

The PICKENHAMS'

Community Newsletter for North and South Pickenhams

APRIL 2025

In print and on-line this month

What's on at the Hub: APRIL 2025

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 TILL 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

The next QUIZ at the hub is on Friday 4th April.

Opens at 7pm for a 7.30pm start.

£10 per person including a fish and chips supper.

Up to 6 per team. Bar will be open from 7.

Our question master for the evening is Fabian Eagle,
so there's bound to be a chicken question!!

Register your team via pickenhamcommunityhub@gmail.com.

ADVANCE NEWS! Bingo Night resumes FRIDAY 2 May, 7.30pm!

Large meeting space available for hire - full time, part time or one-off hire options
for classes, groups events and parties.

Contact us on pickenhamcommunityhub@gmail.com

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.

Many thanks!

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 pickenhamsperiodical@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 pickenhamsperiodical@gmail.com for rates etc.

Copy needed by the 15th of the month.

The PICKENHAMS' - APRIL 2025

South Pickenham Estate FIREWOOD SUPPLIES

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The Pickenhams' Quiz

The largest, Smallest, Longest, Tallest.

1. Which is the longest river in the World? 2 – What is the smallest country in the world by land area?
3 – Name the largest bird by weight. 4 – Which is the most populous city in the world?
5 – The longest insect measures up to 62.5 cm in length, can you name it?
6 – Where would you find the world's longest mountain range? 7 – Which is the world's tallest animal?
8 – Name the smallest planet in our solar system. 9 – Which is the world's smallest continent?
10 – Which country is made up of the most islands in the world?

Answers next month.

Last month's answers: Heroes and Villains

1 – Cordell; 2 – A View to a Kill; 3 – Get Smart; 4 – The Beach Boys; 5 – Sherlock Holmes; 6 – I Spy (1965 – 1968)
7 – Frank Gorshin (series 1 and 3); 8 – Ray Doyle and William Bodie; 9 – Happy Valley; 10 – Noel Harrison (son of Rex).

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: 21st June Fakenham Rugby Club. - Fitzroy Festival; 3 - 6th July - Castle Acre - Folk In The Field;

9 - 13th July - Dereham Blues Festival - 50 Bands - 20 Venues; 1 - 3rd August - West Acre - Harlequinn Fayre

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

Saturday 3rd May 4pm - Serendipity - Woodwind Trio; Saturday 17th May 4pm - - The Elmore String Quartet;

Saturday 7th June 4pm - Harpist Benjamin Creighton Griffiths; Saturday 28th June 4pm - Blue Sky Jazz; Saturday

19th July 3pm - Joanne McGahon The London Soprano.

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' - APRIL 2025



The Pickenhams' WI: APRIL 2025 Update



On Tuesday, 11th March we met at St Andrew's Church. Our speaker was Kim Durrant from Tropic Cosmetics and Toiletries. Kim told us that she has been involved with the company for 9 years, when she was recommended to use the skin, body and hair care products. The company was co-founded by Susie Mar when she was only 15 years old! Alan Sugar became a shareholder after Susie's mum had appeared on his programme. The products are made in Surrey, are not tested on animals and are nourishing for dry skin. Our WI members were given products to try on our hands. Our Vice-President, Sue, thanked Kim for her presentation and said that our members had enjoyed trying the products.

We then broke for tea and held our meeting. One of our members would be celebrating her 80th birthday during the month and was presented with a plant in a plant pot. Sue announced that Didge was the winner of the competition ("A beauty regime that you have tried - did it work?"). There was one item of correspondence - an invitation for 4 members to go to the Wayland Group WI meeting in Watton to hear the speaker on "Everything I always wanted to know about sex"! During the month several of our members went to the Federation Annual Meeting in Norwich. Members also met for coffee at Margaret's Tea Room in Swaffham.

Our next meeting will be on Tuesday, 8th April at The George in Swaffham. This is to celebrate our 75th Birthday and the buffet will be paid for from WI funds.

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!

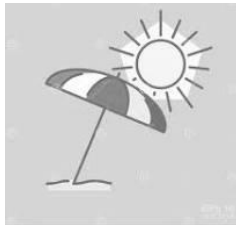
See you there! All ages welcome.

Children's area - "The Boat" - has many activities, books and jigsaws.

For more information please contact Jackie 07421 100601



THE POETRY PAGE



Holiday in Tenerife

Arriving late in Los Gigantes, we were greeted with a glass of wine,
After picking up our keys and taken to the lift, our room was absolutely fine.
We were tired and left the unpacking, we woke up late and admired the view,
We went out on the balcony, the sky was very blue.

