Maraler

BROCKDISH & THORPE ABBOTTS



Edition No. 223 August – September 2019

THE MARDLER is FREE and delivered to all houses in Brockdish and Thorpe Abbotts

Also available on-line at www.themardler.blogspot.com

Editorial Team

Useful Contacts

Editor Robert Buck Chairperson	01379 668663 robertbuck1974@talktalk.net	Surgeries Harleston Bullock Fair Close Emergencies	01379 853217 01379 853503
Jan Croxson Advertising	01379 668630 jpcrocky@btinternet.com	Police Harleston and Diss	101
Judith Chambers	o1379 668072 judecham@gmail.com	NHS Direct	111
Treasurer Janice Stacey	01379 668549	Electricity Power Cuts	105
Janice Stacey	janicestacey@btinternet.com	Gas Emergencies	0800 111 999
Mary Alderton	01379 668537 maryalderton@btinternet.com	Anglian Water	03457 145 145
Linda Bell	01379 669293	South Norfolk Council	01508 533633
Linda Doil	belltomlinda@gmail.com	Borderhoppa	01379 854800
Cheryl Mounser	01379 741435 billmounser@yahoo.co.uk	Brockdish Village Hall Bookings Jill Edwards	01379 669057
necessarily those	essed in The Mardler are not of the Editorial team. The Editor at to amend or alter any copy	Thorpe Abbotts Village Hall Bookings Kelvin Halifax	01379 668705
		Waveney Heritage Centre	01379 668285
	DISH VILLAGE HALL Aerobics 6:45 - 7:45pm	Carpet Bowls Club Glyn Catchpole	01379 668698
Tuesday - Wednesday -	Line Dancing 7.15pm Ballroom & Latin Dance Classes 7pm – 11pm *	Line Dancing Tracey Hood	07854 943490
Friday -	Tea Dance 2pm Carpet Bowls 7:30pm Hall available for hire Quizzes, Ballroom Dancing*	Aerobics Clare Peed	01379 668715
	Tea Dance*	Sunday Tea Dance/Ballroor	n
* See notice boa	rd for more information.	Latin Dance Classes Niall O'Brien	07526 883776
ADVERTIS	SING IN THE MARDLER	South Norfalls District Cour	ailla.
	erested in advertising, the are £25 for ¼ page and	South Norfolk District Coun Jenny Wilby	01379 741504
£50 for ½ p issues from 1 for less than 6	age, which covers the 6 st April annually. The cost 6 issues is £5 per issue for	Parish Clerk Teresa Hines	01379 308617

Libraries

Diss

01379 852549

01379 642609

1/4 page and £10 per issue for 1/2 page.

Judith Chambers, see above.

For further information please contact Harleston

As you're all aware, The Mardler is produced bi-monthly and hopefully on time! However in order to achieve this we do you rely on, and appreciate your contributions in a timely manner in order to accomplish this.

In this edition, we have received details of a walk around Brockdish along with a map for reference. This should be the first of many which will give you a chance to explore the local villages and appreciate the area you live in.

Robert Buck Editor



(p17)

REMEMBER

Closing date for entries in the October / November 2019 issue is Friday 6th September 2019 Articles received after this date may not be included in the next issue.



WHAT'S ON

August 2	019	August	2019
Thur 1 st	Singing Group (p36)	Fri 30 th 3	Syleham Wingfield Event (p30)
Sat 3 rd	Thorpe Abbotts Social (p13)		Fish and Chips (p9)
Sun 11 th	Syleham Wingfield Event	Sat 31 st 9	Syleham Summer Fete (p31)
	(p30)		. ,
Thur 15 th	Mobile Library (p35)	Septem	ber 2019
Thur 15 th	Dementia Café (p36)	•	
Sat 17 th	Syleham Wingfield Event	Sat 7 th	Thorpe Abbotts Social (p13)
	(p30)	Thur 12 th	Mobile Library (p35))
Sun 18 th	Billingford Windmill	Sat 21 st	Syleham Wingfield Event
	Event (p13)		(p30)
Thur 22 nd	Harleston Cinema Mary	Sat 21 st	Brockdish Quiz (p35)
	Poppins (p21)	Fri 27 th	Syleham Bingo (p30)
Sun 25 th	Syleham Wingfield Event	Sat 29 th	Conker Fest (p9)
	(p30)		y /
Mon 26 th	Family Fun Day Harleston		

LOCAL PROFESSIONAL CARPET AND UPHOLSTERY CLEANING

Reasonable Rates

CALL DAVID

Telephone: 01379 608 529 Mobile: 07768 757308

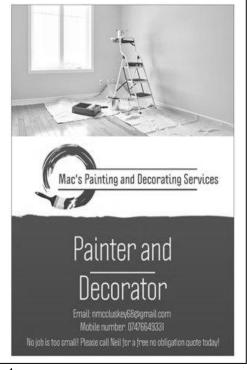
KM Gardencare



Hedge & Lawn Cutting
Fencing Erected& Stained
Trees Pruned & Felled
Seeding & Turfing
Patios & Driveways
Gardens Cleared
Stump Grinding
Mini Digger Work
All Garden care Undertaken

Phone: 01379 687983





Village Information



Peter and Jan Croxson, pictured in their garden following the news in June that Jan had been awarded a British Empire Medal.

Jan was recognised for her current work including chief fundraiser for her local church, church warden, chair of the village hall, chair of the village magazine. In the past she was a parish councillor and an active governor of Brockdish Primary School until its closure in 2016.

"When the letter arrived, I burst into tears, I was so overwhelmed," she told the Diss Express. When requested by The Mardler for an in depth interview she declined our request!

WAVENEY HERITAGE CENTRE

We, at Waveney Heritage, have just celebrated our first anniversary. We took the risky step of taking the lease on the building which had been Brockdish School, with the aim of setting up a place which could be used by all those in the Waveney Valley. This was not only to study, record and remember the rich culture of this lovely area throughout recorded history, but to make a contribution to the cohesion of the many villages and small towns within the entire Valley. This would provide a space, which could be used for other organisations or groups, who are aiming to increase the diversity of interests within this part of South Norfolk and North Suffolk.

It was a big risk. But, at the end of our first year, we are solvent. We have organised around 22 talks on diverse subjects, put on major exhibitions both at Brockdish and Needham; with the aid of a Heritage Lottery grant, had trips to the archive centres at Norwich and Ipswich and visited the Museum of Rural Life housed in what was the workhouse at Gressenhall. We also enjoyed conducted walks around Needham and Brockdish, led respectively by Stephen Poulter and Jan Croxon and a visit to the 100th Bomb Group Museum at Thorpe Abbotts. Several of us have started to research the history of our own houses, thereby getting to know the characters who lived in them through the ages, including some of their scandals!

