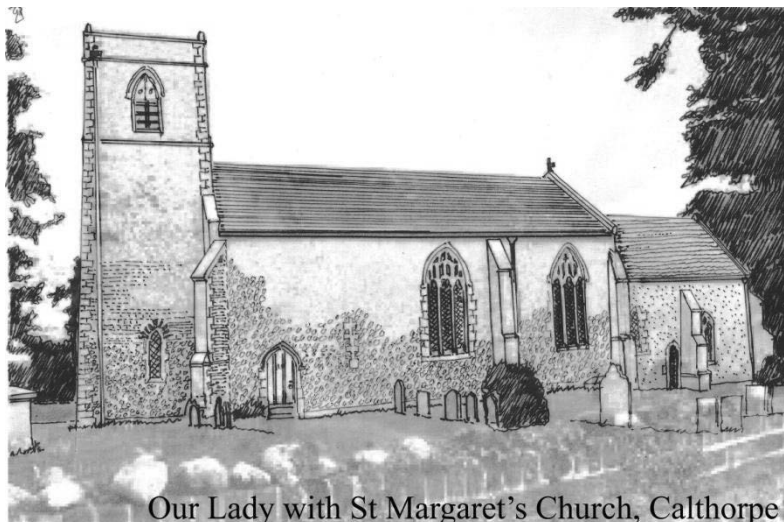


KEEPING IN TOUCH IN SCARROWBECK

Donations welcome

MAY 2026

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



Our Lady with St Margaret's Church, Calthorpe

MAY	5 th Sunday of Easter 3rd	6 th Sunday of Easter 10th	Ascension Day 14th	7 th Sunday of Easter 17th	Pentecost 24th	Trinity Sunday 31st
Alby	--	11am HC	--	--	--	--
Calthorpe	--	--	--	--	--	--
Erpingham	9.30am Group Service and Healing	9.30 HC	9.30 Ascension HC	9.30 HC	9.30 HC	9.30 Group Service
Gunton	--	--	--	--	--	--
Hanworth	--	--	--	--	11am HC	--
Ingworth	--	--	--	--	--	--
Thwaite	4pm Evensong	9.30 Morning Prayer	--	11am HC	4pm Evening Prayer	--

9.30am Midweek services in Erpingham church

Wednesday 6th	Wednesday 13th	Wednesday 20th	Wednesday 27th
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Priest-in-Charge of Scarrowbeck Benefice

Rev Canon Heather Butcher
25, Muskett Way, Aylsham NR11 6GF

07786266933 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 mcmariott@yahoo.com
Hanworth with Gunton	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 – LLMs (Permission to Officiate)

The Lay Ministers (LLMs) in this benefice help take services.

Our Lay Ministers are:

Angela Parkes	0779969281
Helen Burrell	01263 768209
Colin Willis	01263 577288
Ian Andrews	01263 732780

In addition, if you, or anyone you know, would like to be to be prayed for please let Heather know and we will gladly pray for you in our own prayers, and at the services if you wish.

Please let Heather know 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 Heather and this can be arranged at a time to suit you.

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. 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 MAY

3rd	Alby:	Town Green, Thwaite Common
10th	Thwaite:	Thwaite Hill
17th	Hanworth:_	Glebe Farm, Helsdon Farm
24th	Erpingham:_	Scarrowbeck Road, School Road
31 st	All clubs and societies in the benefice	

From the Registers

Olive May Hewitt aged 72 - Funeral Monday 27th April at Hanworth

Rosemary Sarsby aged 87 - died 3rd March 2026. Buried in Ingworth 26th March 2026

May Letter



This year's display of daffodils seems to have been especially good, and several people have remarked about the early snowdrops doing well. At present, I am writing this in mid-April, the lovely primrose is also doing well. Why? Perhaps the weather patterns since last year's drought period have been especially favourable. What has struck me most is the sheer variety of forms of daffodil and narcissi to be seen.

In our garden we have tried to grow the native daffodil, but it does not thrive. We have had more success with the native snake's head fritillary although it needs protection from pheasants who love to peck the stamens. Each year I also grow some species (wild) tulips in the greenhouse. The type I have grown this year is found on the hillsides of Iraq, Turkey, Armenia and Iran. They grow to about ten centimeters in height, are pale yellow and white and are not very showy. Previously, I have tried other species, and some red ones are attractive despite their small size. It is difficult to believe that the pots of large, beautiful tulips in the garden have been developed from these small, humble wild varieties. Both the tulip and the daffodil are examples of humankind's ability to develop new forms of plant to delight our senses.