We dressed in shorts and a tee shirt, sandals now, not shoes,
We were last down for breakfast, there was a great deal to choose.

After enjoying a lovely breakfast, looking out to the sea,
We wandered around the garden, Cactus, Hibiscus, a Dragon tree.
They were doing yoga under a marquee, and Pickle Ball, which looked cool,
Table tennis and Shuffle Board, and Aqua Fit in the pool.

We collected towels around the pool, we found the perfect spot,
We soon put up the parasols, it was getting very hot.

The entertainment was very good, we had a comedian one night,
Flamenco shows and Tributes, the quizzes were just right.

One day we walked to the Marina, lots of cafes on the way,
Souvenir and shoe shops, which really made my day.

There were some lovely tennis courts, I watched a game or two,
I enjoyed a vanilla ice-cream, watched the Crazy Golf - time flew.

Strolling to the beach, the sand was very black,
In the shadow of the mountains, it was a very steep climb back.

Valentines Day was very nice, red balloons by the door,
Heart shaped chocolates on our pillow, who could ask for anything more.

Late afternoon it was The Irish Pub, Highland Paddy was its name,
Late night shows, English beer, was its claim to fame.

Soon it was time to pack our case, our holiday was over and done,
Time to be picked up and return to the cold, and say "Goodbye" to the sun.

June Melbourn

The Recipe Page

PANCAKES FILLED WITH CHICKEN AND HAM – Serves 4

2 large basins; 1 small bowl; 2 medium eggs room temperature; 1 medium saucepan; and 1 serving dish.

Batter: ¼ pint milk; ¼ pint water; 4 oz plain flour; ¼ teaspoon salt; ¼ teaspoon pepper; and 2 tablespoons oil.

Filling: 10 oz cooked chicken finely chopped; 4 oz ham or ham pieces finely chopped; 1 tablespoon onion finely chopped; 8 oz mushrooms finely chopped; 8 oz onion diced; 8 fluid ounces chicken stock made with 1 chicken stock cube; 8 fluid ounces milk; 1.1/4 oz butter; 1.1/4 oz plain flour; 1 bay leaf; 4 oz grated mature cheddar cheese; ½ teaspoon black pepper; ¼ teaspoon dried sage; and a small pinch of salt

In your basin mix together the chicken, ham, mushrooms, tablespoon of onion, sage and pepper. Moisten with a couple of tablespoons from your chicken stock.

Make your batter by adding the flour, eggs, milk, water, salt and pepper to a large basin and whisking vigorously for 2-3 minutes.

In an 8 – 10 inch frying pan heat the batter oil on medium to high heat and from your mixture make 4 pancakes then keep warm on a foil covered plate.

In the small bowl pour the flour, take a little of the filling mix. Then mix to a paste making sure there are no lumps of flour left.

In a medium size saucepan add the remaining filling mix, remainder of the stock, 8 oz diced onion, pinch of salt, pepper, bay leaf and sage. Bring to the boil then lower the heat and simmer until the onion has softened. Now quickly stir in the flour and milk paste, higher the heat a little until it comes back to the boil, stirring constantly, then lower and continue stirring for a couple of minutes to cook out the flour. Now add the butter, remove the bay leaf then add 1 oz of the grated cheese, stirring until all combined, then check the seasoning.

Place one pancake on a hot serving dish and add 1/3rd of the chicken mixture. Cover with a second pancake and a second 1/3rd of chicken. Add the third pancake and cover with the last portion of chicken. Cover with the 4th pancake and pour over the sauce then sprinkle with the remaining 3 oz grated cheese. Brown under a hot grill and serve.

Serve with either roasted vegetables, chips and salad or whatever you fancy!

Iris Saxon

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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:** 9 April 2025; 7 May 2025; 4 June 2025; 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:** 1 April 2025; 29 April 2025; 27 May 2025; 24 June 2025; 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.

ALL WELCOME!

Further information is available from:

Marion in Necton on 01760 724477 or Geraldine on 07584 177295.

All ages (retired, working, parent with babies/toddlers) welcome.