We have also provided a home for an amateur radio group who now occupy what was the upper classroom. Their display is both comprehensive and fascinating. It has been augmented by the collection of radios and sound equipment given by Stewart Orr, collected by him over many years. Seven members of this group have recently taken their formal exam to enable them to make contacts with other enthusiasts throughout the world.

WAVENEY HERITAGE CENTRE

We are proud of what we have achieved so far and looking forward to the future. We have three large areas which are available for use by local organisations. If you are interested in looking at what we have available please give Mary Thompson a ring on 01379 668279 and we will be delighted to show you round. In the meantime, keep an eye open for notices re. our new series of talks starting in September. You will be welcome!

Brockdish Players

Over the past 25 or so years, I have collected many photos and videos of past performances. If anybody would like any of these, please contact me. I feel it would be a shame for these to get thrown away, and would like to see them being retained but not in my home!

Pam Mead - 01379 388204









- Equine & Canine Portraits
- Family portraits
- Weddings
- Commercial
- Passports & Visas



14 Old Market Place Harleston, Norfolk, IP20 9BE. Tel: (01379) 855129 Email: info@lisanorthphoto.co.uk www.lisanorthphotography.co.uk





D.A.R SERVICES LTD DOMESTIC APPLIANCE REPAIRS 01379 898062

RICKINGHALL REPAIRS AND INSTALLS OF ALL MAKES AND MODELS OF DOMESTIC APPLIANCES

DWS FENCING & GARDEN MAINTAINANCE

All types of fencing patios + paths pressure washed All garden work undertaken Fencing stained Trees, hedges + lawns cut Large area cleared House, garage, shed and yard clearance

Fully insured

Tel: 01379 650380 Mobile: 07899 893380

THANK YOU

Peter and I would like to say a huge thank you for all the best wishes, support and offers of help that we have had after Peter's unexpected major surgery.

We are very blessed to have so many caring people around. We are living in the best of communities!

Secondly a thank you from me for the lovely congratulations I have received on being awarded a most unexpected honour of a B.E.M.

Our sincere thanks again

Jan and Peter Croxson

THORPE ABBOTTS VILLAGE HALL

Future planned events for Thorpe Abbotts Village Hall. Please come and join us.

Friday August 30^{th -} Fish and Chips. Order forms will be distributed in advance

Saturday September 29th- Conker Fest. Thorpe Abbotts newest event. Beer, food, live music. Who will be crowned Thorpe Abbotts first ever conker champion?

Friday 1st November- Halloween Ball. Highlight of the year! Trick or treating, apple bobbing and ghoulish goings-on.

THANK YOU

Once again, we would like to thank Richard Longe for cutting the hedges around Thorpe Abbotts Village Hall. It really makes the area look very tidy and well kept.



- Door to door dial-a-ride service
- Weekly members outings throughout the year
- Group hires for not for profit organisations

To book or for more information please call 01379 854800 or visit our website www.bordrhoppa.org

CLEAN UP OUR COMMUNITY-Litter Pick/ Dog Fouling

It was disappointing that there were no volunteers for this year's community litter pick, as part of the South Norfolk Litter Pick Campaign. It may be that you missed the advert in the Mardler or on the Village Noticeboards, or maybe you had other commitments that weekend. It could also be that you don't feel that litter is problem in our community. Whatever the reason, we intend to throw the invitation open to you all again next year. The date of the Event will be advertised in the Mardler in early 2020.

In the meantime, a very special thank you, to the valued members of our community, particularly Janet Meen who regularly patrols the highways and byways collecting the rubbish dropped by both those who live in Brockdish and those who drive through.

We would like to thank Nancy and Walter Burridge and Shirley Pretty, who join Janet in picking up our litter and Carol Buck, who collects from our wider community while out on her bike. Our thanks also go to Frances Frost, along with Roger and Jackie Adshead who between them cover the country lanes of Thorpe Abbotts. We must not forget Amelia, who highlighted the litter problem last year and asked us all to do our bit and help to keep our community litter free. Please take up that challenge.

The UK's eight million dogs produce about 1,000 tonnes of dog mess per day and our Parish is experiencing our fair share of this anti-social problem. Most of our dog owners are responsible residents but a handful of owners may need to be reminded of the law which is clear. "It is the responsibility of the dog owner or the person in charge of the dog to clear up any dog foul left by their dog". If you see someone allowing their dog to foul and not clear it up, please contact

CLEAN UP OUR COMMUNITY-Litter Pick/ Dog Fouling

online, **South Norfolk – dog fouling** giving the owner's details and where it happened so it can be investigated.

We have a total of six ddog bins, two in Thorpe Abbotts and four in Brockdish. These are emptied on a weekly basis. The cost of supplying and emptying these bins is in excess of £500 per year and is paid for by all residents of the community irrespective of whether they are dog owners. So **please**, please clear up after your dog and dispose of it responsibly. You owe it to your fellow residents.

Christine Mackenzie Brockdish Parish Council

Do You Need Your Garden TIDYING UP?

Call Tom Bell on 01379 669293 or 07905208209
Very Reasonable Rates

DOROTHY SINFIELD UPHOLSTERY

Vine House, Church Hill, Hoxne, Eye, Suffolk IP22 5AT

THAT CHAIR OR SETTEE ANY TYPE OF UPHOLSTERY SOFT FURNISHINGS

Curtains, Blinds, Cushions etc

For personal attention, call: 01379 668545 or mobile 07702 265206

BALLROOM AND LATIN DANCE CLASSES 7



MONDAY EVENINGS HOXNE VILLAGE HALL

INTERMEDIATE CLASS 7.45-8.30pm

ADVANCED CLASS 7.00-7.45pm

NEW BEGINNERS CLASS 8.30-9.15pm

TERM STARTS SEPTEMBER 9TH 2019

BRING A PARTNER

PRIVATE LESSONS AND WEDDING DANCES BY APPOINTMENT FOR DETAILS PLEASE RING HELEN ON 01379 740339



THORPE ABBOTTS SOCIAL CLUB

Support for the Social Club is still positive. A monthly attendance averaging 50 members and visitors.

The entertainment for 2020 has now been booked and it is good to see that four new names have been added for the coming year. While the Club exists with a skeleton staff supported by long standing members, it should be pointed out that we do need committee members to share tasks for the future.

Future Dates

Saturday	3 rd August	Brian Roy
Saturday	7 th September	Tony Bryant
Saturday	5 th October	Marc James

You may recall a few years ago with the help of Bill Mounser a plaque was recovered from the site of the bus shelter at the junction with A143. It has remained in my garden and was a helpful clue in a recent treasure hunt. However, a decision has been made it should be placed near to the Village Hall sign.

Linda Halifax 668705

BILLINGFORD MILL

Teddy parachute drop Sunday August 18th 2.30pm.

