



**Air Source Heat Pump &
Air Conditioning Servicing.
Boiler Servicing from £85.**

**ART TECH LTD****GAS & OIL Heating**

Service, breakdown, repair and landlords certificates

Phone Lee on 07833336617 or 01953 889090
Gas Safe and OFTEC registered

ARDEN KENDALL LIMITED**Chartered Certified Accountants**

For friendly and efficient assistance with your
accountancy and taxation matters
you need look no further.

For a FREE initial consultation please contact us on

01953 883850

or call in at

38 High Street Wattonemail: info@ardenkendall.co.uk www.ardenkendall.co.uk**07793797770****Plumbing &
Heating Engineer**

Boiler Service
Breakdowns
Installations
Radiators
Cylinders
Fires
Cookers/Hobs
Pumps/ Valves
Landlord Certificates
LPG Gas
Oil boiler servicing
Oil boiler installs

**Bettess
Gas**daryl@bettessgas.com**Paul Goodacre****Domestic Appliance Repairs****All makes and models covered**

Washing machines, tumble dryers, dishwashers, electric ovens and hobs -

See our latest reviews on yell.com

Standard call out charge is £65+vat plus price and parts.

Additional cost for integrated appliances. Fully insured.



Contact Paul today to make your appointment

07905 442610 or email paulgoodacre@yahoo.co.uk

A Throne for the Imagination in Carbrooke



Storytelling Chair Officially Unveiled at Carbrooke Millennium Green

Carbrooke's new Storytelling Chair was officially unveiled on Friday 19 June, marking the latest chapter in the growing partnership between HMP Wayland and the surrounding parishes. The chair, built at HMP Wayland using recycled timber, has already become a striking and imaginative addition to the Millennium Green, which sits directly opposite the village school.

The project was created with the children very much in mind. Carbrooke Primary School has long made enthusiastic use of the Millennium Green for its Forest School sessions, and the Storytelling Chair is intended to enrich that outdoor learning experience even further. In keeping with that spirit, the children themselves chose the chair's final location. They selected a spot close to the Den Building area and the Magical Fairies and Elves corner, ensuring it sits right at the heart of the places they love most. The launch event began outside Carbrooke Village Hall before the group

walked together to the chair. Helen Crane, Breckland Councillor, performed the honours by taking the seat and sharing a story about the history of St John and its connection to Carbrooke. Her tale set exactly the right tone for what the chair is intended to inspire: moments of imagination, shared storytelling, and a sense of community across generations.

Children from all age groups attended, accompanied by Head Teacher Hannah Wheeler. After listening to Helen's story, the children took turns sitting in the chair themselves, with Hannah joining them for photographs. Their excitement and curiosity made the afternoon especially memorable, particularly for those visiting the Millennium Green for the first time.

The chair is now fully installed and already being used. A box of suitable books has been placed beside it, inviting anyone—young or old—to pause for a moment and enjoy a story. The hope is that the chair will become a focal point for Forest School activities, but also a place where families, residents, and visitors can rest, read, and share tales of their own. For those who remember "Jackanory," or who have seen its modern counterpart "Bedtime Story" on CBeebies, the idea is familiar: a storyteller, a listening audience, and the simple magic of a tale well told.

With its thoughtful design, community involvement, and the enthusiasm shown at its launch, the Storytelling Chair promises to become a cherished feature of the Millennium Green for years to come.

**MOT's****Book your MOT on line at www.ivanchubbock.co.uk or call 01362 820416**

Cars, 4 X 4's, then there large campers, motorcycles, three wheelers, trikes, light commercials and mini buses/PSV's

We can MOT everything starting from £29 to £40 We also offer a very well equipped workshop for ALL your motoring needs

IVAN CHUBBOCK GARAGE SERVICES, SHIPDHAM - NOW IN OUR 75th YEAR



ALEXANDER'S

WATTON



BUY BACK LOANS

FREE
VALUATION

WITH
OPTION
TO SELL

GOLD
SILVER
WATCHES
POCKET
WATCHES
COINS
MEDALS
JEWELLERY
COLLECTABLES

BUYING TODAY
CASH TODAY



WE
BUY,
SELL
&
PART - EX
SECOND
HAND
JEWELLERY
WATCHES
CURIOS
&
COLLECTABLES
BEST
PRICES
POSSIBLE

34 HIGH STREET WATTON IP25 6AE - TEL 01953 558 219

Wayland Men's Shed

After our AGM in June, we have now started a new financial year which means we have all had to renew our membership subscriptions. Thanks to grants and other income from workshops, quiz nights and other sources, plus the careful management of finances by our treasurer we have been able to keep the annual fee to £20 and attendance fee to £2, which is the same as when we started in 2016. Great value for money if you ask me! However, if there is anyone who is going through tough times we will always endeavour to support them and will never turn anyone away who is unable to find the subscription fees.

This coming October will be our 10th anniversary and we will be having a special celebration on Saturday 3rd October in the main sports hall at the Sports Centre for members and their guests. This is an opportunity to show everything we do and there will be tables and display stands representing all groups and interest groups. This event is not open to the public but if there are any men who would like to attend, to meet us and see what we do then please contact me at malcolm.trayhorn@gmail.com or phone me on number below.

The Shanty Group had a fabulous gig at St Andrew's church in Hingham on Saturday 4th July. A cheerful crew of eleven of us descended on the church and we were extra keen as we were trying our new microphones for the first time at a gig. We

had a wonderful audience of in excess of fifty people who heartily enjoyed the evening, clapping and singing along. We broke the record for the number of songs we have sang at one gig and copious amounts of non-alcoholic fluid was needed to lubricate our vocal cords. We got the chance to try out a couple of our newer songs and one was very pertinent. The evening was in aid of the church belfry so we couldn't miss the chance of singing 'Strike the Bell'. I had a tired but happy crew at the end. I have had wonderful feedback and much thanks from the team who organised the gig. The good ship 'The Wayland Shantymen' sails on.

Report by Wayne Rutter, Wayland Shantymen Lead.

The "Shutterists" photography group has been on two trips in June. Firstly, to Southwold on 2nd and then to Orfordness on 25th. Both trips were enjoyed by those who attended with good company shared as well as a drink or two and some great pictures taken. These trips certainly promote a sense of well being for those taking part. A perfect chance to get away from any pressures and health worries.

Social Reports

Ten-pin Bowling

Twelve members went to Strikes Alley, Dereham on Thursday 18th June. For two games plus a drink & snack. The winner of



the day was Al Middleton with a cumulative score of 223 over the two games. He is now the holder of the magnificent trophy.

Cromer End of Pier Show Matinee

Arrangements for our next visit to this popular outing will be on Friday 17th July. A coach will leave the Queen's Hall car park at 10am. We should get to Cromer approx. 11.15am then we will have free time until 2.30pm when the end of pier show is due to start. 40 members and guests will be going on this trip.

Greyhound Racing at Yarmouth Stadium

There will be 23 of us going to the dogs on Wednesday 29th July. It will be a coach trip with a booking to the Raceview restaurant including admission, racecard

and a main course.

Quiz Night

Date of the next Quiz is Friday 14th August. This is a popular event that provides funds for the charity.

Meditation

In line with our commitment to provide support for the well-being of men, we continue to offer members meditation sessions with Amanda Copson.

That is all for this edition but I hope to report further in the next one. If you want any further information on Wayland Men's Shed please visit our Website www.waylandmensshed.co.uk or contact :Malcolm Trayhorn, Trustee, Chairman & Social Secretary Tel: 07729993163

ITALIAN JOB

Probably the Best Pizzas, Grills & Pastas in Town

FAMILY-RUN LOCAL RESTAURANT – CELEBRATING 20 YEARS!

CELEBRATING 20 YEARS

EST. 2005

HAL'S SPECIAL

★ ENJOY ★

20% OFF YOUR BILL

EVERY WEDNESDAY & THURSDAY EVENING

DINE IN - AFTER 7pm

BOOK IN ADVANCE

*One free starter or dessert per person when ordering any 3 course meal from the main menu.

★ **WEEKEND PROMOTIONS** ★

FRIDAY & SATURDAY NIGHTS

FREE STARTER OR DESSERT

ON 3 COURSE MEAL*

- ✓ Perfect for couples, families & groups
- ✓ Chef's specials & featured dishes
- ✓ Live atmosphere & great food

BOOK EARLY TO AVOID DISAPPOINTMENT!

Something for everyone...

PIZZAS

PASTAS

GRILLS

BURGERS

WRAPS

PANINIS

NEWLY REFURBISHED

- ✓ New tables & chairs
- ✓ Bench seating for large groups
- ✓ Perfect for parties & celebrations

PERFECT FOR

Parties, celebrations & large groups. We can cater for all occasions.

SUMMER TIME

Enjoy the sunshine with all our folding doors open, bringing the outside in.

RESTAURANT

TAKE AWAY

HOME DELIVERY

Thank you for supporting local!

CHASTON PLACE, HIGH STREET, WATTON, NORFOLK, IP25 6XE

01953 884141

WWW.ITALIANJOBWATTON.CO.UK

Peddalling for a Purpose: Trio's Challenge Raises Thousands for East Anglian Air Ambulance

Three local cyclists have cycled the length of Britain and smashed their fundraising target in the process!

Adam Clarke (Scientist, 42 from Watton, Norfolk), Lawrence Green (PHD Student, 24 from Witchford, Cambridgeshire) and Keiran Williams (Driving Instructor, 40 from Soham, Cambridgeshire). Have cycled from Land's End in Cornwall to John O'Groats in Scotland. They have been raising money on the journey for East Anglian Air Ambulance (EAAA) who rescued Adam after he was involved in a serious car crash on a rural road in Norfolk, leaving him with life threatening head injuries. Paramedics recognised the seriousness of Adam's injuries and called for the Air Ambulance. Adam was rushed from the accident site to Addenbrooke's hospital where he received the urgent treatment that has allowed him to make a full recovery. Without the speed of the transfer to hospital and the early medical intervention, Adam's prospects of a full recovery were a lot lower.

Adam says "The speedy rescue that East Anglian Air Ambulance were able to provide has given me the life I have today. Our last challenge was my way of saying thank you to those who crewed my flight, this challenge is about giving someone else the same chance at life that I was given".

For Adam and Keiran, this was the second big cycling challenge they have undertaken for EAAA. In 2024, Adam and Keiran cycled from Paris to London with the aim of completing the ride in 24 hours. In the end, due to a number of difficult circumstances, they managed the ride in 24 hours and 44 minutes. They raised a fantastic £4,209, beating their initial £3,500 target, which was the cost of Adam's flight in 2018.

Adam, Lawrence and Keiran set off from Land's End with a quick prologue of 17km for photos on Thursday 18th June 2026 with the real ride starting on Friday 19th June 2026, they completed the ride 9 days later, on

Saturday 27th June 2026.

The ride started in the mist and wet roads, and they cycled into the heatwave that gripped the country, cycling through the Lake District and into Scotland on the record-breaking days of the hottest recorded temperatures for that area. The climbs through the lakes and into the highlands sapped the legs of energy, ready for the penultimate day, which was supposed to be an "Easy Day" although this proved to be anything but, with headwinds all day and heavy rain, making riding conditions very difficult. The final day was sunny, but they then had a series of mechanical issues affecting the bikes, even getting a puncture 10km from John O'Groats.

Longest Day - Stage 7 - 203km

Biggest Climbing Day - Stage 3 - 2,246m

Biggest Climb - Stage 5 - "The Struggle"

Ambleside to Kirkstone Pass in the Lake District - 397m of Elevation

Adam said "The sense of achievement is massive. It's not sunk in, the support we have had from friends, families and work colleges has been amazing. We cannot believe the money we have raised for EAAA, I am so pleased that someone else will have the chance of a life that EAAA gave me!"

Lawrence said "Everyone thought we were mad to be doing this in such a short time. It was really difficult at times, but the memories will last a lifetime. The support we have had from people donating to us has been humbling, especially people we met on the way and heard what we are doing and wanted to support us" Keiran said "The personal effort the three of us have put into this has been more than matched by the generosity of people we know and those who just have heard what we are doing. What EAAA does is so important, Adam and I saw what they have in Norwich, if they can replicate that in the Cambridge area with their new base, we as the local public will have a world class facility to support us".

Ride Stats: Distance: 1,519.07km (943.91 miles); Elevation Gain: 16,263m (54,356ft); Saddle time: 69h 42m; Average speed: 21.8kph (13.5mph) To date they have raised £6,275. (Correct at time of writing please check

for up to date information.

<https://www.justgiving.com/team/lejog-2026>) The initial target was £4,250, which is the current cost of an Air Ambulance mission. We now hope to raise £7,000 as this is the cost of a Child Manikin. East Anglian Air Ambulance use manikins to train staff and volunteers in life saving techniques, that are then put into practice in the field. These manikins are designed to mimic an 8 year old and have the built-in capabilities to practice CPR, Airway Management, in Arm IV, Blood Pressure management, Defibrillation, Intraosseous Infusion and Femoral Access. Lauren Banks, Community Fundraiser at East Anglian Air Ambulance (EAAA) says:

"Huge congratulations to Adam, Lawrence and Keiran for completing their challenge to ride from Land's End to John O'Groats. They took on this epic fundraiser to say thank you to the EAAA crew that attended Adam back in 2018 and raise the funds to give another person the same chance of life. We have been inspired following the progress of Adam, Lawrence and Keiran's ride and their determination to help save the lives of others. EAAA relies almost entirely on the generosity of people across the region to raise the funds needed to deliver and develop the 24/7 service. This helps to give critically ill or injured people in Bedfordshire, Cambridgeshire, Norfolk and Suffolk the best chance of surviving and recovering from a life-threatening emergency. A huge thank you to Adam, Lawrence and Keiran for their incredible fundraising efforts, and to everyone who supported them in their challenge. The guys deserve a good rest now!" If you want to show your appreciation of Adam, Lawrence and Keiran's ride, and



support East Anglian Air Ambulance there just giving page is still open and taking donations <https://www.justgiving.com/team/lejog-2026>

If you want to find about more about the ride and see some of the amazing locations they rode through please visit the Facebook page: <https://rb.gy/uzrl41>

Picture at Lands End: Lawrence, Adam and Keiran. Picture at John O'Groats Lawrence, Keiran & Adam.

