



# New Buckenham



## Parish News



NEW BUCKENHAM PLAYERS  
present

# Cinderella

*By Julie Bolton*

December 1st - 3rd 8pm  
Matinée December 3rd 2pm  
New Buckenham Village Hall

Tickets from King Stores  
Box Office 01953 860320/714893  
£10 / £9 Conc / £5 Under 16 Matinee  
Follow us on Facebook



December 2022 & January 2023



TEL - 01953 860008

EMAIL - STACEY@ANGELCAKESTEARM.CO.UK

# ANGEL CAKES TEAROOM

NEW BUCKENHAM  
NR16 2AF

FACEBOOK:  
[WWW.FACEBOOK.COM/ANGELCAKESBYSTACEY/](http://WWW.FACEBOOK.COM/ANGELCAKESBYSTACEY/)



We are a family run Tearooms/Cafe specializing in great homemade cooked food, refreshments, home comforts, customer service & most importantly CAKE!!!

Pop in for a cup of coffee & cake or a spot of lunch in a relaxed environment. Stay as long as you like & chat with friends and consider us your home away from home.

Table service is provided so no need to wait around, just take a seat, you may lounge on the ground floor by the fireplace or sit upstairs by the large windows overlooking the beautiful village of New Buckenham.

## SERVICES

- Bespoke Celebration Cakes (Birthdays, Weddings, Christenings etc)
- Afternoon Tea (Booking only)
- Private functions (Birthdays, Christenings, Funerals, Meetings etc) (Capacity 25 upstairs, 12 downstairs)
- Outside Catering (Functions, Corporate, Afternoon Tea etc)
- Wedding Afternoon Tea Catering (All China Supplied)
- Cake Decorating Classes.

For all inquires please speak to a member of our staff in store or by telephone or you can drop us a message through our Facebook page.



# **New Buckenham Parish News**

## **December 2022 & January 2023**

### **Merry Christmas and Happy New Year**

We would like to wish all villagers and readers a very Merry Christmas and a happy and prosperous New Year.

Please note that this edition of Parish News covers December and January. Deadlines for the February issue can be found on page 17.

*Parish News Committee*

### **Poppy Appeal**

The collection tins at Kings Stores and Mill House Garage for this year's poppy appeal have raised £343.51. Many thanks to all of you for your generosity!

*Christine Wilby*

### **Thank You**

We are very grateful to the sponsor of this month's issue. If you would be interested in sponsoring an issue of *Parish News* or advertising in the magazine, please contact Mary Dowson on 01953 860320 or email [mdowson@btinternet.com](mailto:mdowson@btinternet.com).

*Parish News Committee*

## Hair of the Dog Walk

Once again, the essential first event of the village's New Year will take place on 1st January. We think this will be the 26th walk. A cheerful crowd of walkers, their children, dogs and house guests gather at the Market Cross at 11am.

After a glass of 'the hair of the dog' and New Year greetings we then go on one of two guided walks. One will be around the castle and common, the other will explore the footpaths south of the village. We will walk come rain or shine, so please dress appropriately.

We hope to see you at this traditional event and especially welcome newcomers to the village.

*Charles Oxley*

*New Buckenham Society*

**NEW BUCKENHAM SOCIETY**

**26th  
Hair of the Dog  
Walk**



**Meet us at the Market Cross  
on New Year's Day at 11 am.**

**Guided walks, rain or shine  
Children and dogs welcome**

# Calling All Villagers!

We have exciting news. We are hoping to create a garden for the children in the village next to the Village Hall. We hope we can involve them in planting and looking after the wildlife. There are lots of other exciting things planned too – if we can get funding! Our application is in, so fingers crossed they say yes!

To start this new venture, we need to prepare the ground. We are looking for volunteers to come and help on Saturday 10th December at 10am. Meet us by the Rowan tree at the Village Hall, just to the left of the road as you drive in. Please bring wheelbarrows, spades, gloves and forks! All welcome, including children. We will supply refreshments.

We really hope you can make it. This garden will make a huge difference not only to the children, but to everyone in this village. It will be beautiful and something we can all be proud of.

*Mandy Hartley*

*New Buckenham CAN*

# Strike up the Band!

New Buckenham Silver Band played its first ever performance at Queen Victoria's Golden Jubilee celebrations on 21st June 1887. In June 2022 the band was proudly able to perform at the Late Queen Elizabeth II's Platinum Jubilee celebrations held at Bunwell Church. This is an astonishing 135-year span that has seen the band perform extensively at local fetes, shows, church events and provide music to the community on many other occasions.