Voucher for teddy travelling the furthest.

Entry Child 50p Adult £1.

Teddies with parachutes for sale from the Mill.

Mill open for tours 12.00 - 4pm, last tour 3.15pm

Refreshments from Shepherd's Hut

Details from Mill Custodians 01379 853967

A Stroll around Brockdish

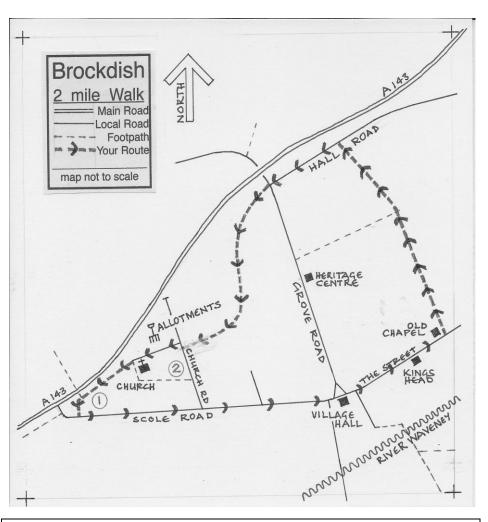
This is the first of a number of ideas for walks in the area - so I'll start gently with a short 2-mile walk. Starting from the Village Hall go eastward along The Street, past The King's Head Pub, until you reach the old (beautifully converted) chapel. Then, turn northwards up the valley side on the path by the side of the chapel. When you reach the crest of the hill, don't forget to turn around and enjoy the views over the Waveney Valley, before carrying on across the field ahead of you until reaching Hall Road. Turn left for a few hundred yards until you reach Grove Road near to where it passes under the by-pass. Ahead of you is a path, part of Angles Way, which takes you across to Church Road, then a quick right / left puts you on a track past the Church. Across the field to your right you can see the Allotments - if you fancy some digging then contact bataaa@hotmail.co.uk. On your left, past the Old Rectory, you will see the Parish Church of St. Peter & St. Paul - do pop in if you can. It has 11th Century origins and is well worth a visit.

At the Church you have a choice (1) - you can carry on directly from the end of the track and find yourself through a gate and on to a path running parallel to the A 143 by-pass. Near the end of that path you will see an access to the main road and on the other side of the road a gate, which is the beginning of another walk we'll do to Thorpe Abbotts. The path brings you to Scole Road near its junction with the A 143. Near to that junction there is also the continuation of Angles Way leading westward and that is the start of another delightful walk towards Hoxne. You can now return by road to the Village Hall.

The other choice (2) at the Church is a 'short cut' - on the opposite side of the Church Yard from where you entered there is a gate and a left turn onto the path there will take you back to Church Road. Turning south will bring you to Scole Road and a left turn will return you to the Village Hall.

There are plenty more walks to come in future editions but next time you'll need passports as we venture out on a 3-mile walk into Suffolk.

An Old Scout



Full Steam Ahead

BORED WITH IRONING AND HOUSEHOLD CHORES?

LET ME HELP
DOMESTIC CLEANING
IRONING SERVICE
COLLECTION AND DELIVERY

CALL WENDY 01379 650380

07880726783



Patient - 'Doctor, I think I'm shrinking!'

Doctor – 'Well, you'll just have to be a little patient!

Patient - 'Why are you writing on my toes?'

Doctor - 'I'm just adding a footnote!'

Q. When is an operation funny? Ans. When it leaves a patient in stitches.

Quick Quiz

- 1. A frequent visitor to bird tables, by what common name do we know the gregarious bird 'Sturnus vulgaris'?
- What type of bird is a gadwall?
- 3. In a rainbow, what colour comes between orange and green?
- 4. Which dark grey clouds are commonly called rain clouds?
- 5. What plant is also known as 'poor man's weather glass'?
- 6. A Black Forest gateau is typically a chocolate cake layered with cream and which fruit?
- 7. What common name is given to the aster which flowers around a saint's day on 29th September?
- 8. 'Red Brunswick', 'Autumn Champion' and 'Centurion' are all varieties of which vegetable?

Answers on page 28

A thought!

You know you're getting old when everything hurts and what doesn't hurt doesn't work!



Hypnotherapy and Coaching

Are you feeling *STUCK* in your life?

Are your thoughts holding you back? Want to feel in **control**? I support negative habits, phobias, fears, trauma, anxieties, depression, weight loss, stop smoking, low self- esteem, abuse, illness and much more including improving your Performance!

Plus: <u>Hypnobirthing / Fertility / Deep Relaxation sessions</u> Buy a **GIFT VOUCHER**; The PERFECT **PRESENT**!

*Contact me **NOW** for a FREE initial chat; 07798 865795 - Sessions in BROCKDISH!

www.mayawellbeing.co.uk karen@mayawellbeing.co.uk



Armed Forces Day

Armed Forces Day collection Saturday 22nd June a total of £373.40 was raised by Royal Air Forces Association and Royal British Legion.

This will help serving and ex-service personnel and their dependents.

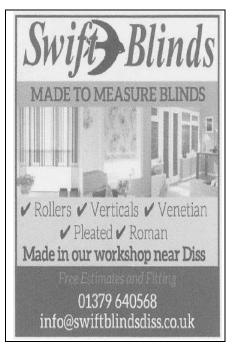
Thanks to East of England Co-op and their customers.

Harleston Family Fun Day Monday August 26th

Royal Air Forces Association are pleased to advise a flypast by Battle of Britain Memorial Flight Dakota has been arranged. Time will be advised on the day (subject to conditions and serviceability).

Please support R.A.F.A stall

RAFA Community Fund Raisers 01379 853967





Michael Bloomfield



Electrical Services

Elecsa Reg 22969

Part P compliant

All Domestic &
Commercial work
Fuse boards
Fault finding
New wiring / re-wiring
Testing & Inspection

Phone 07590 507307

01379 851964

Mr P.C. Gilbee

M.S.S.Ch, M.B.Ch.A.

Qualified Chiropodist Registered Member of the British Chiropody Association

To arrange an appointment for a home visit please telephone: 01379 740339



Carole Mole Catcher

The expert you can trust



Competitive Rates No Fuss 01508 47 19 16 07918 18 78 37 carole@norfolk-molecatcher.co.uk



- GREETING CARDS
- GIFT WRAP
- STATIONERY
- CORAL'S CARD CLUB
- 10% off your first online order (just type Mardler in the coupon box at checkout)

Local collection and delivery available

01379 853679 or 0787 655 3332

www.coral4cards.co.uk

Harleston Cinema - Stand by for Mary Poppins!

