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

What's on at the Hub: AUGUST 2025

Pickenham Community Hub opposite PE37 8LG

MONDAY: Fitness in Later Life - exercise class (<u>reece@fill.fit</u>) 12.30-1.30pm
Table Tennis (Gwyn on 07873 730291) 2.00-4.00pm

Gardening Club (Hayley on 07775 332560) 6.00-7.00pm

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

WEDNESDAY: Carpet Bowls (Contact the Hub) 2.00-4.00pm

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

FRIDAY: Pickenham Hub Coffee Shop 10.00am-2.00pm

Legless Saxon Bar 7.00pm 'til late

SATURDAY: Pickenham Hub Coffee Shop 10.00am-2.00pm.

Kids Play Area 10.30am-1.30pm

SUNDAY: Dog Training 9.15-11.30am

(Abigail on barkingbasicdogtraining@outlook.com)

+ + + PLUS + + +

FRIDAY 8th AUGUST: CHRIS'S QUIZ: 7pm for a 7.30pm start.

£10 per person including a fish and chips supper or ploughman's (advance orders only).

Up to 7 per team. Bar open from 7. Booking essential as numbers limited..

Register your team with Melanie on 07840 814417 or on melanie.cousins1@outlook.com or via pickenhamcommunityhub@gmail.com.

SATURDAY 9th AUGUST: VJ DAY VILLAGE FAMILY CELEBRATION.

Free entry from 3pm. Coffee Shop and the Legless Saxon Bar will be open. BBQ, Games and more. All welcome.

Grant funded event by Breckland Council. Hosted and run by Pickenham Hub Volunteers.

A variety of meeting spaces available for hire for classes, group events and parties.

See our website for more details: www.pickenhamcommunityhub.co.uk

STOP PRESS

BINGO is back on Friday 5 September!

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

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 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 Pickenham Hub

Saturday 9th Breckland PCH August, from 3pm



Café, Bar, BBQ, Games & more Village celebration. Free entry

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.

THE PICKENHAMS' QUIZ:

Words which begin and end with the same letter

1 – Another word for 12 o'clock, midday. 2 – The Beano is this, also a funny person is sometimes called it. 3 – This is planted in the ground, and eventually grows into a plant. 4 – A female sheep. 5 – The Star ship of which Captain Kirk was the Commander. 6 – A nearby Pub is often referred to as this. 7 – Eight of these pull Santa's sleigh. 8 – Often referred to as being "grim". 9 – You are one of these when you go on holiday. 10 – The day before today. 11 – Cricket bats are made from this wood. 12 - The official state language of Pakistan, and is also spoken in India.

Last month's answers: Gardening

1 – True; 2 – Rafflesia; 3 – Tendrils; 4 – Rose; 5 – Topiary; 6 – Shamrock; 7 – They are all poisonous; 8 – Orange; 9 – Venus Flytrap; and 10 – Tomato.

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:

1 - 3rd August - West Acre - Harlequinn Fayre 3rd August - Sheringham Carnival 15th August - Folk East - Beccles

29th August - Norfolk Showground - Sundown Festival
St. Marys Church, Houghton - On - The – Hill, Summer Of Music.

Sunday 10th August 4pm - Estevao Devides - Classical Guitarist.

Saturday 16th August 4pm - Leo Popplewewll - 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!



DIT'S FISH AND CHIPS

Your weekly treat - tasty fish, chips, sausages, burgers etc.

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Latest schedule:

Wednesday in Ashill 4.30 till 8pm; Thursday in Necton at the shop 4.15 till 9pm
Friday in Necton at the shop 4.15 till 9pm; Saturday in Narborough at the shop 4.15 till 5.15pm
then at the end of Sandy Road opposite the Social Club 5.30 till 7.30pm.