SWIFT

Your local boiler engineers

Gas and Oil Boiler Breakdowns, Installations & Servicing

Gas Safety Landlord Certificates

Central Heating Installations & Upgrades

Hot Water Cylinders

01953 885 813 | swiftboilers@aol.com | swiftboilers.co.uk

GREETINGS WATTON

CARDS | GIFTS | BALLOONS

Celebrate for less

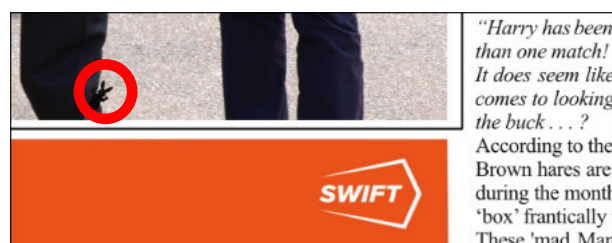
www.greetingswatton.co.uk

07496 142658 | 70 High Street, IP25 6AH

Hare and Seek - the Answer, the Winner & the Next Clue

The clue last month said that was Harry was looking for a 'shin up' and if you didn't find him, you would kick yourself! Well Harry was clinging to Cllr Nigel Wilkin's left leg and shin a few inches from the clue!!

The winner drawn last month was: S Ash. well done to you! And a £10 voucher to spend at Watton Bakery prize is yours! If you took part, call into Adcocks and you can collect a small Fridge Magnet for your trouble if I haven't seen you already. Now I wonder where Harry is hiding this month.



"Harry has been than one match! It does seem like comes to looking the buck...? According to the Brown hares are during the month 'box' frantically These 'mad Mar

A Clue and How to Play Hare & Seek

Each month, a tiny black hare will be hiding somewhere in the pages of the Watton & Wayland Times. Your job is simple: spot him. He could be tucked into an advert, peeking from a photograph, or lurking in a puzzle grid or somewhere else, but he won't make it easy for you, he is quite good at staying unseen. Once you've found him, just let me know where he is. Pop your answer over to me by email or message, and you'll be entered into the winners draw. One correct finder will be crowned that month's winner, and win a £10 Watton Bakery Voucher.

Sharpen your eyes...

Attention! Harry's responsibilities are beginning to weigh heavily on his shoulders (if hares have shoulders?) and he has been trying to find a way to relieve the stress on him.

He decided the best way was to get some fresh air and go for a long walk. And you will go a long way to find a simpler clue than that!! It might be too simple? Do let me know.

Small Flowers, Big Impact: Rosie's Donation to the Memory Café



At our meeting of The Memory Cafe, on Tuesday 7th July Rosie Millard (left), one of our long time volunteers, surprised us by giving a very generous donation, money earned through making blue

forget-me-knots and selling them throughout our community and St Mary's church. Rosie is an amazing crafter and we are very grateful for all that she does for us.

West Norfolk Aviation Society

This weeks guest speaker was Keith Thomas (pictured) who is an experienced helicopter pilot. He was talking about his experiences as a Search and Rescue (SAR) helicopter pilot back in the 70's. Helicopters were not as sophisticated as those of today and initially he was flying the Westland Whirlwind HAR10, a single engined helicopter. He was very happy although it did have a particularly short winch cable which could make winching alongside larger drops tricky if the winch cable was shorter than the drop. Fortunately they had an extension strop they could add to the winch cable to enable winching in those conditions. After the Whirlwind Keith moved onto the Wessex which with 2 engines was much more capable, better lifting ability, longer range, higher speed and thus safer. It was in this aircraft ironically that he had his only accident, having cause to ditch into Hong Kong Harbour, the whole crew surviving unharmed. The cause of the accident was the the navigator who was also doubled as the winch operator. To do this he had to clamber from the cabin to the cockpit or vice versa and managed to knock the fuel supply switches to 'off' whilst manoeuvring into position. Keith maintained that the bravest

person in the helicopter was the winch man who dangled from the helicopter on the end of a piece of wire known colloquially as the 'dope on a rope'. Seriously though historically it has been the winch man who has most often lost his life in rescue operations when the cable either snags or snaps and I suspect they are amongst the highest decorated aircrew in peacetime operations.

Keith's talk was a fascinating look at SAR operations from a personal perspective and we look forward to welcoming him back in the future. Next month we have our own member Steve who will be giving a talk on non-conventional weapons from a non-military perspective, think Salisbury poisoning. All welcome on Tuesday 04 Aug @ 7.15pm. Further details on our website, non members entrance fee £2 per head includes a light buffet. Mark Burch. www.westnorfolkaviationsociety.com



Little Ellingham Vintage Working Weekend



Saturday 8th & Sunday 9th August (From 10am)

Sat Nav NR17 1JS £5 Entrance (Cash Only Please)



Enjoy a Fun Day Out Seeing
Nostalgic Vehicles - Farm - Cycles Cars
Steam - Military and Farm
Working Displays

Evening Entertainment and live band
Supporting East Anglian Air Ambulance



In Your Garden With Lotta Potts

I wonder if August, traditionally hot, will be like July or if we shall get some respite. At the time of writing it is 32degC. Even people who love hot weather are beginning to wilt and we'd like some rain please. None on the forecast but the usual threat of hosepipe ban. It used to be 'English summer? Ah yes, two hot days and a thunderstorm.' So on that note, what's in it for gardeners?

Special days:
1st Lammas. Loaf Mass Day when the grain harvest is celebrated. I've often read of Lammas in historical novels and now I know. 1st If you don't celebrate bread making how about Yorkshire Day? What!

1st Monday Bank Holiday in Scotland.
30th St Fiacre of Breuil. Patron Saint of gardeners. We could do with this one's assistance long before the end of the month. This was an Irish hermit who moved to France where his charitable work and horticultural expertise became renowned. He died in AD670.

Last Monday Late Summer Bank Holiday in England, Wales and Northern Ireland.

So armed with St Fiacre and hopefully more benign weather what should we be getting on with? It's quite surprising what thrives in August. The late-flowering plants will shine, most of them perennials that have had time to put their roots down. Sedums do well with fleshy stems and leaves that store water. They need well-drained soil in the sun as do Perovskia (Russian Sage) both the original tall species that need support and the later variety Little Spire. These have blue flowers along the vertical stems with silvery leaves that are sage-scented. Another plant that required well-drained soil in the sun or light shade is Japanese anemone in all its varieties, all facing the same way towards the light. They can take a while to settle then you find that somehow they've moved to where they want to grow not where you planted them. Once settled they will keep going until October. Fuchsias are wonderful value whether they are the really hardy Riccartonii types used in hedges in the West Country and large shrubs elsewhere, 'Hawkshead' which is white and pretty much bombproof or any of their relatives or the annual blowsy types that bring new varieties every year bearing larger and larger flowers in upright or trailing varieties. It is possible to keep these annual varieties over winter by cutting back and keeping them in trays of barely-moist compost in a frost-free environment. I have tried several times and my success rate has been small. Have a go, nothing to lose and the feeling of victory is almost as good as growing from seed.

As far as the lawn is concerned, basically don't touch it if the weather is hot and/or dry. Whatever you do, don't water or feed it. Astonishingly the amount of water you can get on to dry grass (unless you leave a sprinkler on night and day) will not produce the required result. Putting the sprinkler on is just profligate. Grass will recover. It might take a while but it will definitely come back. You might have a few problems if the lawn was laid or sown in late spring. If you are planning a new lawn this is the time to start preparations by digging the ground over and removing weeds, particularly perennial weed roots. Dandelions and ground elder roots will survive so although you probably won't be

seeding or turfing before September, now is the time for soil preparation.

Dead-heading is ongoing and applies to any plant that flowers. It's been a wonderful year for roses and the more dead flowers you remove the longer the season. Dead-heading heading annuals can be a bit tedious but is worth it as they will keep going until first frost. Let some seed to either grow on or transplant next year for an early start. The same applies to lupins and delphiniums. If you don't want to increase these remove the flowering stems as soon as they are finished – this should probably apply to July more than August – and hopefully they will have a smaller flush of flowers later in the year.

Fruit that should be ready in August include peaches, apricots, nectarines, the last summer-fruiting raspberries and the first autumn-fruiting ones.

Now is the time for summer pruning fruit. As the raspberries finish cut down the fruited canes to 1" above the soil and tie in the new canes to the support wires. This looks easy on the page but to be honest I think the autumn-fruiting ones are easier – just cut the lot down to the ground in winter. The apples generally should have any long straight shoots growing out of the spurs removed and any growing straight off the trunk should be shortened to about 4". The compact varieties should be kept to a reachable height, usually about 6ft. If you have fan-trained trees these can be complicated regarding pruning but the best advice is to keep them against the wall or fence and tie in new shoots that fit the fan shape. Any shoots growing straight out from the fan should be removed and pinch out the tips of shoots that are trying to escape.

Keep a lookout for pests and diseases, particularly mildew which is a result of drought in some plants. Roses and honeysuckles suffer badly and if you don't want to spray then drench the ground thoroughly, apply a high potash feed and mulch generously. Do this again in spring and prevention is better than cure. This method is cheaper than chemicals that have to be re-applied as the basic cause will still be there. Annuals that have developed powdery mildew can be pulled out.

Order spring-flowering bulbs, plant autumn-flowering bulbs and look out for the hyacinth bulbs going on sale for forcing for Christmas. No further comment!

Prune fast-growing hedges such as privet. The ones in my area have gone mad as have my wisteria. I've mentioned this before but although never watered this year the blue one has to go. It hasn't covered the pergola but sent its branches and long stems all over the place. It will cover the village soon and didn't even flower very well. My expert on this says he knows of other blues in the same state.

Carry on with succession sowing of lettuce, radish and spring onions, feed tomatoes and stop the plants at four or five trusses. Remove side-shoots. Also feed cucumbers and peppers once a week

A few 'don'ts':

Don't put off holidays. You probably need a break (and a kind neighbour to water things). Don't fill the garden with small pots as these are a pain to keep watered and kind neighbour will thank you for bigger ones. Don't water the lawn (yes I said it before) but it's important to leave it to come back once we have rain. Growth will slow down so cutting is probably unnecessary. If you do, put the blades on high.

Whatever the weather throws our way this should be the month for slowing down a bit on the hard work and enjoying the garden. However, as always weather or no weather, they'll be growing so keep weeding.

Friday Friendship Club

We meet on Friday mornings, at the Home Church on the Old Dereham Road, between 10 and 12 o'clock, to chat, have fun and laughter. The youngest attendee is 2 years old while the oldest is in her 90's.

On the last Friday of the month, we have a tabletop sale, and those who can, stay for lunch. This is when we put in our monthly subs of £3 for lunch and £1 contribution for tea/coffee and biccies. On the first Friday of the month, we play free bingo for a small prize, while other Fridays we may have a quiz, game or just chat.

Here are a few sentiments from people who attend: Always a warm welcome where we can meet and make friends in a safe place;

We look forward to coming to socialise to help combat loneliness; It's good to have contact with other people and just chat; The helpers are supportive, caring and have a listening ear. And of course, we always celebrate birthdays with cake and a card!! We would love for you to join us.

Marking Two Years Since the General Election By Terry Jermy

It is the honour of my life to serve as the Member of Parliament for South West Norfolk, the place I have always called home. South West Norfolk is where I was born, went to school and became a local town councillor at 22.

When I stood for election, I made clear my commitment to being a constituency-focused MP. For too long, South West Norfolk had been overlooked and undervalued, and the consequences of that were stark. The Queen Elizabeth Hospital was rated as the worst hospital in the country, held up by thousands of metal and wooden props. We had an appalling lack of Special Educational Needs and Disabilities (SEND) provision that meant children were being transported out of their communities to schools hours away – or worse, not in school at all. We had banks shutting up shop on our high streets, and vital infrastructure, from our flood defences to our roads were left to crumble.

4th July 2026 marked two years since my somewhat surprise General Election victory, and I have loved getting to work across the constituency since that day. Whilst I am aware there is so much more to do, this two-year milestone provides an opportunity to note progress.

Following the election, I recruited a dedicated constituency team – including a SEND Specialist Caseworker. My team has been busy working alongside me to support South West Norfolk residents and we have been delighted to assist so many people, with 16,153 individual cases opened since September 2024. Much of this work isn't shareable but can be life changing for the people involved.

We've also been hard at work lobbying for the funding needed to address our local challenges. Within months of winning the election, the Government confirmed £1.4 billion in funding to build a new Queen Elizabeth Hospital. The build is already underway with much progress made – there's a new helipad, a new bus stop and as I type this, work is happening on the new multi-storey car park. All of which are necessary before the main hospital build can begin.

To help with local SEND provision, I secured £20 million in Government funding for a new SEND school in Downham Market, and led the campaign, collecting 800 signatures from residents calling on Norfolk County Council to commit to this proposal.

We've seen record levels of investment for Norfolk County Council, which includes more than £26 million to improve our rural bus services, £3 million to help residents with heating oil support, and funding increases to fix our broken roads. We've also received more than £4 million for South West Norfolk's flood defences and internal drainage board networks.

Engagement with constituents has been a key focus with more than 100 surgeries delivered. Over the coming months, I will be undertaking my annual summer listening tour, where I am running advice surgeries in 31 of South West Norfolk's 72 villages. Should you or someone you know wish to attend, please email me: terry.jermy.mp@parliament.uk

In your email, please include your full name, address, and an overview of the matter you would like to discuss.



Proud To Serve: HMP Wayland Marks Armed Forces Day By Celebrating Veterans Working In Prisons

Prison Officers share their stories to mark Armed Forces Day. Former veterans Donna and Keith explain how they are using the skills they learned in the Armed Forces to help keep HMP Wayland safe and secure. HMP Wayland urges people leaving the forces to consider a career where their skills and service can continue to make a difference.

Ahead of Armed Forces Day on 27th June, HMP Wayland is celebrating veterans working across the Prison Service (HMPPS) and the valuable contribution they make to safety, rehabilitation and public protection. Former forces personnel play an important role across the Prison Service. They bring discipline, resilience and teamwork from their military careers.

This Armed Forces Day, HMP Wayland shared the stories of frontline staff who have served in the Armed Forces and now use those skills to help create safe and stable prisons.

Pictured right: Prison Officer Donna Beighton, 56, joined HMPPS in 2021 and is currently working on projects to improve facilities at HMP Wayland.

Before working at the prison, Donna served with the Royal Artillery at Larkhill, Salisbury, from 1988 to 1991. During her service she took part in a NATO exercise in Denmark. She moved to Norfolk in 2020 after relocating for a previous job.

Donna said: "I joined the Prison Service because I wanted a stable career with opportunities to progress. After 29 years with my previous employer, I was made redundant and wanted a new challenge where I could put my skills and experience to good use."