Like many other organisations the band struggled through the months of enforced separation and lockdown due to the COVID pandemic. With the easing of restrictions and a return to something more like normality, we are delighted to be "back in business" and to be back rehearsing under the baton of a new Musical Director with ambitions to develop and grow the band and its presence in the area.

Key to our plans is growing the band membership, so we are actively on the look out for anyone who would like to join an ambitious – but extremely friendly – brass band with an excellent supply of instruments available, an extensive music library and an outstanding Musical Director.

We will be busy in the area during December with the following performances:

- Wynterfest in Wymondham on 4th December
- Wymondham Abbey on 11th December
- Morrisons Wymondham store on 17th December
- Christmas carols in the pub at The Fox and Hounds (Great Moulton) on 23rd December

Also, if you are in the area, we are holding an open rehearsal on 1st December in New Buckenham Church, 8pm start!

If the idea of joining us to make great music available to our community appeals, please give me a call.

*Barry Rose*

*Chair – New Buckenham Silver Band*

*07928 096 932*

## **Carols on the Green**

There will be a lantern procession from St Martin's Church on Tuesday 20th December at 5:45pm to the Market Cross for carols around the Christmas tree.

Mulled wine, sausage rolls and mince pies, music, laughter and togetherness.

Santa will be visiting us, come and enjoy our wonderful Christmas tradition in New Buckenham.

With thanks to John at the Banham Butchers for his kind donations.

*Fiona Gallimore*

*07981 107703*

# News from the Pews: Review of the Year

**FROM THE CHURCHWARDEN:** A huge thank you to the merry band of volunteers who gave up their time to clear the nettles and debris from the end of the Rose Garden, cut back the ivy which was threatening the flint walls and banish the saplings that were doing the same. The nettle area had become something of an eyesore, because not only were they as high as an elephant's eye, but it had been used to dump all manner of pipes, bricks and other debris over the years. A particularly big thank you to Andrew Bingham who organised the clearing party. Their only payment for all the hard work was a bacon roll, coffee and biscuits! We are immensely grateful to you all. We will now be looking where best to build a purpose-built compost bin for grass cuttings, etc. from the churchyard.

As we come to the end of another year, it's the time to also thank everyone who keeps the Church looking in good order, so here is our roll of honour: Margaret Ward, ably assisted by Barbara Cattermole, does the wonderful fresh flower arrangements every week. This year George Burrows, our organist, kindly donated no end of dahlias from his garden. Keeping the Church clean is a little like painting the Forth Bridge! Fi Gallimore and Jimpy battle the spiders' webs, bat poo and dust each week. (If you could spare an hour on a Friday to help the fight, they'd love to hear from you!) To our "Flag Master", Nigel Lond-Caulk, who takes down and hoists all the flags, we salute you. You will have noticed that the rickety steps and handrail to the cremation memorials have been replaced, thanks to the Parish Council and Don Crossman's skills. And lastly, but by no means least and because she can't thank herself, Susie in her role as Verger and who, with Kathie Steel, keeps the book stall in order.

Thank you, too, to Village & Vestry, who had organised fundraising



activities, only to be thwarted by events beyond their control.

Our final thanks go to the Fundraisers and Tony Lister, for their donations as a result of all their hard work organising major village events and recycling collections. The funds they donate to us are invaluable.

Thank you all for helping to keep this important village building going.

**BOOKS:** We are very grateful to all who have donated and bought books, but please, no more non-fiction (history, travel, food, biography, dictionaries, reference....). We have just had to dispose of a huge pile of these that we just can't sell. Fiction only please – that basically means novels. Thank you!

**EXTRA COFFEEMATES!:** Saturday 3rd December, 10:30am in the Church, with all the usual goodies, and cards from Flamingo Paperie. We are raising funds for Norwich Open Christmas which provides food and company for the homeless or lonely on Christmas Day.

**CHRISTMAS SERVICES:** Our candlelit Nine Readings and Carols is at 6:30pm on Sunday 11th December, with the choir, readers from village organisations, and decorations and refreshments by V&V.

Christmas Eve Communion is at 9:30pm Saturday 24th December, with our new priest, Rev Sarah Walsh, and Christmas Day sees the well-loved crib service at 11am, short, sweet and lot of fun!

