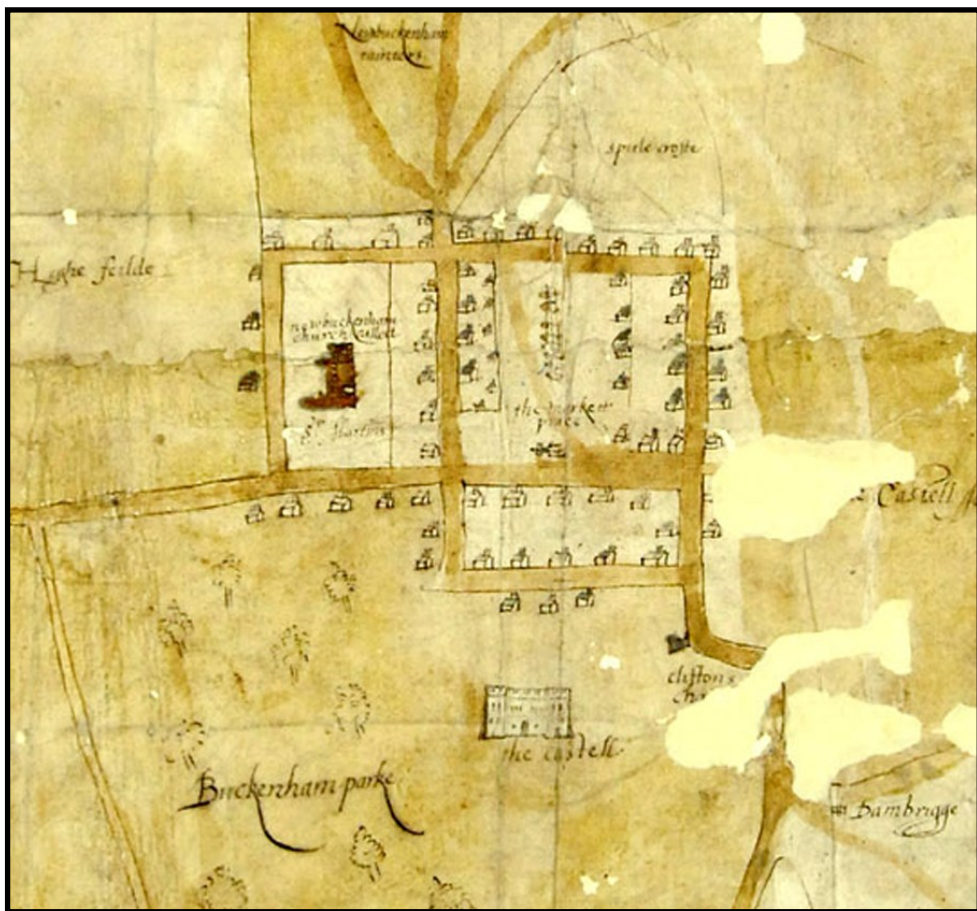


# New Buckenham Parish News



September 2024

*Cover image: Extract from a historical map of New Buckenham, drawn in 1597. The original is held by the Norfolk Record Office and a copy hangs in the Large Meeting Room at the Village Hall.*



A warm welcome from our team will greet you at The King's Head. Once inside, you can expect a cracking pint, a glass of lovely wine or a G&T at the bar, along with some delicious classic British dishes from the kitchen.

Market Place, New Buckenham  
NR16 2AN

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

# New Buckenham Parish News

September 2024

## Thank You

We have been very touched to receive so many messages of sympathy from friends in New Buckenham following the passing of our dear son Tim after a short illness. We are very grateful for your support. Tim lived with us in the village for four years from 2012 before moving to Norwich, and then again in the last couple of months while we cared for him at home.

There will be a service to celebrate Tim's life at 11am on Thursday 5th September at Colney Woodland Burial Park near Norwich followed by a reception in the village at The King's Head.

Full details, including the option to donate to our chosen charities, can be found at <https://timothylester.muchloved.com>

*Rory and Sandra Lester*

## Sponsor the Parish News

This month's issue is kindly sponsored by the New Buckenham Gardening Group.

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*

# Gardening Group

Well, a big thanks from all of us in the Gardening Group to everyone involved in the Village Show. We had 193 entries this year, down very slightly on last year, which makes it the second most successful show in numbers of entries in our history. We know that we hold the Show at the worst time in that most flowers are over and the vegetables have not had time to mature, but we have to salute the efforts made by all who entered. Nevertheless, the best in Show was the Dahlia grown by Olly Cator, who doesn't have a garden, only a small courtyard and that has limited sun. Well done Olly, our judge was seriously impressed with the quality of your bloom. Well done to all the others who almost made best in show, but missed by a whisker!

