

# KEEPING IN TOUCH IN SCARROWBECK

## Donations welcome JULY 2025

“Keeping in Touch in Scarrowbeck” the current month is also  
on our website: [www.scarrowbeckbenefice.org.uk](http://www.scarrowbeckbenefice.org.uk)

### St Lawrence, Ingworth



| JULY      | Trinity 3<br>6th                      | Trinity 4<br>13th                    | Trinity 5<br>20th | Trinity 6<br>27th        |
|-----------|---------------------------------------|--------------------------------------|-------------------|--------------------------|
| Alby      | --                                    | 11am<br>HC                           | --                | --                       |
| Calthorpe | --                                    | --                                   | --                | --                       |
| Erpingham | 9.30am<br>Group Service<br>& Healing  | 9.30 HC<br><br>3pm<br>Family Service | 9.30<br>HC        | 9.30<br>HC               |
| Gunton    | --                                    | --                                   | --                | --                       |
| Hanworth  | --                                    | --                                   | --                | 11am<br>HC               |
| Ingworth  | --                                    | --                                   | --                | --                       |
| Thwaite   | 4pm<br>Evensong with<br>Aylsham choir | 9.30<br>Morning Prayer               | 11am<br>HC        | 4pm<br>Evening<br>Prayer |

### 9.30am Midweek services in Erpingham church

|                  |                  |                   |                   |                   |
|------------------|------------------|-------------------|-------------------|-------------------|
| Wednesday<br>2nd | Wednesday<br>9th | Wednesday<br>16th | Wednesday<br>23rd | Wednesday<br>30th |
|------------------|------------------|-------------------|-------------------|-------------------|



## **Priest-in-Charge of Scarrowbeck Benefice**

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

01263 735922 [canonhdb@gmail.com](mailto:canonhdb@gmail.com)

### **Scarrowbeck Benefice Churchwardens**

|           |                      |   |
|-----------|----------------------|---|
| Alby      | Mecki Green          | 01263 761480  |
| Erpingham | Keith Harrison       | 01263761698 <a href="mailto:harriswine@doctors.org.uk">harriswine@doctors.org.uk</a>      |
|           | Linda Howard         | 01263 833323 <a href="mailto:cicely@danielbrian.co.uk">cicely@danielbrian.co.uk</a>       |
| Thwaite   | James Buchan         | 01263 768901 <a href="mailto:jebuchan@btinternet.com">jebuchan@btinternet.com</a>         |
|           | Mary-Claire Marriott | 01263 761373 <a href="mailto:mcmariott@yahoo.com">mcmariott@yahoo.com</a>                 |
| Hanworth  | Richard Harbord      | 01263 768723 <a href="mailto:richard_harbord@hotmail.com">richard_harbord@hotmail.com</a> |

**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.

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## **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

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## **PRAYERS FOR THE PARISHES**

### **IN JULY**

Week beginning Sunday

|      |             |   |
|------|-------------|---|
| 6th  | Ingworth:   | Cromer Road, Priory Lane, Gulgate, West End |
| 13th | Ingworth:   | Banningham Road, Butts Common               |
| 20th | Hanworth::  | Parrow Lane                                 |
| 27th | Calthorpe:: | Aldborough Road                             |



## CAN YOU HELP TO SAVE KEEPING IN TOUCH ?

Keeping in Touch is produced and distributed entirely by volunteers. The only cost is printing. Although the Committee has increased advertising costs for 2025, the annual income from advertising is only half of the printing costs and there are only enough funds for the rest of this year. Please can you help?



Charities and not for profit organisations make donations for their advertisements and we are grateful for their support. We are grateful to all who donate towards the printing costs of Keeping in Touch. You can give easily by using your smartphone or tablet to scan this link.

Or please send a regular or one-off donation to

**Erpingham Parochial Church Council**

**Sort Code: 20-03-26**

**Account Number: 40358452**

Please reference the payment "Keeping in Touch"

Please let us know if you can Gift Aid your donation.

