

The PICKENHAMS' JULY 2025

Community Newsletter for North and South Pickenham
In print and on-line this month

What's on at the Hub: JULY 2025

Pickenham Community Hub opposite PE37 8LG

MONDAY: Fitness in later life - exercise class (reece@fill.fit) 12.30-1.30

Table Tennis (Gwyn on 07873 730291) 2.00-4.00.

Gardening Club (Hayley on 07775 332560) 6.00-7.00

TUESDAY: Table Tennis (Gwyn on 07873 730291) 2.00-4.00

WEDNESDAY: Knitting and Stitching Club 2.00-4.00

Carpet Bowls (Keith on 07771 936686) 2.00-4.00

THURSDAY: Table Tennis (Gwyn on 07873 730291) 6.00-8.00

FRIDAY: Pickenham Hub Café 10.00-2.00. Legless Saxon Bar 7.00 'til late

SATURDAY: Pickenham Hub Café 10.00-2.00. Kids Play Area 10.30 - 1.30

SUNDAY:

Dog Training (barkingbasicdogtraining@outlook.com) 10.00 - 12.30

+ + + PLUS + + +

FRIDAY 4 JULY: BINGO NIGHT.

Bar 7pm. Bingo in the main hall at 7.30pm.

Cash prizes. Over 18s welcome to play.

****NEW ** THURSDAY 17 JULY: AGE UK NORFOLK's DROP-IN
SESSION. 10am to 12 NOON. Talk to our friendly team about
Advocacy, Money MOT, and Digital Inclusion services.**

SUNDAY 27 JULY: SUMMER AFTERNOON TEA. 3pm. £15pp.

Book at the Hub; by email pickenhamcommunityhub@gmail.com;

Or by phone Gwyn on 07873 730291. Please notify of any allergies.

Large meeting space available for hire for classes, group events and parties.

Want to grow your own? We have a vacant allotment area
available FREE of CHARGE to anyone who would like to take it on.

Contact us on pickenhamcommunityhub@gmail.com or in person at the Cafe
or the Legless Saxon Bar (opening hours above).

COULD YOU BE A FOSTER PARENT?

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12 Meridian Way, Meridian Business Park. NORWICH, NR7 0TA.

DOG OWNERS/WALKERS



Do your bit to help keep North and South Pickenhams safe, clean and healthy by making sure you pick up your dog's mess. It can be disposed of in the various bins provided. There's a bright red bin for dog waste at Johnson's Playing Field, North Pickenham.

Please don't put dog waste in the black bin in the children's play area near the picnic tables, nor in the bin in the Bus Shelter.

Also, it's best not to let your dog approach another person unless it's someone you know likes dogs! Please keep your dog under close control at all times and do not let it wander unattended particularly on the playing field.

Residents who have direct access to the playing field, please keep your gates shut at all times so that your pets cannot gain unsupervised access to the playing field.

The Pickenhams' Newsletter is produced by volunteers.
It's delivered to all homes in North Pickenham and South Pickenham and is on-line at:

<https://nthpickenhamparish.wixsite.com/nthpickenhampc>
and

<http://southpickenhampc.wixsite.com/southpickenhampc>

We can also send it direct to your email in-box.
Just send your email address to pickenhamspediodical@gmail.com

The Pickenhams' Newsletter welcomes adverts, which we publish in good faith but recommend that potential customers/clients should check on claims to qualifications and certification made in any advertisement.

Please email pickenhamspediodical@gmail.com for rates etc.

Copy needed by the 15th of the month.

The Pickenham Hub

The Pickenham Hub continues to go from strength to strength, made possible by the hard work of a team of dedicated volunteers.

After the pandemic it was proposed that the Hub closes because it was over £7,000 in debt. However, a core group of people took it on and now the debt has been cleared, and we are now able to invest in the centre. In this regard, a Café has now opened on Fridays and Saturdays, run by villagers and is proving very successful to the whole village and beyond. (People are coming regularly from Swaffham, Necton, Ashill etc.)