"Many of the skills you develop in the Armed Forces transfer well into prison work. Confidence, discipline and the ability to communicate with people from all walks of life are important in both careers. Taking pride in your appearance also matters and

being back in uniform gives me a real sense of pride."

"Starting any new job can feel daunting, but the Prison Service offers a rewarding career for many people leaving the Armed Forces. It won't be for everyone, but the teamwork, humour and camaraderie help you through each day. Most prisoners are respectful and it's rewarding to support and manage them." After nine years in the Royal Navy and more than 20 in the railway industry, Keith Hall joined HMP Wayland to begin a new chapter in public service.

In the military, Keith, 51, served aboard HMS Glasgow, HMS Lancaster and HMS Alderney, as well as at several shore bases. Keith said: "I joined the Royal Navy shortly after leaving school. The Navy was the wake-up call I needed at that time and I was able to embrace the structure, camaraderie and lifestyle, successfully advancing to Leading Seaman."

"Evaluating my options after deciding to leave the rail industry, I identified the Prison Service as a career I wanted to explore and decided to apply to become a Prison Officer. "Joining the Prison Service made it feel like it was just yesterday that I was last in uniform. There are many colleagues who have joined HMP Wayland from other services, making it a welcoming environment with the same type of camaraderie you would expect working within a uniformed service."

"Life skills and maturity are a definite advantage when working with some prisoners whose choices have led them down a different path."

"The military provides the perfect training for some of the scenarios we experience, while also giving us the tools to support one another."

Prisons and Probation Minister Lord Timpson said:

"The skills and values that veterans bring from their time in service are genuinely

second to none. Their sense of duty and discipline makes them outstanding colleagues in our prisons and probation service."

I am proud that so many choose to begin new careers in justice, and I couldn't be more grateful for the contribution they make in keeping our communities safe."

Amanda Shepard, Chief Executive of The Poppy Factory, a charity focused on helping veterans with employment opportunities said:

"Our experience supporting veterans into employment shows that jobs in prisons, probation and community payback teams are often a great fit for those who need a new direction in civilian life."

Our specialist team is ready to work with HM Prison and Probation Service to find new opportunities for veterans that harness the skills they've developed in the Armed Forces."

Earlier this year, the government launched Advance into Justice – a dedicated recruitment scheme for ex-forces personnel and their spouses. The scheme fast-tracks candidates into roles across prisons, probation and youth justice, offering tailored application support and mentoring from a veteran ally.

You do not need qualifications to become a prison officer or to join in a support staff role. HMP Wayland is looking for caring people who communicate well, can influence others and make good decisions.

You can expect a prison officer salary starting from £35,875 (location and hours depending), plus 25 days holiday each year, a Civil Service pension, season ticket loans,



retail discounts, an Employee Assistance Programme and Cycle to Work scheme. Find out more at <https://prisonandprobationjobs.gov.uk>

New Book Uncovers the Hidden Histories of Norfolk's Buildings

Many of Norfolk's most familiar buildings have stories that stretch far beyond their present-day appearance. A new book by local historian Chris Armstrong (pictured) reveals how some of the county's best-known landmarks have been transformed over the years, adapting to changing times while preserving links to the past.

Norfolk Buildings with a Past explores the histories of 20 buildings across the county that were originally constructed for one purpose but later found entirely different uses. The result is a fascinating journey through Norfolk's social, economic and architectural heritage. The book takes readers from



Norwich to Great Yarmouth, King's Lynn, Sheringham, Ludham and beyond, examining buildings that have survived changing fashions, industries and community needs. Among those featured are Norwich's Assembly House, Norwich Castle, the Maddermarket Theatre, Norwich Puppet Theatre and the former Palmers department store in Great Yarmouth.

One of the recurring themes is the remarkable ability of historic buildings to reinvent themselves. Former corn exchanges became theatres and cinemas as

agricultural markets declined. Industrial and commercial premises found new lives as museums, arts venues and educational centres. In some cases, buildings that might otherwise have disappeared were saved through imaginative redevelopment and strong community support.

Armstrong's research highlights not only the buildings themselves but also the people behind them. Entrepreneurs, civic leaders, preservationists and local residents all played roles in ensuring that important landmarks remained relevant in changing circumstances.

The stories reflect wider changes in Norfolk society over the past two centuries. Shifts in trade, transport, education, entertainment and public services all left their mark on the county's built environment. By tracing these developments through individual buildings, the book offers readers a fresh perspective on places they may pass every day without knowing their full history. Richly illustrated and carefully

researched, the volume combines architectural history with engaging local stories. It demonstrates how buildings can act as living records of community life, preserving evidence of past generations while continuing to serve modern needs.

Speaking about the project, Armstrong says he was fascinated by the ways in which old buildings have adapted to survive. Rather than becoming obsolete, many found new purposes that allowed them to remain at the heart of local communities.

For anyone interested in Norfolk's heritage, architecture or local history, Norfolk Buildings with a Past offers an intriguing glimpse into the county's evolving story—one building at a time.

Norfolk Buildings with a Past (ISBN: 978 1 869831 52 3, £11.95) is available locally from The Norfolk Gift Company, 11 High Street, Watton, Thetford, IP25 6AB, and online from the Poppyland Publishing website at poppyland.co.uk.

Do you have the time

Excuse me, do you have the time is not a line we hear very much as we all have time and the world at a touch of our phones where we spend time heads down, alone.

We waste time scrolling, trolling, watching other people's lives deriving pleasure, second hand whilst the sands of time slip away, unchecked.

I'm taking my time to look up and say hi to a passer-by with a smile and a wave surely we crave social interaction without the distraction of a time stealing device. Let's make time to be nice.

Miss Mardle





Cream Tea Afternoon

SAT 15TH AUGUST 2PM- 5PM
34 VICARAGE WALK, WATTON, IP25 6PH

**DONATIONS
IN AID OF
WATTON
MEMORY
CAFE &
ST MARY'S
CHURCH**



**CAKE STALL | RAFFLE | TOMBOLA
HOT DRINKS | & MUCH MORE...**

ALL WELCOME TO COME ALONG!

WAYLAND PARTNERSHIP CHARITY NO: 1081310 | ST MARY'S CHURCH CHARITY NO: 1203822

You're Not Alone: Our Memory Café Is Here for You

Come Along and See - You Might Be Surprised

If you or a loved one have recently been diagnosed with dementia and you are unsure where to go for advice, support or friendship why not try our Watton & Wayland Memory Café in the Methodist Centre in Watton High Street? We meet twice a month beginning at 10 am - 12 noon. You will need to be booked in and become a member (so that you are covered by our insurance - this is a FREE service) and

if you come before 1030, you will have time for a cuppa, a chat and to meet some new friends!

At 11 am our group splits into two; carers have a separate meeting to discuss any difficulties, problems or just to have a chat with like minded folk who are going or have been through similar circumstances.

Those with dementia get up to mischief separately with a varied schedule of activities to help them find friends and laughter.

We are fully registered with the Charity Commission and we are very nearly 12 years old. What have you got to lose?

Why not come and see what we do; you might be surprised!

Forthcoming dates for your diary

Tuesday 4th August; Exercises with Jack/Carers' meeting

Tuesday 18th August; Scratch Art/Carers' meeting

K-Dubz: A Watton Rapper's Comeback Built on Courage and Creativity

For many people in Norfolk, Kev may be a familiar face from his years working in the local community. Whether through his car valeting business or his time managing Watton Tyre Pros, he has spent years building connections with people across Watton, Swaffham and the surrounding villages. Now, under the stage name K-Dubz, he is building a reputation for something entirely different – honest, hard-hitting music that is beginning to attract attention far beyond Norfolk.

At 37, K-Dubz's musical journey has been decades in the making. Born in London before growing up across Watton, Attleborough and Thetford, music has been part of his life for as long as he can remember. With a mother who loved rock and heavy metal and a father whose playlists were filled with hip hop and dance music, he grew up surrounded by an eclectic mix of sounds that still influence him today.

His passion developed even further at Necton Primary School, where he first learned to play instruments, before flourishing at Wayland Community High School. Over the years he taught himself to play guitar, drums, piano, synthesiser and several other instruments, while also discovering a love for singing. As a teenager he fronted local bands, performing everything from Green Day and Blink-182 to Metallica, before later moving into MCing over drum and bass. Although he enjoyed the energy of the scene, he realised his real passion was creating thoughtful, lyric-driven hip hop.

However, life did not follow a straightforward path.

After experiencing a series of deeply difficult personal circumstances in his mid-twenties, K-Dubz found himself battling significant mental health challenges. The experiences left him unable to write music for years, with the creativity that had once come so naturally seemingly disappearing overnight.

Everything changed around 18 months ago.

One afternoon, a younger local rapper from Watton unexpectedly walked into his garage and started freestyling. Something clicked. Almost instantly, the lyrics began flooding back.

"It was like someone had unlocked a door in my mind," he explains. "All of a sudden the words were there again."

Since then, he has thrown himself back into music with renewed determination.

As an independent hip hop artist in rural Norfolk, he admits the road has not been easy. The local area has very little hip hop scene compared with larger cities, making opportunities to perform and connect with audiences much harder to find. Like many independent musicians, he also funds every recording and release himself, despite streaming income being minimal for most unsigned artists. But for K-Dubz, success has never been measured purely in money. Music has become both a personal outlet and a way of helping others. A passionate advocate for men's mental health, he hopes his lyrics encourage people who



may be struggling to realise they are not alone and that asking for help is a sign of strength, not weakness. One of his most personal songs, Living My Life, was written with exactly that message in mind.

"If my music helps even a handful of people feel less alone, that's worth more to me than any amount of money."

Despite working without the backing of a record label, his music is already making an impact. Across streaming platforms, K-Dubz has amassed more than a quarter of a million combined streams, with listeners tuning in from around the world. His music has also found a particularly loyal audience in the United States, receiving regular airplay on a Los Angeles radio station that has helped introduce his music to new listeners overseas.

Closer to home, recognition is also growing. Recent releases including Light In The Dark, Articulate Weaponry and There's A Star In Me have been warmly received, with the latter offering a deeply personal reflection on the important women in his life, including his mother, wife and daughter.

Away from music, family remains at the centre of everything he does. After his wife became permanently disabled through illness, Kevin became her full-time carer, balancing family life with songwriting whenever time allows. He says his ambitions are no longer driven by fame alone, but by creating a better future for his children while continuing to use music as a positive force.

His latest project, Picture Perfect, is being produced alongside local producer Padix Beatz, another Norfolk musician who has played an important role in his recent resurgence.

The stage name K-Dubz may simply be a play on his initials, but behind it is a story of resilience, perseverance and second chances. Drawing inspiration from respected UK artists such as Mic Righteous, Devlin, Wretch 32, Professor Green, Plan B, English Frank and Klashnekoff, he hopes his own music carries a simple but powerful message.

"You can go through hell and still come out the other side. I'm here to tell my story, keep growing, and hopefully inspire other people to keep fighting too."

With growing support, increasing recognition within the UK hip hop community and new music on the horizon, K-Dubz's journey is only just beginning.

Banking Hub

Convenience and Community Support All Week Long At Your One Stop Banking Hub

Cash Deposits: Any day of the week.
Cash Withdrawals: Convenient access to your money whenever you need it.

Cheque Deposits: Simply use the designated cheque envelopes.

Balance Enquiries: Quickly check your account balance.

Mobile Phone Top-Ups: Keep connected with easy top-ups.

Bill Payments: Pay your household utility bills. (Please note: All bills require a barcode for processing.)

Gas & Electricity Top-Ups: Use your key or card to top up your energy supply.

Face-to-face meetings with these high street banking providers are available on:

	AM	PM
Monday		HALIFAX
Tuesday		NATWEST
Wednesday		HSBC UK
Thursday		LLOYDS BANK
Friday		BARCLAYS



Edwards' Newsagents

For so many in Watton, Edwards' Newsagents was simply part of daily life, a familiar shop on the High Street, a friendly face behind the counter, and a place where people felt known. For the Edwards family it was so much more than that. It was a legacy, a livelihood, and something that had been part of the Edwards family for four generations.

As the last of the Edwards family to own the shop, Chris was deeply proud of what his family had achieved. The shop had stood in the same place for around 150 years, serving the community through changing times, and Chris carried that responsibility with both humility and dedication. He often said that the secret to its longevity was simple: personal service, an understanding of what people needed, and never trying to compete with bigger stores, but instead offering something they could not, a sense of belonging.

To Chris, it was never just about newspapers or magazines. It was about people. He knew his customers by name, shared in their news, and made time for a chat. The shop became a meeting place, a constant in people's routines, and a small but important part of the heart of Watton town.

When the business eventually passed out of family hands, it marked the end of an extraordinary chapter, but its spirit and Chris's contribution to it remains something, he and the family will always be proud of. He honoured those who came before him and ensured that the values they built the business on, continued to shine through every day.

Edwards Newsagents may have changed over time, but for me, it will always be a reflection of Chris, hardworking, kind, and deeply rooted in his community. I know how much it meant to him, and I will always cherish the role it played in his life and my life personally and as Chris's wife, Susie (Susan) Aberdeen.

Pictured Top Right, the earliest known photograph of the business which is around the turn of the 20th century with Albert Edwards in the doorway.

Middle: Based on the headlines on the boards outside the shop, this picture was taken in May of 1919. On the left in the doorway is Edith Symonds and on the right Queenie Fincham. Besides newspapers and fancy goods, the shop also offered access to the Argosy Circulating Library where the latest titles could be borrowed for 3d.

Bottom right shows Chris with his father, the universally known 'Ernie' Edwards, another business man who gave his all to the community. Ernie's wartime experiences, are documented in a book "Kalamata Beach 28 April 1941 . . . and its aftermath for one soldier," which documents his harrowing journey to Greece, subsequent capture and five years as a POW - thanks to Chris.

Below: Inset is Susan & Chris.

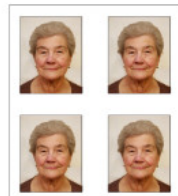
Michael Wassell (then Leader of Breckland Council) and right Chris. This picture was taken in 2013 when Chris was the prime mover behind the local Town Team, a loose collection of local business owners fighting hard to keep the High Street and the community thriving. This was typical of Chris's dedication to the the community he loves so much. Always working hard, sometimes up front but usually in the background giving his all to Watton. The Swimming Pool in particular was one of his passions for many years.

As Editor of the Wayland News, and this paper, I would like to pay tribute to Chris; he has been an essential cog in the organisation of this publication, and the continued life of our community. As a friend, his personal support and advice to me, during the many phases of life we all experience, is beyond value. Julian.



