and 17th November We are Route **CEN 416** Mulbarton—and there is a stop near YOU! [Timetable available on Village Info website]

Further information at <https://www.norfolk.gov.uk/libraries-local-history-and-archives/libraries/your-local-library/mobile-libraries> or phone 01603 222303

**\*\*\* HAVE YOUR SAY:** The County Council has to save £13 million in the coming year, and is proposing to reduce the budget for mobile libraries (currently £422,000) by £200,000—i.e. nearly half. A public consultation is open until 15th September to know how best to run a mobile service in the future. **HAVE YOUR SAY** at <https://norfolk.citizenspace.com/consultation/mobilelibraries/> DO IT NOW before the deadline, Wed 15th Sept. **\*\*\***



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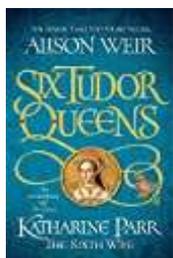


## ENJOY A GOOD READ?

The recent hot weather has proved very beneficial to the Book Club. What better way to spend some time sitting and relaxing than with a good book. We are currently enjoying holding our meetings at Harvest House. Here are the books we are going to be discussing in the next few months. If you would like more information please contact [Patriciabrooks569@gmail.com](mailto:Patriciabrooks569@gmail.com)

### Thursday 22 September

#### Katharine Parr *The Sixth Wife* by Alison Weir

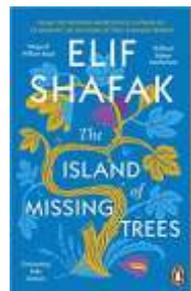


KATHARINE PARR – the last of Henry VIII's Queens. Two husbands dead; a life marred by sadness, and now Katharine is in love for the first time in her life. Alison Weir recounts the extraordinary story of a woman forced into a perilous situation and rising heroically to the challenge. Katharine is a delightful woman, a warm and kindly heroine – and yet she will be betrayed by those she loves and trusts most. Too late, the truth will dawn on her.

### Thursday 3 November

#### The Island of Missing Trees – Elif Shafak

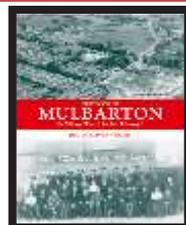
It is 1974 on the island of Cyprus. Two teenagers, from opposite sides of a divided land, meet at a tavern in the city they both call home. It is the only place that Kostas, who is Greek and Christian, and Defne, who is Turkish and Muslim, can meet, in secret, hidden beneath the blackened beams from which hang garlands of garlic, chilli peppers and wild herbs. This is where one can find the best food in town, the best music, the best wine. But there is something else to the place: it makes one forget, even if for just a few hours, the world outside and its immoderate sorrows.



Looking ahead....**Thursday 15 December—Christmas Festivities**

#### Only very few copies left....

*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) – BUT there is now *only about a dozen copies left*, and when it's gone—it's gone!!



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## MULBARTON COMMUNITY CHOIR



This year Mulbarton Community Choir are pleased to say that we have returned to singing face to face! Our first outing was at Mulbarton's fantastic Village Festival over the Jubilee weekend, at which we sang a



rousing version of Footloose, among other tunes. We also turned out to sing at Peter Beale's Roses at their June open day.

Our final performance of the summer has been our Homecoming concert in the village hall, where we sang some new tunes and revisited old numbers, accompanied by Laurie Bennett on keyboard. Laurie also performed some of his own compositions,

and overall the night was brilliantly successful. Each and every choir member is important to us, and to have the experience of performing in our own village really is wonderful. Look out for our next village concert, which will be in late November – date tbc. If you would like to contact the choir either about joining (new members always welcome!) or about discussing a performance with us, please get in touch. We sing pop, sea shanties, show tunes, classical, gospel – anything goes!



[Enquiries.Mulbarton.choir@outlook.com](mailto:Enquiries.Mulbarton.choir@outlook.com) or look us up on Facebook.

[Photos by Red Zebra]

*Lin*

**FLORDON FILM CLUB** meets on the third Wednesday of alternate months in the Flordon Community Centre / Church off Long Lane, Doors open 7pm, film shown from 7.45pm, wine and soft drinks available. The new season will start on **Wednesday 19 October**. The choice of films is always circulated to members who will vote for the films they would like to see.



Membership is only £5 per year, and the cost is then £5 at the door. New members are always welcome, and if you are interested in receiving details please contact David Harrison either by email at david020747@hotmail.co.uk or by telephone on 01508 470118.