Telephone Dit on: 07780 000278 www.facebook.com/ditsfish/

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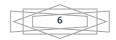
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THE PICKENHAMS' WI: AUGUST 2025 Update



On 8th July our speaker was Tracy Gilchrist, who gave us a very interesting talk about wine growing and gave us some useful information on which wine is best to drink with different foods. Tracy sometimes does wine tastings at Waitrose, where she works in the wine department. People ask for advice when they are travelling to a particular region and we heard facts about English wine, Welsh wine and even Scottish wine! Tracy told us some interesting information, such as, the reference to wine in the Doomsday Book and that there were 42 different vineyards in 1487. There are competitions for wine - for example, Rose or White sparkling wine, made using champagne grapes. It was also interesting to hear that the wine in Kent benefits from the breezes caused by Eurostar, which help the wine to grow!

Also this month, we met at Margaret's Tea Rooms for coffee and cake and on 17th July we met at Ashill for our WI walk. Excitement is rising as we approach August, when we will have our WI President's Tea Party on 5th August at St Andrew's Church and on 12th August we will be going on our WI Mystery Tour!

Our next meeting is on Tuesday, 9th September at St Andrew's Church, North Pickenham, when our speaker, Lesley Polley, will speak on the subject of "Our French B&B".

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.

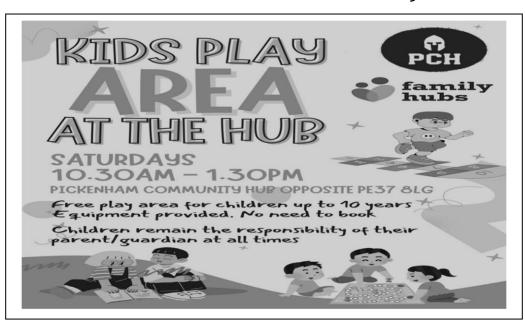
Every Monday morning (except Bank Holidays) is COMMUNITY COFFEE MORNING TIME!

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

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

See you there! All ages welcome.







West Raynham SHQ Public Events 2025

Public Events for July to September 2025 at Veterans Central West Raynham SHQ is developing well. All events (unless stated) are FREE to enter. Images are 2024 events.

July to September

- July 20th: Annual Activities and Open Day. Incudes RAF Lancaster flypast, aircraft cockpits, craft fair, book sale and more.
- August 17th: 80th Anniversary of End of World War Two. Presentations and displays.
- September 21st: Battle of Britain Day: Presentations and displays, FLYPAST requested.

Participate? If you would like to be part of our events email events@veteranscentral.co.uk.

We would like to hear from potential participants - craft stalls, military vehicles and re-enactors, classic cars, etc.

October to December

- October 25th: RAF 'Tales' (evening): Hear ghostly tales from RAF history. requires booking.
- November 9th: Memorial Wall Ceremony: Our annual wreath laying at the SHQ Memorial Wall.
- December 6th: Christmas Fair: Craft fair, Christmas Tree event, festive food, and more.







Veterans Events. We also hold monthly events (breakfasts and lunches) for veterans. If you would like details of these events, email events@veteranscentral.co.uk

For updates and information on events: Check out the website: www.veteranscentral.co.uk Follow us on Facebook (West Raynham SHQ – Veterans Central) or email ops@veteranscentral.co.uk.

RECIPE OF THE MONTH: chicken with a broccoli and tomato sauce

1 large frying pan. ½ oz butter; 1 tablespoon rapeseed oil; ½ head of broccoli cut into florets; 1 large onion diced; ½ large green pepper diced; 1 clove of garlic crushed and chopped; ½ teaspoon oregano; ½ teaspoon italian seasoning; 1 tin italian chopped tomatoes; 3 oz mushrooms sliced; 1 tin broccoli and stilton soup (sainsburys sell this); ½ oz frozen chopped parsley or a handful of fresh chopped parsley; salt to taste; ¼ teaspoon black pepper; and 2 chicken breasts skinless.