Swaffham & District u3a

At the beginning of our March meeting the Art Group exhibited some of their paintings. This was followed by our speaker, John Vigar, a retired lecturer from the University of Kent, who gave a talk on 'Betjeman's Britain'. This took us on a tour round some of the buildings that Betjeman had visited, including churches, houses and even railway stations. Betjeman was interested in what he called 'Sense of Place' where the buildings were in keeping with their surroundings. For many years he edited 'The Shell Guide' for motorists and he co-founded 'Friends of Friendless Churches' which looks after disused churches. The Art Group exhibited some of their paintings before the talk began and hope to attract more members – no experience needed.

Our next meeting is on Thursday, 3rd April when our speaker will be Gary Powell who will give a talk on 'London Squares'. On 1st May, Adam Woolcott will be reminiscing on 'Our Chelsea Flower Show Memories'. As usual, we will meet in The Pavilion at Holme Hale. Doors open at 9.45am for socialising and the meeting starts promptly at 10.30am finishing by 12 noon.

Swaffham & District u3a offers monthly meetings, over 20 special interest groups and trips out. Further details on the activities covered by Swaffham & District u3a are available on our website: www.swaffhamu3a.org

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South Pickenham Parish Council

Date of next PC meeting:

Wed 9 April 2025 at 6.00pm at the Home Farm Hospitality Suite.

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
Simon Kroon	Contact via SPE Office 01760 756376
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

These are the condensed draft minutes of the Parish Council Meeting held at The Pavilion on the 4th of March, 2025. If you would like to see a full unapproved version, please go to the Parish Council website at <https://nthpickenhamparish.wixsite.com/nthpickenhampc>

1. To consider accepting apologies for absence: Cllr. S Haley
2. Declarations of interests on items on the agenda and to consider any requests for dispensations: None
3. Village Organisation Reports: Reports were given and are uploaded to the Website
4. Declarations of interests on items on the agenda and to consider any requests for dispensations: None
5. To approve the minutes of the Parish Council meeting held at The Pavilion on 7th of January, 2025: The minutes were previously circulated and agreed upon. The minutes were further agreed upon by those at the meeting and signed as accurate by Chairman Tom Ryan.
6. To note matters arising not included on the agenda – FOR INFORMATION ONLY: Cllr. T Goodwin: Complaint from a member of the public on the mole hills on the playing field. Car parks: A meeting needs to be arranged with the owner of the garages
7. To consider Chairman's announcements: None
8. Clerk's correspondence to be circulated: Police report for October 2024. Action is in progress for food safety requirements for the kitchen in the Pavilion
9. To consider payment of Direct Debits and BACS from January:

The PICKENHAMS' - APRIL 2025

Payment Method	To whom	Amount
DD	Npower Street Light Energy	£84.00
DD	Eon Pavilion Energy	£26.25
BACS	Melanie Cousins - Reimbursement for Remembrance Sunday Refreshments	£100.00
BACS	CPRE Subscription	£36.00
BACS	Norfolk Wood Interiors (Kitchen fitting)	£822.00
BACS	NGF Play Ltd. Bicycle Bearings	£59.23
BACS	HMRC Tax	£3.00
BACS	Clerk's Wage (360.46) WFH (13.50) -overpaid tax (3.00)	£370.96

Payments for the month are sent by email to all Councillors prior to the meeting. Payments for February were agreed.

10. To discuss organising a litter pick: After a discussion, it was decided to arrange a litter pick on April 26th. Clerk to action equipment, flyers and arrangement with the Church. Proposed by Cllr. D Barrington seconded by Chairman T Ryan. All approve.

11. To review and decide on the grant application from members of the Church for grass cutting: The application has not yet been received

12. Update on grass blocking line of sight on South Pickenham Road in front of the factory: Has been cut, hedges have been trimmed back.

13. Update on the Computer Equipment Grant from Breckland: All the equipment has been purchased.

14. Update on play equipment that needed fixing: The zip wire will be fixed once the weather is better. Bicycle: Bearings are okay, braking is the issue. To be fixed when the weather is better. Clerk to get manufacturers information to Vice Chairman R Parsonson.

15. Update on Pavilion Kitchen and Grant Spending: A rundown of the Grant expenditure was given and an update on remaining funds and plans for it. NCF have sent the end of grant time report. Clerk to action.

16. Update on the culverts: They are looking well taken care of and the work has provided the results needed.

17. Update on the bin next to the village sign: To be installed once the weather is warmer as a new concrete block will need to be poured.