The bar named *"The Legless Saxon"* continues to be open on Friday evenings and is always well supported and still growing in popularity as the word gets out. In fact, we are now starting to decorate and re-build the bar from profits and donations.

Clubs are also growing, and the room hire continues to add money to the coffers as the old school proves to be an expensive building to maintain. However, as the Hub is now financially viable, we can cope with the odd repairs that arise that would have been put to one side before.

Following the massive success of D-Day last year, we are now planning the 80th anniversary *"VJ Day Celebration"* to be held at the Hub on 9 August for which we have received Grant Funding from Breckland District Council. The detail is still being worked, but any help with the planning or help on the day would be greatly appreciated.

With the Hub becoming more popular throughout the village, we could always do with extra volunteers so that we can continue to improve on the fantastic facility that we now have. If you are willing to give some time to help this village asset, please let us know.

Contact us on pickenhamcommunityhub@gmail.com or in person at the Cafe or the Legless Saxon Bar (opening hours above).

STOP PRESS

There's now a DEFIBRILATOR next to the Hub's main door!



THE PICKENHAMS' QUIZ: *Gardening*

1 – Deciduous trees shed their leaves annually – true or false? 2 – What is the biggest flower in the world? 3 – What do peas use to cling to supports? 4 – Peaches, pears, apricots, apples and strawberries all belong to which plant family? 5 – What is the name given to the technique of clipping trees and hedges into ornamental shapes? 6 – What is the three-leaf clover associated with St. Patricks Day? 7 – What do Yew, Laburnum Seeds and Mistletoe Berries have in common? 8 - A Kumquat is a small Japanese variety of what sort of fruit? 9 – Charles Darwin described this carnivorous plant as the most wonderful plant in the world – which plant? 10 – The love apple is the original name for what?

Last month's answers: TV Medical Dramas

1 – Richard Chamberlain; 2 – Dr Finlay's Casebook; 3 – ER (1994 – 2009); 4 – The District Nurse (Nerys Hughes); 5 – Call the Midwife; 6 – Casualty (1986 – present); 7 – General Hospital; 8 – M*A*S*H; 9 – Martin Clunes; and 10 – Craig McLachlan (Henry in Neighbours).

Well done if you got the right answers!

MUSIC IN NORFOLK

Gooderstone Swan: 1st Tuesday Every Month - Jam Night;

3rd Tuesday Every Month - Folk Night

Dereham The Cock: Every Sunday Afternoon - Live Music

Festivals in Norfolk:

3 - 6th July - Castle Acre - Folk In The Field;

9 - 13th July - Dereham Blues Festival - 50 Bands - 20 Venues;

1 - 3rd August - West Acre - Harlequin Fayre

St. Marys Church, Houghton - On - The - Hill, Summer Of Music.

Saturday 19th July 3pm - Joanne McGahon The London Soprano. Sunday 10th August 4pm - Estevao

Devides - Classical Guitarist. Saturday 16th August 4pm - Leo Popplewell - Talented Cellist.

Sunday 24th August 4pm - Mathew Lee - String Duo led by versatile violist.

Saturday 6th September – 4pm. Pot of Gold Shanty Crew - Folk Music


St Mary's Church, Houghton-on-the-Hill


Summer Opening:

Last weekend in March to last weekend in October - every day: 2pm to 4pm


See above for our Summer of Music Concerts!







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THE PICKENHAMS' WI: JULY 2025 Update



On 10th June we welcomed one of our members, Marina Shapton, as our speaker. Marina told us about her recent 5-month tour of South America (from October 2024 to March 2025). Marina took a tent, sleeping bag and bed rolls in her pack and she travelled to Columbia to meet the others going on the trip. We listened to Marina's descriptions of over-landing on a route that might be altered due to fire, police or trouble of any sort. She outlined Chile (it was cold) and the rain forests, which were beautiful. Her main pleasure was in meeting the people on the trip as they became firm friends. The tour included a bike ride on a mountainside in Bolivia, a visit to Machu Pichu, seeing Peruvian Alpacas and condors flying. She did some sand boarding in Peru, saw constellations and volcanoes. As our slide machine chose not to work on that day, we will be shown her wonderful photographs at our next meeting!