We wish you all a beautiful, blessed Christmas and a happy, healthy new year.

*Susan Hilton-Jowett (AWA) 860929*

*Louise Casson (Churchwarden) 860191*

# New Buckenham Parish Council

## Updates from our last meeting

The meeting was attended by a group led by Sue Felton, who have joined together to look at speeding in the village. If you would like further information about the group, please contact Sue (susan\_felton@ hotmail.co.uk / 01953 861398), who will be delighted to hear from you. The Parish Council also continues to look at this problem and has submitted initial plans to Norfolk Highways for a gateway as you enter the village from Norwich. This will give the impression that the road is narrowing, even though it isn't, and will hopefully encourage drivers to proceed with caution as they approach the village.

Concerns were again expressed about dogs being allowed to run free playing with toys and chasing balls in the cemetery, particularly when there are many other places to exercise dogs in and around the village. The Parish Council would prefer it if there were no dogs in the cemetery but, if you do have to take them in, please keep them on a lead and show suitable respect for the area. Thank you. As always, I would like to say that the majority of dog owners in the village are extremely responsible, and we are only addressing one or two people.

The Parish Council is currently tendering for our ground maintenance contract for 2023/24. The schedule of works to be completed is available on our website ([www.newbuckenhampc.info](http://www.newbuckenhampc.info)) under the Meetings Section - Agenda for 8th November. For any further information, please contact myself or our clerk, Angela Thornton, to whom the completed schedule of works should be returned. (Contact details on page 18 in this edition of Parish News)

## **Date of next meeting**

Our next meeting will be held on Tuesday 13th December at 7:30pm in the Large Meeting Room at the Village Hall. A warm welcome is extended to all parishioners. After the business of the meeting is concluded, there will be an opportunity to join us for seasonal drinks and nibbles.

If you are unable to join us on 13th December, may I, on behalf of the Parish Council, wish everyone a Merry Christmas and a Happy and Healthy New Year.

## **Dates for 2023**

All meetings are held on the second Tuesday of the month at 7:30pm in the Village Hall:

- 10th January
- 14th February
- 14th March
- 11th April
- 9th May
- 13th June
- 11th July
- 12th September
- 10th October
- 14th November
- 12th December

The Parish Council does not meet in August.

*Karen Hobley - Chair*

*01953 860529 / karenhobley@hotmail.com*

## **Christmas Wishes**

Christmas greetings to friends and neighbours.

*Gill Goodwin and Tony Cardy*

## **Winter Warmer Café**

Starting Wednesday 4th January 2023, 1:00pm until 3:00pm, you will find a warm welcome at the weekly winter warmer café at New Buckenham Village Hall.

*Juliet Fulford*

## **Good Companions**

The meeting held on Thursday 17th November was attended by 22 members. We were entertained by Simon from Peter Beales' Roses with a demonstration on festive wreaths. Tea was served by the committee.

The next meeting will be held on Wednesday 7th December at 12 noon in the Village Hall. This will be the last meeting of the year and our Christmas lunch.

*Christine Wilby*

# All Things Conservation

Firstly, I would like to thank all the volunteers who turned up on Saturday 12th to work on the churchyard. Great progress was made clearing the corner of rubbish and weeds and filling the skip. And sterling work by the gang clearing brambles and vegetation along the south wall. Not to be forgotten a big thanks to the team providing refreshments (including excellent bacon rolls). This was a start, we need another working party in the spring so all of those of you unable to make it on Saturday you are welcome to join us at the next event. Watch this space for dates.

At the last November Parish Council, I proposed that the village should consider setting up a community woodland. This would be a wonderful opportunity and exciting project to make a real difference, to do our bit towards reducing to climate change, provide a wildlife habitat, and an enjoyable recreation asset for the village. The Parish Council would like to set up a small working group to look at potential sites, funding opportunities, and management. Please contact me if you would like to be on the working group.

