

KEEPING IN TOUCH IN SCARROWBECK

HOME DELIVERY donations welcome February 2025

“Keeping in Touch in Scarrowbeck” for the current month is also available
on our website: www.scarrowbeckbenefice.org.uk

St Andrew, Gunton



	CANDLEMAS	4th BEFORE LENT	3rd BEFORE LENT	2nd BEFORE LENT
February	2nd	9th	16th	23rd
Alby	--	11am HC	--	--
Calthorpe	--	--	--	--
Erpingham	10am Group Service	9.30 HC	9.30 HC 3pm Plough Service	9.30 HC
Gunton	--	--	--	--
Hanworth	--	--	--	11am HC
Ingworth	--	--	--	--
Thwaite	3pm Evensong	9.30 Matins	11am HC	3pm Evening Prayer

9.15am Midweek services in Erpingham church

Wednesday 5th	Wednesday 12th	Wednesday 19th	Wednesday 26th
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KEEPING IN TOUCH PRINTING COSTS

We are grateful to all who donate so generously towards the printing costs of Keeping in Touch. You can now donate securely on line with your smart phone or tablet. Please scan the QR code.



Please see the information inside the back page for donations by cheque or direct payment.
Thank you for your support.

Priest-in-Charge of Scarrowbeck Benefice

Canon Heather Butcher

25, Muskett Way, Aylsham NR11 6GF 01263 735922 canonhdb@gmail.com

Scarrowbeck Benefice Churchwardens

Alby	Mecki Green	01263 761480
Erpingham	Keith Harrison	01263761698 harriswine@doctors.org.uk
	Linda Howard	01263 833323 cicely@danielbrian.co.uk
Thwaite	James Buchan	01263 768901 jebuchan@btinternet.com
	Mary-Claire Marriott	01263 761373 mcmarriott@yahoo.com
Hanworth	Richard Harbord	01263 768723
	richard_harbord@hotmail.com	

Calthorpe and Ingworth are part of the Diocesan Churches Trust and have no churchwardens

Scarrowbeck Benefice Lay Ministers (Readers)

The Lay Ministers/Readers in this benefice help take services in the benefice but in addition if you or anyone you know, would like to be to be prayed for, please let Angela know, or indeed any of us, and we will gladly pray for you in our own prayers and at the services if you wish.

Please let us know as well if you know of anyone who has died and they too can be included in our prayers.

If you would like a home visit for any reason or home Communion, please contact Helen in the first place and this can be arranged at a time to suit you, or we are always on the end of a telephone:

Angela Parkes	0779969281
Helen Burrell	01263 768209
Colin Willis	01263 577288

Clergy Care and Well-Being in our benefice

With the current emphasis on mental health, the Church of England has asked local church councils to consider the wellbeing of their clergy. In the light of this we have decided to remind people of Heather's working days so that her days off are protected. Heather normally works on Wednesdays and Thursdays and two Sundays per month which are published on the service rota. Inevitably she works on other days because of weddings and funerals but we try to avoid unnecessary phone calls when she would not normally be working.

PRAYERS FOR THE PARISHES IN FEBRUARY

Week beginning Sunday

2nd	Hanworth:	Hanworth Hall
9th	Hanworth:	Hanworth Common
16th	Calthorpe:	The Street and Wickmere Road
23rd	Alby:	Church Road, Lane End and Middle Hill

From the Registers

Baptism	Erpingham church	20 th October 2024	Florence Violet Ward
Burials	Aylsham Cemetry	16 th October 2024	Joan Sylvia Kerrison
	Gunton Chapel	28 th October 2024	Michale Brooks Richardson

St Mary's Church Erpingham - Help with the cost of living Community Table

The Community Table in the church continues to be well supported and used.

Thank you to all who provide items for the table.

Food donations to the Community Table can be taken to church.

Items recommended:

Long life milk	laundry detergent
Tinned fish	shampoo
Tinned meat	pot noodles
Tinned vegetables	deodorant
Pasta sauce	Toilet rolls
Squash/fruit juice	washing up liquid

St Mary's Church Erpingham invites you to... Young People's Choir..... and Mini Melodies!

Erpingham Young People's Choir

For ages 7 to 16 years

FREE



Join us every **Thursday** during term time
from **4:15 to 5:15pm**

Erpingham with
Calthorpe Village Hall
NR11 7QD

To sign up & for more information,
please contact evebryantvocals@gmail.com



St Mary's Mini Melodies

11am
Every Thursday

Erpingham With Calthorpe
Village Hall, NR11 7QD

Immerse your little one in the enchanting world of music
with Mini Melodies! Join us for a delightful hour of musical
exploration and percussion play designed for toddlers.