On Saturday, 14th June there was a Church Strawberry Tea and Tombola held at St Andrew's Church, North Pickenham. We also met at Margaret's Cafe in Swaffham for coffee and cake on 24th June. We held a WI Walk on 28th June, starting and finishing at the Pickenham Hub, where we had coffee and a snack afterwards.

Our next meeting is on 8th July when our speaker, Tracy Gilchrist, will tell us about wine growing and give us some useful information on what to drink with different foods. We are also looking forward to our WI Mystery Tour on 12th August.

We welcome all visitors to our meetings.

***If you would like more information, please contact
our President, Carol Richards on 07873 744971,
or our Secretary, Melanie Cousins on 07840 814417.***

Every Monday morning (except Bank Holidays) is

COMMUNITY COFFEE MORNING TIME!

10.30am to noon at St. Andrew's Church, North Pickenham.

Coffee/tea; cakes and savouries. Only £2!

See you there! All ages welcome.



The PICKENHAMS' - JULY 2025



A poster for the Summer Fair & Fun Dog Show. The background is light grey with faint floral patterns. In the center is a large grey archway. To the left of the arch is a hotdog and a happy dog wearing a ribbon. To the right is a trophy and an ice cream cone. The text is centered within the archway and below it.

HOLME HALE VILLAGE HALL
**SUMMER
FAIR**
& FUN DOG SHOW

SATURDAY 12TH JULY

11AM - 4PM

DOG SHOW - CRAFT STALLS - BBQ - BAR
PRODUCE COMPETITIONS - ICE CREAM
FACE PAINTING - TRACTORS - OUTDOOR GAMES
GRAND DRAW **CASH PRIZE £250!**

REGISTERED CHARITY NO: 303979



Please bring Tombola prizes (eg unwanted Christmas or birthday gifts)
for the VJ Day Event to the hub or to Karen's Cuts in Meadow Lane.
Or phone her on 07712 578623 to arrange collection.



A poster for the VJ Day event. The background is a large Union Jack. The text is in a mix of fonts, including a cursive 'Save the Date...' and a bold 'VJ DAY'. There is a circular logo with 'PCH' and a medal icon. The date 'Saturday 9th August 2025' is prominently displayed. At the bottom, there is a paragraph about the significance of VJ Day.

Save the Date...

Saturday 9th August 2025

VJ DAY 15th AUGUST 1945

PCH

Village celebration at the Pickenham Hub

Please contact us if you would like to be part of
the planning committee for this event
pickenhamcommunityhub@gmail.com

Victory over Japan Day signifies the end of World War II, marking
the moment Japan surrendered to the Allied forces on 15th August
1945. Remembering the sacrifices made, honouring those who gave
their lives and celebrating the restoration of peace.

RECIPE OF THE MONTH: ITALIAN CHICKEN PICCATA WITH MUSHROOMS.

1 large frying pan. 1 small plate. 2 boneless, skinless chicken breasts; 1 tablespoon olive oil; 4 oz sliced mushrooms; 1 oz plain flour; 2 oz butter divided; 2 cloves garlic; 1 large shallot finely sliced; 1 dessertspoon capers; 5 fluid oz chicken stock made with 1 chicken cube; 2 dessertspoon fresh lemon juice; ¼ teaspoon lemon zest; ¼ teaspoon italian seasoning; 2 tablespoons finely chopped parsley; ½ teaspoon black pepper; and salt to taste

