

PARISH PUMP

A newsletter for the villages of Honingham and East Tuddenham

May 2009

The Road to Sembehun

It was a long hot journey from Freetown. Our car bounced over pot-holes and puddles, swerving constantly as Desmond sought to avoid rocks and trailing vegetation. We had left the tarred surface behind a few miles beyond the city, and now clouds of choking, warm red dust engulfed us whenever another vehicle passed, which to be fair wasn't often. After Moyamba, 30 miles from Sembehun, forest fires added to the excitement as villagers cleared the bush to planting crops and buildings. And then, uncomfortably near the billowing flames and smoke, we had a puncture! Desmond was entirely prepared for this (you have to be in Sierra Leone – cars need servicing every 2000 miles!) and even though he took just 15 minutes to change the wheel, a small curious crowd had gathered to chat. They were all unperturbed by the fires a few yards back, so I stopped worrying too. We soon waved goodbye and were on our way again.

After 130 miles and about 6 hours, we finally reached the orphanage, and there was Ngadie Turay and dozens of small waving children, waiting for us. We were greeted with a song and then brought to sit down in the yard, under the grass roof out of the hot sun. There we were covered with small black fingers, all wanting to hold hands, stroke our white faces, sit on our laps and be cuddled. It was delightful. Here were the 70 or 80 children, to whom Ngadie has given a home. I had come a long way to meet them. We listened to their singing (English songs like London Bridge is falling down, Twinkle Twinkle little star and Hot Cross Buns!) led by their teacher and Ngadie's helper, Victoria. Then we all sang Heads Shoulders Knees and Toes for them to lean – great fun! Soon it was tea time – rice and potato leaves (a bit like spinach) and a drink of water. We had the same a little later. Not a scrap was left for the chickens pecking in the yard. (In Sierra Leone, where the weather is always hot and humid, everything (well almost) happens outside). The children ate quietly till all the food had disappeared. We played with them, then Nenni and Yema, Garasurain and Abu; these are the children who have no toys at all, so they invented their own games of course. Amadu was terrific at high jump. Then it was washing time – again outside – the older ones helping the little ones. Now they all put on their “best clothes” for us. We were taking lots of photos of course and the children loved this. Whenever my camera came out they all rushed to be in the shot. We sang and chatted with them till bedtime. I say chatted but actually, most of them didn't speak English. The older ones learn at school. But the universal language of small children meant there was plenty to say! It was lovely. And finally, to bed, in the sticky heat under the mosquito net I had brought with me, after a very welcome cold shower (i.e. standing in a bucket pouring water over my head!) The children gradually settled after all the excitement, and in the quiet night, I relived the amazing day. I* was so glad to be there. I was so glad of all the clothes and toys that I had brought with me, I was so happy to give Ngadie £245 from all of you. It felt good to be part of the exhausting task of caring for these enchanting kids.

Thank you, everyone. I am planning an evening in one or both (?) village halls, when I get my pictures back. Then you will be able to share my adventure in Sembehun

Frances Middleton

Norfolk Wild Life Trust

The summer Norfolk Wildlife Trust is running a series of events that will help people to discover more about our coastal habitats and wildlife. Our coast is home to some amazing plants and animals such as the yellow horned-poppy with its yellow flowers and extra ordinary long seed pods which can reach 25cm in length. From exploring the life in rock pools to art and craft activities there will be something to suit everyone. Visitors to the coast are also asked to take part in NWT's coastal wildlife survey which asks people to record their sightings of five different animals and plants – grayling butterfly, yellow horned-poppy harbour porpoise, slipper limpet and sea holly. Event dates and survey forms are available from Norfolk Wildlife Trust's information Service on 01603598333 or on line at www.norfolkwildlifetrust.org.uk

Berry Hall, Honingham
(signed off Berry's Lane)

Gardens and Park
Open
Bank Holiday Weekend

Friday 22nd May –
Monday 25th May inclusive

2 – 5.30pm
Adults £3 children free

Riverside and Woodland Walks,
Teas, plants and preserves.