Getting back to our connection with Nature is very therapeutic and many of us enjoy working in our gardens, helping with wildlife trusts and wandering in the countryside and woods. People who have suffered devastating loss or news of terminal illness often find solace in the natural world. In the Genesis story of Creation (chapter one) as each day of Creation happens the writer adds "and God saw that it was good" and ends on the last day with "and God saw it was very good". Indeed so.

However, our natural world is under threat. Wildlife of all kinds is facing some severe challenges from climate change and loss of habitat. In Norfolk, unthinking development to suit the policies of politicians, and property developers and big business should be of concern to us all. The earth has seen periods of mass extinction before and has always survived. Next time, the earth may survive. We humans may not.

Ian Andrews

HEALING MINISTRY

From the earliest times Christians were involved in prayers for healing.

Religious communities offered hospitality to the sick, grew and used herbs to help with healing through the ages, and they were the founders of hospitals. We are following in this tradition and will be offering laying-on of hands, and prayers for healing, at the end of the service on the first Sunday of each month at Erpingham.



During this time the choir will sing or the organist will play. Requests for prayer will be confidential. It will be a time when the congregation will keep silent prayer. Prayer such as this often brings comfort. We offer this healing prayer to anyone who would like to come, and we welcome you to church.



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 2026 monthly draw winners

The draw took place at "Cake & Coffee" in the Village Hall on Wednesday 25th February 2026.

The winning numbers were:

£30 prize: Number 106

£20 prize: Number 75

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 a 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 waiting list for a number, please contact him at:
petergidman@gmail.com Tel No: 07425 219292



The Pavilion, Aylsham Recreation Ground
**Your local not-for-profit social
enterprise yarn shop**

Working in the community, for the community



Our Next Workshop

Chinese Water Painting- Sunday 17th May

*For prices and availability please contact Jill on
jilly.hookedonstitching@gmail.com*



Coffee & Cake”

Holli Holmes
the Norfolk County Council Tech Coach
will be at:

Erpingham with Calthorpe Village Hall
on the following Wednesdays:

6th May

10th June

8th July

From 10.15 until midday

She will help and advise on IT skills including:

**Text Messaging, WhatsApp, Phone Storage, NHS App, Digital
Switchover, etc.**

All Welcome

Keeping In Touch In Scarrowbeck Report for 2025/26

We produced 10 editions of KiTiS in 2025 (December/January and August/September are combined) and 3 editions to date in 2026.

We deliver to seven parishes (550 copies per month or 575 for double issue):
Alby, Calthorpe, Erpingham, Gunton, Hanworth, Ingworth and Thwaite.
KiTiS is also available on line.

- Many thanks to Belinda for taking on the role of Treasurer when Liz resigned during the year.
- **Website:** Corinda has up dated the Safeguarding information and created a generic email for use with the card payment machine
The photographs are changed at intervals.
The main page and current events are up-dated frequently.
- Copies of old editions of KiT have gone to County Hall Records in Norwich.
- Advertising charges remain as for 2025 but we've agreed we need to increase in 2027
- Our appeal for donations in 2025 was successful. However, regular donations and advertising don't cover all on-going printing costs, currently £184 per month. At our next meeting we will discuss producing the magazine bi-monthly in 2027. We will also consider producing a smaller A5 magazine rather than the present A4, once we have investigated the comparative costs.
- The pen and ink drawings of our churches, on the front covers, have been universally appreciated.

I would like to thank all committee members for their work and support.

April 2026

Linda Howard (editor)

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
Tinned fish
Tinned meat
Pot noodles

Tinned vegetables
Pasta sauce
Shampoo
Squash/fruit juice

Laundry detergent
Deodorant
Toilet rolls
Washing up liquid

SUMMER TIME CHANGES AT THWAITE CHURCH

Evensong on the first Sundays and Evening Prayer on the third
Sundays both change to **4pm**, throughout the summer, beginning
on **April 5th**



**THE SPREAD EAGLE (FREEHOUSE)
EAGLE ROAD
ERPINGHAM
NORFOLK NR11 7QA**

TEL: 01263 761938
FACEBOOK : @TheCoastalKitchen The Spread Eagle
INSTAGRAM: thecoastalkitchen01 thespreadeagleerpingham
WEBSITE: www.thespreadeagle.pub

OPEN 5 DAYS A WEEK
Wednesdays to Saturdays 12pm to 11 pm and Sundays 12pm to 9pm

Food served: Thursdays and Fridays 5pm – 9pm
Saturdays 12pm – 9pm
Sundays 12pm – 4pm
Take-aways available

At the heart of the village is our dog-friendly pub with pool table, dart board and a friendly atmosphere. Plus a great selection of drinks and Real Ales.
Beautiful large beer garden, with patios and large car park.