1. Slice the chicken breasts in half lengthwise so that they will cook much quicker. 2. Pour the flour on to the plate and then coat each piece of chicken. 3. Into the frying pan add 1 oz butter plus the olive oil on medium heat. 4. When the pan is hot add the 4 floured chicken breasts and cook them on each side for about 5 minutes. 5. Remove the chicken from the pan and set to one side. 6. Add the remaining butter to the pan plus the shallot, garlic and mushrooms. 7. Fry for about 2 minutes then add the stock, capers, seasoning, pepper, lemon juice and lemon zest. 8. Lower the heat and stir well to combine for about 5 minutes allowing the liquid to cook down until you have a tasty lemony sauce. Add extra butter or lemon juice if necessary. 9. Add the chicken pieces back to the pan and cook for another 5 minutes. 10. Taste and add salt if needed. 11. Place the chicken on your plates and cover with the chopped parsley and the lemon sauce. 12. Serve with pasta of your choice and a green vegetable.

Iris Saxon

POET'S CORNER: SAILING THE AEGEAN SEA by June Melbourn

So excited we were going on a cruise, flying to Cyprus and sailing the Aegean Sea,
Calling in to Patmos, Rhodes and Marmaris, sitting on the deck with a chilled glass of Chablis.

The first night was a sail-away to get us in the mood, we had dinner and a boat drill before we went to bed,
Singers and a band performing well known songs, we were very much looking forward to the day ahead.

The first port of call was Izmir, we had a very lazy day,
Sitting in the sunshine, about the port - not much to say.

We had two minutes silence in the afternoon, it was VE day, Thursday 8th May,
Songs around the piano, We'll Meet Again, and lots of wartime music, a memorable day.

We took part in quizzes, watched a dancing show,
An Abba performance in the evening, all the songs we know.

Next day we went to Patmos, took a tender to the shore,
Such a pretty island, we hadn't been before.

We went to a bar on the beach, we had a cocktail or two,
We strolled around the few shops, everything for sale was blue.

Back on the ship for dinner, seven restaurants from which to choose,
Entertainment in all the bars, we were enjoying this cruise.

Next stop Rhodes, we walked ashore, a beautiful harbour, an ancient wall,
A photograph with a knight of old, bought a necklace at a jewellery stall.

Then on to Marmaris with lots of bars, we stopped for a chat and a glass of Turkish beer,
It was very hot; hundreds of yachts, the place was buzzing, we liked it here.

We enjoyed a delicious ice-cream, melon, that's new, we returned to the ship & had tea for two,
We sat out on deck, a gentle wind blew, then a Sail Away Party and a barbecue.

It was Country & Western and Bandaroke, passengers singing with a live band.
Or a pianist playing softly in the Atrium, as we glided away - far from the land.

Our last day Alanya, it was very hot, we sunbathed, packed our case and tried a cocktail to sip,
Ballroom Blitz, a farewell singsong, a great atmosphere, we will be sad to be leaving this ship.

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MOBILE LIBRARY

2025 TIMETABLE UP TO NOVEMBER

**NORTH PICKENHAM; 14:50 to 15:00 HOUGHTON LANE; 15:05 to 15:25 BLUE LION;
15:30 to 15:45 WHITE OAKS on WEDNESDAYS: 2 July 2025; 30 July 2025; 27 August 2025;
24 September 2025; 22 October 2025; and 19 November 2025.**

**SOUTH PICKENHAM: 12:15 noon to 12:25pm at SOUTH LODGE
on TUESDAYS: 22 July 2025; 19 August 2025;**

16 September 2025; 14 October 2025; and 11 November 2025.

**Please note this information is subject to change or amendment
on a permanent or temporary basis.**

For all enquiries about these routes please call 01603 222303.

MOBILE POST OFFICE

visits North Pickenham every Tuesday from 10:10 to 10:30 stopping opposite Latimer Way.