Place the butter and oil in your frying pan on medium heat then add your chicken breasts. Fry the chicken on one side for 10 minutes then turn them and fry for another 10 minutes until they are golden outside and no longer pink in the middle. If the heat is too fierce lower it. Once cooked, remove from the pan, cover them and keep them warm. If necessary add a little more oil to the pan and a nut size piece of butter then add the peppers, onion, garlic, mushrooms and broccoli. Fry for 3 – 4 minutes then add the oregano, italian seasoning, parsley, salt and pepper. Stir in the tin of tomatoes and tin of broccoli and stilton soup. Lower the heat, cover and cook for 5 minutes. Return the chicken breasts to the pan to warm through again, adjust the seasoning if necessary, then serve.

Note: you may find you need just a ¼ teaspoon of sugar to enhance the flavour. You can also stir in an ounce of grated cheddar to the sauce.

Tasty served with golden vegetable rice, or new potatoes or crusty bread. Tasty Saxon

POET'S CORNER: A Walk in Long Melford by June Melbourn

Driving to a Suffolk village, Long Melford is its name, Oscar the dog collected, he's excited -always the same.

We park the car and off we go, across the open grass, Making our way up to the church, red poppies all en-masse.

Past a beautiful stylish house, with stables at the back, A tractor chugging on the hill, we continued on the track.

We walked into the churchyard, the hollyhocks were a treat, The gardener was very busy, keeping it all so neat.

Walking across the fields, with views of Melford Hall, We climbed a very high style, it was almost like climbing a wall!

We were in the grounds of Kentwell Manor, there were lots of sheep about, Tentatively crossing a cattle grid, a man gave us a shout.

He opened up a gate for us, said, "Don't tell everyone", We thanked him and went on our way, our walk was nearly done.

Oscar was very thirsty, we stopped to give him a drink, We both fancied a coffee, need a garden centre, we think.

We found a courtyard café, we had walked quite far, We sat down, enjoyed a rest, then strolled back to the car.

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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 <u>WEDNESDAYS</u>: 27 August 2025; 24 Sontomber 2025; 27 October 2025; and 10 November 2025.

24 September 2025; 22 October 2025; and 19 November 2025.

SOUTH PICKENHAM: 12:15 noon to 12:25pm at SOUTH LODGE

on <u>TUESDAYS</u>: 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: August update

Crime and Punishment: A large number of members attended the July monthly meeting when Gary Powell made a welcome return visit. Gary held us all spellbound by his articulate and humorous delivery. Gary is a retired police officer, spending most of his career in London. This time his subject was 'Famous Criminal Cases that made History'. He talked eloquently about landmark cases, including the first speeding offence in 1896, a murder conviction secured using fingerprint or DNA evidence for the first time and the first use of the electric telegram system in a criminal case to identify and arrest a murderer.

We have a change of speaker on 7th August. Peter Goodrum will be talking about the history of Jarrolds, the popular Norwich department store. On the 4th September, the subject is 'Balls, Bedrooms and Banquets, delivered by John Vigar which sounds quite intriguing and promises to be very entertaining!

Anyone is welcome to join the u3a. The only criterion to join 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 and the meeting starts promptly at 10.30am finishing by 12 noon. Further details on all the activities covered by Swaffham & District u3a are available on our website: https://swaffham.u3asite.uk/

South Pickenham Parish Council

Main points from the Meeting held on Wed 16-7-25 @ 6pm at the Pickenham Hub

Present: Cllrs J Blackburne (Chair), S Bloomfield, C & S Chalkley. In attendance: F Eagle (NCC/BDC Councillor), M Cousins (Clerk) and Dr Sue Gattuso (Archivist).