Thanks also to the eight who entered Up the Wall and the standard was very good as usual. The judge had great difficulty in deciding the winner, but Graham Wilby's hanging basket won by a tiny margin from Ley Heels with Paul and Carol Martin coming third.

Our handicrafts judge had quite a bit to do this year. Previously, the handicrafts section has been quite small, but this year had 19 entries. One of the adult classes was won by a junior, well done Tahlia!

We also announced the winners of the Decorated Benches. The winner by a long way was the bench on the Market Place promoting bees and seed bombs prepared by John and Tammi Hall utilising 'free child labour' to complete a brilliant display. Second place was Bella Chirodian's bench in Grange Road and third was Christine's bench by the bus stop. Well done to all of you and we'll look to do it again!

It was great to see many new faces taking part in the friendly competition. We miss so many of the old faces but it is excellent that numbers are up and the Show is still successful and will continue.

Thanks also to the committee of Karen, Lyn and Ian and all those who help on the day with stewarding, raffle, Judges' Lunch and afternoon

refreshments. We cannot do it without you. Another successful one under our belt and now we can start planning the 2025 Show!

*Jimps (Chairman, Gardening Group)*

## **New Buckenham Village Hall**

The electric car-charging stations are now up and running. These appear on the 'Electroad' app, so can be used by locals and those travelling through the area. The return for the Village Hall is small, unless the sun is shining and we generate our own power, but every little helps.

There are now three disabled parking bays marked out. We ask people to respect these. They are for Blue Badge holders only and will be regularly monitored. Blue Badges must be displayed.. There is usually plenty of room in the main car park and it is just another 30 seconds' walk to the front door via the path!

Thank you for supporting your Village Hall and we look forward to a busy autumn and winter in our community.

*Juliet Fulford, on behalf of Village Hall Trustees*

## **Winter Warmer Wednesday Café**

New Buckenham Village Hall 1pm to 3pm

Working from home, living alone, make a date and take a break! Join us at the community café. Join in on the games table, find out what is going on, meet up for a chat. We hope you will join us on Wednesday afternoons (1–3pm) at the Village Hall from Wednesday 30th October. A warm welcome is guaranteed!

*Juliet Fulford*

# News from the Pews

August is often a quieter month, with people on holiday and generally enjoying the last few months of 'summer'. The same is true at St Martin's, so there is not too much to report this month.

**Coffeemates!:** Thank you again to everyone to who supported the coffee morning in August. Numbers may have been slightly smaller, but they were still perfectly formed. A total of £200 (including Gift Aid) was raised for the Anne Robson Trust, which was a wonderful result. When we sent the money to the Trust, explaining how we had raised the sum, they wrote back to say that a coffee morning was a great idea to fundraise and asked if they could talk to us about how we did it, because as a result they are now thinking of putting a coffee morning fundraising pack together!

Our next coffeemates! is on Saturday 14th September and is in aid of Home-Start Norfolk. Home-Start is a local community network of trained volunteers and expert support helping families with young children through their challenging times.

**Bats in our Belfry:** Janet Trewin's bat survey in July produced some interesting – and amazing – results, which Janet has now kindly collated. Of the 18 species in the UK, here in New Buckenham we have at least 12 of them! The survey recorded Barbastelle bats, one of Britain's rarest bats and currently listed as endangered or vulnerable in most European countries. So whilst we may occasionally curse bats, we should be very pleased (and proud) that we have such a rare creature in our midst. Janet has produced some very interesting information sheets, from which we will be putting together a small exhibition in the porch. Do go and have a look and be amazed – and thank you Janet!

**Book Stall:** Don't forget that the book stall is always open when the church is. There is a wide variety of fiction to choose from, for a small donation of 50p a book and we obviously welcome donations to add to the library.

Contact details: Revd. Sarah Walsh is always happy to visit or chat. You can contact her on 01953 571549 or 07809 430967.

For any queries do contact me: Louise Casson (Churchwarden) on 01953 860191

## St Martin's Services: September 2024

Sun 1st	10:00am	Group Service at New Buckenham Rev Sarah Walsh	Trinity 14 Proper 17
Sun 8th	4:30pm	Choral Evensong Canon Tony Billett	Trinity 15 Proper 18
Sun 15th	11:00am	Holy Communion Canon Tony Billett	Trinity 16 Proper 19
Sun 22nd	11:00am	Morning Prayer Val Plummer (AWA)	Trinity 17 Proper 20
Sun 29th	10:00am	Morning Prayer at Old Buckenham Alison Hannah (AWA)	Trinity 18 Proper 21

**For more information about services, contact:**

Priest in Charge: Revd Sarah Walsh (01953 571549)

# New Buckenham Parish Council

The next meeting of the Parish Council is on Tuesday 10th September at 7:30pm in the Village Hall. All residents of the village, young and old, are welcome. Residents are able to raise any issues of concern or of interest so please come along and participate.