*Andrew Bingham (Parish Councillor + Vice Chair)*

*andrew.bingham100@gmail.com*

*07702 119318*

## St Martin's Church Services – December 2022

Sun 4th	10am	Group Service at Old Buckenham	Advent 2
Sun 11th	6:30pm	Nine Readings and Carols with refreshments to follow	Advent 3
Sun 18th	11am	Holy Communion	Advent 4
Sat 24th	9:30pm	Christmas Eve Communion	Christmas Eve
Sun 25th	11am	Family Service round the Crib	Christmas Day

## St Martin's Church Services – January 2023

Sun 1st	10am	Group Service at Wilby	Naming and Circumcision of Christ
Sun 8th	4:30pm	Sung Evensong	Epiphany Baptism of Christ
Sun 15th	11am	Holy Communion	2nd Sunday of Epiphany
Sun 22th	11am	Morning Worship	3rd Sunday of Epiphany
Sun 29th	10am	Group Service at Banham	Presentation of Christ in the Temple (Candlemas) or 4th Sunday of Epiphany

## 200 Club Lucky Winners

Thank you for your continued support of the Village Hall. Here are the lucky winners for the latest draw.

£20	Carolyn Hupton, Judy Harrison, Karen Bird, Sarah Rhoden
£10	Brian Grindley, Mike and Sue Adams, Gene Womack, Emma Bailey, Meryl Anderson



**ADNAM'S**  
SOUTHWOLD

# FIND YOUR NEW FAVOURITE

DISCOVER OUR RANGE OF BEERS, WINES, AND SPIRITS.

Get free standard delivery with code: **NEWBUCK**  
when you spend £30 or more at [adnams.co.uk](http://adnams.co.uk)  
T&Cs apply

FOLLOW US  /ADNAM'S  @ADNAM'S  @ADNAM'S



## Parish News

As well as the print version, *Parish News* is also available digitally. So, if you would like to receive a electronic copy of *Parish News* by email in PDF format as well as, or even instead of, a paper copy please fill in a subscription form at <http://eepurl.com/dhB-1P>.

You can also find an online archive of past issues of *Parish News* at <http://www.newbuckenham.net>.

Older issues of *Parish News* can be found on the New Buckenham Archive website: <http://www.newbuckenhamarchive.co.uk/parish%20news.htm>

*Parish News Committee*

Contributions for the February 2023 issue of *New Buckenham Parish News* should be submitted by 6:00pm on Sunday 22nd January 2023 to Richard Hoggett, 9 Church Street (860136), Katie Wyatt-Hupton, Orchard Cottage, Marsh Lane (308427) or by email to [editor@newbucknews.co.uk](mailto:editor@newbucknews.co.uk).

**TO ADVERTISE:** please contact Mary Dowson on 01953 860320  
or [mdowson@btinternet.com](mailto:mdowson@btinternet.com)

# New Buckenham Parish Council

- Chair:** Karen Hobley  
(01953 860529 / karenhobley@hotmail.com)
- Vice-Chair:** Andrew Bingham  
(01953 861150 / andrew.bingham100@gmail.com)
- Councillors:** Don Crossman (01953 861246)  
Mary Dowson (01953 860320)  
Steve Highton (01953 860000)  
Mary Manning (01953 861242)  
Andrew Nettleton (01953 860428)
- Clerk:** Angela Thornton (01953 887830 / parishclerk@newbuckenham.net)

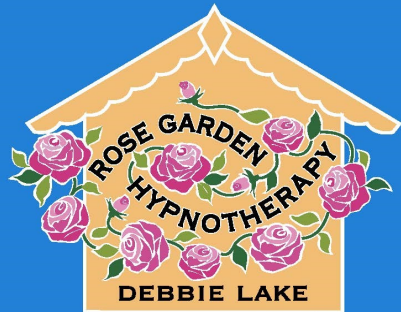
The Parish Council meets at 7:30pm on the second Tuesday of every month at the Village Hall. Further information can be found on our notice board on the Village Green or [www.newbuckenhampc.info](http://www.newbuckenhampc.info).

The Village Hall Bookings  
Administrator is Stevie Hobley:

07469 715517

[bookings@](mailto:bookings@newbuckenhamvillagehall.co.uk)

[newbuckenhamvillagehall.co.uk](http://newbuckenhamvillagehall.co.uk)



OFFERING HELP WITH:

- LOW SELF CONFIDENCE
- ANXIETY ● STRESS

FOR ANY QUESTIONS  
ON HYPNOTHERAPY  
OR TO BOOK CALL:

**07786 373920**

**BASED IN ATTLEBOROUGH**

*Buckenham House  
Holistic & Beauty Therapies*

Facials  
Reflexology  
Indian Head  
Massage ~ Swedish, Hot Stone, Lava Shell  
Pregnancy Massage  
Hopi Ear Candles  
Manicure & Pedicure  
Eyelash & Brow Tinting  
Waxing