## SWARDESTON DAY CENTRE



Several new friends have joined us as clients and a couple of new volunteers, too. The food we enjoy is always home-cooked and very popular by the comments the cook Jo receives, as we have also tried to widen their palates a little. Our two days are at full capacity, with a couple of people on a waiting list, to whom we hope to offer places very shortly. Our gentlemen now number five on both days and we are particularly offering places to those within a 5-mile radius - so if you know someone who could benefit, then do get in touch with us or pass on our details (*show them our ad on page 27*).

Covid cases have never been far away, and we have had our share of people staying away because of testing positive. So far, we are pleased that we have not had an outbreak amongst our elderly folk but even they, through taking up the vaccines offered, with only one exception, have had only mild flu-like effects and not been taken to hospital.

Some of our June activities are pictured here. In July, as well as musical entertainers, we enjoyed the Pottergate Pop-up theatre who put on an Alan Bennett who-dunnit for us, 'Two in Torquay'.... nobody saw the twist coming at the end! Late July, we will have Jack the pony and the hedgehog lady (Hog House) for the animal lovers, following on from Leanne from the RSPCA. Still to come, we have a stand-up comedian, craft-making with Kelly, a 'History of Thyme' presentation, a vegan-cookery demo and tasting session and we plan to paint ceramic poppies to make a display for Remembrance, with the Willow Gallery.

We have **Hearing Support** booked, which is a free service, so if you have NHS hearing aids that need cleaning or repairing, you might like to bring them along to the Day Centre **from 10.30 on Wednesday 5th October and Monday 12th December**. Just give us a call first so we know you are coming on 01508 578826 and so we can book you in.

*Julia*



**Volunteer drivers needed to bring and take home clients from Mulbarton and local area. You may need to be able to lift and transport 3 and 4 wheeled walkers. Fuel allowance of 45p a mile paid. For more info contact Liz Brown on 01508 570660 or lizbrown1585@gmail.com**

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## MULBARTON SCOUT GROUP



This year we've celebrated the 40th anniversary of the Group in many ways, and on the left is the special badge everyone is wearing\* (designed by President & a founding leader, Malcolm Court). The May Get-Together of past & present members was well attended, with a chance to have a go at archery, rifle shooting, mini crossbows, cooking over a wood fire, etc, and have a piece of the magnificent anniversary cake.



At the beginning of July, the whole Group had a camp at Two Mile Bottom camp site in Thetford Forest: over 90 Beavers, Cubs, Scouts, and Explorers camping in tents in perfect weather. As well as the traditional Campfire and Scout's Own (service), canoeing, climbing, bouldering, rifle shooting, archery and cooking on open fires were many of the activities on offer (*photos opposite*).

We start back in September with growing numbers in all groups and plan to start a second Scout Troop in January. Could you give us some help? We need volunteers to help run groups, help at camps and activities, be on the Executive Committee and support behind the scenes. . If you would like to join us to help keep the Group running, growing from strength to strength and providing Skills for Life for all the young people in the Group as well as having a great time yourself please contact the Group Scout Leader Robin Parker on [1stmulbartongsl@gmail.com](mailto:1stmulbartongsl@gmail.com)

\*to buy a badge for £1 contact Robin Parker, Group Scout Leader (email as above)

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## Mulbarton Guides & Rangers



# Girlguiding

As we go to print, Guides and Rangers are enjoying their first camp away since the summer before the pandemic. About half the units are having fun together and for most of the girls it's their first time in at Guide camp due to pandemic restrictions.

This comes at the end of a busy term when all members have completed their First Aid Skill Builder badge as well as learning Semaphore using glow sticks in the dark and playing glow stick ten pin bowling in bottles. We have cooked outside on wood fires making Fruit Fritters and 'S'Mores'

Mulbarton Guides meet at the Guide & Scout HQ on Tuesday evenings 19.15—20.45, and the Ranger Unit meets in Harvest House. Mulbarton Rangers would like to say thank you to Parish News for their kind donation, which is much appreciated and will help with outings and to get the Senior Section established.

Any new girls between the ages of 10 and 19 would be very welcome to join either of our units. Please contact us via [mulbartonguides@gmail.com](mailto:mulbartonguides@gmail.com) for further details.

*Pam, Hayley, Sally & Molly*

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# Blackberries

The season of blackberry picking always signals the beginning of autumn harvest time. Around our lanes, and even on the Common, we have the opportunity to take advantage of our own pickings for free. Here are some fun facts about this little tasty fruit which you may not know about.



- A blackberry or bramble is not a single fruit - it's actually an aggregate composed of lots of individual berries. Each 'bobble' in the blackberry bears one seed and is termed a 'drupe'.



- The study and classification of brambles is called 'batology'.