Bunnings of Watton

Framing and Photo Printing



Passport / ID photos
(wheel chair access no problem, no booth)
ready in about 5 minutes.

Guaranteed to pass
or I retake them for free



Instant Kiosk

* Picture Mounting and Framing

* Wedding Photography

* Instant Print Kiosk

* Photo Printing

* Canvas Prints

* Photo Gifts

* Batteries

* Albums

All types of picture framing
available here

Off the shelf & bespoke made frames
Mounts cut Cross Stitches
Artwork Football Shirts
Jigsaws Glass replaced

Pop in for a free quotation
Wattons No1 Framing Shop

1 Dereham Road 01953 881105

mark@markbunningphotography.co.uk

Memory Corner - Loch Neaton

In the 1950's Watton Secondary Modern School arranged for older children to have swimming lessons in the pool at Loch Neaton. In those days there were no filter systems so the water was quite grey looking. During the summer season we had to go swimming regardless of the weather.

We could also go at weekends and school holidays to enjoy and meet our friends at the pool. There were bathing cubicles for changing and a diving board at one end. There was also a lake with a lot of lilies that adjoined the pool, a small park with a kiosk selling orange squash and ice cream that was run by Mabel and Bob Nunn. I believe there was also a bowling green and a path to walk around the lake and flower beds around the ground.

We were told that the American Military built the swimming pool whilst they were stationed nearby during WW2, so it is thanks to them that the residents of Watton could go swimming.

What a pity they don't have one now!

Ann Callanan, Former resident



June: A summary of observations from the Breckland Birder

June 2026 entered the record books with the highest ever temperatures recorded in Norfolk in this month, in fact, three consecutive days towards the end of the month saw each days records being broken culminating on the 26 June with a high of 100 degrees Fahrenheit (37.7°C). A gradual easing of temperatures seen on 27 June with a high 87 degrees Fahrenheit (31°C), and on 28 June a pleasant 80 degrees Fahrenheit (26.6°C).

By the end of May 2026 our Blue Tits had fledged, however, it is sad to report that there appears to have been limited success with regards to survival. I never ascertained how large the brood was, a number did fledge but three young birds had sadly perished. The deceased birds I suspect, suffered in the high temperatures experienced at the end of May. As we entered June parties of Blue Tits passed through the garden, these were readily identified by their pale yellow faces and overall washed through appearance. June 7 (Seamere Marsh)

A short work break at 1000 to Seamere Marsh was quite productive, especially for raptor species when 2 Buzzards, 1 Red Kite, 1 Kestrel, 1 Sparrowhawk, and a hunting ♀ Marsh Harrier were all seen. On the marsh at least 4 Reed Buntings were seen (including singing ♂) and a pair of Whitethroats seen (♂ singing and performing song-flight), also, the ♀ Whitethroat was food carrying and at least one juvenile bird present and following its mother.

A single Common Tern overflowed the marsh.

June 13 (Bradenham)

Late morning and I decided to pick a random site to visit and chose Bradenham Lane, a lovely narrow, and quiet country lane with tall hedgerows, wide roadside margins filled with grasses and wildflowers, a large field of tall weeds including Red Fescue, a roadside pond, and a particularly nice looking Black Poplar.

The lane held Whitethroats at three localities and a singing ♂ Lesser Whitethroat, also Blackcap noted at two localities, one Chiffchaff heard. Finches were represented by singing Linnet, Goldfinch, and finally, two singing

Yellowhammers noted.

June 15 (Garden Obs.)

Successful fledging by Robins seen in the garden with 5 birds present (pair and 3+ juveniles), and overhead, at least one Mediterranean Gull passed over.

June 21 (Thompson)

A pleasant late evening walk around Thompson produced a singing Quail, one Hobby, 3 Curlews, Woodlark, and a single Barn Owl, also, there was bucket loads of Cockchafer.

June 22 (Garden)

A juvenile Sparrowhawk was on the lawn having caught a male House Sparrow which it plucked and ate. A small Sparrowhawk with coarse barring on the underparts (pictured below)

26 June (Hardingham)

Two Ravens were seen early evening departing roadside trees on Low Street.

28 June (Little Cressingham)

A walk along the Watton Brook valley was very productive beginning on the Great Cressingham Road where Whitethroats (adults and juveniles) were present in dense and lush cover alongside the river. At least two juveniles seen in a bramble patch, one of which gave an occasional "chit" call, this was repeated now and then with a "chit chit chit".

Continuing alongside the river an excellent record of an overflying and calling Wood Sandpiper, a very scarce passage migrant to the area.

Also in the valley, a further record of Whitethroats in lush habitat, both parents were present along with juveniles giving their "chit" from within cover.

At least 20 Skylarks were both seen and heard, also two Woodlarks were seen in flight. A family party of 6 Pied Wagtails seen, this included 4 juvenile birds. On wire fencing in the valley two Reed Buntings were seen as were 3 Stonechats.

At least 3 Blackcaps were present in mixed woodland along with Goldcrest. This was also a good morning for butterflies with 20+ Meadow Browns and at least 3 Small Copper seen.



Slot Machine Lounge
£500-Jackpot!!

44 High Street, Watton

www.gambleaware.org

Watton Army Cadets Help Raise £5,812



On the weekend of 6th-7th June, three cadets from Watton Army Cadet Detachment, Cpl Maj Henry Drury, CoH Evelyn Welsh and LCoH Wyn Evans (above), joined six other cadets and seven Adult Instructors from Norfolk ACF to attend the Army Benevolent Fund's 'Cateran Yomp' in Scotland. This saw the team registered to complete the 36-mile Silver route, supported by a team of Mountain Leaders and support staff including Detachment Commander SCpl Aidan Hall.

This was the 3rd time Norfolk have taken part in the Yomp and are still the only cadet unit to have attended the event, something which the ABF hope to change in 2027. Norfolk's team goal was to improve on last years' silver time of 17hrs, which they achieved in a very respectable 16hrs 46mins over

challenging and tough terrain with multiple weather systems.

The 9 cadets, aged 16-17, and 7 adults yomped through: sun, wind and rain; through day and night to achieve this fantastic result. Throughout their yomp, the cadets and adults' morale was on top form and second to none, a real test of endurance and character.

"The Cateran Yomp is the biggest, toughest event of its kind. This year over a thousand Yompers gathered in the Scottish wilderness to battle through the foothills of the Cairngorm Mountains, starting and finishing at Blairgowrie. Based on an infamous long-distance military training march, it takes every ounce of grit you possess. And every single step helps the Army Benevolent Fund's mission: to be there for soldiers, for veterans, for their families. For life.

Norfolk were warmly welcomed by the ABF and their army of volunteers who really made the event special for everyone.

Big Thank Yous go to the Watton Rotary Club and Adcocks, who made donations to Norfolk ACF so we could get Mountain Leaders to lead our team around the route. Well done to the team for all their fundraising efforts raising £5,812 for this excellent charity, helping veterans and their families. Bring on 2027!

If you are aged 12 or over and are interested in joining the Army Cadets, either visit the detachment on Tuesday evenings 7-9:30pm in Elworthy Close, contact the County HQ at Email: ea-norao1@rfca.org.uk or Phone: 01362 694515, or register your interest at www.armycadets.com



Above left: Checkpoint 1 and it's 14 miles into the yomp and spirits are high despite the tough conditions.

Above right: Checkpoint 2 at 22 mile in. If anything, the smiles and morale seems to be wider and higher.

Left: the cadets with SCpl Hall at the end of the yomp. A remarkable achievement to complete the challenge of 36 miles in sixteen hours and forty six minutes. A brilliant team of young people.

Breckland Brush Chimney Sweep



est.2010

All appliances swept

sweep@brecklandbrush.co.uk

01953 881579

07966 298777

Qualified Experienced Professional

The Norfolk Gift Company

Your go-to destination for unique, handmade food and gifts by talented crafters, makers & artists from across Norfolk.

Find us at 11 High Street, Watton, IP25 6AB
Open Tuesday – Saturday (9am – 5pm)
Closed Sun & Mon

[f](https://www.facebook.com/thenorfolkgiftcompany) [i](https://www.instagram.com/thenorfolkgiftcompany) @thenorfolkgiftcompany
www.thenorfolkgiftcompany.com



**Stephen Roberts
(Auctioneer) Ltd.**

Watton Salerooms
www.thesalerooms.co.uk

**Save Money... Make Money...
Buy & Sell At Auction**

**Weekly Auctions
Every Tuesday at 10am
Viewing Mondays 2pm - 7pm**

**Sellers - Phone 01953 885676
to book a drop-off appointment**

**Buyers - visit www.thesalerooms.co.uk
for photos & list of lots for sale
or join our Watton Salerooms
Facebook Group**

• No Lotting Fees • House Clearance
• Valuations • On-Site Sales

Free Parking - Refreshments Available

Vintage • Retro • Modern • New
Whatever your style, we sell the lot!

10 Breckland Business Park, Norwich Rd,
Watton, IP25 6UP Tel: 01953 885676
Email: enquiries@thesalerooms.co.uk

Watton Town Council Updates, News, and Events

101 Activities

As the school summer holidays are fast approaching, it can often be a difficult time for families that cannot afford to spend money on keeping their children entertained - but equally don't want them to sit inside on their devices all summer.

The 101 Activities booklet was compiled in order to help give inspiration to parents looking for activities that won't cost the earth, from arts and crafts, to sports, to other fun activities - the 101 Activities guide has something for everyone! Scan the QR code and start having fun! Alternatively, find the 101 Activities document on our website!



A word from the Mayor

I'm writing this month's piece whilst on holiday in Lower Normandy, France. We're staying in a small medieval town, Domfront en Poiraise, which is steeped in history from the times of William the Conqueror. The heart of the town has streets lined with stunning colombage shops which snake up through the town towards the ruined castle on the top of the hill where there are 360 degrees views right to the horizon.

Sadly, like our own town there are many empty shops and traditional restaurants and those that are left have struggled since Covid and Brexit. However, on a positive note, there are regular cultural events, themed markets and initiatives to bring people into the town to try and ensure its survival. It seems that whether at home or abroad all towns are struggling and it's how we deal with those struggles which will ensure their survival. Our Council is currently working hard with officers of Breckland Council to look at how we can improve facilities in our Breckland towns and adapt where necessary to ensure that we do not lose our High Streets and I will report on progress of these discussions as and when I can.

Moving on to activities in our own town, on Saturday 27th and Sunday 28th June fifty three of our households opened their gardens or held yard sales which resulted in £265 being raised for my chosen charities so a big thank you to all those who organised, participated, visited or donated.

On Sunday 5th July we held our annual Watton Carnival which from reports received was hugely successful. Unfortunately I missed this event by being on holiday (Tomas deputised) but thank all of the organisers, volunteers and sponsors, the Sports Centre, entertainers and performers who gave their time and energy to make the day so enjoyable and entertaining for our community which is exactly what Watton Carnival is all about.

The Town Carnival is a longstanding tradition in our town with the first Carnival and Parade being held in 1924 and until recent times in our High Street. (See the wonderful photos of past Carnivals from the 1960's attached). Our community has put in over 100 years of effort in organising costumes, displays, floats and vehicles which wouldn't be possible without everyone working together.

Looking at forthcoming events, on August Bank Holiday weekend (Saturday 29th and Sunday 30th) Watton Bike Weekend is the place to be if you love bikes.

The Town Council and Watton Sports Centre work together to make Watton the most bike friendly town in the country. If you're on two wheels with an engine this is the place for you! Café Racer, Chopper, Tourer, Vintage or Scooter or just want to look at the fantastic range of bikes on show please join us for the best bank holiday weekend ever.

On Saturday at the Sports Centre there will be live music, food and a wide range of alcoholic and non-alcoholic drinks while on the Sunday the High Street is closed (but there will be some shops open for the event) to all but motorcycles - old bikes, new bikes, rare and lovingly restored classics and everything in between. Parking is free at both the Sports Centre and in the Town car parks and I look forward to meeting many of you there and sincerely hope it's a great success.

Cllr. Sarah Humphries



Town Council Updates

Breckland Council Business Waste Officer visited the TC Office and spoke of the introduction of food waste caddies throughout Breckland which is to take place from September 2026. Caddies are to be delivered to every household, but Breckland are planning a follow on amnesty day when residents will be able to return the caddies if they are not wanted.

Reclaim the Rain consultation is in progress and a full design for the High Street should be forthcoming mid-august. Once this is known the Town Council can then plan how the Pride in Breckland grant may be used to support the Reclaim the Rain project.

The transfer of ownership of the three Breckland car parks in the town to Watton Town Council is being finalised by solicitors. It is to be noted that the transfer is at nil cost so the car parks will not be able to be used for commercial/financial gain. The Town Council solicitor has also now received the Licence Agreement with MER Charging UK Limited relating to the EVC points at the Kittel Close car park. This will incur additional fees but it is thought final costs should still fall within the original estimate of £5,000-6,000.

It was resolved to pledge to support Flourishing Watton, with this being achieved through the planned 2027 Festival of Youth.

Due to a complaint received, it was resolved to remove the graffiti wall at the Lovell Gardens Play Area.

The development site adjacent to Wayland Wood initially included in the Local Plan is not supported by Breckland Council and has been removed from the Plan. This does not mean however that a developer could not put the site forward. Sites within the plan include land off Sharman Avenue and land opposite Barn Ruche on the Merton Road.

Following a request for repair of a large pot hole in the St Giles Road Car Park a reply has been received from the land agent managing the site to the effect that the owner receives no income from the car park and would the Town Council be willing to arrange and fund the necessary repairs and accept responsibility for any resulting claims or damage. The Town Council will not fund repairs to the privately owned area and it was resolved that a letter will be sent to the land agent stating this.

It was agreed to hold co-option meetings on 11th August 2026 prior to the Town Council meeting.



Watton Directory

New in Town? Looking for clubs or groups to join? Fed up of sitting at home but not sure what is going on?

Well, we've got you covered! Our Events and Marketing Officer has done the leg work and compiled Watton's first Directory of groups and clubs!

This is a working document and will be updated on a 6-monthly basis to ensure that all details are still up to date!

WATTON FOOD HUB CALENDAR						
AUGUST 2026						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						
TUESDAYS - Food Hub Open 12:30-14:30				5 AUGUST - Food Hub Open 16:30-18:30		
THURSDAYS - Food Hub Open 09:30-12:00				18 AUGUST - Food Hub Open 16:30-18:30		



Open Gardens & Yard Sales 2026

Thank you to all those that took part in the Open Gardens and Yard Sale weekend 2026 - we had a fantastic 53 households participate this year and we raised a fantastic £265 for the Mayor's charities (Wayland Men's Shed and Beside Youth CIC) from participant donations!