GET IN THE SWIM OF THINGS

Swaffham and District Swimming Club meets 12 noon **every Tuesday** at Dereham Pool.
Travel there and back by hired Eagles' coach. Picks up opposite the North Pickenham Bus
Shelter at 1120, leaves Dereham Pool to return at 1330. **ONLY £8 for the travel and swim.**
Further information from: **Marion in Necton on 01760 724477 or Geraldine on 07584 177295.**
All ages (retired, working, parent with babies/toddlers) welcome.

Swaffham & District u3a: July update

Friendship and Laughter: The monthly meeting on the 5th June showcased the activities of the 25+ Interest Groups. Over 120 members and visitors attended. Display boards highlighted the work of each group and Group Leaders were on hand to explain what their group offered. This generated a great deal of interest and led to several visitors becoming members.

Coming up: Our next meeting will be on the 3rd July when Gary Powell returnst. This time his subject is 'Famous Criminal Cases that made History'. On 7th August, the speaker will be Charles Howard Vyse who will talk about his career in NATO.

Anyone is welcome to join the u3a. The only criterion is that you are no longer in full-time employment and have the time to take part in the activities on offer. We meet at Holme Hale Village Hall on the first Thursday of each month. Doors open at 9.45am for socialising. The meeting starts promptly at 10.30am finishing by 12 noon.

For further details see our website: <https://swaffham.u3asite.uk/>

South Pickenham Parish Council

South Pickenham Parish Council Vacancy. Could You Help?

As one of our five Councillors has moved away from South Pickenham, we are looking for someone to join our small Council. We meet four times a year, usually at 6pm on a Wednesday for not normally more than an hour.

As we are a small village, our responsibilities are limited, mainly to keeping an eye on drains, street lighting and road maintenance and asking our Clerk to contact the relevant departments. Please contact Melanie Cousins on 07840814417 or email sthpickenhamparishclerk@gmail.com if you could help our village.

DATE OF NEXT PC MEETING – WED 16-JULY-2025 AT 6.00PM AT THE PICKENHAM HUB.

See: <http://southpickenhampc.wixsite.com/southpickenhampc>

South Pickenham Parish Council Contacts

John Blackburne (Chair)	01760 756219
Sue Bloomfield	01760 756204
Stephen Chalkley	4 West View
Carole Chalkley	4 West View
VACANCY	
Melanie Cousins - Parish Clerk	07840 814417 or email sthpickenhamparishclerk@gmail.com
Breckland Councillor: Fabian Eagle	01760 440284
Norfolk CC Councillor: Fabian Eagle	01760 440284

North Pickenham Parish Council

Main points from the North Pickenham Parish Council Meeting – 10 June 2025

- **Declarations of interests on items on the agenda and to consider any requests for dispensations.** Chairman T Ryan expressed an interest in this topic. He has chosen to abstain from voting but will take part in the discussion. He passed the meeting on to Vice-Chair R Parsonson to conduct the meeting.
- **Adjournment for public consultation on the Proposal from North Pickenham Heritage Collection.** Mrs. Gattuso a trustee for NPHC informed the public on the particulars of the Charity Application and read the proposal aloud and opened up the floor to questions. There were many questions and concerns from those present. There is concern that the Pavilion remains the sole asset of the village following the loss of the Pub and the precarious position of the Hub. Some feel that using the Pavilion as a Heritage Centre is not the best use of this village asset and query as to why the Pavilion has not been advertised for Club Hire/Private Hire. They feel as if the Pavilion is the centre of the village and that this proposal strips North Pickenham of that centre. Some asked if the Parish Council could potentially slow this process down in order to involve the whole population better via

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consultations and meetings. Please see the draft minutes online for an in-depth account of questions asked.