Newsletter for the Villages of
Honingham and East Tuddenham
Published by Community Newsletters

Editor Janet Guy
Tel: 01603 880523

The views expressed in the newsletter
are not necessarily those of the editor
or publisher

News relating to the villages of
East Tuddenham and Honingham
And the surrounding areas are always
welcome.

No charge is made for the Parish
Pump, however a donation of £2 a
year is asked from readers as a
contribution towards the cost of
production.

East Tuddenham
Priest-in- Charge:
Rev Gordon Kegg
Tel: 01362 850243

Pastoral:
Mrs Margaret Dixon
Tel: 01362 850563

Honingham:
Church matters – please contact the
churchwardens

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CRAFT EVENINGS

These are held once a month in
Honingham village hall, cost £1

For more information ring Hazel on
01603 880729

Wensum Valley Birdwatching Society

A truly Norfolk creation, the River
Wensum (Anglo Saxon for
'Winding') begins its life near the
villages of Whissonset and Colkirk.
It then heads north to Fakenham
and winds through the Wensum
Valley to Norwich after which, it
joins and becomes, the River Yare.
The Wensum Valley has been
designated a Special Area for
Conservation and is celebrated at an
annual event called 'Wild about the
Wensum'. This year the event is
again being held at the Pensthorpe
Nature Reserve near Fakenham, on
Saturday May 16th. It is an event
for all the family with local craft
demonstration, mobile making, face
painting, a bird radio tracking game,
bird identification sessions with
local experts and many more games
and adventures. Music will be
provided by fold band Rig a Jig Jig.
There will also be a hog roast and
barbecue. Along with many other
organisations the WVBS will be
there, not only to run a stall but to
take an active part in the days
proceedings by conducting walks
and helping with bird identification.

So, unplug the Wii and the X-box
and bring the youngsters along to
Pensthorpe, home of the BBC's
wildlife programme Springwatch,
where they can learn about the rich
and varied natural habitat of the
Wensum Valley, its wildlife and
future development. Admission to
Pensthorpe, and the event, is free on
the day but there is a nominal £4 car
parking charge per vehicle.

Diary dates: Sunday 31st May. A
magical experience: Join us on our
dawn chorus walk. See and hear
birds in full song and listen to the
experts sorting them out, Finish the
walk with a hot bacon bap, washed
with the morning dew, and home
before the world awakes. Full
details from me on the number
below.

Colin Wright 01603 740548

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YOGA

Honingham village hall
Tuesday 7 – 9 pm
Mattishall Memorial Hall
Thursday 7 – 8.30pm

Mixed ability, beginners welcome
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Ring Denise 01603 880412

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Dereham Auctions

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company

Regular sales in Dereham, for more
information please call Steve Long
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Your Community Needs you!

Volunteer Health Connectors are being sought in local Communities to help make Norfolk healthier. The Health Connectors Service is new project using volunteers to support and encourage people who want to improve their health. This free service is available to anyone over 60. It is also available to those in receipt of an income related benefit who are disabled or have a long term health condition. Health Connectors can help people:

- Reduce their risk of a fall
- Improve their general fitness
- Quit smoking
- Reduce their alcohol intake
- Manage their diet and weight

Health Connectors provide up to six visits with someone who wants to improve their health. This will involve working with them to set easy and realistic goals as well as providing the information and support that they need to succeed. This service is available for people living in North Norfolk, Broadland, Breckland and South Norfolk.

For more information on the Health Connectors Service please contact the Health Connectors Coordinator on 01603 883847. Health Connectors is a service run by Voluntary Norfolk and funded by NHS Norfolk and Breckland District Council.

Health Connectors
Making Healthier Choices Easier.

Friendship Club

Many thanks to all who helped contributed in any way at the Easter Bingo, the final total raised is £413 for the Friendship club

An Outing is planned on Wednesday 24th June to Sandringham and Hunstanton. The coach will leave East Tuddenham village hall at 9am and return at 8pm. For more details or to book, please ring Pearl on 01603 880567

BURNABLE WASTE – East Tuddenham Village Hall

A bonfire will be available for burnable waste from 1st May until the May bank holiday weekend.