Tuesday 28 th July	Bouncy Obstacle Course
Tuesday 4 th August	Bubbles workshop, Nerf battle, and multisports activities
Tuesday 11 th August	Bouncy Castle, Lego activities, dogeball, football, and Sports Day games
Tuesday 18 th August	Indoor petting farm, basketball, cricket, and tennis
Tuesday 25 th August	Circus skills, bouncy obstacle course, multi-sports, ice-cream van, and inflatable zorbs (suitable for 9+)

SALEC TRAVEL LTD

Taxis, 8 Seaters, 16 Seaters 49 & 53 Seaters All Available For Private Hire For Airport Transfers, Railway Stations, Group Days Out, School Trips & Much, More. Just Ring For A Quote.

PHONE: 01953 881159

Email: salectaxis@btconnect.com

Website: www.salectravel.co.uk

Days by Coach 2026

Saturday 8th August **Bakewell & Castleton** Adult £45 Child £25

Thursday 13th August **Fakenham & Wells** Adult £20 Child £10

Saturday 22nd August **Wroxham & Boat Trip** Adult £35 Child £25

Wednesday 2nd September **Ryan's Birthday Mystery With Lunch** Adult £45 Child £25

Sat. 12th September **Gt Yarmouth & Lowestoft** Adult £25 Child £15

Sat. 3rd October **Springfields Outlet Shopping** Adult £25 Child £15

Saturday 31st October **Boundary Mill & Downtown Garden Centre** Adult £35 Child £20

Holidays 2026

North Wales 27th July – 1st August

Turkey & Tinsel Bournemouth 27th – 30th November

Shows 2026

Cromer Pier Summer Show 5th August 2.30pm Show Adult £50

ABBA Voyage 26th September 3pm Show £125

Knitting & Stitching at Alexandra Palace 10th October Adult £50

Thursford Christmas Spectacular December 2pm Show £65

Cromer Pier Christmas Show 15th Dec. 2.30pm Show Adult £50

NEW 2026 BROCHURE OUT NOW!

Please Call for Further Information or to Make a Booking

Salec Travel
Quality Travel Since 1990



Canary Express

We provide transport to all Championship Home Games

Pick up points:
Watton – New Pick up Point!
Shipdham
Toftwood
Dereham
Yaxham
Mattishall
Easton

Drop off and collection from outside the stadium

£12 Per game Return

£8 Per game one way

£250 season pass transport to all home games

For Bookings:
Call: 01953 881159

Ashill, Holme Hale & District Garden Club: Growing Soft Fruit & The Annual Flower Show



June was a busy month for the garden club, with both our normal monthly meeting, maintaining a soft fruit garden, followed 3 days later by the Club's major event of the year, the Annual Flower Show.

Maintaining a Soft Fruit Garden



Our June speaker was Annette Hurt who gave an enthusiastic presentation on how to maintain your soft fruit garden. Annette covered all the major soft fruits we grow in the UK, explaining how to grow, prune, harvest and manage possible pests. Annette also gave a shout-out for local independent fruit growers where you can buy quality soft fruit plants to enhance your summer and autumn garden.

The Annual Flower Show 2026

The club held its annual Flower Show on Sunday June 28th. Despite the hot weather there were over 230 entries for the show, spread across 15 classes and a very good attendance of both members and the general public on the day. The standard of entries was high across all horticultural classes. The tombola and plant stalls were busy throughout the afternoon and the refreshment team were kept very busy supplying drinks and cakes. The show finished with the presentation of the show cups to the winning entries in each class and then an auction of the wonderful table decorations created by member Sue Saini and auctioned by the Chairman.

List of Show Winners as Class: 1st., 2nd, 3rd

1 Vase of any five different flower stems; Top Vase Cup: Hazel Chapman, Jenny Banbury, Wendy Churchill

2 Vase of annual flowers - at least two varieties; Gardener's Cup: Iris Whitby, Sue Baldwin, Ruth Seager

3 One single-headed Rose of any variety; Best Rose Cup: Julie Thorpe, Sue Robb, Ann Johnson

4 One single stem floribunda Rose; Rose Cup: Wendy Churchill, Ann Johnson, Julie Thorpe

5 Vase of three rose stems, any type; Austin-Beales Cup: Jenny Banbury, Wendy Churchill, Julie Thorpe

6 Three stems of the same variety of flower; Pelargonium Cup: Anita O'Hara, Sue Robinson, Lynn McBrien

7 Jam jar of mixed cut herbs; Herb Trophy: Sue Robb, Margaret Forman, Ann Johnson

8 Geranium or pelargonium; Fuchsia Cup: Iris Whitby, Jeanne Flynn, Fleur Whitby

9 Indoor pot plant; House Plant Trophy: Ann Johnson, Sue Goucher, Jenny Youden

10 Pot of any type of Cactus or Succulent; The G&M Moore Trophy: Jeanne Flynn, Kenneth Robb, Mary Laing

11 Floral Arrangement – Flowers and fabric; Best Flower Arrangement Cup: Lynn McBrien, Dawn Self, Sue Robb

12 Arrangement of foliage, feathers, seed heads; Foliage Arrangement Cup: Jeanne Flynn, Lynn McBrien, Julie Thorpe

13 Handmade Craft Item – Painting or Drawing; Craft Item Trophy: Iris Whitby, Sue Robinson, Sue Baldwin, Jenny Banbury

13 Handmade Craft Item – Sewing or Knitting; Craft Item Trophy: Iris Whitby, Iris Whitby, Emma Moore

14 Home Cooking – Homemade chocolate tray bake; Home Cooking Trophy: Sue Robinson, Sue Robinson, Anita O'Hara, Ann Johnson

14 Home Cooking – Homemade plain shortbread; Home Cooking Trophy: Sue Robinson, Ruth Seager, Anita O'Hara

15 Photography – Planted container in your garden; Photography Cup: Jenny Youden, Jenny Youden, Sue Baldwin, Dawn Self

15 Photography – Wildlife; Photography Cup: Mary Laing, Tolly Lane, Lynn McBrien

15 Photography – Woodland Fungi; Photography Cup: Jenny Youden, Mary Laing, Tolly Lane

Best in Show Cup: Lynn McBrien

Chairman's Cup: Sue Saini

Future Meetings

Our July monthly meeting (July 23rd) will be a presentation by Jim Paine of Walnut Tree Nursery on 'Botanical Gardens - A Grand Tour'. Our August meeting (August 27th) will incorporate our Fruit & Vegetable Show and a Gardener's Question Time panel, after a brief AGM. August is also annual membership renewal time, with the cost remaining at £6 for the full 2026/2027 year. New members from anywhere in the district are always welcome, so come along and join us at one of our monthly meetings to see if you fancy joining our community garden club.

Website: ashillgardeningclub.wordpress.com/
Email: ashillholmeahlegardenclub@gmail.com



Changes at Inner Wheel

June marks the end of our Inner Wheel year so we hold our AGM to say goodbye and thank you to last year's President and hello and good luck to the incoming President. The meeting was held at member Linda Thomas's house on a warm sunny evening, so we were able to sit outside for the excellent meal provided by outgoing President Heather Hewson and the first meeting of the evening. We then moved indoors for coffee and cake and the AGM followed.

Mundane matters were dealt with before the new appointments were made. We have unfortunately lost three members who have resigned through ill health and they were thanked for their service and friendship over the years. Jane Brodie was a founder member back in 1981 when she was the first secretary of the club, but at the age of 90 we have reluctantly had to accept her resignation. Brenda Davis (top left receiving her present from Heather) has stepped down from her post as secretary which she has held, among others, over many years, and she was thanked and presented with several jigsaws as she always has a jigsaw on the go! She recounted many of the things she has achieved in her years with the club which included organising 17 coach trips to various places including Buckingham Palace, Windsor and the Houses of Parliament as well as various gardens and stately homes.

Although she has resigned as secretary she will continue on the committee. Heather was then thanked for a very successful year as Club President which had followed her year as District Chairman. She has now taken on the role of District Treasurer which she has done for several years in the past so she is a very committed Inner Wheel member.

Another committed member of Watton Inner Wheel Club is our new President, Beryl Brannan. She joined Inner Wheel soon after it was founded and she is now embarking on her sixth session as Club President, her first back in 1988. Nobody else in our club can claim that record although, being a small club, we do have to multitask! Linda was thanked for her hospitality and we all left after a very pleasant evening and inspired for another year of fun and friendship. Jenny Simons (Club Correspondent) Pictured above, on the left, Beryl wearing the chain of office Heather has just handed over.

Last Month's Codeword Result

Last month's prize was a £25 voucher to spend at The Italian Job and the answer to the puzzle was: **MAKE YOURSELVES COMFORTABLE**

The winner this month was S Beeny and the runner up J Moxon. Well done to both of you! To explain how the winners were drawn; all correct entries were recorded in a table as they arrived, each line of which has a single card from a standard pack assigned to it. e.g. 6 of Diamonds or 7 of Clubs etc.

For the draw, Natasha from Watton Town Council was given the pack, which she shuffled as she wished, and then drew one card for the Winner and one more for the Runner Up.

The Editor supervised and correlated the cards drawn with the table of entries, and if it there was no winner assigned to that card, it was discarded and another card drawn.

In that way I ensure winners are drawn at random and fair play is guaranteed.

As always, I hope you found the puzzle both fun and not too challenging.

For the next Codeword grid and more details of this month's competition please see whatever page it is on!

14	C		11	A		1	M		25	B		8	L		2	P		10		10	O						
15	R	9	E	P	8	L	17	I	C	11	A		11	A	8	L	11	A	24	7	11	6	N				
11	A		10	O		19	D		26	T		2	P		26	T		15	R		14	C					
25	B	9	E	L	O	20	W	T	H	E	S	U	R	15	F	A	C	E									
25	B		10	O		9	E		20	W		9	E		10	O					11	A					
22	3	U	18	G	O	10	S	8	11	A	16				8	3	L	14	U	17	C	19	I	D			
			17	I		26	T		26	T		23	Q		24	S		11	A		11	A					
5	J	11	A	12	Z	12	Z		19	D	9	E	25	3	U	26		9	E	24	S	2	P	22	Y		
9	E		9	E		17	I		15	R		17	I		9	E		3	U								
11	A	19	D	19	O	10	N				24	S	26	11	A	18	G	6	N	11	A	6	N	26	T		
8	L					13	H		24	S		9	E		18	G		8	L		3	U					
10	O	2	P	9	E	15	R	11	A	26	T	17	I	6	N	18	G	22	Y	24	S	26	9	E	1	M	
3	U		21	X		8	L		19	D		10	O		10	O		17	I		25	B					
24	S	3	U	2	P	15	R	9	E	1	M	9	E		10	O	17	I	8	20	W	9	E	8	L	25	B
22	Y		10	O		15	R		24	S		19	D		7	K		24	S		9	E					

1	M	2	P	3	U	4	F	5	J	6	N	7	K	8	L	9	E	10	A	11	A	12	Z	13	H
14	C	15	R	16	V	17	I	18	G	19	D	20	W	21	X	22	Y	23	Q	24	S	25	B	26	T

Invented for life



BOSCH

A-rated laundry with added peace of mind

Save energy
#LikeA**Bosch**



With a FREE 5 Year Parts & Labour Guarantee on Selected Bosch Washing Machines & Tumble Dryers

ADCOCKS

For All Your Electricals!

32 High Street, Watton. IP25 6AE

Telephone 01953 881248

www.adcocks.co.uk



The Butterflies of Lakenheath Fen

Each year at Lakenheath Fen we see more than 20 species of butterfly and summer is the perfect time to see most of them. Different habitats offer you a different selection- for example, at the moment the riverbank has a few patches of creeping thistle which are attracting lots of Peacock, Red Admiral and Painted Ladies- all larger, very showy species that are also a common sight on butterfly-friendly plants in our gardens like Verbena or Buddleia. Numbers of Painted Ladies vary a lot each year but 2026 seems to be a good year as they are a common sight in any flowery habitat at the moment.

In the long, grassy areas, either on the riverbank or next to the paths, Meadow Brown, Ringlet and Gatekeeper are often seen- they will feed on grassland flowers like Ragwort and Knapweed but they lay their eggs on various species of grasses which is why you tend to find them in grassy habitats. These are medium-sized butterflies, but here you may also see some

skippers- all of which are small, fast fliers with generally orange wings that they hold in an erect position at rest, a bit like a jet fighter. Large and Small Skippers have been here for longer than the Essex Skipper, which has been spreading northwards and westwards in recent decades. The skippers are a bit moth-like compared to other butterflies! (Large Skipper pictured)

The short turf and dry, open nature of our Brandon Fen trail offers yet another set of butterflies for the visitor to enjoy. These are generally small butterflies that love to bask in the sun and whose caterpillars feed on low plants that need minimal competition and crowding from other plants. Common Blue, Brown Argus, Small Copper and Small Heath are good examples of this little gang - and they look like little jewels decorating the path as you walk around!

If you come down to the reserve to see these beautiful butterflies, there are a few plants which are well worth keeping an eye as the butterflies love to gather on them. There is a long avenue of bramble flowers that line both sides of the path as you leave the Visitor Centre to head to New Fen- these are butterfly magnets. You'll also see a wide range of bees, solitary (non-stinging) wasps, day-flying moths and beetles here too. Ragwort has open, daisy-like yellow flowers and butterflies with short tongues like Gatekeeper particularly like these. Out in the reedy areas, the broad white umbrella-

like flowers of Hogweed and tall magenta spires of Purple Loosestrife are good plants to check too. Lining most of the hard path down through the reserve is Dove's-foot Cranes-bill, which is very low growing and has pale pink, star-shaped flowers that the smaller butterflies love.

We hope to see you soon on the reserve, whether it's for the butterflies, wetland birds or simply the sunshine and peace and quiet we can offer you this summer.

Events: Places for all events need to be booked online- <https://bit.ly/LakenheathFenEvents> or in person at the Visitor Centre ahead of the event.