Presentation, Dr Sue Gattuso - Chair of the Trustees of the Pickenham Heritage Collection Trust. This would cover three areas - North Pickenham, South Pickenham and Houghton-on-the-Hill. Dr Gattuso outlined the history of Sth Pickenham from 1087, explaining that the Pickenhams are an important part of the wider area that has not been researched. She will put an article in the Pickenhams' Newsletter including the 5-year lease of the Nth Pickenham Sports Pavilion, which is to be used to house the Collection and for local history meetings. Cllr Blackburne will update Dr Gattuso on historical documents held and a gravestone of interest. Cllr Eagle described a Hallmark project on the breakup of estates and the lost country houses of Norfolk. Report from NCC/ BDC-Cllr Eagle advised on the following: a) County Cllrs would be eligible for £5k from the community fund to put towards village necessities. b) Govt had published a white paper on Local Govt Reform & Devolution. Consideration to be given to grant availability to take forward plans. c) Road markings - Discussion on work that had taken place. Cllr Eagle departed, 7.45pm. Plaque by Cherry Trees - Cllr S Chalkley suggested the plaque needed re-staining; Cllr Blackburne will look for correct stainer. Cllr S Chalkley said he had also watered one cherry tree as it had looked dry. NCC Parish Partnership Scheme - road markings: it was agreed that the necessary work had been carried out. Street Lighting Maintenance (Cozens) - Cllrs Blackburne and Bloomfield signed a Standing Order form for Cozens (UK) Ltd for £54.00 per quarter to be set up with Lloyds Bank. PKF Littlejohn – the External Auditors had approved Annual Accounts for 2024/25. Zurich Town & Parish Partnership Scheme 2024/25 - £210.00 had been paid outside the meeting. Council website - the Clerk had forwarded information for consideration prior to the meeting. Clerk will liaise with the Chairman outside the meeting. Approval of Accounts, Cheques issued - Cheque for £54.00 signed for Cozens Ltd for May-July 2025, prior to the Standing Order being set up. Cheque for £185.00 signed for the Clerk's time/expenses. The minutes of the meeting held on 09-04-25 were approved and signed by the Chairman. Date of next PC meeting – Wed 10-Sept-2025 at 6.00 pm at the Hub.

Date of next PC meeting – Wed 10-Sept-2025 at 6.00pm at the Pickenham Hub. **See:** http://southpickenhampc. **See:** http://southpickenhampc. **See:** http://so

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.

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 Draft Minutes of Parish Council Meeting – 1 July 2025

Co-Option: There was one co-option application. Cllr. T Goodwin proposed to accept the co-option application. Seconded by Cllr. M Cousins. 3/1 **FOR** 1 Abstain. Motion carried. Cllr. S. Hayley signed his Declaration of Office and joined the meeting. Clerk to notify Breckland.

Policies: Code of Conduct (LGA 2020), Standing Orders, Equality Policy, Lone Worker Policy. These policies were reviewed and proposed as accepted. Passed unanimously.

Payments (approved unanimously): E-ON Pavilion Electricity May - £29.41; TTSR Grass Cutting (Playing Field + Verges - £950.48; Internal Audit Fee - £65.00; Clerk's wages May (£361.66) and WFH Allowance (£13.50) - £375.16; Cozen's Street Light Maintenance (May/June/July) - £30.00; Clear Council's Insurance - £851.86; St. Andrew's Churchyard Maintenance-£200.00; E-ON Pavilion Electricity June-£32.56; NPTS Full Council training - £354.00; Clerk's Wages June (361.66) and WFH Allowance (13.50) - £375.16; Playing Field Inspection - £206.40. Income: Santander Interest - £7.84; Barclays Interest - £36.58; NCC Grant for verges - £2,461.05

Village Maintenance: Cllr. D Barrington will fix the zip line soon along with Cllr. T Goodwin. Vice Chairman R Parsonson will review what is needed to install the new bin. A list will be put together for maintenance items from TUFTS to repair the benches on the playing field and maintaining the drains on the bus shelter.

Playing Field Inspection: Most of the report is in the green and only advisory. Cllr. T Goodwin will be working on tightening the bolts. The Clerk will request quotes from TTSR for refilling the gravel under the slide.

Admin: The clerk has been authorized to obtain a DBS check to allow for a third person on the policy to view the footage. The clerk is in the process of obtaining information on a credit card for the PC.

NPHC: The Parish Council approved the two dates that the Heritage Collection wish to hold display events in the Pavilion. October 5th and 8th. More details to come. The Parish Council proposed and agreed that any lease drawn up between the Parish Council and the Heritage Collection would include a 2-year status review. Chairman T Ryan abstained from voting per his declared interest at the beginning of the meeting.