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Table Tennis continues on Wednesday afternoons in Honingham village hall. Enquiries please ring Tony 01603 880729 or Margery 01603 880468.

Trouble finding appropriate clothing?

The Disabled Living foundation provides free of charge, fact sheets to assist people. Late last year they updated their clothing Fact Sheets and the following new ones can be obtained from either their website at <http://www.dlf.org.uk> or by phoning 08451 309177

They cover a variety of clothing for older people with disabilities.

Lloydspharmacy 
Your local health authority

Fit Together



Would you like to boost your energy levels, improve your health and meet new people?

Branches of Lloydspharmacy in Thetford, Dereham and Ayleborough are offering walking programmes in your area. The stores also provide a database of county wide sports clubs and activities.

For more information and to find an activity near you, please call Malcolm Bellingham on 01362 656894, email: malcolm.bellingham@breckland.gov.uk

or visit

In partnership with

www.activenorfolk.org/fittogether

active

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01603 872335



EAST TUDDENHAM VILLAGE FETE JUNE 20TH 2009

AT GREEN FARM
EAST TUDDENHAM
BY KIND PERMISSION OF MR
NEIL ALSTON

A static display area will be available for anyone wishing to display their pride and joy vehicle – of any type or era

Offers of help or suggestions, raffle prizes, donations for stalls and items for the auction would be very much appreciated
Please contact Janet Shrimpling (880779), Margaret Cram (880062) or Ted Guy (880523)

All proceeds to be divided equally between East Tuddenham Church and Village Hall

Afternoon teas and other refreshments available

COMPETITIONS

To be judged on the day

A plate of your home grown vegetables/fruit

Children – make and decorate a fairy cake

AN AUCTION OF DONATED ITEMS

Do you have something we could auction - perhaps an unwanted gift?

“Fun for all ages with a wide range of stalls games and displays”

www.easttuddenham.com

Primed

Information from your Parish Council

Chairman: Gillian Hickling, 880774
Chris Anderson, 880813
Lynsay Barrett, 880001
Jackie Fane, 880238
Ted Guy, 880523
Alex Leaney, 880566
Janet Shrimpling, 880 779
Clerk: Betty Wilson, 880590
District Councillors: Brian Rose, Paul Claussen
County Councillor: Ingrid Floering-Blackman

East Tuddenham Parish Council met on 1st April and the Chairman, Mrs. Hickling, welcomed District Councillor Mr. Paul Claussen and two members of the public to the meeting.

Two planning applications were discussed – one for a vehicle maintenance building for Pips Skips and a retrospective application for a pond at Riverside Farm. The Council had no objections to either of these.

The clerk had prepared the financial statement for the year ended 31st March 2009 and copies were given to the Councillors. After a full discussion Mrs. Fane proposed that the accounts be adopted; this was seconded by Mr. Anderson and with all in agreement, signed by the Chairman.

Following a further letter from the Parish Council regarding the non signing of East Tuddenham at the new roundabout a reply from the Highways Agency in Bedford stated that "Smaller towns and villages often prefer not to have signs from trunk roads as motorists use them as a short cut. Road signs on trunk roads are for the majority of drivers not just local traffic. Visitors to East Tuddenham should have planned their journey and from the roundabout look for signs for Mattishall or Honingham before picking up the sign to East Tuddenham". There had only been three names put forward to take part in Speedwatch and as there had to be a minimum of six nothing could be done at the moment. However since the last Parish Council meeting there had been a police presence in the village twice and S.A.M. would be carrying out another speed survey in the near future.

It was decided to get in touch with the Footpaths and Bridleways department of Norfolk County Council, following the visit from one of its officers, to enquire whether the landowners involved had been contacted regarding the poor state of some of the paths in and around the village.

The clerk would get in touch with the Highways Department of Norfolk County Council about the dangerous state of the manhole cover in Mattishall Road and also of the bad condition of Berry's Lane and Church Lane.

The next meeting would be the Parish Assembly and Parish Council A.G.M. held in conjunction with the Village Hall A.G.M. on Wednesday 20th May.

EAST TUDDENHAM PARISH ASSEMBLY AND PARISH COUNCIL A.G.M.