The Parish Council welcomes the Forestry Commission's proposal to create new woodlands at Old Buckenham and Banham. However, the Parish Council are still keen to create our own community woodland. If any landowners have potential sites please do contact me.

The Parish Council is awaiting confirmation from Norfolk County Council of a date for installation of the new speed gateway feature on the Norwich road.

*Andrew Bingham (Chair – New Buckenham Parish Council)*

## New Buckenham Parish Council

**Chair:** Andrew Bingham (01953 861150 /  
cllr.andrew.bingham@newbuckenhamparishcouncil.gov.uk)

**Vice-Chair:** Paul Martin (01953 861117 /  
cllr.paul.martin@newbuckenhamparishcouncil.gov.uk)

**Councillors:** Don Crossman (01953 861246)

Mary Dowson (01953 860320)

Steve Highton (01953 860000)

Karen Hobley (01953 860529)

Mary Manning (01953 861242)

**Clerk:** Angela Thornton (01953 887830 /  
parish.clerk@newbuckenhamparishcouncil.gov.uk)

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 Stinging Nettle

The stinging nettle, also known as the common nettle, burn nettle, nettle leaf or just plain stinger, is from the plant family *Urtica Dioica*.

The Latin *Urtica* means 'to burn' with 'nettle' said to be from the Anglo-Saxon word 'noedl', which means needle.

When the skin brushes against the nettle trichomes (almost invisible hairs on the stem and leaves) the bulbous tip breaks off leaving needle-like tubes. These pierce the skin injecting a fluid containing formic acid. This is the same chemical found in both ant bites and bee stings and causes a painful, tingling, burning rash.

The stinging nettle is a perennial plant, appearing year after year in the same place with the potential to grow 5 to 6 feet tall. The nettle doesn't root particularly deeply, but has a running rhizome, an underground stem with many fine rootlets and nodules growing along its length. Each of the nodules is capable of producing a new plant, which will appear several feet from the parent plant. With so many rootlets anchoring it firmly to the ground, anyone who has tried pulling up a nettle will know just how tenacious it can be!

But why would you want to rid your patch of this amazingly versatile plant? The first nettle leaves can appear as early as the end of February, not dying back until well into autumn. Not only does the nettle produce new plants from the nodules on its rhizomes, it is also a prolific self-seeder. In late summer, groups of tiny greeny-yellow flowers appear down the stem under each grouping of leaves, a little like catkins.

The stinging nettle is one of nature's great survivors. Its stinging stem and leaves make it unpalatable and uncomfortable eating for many potential predators. Although not far under the earth, the sturdy rhizomes are strong enough to be protected from harsh weather

conditions. To make extra sure of their survival, the flowers produce a mass of light seed that can be blown by the breeze or spread by attaching themselves to anything that passes close by.

Every part of the stinging nettle is useful. In her book *The Garden Cottage Diaries*, which describes her living for a year as the 18th-century wife of a Scottish school-master, Fiona Houston describes how useful she found the stinging nettle. When growing your own food, April to June was referred to as the hungry gap. The kale and cabbage that would be available to her later in the year were not yet ready, so the stinging nettle was there to replace otherwise missing nutrients in her diet. Picking the tenderest leaves from the top of the plant and frying them gently in butter with an onion, she then added water, potatoes and oatmeal for a thick, satisfying soup. Rest assured that the process of cooking the nettle completely removes its sting! Nettles can also be used as a substitute for spinach.

Moving from the east end of London to Suffolk when they married in 1953, my parents had heard that nettles would be a rewarding, and free, addition to their diet. Having little money, this would be a useful way of stretching an already slim budget. Picking the nettles was not a pleasant experience and eating them even less so. They had not realised it was the tender tops of the plants that were needed, not the whole thing. The result was a stringy, tough, inedible mess and the experiment never repeated.

Nettles are also used to make an infusion which boosts the immune system, provides vitamins A and C and helps the body fight infection.