Planning: The Parish Council supported an application (PL/2025/0721/DCA) by Mr. J Gulliver (Player Washington Group Ltd). for the discharge of conditions 4, 7 17 and 18 on pp 3PL/2023/1218/F at The Airfield Hilborough Road, North Pickenham, Swaffham, Norfolk, PE37 8DX. Breckland Council has not yet

considered this application. The Parish Council requested an extension to the deadline to comment on a proposal (PL/2025/0719/LB) by Mr. and Mrs. Pyne for 6 no. replacement windows, including 2 no. dormers at Nelson House (formerly the Blue Lion Public House), Houghton Lane, North Pickenham, Swaffham, Norfolk, PE37 8LF. The Clerk will ask Councillors to make the decision via email.

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/nthpickenhampac

Date of next meeting: Tuesday 2 Sept 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 214 651
Melanie Cousins	07840 814 417
Ric Parsonson	07940 797 666
Trevor Goodwin	07788 885 702
Stephen Haley	07900 517 401
Dave Barrington	07802 912 823
Mark Saxon	07843 313 577
Breckland Councillor and Norfolk County Councillor:	01760 440 284
Fabian Eagle	
To contact Breckland Council	01362 656 870 / http://www.breckland.gov.uk/
To contact Norfolk County Council	0344 800 8020 / https://www.norfolk.gov.uk/

NORTH PICKENHAM PARISH COUNCIL NOTICES

<u>Posters etc:</u> 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 the Parish Clerk.

Faulty street lights in North Pickenham?

If you see a street light is not working please contact:

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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A good time was had by all at the Swaffham Rotary Club Annual Golf Day on 7th July. Ninety two players strode out in teams onto the course at Swaffham Golf Club to compete for the prizes on offer, the odd rain shower failing to dampen the enthusiasm of the golfers. After lunch in the Clubhouse, Tom Streeter, the Chair of Trustees of YANA, the charity which supports workers in rural situations and agriculture, spoke of their vital work and also of his gratitude that proceeds from the Golf Day would benefit YANA. A short but successful auction then followed conducted by Oscar Crocker from Key's Auctioneers of Aylsham, with items such as a bottle of House of Commons Malt Whisky, which was kindly donated by Terry Germy MP, a set of golf irons, and a

bottle of Bollinger champagne, as frequently swigged by Joanna Lumley in "Absolutely Fabulous" all under the hammer. Our president announced that the proceeds from the day were in the region of £5000, a great result and a sizeable boost to YANA's finances. We are grateful to Swaffham Golf Club, Adrian Flux Insurance, Key's Auctioneers, and all who came along to help with the event.

We'll be helping out at the Swaffham Classic Car Show on August 24th, so do come along and say hello. Watch out for news of our Collectables Valuation Day on October 11th and our Art Exhibition 24th -26th October!

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

Some Lions club members and friends have been dismantling and selling a model railway and engines, which have made roughly £700. The Lions Club has agreed to make this up to a round figure of £1000, which has been donated to the Ukraine Lions who are in great need of our support.

July is the beginning of our new Lionistic year, and our President's Changeover took place at a celebration dinner at the Foldgate Inn, Stradsett, at the end of June. Lion President David Merchant handed over to incoming President Lion Peter Young, and Lioness Branch Club President Sarah Bloomfield handed over to Lioness Lion Sylvia Carroll.

Congratulations to Lion George Figura, who has received a Melvin Jones Fellowship from the Lions Club, the highest accolade which can be awarded to any Lion for their outstanding service. It was presented to him from the Club by Lion President David Merchant.

On 5th July the Branch Club ladies ran the refreshments stall at Westfields Care Home Summer Fete, and raised over £140 for the Home. We enjoyed our day there, with entertainment provided by the Dog Show, and a dancing display by the girls from Marham School.