This will be held on Wednesday 20th May at 7 p.m.

Followed by the Jubilee Hall A.G.M. at 8 p.m.

ALL VERY WELCOME

EASTER DAY

The choir sang the Easter Anthems, in celebration of this joyous festival at the service of Holy Communion, held in St Andrew's Church on Easter Day.

Once again we are most grateful to our company of flower arrangers, who had produced some splendid arrangements.

LENT BOXES – LAST CALL

If you still have a Lent Box, please return it to St Andrew's or St Paul's as soon as possible.

ROGATION SUNDAY

Rogation Sunday 17th May, the 5th Sunday after Easter, is a little later this year.

We will again maintain the tradition of asking for God's Blessing on the crops in the fields and gardens and for a fruitful harvest later in the year.

The service commences at 11am in St Andrew's Church, followed by a short walk during which the crops are blessed.

Please come if you can, weather permitting it is always an enjoyable occasion

For Peace

Lord, make me an instrument of your peace.
Where there is hatred, let me sow love.
Where there is injury, let me sow pardon.
Where there is doubt, let me sow faith.
Where there is despair, let me give hope.
Where there is darkness, let me give light.
Where there is sadness, let me give joy.
O divine master, grant that I may
not try to be comforted, but to comfort;
not try to be understood, but to understand;
not try to be loved, but to love.
because it is in giving that we receive,
in forgiving that we are forgiven,
and in dying that we are born to eternal life.

Francis of Assisi (1182 – 1226)

Norfolk RCC Photo Competition Images of Rural Norfolk

Rural communities are great places to live but they also have many challenges. Part of Norfolk RCC's work as the rural advocate for Norfolk is to help overcome those challenges at a local and strategic level.

Everyone knows an image captures a thousand words so we're on the hunt for images that capture the strengths and challenges faced by rural communities. To help us do this we are running a photo competition, the images from which will be used by Norfolk RCC to raise awareness of rural issues and the three best images will each receive a prize.

Each photograph entered must represent one of the six quotes below, you can submit entries for as many of the quotes as you like but only one entry per quote is allowed.

- 1 Affordable Housing – desirable, comfortable, affordable?
- 2 Services, Access – Are you being served?
- 3 Rural Isolation – Idyllic or Isolated?
- 4 Many people, One Community
- 5 Healthy Environment, Healthy Community
- 6 Live Local, Shop Local.

Prizes 1st Prize Wii Games Console
 2nd Prize £50 of Norfolk Camera Centre Vouchers
 3rd Prize £25 of Garden vouchers

Entry forms are available from photocomp@norfolkfcc.org.uk or by downloading from the website: www.norfolkfcc.org.uk

Closing date for entries Friday 12th June 2009

Two Little Boys

After a heavy rainstorm filled all the potholes in the streets and gutters, a young mother watched her two little boys playing in a puddle outside through her kitchen window. The older of the two, a five year old lad, suddenly grabbed his sibling by the back of his head and shoved his face into the water hole.

As the boy recovered and stood laughing and dripping, the mother ran into the garden and asked furiously: "Why on earth did you do that to your little brother?!"

"We were just playing 'church' mummy" he explained, bewildered. "I was baptizing him in the name of the Father, the Son, and in the hole-he-goes."

Services for May 2009

3rd May (Easter III)

11am Holy Communion
10.45am Morning Worship (benefice)

St Andrew's Honingham
Yaxham

10th May (Easter IV)

9am Morning worship
9.20am Sunday special
9.30am Holy Communion
10.30am Morning Worship

Hockering
North Tuddenham
St Paul's Chapel Honingham
East Tuddenham

17th May (Easter V/Rogation Sunday)

9.20am Holy Communion
10.30am Holy Communion
11am Mattins and Blessing of the Crops

North Tuddenham
East Tuddenham
St Andrew's Honingham

24th May (Sunday after Ascension Day)

9am Holy Communion
10.30am Sunday special
11am Mattins

Hockering
East Tuddenham
St Andrew's Honingham

31st May (Whitsunday)

9.30am Holy Communion
Benefice Christians Together at Mattishall Green

St Andrew's Honingham

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