**Thank you for your support!**

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**From the Registers**

**No entries for this month**

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## **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 |

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## REMINDER

The next edition of *KEEPING IN TOUCH* will be a double issue for August and September. The deadline for items to be included is 14<sup>th</sup> July. It has to be with the printers well before the end of the school term.

Thank you

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## 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 [evbryantvocals@gmail.com](mailto:evbryantvocals@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:  
[evbryantvocals@gmail.com](mailto:evbryantvocals@gmail.com)



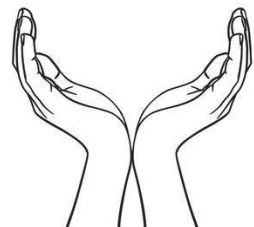
## HEALING MINISTRY

### 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.



## July letter

Finley, my nearly 5 year old grandson is a tricky little customer to get to sleep. Recently we tried counting sheep and I got to 335 before he eventually conked out! The most recent challenge came while his mum and dad were in London. I had read a story, sung every nursery rhyme I could think of plus 'One man went to mow' and 'Ten green bottles'. (Incidentally, I thought Mow was a place when I was a child and could never quite understand the words). Eventually, I thought perhaps it was me keeping him awake, so tried another tactic. "I'm going downstairs and I shall come back in 5 minutes to see if you are asleep" Later, as I climbed the stairs and peeped through the bannisters, I saw this little scrap charge across his room and leap into bed. "And what do you think you're, doing? You're supposed to be in bed trying to go to sleep" I said in my best cross nanny voice. To which the reply was, "I accidentally played with something" There's a master-class in not taking responsibility for your own actions.

People will often say to me - "Religions cause wars" That neatly gets them out of any responsibility and points the finger at the likes of me. To which I want to say, "hang on a minute, what about greed, fascism, the desire to exploit, the love of power etc." These are all human traits. We all carry the the potential to be both good and evil within us - and to have mixed motives. I go to church to be part of a community but also to be reminded of how easily I can go off the rails and to reorientate myself. It is good to be reminded of Jesus words - because I can be as vengeful as any one else. "you have heard it said an eye for an eye, a tooth for a tooth, but I say to you love your enemies and pray for those who persecute you" He also said "The greatest commandment is this - love others as much as you love yourself."

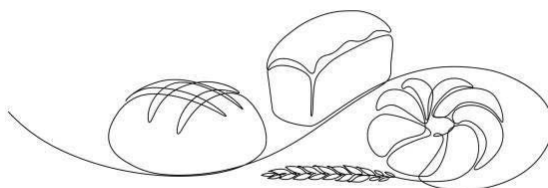
What a different place this world would be today if we all adhered to that way of living. We cannot put a stop to the terrible wars that are taking place but perhaps we could start by praying for the perpetrators as well as those who are suffering through their actions. Pray that hard hearts may be melted and broken hearts healed.

Heather

### Family Service at Erpingham church Celebrating the first loaf of the Harvest

**July 13th at 3pm**

We will be making bread and plaiting the dough





**On Sunday 6th July  
we welcome the choir of Aylsham Church  
to sing Evensong  
at Thwaite Church at 4pm.**

Evensong, with its mixture of poetic language and music is thought by many to be the pinnacle of Anglican Worship.

We welcome all to this service that it may lift your hearts.



**Wine & cake to follow as usual**

## **Alby Church - Help!**

We have 4 - 6 regular worshippers for a service just once a month. We have no treasurer. The future looks bleak. If the church closes, the churchyard will become overgrown and the building will fall into disrepair. Alby Church is a very ancient building dating back to the middle-ages and has been a constant in the life of the village. Calthorpe and Ingworth are examples of villages where there is no worshipping congregation but the villagers are maintaining the buildings. They have set up Friends Groups to care for the churches and churchyards. I am writing to Alby villagers to ask whether there is any interest in setting up a Friends Group for Alby church and also whether anyone could give time to being the treasurer for the congregation.