Moth Mornings (Under 18's £2.50 - £3 / Adults £5 - £6)

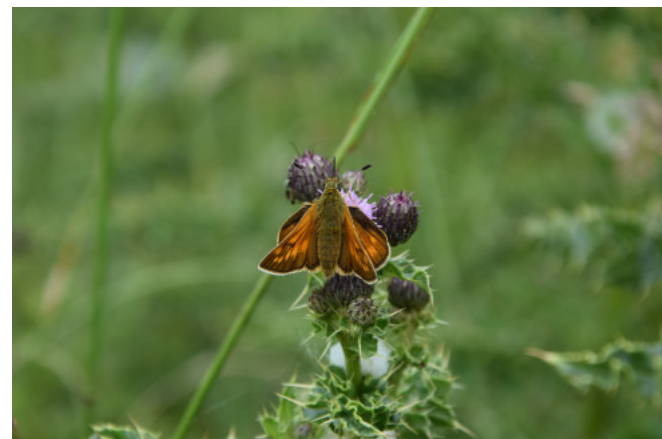
Learn more about the amazing world of moths- join us to admire what we catch in our harmless trap. 28 August, 25 September (10am to 11am)

Guided Pond Dipping (Under 18's £2.50 - £3 / Adults £5 - £6)

Why not borrow a pond-dipping kit to see what beautiful and strange creatures live below the water?

1 August, 5 September (11am-1pm)

Dusk Safari at Lakenheath Fen (Under



18's £6 - £7.50 / Adults £12 - £15)

On this new event, we will take our bat detectors out to see if we can hear a range of the beautiful bats that live here, along with some birds typical of dusk and night on the reserve. We'll also have a moth trap on the go! Saturday 12 September (5:30-8pm)

Amazing Autumn Guided Walk (Under 18's £6 - £7.50 / Adults £12 - £15)

Join us for a tour to see the best that autumn has to offer on the reserve- ducks in their dazzling new plumages, the first migrant birds back for the winter but also a few late butterflies and dragonflies too. Saturday 10 October (9:30am-12:30pm)

With best wishes,

Heidi Jones (Visitor Experience Officer, RSPB Lakenheath Fen).

(Another) Grand Day Out for the Watton & Wayland Memory Cafe

For those with dementia and their carers
After an astonishing mini heatwave, who knew that the day we chose to go on a boat

trip would take place in pouring rain! However, being British we took it in our stride and as 30 of us were directed to our

coach, the driver loaded our picnic lunches into the coach.

There was much laughter and banter as the coach travelled to Horning for our outing on the Mississippi River Boat, Southern Comfort and once parked, picnic lunches were distributed. We had hoped for a pub lunch but timings were against us so we bought (slightly upgraded) Meal Deals from Tesco instead and these proved very successful. A special thanks must go to Tesco staff and to one of our Trustees, Cath Clay, who collected, bagged and delivered everyone's lunch to the Methodist Centre before we left.

The Skipper came onto our coach to give a few pointers

about the trip and before we knew it, we were heading down to the boat (in light rain!) and boarding. The Skipper's commentary was fun to listen to with tales of the riverside homes as we passed as well as sightings of wildlife pointed out. Luckily the rain stopped during our trip so people were able to move outside and even managed to sit in the very pleasant sunshine until we moored up.

There was just time for a quick photo before returning to our coach; the plan was to have singing on the way home, but several of our party decided to have a snooze instead (they try every trick they can to prevent a certain member from singing!) so we abandoned that - we shall include it in one of our activity mornings shortly (tee hee!)

Thank you all for making our trip a fun outing; not a grumble about the weather, the food, or the boat. It had been a long day but the agreement was, everyone had a . . . Grand Day Out!



CALLING ALL BOOKWORMS!
GRAND SECOND HAND
BOOK SALE


Caston Village Hall
NR17 1DD
Saturday 5th September
10:00am - 4:00pm
Hundreds of books available!
Prices from just 25p - £1.25
Refreshments Available
Come along, browse, and grab yourself a bargain!
Perfect for readers of all ages!

Friday Friendship Group


All are Welcome
A place to connect, unwind, and feel at home
Every Friday
10 am - 12 noon
Home Church,
Old Dereham Road,
Watton, IP25 6ER
Good company, Great chats, Lovely times
Make Friends, Make Memories

Wayland Shantymen


Wednesday 19th August 2026
11:00 - 13:00
Tickets available from Adcocks - £7.50 (cash only)
Light lunch & refreshments included

All proceeds split between the Shanty Men's chosen charity and the Queens Hall.

August - What's On at The Queens Hall, Norwich Road, Watton

Bingo - every Monday, doors open at 19:00, eyes down at 20:00
CLM Fitness Dance Classes - Tuesday evenings 18.45-19.45. 11th, 18th & 25th
Carpet Bowls - every Wednesday 13.30
Line Dancing - 8:00 - 21:00 5th & 19th Only
Pilates every Thursday, 18:15 - 19:30
Ju Jitsu - Friday evenings, 18.00-20.00, 7th, 14th & 28th
Other events:
Ballroom Dancing - 1st August, 19:30 - 22:30
Blood Donors - 4th - book your appointment online. No walk-ins
Shanty Men - 19th August, 11:30 - 13:30 - tickets can be bought from Adcock's.
Medium - 21st August, 19:00
Actor's Playground Workshop - 30th August, 10:00 - 19:00
For further information check out the **Queens Hall website at queenshall-watton.co.uk**

FOOT
HEALTH CARE

FOOT CARE TREATMENT IN THE COMFORT OF YOUR OWN HOME

Treatments Include

- Routine Nail Care
- Ingrown Toe Nails
- Fungal Nail Treatment
- Corns & Callus Removal
- Athlete's Foot treatment
- Verruca Treatment
- Advise on The Diabetic Foot

Foot massage given at the end of all treatments

ANDREW GREENLAND (MCFHP, MAFHP)
Qualified Foot Health Professional

Tel: (01953) 884386
Mob: 07743 116447

Registered member of the British Association of Foot Health Professionals

What is a Patient Participation Group (PPG)?

Have you ever wanted to have a say in how Watton Medical Practice operates? Our PPG provides exactly that opportunity. A PPG is made up of volunteer patients who work alongside their GP practice to help improve services and ensure that patients’ voices are heard. At Watton Medical Group, the PPG meets regularly with practice staff to discuss the services offered, review patient experiences and explore ways to improve care for everyone. The role of the PPG is not to deal with individual complaints or personal medical issues. Instead, it focuses on broader topics that affect patients, helping the practice understand what is working well and where improvements can be made. The PPG encourages patients to share both positive experiences and constructive suggestions. Feedback from the local community helps the group understand the needs of patients and supports ongoing improvements within the practice.

Our PPG group meet online using Zoom every 12 weeks. Following these meetings, a meeting is held with practice staff to discuss ideas, concerns and opportunities for service development. This collaborative approach helps strengthen communication between patients and the practice while supporting the delivery of high-quality healthcare services. Joining our PPG is a rewarding way to contribute to your local community. Members bring different experiences and perspectives, helping to ensure that the views of a wide range of patients are represented. If you would like to find out more about the Watton PPG or are interested in becoming involved, you can contact the group by email at wattonmedicalpracticeppg@gmail.com or submit a PPG registration form through the practice website: <https://wattonmedicalpractice.co.uk/surgery-information/patient-group/> Or if you prefer, post, or hand in a letter addressed to the Watton Patient Participation Group at the practice. By working together, patients and practice staff can help shape services that better meet the needs of the whole community.

Wayland Shantymen In Concert

The Queen’s Hall and Wayland Shantymen To help with the general up-keep we are holding a lunchtime concert on Wednesday 19th August 2026 - 11:00 – 1:00 pm including refreshments. Tickets £7.50 Now available from Adcocks or Graham 07962 107144. (Cash only please)

The concert will be followed by a light lunch of sandwiches, tea or coffee, plus a raffle.

The Shantymen have been busy rehearsing and singing new songs and old favourites. You will be encouraged to join in! We would like to see lots of people supporting both the Queens Hall and the Wayland Shantymen. Proceeds towards the Queens Hall and the Shantymen’s nominated charity.

Please purchase your tickets in advance, sadly, we turned people away last year. Hope to see you there and to enjoy the concert.

CODEWORD

Blast me! Thas only another voucher for £25 to be spent at The Italian Job in Watton! That there Hal really knows how to look after our readers.

CODEWORD

Each number in the Codeword grid represents a different letter of the alphabet. In the lower ‘control’ grid I have given you two letters to start with. Copy each of those letters to all the matching numbered squares on the big puzzle grid. Now, using your knowledge of the English language, work out which letters should go in the missing squares. As you discover the letters, fill in other squares with the same number in the main grid and the control grid. Consecutive squares are not necessarily just one word.

Finally, when you have all the numbers in the control grid, decode the following codeword(s):

19, 8, 21, 19, 2, 21, 16, 21, 18, 17, 5, 26, 25, 26, 10, 11, 16, 12, 26, 3, 3, 21

Send the Codeword you think is the answer, along with your name and contact details in an email to me at wattontimes@gmail.com

Or, if you don't do email, in an envelope marked ‘Competition’ to Julian, Care of Adcocks, 32 High Street, Watton. All correct entries received BEFORE midnight on the 12th of the month of the paper, will be put into a draw, and the first entry drawn will win the prize detailed above. There will also be a Mug & Coaster set for the Runner Up

Last month’s winner’s name and the solution to last month’s Codeword are on a page in the paper somewhere. Entry is open to everyone, but in relation to all aspects of the competition’s conduct and results, the Editor’s decision shall be final.

2	8	17	22	17	17	5	16	17		17	4	11	26	12
	10		17		6		19		16		11		24	
21	19	9	16		8	10	11	16	17	25	21	5	5	16
	12		19		21		9		24		22		21	
13	10	5	1	25	5	11	15		26	24	19	10	2	24
	19		11		17		5		10		17			
25	21	15	5	17		18	26	11	22	17	19	26	25	16
	19				8		24		16				22	
5	10	24	13	22	21	24	13	17		1	10	14	17	22
			10		3		15		5		22		18	
1	17	18	10	22	21		5	17	21	20	17	10	11	19
	22		18		22		10		24		13		5	
12	22	17	7	11	18	26	25	17	18		21	9	26	24
	10		10		16		23		21		24		19	
1	5	14	15	14		12	16	17	11	18	10	24	14	9

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

St Mary's Church, Watton

Church Road, Watton, IP25 6DQ

www.stmaryswatton.org

Weekly Wednesday Services at 10am

Worship in August

Sun 2nd 10am	Holy Communion
Sun 9th 8am	BCP Holy Communion
10am	2nd Sunday
Sun 16th 10am	Holy Communion
Sun 23rd 8am	BCP Holy Communion
10am	4th Sunday
Sun 30th 10am	Café Church

Polish Catholic Community

St Mary's Church, Watton, IP25 6DQ Every Thursday and Saturday at 6pm – 8pm

St. Peter & St Paul's Church,

3 Church Street, Carbrooke, IP25 6SW

www.carbrookechurch.co.uk

Sun 2nd	10.30am	Morning Worship
Sun 9th	10.30am	Holy Communion
Sun 16th	10.30am	Morning Worship
Sun 23rd	10.30am	Holy Communion
Sun 30th	10.30am	Morning Worship

Watton Methodist Church

57 High Street, Watton IP25 6AB

wattonmethodist.chessck.co.uk

Minister: Rev Neil Vels

Sunday Service Times

10.30am in Church;

6.30pm in the Large Vestry 2nd, 4th & 5th Sundays

Church Anniversary 5th July 10.30am
99 years in our present building!

Wednesday Coffee Morning in The Methodist Centre

Weekly from 9:30am to 11.30am
Alongside the Country Market

Tuesdays@2 in The Methodist Centre

We shall be taking a break in August
Back on Tuesday 8th September at 2pm

The Methodist Centre has 2 halls available to hire either on a regular basis or one-offs. Hire includes WiFi, hearing loops, facilities for the disabled, kitchen for light catering. For details of very moderate rates and availability phone **01953 881451**

All Saints Church, Threxton

No Service this August

Are you not used to visiting a church service and wondering for a reason to make a visit?

One reason: Jesus said "I am the way, the truth, and the life."

You are welcome to visit Purpose Church

The Watton Sports Centre, Dereham Road, Watton, Norfolk IP25 6EZ.

Service every Sunday 10.30am

More information contact Nick
07940049933 or nicknundy@gmail.com

Dance Away Queens Hall, Watton IP25 6DA

Ballroom, Latin & Sequence.

Bar & Raffle

August 1st, September 5th, October 3rd

Ashill Group Services

Sunday 2 August, Trinity 9

9.30 am, St Nicholas' Ashill, Lay-led service

10.30 am, St George's Saham Toney, Lay-led service

10.30 am, St John the Evangelist's, Ovington, Holy Communion

Sunday 9 August, Trinity 10

9.30 am, St Nicholas' Ashill, Holy Communion

10.30 am, St George's Saham Toney, Holy Communion

10.30 am, St John the Evangelist's, Ovington, Morning Praise

Sunday 16 August, Blessed Virgin Mary

9.30 am, St Nicholas' Ashill, Lay-led service

9.30 am, St Peter's Merton, Holy Communion

10.30 am, St George's Saham Toney, Lay-led service

10.30 am, St John the Evangelist's, Ovington, All-Age Service

Sunday 23 August, Trinity 12

9.30 am, St Nicholas' Ashill, Holy Communion

10.30 am, St George's Saham Toney, Holy Communion

10.30 am, St John the Evangelist's, Ovington, Book of Common Prayer: Morning Prayer

6.30 pm, St Nicholas' Ashill, Hymns on a Summer's Evening (Singalong)

Sunday 30 August, Trinity 13

9.30 am, St Nicholas' Ashill, Lay-led service

10.30 am, St George's Saham Toney, Holy Communion

10.30 am, St John the Evangelist's, Ovington, Lay-led Service

There are normally lay-led services on Sundays when there is not Holy Communion: 9.30am at Ashill; 10.30am at Saham Toney; 10.30am at Ovington

The Wayland Group of Parishes

Worship in August

Sunday 2nd August

St Martin's, Thompson

10.30am United Holy Communion

Sunday 9th August

St Margaret's, Breckles

10.30am United Holy Communion

Sunday 16th August

Holy Cross, Caston

10.30am United Holy Communion

Sunday 23rd August

Holy Trinity, Gt Hockham

10.30am United Holy Communion

Sunday 30th August

St Peter & St Paul, Griston

10.30am United Holy Communion

Wayland Group Parish Churches

St Margaret's, Breckles; Holy Cross,

Caston, Holy Trinity, Gt Hockham;

St Peter & St Paul, Griston

St Botolph's, Stow Bedon;

St Martin's, Thompson

Swaffham and Watton Roman Catholic Community

Mass held at the Watton Methodist Church at 5.00pm on Saturdays.