Using Eve Taylor, OPI, OPI Pro Spa, OPI Gelcolour, Orly,  
Orly GelFX, Songbird and GiGi Wax Products

Beauty & Holistic Therapist NVQ3 and fully insured.  
Member of the Association of Reflexologists

To book an appointment or for enquiries  
Contact Jane on  
**01953 860013**

OR



New Buckenham Rd, Old Buckenham, NR17 1PW

**WOMACK**  
**BUILDING SUPPLIES LTD**



01953 788077

07770 388314

07796 638877

info@womackbuildingsupplies.co.uk

**Architectural Salvage**

***Breckland Brush***  
***Chimney Sweep***  
***& Stove Installation***



NATIONAL ASSOC. OF CHIMNEY SWEEPS

Qualified Experienced Professional

[sweep@brecklandbrush.co.uk](mailto:sweep@brecklandbrush.co.uk)

01953 881579 / 07966 298777

**SWEEPERS**

Chimney and Flue Cleaning Services

FOR A PROFESSIONAL SWEEP



Call Marty on:

01953 888544

07826 595385

Email: [marty.the.sweep@gmail.com](mailto:marty.the.sweep@gmail.com)

EVENING AND WEEKEND SERVICE AVAILABLE

# St Mary's Residential Care Home

Market Place, New Buckenham, Norfolk, NR16 2AN

**Tel: 01953 860 956 / Email: [manager@stmaryshome.co.uk](mailto:manager@stmaryshome.co.uk)**

A home from home, at St Mary's, we offer 24-hour person-centered care within safe, warm and friendly surroundings with an emphasis on providing a high quality of life.

- Care services offered include day care, respite, dementia, palliative, end of life and long/short-term residential care
- Day care services include hot meals & refreshments
- Freshly prepared meals, including catering for special diets - Consistently received highest Food Hygiene rating of 5 star
- Single occupancy rooms, passenger lift, two enclosed gardens, Wi-Fi, nurse call facilities, wheelchair friendly wet room and a hair salon
- Residents enjoy engaging and stimulating activities
- Top ratings by residents, family & friends and healthcare professionals
- Social Services and self-funding residents welcome
- Self-funding residents offered very competitive rates
- Care package tailor-made to meet your requirements
- No-obligation free trial day offered

**For further information or for a fact-finding visit, please contact the manager on 01953 860 956 or email [manager@stmaryshome.co.uk](mailto:manager@stmaryshome.co.uk)**

Registered and licensed to provide services by the Care Quality Commission (CQC)

An independent and family company with a long established history, founded by David Turner in 1960 and now run by his daughter, Lydia.

Providing a transparent and tailor-made service to every family at a time when it matters most.



**Thetford**  
15 Old Market Street | Thetford | IP24 2EQ  
Telephone: 01842 761333  
Email: [thetford@turnerfunerals.co.uk](mailto:thetford@turnerfunerals.co.uk)

**24  
HOUR  
SERVICE**

**Brandon**  
2A Thetford Road | Brandon | IP27 0BS  
Telephone: 01842 811245  
Email: [brandon@turnerfunerals.co.uk](mailto:brandon@turnerfunerals.co.uk)

## LOCAL ELECTRICIAN



**07584 316 894** FIND US ON  
[www.electric11.co.uk](http://www.electric11.co.uk)  

## LINDA'S CLEANING SERVICES

Honest, reliable lady

Over 10 years' experience

Seeks Domestic House Cleaning Work

Call now for a quote

01379 677766,  
07733033253

# Everything for the motorist!



## MILL HOUSE GARAGE

- ✓ M.O.T Station
  - ✓ Autologic Diagnostics
  - ✓ Computerised Four-wheel alignment
  - ✓ Servicing
- ✓ Exhausts, Batteries, Welding, Bodywork
  - ✓ Fully Equipped Tyre Bay, Insurance & Accident Repairs
  - ✓ Breakdown Service

AIR  
CONDITIONING  
SPECIALISTS

ALL MAKES OF  
TYRES SUPPLIED AT  
COMPETITIVE PRICES

WE WILL  
COLLECT AND  
DELIVER YOUR CAR

LOAN CAR  
AVAILABLE

SUPPLIERS  
OF  
FLOGAS

Norwich Road, New Buckenham, NR16 2BH  
Phone: 01953 860572, 01953 860947

office@millhousegarage.co.uk  
www.millhousegarage.co.uk



## Financial Advisers for Norwich, Norfolk, and Suffolk

We offer advice in many areas including:

Specialists in Pension Planning

Unit Trusts

ISAs

Investment Bonds

IHT Planning

Protection

Our family friendly approach is of utmost important to us, and we are always here for our clients and prospective clients. We offer a **free initial, no obligation** consultation.