**Heather Butcher Parish Priest: 07786266933 [canonhdb@gmail.com](mailto:canonhdb@gmail.com)**

# Iona Pilgrimage 2026

Dates TBC

The following is to give you an idea of the pilgrimage so that you can decide whether you might be interested.

The group is limited in size so places will be allocated on a first come first served basis. Please also look on the Iona Community website Travel All the trips I have previously arranged have met at Norwich railway station on the morning of the Friday (Timings once the timetable is released.) I book all tickets using any travel cards people have. We

travel to Edinburgh, commuter train to Glasgow and then rail to Oban arriving at about 8.30pm. You will need a packed lunch or cash for buffet car. By tradition we have fish and chips when we arrive at Oban but that is optional and you will need cash for that. I will arrange for taxis to get us to the hotel which I will also book. On Saturday there is time to look round Oban before we take the ferry to Mull and then a bus across Mull and ferry to Iona. Coming back we catch an early train on the following Friday and arrive back in Norwich near to midnight. You will need a taxi or kind relative to take you home!

**Accommodation:** We stay in the Abbey where BEDROOMS ARE SHARED.

The accommodation has been refurbished and is comfortable and warm but there are extra blankets and hot water bottles if it is very cold. There is a common room with open fire and coffee/tea making facilities during the day. We eat together in a refectory where the food is simple, mostly vegetarian and plentiful. There is a lift and a mobility scooter which can be borrowed.

**Clothing:** There is nothing to dress up for! Think camping. The weather is very variable so it is best to bring layers and make sure you have a warm jumper. Walking boots or sturdy shoes are essential, especially if you intend to walk the 7 mile pilgrimage - though there is a road to the village for those who don't want to be too adventurous. Try to bring wet weather gear. Bring a swimming costume if you are brave - it is cold

**Facilities:** There is the Iona book shop to browse and some craft shops as well as a general store and there is post office. There is a cafe and pub and a couple of hotels for those who want to venture out for coffee/tea or a whisky in the evening. Mostly people take cards but you will need some cash. The Dr only visits sometimes and there is no pharmacy so please remember your tablets - we once had quite a drama over that.

**Activities:** I do not arrange any talks/activities but often there are things going on. There is a craft room and library. Bring some reading. Sometimes people have brought sketching materials with them. There is a trip to Staffa to Fingal's cave arranged by a local and a that costs extra. There are lots of walks and a 7 mile all day pilgrimage round the island for those who chose to go. Sometimes there is singing practise for those who like to sing. Essentially it is a time to slow down, enjoy the silence and the wonderful colours of sea and rocks and have some time to yourself to think. There is often someone in the common room if you feel like chatting.

**The Community:** We are encouraged to join in fully with community life. We have jobs allocated preparing vegetables or a bit of cleaning. (they don't take long). There is worship at 9am and 9pm and I hope everyone will attend as I think it is a very special experience being together in the Abbey especially at night.

## Iona Pilgrimage 2026

The cost includes rail, ferries, taxis, bed and breakfast in Oban for one night and 6 days full board in the Abbey). It is difficult to fix the cost this far ahead but it was £1,080 in 2024. So I am guessing £1,200 - £1,300 for 2026. I pay for myself so the trip is at cost and refunds are made if I have overcharged.

**Heather Butcher**

[canonhdb@gmail.com](mailto:canonhdb@gmail.com)

**07786266933**





# OFF-SHORE POWER

For those who weren't able to attend the interesting and informative talk in the church, and for those who want to know more, here are the websites with all the information:

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

one.network roadworks maps – for information about road works nationwide

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## Learn to Crochet with Jilly

Contact Jilly to book: **Mobile:** 07970 016961

Or email: [jilly.hookedonstitching@gmail.com](mailto:jilly.hookedonstitching@gmail.com)

- ♥ Two-hour workshops with individual tuition to suit your availability and ability. Learn basic/advanced crochet techniques at your own pace.
- ♥ Find out how to crochet hats, mitts, scarves, toys, purses, flowers etc.
- ♥ Learn the various stitches used and how to follow patterns.
- ♥ Complete beginner to more experienced crocheter welcome.
- ♥ Book for one workshop or as many as you wish.
- ♥ Workshops are provided on a one to one basis, or up to a group of 3 friends,
- ♥ Book your session(s) between 10.00am and 4.00pm on Saturdays.
- ♥ There is also a weekly Thursday evening crochet group where you can practise your new found skills with help at hand.