Watton Methodist Church
57 High Street, Watton IP25 6AB

Memories of Childhood Summer Holidays...

As I write, I'm sitting on our canal boat, moored up on the river Nene, listening to the sounds around me.

There are birds chirping, ducks, geese and swans swimming, and the distant sound across the valley of sheep bleating, cows mooing and farmers working in the fields on their tractors.

These sights and sounds take me right back to my own school holidays mostly spent at Jotmans Farm in Benfleet, Essex, the village where I grew up. At that time it used to be a dairy farm, and the milk was sold to Howard's Dairy but, over the years, it's been turned into stables where horses are kept at livery. There's a footpath that runs between the farm and the railway line all the way to St Margaret's Church, Bowers Gifford. Nanny would often take us blackberry picking there, but we never returned with many berries!

During the week, my friend Susan and I would walk to Jotmans farm to help the farmers with the cows. Discovering how a farm worked, helping the cowman, and walks to the church with nanny, led to many adventures and a lifetime of enjoying country life.

When things were going well, the exhilarating sense of team and fun working together, even if farming itself never seemed to be 'in my blood' as it was for

everyone else, was infectious!

Collaborating in a common purpose, and working alongside each other with a strong desire to see others flourish, brought me so much joy, as it still does. There is a danger, though, that sometimes we end up serving through a sense of duty (what we should and ought to be doing) especially when we're run down or exhausted, rather than as a response to the overflow of God's generous gift of love first given to us. I guess we're all human!

I know I've said this before, but I'm always amazed and thankful to so many in our congregations and wider community who go far beyond giving of themselves in order to bring 'salt and light' to others.

But what gives me the greatest hope, as I continue serving alongside you lovely people in Wayland Benefice, is remembering that it's not actually about us, in the end, is it? it's more about letting God have His way and praying that 'His will be done on earth'.

With love and many blessings, Vanessa.

Reverend Vanessa is the rector for the Wayland benefice of Breckles, Caston, Great Hockham, Griston, Thompson, and Stow Bedon, and is available for Weddings, Funerals and Baptisms. You can contact her on 07984 318885 or by email at vanessadlayfield@gmail.com

What's On! at St Mary's Church, Watton - August 2026

Church Road, Watton, IP25 6DQ

www.stmaryswatton.org

wattonchurch@gmail.com

01953 881252

Saturday 1st – 10am–12noon – Saturday Chat: Join us on the 1st Sat of month for our coffee morning. Come with friends or alone and make new ones.

Tuesday 4th – 5pm–6pm – Prayer & Praise: Sing your favourite worship songs & pray with & for the community. 1st Tues of month.

Wednesday 5th – 1.30pm–4pm (location in Watton) – Bereavement Group: Contact Linda Benton on 07803 017340 or linbenton2978@gmail.com for details. 1st Wed of month.

Friday 14th – 2pm–4pm – Craft Group: Enjoy refreshments & company whilst crafting. £1 donation. In the church rooms.

Saturday 15th – 2pm–5pm – Afternoon Cream Tea Fundraiser: Held at 34 Vicarage Walk, Watton, IP25 6PH, come savour some yummy cream and jam scones, plus buy some gorgeous cakes whilst you

chance your luck at the tombola and raffle – all in aid of raising funds for both the Watton Memory Café and St Mary's Church. Everybody welcome.

Friday 21st – 2pm–4pm – Community Cinema: Showing 'One Battle After Another'. Doors open at 1:15pm for 2pm start. £5 ticket on the door inc. hot drink & cake.

Thursday 27th – 10am–3pm – Open Church: St Mary's open to all to visit, pray, explore, and discover what we offer the community. Friendly volunteers on hand to help with any enquiries.

Thursday 27th – 2pm–2.30pm – Prayer Gathering: Led by Rev Dave Cossey. Come join us as God's people to lift up both our community & the wider world in a time of informal prayer. 2nd & 4th Thurs of month.

July's Winners of the 200 Club

1st prize £50: Simon Cole, No. 9

2nd prizes £25 each: Brenda Patterson, No. 123, Ellen Hatton, No. 92

Cakes for Cancer Success

Our third Cakes for Cancer afternoon was held on Saturday 4th July, and was a great success. We had around 70 people visit us and enjoy the cakes made by our wonderful team of bakers. The three ladies who created these lovely cakes were Debbie Cooper, Christine Rowe and Aileen Williams, with support from Sheila Edwards and other members of Watton Ladies Group. Drinks were provided by Neil Rowe (with occasional assistance from me!), while Joe and Karen Cooper manned the Tombola stand. This had a huge number of prizes, all of which had been donated. The whole afternoon was a wonderful example of how the community can come together, and most people stayed at least an hour or two in the pleasant conditions. All of this effort raised the wonderful total of £560 pounds, to be split equally between Breast Cancer UK and Prostate Cancer UK. As a bonus, most of the unused cakes were given to local charities that support the Homeless. A great day, and we hope to see you at next year's Cakes for Cancer 4. Look out for it!



Watton WI Welcomes New Members for a Packed Autumn Programme

The June meeting of Watton Evening WI which was the 36th birthday of the forming of our WI, members made celebratory flower arrangements in wine glasses. The room was full of beautiful roses and each member took their efforts home probably to use their wine glasses later for other celebratory reasons! Grateful thanks were expressed to Tesco's for their contribution.

Lunch Club was an evening at the Italian Job which was enjoyed by those attending

whilst the craft group and the book club continue to meet.

The July meeting saw members again using their skills to make cards to accompany other items for the Wayland Shoebox Project. Members have been making various items to go in the shoe boxes given to women and families going into refuges over the Christmas period.

Our August meeting includes a meal at the Wagon and Horses followed by a talk and visit to Griston Church followed by a quiz around the graveyard!!

How diverse a programme. Something for every woman. We will be pleased to welcome visitors and new members to our September meeting at the Methodist Centre, High Street, Watton on Thursday September 10th starting at 730pm when Norfolk Fire Safety Officer, Joanna Lockwood will be our guest speaker and help to keep us safe at home.

If you would like any further information do ring Margaret Herbert on 01953 882269.

Masts to be Lifted from Britain's Most Dangerous Shipwreck Safe Removal of Masts from Historic WWII Shipwreck Begins in the Thames Estuary

A major milestone in the long-term management of one of Britain's most closely watched shipwrecks is now underway, as specialist teams prepare to remove the three iconic masts from the SS Richard Montgomery — the American Liberty ship that sank in the Thames Estuary in 1944 while carrying a large cargo of wartime explosives. The operation, due to begin in early September, marks the most significant intervention on the wreck in decades and is designed to ensure continued public safety while preserving an important piece of Anglo-American maritime history.

The SS Richard Montgomery lies 1.5 miles off Sheerness, surrounded by an exclusion zone and monitored continuously since it ran aground during the Second World War. On board remain an estimated 1,400 tonnes of munitions, which is why every aspect of the mast-removal project has been planned with rigorous engineering standards, extensive risk analysis and specialist oversight. Independent experts have confirmed that the operation can be carried out safely without increasing the risk posed by the explosives still inside the wreck.

A Carefully Engineered Operation

The work will begin with the construction of an underwater platform, allowing specialist maritime engineers to cut and remove the three masts below sea level over several weeks. Delivered by Resolve Marine, a contractor with extensive experience in complex marine operations, the project will be carried out under strict safety procedures and continuous monitoring. Detailed planning has taken place with emergency services, harbour authorities and other partners to minimise disruption and ensure the work is completed safely.

Although the operation is expected to finish by the end of September, officials note that weather conditions could extend the timeline — a familiar challenge for any major engineering project at sea. The exclusion zone around the wreck will remain in place throughout and after the mast removal.

Preserving Maritime Heritage

Once removed, the masts will be transported to The Historic Dockyard Chatham, home to specialist conservation facilities capable of handling structures of this scale and

significance. There, they will undergo careful preservation before being displayed locally in Kent. The Government has emphasised that the masts, visible to communities around the Thames and Medway estuaries for more than 80 years, hold deep cultural importance. Their future display will allow residents and visitors to learn more about the vessel, its wartime role and the Allied sacrifices it represents.

The project is supported by £9.5 million of Government funding, reflecting both the technical complexity of the work and the commitment to preserving the masts as part of the region's maritime heritage. Officials expect the display to generate thousands of pounds in tourism benefits for Kent, while ensuring the story of the SS Richard Montgomery remains accessible for generations to come.

Ministerial Visit Highlights Safety and Heritage

Aviation, Maritime and Decarbonisation Minister Keir Mather visited Sheerness and Chatham to see preparations first-hand and meet the teams responsible for the operation. He emphasised that safety and preservation remain the Government's top priorities.

"Safety and preservation of the masts are our absolute priorities," he said. "This carefully planned work has been informed by years of expert analysis and monitoring, which will ensure the wreck continues to be managed safely, protecting local communities, maritime traffic and the wider environment."

"Keeping the masts in Kent will also preserve an important piece of the county's maritime heritage, allowing future generations to learn more about the story of the vessel and the great sacrifices made by the Allied Forces during the Second World War."

Expert Voices on a Historic Project

Resolve Marine's Project Manager, Nolan Conway, described the operation as a landmark moment in the management of the wreck.

"Resolve Marine is pleased to take part in this project and support the UK Government on the SS Richard Montgomery," he said. "Drawing on our extensive experience in complex marine operations, we are



committed to executing this work safely, efficiently and in close collaboration with all stakeholders. This historic project represents a significant milestone in the ongoing management of one of the United Kingdom's most closely monitored wreck sites."

At The Historic Dockyard Chatham, Deputy CEO Paul Barnard welcomed the opportunity to conserve the masts.

"The masts of the SS Richard Montgomery have become a familiar landmark for generations of people living around Medway and Swale," he said. "Yet their significance extends far beyond the Thames Estuary. They are an internationally important reminder of the Allied war effort during the Second World War."

"As they begin the next chapter of their story, Chatham Historic Dockyard Trust is honoured the Government has entrusted us with their conservation. With decades of experience preserving maritime heritage, we will ensure these remarkable structures are cared for to the highest standards. The masts will become part of a live conservation project, giving visitors a rare opportunity to watch specialist conservation in action while learning more about the extraordinary story of the SS Richard Montgomery."

Robin Rickard, Managing Director of Exord Ltd and Strategic Explosive Ordnance

Advisor, highlighted the extensive technical work behind the scenes.

"Through extensive technical assessment, survey work and risk analysis, we have helped develop an approach that enables these important works to be undertaken safely and in line with recognised industry best practice," he said. "The removal of the masts represents a significant milestone in the long-term management of the wreck. We will continue to provide specialist support throughout the operation to ensure risks from explosive ordnance are managed appropriately and the works can be delivered safely."

A New Chapter for a Wartime Relic

For more than eight decades, the masts of the SS Richard Montgomery have stood as a stark reminder of the ship's wartime mission and tragic grounding. Their removal marks the beginning of a new chapter — one that balances public safety with the preservation of a powerful historical symbol.

As the operation begins, communities around the Thames and Medway estuaries will watch closely. The masts may soon disappear from the horizon, but thanks to careful planning and investment, they will reappear in a new setting: preserved, interpreted and accessible, ensuring the story of the SS Richard Montgomery continues to be told.

Wayland Show Marks 150 Years of Countryside Tradition

The Wayland Agricultural Show is set to celebrate a remarkable milestone this summer as it reaches its 150th anniversary - honouring a proud rural tradition while offering a vibrant, modern day out for families across Norfolk. Taking place on Sunday 2nd August 2026 at the Wayland Showground on Brandon Road, this landmark event promises a full day of entertainment, heritage and countryside charm.

This year's Main Ring attractions bring together some of the show's most popular performers. Visitors can enjoy Jousting Display, Ridgeside Falconry, Little Nippers terriers, the Suffolk Horse Society's working demonstration and the ever-loved Shetland Derby.

Across the showground, the atmosphere will be buzzing with vintage vehicles, antiques and collectibles, local food stalls, a bustling shopping village and Market Lane traders.

Livestock showing remains at the heart of the Wayland Show, with classes for sheep, cattle, pigs, goats and horses, alongside horticulture, cookery and craft competitions that showcase the skills and creativity of the local community. Families can look forward to the fun dog show, children's fairground rides and lively performances from Circus Oz.

With adult tickets at £15, under 16s free, the show offers excellent value for a full day out. Annual membership is also available for £27.50.

As one of Norfolk's longest running agricultural celebrations, the 150th Wayland Show promises a memorable day filled with tradition, excitement and community spirit - a true highlight of the summer calendar.

Athletics Success For Watton Air Cadets



On Sunday 31 May, 13 cadets from 864 (Watton) Squadron pictured above, attended the annual Norfolk and Suffolk Wing Athletics Competition, held at Northgate Arena in Ipswich. Joined by representatives from the other Squadrons in Norfolk and Suffolk, cadets competed in a number of track and field events throughout the day as part of the competition.

We were delighted with the results from the day, with cadets earning medals in Long Jump, 300m, 400m, 800m, 4x100m relay and more! As a testament to the cadets' enthusiasm and efforts during the competition, the Squadron came away as the top scoring Small Squadron across all male and female cadet categories! Well done to all those who took part!



Honouring 150 Years of Tradition Reimagined for today

SUNDAY 2nd AUGUST 2026
WAYLAND SHOWGROUND
BRANDON ROAD
IP25 6NG



Join us at The Wayland Show's 150th Anniversary, a highlight of Norfolk's agricultural calendar!

Main Ring Attractions

Jousting Display

Ridgeside Falconry &
Little Nippers Terriers

Suffolk Horse Society
Working Demonstration

Shetland Derby



**Fun Dog Show, Kids Fun Fair, Circus Oz, Local
Food, Antiques and Collectibles, Vintage Vehicles,
Shopping Village and Market Lane Stalls**

£15 Adult Tickets
Under 16s FREE
£27.50 Annual Membership
waylandshow.com



**Sheep, Cattle, Pigs, Goats,
Horses Showing Competitions
Horticulture, Cookery and Craft Competitions**



Great Hockham Gardening Club

It's perhaps this time of the year that all the hard work of previous months is shown to have been worthwhile. All the adding, subtracting, multiplying and dividing; The choosing and the losing in the hope that all the effort will make this year's display a little better than 2025.

And it has, but as usual, one of my greatest pleasures is that which arrives serendipitously. Of the many weeds, as some are intent on calling them, are poppies. So many types, forms and sizes. Gorgeous when in flower, very sculptural with their seed pods. Never planted, never planned, but always in a place that succeeds in enhancing the floral ensemble. Some even arrive in our veg beds; they do no harm and certainly bring a little colour.