18. To review and approve the CCTV Policy, Training and Development Policy, Financial Regulations Policy, Health and Safety Policy, FOI Model Publication Policy: Proposed by Vice Chair R Parsonson, seconded by Cllr. M Saxon. Passed unanimously. Clerk to update the website

19. Planning Applications/Decisions:

Reference Number	Address	Date	Description	Outcome/ Update
APP/F2605/W/24/3356255 3PL/2024/0211/F	NORTH PICKENHAM Nelson House Houghton Lane	Jan 6, 2025	Change of use from public house (Sui Generis) to a single dwelling-house (C3)	Under Appeal (All Comments Submitted)

20. To decide on matters for inclusion on the next agenda: Car Park; Credit Card for the Parish Council; Grant application from the Church; Update on bin; Update on play equipment; Mole hills; Request for a new photocopier from the editor of the Pickenham's Periodical; Defibrillator in the Church needing attention.

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21. Motion to allow the public to speak: Vice Chair R Parsonson proposed, Chairman T Ryan seconded. Passed unanimously. The Parish Council only have one defibrillator at the moment. Cllr. D Barrington has applied for a second one from the British Heart Foundation and has been notified that the application ticks all the criteria for a second one, put at the Hub. Accessible 24/7. There was a discussion over the Defibrillator at the Church and whether or not it needs upgrading. There was a discussion over road closures and there needing to be better notice. Clerk to action. State of the pavement at the top of White Oaks and the overgrowth.

The meeting ended at 21:06

Date of next meeting: Wednesday 7 May 2025.

See: the Parish Council website at <https://nthpickenhamparish.wixsite.com/nthpickenhampc>

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
Steve Haley	07900 517 401
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: 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.



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ROTARY CLUB OF SWAFFHAM

Swaffham Rotary Club are pleased to say that Terry Jermy MP who represents the South West Norfolk constituency at Westminster has joined our club. Having been introduced by our member David Wickerson, Terry accepted Honorary Membership from our President Charles Howard-Vyse. Previously a member of the now defunct Thetford Rotary Club, Terry told us that he was delighted to be representing the constituency where he was born and grew up. In addition to his duties at Westminster, he somehow finds the time to serve on Norfolk County Council as well as Thetford Council, despite having to cope with over 300 emails each day. The Palace of Westminster itself he described as museum-like and cold, with vermin running around on the floor and with water coming through the roof. He amused us with tales of his sprints to the division lobby in the eight minutes allowed following a ringing of the division bell. Mr Jermy intends to focus his campaigning on Health & Social Care, Farming & the Environment and Jobs & Pay. A Ukraine calendar was presented to him by member Mariia Pryzhley.

After a break of membership it was very good to see Graham Eaves welcomed back into the Club. Graham's vast experience in retailing and catering here in Swaffham and elsewhere has proved invaluable to us in the past, as I'm sure it will in the future.

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*



We Serve

Swaffham and District Lions Club

The Lioness Branch Club recently joined in the fun at the Westfields Care Home Casino Night fund raiser, running the Lions Club's Pig Racing game. It was a really enjoyable and well supported evening, with roulette, Black Jack and other games as well as the pig racing, with food & drink provided, along with a bundle of "monopoly money" to gamble with!

Following our Assembly Rooms stall and collection in February, we were able to deliver 3 large bags of new underwear and socks to the Night shelter at King's Lynn, which was very much appreciated, so many thanks to all who donated these items. Some of us enjoyed a social outing to West Acre Theatre to enjoy the music of local Beatles tribute band, Dog House. It was a great evening of entertainment and all proceeds went to the West Acre Theatre charity.

The Lions Club Annual Pancake Races were held on Shrove Tuesday, March 4th on Swaffham Campingland. Four schools were represented in the races - Nicholas Hamond Academy, Heartwood School, Sacred Heart School and Swaffham Primary School. The winner of the Schools Frying Pan trophy was the Nicholas Hamond Academy. There were 3 adult teams racing for the Business Frying Pan trophy, the winners being Longsons Estate Agency.

Our lovely Easter Egg baskets are now out to be raffled around the town in pubs, cafes and businesses, this being one of our big fundraising events of the year. We will also have a raffle stall in the Assembly Rooms on April 12th.

The chosen applicants for our "LIONS DEN" funding will be presented with cheques for their projects on the morning of Saturday 29th March at our outside Market Stall in Swaffham Market Place. Here we will also be collecting items for recycling such as old lithium button batteries, spectacles and hearing aids, and we will be giving out our "Message in a Bottle" containers for storing medical information in the fridge.

Coming up soon - our Branch Club popular charity "Pudding Quiz", which will be held on Monday 12th May at the Catholic Church Meeting room.