Northumberland Farms have created a cheese containing flecks of nettle which give it a subtle added flavour. Cornish Yarg, a cheese based on a Caerphilly recipe, is beautifully wrapped in nettle leaves. Not only are the nettle leaves completely edible, but they also protect the cheese while still allowing it to breathe.

Medicinally, the stinging nettle has been used for hundreds of years treating painful muscles and joints, eczema, arthritis, gout and anaemia. Anecdotally, the pain of arthritis has been treated by putting the nettle leaf directly on the painful area. Today it is possible to buy stinging nettle in capsule form, which seems far more agreeable than creating one pain to cure another.

There are also household uses for the stinging nettle. Slowly simmering both the stems and leaves in water and then leaving overnight to cool creates a subtle green dye. In her book, Fiona Houston describes making nettle string by separating the fibres from the more woody stems and twisting them together. The resultant string, or cordage, is tremendously strong. Ray Mears gives a good demonstration of this, which can be found on YouTube.

Nitrogen-rich fertiliser can be made by half-filling a container with nettles, topping it up with water, stirring occasionally and leaving it to 'brew'. After three to four weeks, the stinky liquid is strained and diluted one-part fertiliser to ten-parts water, before being used to fertilise nitrogen-loving plants.

In terms of value to wildlife and biodiversity, the stinging nettle is vitally important supporting at least 40 different insect species. As its sting is used to protect itself, insects use it as a protective shield. The caterpillars of the Peacock, Red Admiral, Small Tortoiseshell, Comma and Painted Lady butterflies use the nettle as their only or main food source. The common nettle aphid is food for parasitic wasps and ladybirds. These are then food for smaller birds, such as the Blue Tit. The thousands of tiny seeds from the flowers provide food for the House Sparrow, Chaffinch and Bullfinch.

Out on a country walk one summer with my five-year-old daughter, the footpath became impassable with nettles. Although her dad was in front, beating them back with a stick, she was not convinced this

would prevent her legs from being painfully stung. She asked to be carried the short distance to keep out of harm's way, so I picked her up. Unfortunately, I tripped over a hidden root, launching her into the very nettles she asked me to protect her from! With the 'juice' from plenty of dock leaves growing nearby applied to her indignation, and the promise that I actually DIDN'T throw her into the nettles on purpose, she was eventually mollified.

So, apart from its nasty propensity to inflict pain and take everything else over, why would we want to remove this incredible plant from our gardens? Perhaps growing some in a large pot, controlling its desire to freely wander, and placed away from any passing bare flesh, would be a beneficial and happy compromise.

*Kim Cutmore*

*Weavers [by the sheep]*

## **Good Companions**

The meeting on Thursday 15th August was attended by sixteen members. We were entertained by Jimpy with a talk on the Lord of Manor of New Buckenham. Tea was served by the committee.

The next meeting will be held on Thursday 19th September at 2:30pm in the Village Hall, when we will be entertained with a talk by Simon from Natural Surroundings.

All new members will be made very welcome. For further details, please contact Diana Cole on 860636 or me on 860467.

*Christine Wilby*

## 200 Club Lucky Winners

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

£20

Sue Cattermole, Norma Porter, Emma Bailey

£10

Anne Burton, Lisa Attfield, Gordon Chase,  
Claire Heasman, John Rigden, Stevie Hobley

# barkers

## print & design

COST EFFECTIVE  
SOLUTIONS  
FOR ALL OF YOUR  
PRINTING REQUIREMENTS



LITHO PRINTING



DIGITAL PRINTING



LARGE FORMAT



DESIGN SOLUTIONS

01953 453846 [studio@barkers-print.co.uk](mailto:studio@barkers-print.co.uk)  
[www.barkers-print.co.uk](http://www.barkers-print.co.uk)

# 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 – Saturday 7 am to 6 pm  
Sunday 9 am – 12.00 pm**

**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

Castle Cafe offers great breakfasts, lovely lunches and drinks in a relaxed and friendly atmosphere. We also have a cosy club upstairs with a dining table and sofas to relax, which is also suitable for groups and meetings!