£2 per session
or 12 sessions for £20

For more info:
evebryantvocals@gmail.com



February letter

A belated Happy New Year to all!

By the time you read this, January will have come and gone, the mornings and evenings are getting lighter and, even if the weather is still cold and dreary, spring will not be far away. February is, of course, the shortest month of the year, and one with no particular events or festivals to mark it. Except, perhaps, the gradual appearance of red hearts, red roses, and romantic gifts, since February does mark St Valentine's Day, when there is emphasis on love. But why? Was there a St Valentine?

If so, who was he, and why is he associated with love?

As with most early saints and martyrs, accurate details are greatly lacking. However, the main facts about Valentine seem to be the following. He was a Christian priest, born about 226 in Terni in Umbria, Italy, where he probably eventually became bishop. During his lifetime there was persecution of Christians throughout the Roman Empire, Valentinus (his Roman name), was alleged to have been executed for ministering to Christian believers and refusing to deny his Christian faith. This took place on February 14, c 269, the day which has been kept as his feast day ever since.

The story goes that, when Valentinus, along with other Christians, was arrested, the judge, Asterius, brought before him his blind daughter and said that if Valentinus could restore her sight he, Asterius, and his family would convert to Christianity. Her sight was restored and the judge and his family were baptised. As a result Asterius freed all Christians under his authority. However, persecution continued and Valentinus was arrested again and sent to the Roman Emperor of the time, Claudius II, and as a consequence, having refused to renounce his faith, was condemned to death.

One of the legends giving rise to the association with love and lovers was said to have arisen from the story that, just before his execution, the last words Valentinus wrote were addressed to Asterius' daughter and signed 'from your Valentine'. Another story asserts that Valentinus secretly carried out Christian marriages, against the Emperor's orders, since serving soldiers were forbidden to marry, in order to save the husbands from having to serve in war.

There are many traditions regarding St Valentine as the patron saint of lovers, clearly many of them apocryphal, but February 14th has been celebrated since at least the 14th century and still appears in the Christian calendar.

So, in the midst of hearts and roses and romance, think carefully about what love really means and remember Valentinus, and many others of his time, and also, sadly, of today, whose love for others is an expression of their love of God.



Angela Parkes

The Tractors are back again!

**Plough Service 3pm Erpingham
on Sunday 16th February**



A short Family service with an opportunity for the children to Asperge (sprinkle the tractors with holy water) with refreshments to follow.

Come and join in the fun and see the wonderful array of tractors and support our farmers who help to feed us.



"Winston Churchill and D-Day"

Talk by General The Lord Dannatt GCB CBE
MC DL in aid of Hospice Ethiopia

March 13th 2025 6.30pm for 7pm

St Michael's Community Hall, Reepham,
Norfolk. NR10 4JL

Richard Dannatt will analyse Winston Churchill's role as a wartime leader, focusing not so much on 1940 and "We will never surrender" but on Winston's approach to Operation Overlord and opening the Second Front in Europe. As Chairman of the Normandy Memorial Trust, Richard Dannatt will describe how the Memorial came into being and the Winston Churchill Centre for Education and Learning which was opened by HM The King on 6th June 2024 - D-Day 80. Richard will also sell signed copies of his new book: "Churchill's D-Day" with all the proceeds from the sale going to Hospice Ethiopia." There will be refreshments and a raffle.

Tickets are £15 and numbers are limited, so the advice is to book soon. Tickets can be bought direct from Hospice Ethiopia UK, email info@hospiceethiopia.org.uk or call 01263 768699.

For more information on Hospice Ethiopia visit hospiceethiopia.org.uk.



**THE SPREAD EAGLE
EAGLE ROAD
ERPINGHAM
NORFOLK NR11 7QA**

TEL 01263 761938

FACEBOOK : The Spread Eagle

INSTAGRAM: [thespreadeagleerpingham](https://www.instagram.com/thespreadeagleerpingham)

WEBSITE: www.thespreadeagle.pub ; FACEBOOK: [pig at the pub](https://www.facebook.com/pigatthepub)

EMAIL FOR FOOD BOOKINGS: pigatthepub@gmail.com

OPEN 6 DAYS A WEEK 12-11 PM

CLOSED TUESDAYS

LUNCHTIME MENU: WED, THURS, FRI, and SAT 12-2.30PM

SUNDAY 12 – 3pm

EVENING MENU: WED, THURS, FRI and SAT 5-9PM

NEW MENU & TAKE AWAYS AVAILABLE

Curry & Quiz Nights the last Thursday of every month to raise money for a defibrillator:
£3 per person (max 6 per team) Proceeds split 50/ 50 to winning team and defibrillator fund .
£9.50 for chicken curry with rice or chips and please Pre-book.