- **To discuss and decide on what action North Pickenham Parish Council wish to take on the proposal from the North Pickenham Heritage Collection.** Vice-chairman R Parsonson asked the Councillors individually their stand on the Proposal. Cllr. D Barrington asked for clarification on if NPHC have to have a lease to move forward with the Charity Commission. The answer is yes. Cllr D Barrington stated that he would vote against an extended lease as he sees this agreement as taking a village asset from the villagers. Cllr. M Cousins said she supports the proposal going forward. She believes it would be a good village attraction and having it as a Heritage Centre would retain the Pavilion in longevity. Cllr. T Goodwin raised his concerns that this would stop the Pavilion from being used by other members of the public. Cllr. M Saxon stated that he is of the opinion that the Heritage Collection does not need to apply for Charity Status as the Parish Council have managed and curated the Heritage Collection up to this point. VC R Parsonson proposed to agree to an initial 5-year lease of the Pavilion to NPHC (lease to be agreed upon). Seconded by Cllr. M Cousins. Vote was 3-2 **FOR** with Chairman T Ryan not voting due to declaring this item as an interest. Motion carried.

If you would like to see a full unapproved version of the minutes, please go to the Parish Council website at

<https://nthpickenhamparish.wixsite.com/nthpickenhampc>

Date of next meeting: Tuesday 1 July 2025, 7.30pm at the Pavilion, Johnson's Playing Field.

North Pickenham PC and other Council Contact Numbers

Parish Clerk: Laurie Shepherd	07597 561478 or email nthpickenhamparishclerk@gmail.com
Tom Ryan (Chair)	07879 214651
Melanie Cousins	07840 814417
Ric Parsonson	07940 797666
Trevor Goodwin	07788 885702
VACANCY	
Dave Barrington	07802 912823
Mark Saxon	07843 313577
Breckland Councillor and Norfolk County Councillor: Fabian Eagle	01760 440284
To contact Breckland Council	01362 656870 / http://www.breckland.gov.uk/
To contact Norfolk County Council	0344 800 8020 / https://www.norfolk.gov.uk/

NORTH PICKENHAM PARISH COUNCIL NOTICES

Posters etc: The Parish Council asks that posters for events etc are not attached to lamp posts, telegraph poles or street furniture. If you would like to put a notice in the notice boards in the village please contact Melanie Cousins on 440456.

Faulty street lights in North Pickenham? If you see a street light is not working please contact:

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the Parish Clerk on 07597 561478 or email nthpickenhamparishclerk@gmail.com

Report it: Below are occurrences that you may need to report to

Breckland Council on 01362 656870 or at <http://www.breckland.gov.uk/>

Abandoned Vehicles; Benefit Fraud; Damaged Wheeled Bin; Change Of Address; Change Of

Circumstances; Compliments; Complaints; Comments; Dog Fouling; Empty Dwelling;

Fly Tipping; Full Public Dog Bin;

Full Public Litter Bin; Full Recycling Bank; Highway Problem; Litter and Dog Mess;

Missing Wheeled Bin; Noise or Nuisance; Street Name Plate Issue.

The Parish Council asks that dog mess is not disposed of in the black bin near the play equipment.

Please use the red dog mess bin near the entry gate of the playing field. Many thanks.

**NPPC is pleased to announce that the adult exercise bicycle
on Johnson's Playing Field is now in working order again!**



Veterans Central is a facility for Military and Emergency Services veterans, serving personnel and families, as well as associated charities, organizations and veterans to support activities, wellbeing and engagement.

Sunday 20th July is our Annual Open Day for the General Public

**17th August: End of World War Two event,
including a ceremony at our Memorial Wall.**

Come and see what we're about!

Charity #: 1208763

**Veterans Central West Raynham SHQ, 5 Blenheim Way, West Raynham
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Web: <https://veteranscentral.co.uk> NEW (launches in May)