With school summer holidays in mind, Harleston Cinema Group, will be screening "Mary Poppins Returns" on Thursday 22 August – a treat for children and the young at heart as August winds down. There will be two showings of the film at the Masonic Rooms, Redenhall Road, Harleston – a matinee at 2.00pm and an evening show at 7.30pm. There will be an interval for legs to be stretched and ice creams to be enjoyed, and a bar at the evening show for wine, beer and soft drinks.

The "U" rated film stars Ben Wishaw, Emily Blunt and Dick van Dyke and tells how, nearly 30 years after her first visit to London, the enigmatic Mary Poppins soars back in to look after the Banks children in a (new) time of need. The now grown up Jane and Michael Banks are living in the same house on Cherry Tree Lane along with Michael's three children and housekeeper Ellen. However, the family are in danger of losing their home and Michael has suffered a personal loss – but the practically perfect Mary Poppins returns just in time to put some fun and wonder back into their lives. There are wonderful songs and classic 2D animation and this is a delightful reunion for everyone to enjoy, whether you grew up with the magic or will discover it for the first time.

Tickets cost £4.00 and can be booked at Harleston Information Centre in Exchange Street, telephone 01379 851917.

Doors open at 1.30pm and 7.00pm - half an hour before the afternoon and evening performances.

This is the first time Harleston Cinema Group has organised a summer holiday show and hope very much that families and older Mary Poppins fans will welcome Nanny's return in this film sequel and book it into their August diaries.

For further information call Carolyn on 01379 854752 or Lesley on 01379 854897.

WE HAVE MOVED LUIric FIND US AT POLYTRADE

Websites Designed, Built and Optimized for Google, Bing & Yahoo

ALL THE SAME SERVICES - FREE PARKING - 01379 851117

We Specialise in:

- Computer, PC, Laptop & Tablet Sales
- Computer, PC & Laptop Repairs
- Web Design
- Social Media Branding & Management
- SEO (Search Engine Optimization)
- Computer, Laptop & Tablet Accessories

NEW ADDRESS

Polytrade Office, Rushall Road Starston

> Harleston **IP20 9NE**

Call outs to your home available

LAPTOP SCREEN REPAIRS

DOES YOUR PC OR LAPTOP NEED REPAIRING?

Visit: www.ulric.net

CALL NOW

Email: sales@ulric.net



HARLESTON CARPETS AND FLOORING

Our friendly staff will guide you through the selection of your new flooring, and you can rest assured that we will manage the selection, installation/fitting of your new flooring from start to finish.

Man made and wool carpets, Luxury Vinyl Tiles, Hard Wood flooring, vinyls and cushion floor

All Domestic and Commercial flooring supplied and fitted

Bring this ad with you and receive 10% off your chosen flooring* No.6 The Thoroughfare, Harleston IP20 9AX 01379 309209 *Offer not valid with other in store offers

Turnips for Tim © Elaine Murphy

Tim Brook, who died suddenly and unexpectedly on 13th May, played a crucial role in making the first year of the Waveney Heritage Centre such a success. He was utterly fascinated by the local history treasure embedded in our community and wanted to enthuse us to connect to the wider history of East Anglia and England. And what's more he made it fun, always saw the human elements that bind us to our past and had an ear for the humorous and extraordinary. He will be terribly missed. Just before he died Tim, aided and abetted by Margaret, kept me supplied with entertaining titbits about turnips. This extraordinary vegetable enabled the English Industrial Revolution. You don't believe me? Read on...this piece is for Tim.



Hoeing Turnips, by George Clausen 1883.

Local History

So why turnips? The author of the 'Brockdish Diary', a journal written at the end of the 18th and early 19th century, now in the Norfolk Record Office, was the subject of Tim's talk in early May. The diarist was clearly very preoccupied each year with the quality and quantity of his turnip harvest. By the late 18th century, turnips were firmly embedded in a way of farming that allowed animals to be kept alive with turnip fodder over winter and also enabled a four-course rotational system of cultivation that did not require the medieval year long fallow. Turnips were added to the cropping system alongside nitrogen fixing plants like peas, beans and clover. Turnip, not specifically a food crop even if it provided a cheap source of sustenance during the winter months, provided fodder for animals, in particular, originally for sheep.

Developed in the Low Countries in the fourteenth century, this new type of crop rotation allowed farmers to double the productivity of their land, and was adopted over here quite early. Our Brockdish diarist wasn't the only Georgian 'farmer' with turnip fever.



Charles James Fox 1749-1806

Local History

Charles James Fox, the great liberal statesman of the 18th century (1749-1806), while visiting the treasures of the Louvre in Paris found his mind wandering back home to Surrey. 'Looked out the Gallery Window, and thought the sun was burning up my turnips'.

One of the earliest pieces of evidence of the cultivation of turnips for animal fodder is the inventory taken for probate purposes in 1638 of the possessions of a Mr. Pope, of Burgh Castle in Suffolk; he had mountains of turnips. By the second half of the 17th century, turnips and clover were being cultivated on a large scale on the clay lands of south Norfolk around Brockdish and Thorpe Abbotts. And the famous four-course crop rotation enabled farmers to turn more land over to arable. More sophisticated rotations improved production even further and were popular locally. Swedes ('swedish turnips') and mangold wurzel were actually rather better in clay than turnips but turnips retained their popularity and yields steadily rose. There was a turnip seedsman, Mr Lincoln, in Dickleburgh by the end of the seventeenth century.

Every farmer round here had a good few acres of turnips. The Norfolk Chronicle supplied them with instructions in how to avoid the destructive turnip fly infestation, which in 1782 for example had decimated the crop and which our Brockdish diarist complained of occasionally. Charles Townshend (1674-1738), later Lord Townshend, popularly 'Turnip Townshend', a politician and diplomat who owned the Raynham Hall estate in Norfolk, proselytised the 'Norfolk rotation' in Britain. Townshend had been a diplomat in the Dutch Republic from 1709 to 1711 and had seen how productive the farming system developed in the Low Countries could be, so he had introduced a version of it onto his estate but in fact turnips were well established round here before that. It is important to point out though that land enclosure into larger arable fields was crucial too and so was the invention of machinery to speed up drilling and sowing.



Charles, "Turnip" Townshend 1674-1738

But turnips have generally had a bad press. In Roman times, the turnip was the weapon of choice to hurl at unpopular public figures although Pliny the Elder said it was his favourite vegetable. He'd obviously never been offered chips. In the 15th century, "turnip eater" was the common term for a country bumpkin, and in Charles Dickens's novels, if you called someone a "turnip," you meant that he or she was a perfect idiot. In London, rioting protesters demonstrating against German speaking Hanoverian King George I called him "The Hanover Turnip", so well known an insult that in 1717 a man was committed to prison for wearing a turnip in his hat as the King's carriage passed through Whitechapel on his way back from the races at Newmarket.