At the heart of the village is our Dog friendly pub with a friendly atmosphere, a great selection of drinks and Real Ales.

We are also very proud to say that we are in The Good Beer Guide. .

We are very much a traditional pub serving delicious food by ***pig at the pub***.

Pre-booking is advised to avoid disappointment

Beautiful large beer garden, with patios and large car park.

Please look online or on our blackboards outside the pub, for special events and Live music.

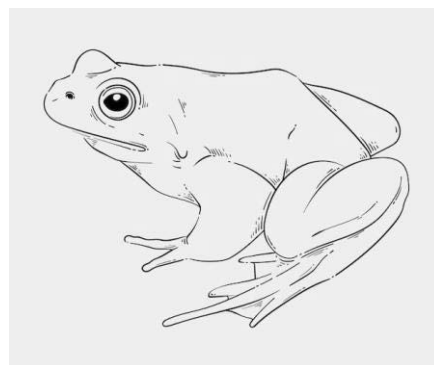
We also have a function room available to hire.

EVERYBODY IS WELCOME

DO YOU CARE ABOUT NATURE ?

THWAITE COMMON TOAD PATROL NEEDS A NEW CO-ORDINATOR

Every Spring Toads, Frogs and Newts migrate from their wintering areas to ponds to breed. The annual migration on Thwaite Common involves crossing the road and individual amphibians risk being killed by traffic. Volunteers move and rescue those animals sat in the road over the evenings, usually starting in early February for about 6 weeks, when conditions warm and wet.



The Toad Patrol has recorded the numbers of Frogs, Toads and Newts, both rescued and killed, for over 15 years. These figures are sent into a national database run by Froglife who amalgamate the numbers from hundreds of patrols from across the UK.

A new volunteer co-ordinator is required for Thwaite Common whose role involves producing a weekly rota for the Patrol and sending in the data produced from each night.

Help and advice will be given so if YOU would like to help nature, please contact TONY on 01263 768358

Erpingham with Calthorpe Village Hall 200 Club

November monthly draw winners

The draw took place at "Cake & Coffee" in the Village Hall on Wednesday 27th November 2024.

The winning numbers were:

£30 prize: Number 163

£20 prize: Number 92

December monthly draw winners

The draw took place at "Cake & Coffee" in the Village Hall on Wednesday 18th December 2024.

The winning numbers were:

£30 prize: Number 77

£20 prize: Number 167

Annual Grand Draw 2024 winners

The draw took place at "Cake & Coffee" in the Village Hall on Wednesday 18th December 2024.

The winning numbers were:

£250 prize: Number 86

£200 prize: Number 188

£150 prize: Number 192

£100 prize: Number 83

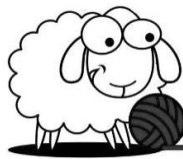
You too could be a winner. Some spare numbers are now available. As well as the monthly draws of £30 & £20, there is a Grand Draw in December with prizes of £250, £200, £150 & £100. For a one off payment of £12 a year you stand the chance of winning up to £610! All profits go towards the upkeep and maintenance of the Village Hall.

Peter Gidman is the administrator of the 200 Club.

If you are interested in joining the Club contact him at:

peterjgidman@gmail.com

Tel No: 07425 219292



Hooked on Stitching

The Pavilion,
Aylsham Recreation Ground

Your local not-for-profit social enterprise wool shop are offering

Knitting and Crochet Saturday Workshops throughout

January and February

Saturday 10.00 till 12 noon

- Learn to knit or crochet
- Improve your skills
- Get help to understand patterns
 - Learn a new stitch
- Get help to finish your projects

Booking essential as limited space - £10 per session (with wool purchase)

please contact Jilly on:

jilly.hookedonstitching@gmail.com 07970 016 961



**THE VILLAGE
BIG BREAKFAST
Saturday 22nd March 2025
9am until 11am
Erpingham with Calthorpe Village Hall**

You are invited to enjoy a cooked English breakfast with a selection of pastries and cereals.