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ROTARY CLUB OF SWAFFHAM

As we all know, not all disabilities are visible. Pete Lauder, the speaker at our recent Swaffham Rotary Club, meeting was painfully reminded of this himself when he awoke back in 2015 and could hardly get out of bed. Pete, an RAF Serviceman and very keen rugby player, had suffered very serious deterioration in his hip joint with bone rubbing against bone. After surgery and further treatment he was advised that sport was now out of the question. Devastated, he looked to plug this enormous gap in his life and explored “adaptive sport” for those with physical restrictions. Having discovered Sitting Volleyball he started the first RAF adaptive sports club. A driven man, Pete then described his very many achievements in this special field. Participation in the USA Warrior games led to competing in the Invictus Games for armed forces personnel in the Wheelchair Basketball event. An all round sportsman, Pete gained a bronze medal for Indoor Rowing, as well as joining the Scottish Wheelchair Rugby team for the World League Cup in 2022. Following further injuries to his hips and leg, and much to his chagrin, he was invalided out of the RAF after 23 years service. Much helped by the NHS “Step Into Health” scheme he now works for a mental health charity and has founded the K L Black Knights wheelchair rugby team, and also the first adaptive sports club in Norfolk. Many thanks to Pete Lauder for opening our eyes to the important world of sport for the disabled. Our annual Swaffham Rotary Club Golf Day will be held this month on July 7th at Swaffham Golf Club. I'll report on this next month.

If you are interested in finding out about Rotary or would like to come along to a meeting, do take a look at our website: www.swaffhamrotary.org.uk. *Richard Skinner*



Swaffham and District Lions Club

Members of the Lioness Branch Club have done a Sponsored Walk on Behalf of the Alzheimers Society. On a lovely sunny day we did the Wensum River walk around the village of Swanton Morley, seeing plenty of wildlife and a herd of friendly cows! We finished the walk with a lovely lunch at Darby's pub in the village. Our efforts raised about £400 for Alzheimer's.

On the Welfare front, we have spent another morning at Westfields Care Home with the residents, helping to sort hundreds of Birthday cards. Many of the Lions and Lionesses attended the fund-raising Dinner in support of the East Anglian Air Ambulance, held at The George Hotel and organised by Bobby and David Elsom. Each Air Ambulance rescue costs on average £4200, and the aim was to raise this amount. Lions Club President David Merchant handed over a cheque for £500 from the Club towards this target. At the Lions Club meeting, Lion John Collins was delighted to receive his 10 Yr membership award. On Sunday 8th June we enjoyed a social outing, visiting West Acre Gardens, and finishing with delicious cream teas and cakes at the Apple Café.

For more information on the Lions Club and Lioness Branch, please email swaffhamlions@gmail.com

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North Pickenham – in the Church Porch AND next to the Hub main door.

South Pickenham – on the outside wall of the South Pickenham Estate Office.

Introducing the Anne Robson Helpline:

If you or someone close to you is dying, you can talk to us.

At the Anne Robson Trust we aim to be there to listen to anyone who is struggling with the imminent death of someone they care about. We know that facing the end of life can leave you isolated and alone. Calls are free and confidential – **Call us on 0808 801 0688**

Being able to access support whilst a loved one is dying is really important for a number of reasons. Gaining knowledge of what may happen towards the end and having a sense of 'preparedness' helps both the person dying and their family gain as much control as possible. Please visit **www.annerobsontrust.org.uk/helpline-service** to find out more.

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TRANSPORT FOR ALL YOUR NEEDS

The **Community Car Scheme** (operated by the WEST NORFOLK COMMUNITY TRANSPORT PROJECT) provides transport for shorter or longer distances e.g. Kings Lynn/Norwich/Addenbrookes mainly for medical appointments.

WNCTP also operates a RURAL DIAL-A-BUS SERVICE EVERY WEDNESDAY TO/FROM SWAFFHAM.

For more information or to book transport please call 01553 770310

flexibus+

A fully accessible bus service for Swaffham and the surrounding area!

You can phone 01760 305022 to book your journey!

The flexibus+ service runs from 7am – 7pm Monday to Saturday.

Passengers will need to book their journey in advance which can be done quickly and easily using the flexibus+ app, online or via telephone.

You can take your dog, too!

The flexibus+ is a Norfolk County Council service.