But there are times when there are things that must go: a walnut tree that had come up in our greenhouse. Anywhere else and I would have done a Rumpole, but even I realised it had to go.

Moving around the countryside also provides wonderful vistas of these transient plants. Along Bray's Lane, just west of St. Peter's church is a field. I have no idea what the farmer's intentions were, but the view is stunning. But other fields are available: not weeds, but crops which can also look fabulous. Even the humble spud can put on a show.

Not many weeds in Hockham Vicarage Garden, the venue for our June visit. It was a very peaceful place. I thought I might describe it as a typical vicarage garden, but on reflection, I'm not sure what a typical vicarage garden might be. There are large areas with cut grass and grass let to go to seed. There are more formal areas, and trees everywhere. As always, it's the height of a garden that provides that mature look you can't get in a new build.

It has been some years since there was an ecclesiastical occupant in the vicarage. It was

among many surplus properties sold off following something called 'The Parsonages Measure' of 1938. It is now the private residence of Richard and Katie Darby who run part of it as a very posh holiday let.

We perambulated around the garden guided by Katie and her one-day-a-week gardener, Will. (Will and Katie are pictured right) Katie pointed out the points of interest, how the garden has been changing and changes she hoped to make in the future. Apparently, the garden was somewhat overgrown when Katie took it over.

"Did Will hack it all back for you?" I asked.

"Oh, he's amazing. Because he does one day a week, I couldn't do it without him. He's strong. There's a limit, however keen you are, about moving things. He's so knowledgeable. He did a horticultural degree at Nottingham, worked at the Botanical Gardens in Edinburgh, so he really knows his stuff. I now don't plant without his permission. He will say, 'Um, but, Katie, they don't like the morning sun,' or, 'They don't like being leaned upon.' But it's that kind of knowledge that you just don't know." I took that as a yes.

As our tour progressed Will provided members with many tips and techniques to get the most satisfaction from their gardens. Katie mentioned the grassy areas and how they had cut mown paths to add interest, but for some reason she didn't seem to like weeds: "I cannot describe it; even in the cutting garden, I picked out 107 dandelions, and I still hadn't got rid of them."

"Oh, that's terrible," I said. "Counting the poor things as they are dispatched," I thought. "I like your dandelions," I said. Suffice it to say, we differed.

As in all our visits, we all imbibed the excellent refreshments provided by our hosts.

Our next meeting is on Wednesday 12th August at Henstead Exotic Garden, Ellough, Beccles, NR34 7LD. 100 palms, 200 Bamboos, ponds, streams, 60 tons of rocks. Tea and (rock?) cakes.

Edward.



Jenny and Dave's Macmillan Coffee Morning

Jenny and Dave Simons will be holding their Macmillan coffee morning at 2 Sharman Avenue on Friday, 31st July from 10am to 11.30am. There will be a hamper raffle, a Bring-and-buy stall and plenty of cake to eat with your coffee or to take home for later. We will have gazebos to shelter you from the sun or, should the unlikely happen, the rain, as we will be in our garden, but keep your fingers crossed for a warm dry day to help us make lots of money for this very worthy charity which, unfortunately, so many people need. Over the years we have been holding a coffee morning, we have raised over £9000 with the help of many friends and generous supporters. Please come and help us raise even more. Thank you.

Breckland Local Plan - Good News

As I write, the Cabinet at Breckland District Council are due to approve the latest version of the Local Plan at their meeting on 13th July. I have studied the sites for Watton and the great news is that the site between Wayland Fields and Wayland Wood has been removed from the Plan. While our citizen opposition would have had an impact, I suspect that the major factor was Norfolk County Council Highways saying that there was no possibility of an access road off Thetford Road between the roundabout and the turn off to Wayland Wood because of safety concerns. Whatever the reasons, it is great news for all who love the wood. Liz Whitcher.



Hammered Coins at Museum4Watton

Museum4Watton

Wednesday-Saturday 10am-4pm

At M4W we have a large collection of coinage covering a remarkable 2000 years of British and wider world history.

Hammered coinage is the most common form of coins made since money was invented. Archaeological evidence suggests that hammered coins were first produced during the first millennium BC. Archaeological evidence suggests, hammered coinage was first produced in the UK from around 600AD. The following production method remained literally unchanged for nearly one thousand years.

A small metal disk (called a planchette or flan) was cut or cast from gold, silver, or copper. The bottom die (called the anvil die) was placed on a solid surface such as a log. The coin blank was placed on top and the top die called the punch die was held above. The mint worker struck the top die with a hammer, impressing both sides of the design onto the coin blank. This manual process produced coins irregular in shape with strikes often off centre or uneven, creating a unique coinage even amongst coins from the same die. No two are perfectly alike due to the handmade process. During the earlier coinage periods, hammered coins were usually made from silver but, in later years, this sometimes changed to gold. To determine a hammered coin's value, the correct thick and weight of metal was used before it underwent the striking process.

Short and Longcross Pennies.

Some of the most recognisable coins of the high medieval period are Short and Longcross pennies. Introduced by Henry II in 1180, the medieval Short Cross was the standard English silver penny. It gets its name from the short, double-barred cross design on the reverse. The front featured the King's crowned bust. The back featured the small cross with four small pellets in the corners. It circulated for 67 years across four kings without changing the design, or the name of the monarch. The cross design served a useful purpose. At this time there were no official smaller denominations of coin. The cross design was used as a guide to cut the coins into halves and quarters meaning you could now give change when purchasing smaller cost items. The Short Cross penny was made of high-quality, 925 fine silver and weighed about 1.43 g. Perhaps It shouldn't come as much of a surprise to discover that people clipped (cut) the edges of the coins, smelted down the precious metals clippings and then sold the results on. Early hammered coins had irregular edges and were not perfectly round. Clippers exploited this by removing metal without making the coin noticeably smaller. Clipping was so widespread that it led to inflation, forcing prices up as merchants required more clipped coins to equal the weight of genuine, unclipped money. Punishments for clipping were brutal, and if caught

there was a good chance you would be hanged or burned alive, the punishment for treason at that time. This deterrent didn't seem to work and people continued to clip the edges, and the coins continued to deteriorate. In 1247, King Henry III decided enough was enough and replaced the Short Cross coins with the Long Cross penny. The cross design was made to reach the edge of the coin to prevent clipping.

Milled Coins

Milled coins are those produced by a machine, rather than the traditional method of striking a metal blank between two dies. The first milled coins appeared during the reign of Elizabeth I. When Frenchman, Eloye Mestrelle introduced England's first milled coins in 1561. Instead of striking them by hand with a hammer, a horse-turned screw press rolled the metal flat and stamped it. This made the coins perfectly round with crisp details. However, Mestrelle faced resistance. Traditional coin makers feared the new machines would take their jobs. They sabotaged his work and claimed his coins were fakes. They also complained his machines cut the metal too thin. By 1572, the Mint stopped using Mestrelle's machines and returned to traditional hammering. While short-lived, these milled pieces were highly accurate. Today, they are prized by collectors. It wasn't until 1662 during the reign Charles II, that coins were routinely milled. To combat the practise of clipping Sir Isaac Newton who was Master of the Royal Mint introduced the Great Recoinage of 1696. Newton implemented the process of milling or reeding, this practise added distinct textures, stripes, or ridges to the outer edges of coins. If a coin was clipped, the ridges would be destroyed, immediately exposing the tampering. At M4W we have fine examples of both hammered and milled coins and some of these show evidence of clipping.

Many of the English coins found in our collection were found at one particular location in Watton at a site we are unable to disclose to the public. It is suggested that the variety and age range of the coins discovered in this undisclosed area may indicate the site of an early medieval market or fair.

Why not visit us at M4W where you will be assured of a very warm welcome. We have a small coffee bar serving artisan coffees and teas, soft drinks and biscuits. All for under £1. We look forward to welcoming you soon.



Henry 111 cut, short cross, hammered penny
1216-1272

Watton Twinning Association



We had a lovely day at the Watton Carnival with our Tombola Stall the weather was just right with a very nice breeze. There was a good selection of stalls, some really good entertainment and plenty of music, as the weather was so nice a good turnout of people. We thought the procession was quite small but the Town Cryer did an excellent job of telling everyone what it was all about. People stopped to chat and were looking at the photo boards depicting many events that Watton Twinning have done over the years.

Next year is a big year for us we shall be celebrating our 40th Anniversary of Twinning with Weeze in Germany here in Watton. So we have much planning to do for this event.

For more information on Twinning please contact Margaret Devine (Chair) on 07450793916 e.mail magsdevine44@gmail.com

Watton & Wayland Times

Deadline is 4pm on the 12th of the month preceding publication and that is the last date and time that copy will be considered for inclusion. Arrival of your copy before deadline does not guarantee inclusion,

You can contact Julian by telephone on 01953 571990 or 07864720480 or by email to:

wattontimes@gmail.com

All views expressed in articles in the Watton & Wayland Times are those of the contributors and not necessarily the views of the Editor or Printers. While every care and effort has been taken to ensure accuracy, neither accept responsibility for errors or omissions.

This issue of the Watton & Wayland Times was compiled and edited by: Julian Horn at

32 High Street, Watton IP25 6AE and is published by Watton & Wayland Times Ltd.

Company Number 16140119

Registered Office:

38 High Street, Watton, Norfolk IP25 6AE

And printed by:

Sharman & Company Ltd,

Newark Road, Peterborough PE1 5TD

Phone: 01733 424 949

Swaffham & District u3a

What an inspirational talk on the work of the Purfleet Trust with the homeless in Kings Lynn at the July meeting, given by Paula Hall, Chief Executive. Their practical approach to the homeless was enlightening. The policy is not to issue sleeping bags or tents but to offer the homeless accommodation, practical advice and help to enable them to turn their lives around. They help people to help themselves by signposting them through the benefits system if needed, helping them to budget and run a home, accessing GP services and acquiring skills training and work. Every person is assigned a mentor and support is tailor made to their individual needs.

Love nature? Then this could be for you. The speaker for August will be David Horsley from the Norfolk Wildlife Trust. The Trust is the oldest one in the country and

manages over 60 nature reserves and other protected sites. 30th Anniversary Celebration

On 3rd September we are celebrating the 30th Anniversary of the Swaffham & District u3a, formerly called Wissey u3a. A fun morning with entertainment from some of the groups and a cake to be cut.

The monthly meetings afford an opportunity for members to join together, have a cup of tea/coffee and socialise before being entertained by excellent speakers. Members can join one of over thirty groups on offer such as Archery, Music appreciation, both classical and rock, French, and Walking. See the website for more information.

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/>

New President For Watton Rotary Club



Members of the Rotary Club of Watton and District welcomed our new President, Keith Thomas, at our first meeting in July. The President's chain of office was handed over by outgoing President Andrew Barwood who was warmly thanked for all his hard work on behalf of the club during the preceding year. Watton and District Rotary Club has been in existence since 1955. It is a small but friendly club which is committed to supporting the local community and has managed to achieve a huge amount over the years through the hard work and community spirit of its members. Coming from a variety of backgrounds, our members work together to try and make the world a better place. Most importantly we enjoy what we do, combining hard work with a great social life. We are proud to belong to the worldwide Rotary International organisation.

We are essentially a Community-based club, committed to serving our local area. We also raise money every year, thanks to the generosity of the people of Watton and surrounding areas and this money supports our charitable work, and that of other

good causes.

Our aim is to help make the area around Watton an even better place to live by supporting local community activities, such as helping to deliver Christmas meals to the elderly in Watton, and providing stewards for events such as the annual town firework display. We also recognise and showcase outstanding voluntary work by local people, and work with local schools to reinforce the wonderful work they are doing for all our young people. Of increasing importance in recent times have been environmental projects, such as tree planting and litter picking. We regularly work in partnership with other voluntary organisations to serve the people of Watton.

Like many organisations, the Rotary Club needs new members to help us continue our service in the local community, and we would be happy to speak with anyone interested in getting involved. We meet every Thursday evening at Broom Hall Hotel. Why not come along and find out more about the work that Rotary does? Check out our website, email us on wattonrotary@uwclub.net. or telephone 07594 637770

Eirlys Johnson Funeral Services
Independent Family Funeral Directors

Providing a caring and professional service for bereaved families in Watton and the surrounding areas

Traditional & Bespoke Funerals
Direct Cremations
Pre-Paid Funeral Plans
"Care every step of the way"

Tel: 01953 889328 (24 hour)
13 Thetford Road, Watton, IP25 6BT
info@ejohnsonfs.co.uk | www.ejohnsonfs.co.uk

MEMBER
SAIF
INDEPENDENT
FUNERAL
DIRECTORS

FLORA AND MORE
Flower Shop

A bespoke florist where quality and service matter. Offering floral designs for all occasions.

26, High Street Watton
01953 665 222

www.floraandmore.co.uk floraandmoreflorist@outlook.com

Karen Weir
Funeral Celebrant

Life Celebrations, Memorial Services,
Living Memorials. Creating Heartfelt
tributes and sharing stories.

karenweirfuneralcelebrant@outlook.com

07735 205 990

MEMORIALS

H. BRETT & SON
Monumental Masons ~ Craftsmen in stone

Memorials, Fireplaces, Worktops, House Names, etc.
Marble, Stone, Slate, Granite.

Visit our SHOWROOM and WORKSHOPS.
Call for our BROCHURE. Home visits can be arranged.

75 NORWICH ROAD, WATTON, THETFORD, NORFOLK IP25 6DH
TEL: 01953 881501
Email: info@hbrettandson.co.uk
Web: www.norfolkstonemasons.co.uk

STONE WORK

Andrew Francis Funeral Service
Award Winning Family Funeral Home

Telephone 24/7
01953 883033

www.afrancisfunerals.co.uk
Introducers For Golden Leaves
Pre Paid Funeral Plans
Direct Cremation Services and
Traditional Funerals Complete
Funerals from £1595

Sunday 6th September
12.00noon to 5.00pm

Watton Rotary Club

Broom Hall, Saham Toney

Summer Gala Day

FREE Entrance and parking

All profits to support Watton & District Rotary Club Charities

- Free Entrance and Parking
- Classic Vehicle Show
- Dog Show
- Auction
- Live Music
- Young Citizen Awards
- Trade and Craft Stands
- Meals and Snacks available from Broom Hall

Enquiries - summergaladay@gmail.com

Sponsored by: Broom Hall, Detail & Shine, Su-Bridge, Tyre Pros, Weatherill Bros, Bowles & Walker Ltd