### What's included in the price?

Crochet hook, wool and pattern on your first lesson - Tea, coffee and biscuits -  
Friendly atmosphere with lots of laughter and fun.

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## THE SPREAD EAGLE (FREEHOUSE) EAGLE ROAD ERPINGHAM NORFOLK NR11 7Q

TEL 01263 761938

FACEBOOK : The Spread Eagle

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

WEBSITE: [www.thespreadeagle.pub](http://www.thespreadeagle.pub)

OPEN 6 DAYS A WEEK 12-11 PM  
CLOSED TUESDAY

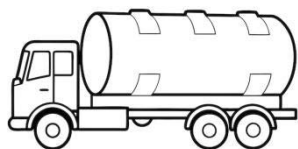
At the heart of the village is our dog-friendly pub with pool table, dart board and a friendly atmosphere. Plus a great selection of drinks and Real Ales.  
Beautiful large beer garden, with patios and large car park.

**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

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Did you know that  
Ingworth has an Oil Syndicate?  
Would you like to join?

Orders are placed approximately 3 or 4 times a year, minimum order is 500l. Please send your contact details to [belindanortheyis@outlook.com](mailto:belindanortheyis@outlook.com) including mobile number as contact will mainly be via WhatsApp

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## Village meeting St Lawrence church Ingworth Wednesday 23rd July 7pm

Norfolk nutrient neutrality is chairing a meeting about a **fully funded scheme to replace septic tanks with a sewage treatment plant**. This is a scheme for residents in one of the Norfolk rivers catchments, which includes the Bure, whereby homeowners can receive a free replacement of their septic tank. There are many reasons to do this but certainly one of these is the contribution of septic tanks to pollution in our local rivers and also the Norfolk Broads. Further details of the scheme in advance of the meeting can be found at: [www.norolknutrientneutrality.co.uk](http://www.norolknutrientneutrality.co.uk)

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## News from the Ingworth Parish Council

The Parish Council met on 28<sup>th</sup> May, now with nearly a full complement of councillors (6 out of 7 seats filled) - there is one vacancy. If anyone is interested, please contact the Clerk.

Ian Sims was elected as Chairman for another year and Tracey Yardley as Vice-Chairman. Training in the use of the defibrillator on the outside wall of the Reading Room is to be arranged for September. Look out for the date nearer the time and do come along if you can – it could save a life!

Among topics discussed were regular inspections of the play equipment and the perennial problem of speeding through the Village. Data being collected from the Speed Awareness Monitor (SAM) which you would have seen in various locations is indicating a high proportion of vehicles exceeding the limit, especially coming into the Village from the north along Cromer Road. When we have more data, we will be submitting this to the County Council and asking for traffic calming measures to be installed.

At the request of a resident, a public meeting is to be held to discuss a project to replace ageing septic tanks in the Village with up-to-date sewage treatment units. If you are interested, look out for the date in the next KiT. And good news is that sufficient funding has been secured to re-thatch the tower and porch of the Church which should take place this summer.

And finally, the Council got approval from the internal auditor for its 2023-24 accounts, which if anyone is interested, are available to view by contacting the Clerk.

Colin Studholme (Clerk) [ingworthclerk@gmail.com](mailto:ingworthclerk@gmail.com) 01263 587952

## **Erpingham with Calthorpe Village Hall 200 Club**

### **May 2025 monthly draw winners**

The draw took place at "Cake & Coffee" in the Village Hall on Wednesday 28<sup>th</sup> May 2025.