Turnips, a Last Resort

But the fact is turnips were quite nutritious, although not so good as potatoes, available for even the poorest person to eat and have been a necessity in hard times. In the miserable Turnip Winter (*Steckrübenwinter*) of World War I, German civilians were reduced to living almost wholly on turnips, a situation which led to widespread malnutrition and even starvation. Faced with food shortages during World War II, British citizens also reluctantly turned to turnips. The crowning glory of wartime turnip cuisine was Woolton Pie, a dish invented by François Latry, master chef at London's Savoy Hotel, and named for Lord Woolton, the indefatigable and well-liked head of the Ministry of Food, referred to affectionately as Uncle Fred. Here is your recipe for Woolton Pie, perfect for vegetarians and vegans too if you leave out the cheese. Michel Roux, can you do better?

A Recipe for Brockdish and Thorpe Abbotts Woolton Pie

Dice and boil or steam enough potatoes, swede, carrots and turnips to fill a pie dish. If you have any leeks or squash add them too. Chop spring onions to taste and add. Add enough vegetable water in which the vegetables were cooked and any fresh herbs to hand. Add some rolled oats to thicken the veg water. Top with mashed potato and a sprinkling of grated cheese and put in hot oven for 30 minutes to heat through and melt the cheese. (The authentic wartime version wouldn't have herbs or cheese.)

Turnips and the Industrial Revolution

Between about 1700 and 1850 agricultural output increased by a factor of about 3.5. There was a phenomenal increase in food supplies that enabled the population to increase by about 6.5 million with minimal need for imports. Turnips as fodder, the

Local History

introduction of 4 or more crop rotations, increasing mechanisation and the land enclosures made up the agricultural revolution. In 1760 the output of each agricultural worker could feed one other person. By 1841 it could feed 2.7. This allowed some workers to leave poorly paid laboring jobs in agriculture and move to towns, to slightly better paid work manning the new mills. The industrial revolution had begun, thanks to turnips.

And thanks to Tim Brook for setting me off after turnips.

Note: There is a very readable BBC website, Agricultural Revolution in England 1500 – 1850 by Professor Mark Overton http://www.bbc.co.uk/history/british/empire_seapower/agricultur al revolution 01.shtml

nfo@markanthonyplumbingandheating.co.uk

Mark Anthony

Plumbing and Heating Services

- Gas and oil boiler servicing
- Heating repairs
- Boiler installations
- Full heating Systems
- Bathroom installations
- Powerflushing
- General plumbing



M: 07771 294686 T: 01986 800250

Plots available at Brockdish and Thorpe Abbotts Allotments – start growing now!

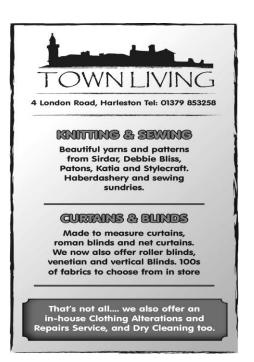
Brockdish and Thorpe Abbotts Allotments Association (BATAAA) is run by a small committee of volunteers for members of the local community. The allotments are situated at the end of Church Road in Brockdish, just before the bypass. We have full (250m²) and half (125m²) plots available and there is water on site.

To find out more about the allotments, to look round the site or to check plot availability please e-mail Rebecca Abrahall, BATAAA Secretary, at bataaa@hotmail.co.uk or contact David Young, Treasurer, on 01379 668556.



Answers to quiz from page 16

- 1. Starling 2. Duck 3. Yellow 4. Nimbus 5. Scarlet pimpernel
- 6. Cherries 7. Michaelmas daisy 8. Onion





Feeling Stressed?

Sole revival offers many stress reducing treatments:

AROMATHERAPY MASSAGE REFLEXOLOGY INDIAN HEAD MASSAGE FACIALS

Gift Vouchers available

Call for a free consultation

www.sole-revival.co.uk 01379 741871

> Christy@wearne.plus.com The Street, Rushall, Diss.

Household blinds Interior shutters Conservatory blinds

Call Alastair or Amanda for more information: Rectory Cottage, Church Rd, Brockdish.

01379 669209 www.villagegreenblinds.co.uk





Blinds & Shutters





THE OLDE COACH COTTAGE, PUMP COTTAGE, THE OLDE LAUNDRY AND THE HAYLOFT.

SELF CATERING HOLIDAY ACCOMMODATION ON THE NORFOLK/SUFFOLK BORDER



17TH CENTURY COTTAGES WITH 2 ACRE GARDENS LEADING TO THE BANKS OF THE RIVER WAVENEY.

JACKIE AND JOHN SPOONER
THE OLDE COACH HOUSE, THE STREET,
BROCKDISH, DISS, NORFOLK. IP21 4JY
TEL 01 379 66 8146
EMAIL JACKIESPOONER@BTINTERNET.COM
WEBSITE WWW.OLDECOACHHOUSE.COM

Syleham and Wingfield Village Hall Events

Sunday 11th August - Syleham and Wingfield Village Hall Open Summer Afternoon from 2pm until 6pm. Relax and join us for a drink, television, juke box, pool or darts.

Saturday 17th August - Bring and Share picnic on J's Meadow. This free event will be the first on J's Meadow - opposite the hall. Come along with a picnic, with a chair or a rug, with family and friends. Traditional games and mini competitions,

Sunday 25th August - Syleham and Wingfield Village Hall is open for Summer Afternoon from 2pm until 6pm. Relax and join us for a drink, television, juke box, pool or darts.

Friday 30th August - Bingo supporting PINK LADIES/Cancer Research UK, (Breast Cancer appeal Charity no 1089464). 8pm. Raffle, bar open.

9th 'til 13th September - Scrap metal collection skip on the Village Hall car park Please contact Donna on 0379 668371 if you need further details or have heavy, bulky items that need to be collected from your door.

Saturday 21st September - Come along for Coffee from 10.30am 'til 12.30pm.

Friday 27th September - Bingo in aid of Fressingfield Thursday Toddlers 8pm. Raffle, bar open.

Syleham and Wingfield Village Hall have purchased a piece of land for community use. This piece of land has been named J's meadow and is located behind Chaucer cottages opposite the Village Hall. The area is open at all times to pedestrians, park at the Village Hall car park if travelling by car. Walk down the signed footpath opposite the Village Hall and you'll find it on your left.

Syleham and Wingfield Village Hall Events

This area will be developed over this year, and years to come. We have already built a bug hotel, have some stepping stone logs, and have a fence and hedge around the border. We are aiming to have some seating, a sensory garden and eventually an all-weather accessible pathway, trees, and a playground. Initially the playing area will have logs, with an area to make dens. There will be a central open area where 5-a-side football can be played or community events can be held. The first event is on Saturday 17th August, from 3.30, which is a bring and share picnic - bring your picnic, a rug, chairs, and join us.