(Vegetarian option will be available)

This event is open to all please bring friends and family or just come along and enjoy the company of others.

£10.00 per adult

£5.00 per child or for a non-cooked breakfast

There will be limited breakfasts to just turn up on the day but to guarantee your space

Please call/text

Ro - 01263 768220/07899842379

Lucy - 01263 768855/07523331118

All proceeds to Erpingham with Calthorpe Village Hall

**G'DAY HANDYMAN
SERVICES**

General property maintenance, painting & decorating, man with a van, flat pack assembly, garden maintenance, odd jobs. All work considered in the north Norfolk area.

Telephone: 07876 455731



**Alby Gardens –
a Little Gem**



Come and visit Alby gardens. They are a hidden gem that many people do not know exist - tucked away at the back of Alby Crafts. Four acres of consummate quiet and a place to reflect which have evolved over its 45year history

OPEN Summer: (late March to late October) Tuesday to Sunday 10am to 5pm and Bank Holiday Mondays

With Pia Shell

Hatha Yoga

Yoga to strengthen, stretch, release and relax
A quiet and mindful practice

Thursday evenings
6.45 - 8.15 pm

Erpingham Village Hall,
NR11 7QB

First class
free of charge

Please contact Pia
pia.shell@gmail.com
07767896610

Teucer Wilson, stone carving & lettering



sculpture, garden pieces, memorials, signs
www.teucerswilson.co.uk 07876 243230

Diary Dates 2024

Plough Service at Erpingham church	3pm	16th Feb
Hospice Ethiopia – ‘Winston Churchill & D-Day’ Community Hall Reepham	6.30pm	13th March
The Village Big Breakfast Erpingham with Calthorpe village hall	9am – 11am	22nd March
Annual Parish Council Meeting Erpingham with Calthorpe village hall		9th April

If any readers would like to make a one-off or regular donation, please make a direct payment or set up a Standing Order to:
Erpingham Parochial Church Council

Sort Code: 20-03-26

Account Number: 40358452

Please reference the payment “Keeping in Touch”
or send a cheque payable to Erpingham PCC to our Treasurer:

**Liz Ashness, Beech Cottage, Chapel Road, Erpingham,
Norwich NR11 7QJ**

Tel: 01263 761224 liz.ashness@btinternet.com

(please write “Keeping in Touch” on the back of the cheque)

Please let the Treasurer know if you are able to Gift Aid your donation

Report of the Ordinary Meeting of Erpingham with Calthorpe Parish Council held on Wednesday 8th January 2025

In the chair Rob Goodliffe welcomed all those present, with apologies from one member and the County Councillor. There were no Declarations of Interest. The Council approved the minutes of the Ordinary Meeting of the Parish Council on November 13th 2024. Under matters arising about the milestone, as the reply from Norfolk County Council appeared to contradict their previous advice the Clerk would ask the County Councillor to advise. On footpaths the Moorgate footbridge is expected to be re-opened by the end of January. On planning about the proposed radio base station installation, off The Street, Erpingham, no further info was available but the Clerk would repeat the request to the agent for a meeting.

In a short adjournment the Council heard about changes to the hygiene rules so the Wednesday coffee mornings would be subject to a stricter discipline on food preparation; more equipment would be acquired and the Village Hall kitchen had already been awarded 5 Hygiene Stars. The meeting resumed and on planning the extension at Folly Cottage, Eagle Road had been approved

In his finance report the Clerk had identified the CCLA as an alternative interest-bearing banker and asked members to research their website, while he prepared an application so a decision can be made at the next meeting. North Norfolk District Council had acknowledged next year's precept demand; the Clerk had written to the MUGA committee and the Football Club requesting this year's contributions. The Council were minded to review the MUGA contribution at the next meeting. The Council had instructed the bank to pay the January PAYE payment. The Council considered grants to local organisations – a record of previous year's awards had been circulated to members and the Council decided to award the following payments this year: Erpingham PCC £250.00, Calthorpe Church Friends £250.00, KIT £100.00 and Erpingham Village Hall £400.00. The Council approved payments for electricity, HMRC PAYE, the Info Commissioner renewal fee and the Clerk's salary [Nov, Dec].

On the play Area there was no report but on the rectification work, the quotations to address the three 'moderate' risk' issues were awaited and the Council asked the Clerk to advise members as they became available so the work can be progressed. The Council then considered any new village projects and how to prioritise and progress them.