The winning numbers were:

**£30 prize: Number 37**

**£20 prize: Number 165**

***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

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## **Norfolk Churches Trust**

### **Our three Bishops endorse the Bike Ride**



**The 2025 Bike Ride is on  
Saturday 13th September!**

Thank you so much to everyone who took part in the 2024 Bike Ride – it was a glorious day and we hope you had a great day out and enjoyed visiting our wonderful churches. Let's hope this year's will be just as good!

**Since the Bike Ride started, we have raised over £4 million!  
A tremendous effort by everyone who has taken part.**

If you would like to register, you can do that on line.

**Congratulations!** Sean Lock of Town Green Alby has been awarded the BEM, on the King's birthday honours list, for his services to the Scouts and work with young people.

## 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



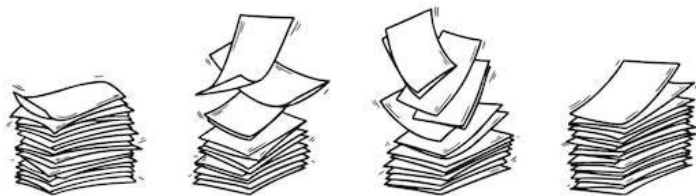
sculpture, garden pieces, memorials, signs  
[www.teucerwilson.co.uk](http://www.teucerwilson.co.uk) 07876 243230

# What's on at Erpingham with Calthorpe Village hall

| Day       | Activity   | Time              | Contact  |
|-----------|--|-------------------|--|
| Monday    | Pilates  | 10am to 11am      | Sally<br><a href="mailto:sally@remedyflows.co.uk">sally@remedyflows.co.uk</a><br>07788102328                     |
| Tuesday   | Twinkle Toes Baby Massage - Music, Movement and Sensory Classes (by prior arrangement) | 10am to 12:30pm   | Amber<br><a href="mailto:babymassage.twinkletoes@gmail.com">babymassage.twinkletoes@gmail.com</a><br>07595167359 |
|           | Carpet Bowls (Sept to March)   | 7pm to 9pm        | John<br><a href="mailto:johnsnelling0@gmail.com">johnsnelling0@gmail.com</a><br>01263 768953                     |
| Wednesday | Coffee Club  | 10am to 12pm      | Tony<br><a href="mailto:mr.tonymoore@yahoo.co.uk">mr.tonymoore@yahoo.co.uk</a>                                   |
| Thursday  | Stretch Leisure  | 9:30am to 10:30am | Annamarie<br><a href="mailto:Stretch@daytimefitnessclasses.co.uk">Stretch@daytimefitnessclasses.co.uk</a>        |
|           | St Mary's mini melodies  | 11am 12pm         | <a href="mailto:evebryantvocals@gmail.com">evebryantvocals@gmail.com</a>   |
|           | Erpingham Young People's Choir   | 4:15pm to 5:15pm  | <a href="mailto:evebryantvocals@gmail.com">evebryantvocals@gmail.com</a>   |
|           | Yoga   | 6:45pm to 8:15pm  | Pia<br><a href="mailto:pia.shell@gmail.com">pia.shell@gmail.com</a>  |
| Friday    | Art Group  | 10am to 1pm       | Jinny<br><a href="mailto:Vinden@sky.com">Vinden@sky.com</a><br>01263 768223                                      |
|           | Short Mat Bowls (Sept to March)  | 2pm to 4pm        | John<br><a href="mailto:johnsnelling0@gmail.com">johnsnelling0@gmail.com</a><br>01263 768953                     |

For booking enquiries please email:

Tony on [amiesanthony@gmail.com](mailto:amiesanthony@gmail.com) or telephone 07979381277



## **A LAST CHANCE to recycle unwanted paper & make a difference for YOUR Community**

At the end of this Summer all of the familiar blue 'cube' paper banks will disappear & local good causes will lose a significant fundraising opportunity. **Let's make these last few weeks count!**

No paper bank in your village?

The one at **Erpingham** with **Calthorpe Village Hall** helps with upkeep of the Multi-Use Games Area, and we are always grateful for your paper.