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

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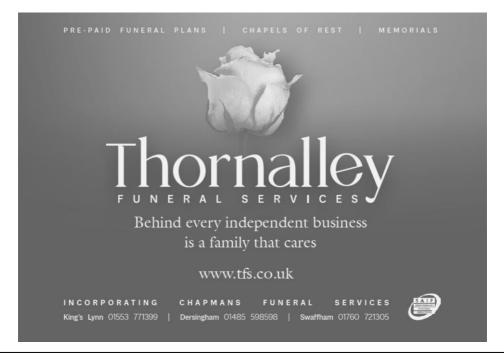
North Pickenham – in the Church Porch AND next to the Hub main door.

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.



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

Science and theology: mutual companions on the journey to truth!

Many of us will remember the *New Atheism* that was greatly prevalent in the media twenty years ago, largely promoted by the group known as the 'Four Horsemen' being Richard Dawkins, Christopher Hitchens, Sam Harris and Daniel Dennett who sought to promote a strongly secular, scientifically rational worldview which was quite independent of religious faith. Ironically, their strident tone often had qualities of 'religious zeal' about it which was off-putting to some and conveniently overlooked the fact that many exemplary scientists were Christians who saw absolutely no conflict between their religious faith and the science they pursued. However, in recent times, it's become quite clear that life requires more than just science to guide it— as so eloquently and poignantly expressed by the American environmental lawyer, James Gustave Speth who said:

"I used to think the top global environmental problems were biodiversity loss, ecosystem collapse and climate change. I thought that with 30 years of good science we could address these problems. But I was wrong. The top environmental problems are selfishness, greed and apathy, and to deal with these we need a spiritual and cultural transformation, and we scientists don't know how to do that."

— James Gustave Speth, Shared Planet: Religion and Nature, BBC Radio 4 (1 October 2013)

Indeed, just recently our own Bishop of Norwich, The Rt Revd Graham Usher, who is the Archbishop of Canterbury's lead 'Bishop for the Environment', reminded clergy that "science and theology nurture one another- they should not be seen as combatants!" - Norwich Cathedral (8th July 2025). John Polkinghorne, the former Physicist turned Anglican Priest also said that "Science tells us how things work; theology tells us why things matter" - and in a deeply uncertain world we need both; science seeking understanding—while faith offers meaning.

So why do so many of us still struggle to hold these two things together? Is it because past historical moments, such as the New Atheism period, have left us feeling that we can't express our Christian faith without people doubting our intelligence? Fortunately, the tide is turning, and people are appreciating that many Christians, including scientists, are thoughtful rational people whose faith is deeply enhanced by their logical approach to life. Indeed, one such person is Prof. Young Hoon Kim from

South Korea who with a staggeringly high score of 276 is recognised as having the highest recorded IQ in the world, which is higher than other notable minds such as Albert Einstein and Stephen Hawking. Prof. Kim, who studies Quantum Physics, is also a devout Christian and sees theology not as blind faith but as a rigorous discipline and the 'ultimate field of study'.

But of course, the beautiful thing about the Bible and the Gospel story of Jesus Christ is that on one level it can be explained so simply that even a little child can understand it, but on another level, it can also be so profound that it satisfies the deepest of intellectual minds. Perhaps the problem with the New Atheists was not that they weren't brilliant men - but that they underestimated the intelligence and vision of faithful believers.

With best wishes. Stephen Thorp

The fear of the LORD is the beginning of wisdom; all who follow his precepts have good understanding. Psalm 111.10

Sunday Church Services August 2025

August 3rd Seventh Sunday after Trinity Necton 10.00am. Holy Communion (CW) Holme Hale 11.15am. Morning Worship (CW)

August 10th Eighth Sunday after Trinity
Necton 10.00am. Morning Worship (CW)
North Pickenham 11.15am. Morning Worship (CW)

August 17th Ninth Sunday after Trinity
Necton 10.00am. Morning Worship (CW)
Holy Communion 11.15am. Holy Communion (BCP)

August 24th Tenth Sunday after Trinity
Necton 10.00am. Morning Worship (CW)
North Pickenham 11.15am. Holy Communion (CW)

August 31st Eleventh Sunday after Trinity
Necton 10.30am. United Service of 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'.