CHURCH UPDATE

Sunday Church Services July 2025

July 6th: Third Sunday after Trinity

Necton: 10.00am. Holy Communion (CW)

Holme Hale: 11.15am. Morning Worship (CW)

July 13th: Fourth Sunday after Trinity

Necton: 10.00am. Morning Worship with Baptism (CW)

North Pickenham: 11.15am. Morning Worship (CW)

**Houghton on the Hill: 3.00pm. St Mary's Summer Thanksgiving Service
with The Revd Paul Wilkinson**

July 20th: Fifth Sunday after Trinity

Necton: 10.00am. Morning Worship (CW)

11.15am. Holy Communion (BCP)

July 27th: Sixth Sunday after Trinity

Necton: 10.00am. Morning Worship (CW)

North Pickenham: 11.15am. Holy Communion (CW)

(BCP) denotes a traditional liturgical service according to the 'Book of Common Prayer'.

(CW) denotes a modern liturgical service according to 'Common Worship'.

From the Parish Registers: Funerals

We express our sincere condolences to the family and friends of Mr **Derek Sidney Devere** (aged 89) whose funeral took place at the parish church of St Andrew's North Pickenham on Tuesday 3rd June 2025. The service was taken by Mrs Carole Hicks (Licensed Lay Minister).

Also to the family and friends of Mrs **Rosina (Rose) Alderline Churchill** (aged 80) of Necton whose funeral took place at the parish church of All Saints Necton on Tuesday 17th June 2025. The service was taken by Mrs Carole Hicks (Licensed Lay Minister).

May God's special love, grace, peace and compassion be with you all.

St Andrew's, North Pickenham: "Open Afternoon"

It was a wonderful afternoon and such joy to welcome so many people into our church. Thank you to all who supported us in raising £403 for our funds.

Jackie Cook (Licensed Lay Minister)

Desiring a new heart for our foolish world!

Did you know that the human heart leans slightly (but not dramatically) to the *left*? This is because the left ventricle is larger and more muscular as it pumps blood around the body with its apex tilting leftwards – BUT in rare cases, like in a condition called *dextrocardia* – the heart can actually point to the *right* instead! This is interesting when we reflect upon the poetical nature of Ecclesiastes 10.2:

“The heart of the wise inclines to the right but the heart of the fool to the left”.

Since the vast majority of us have left leaning hearts, perhaps this phrase suggests that we are all prone to a little natural foolishness! But of course in a world where we are daily confronted with a lot of very serious situations regarding matters of abortion and the ‘right to die’, we can’t afford to make foolish decisions but need to make *wise* ones. This is especially so when we are making choices on a grand scale that go beyond ourselves as individuals such as whether or not we should as a nation go to war or use military force. Inevitably these situations are deeply complex requiring considerable thought, for rash decisions made in haste or without thinking can have truly disastrous consequences. In this sense life is not a game!

In 1981, as a young person, I went to a Christian campaign that was held in The Royal Albert Hall entitled ‘*New Heart for the Nation*’. It was organised by the team behind Hildenborough Hall, a Christian Conference Centre based on the Otford Hills in Kent, led by Justin Rees and Max Sinclair. Their desire was that in a world of great stress and moral uncertainty which so often overlooked Christian values and dismissed them without thought, people might be encouraged to cultivate ‘new hearts’(Ezekiel 36.26)as they reflected upon how far the nation had drifted in the light of God’s commandments -with the clear and positive challenge to follow Christ *whole heartedly*. You won’t be surprised to hear that this had an incredibly profound and positive effect upon my entire life which not only made me a happier stronger Christian but ultimately encouraged me to become ordained, which has been a most rewarding path and a great blessing.

So whether physically your heart is inclined to the right or to the left, it is my hope that spiritually, in today’s uncertain world, many will be inclined to seek new, clean hearts capable of much love, goodness and *wisdom*.

With best wishes. *Stephen Thorp*

‘Create in me a pure heart, O God, and renew a steadfast spirit within me.

’Psalm 51.10