If anyone would like further information on Lions please contact Lion President David on 01760 441260 or email swaffhamlions@gmail.com.

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DEFIBRILLATORS

North Pickenham – in the Church Porch.

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

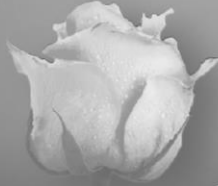
Introducing the Anne Robson Helpline - If you or someone close to you is dying, you can talk to us.

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.

The PICKENHAMS' - APRIL 2025

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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 April 2025

April 2nd Necton	Wednesday 11.00am. Lent Communion (CW)
April 6th Necton Holme Hale	Fifth Sunday of Lent 10.00am. Holy Communion (CW) 11.15am. Morning Worship (CW) followed by the APCM
April 9th Necton	Wednesday 11.00am. Lent Communion (CW)
April 13th Necton North Pickenham	Palm Sunday 10.00am. Morning Worship (CW) 11.15am. Morning Worship (CW) followed by the APCM
April 17th Necton	Maundy Thursday 7.30pm. Lent Communion (CW)
April 18th Necton	Good Friday 2.00pm. Good Friday Service (CW)
April 20th Easter Day Necton Holme Hale North Pickenham	10.00am. Easter Communion (CW) 11.15am. Easter Communion (BCP) 11.15am. Easter Communion (CW)
April 27th Necton North Pickenham	Second Sunday of Easter 10.00am. Morning Worship (CW) 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 Mrs **Ann Walsh** (aged 84) of Necton whose funeral took place at the Breckland Crematorium on Monday 20th February 2025. The service was taken by the Revd Canon Stephen Thorp.

Also to the family and friends of Mrs **Margaret Alice Nalini Koch** (aged 97) whose funeral took place at the parish church of All Saints Necton on Monday 20th February 2025. The service was taken by the Revd Canon Stephen Thorp.

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

The difference between optimism and hope is – Easter!

DYING IS A VERY PERSONAL EXPERIENCE and yet despite the fact that we have the 'assisted dying bill' going through parliament, read about wars going on around the world and see so much death and destruction on our television screens, we are very bad about actually talking about it and especially what death might mean *for us*. Instead, we like to push it to the back of our minds or treat it as a 'rainy day' subject as if it doesn't really matter or is of no real consequence. We'd much rather stand for a 'minute's applause' than a 'minute's silence' and speak in terms of a 'celebration of life' rather than speak of our 'unspeakable sadness'. All these things are understandable, but they perhaps highlight the fact that we are just not very good at speaking about death or the prospect of a life thereafter - if we believe in an afterlife at all!

Yet nearly three-quarters of the world's population *do* believe in an afterlife and according to a YouGov poll (2021) one third of all British adults agree. Many people say that they are *optimistic* about life after death and consider themselves spiritual, even if they can't fully articulate it.

However, optimism cannot deal with death, which is why the apostle Paul based his whole life upon the conviction that God had raised Jesus from the dead to new life, saying *"I am convinced* that neither death, nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord" (Romans 8.38). This conviction was for him much more than optimistic wishful thinking, it was none other than a *certain hope* based upon his own personal experience of meeting with the risen Lord, and the amazing testimony of so many other disciples and followers of Jesus who had actually met with, spoken to, and touched the risen Lord (see list below). These were incredibly significant encounters which changed their lives and the lives of those around them forever more. It was not just their lives that were changed, but their perspective on life (and death) and what it meant for each of them *personally*. Of course, this is all very difficult to explain to a person who has 'pushed things away', closed their mind and not desired to take the time to consider these things before. This is why I would like to encourage you in the coming days to pause, reflect and think about the amazing story of Easter - and let God turn your natural optimism about life after death into a certain hope.

You are all warmly invited to join us as we celebrate Easter together.

With best wishes for Easter.

Stephen Thorp

"Why do you look for the living among the dead? He is not here; he has risen." Luke 24.5-6

Mary Magdalene and other women: (Matthew 28.1-10, John 20.11-18). **The disciples on the road to Emmaus:** (Luke 24.13-35).

Simon Peter (Cephas (Luke 24.34, 1 Corinthians 15.5). **The apostles (without Thomas):** (John 20.19-

24). **The apostles (including Thomas):** (John 20.26-29). **Over 500 believers at once:** 1 Corinthians

15.6. **James, the brother of Jesus:** 1 Corinthians 15.7. **The disciples at the Sea of Galilee:** (John 21). **The**

group at His ascension: (Acts 1.3-9).