Want to know more? Why not visit our website at [www.anglianwealthmanagement.co.uk](http://www.anglianwealthmanagement.co.uk) or contact the office today on 01603 752500 or Email us at [anglianwm@sipp.co.uk](mailto:anglianwm@sipp.co.uk)

**Anglian Wealth Management, 124 Thorpe Road, Norwich, NR1 1RT**

*Anglian Wealth Management is an Appointed Representative of and represents only St. James's Place Wealth Management plc (which is authorised and regulated by the Financial Conduct Authority). The titles 'Partner' and 'Partner Practice' are marketing terms used to describe a St. James's Place representative*



**SPIRE**  
SOLICITORS<sup>LP</sup>

Outstanding advice  
and legal expertise for  
the region

**How can we help?**

- Agriculture
- Conveyancing
- Employment
- Family
- Wills, Tax & Probate
- Tenancy Management
- Litigation & Disputes
- Corporate & Commercial

Affleborough | Aylsham | Dereham | Diss | Norwich | Watton | Wymondham



[www.spiresolicitors.co.uk](http://www.spiresolicitors.co.uk)



**SMART GARDENS**

**Lawns & Borders  
Maintained**

**Spring & Autumn Pruning**

**Hedges Trimmed**

**For a free quote ring Vicky  
or Alan**

**01953 860451**

**vickyal0712@icloud.com**

**JOHN UNDERWOOD**



**ANTIQUARIAN BOOKS**

Books and Manuscripts bought and sold

From C16th to C20th

Tel: 01953 860 746

Website: [www.johnunderwoodbooks.co.uk](http://www.johnunderwoodbooks.co.uk)

Email: [underwoodbooks@icloud.com](mailto:underwoodbooks@icloud.com)

Follow: underwoodbooks on Instagram

# BEAUTY BOX

## AND FOOT HEALTH PRACTICE

Dermologica facials / Body treatments  
Aromatherapy and Swedish massage

Indian Head massage

Manicures / Pedicures

Nail extensions

Waxing Electrolysis

General foot care / nail cutting

Corns / Hard Skin

Ingrowing toe nails

Verruca treatment / Diabetic Feet

HOME VISITS AVAILABLE

**Gayle Wilby Dip CFHP / MPSPract**

A MEMBER OF THE ALLIANCE OF PRIVATE SECTOR  
PRACTITIONERS

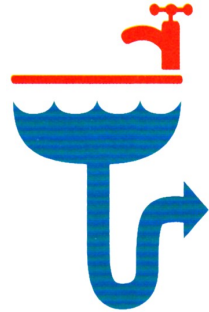
1 Norwich Road, New Buckenham

Tel: 01953 861 021

# R.G. Plumbing and Heating

**Free  
estimates**

**Fully  
qualified  
and insured**



**07920 032363**

**RGaultPlumbing@gmail.com**

HAND-MADE WINDOWS  
DOORS, KITCHENS  
AND FURNITURE

# JB CARPENTRY



EVERYONE IS TALKING ABOUT  
JAMIE'S HAND MADE WOODWORK  
TELEPHONE JAMIE ON  
**01953 860 933**



# Broadland TREE SERVICES

- Tree Surgery
- Consultancy
- Landscaping
- Stump Grinding
- Wood chippings for sale
- Access Hire

J K Anderson  
NDF F. ARBOR. A

P J Anderson  
ND. ARB

The Limes, Rothbury Rd, Wymondham

**t: 01953 607715**

Sycamore House, Tanning Lane, New Buckenham

**t: 01953 860370**

**www.broadlandtreeservices.co.uk**



# Darren Rush

## BUILDER & DECORATOR

All types of building work undertaken including:-

- Specialising in Older Properties
- Extensions / Loft Conversions
- Roofing
- Property Maintenance
- Landscape Gardening

**MOBILE: 07778 602 026**  
**HOME: 01953 860 693**



Norfolk Osteopathic Clinics  
 Tacolneston Osteopaths  
 Aylsham Osteopathic Practice