The Council were keen to consult the 'Village' to build a 'wish list' of amenities or improvements for consideration, funding and implementation. Whilst it is important that members communicate this initiative, the Annual Parish Meeting this year would take on a different ambience and move to its own day (Wednesday 9th April). Refreshments would be provided and involvement of as many as possible participants would be sought.

The Clerk passed over 2024 computer records to the Chairman and the next ordinary meeting would be on March 12th 2025, and the District councillor advised that North Norfolk District Council sought to assist anyone who had difficulty over heating costs this winter.

Members raised concerns about the requirement to book to use recycling centres. The SAM sign would return shortly, the defibrillator has been checked and that the Safer Neighbourhoods meeting would take on a new format. The date for the Eagle Road works is still awaited from Norfolk County Council. The meeting closed at 20.45.

What's on at Aldborough Community Centre?

(Registered charity 268101)

Exercise at ACC <i>Stay local, save time and fuel!</i>	Film Nights at ACC <i>Join us!</i>
------------------------------------------------------------------	----------------------------------------------

Check website for details.

Tuesday	5-6pm	Belly Dancing
Wednesday	6-7pm	Seed Yoga (starts Feb 12 th)
Thursday	4.30-5.30pm	Pilates
Thursday	6.15-7.15pm	Zumba
Friday	10-11am	Extend fitness
Friday	6-7pm	Yoga (self-help group)

Every 3rd Wednesday of the month.

Screening at 7.30pm,
Bar opens 7pm
February 19th
March 19th

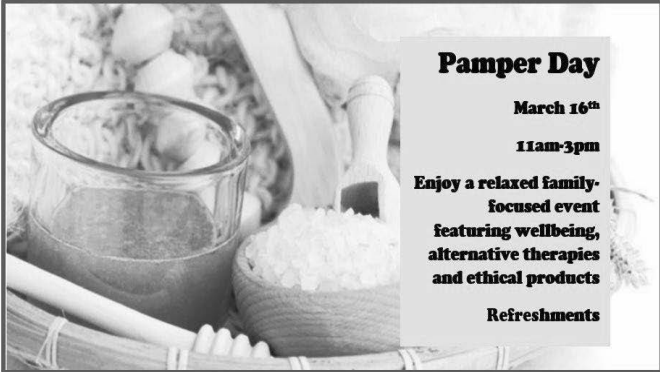
Details of films on posters at ACC or email David at
dpg.jazz@icloud.com



Every Tuesday from 10-12.30 -filter coffee, teas, cakes, newspapers and chat.
ALL WELCOME! DOG-FRIENDLY TOO!



HUB TALK & TEA,
Feb 4th , 2pm
'The Remarkable Life of Margaret Paston'
Dr Robert Knee



Pamper Day

March 16th

11am-3pm

Enjoy a relaxed family-focused event featuring wellbeing, alternative therapies and ethical products

Refreshments

Hear For Norfolk

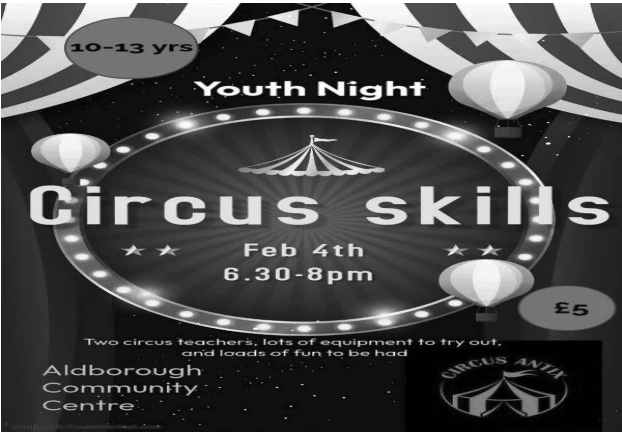
parks outside the Community Centre providing free hearing aid maintenance & advice

Tuesday Feb 4th
Tuesday Mar 4th
10-12 noon

Have a coffee at The Hub too.