EVERYBODY IS WELCOME

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 for all of your special events and parties including weddings.

We are proud to say that due to the money raised from pub quizzes, and your kind support, there is now a defibrillator on the pub wall facing Eagle Road and The Street

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

Time spent on an Allotment is



- *Good for health and well being*
- *Good for the environment*
- *Good for your pocket!*

It's not too late to join **Calthorpe's growing Allotment Community**

Dig or No-Dig? You decide! plots in various sizes available
Details from: jim@dofygate.co.uk / 01263 761798 or 761694



***NEED A
RELIABLE
PLUMBER.....?***

Based in Aylsham, I have over 10years experience as a plumber and have recently set up on my own. I specialize in bathroom fitting and working to support people with disabilities, to ensure they have the most suitable bathrooms and fixtures.

No job is too small!
Call / Text or email.

I look forward to working with you, Joe.



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



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sculpture, garden pieces, memorials, signs
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Teucer Wilson, stone carving & lettering

Aldborough Players present

Ladies' Day

by Amanda Whittington



Friday May 8th 7.30pm

Saturday May 9th 2.30pm & 7.30pm



Tickets £10 from

www.aldboroughcommunitycentre.com

(also matinee options with cream tea £15 or with glass of prosecco £20)

Venue: Aldborough Community Centre NR11 7AA

WHAT'S ON AT ERPINGHAM WITH CALTHORPE VILLAGE HALL



For booking enquiries contact
 Tony Amies : 07979 381277 / email: amiesanthony@gmail.com
 or Scan the above QR code for availability

Day	Activity	Time	Contact
Monday	Pilates	10am to 11am	Sally sally@remedyflows.co.uk 07788102328
Tuesday	Twinkle Toes Baby Massage - Music, Movement and Sensory Classes (by prior arrangement)	10am to 12:30pm	Amber babymassage.twinkletoes@gmail.com 07595167359
	Carpet Bowls (Sept to March)	7pm to 9pm	John johnsnelling0@gmail.com 07300 215830
Wednesday	Coffee Club	10am to 12pm	Tony mr.tonymoore@yahoo.co.uk
Thursday	Stretch Leisure	9:30am to 10:30am	Annamarie Stretch@daytimefitnessclasses.co.uk
	St Mary's mini melodies	11am 12pm	evebryantvocals@gmail.com
	Erpingham Young People's Choir	4:15pm to 5:15pm	evebryantvocals@gmail.com
	Yoga	6:45pm to 8:15pm	Pia pia.shell@gmail.com
Friday	Art Group	10am to 1pm	Jinny Vinden@sky.com 01263 768223
	Short Mat Bowls (Sept to March)	2pm to 4pm	John johnsnelling0@gmail.com 07300 215830

Please get in touch

In order to reduce printing costs, the Keeping In Touch committee are considering producing the magazine bi-monthly in 2027

Let us know your thoughts

cicely@danielbrian.co.uk 01263 833323

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.

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

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:

Belinda Northey, St Petroc, Cromer Road, Ingworth NR11 6PJ
(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

Keeping In Touch In Scarrowbeck Committee

Editor
Treasurer, Advertising, Distribution & Ingworth rep
Website
Distribution & Erpingham representative
Alby representative
Calthorpe representative
Thwaite representative
Hanworth with Gunton
Incumbent

Linda Howard
Belinda Northey
Corinda Carnelley
Stephen Burrell
Sheila Goodley
Colin Willis
Mary-Claire Marriott
Richard Harbord
Rev Heather Butcher

Please send items for the **June 2026** edition by **14th May 2026** to:
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>CHESTNUT BARN, THURGARTON Spacious self-catering holiday accommodation. Sleeps 10-12 plus cots in 4 bedrooms (3 are enSuites). Open plan living area. Enclosed garden with private hot tub. Pets welcome. 01263 761169 07918 673716 www.chestnutbarnnorfolk.co.uk</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>
<p>MANNINGTON ESTATE Walks open daily, including bird hide & boardwalk. Gardens open from May 15th until Sept: Wednesday, Thursdays, Fridays and Sunday 11-5 Tearooms/plant sales/shop. Contact for updates & events/season tickets: 01263 584175 www.manningtonestate.co.uk admin@walpoleestate.co.uk</p>	<p>BICYCLE REPAIR MAN Punctures, Repairs and Servicing Rose Cottage, Thwaite Common, Erpingham Phone Paul 01263 768082</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>
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