Look out for information on a Grand Opening event!



Summer Fête on Saturday 31st August

Syleham's traditional afternoon fete is back by popular demand, to be held in the garden of the Manor House by very kind invitation of Major Napier. We start at 2pm and there will be a BBQ, licensed bar and cream teas. Varied stalls include plants, jewellery and cakes and there will be family activities and games. Proceeds to St Margaret's Church. Ample parking but please do not bring your dogs.

HOME FRONT WARTIME MEMORIES

The first thing that comes to mind were the extended Summer Holidays due to the outbreak of war in September 1939 with the loss of teachers by call up for military service. Later during the Battle of Britain, we lost a lot of tuition having to spend much time in air raid shelters.

I well remember the first time that sirens went off at night causing "cobble wobbles" in the tummy when we feared the full onslaught of the Luftwaffe. Somehow it always seemed scarier at night than during the day. By the end of hostilities, we had experienced 1168 alerts.

Private motoring had long been forgotten with traffic restricted to military vehicles and public transport. Night driving was by narrow slit lighting being dangerous to pedestrians and drivers alike. Buses had subdued blue internal lighting and I recall stream engines having a protective covering over the driver cab to minimise the glare form the firebox.

Living 30 miles north east of London there was plenty of RAF activity during the Battle of Britain. One typical event took place during Sunday evening. Following an air raid warning, a considerable time elapsed, leaving us to think it was a false alarm when the sky in the east filled with enemy bombers. Suddenly, two Hurricanes flew into the bombers causing them to break formation. Much to our dismay one of our fighters went down during the ensuing fight.

On another occasion I can recall ducking for cover as spent cartridges cane whizzing down from a dogfight high above. Our defending fighters were in a large circle and the rattle of machine gun fire could be heard from thousands of feet above. In all probability it was on of the Douglas Baders big wings which we knew nothing about at the time.

One day I was walking home from school when I saw a twin-engine single fin aircraft circling the town which I initially thought was a JU88. Strange- no air raid warning- then I spotted RAF markings. Guess what? A Mosquito still on the secret list!

Sometimes we would cycle out to a crash site of an aircraft with a view to collecting souvenirs. To this day I can see the tail plane of a Spitfire sticking out of the. roof of a house close to where I later worked.

.

HOME FRONT WARTIME MEMORIES

During the early part of the Summer 1940 a HE.111 was shot down nearby at night which became a school boys dream for souvenirs This was shortly followed by a school visit by the police demanding return of our prized souvenirs. Little did we know about German radio beams and their airborne navigational equipment. It later came to light that the aircraft was the first to be shot down at night without radar by" Sailor Malan".

One Sunday morning we were awakened by the sound of low flying aircraft and the rattle of machine guns. It was a sneak raider without any air raid warning. We flew out of bed and were half way down the stairs when a stick of bombs went off. They struck a nearby works but due to their low level of release some bounced and hit nearby houses causing civilian casualties. For some unknown reason we had a lot of single intruder aircraft leaving their visitor cards during this period.

Looking back, we were very lucky having only two heavy night raids whilst living in an industrial area. The noise and smell will last in memory for ever. On these nights I took cover in our indoor steel table Morrison shelter. One of these raids was a fire raid mixed with HE's whilst the other was predominantly HE's. and parachute mines. For some strange reason these were always called "Land Mines". When it was all over, we were confronted with an empty container from one of these things hanging from one of our apple trees in the garden. This device had completely demolished the end of the street in which I lived. All the front of a terraced row of houses had been sucked out leaving a gas light mantle untouched. Such are the strange effects of blast.

During the latter war years, we had to live with the ever presence of flying bombs and rockets. Our first experience of the former took place following an air raid warning at about 10pm without any hostile activity until the next morning at 6am. A damn great bang announced the arrival of the our first "doodle bug". Rumours started to circulate as to what it was and a it was a few days later before the news was officially released. This was the first of many, one which I will never forget. Our house stood between two tall buildings, one being a flour mill and the other a malting. One night one of these flew over our roof top just missing both of them. At this low level the sky lit up and the noise was ear shattering. Amazingly it went on for several miles before exploding.

HOME FRONT WARTIME MEMORIES

Subsequent post war records show that we had 28 flying bombs and 35 rockets in our area alone.

One final point of possible interest centres around a captured German model of the area in which I lived. The detail was remarkable. Our house was shown with its garden and fruit trees together with adjacent railway station and factory building. Nothing was missed. Makes you think doesn't it

THE MARDLER GARDENER AKA PANSY'S POTTERINGS

"When the world wearies and society fails to satisfy, there is always the garden".

Minnie Aumonier

Remove the lower level leaves from your tomato plant to help reduce its risk of disease and keep it going for longer. By removing the lower level leaves from the plant, the remaining leaves have more space and access to sunlight so, are more likely to stay drier and free from disease.

Prune your perennial herbs. Oregano and thyme are perennial herbs which mean they grow back each year without needing to be replanted. To promote their growth each year, trim them in August before the winter to ensure they withstand the frost. As with many blooms, it's important to cut back lavender after its flowering period to promote new growth. Make sure you do so lightly to help maintain the plant's well-rounded shape.

Use this month to plant your hardy vegetables such as broccoli, cabbage and Brussel sprouts, so they are ready to be harvested throughout the winter months.

Prune any fruit trees that are trained.

You should also cut raspberry canes that have fruited back to the ground, and prune blackcurrants back by one third.

Hedges can be given a final trim now before they stop growing. By the end of this month, garden birds should have left their breeding nests so you can start to prune your yew hedging and clip any topiary.

MOBILE LIBRARY

Visits Brockdish and Thorpe Abbotts every four weeks on a Thursday calling at:

Brockdish - 12.05 pm Waveney Heights Brockdish - 12.20 pm on Grove Road

Thorpe Abbotts - 12.35 pm Telephone Box/Post Box

Next scheduled visits

Thursday 15th August Thursday 12th September



SATURDAY 21st September 7:30 for 8:00pm Admission £4 BROCKDISH VILLAGE HALL Bring your own drink Jan 668630





Harleston & District Dementia Friendly Community August 2019



Harleston & District Forget-Me-Not Café

The Forget-me-Not Café is open on the 3rd Thursday of every month at the Swift Piano Bar at the Swan Hotel, Harleston, 2pm – 4pm with our next session on Thursday 15th August 2019

By popular demand Darrin will be back to entertain us.

This month our Café is kindly sponsored by:

Harleston U3A

Our Sponsors are always welcome to come along to the Café and join us for Tea We provide support and companionship to those in the Community who are experiencing issues with their memory. Please be assured of a very warm, friendly welcome to everyone. Free Tea and Cakes to all those that attend.