Yvonne Ayliffe D.O.,POD,FSCCO BSSCMD MICrA  
 9 The Fields, Tacolneston

**Tel: 01953 789629**

**Mob:07770 652839/07818 747776**

[reception@norfolkost.co.uk](mailto:reception@norfolkost.co.uk)

- Experienced osteopath qualified for 40 years,
- Paediatric qualified
- Osteopathy for babies to the elderly
- Cranial Osteopathy for all ages
- Low back neck and nerve pain
- Headaches and migraine, acute necks
- Sporting injuries & structural problems
- For muscular, nerve and joint problems
- Repetitive strain injuries.
- Pre- & post- pregnancy for mother and baby

**OSTEOPATHY FOR ALL**



## Thinking of selling or letting your property?

Contact us we're happy to help...



[propertysearch@millbanks.com](mailto:propertysearch@millbanks.com)

**01953 453838**



## CATJOY Pet Services

We are a successful family-run business providing high quality, bespoke care for your cat(s) IN YOUR OWN HOME whenever you can't be there.

Benefits we offer include:

- ☆ Security and stress free care in familiar surroundings
- ☆ Minimal disruption to normal routines
- ☆ Individual care and attention
- ☆ Value for money
- ☆ Peace of mind with a daily text or email

We look after other family pets too.

We are experienced cat owners, qualified in cat care, reliable and **DBS checked**.

Our service is available all year round including Christmas Day

See customer feedback on our website  
[www.catjoy.co.uk](http://www.catjoy.co.uk)

For more details, contact Jane  
 01953 888568 or 07875 266059  
[Catjoiypetservices@gmail.com](mailto:Catjoiypetservices@gmail.com)



# Kings Stores

We offer a wide range of services and supplies including groceries, fresh meat and veg, newspapers, lottery, dry cleaners and lots more ...

**Opening Hours: Monday to Thursday 7am to 6pm  
Friday and Saturday 7am until 7pm  
Sunday 9am to 12pm**

Post Office: Wednesday 10.30 am – 12.00 pm

Why not call in and give us a try?

Look out for our special offers!

01953 860264

# Just Ask Home Improvements

**Kitchens, Bathrooms, Plastering, Tiling & Small Extensions**

**For All Your Property Requirements**

**Free No Obligation Quotes**

**01953 861476 or 07584 283624**

**email: [justaskpaul1@yahoo.co.uk](mailto:justaskpaul1@yahoo.co.uk)**

**f @justaskpaul**

**Just Ask Paul**





*“Thank you Rosedale,  
your support and  
guidance made this  
difficult time a little  
more bearable.”*

– from a family we have cared for at Rosedale



**Rosedale**  
FUNERAL HOME

Helpful resources and advice are available at:

[www.rosedalefuneralhome.co.uk](http://www.rosedalefuneralhome.co.uk)

We are a family business  
and promise to provide  
exceptional care and a truly  
personal 24 hour service,  
when you need it most.



High Street, Attleborough **01953 452538**

*Andy Free*  
Dip FD



*Independent family funeral director*

*‘Quietly helping and guiding bereaved families for many years now, our  
family team offer guidance and direction at a time most needed’*

*Pre-paid Funeral Plans and Memorialisation Available*

**Attleborough 01953 452455      Wymondham 01953 605222**

[attleborough@andyfree.com](mailto:attleborough@andyfree.com)

[wymondham@andyfree.com](mailto:wymondham@andyfree.com)

**24 hour service**

# Dates For Your Diary

## December 2022 & January 2023

Thurs 1st until Sat 3rd Dec	Pantomime, Village Hall, 8pm (and 2pm Sat matinee)
Thurs 1st Dec	Silver Band Open Rehearsal, St Martin's, 8pm
Sat 3rd Dec	Coffeemates!, St Martin's, 10:30am until 12:00pm
Weds 7th Dec	Good Companions, Village Hall, 2:30pm
Sat 10th Dec	Children's Garden (volunteers for ground preparation), Village Hall, 10am
Tues 13th Dec	Parish Council Meeting, Village Hall, 7:30pm
Tues 20th Dec	Carols, St Martin's Church (lantern procession to the Market Cross), 5:45pm
Sat 24th Dec	Christmas Eve Communion, St Martin's, 9:30pm
Sun 25th Dec	Family Christmas Service, St Martin's, 11am
Sun 1st Jan	Hair of the Dog Walk, Market Cross, 11am
Tues 10th Jan	Parish Council Meeting, Village Hall, 7:30pm