**CASTLE CAFE**  
**NEW BUCKENHAM**

Tuesday to Friday 8am to 3pm; Saturday 9am to 3pm; Sunday 9am to 12pm

01953 860008

# Just Ask Home Improvements

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

**For All Your Property Requirements**

**Free No Obligation Quotes**

**07584 283624**

**email: justaskpaul1@yahoo.co.uk**

**f @justaskpaul**

**Just Ask Paul**



## Appleyard Hair

**Mon–Fri: 9:30am–5pm**

**Sat: 9am–3:30pm**

**Late nights available by  
appointment only**

**01953 887067**

**Unit 9, The Appleyard,  
Banham, NR16 2HE**



**Osteopathy**

**Sports Massage**

**Myofascial Cupping**

**Medical Acupuncture**

**Exercise Prescription**

**Running Remedy**



**68 High Street**

**Watton**

**Thetford**

**IP257ER**

**07919 401051**



# SPIRE

SOLICITORS<sup>LLP</sup>

## Local. Legal. Personable.

- Wills, Tax & Probate
- Family Law
- Employment Law
- Residential Conveyancing
- Landlord Advice
- Dispute Resolution
- Debt Recovery
- Agriculture & Estates
- Corporate & Commercial
- Commercial Property

Attleborough | Aylsham | Dereham | Diss | Norwich | Watton | Wymondham



01379 641221



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

## *Breckland Brush Chimney Sweep*



est.2010

*All appliances swept*

***sweep@brecklandbrush.co.uk***

**01953 881579 / 07966 298777**

**Qualified Experienced Professional**

## 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)

## ***Buckenham House Holistic & Beauty Therapies***

Facials  
Reflexology  
Indian Head

Massage ~ Swedish, Hot Stone, Lava Shell  
Pregnancy Massage  
Hopi Ear Candling  
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](mailto:info@womackbuildingsupplies.co.uk)

## **Architectural Salvage**

# 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



**ANGLIAN**  
WEALTH MANAGEMENT

### 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@sjpp.co.uk](mailto:anglianwm@sjpp.co.uk)

**Anglian Wealth Management, 12-16 Boundary Road, Hellesdon, Norwich, NR6 5HT**

*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*

*Quality First Aid training  
Fun and friendly  
Locally based courses*

KM First Aid offers courses for  
the workplace, schools,  
volunteers and families.

Call 07971 **km**  
442347 *first aid*

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

## To Advertise Here

contact

Mary Dowson

01953 860320

[mdowson@btinternet.com](mailto:mdowson@btinternet.com)

## LINDA'S CLEANING SERVICES

Honest, reliable lady

Over 10 years'  
experience

Seeks Domestic House  
Cleaning Work

Call now for a quote

01379 677766,  
07733033253

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

# WHJ HOWE

Builder

Brick/flintwork specialist

New builds and restoration

Lime repointing/plastering

Over 30 years' experience

07919991097

01953 718219

## LOCAL ELECTRICIAN



**07584 316 894**

FIND US ON

[www.electric11.co.uk](http://www.electric11.co.uk)



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

P J Anderson  
ND, ARB

Sycamore House, 2 Tanning Lane, New Buckenham

t: 01953 860370

m: 07500 888310

[www.broadlandtreeservices.co.uk](http://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**



## Thinking of selling or letting your property?

Contact us we're happy to help...



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

**01953 453838**



Norfolk Osteopathic Clinics  
Tacolneston Osteopaths  
Aylsham Osteopathic Practice

Yvonne Ayliffe D.O. POD FSCCO BSSCMD MICA

Lydia Ward B.Ost

9 The Fields, Tacolneston

**Tel: 01953 789629 Mob: 07818 747776**

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

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

• Experienced osteopath qualified for 43 years,

• Muscular, nerve and joint problems

• Diploma in paediatric osteopathy

• Low back, neck and nerve pain

• Cranial Osteopathy for all ages

• Osteopathy for babies to the elderly

• Headaches and migraine, acute necks

• Sporting injuries & structural problems

• Repetitive strain injuries.

• Pre- & post- pregnancy for mother and baby

**OSTEOPATHY FOR ALL**



## Oil Boiler services

**10% Discount**  
off your boiler service

OFTEC Qualified

Reliable

Fully Insured

**SERVICING**

**REPAIRS**

**COMMISSIONING**

Contact James for your Oil Boiler Service

LOCAL - PROFESSIONAL - TRUSTED



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



**07526 052 222**





**No matter  
what size  
your  
budget**

**Our compassion  
is constant**



**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

## September 2024

Tues 10h	Parish Council Meeting, Village Hall, 7:30pm
Sat 14th	Coffeemates!, St Martin's Church, 10:30am
Sat 14th	Norfolk Churches Trust Sponsored Bike Ride
Thurs 19th	Good Companions, Village Hall, 2:30pm

The Village Hall Bookings Administrator is Stevie Hobley

07469 715517 ~ [bookings@newbuckenhamborough.co.uk](mailto:bookings@newbuckenhamborough.co.uk)

Contributions for the October 2024 issue of *New Buckenham Parish News* should be submitted by 6pm on Friday 20th September 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)