SINGING GROUP

This is held every first Thursday of the month at The Swan, Harleston. The next one will be on Thursday 1st August at 2pm in the Swift Piano Bar at 2 pm. Refreshments will be served.

Come along and enjoy an sing-a-long, or just listen with Denise.

<u>DEMENTIA FRIENDLY COMMUNITY – All Businesses and</u> Organisations

We are still working with the Alzheimer's Society to make Harleston and the surrounding villages all Dementia Friendly.

One of our challenges is to break down the stigma of Dementia by increasing awareness, knowledge and understanding.

We are holding Free Business Training on 21st October at The Swan, Harleston at 6.30pm. These sessions will help you and your staff to learn simple techniques to ensure you treat those living with Dementia with compassion and respect. It will also help your businesses comply with the Equalities Act 2010.

DEMENTIA FRIENDLY COMMUNITY VOLUNTARY SECRETARY

With the extra activities we are holding and planning for the future we need a Secretary for our group. If you think you could help us, have a chat with Pat.

For further information on any of the above please contact Pat on 01379 676557 or email Patricia.simmonds@mail.com





Qualified Foot Health Professional (MCFHP, MAFHP) offering home visits in the Waveney Valley area

Dr. Gaye White 07941 212035 gayewhite39@gmail.com www.foot-health-for-all.co.uk

Brockdish Church

The Pet service at Brockdish Church on July 7th went off without an accident. It was attended by 11 dogs, 16 adults and 4 children, all well behaved. It was an enjoyable service and thanks to Tim and Sue for officiating.

Jan Croxson - Church Warden

Apple and Blackberry Cobbler



Ingredients

1kg (2lb 3oz) cooking apples, peeled, cored and dice into 2cm pieces

200g (7oz) blackberries

100g (4oz) demerara sugar, icing sugar for dusting.

For the cobbler

150g (5oz) self raising flour.

50g (2oz) cold butter cubed, plus extra for greasing.

50g (2oz) caster sugar

1 egg beaten

4 tbsp. milk.

Apple and Blackberry Cobbler

- 1 Grease with butter a 20cm (8in) round ovenproof dish. Preheat the oven to 200c/180c fan/ gas mark 6.
- 2 Place the apples, blackberries and demerara sugar in the prepared dish and mix together.
- For the cobbler, measure the flour and butter into a food processor and whizz until the mixture is like breadcrumbs (or place in a mixing bowl and rub the butter into the flour with your fingertips). Add the caster sugar, egg and milk and mix again until combined. It should be like a wet scone mix.
- 4 Spoon blobs of the cobbler mixture over the fruit in the dish, then bake in the oven for 30 35 minutes or until golden brown on top and the fruit is soft and bubbling.
- 5 Dust with icing sugar and serve warm with cream.

Brow Beauty by Laura

I am a fully qualified High Definition Brows Stylist. This treatment uses a number of techniques to get the perfect brow shape you desire which includes waxing, tinting, threading etc. After having recently relocated to a different salon, I am offering your first appointment with me for a special offer of just £15!

Bungay Road, Scole IP21 4DT Call 07761931761

Wildflowers in the Churchyard



A small portion of the Churchyard has been managed for wildflowers for some time however in 2004 it was decided to expand the area involved since it was clear that in spite of an infrequent mowing regime in place there was a very diverse wild flower population. I am told that there is also a rare grass species up there too, but my knowledge of grass is limited to what I attack with the lawnmower at home.

At the moment we have a thriving population of Pyramidal orchids with a record 40 plants this year not, only more plants, but they appear to be spreading round. Another plant which has done well and expanding is the Hare Bell, called the bluebell of Scotland (although a different species to the bluebell more famous south of the border). It is also known as the "cuckoo's shoe", "witch bells" or "old man's bell" - the 'old man' being the devil himself. Dreaming about harebells is said to symbolise true love. In County Antrim it is a fairy plant, the goblin's (or Puck's) thimble. Pick it at your peril.

Thorpe Abbotts Church

As the season progresses so various species come into flower, the very first is always the Turkish Snowdrop which makes its appearance early in January followed by its more native counterparts together with the bright yellow Aconites and then of course in May we have a good population of Meadow Saxifrage. This is a declining species nationally with its stronghold in eastern England. Various players come and go some quite obvious and others not quite so, never the less from January onwards there is always something different to see. Without doubt the best time is June through into July indeed as I write there are about 40 different flower species in bloom.

Along with a lovely variety of plans the area is alive with bug life as you walk through the grass you will put up a huge variety of grass hoppers and pollinators such as bumble bees and of course butterflies. One of the items on my "to do" list is a survey of the insect population at around about this time of year. When I get it done, I have no doubt that the population I discover will be as varied as the vegetation.

The area around the Church is a survivor of the pre-intensive farming era which has seen the disappearance of 85% of our natural unimproved pasture with their plant and general wildlife abundance. There are a good number of wildflower meadows about, indeed it is very easy to purchase specific wildflower seed mixes, what we have in the churchyard is the real thing, a basic population with species which appear and disappear year on year. There is always something new to see at your very own wildflower and wildlife "Ecozone" feel free to wander or get in touch and I will give you a tour.

Simon

Harleston – Norwich Bus Time Table – 38A Monday to Friday (except public holidays)