- The bramble is one of the most important food plants for wildlife in Britain. 150 species of invertebrate use it as a food plant, including beetles, butterflies and moths; in addition to the birds and field mammals.

- New canes on brambles can reach a length of five metres in one year. Once the tips of the new, fast-growing canes arch over and hit the soil, they bury themselves, rooting to produce new plants, a form of layering. In this way, brambles are able to "leap-frog" or "hurdle" around the countryside, forming the familiar dense thickets.

- There are around 350 'microspecies' of bramble in the UK, they all look, and taste, very slightly different.

We all enjoy a blackberry and apple crumble but what else can you use blackberries for? Here are a few ideas:

- Blackberries are even better combined with other fruits. Try them with lemon or lime in cakes, muffins or cheesecakes.
- Bananas and blackberries make good smoothies or add both to oats with milk and soak overnight to have a wonderful morning breakfast dish.
- Make a blackberry syrup by melting equal parts of water and sugar and adding blackberries plus mint or lemon. Use it to pour over pancakes and/or ice cream or as a drink with sparkling water, tonic or your favourite alcohol for a special cocktail.
- Make bramble jam or even better, combine with apples or strawberries for a wonderful combination which should last through the winter.



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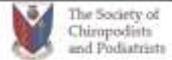
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# **SUNDAY SERVICES** – September to November 2022

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| September                                                                                                                              |                                                                                                                                  | October          |                                                                                                                            | November                                                                             |                                                                                                                                          |
|----------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|------------------|----------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|
| 4 <sup>th</sup>                                                                                                                        | <p>8 Communion<br/>Mulbarton</p> <p>9 Morning Prayer<br/>Bracon Ash</p> <p>10 Morning Worship<br/>Mulbarton</p>                  | 2 <sup>nd</sup>  | <p>8 Communion<br/>Mulbarton</p> <p>9 Morning Prayer<br/>Bracon Ash</p> <p>10 All Age Worship<br/>Mulbarton</p>            | 6 <sup>th</sup>                                                                      | <p>8 Communion<br/>Mulbarton</p> <p>9 Morning Prayer<br/>Bracon Ash</p> <p>10 Morning Worship<br/>Mulbarton</p>                          |
| 11 <sup>th</sup>                                                                                                                       | <p>8.30 Communion<br/>Hethel</p> <p>10 Morning Worship<br/>Mulbarton</p> <p>6:30pm Evening Prayer<br/>Flordon</p>                | 9 <sup>th</sup>  | <p>8:30 Communion<br/>Hethel</p> <p>10 Morning Worship<br/>Mulbarton</p> <p>6:30pm Harvest Praise<br/>Flordon</p>          | 13 <sup>th</sup>                                                                     | <p>8.30 Communion<br/>Hethel</p> <p>Remembrance Services<br/>10 Mulbarton<br/>10.30 Flordon<br/>10.45 Bracon Ash by<br/>War Memorial</p> |
| 18 <sup>th</sup>                                                                                                                       | <p>9 Communion<br/>Bracon Ash</p> <p>10 Communion<br/>Mulbarton</p>                                                              | 16 <sup>th</sup> | <p>10 Morning Worship<br/>Mulbarton</p> <p>10 Harvest Festival<br/>Bracon Ash</p>                                          | 20 <sup>th</sup>                                                                     | <p>9 Communion<br/>Bracon Ash</p> <p>10 Communion<br/>Mulbarton</p>                                                                      |
| 25 <sup>th</sup>                                                                                                                       | <p>8:30 Communion<br/>Flordon</p> <p>10 HARVEST FESTIVAL<br/>Mulbarton</p> <p>10:30 Harvest @<br/>Hanover<br/>Hanover Lounge</p> | 23 <sup>rd</sup> | <p>8:30 Communion (TBC)<br/>Flordon</p> <p>10 Communion<br/>Mulbarton</p> <p>10:30 Church @ Hanover<br/>Hanover Lounge</p> | 27 <sup>th</sup>                                                                     | <p>10 Morning Worship,<br/>Mulbarton</p> <p>10:30 Church @ Hanover<br/>Hanover Lounge</p> <p>4pm Advent Carols<br/>Flordon</p>           |
| <p><b>PLEASE CHECK<br/>DATES &amp; TIMES<br/>on notice-boards or:<br/><a href="http://mulbchurch.org.uk">mulbchurch.org.uk</a></b></p> |                                                                                                                                  | 30 <sup>th</sup> | <p>10 Meditative Service<br/>Mulbarton</p> <p>3pm Remembering Loved<br/>Ones at Hethel</p>                                 |  |                                                                                                                                          |