10-13 yrs

Youth Night



Circus skills

Feb 4th
6.30-8pm

Two circus teachers, lots of equipment to try out, and loads of fun to be had


Aldborough Community Centre

£5

ACC Bookings and Hire

Please use our online booking system on our website:
www.aldboroughcommunitycentre.com

£13/hour for hire of the main hall, £10/hour for wellbeing classes/events. See website for rates for all other rooms.
<https://www.facebook.com/AldboroughCommunityCentre/>



Sunday 23rd February
All Welcome

Please bring your seeds and pot plants to swap

Catch up and make friends

Support the community and the planet

2-4pm

Seed Swap

Aldborough Community Centre
Free Entry/Donations Welcome
Refreshments and Cakes for sale

Please bring seeds labelled and containers to take seeds away

Childrens Craft Area

Please send copy for **MARCH 2025** by **14th FEBRUARY 2025** to the editor:

Linda Howard cicely@danielbrian.co.uk 01263 833323

**THANK YOU TO ALL WHO CONTRIBUTE TO THE
PRINTING COSTS OF *KEEPING IN TOUCH IN SCARROWBECK***

Please Support our Local Businesses

<p>ROPER HEATING SERVICES Oftec Registered Engineer covering local Oil Boiler Servicing and Breakdowns. Small heating maintenance calls and warranty calls. Grant boiler G1 engineer covering every make and model of oil boiler. Oil boiler changes and upgrades available with plenty of notice. Fully Registered and Fully Insured. Call Steve on 07788414514</p>	<p>MANNINGTON ESTATE Mannington Estate NR11 7BB Autumn/Winter Walks open every day with Boardwalks, Bird Hide and Arboretum Car park (£4.00) and lavatories Gardens, Tearooms and Hall Bookings only October 4th to 6th BOOK Bash see www.manningtonbookbash.co.uk admin@walpoleestate 01263 584175 www.manningtonestate.co.uk</p>
<p>BICYCLE REPAIR MAN Punctures, Repairs and Servicing Rose Cottage, Thwaite Common, Erpingham Phone Paul 01263 768082</p>	<p>A and M CARPETS Established 1979 Carpets, vinyl, blinds Email: Info@aandmcarpets.co.uk 01263 732066</p>
<p>M. NEWLAND, BUILDERS All building work undertaken. Over 30 years experience. 077 8090 3694 or 01263 768323</p>	<p>ANDY DANIELS YEW TURN Timber framed buildings, carpentry, wood turning, landscaping, repairs, restoration. 30, Silvergate, Blickling yewturndaniels@aol.co.uk 07768680926 01263 734413</p>
<p>PEGG ELECTRICAL SERVICES (NICEIC approved/Domestic installer) Domestic, commercial, industrial wiring, test and reports. 46 years experience. Please call Andy on 01263 768564. Mobile 07799 264370.</p>	<p>JONES THE SWEEP Stoves, open fires & solid fuel appliances swept. Member of Guild of Master Sweeps. Fully insured. 07799 484012 www.jonesthesweep.co.uk</p>
<p>TRULY SCRUMPTIOUS 5* HYGIENE RATED BY NNDC We specialise in Wakes, Celebration Parties, Christenings, Baby Showers, and Afternoon Teas Home-made produce. All dietary requirements catered for. We also hire out Crockery (Plain or Vintage), glasses etc. Plus Wedding Items. For personal service please ring 01263 768076</p>	<p>CHESTNUT BARN, THURGARTON Spacious self-catering holiday accommodation. Sleeps 10-12 plus cots in 4 bedrooms (3 are en-suites). Open plan living area. Enclosed garden with private hot tub. Pets welcome. 01263 761169 07918 673716 www.chestnutbarnnorfolk.co.uk</p>
<p>JEMCO for all your signage needs! Off the shelf health and safety signs or bespoke. Professional friendly service for over thirty years. No minimum order. Your one-stop safety shop. Jemco 01263 761798 marion@jemcosigns.com</p>	<p>NORFOLK CHILDREN'S BOOK CENTRE 60,000 wonderful books for children. Come and have a look! Parents, children, teachers, everybody welcome! Open Mon-Fri 9-5, Sat 10-5. Church Lane, Alby NR11 7HB Tel. 01263 761402 ncbc.co.uk</p>
<p>ERPINGHAM WITH CALTHORPE VILLAGE HALL is available to hire throughout the year. It provides excellent facilities for clubs, children's parties, wedding receptions, anniversary celebrations, theatre, dances, exhibitions, and much more. For further information and enquiries please contact Tony Amies at 07979381277 or email: amiesanthony@gmail.com</p>	<p>EASTLAKE DECORATING SERVICES Local independent lady decorator specialising in interior painting and decorating. Friendly, reliable and high-quality service. Not sure about colour or finish? Why not try my colour consultancy service. Call or email me today for a no obligation quote on 07984 086496 or amanda@eastlakedecorating.co.uk. www.eastlakedecorating.co.uk</p>
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