Harleston, adj Broad Street	07:15	09:50	12:00	14:35	17:25
Starston, opp The Old School	07:22	09:57	12:07	14:42	17:32
Pulham St Mary, adj The Street	07:25	10:01	12:11	14:46	17:36
Pulham Market, opp The Falcon	07:28	10:04	12:14	14:49	17:39
Colegate End, opp Island Cottage	07:31	10:07	12:17	14:52	17:42
Long Stratton, opp The Street	07:46	10:19	12:29	15:09	17:54
Newton Flotman, adj Theatre School	07:53	10:26	12:36	15:16	18:01
S Tuckswood, opp Tesco	08:04	10:34	12:44	15:24	18:09
Tuckswood, adj Fountains Road	08:07	10:37	12:47	15:27	18:12
Norwich, opp Latimer Road	08:10	10:40	12:50	15:30	18:15
Norwich St Stephens Street (Stop BD)	08:20	10:50	13:00	15:40	18:25
Norwich Castle Meadow (Stop	08:25			15:50	
CE)					
CE) Saturday					
Saturday	07:0	5 09:5	0 12:0	0 14:35	17:25
Saturday Harleston, adj Broad Street					
Saturday Harleston, adj Broad Street Starston, opp The Old School	07:1	2 09:5	7 12:0	7 14:42	17:32
Saturday Harleston, adj Broad Street Starston, opp The Old School Pulham St Mary, adj The Street	07:1: 07:1	2 09:5 6 10:0	7 12:0 1 12:1	7 14:42 1 14:46	17:32 17:36
Saturday Harleston, adj Broad Street Starston, opp The Old School Pulham St Mary, adj The Street Pulham Market, opp The Falcon	07:1: 07:1: 07:1:	2 09:5 6 10:0 9 10:0	7 12:0 1 12:1 4 12:1	7 14:42 1 14:46 4 14:49	17:32 17:36 17:39
Saturday Harleston, adj Broad Street Starston, opp The Old School Pulham St Mary, adj The Street Pulham Market, opp The Falcon Colegate End, opp Island Cottage	07:1: 07:1: 07:1: 07:2:	2 09:5 6 10:0 9 10:0 2 10:0	7 12:0 1 12:1 4 12:1 7 12:1	7 14:42 1 14:46 4 14:49 7 14:52	17:32 17:36 17:39 17:42
Saturday Harleston, adj Broad Street Starston, opp The Old School Pulham St Mary, adj The Street Pulham Market, opp The Falcon Colegate End, opp Island Cottage Long Stratton, opp The Street	07:1: 07:1: 07:1:	2 09:5 6 10:0 9 10:0 2 10:0	7 12:0 1 12:1 4 12:1 7 12:1	7 14:42 1 14:46 4 14:49 7 14:52	17:32 17:36 17:39 17:42
Saturday Harleston, adj Broad Street Starston, opp The Old School Pulham St Mary, adj The Street Pulham Market, opp The Falcon Colegate End, opp Island Cottage	07:1: 07:1: 07:1: 07:2:	2 09:5 6 10:0 9 10:0 2 10:0 4 10:1 1 10:2	7 12:0 1 12:1 14 12:1 17 12:1 9 12:2 16 12:3	7 14:42 1 14:46 4 14:49 7 14:52 9 15:04	17:32 17:36 17:39 17:42
Saturday Harleston, adj Broad Street Starston, opp The Old School Pulham St Mary, adj The Street Pulham Market, opp The Falcon Colegate End, opp Island Cottage Long Stratton, opp The Street Newton Flotman, adj Theatre School S Tuckswood, opp Tesco	07:1: 07:1: 07:1: 07:2: 07:3: 07:4:	2 09:5 6 10:0 9 10:0 2 10:0 4 10:1 1 10:2 9 10:3	7 12:0 11 12:1 14 12:1 7 12:1 9 12:2 16 12:3	7 14:42 1 14:46 4 14:49 7 14:52 9 15:04 6 15:11 4 15:19	17:32 17:36 17:39 17:42 17:54 18:01
Saturday Harleston, adj Broad Street Starston, opp The Old School Pulham St Mary, adj The Street Pulham Market, opp The Falcon Colegate End, opp Island Cottage Long Stratton, opp The Street Newton Flotman, adj Theatre School S Tuckswood, opp Tesco Tuckswood, adj Fountains Road	07:1: 07:1: 07:1: 07:2: 07:3: 07:4: 07:4:	2 09:5 6 10:0 9 10:0 2 10:0 4 10:1 1 10:2 9 10:3 2 10:3	7 12:0 1 12:1 4 12:1 7 12:1 9 12:2 6 12:3 4 12:4 7 12:4	7 14:42 1 14:46 4 14:49 7 14:52 9 15:04 6 15:11 4 15:19 7 15:22	17:32 17:36 17:39 17:42 17:54 18:01 18:09 18:12
Saturday Harleston, adj Broad Street Starston, opp The Old School Pulham St Mary, adj The Street Pulham Market, opp The Falcon Colegate End, opp Island Cottage Long Stratton, opp The Street Newton Flotman, adj Theatre School S Tuckswood, opp Tesco	07:1: 07:1: 07:1: 07:2: 07:3: 07:4:	2 09:5 6 10:0 9 10:0 2 10:0 4 10:1 1 10:2 9 10:3 2 10:3	7 12:0 1 12:1 4 12:1 7 12:1 9 12:2 6 12:3 4 12:4 7 12:4	7 14:42 1 14:46 4 14:49 7 14:52 9 15:04 6 15:11 4 15:19 7 15:22	17:32 17:36 17:39 17:42 17:54 18:01 18:09 18:12
Saturday Harleston, adj Broad Street Starston, opp The Old School Pulham St Mary, adj The Street Pulham Market, opp The Falcon Colegate End, opp Island Cottage Long Stratton, opp The Street Newton Flotman, adj Theatre School S Tuckswood, opp Tesco Tuckswood, adj Fountains Road	07:1: 07:1: 07:1: 07:2: 07:3: 07:4: 07:4:	2 09:5 6 10:0 9 10:0 2 10:0 4 10:1 1 10:2 9 10:3 5 10:4	7 12:0 11 12:1 14 12:1 17 12:1 19 12:2 16 12:3 14 12:4 17 12:4 10 12:5	7 14:42 1 14:46 4 14:49 7 14:52 9 15:04 6 15:11 4 15:19 7 15:22 0 15:25	17:32 17:36 17:39 17:42 17:54 18:01 18:09 18:12 18:15

Church Service Times

Minister in Charge http://www.7churches.org.uk Benefice Administrator admin@7churches.org.uk Brockdish Church Wardens Thorpe Abbotts Contact		Revd Tim Rogers curate@7churches.org.uk Lucy Cooke: Monday to Friday 01379 851148 - 9am to1pm. Facebook.com/7churches.org.uk Ann Cork - 01379 668635 Jan Croxson - 01379 668630 Christine McDonald 01379 669116		
4 th Aug	Brockdish	9.30am	Morning Prayer	
11 th Aug	Brockdish	9.30am	Morning Prayer	
11 th Aug	Thorpe	9.30am	Holy Communion	
	Abbotts			
18 th Aug	Brockdish	9.30am	Holy Communion	
25 th Aug	Brockdish	9.30am	Morning Prayer	
4 St 🔾	5			
1 st Sept	Brockdish	9.30am	Morning Prayer	
8 th Sept	Brockdish	9.30am	Morning Prayer	
	Thorpe	9.30am	Morning Prayer	
15 th Sept	Abbotts Brockdish	9.30am	Holy Communion	
-	Brockdish	9.30am	•	
29 th Sept	Brockdish	9.30am	• •	
22 rd Sept	Brockdish	9.30am	Holy Communion Morning Prayer Morning Prayer	

Quiz & Light Supper - Saturday 21st Sept (Bring your own drink), 7.30pm for 8pm start at Brockdish Village Hall – £4pp, Book with Jan 01379 668630.



Exercise classes for long term neurological conditions such as MS, Parkinsons and Stroke

Tuesdays 1-2pm Needham Village Hall Needham IP20 9LB

Contact Rachel Baynes Chartered Physiotherapist

Certified Pilates Instructor

rjbneurophysio@gmail.com

Tel:07932697129