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### **CHANGES AHEAD**



For many years a wide range of courses has been delivered in Aylsham through the WEA. From September 2025, Norwich Lifelong Learning – Aylsham Branch will be providing similar learning opportunities on Tuesday afternoons at Emmanuel Church:

- from September 23<sup>rd</sup> two consecutive 5 week courses:  
Norwich Shawls and Norwich Textile Manufacturers with Pippa Lacey
- from November 4<sup>th</sup> Fiction from the Gilded Age to Modernism with Maggie Selby.

**You can book from July, check the website: [norwichlifelonglearning.co.uk](http://norwichlifelonglearning.co.uk)**

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### **Southrepps Chorale sings MUSIC FOR A SUMMER EVENING**

Gloria (Vivaldi)

West Side Story (Bernstein/Sondheim)

Cantique de Jean Racine (Faure)

With Alexandra Bryant (soprano)

Tamsin Jones (alto)

Cathy Al-Bay (piano)

David Ballard (organ)

Directed by Dr. Susannah Self

Sunday 6<sup>th</sup> July 2025, 7.30 pm

St. James' Church, Southrepps NR11 8NR

Tickets £15 (under 18s free) in advance [www.ticketsource.co.uk](http://www.ticketsource.co.uk) (no booking fee)  
or email: [info@southreppschorale.org.uk](mailto:info@southreppschorale.org.uk) or 07979 833124

Refreshments at end of concert

[www.southreppschorale.org.uk](http://www.southreppschorale.org.uk)



Please send items for **the double issue August & September 2025** by **14<sup>th</sup> JULY 2025** to:  
Linda Howard [cicely@danielbrian.co.uk](mailto: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><b>ROPER HEATING SERVICES</b><br/>Oftec Registered Engineer covering local Oil Boiler Servicing and Breakdowns.<br/>Small heating maintenance calls and warranty calls.<br/>Grant boiler G1 engineer covering every make and model of oil boiler.<br/>Oil boiler changes and upgrades available with plenty of notice.<br/>Fully Registered and Fully Insured.<br/>Call Steve on 07788414514</p>                             | <p><b>EASTLAKE DECORATING SERVICES</b><br/>Local independent lady decorator specialising in interior painting and decorating.<br/>Friendly, reliable and high-quality service.<br/>Not sure about colour or finish? Why not try my colour consultancy service.<br/>Call or email me today for a no obligation quote on 07984 086496 or <a href="mailto:amanda@eastlakedecorating.co.uk">amanda@eastlakedecorating.co.uk</a>.<br/><a href="http://www.eastlakedecorating.co.uk">www.eastlakedecorating.co.uk</a></p> |
| <p><b>BICYCLE REPAIR MAN</b><br/>Punctures, Repairs and Servicing<br/>Rose Cottage, Thwaite Common, Erpingham<br/>Phone Paul 01263 768082</p>   | <p><b>A and M CARPETS</b>      Established 1979<br/>Carpets, vinyl, blinds<br/>Email: <a href="mailto:Info@aandmcarpets.co.uk">Info@aandmcarpets.co.uk</a><br/>01263 732066</p>   |
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| <p><b>PEGG ELECTRICAL SERVICES</b><br/>(NICEIC approved/Domestic installer)<br/>Domestic, commercial, industrial wiring, test and reports. 46 years experience.<br/>Please call Andy on 01263 768564. Mobile 07799 264370.</p>  | <p><b>JONES THE SWEEP</b> Stoves, open fires &amp; solid fuel appliances swept. Member of Guild of Master Sweeps. Fully insured.<br/>07799 484012 <a href="http://www.jonesthesweep.co.uk">www.jonesthesweep.co.uk</a></p>  |
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| <p><b>ERPINGHAM WITH CALTHORPE VILLAGE HALL</b> 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.<br/><b>For further information and enquiries please contact Tony Amies at 07979381277 or email: <a href="mailto:amiesanthony@gmail.com">amiesanthony@gmail.com</a></b></p> | <p style="text-align: center;"><b>To advertise here contact<br/>Belinda Northey 01263 732882<br/><a href="mailto:belindanortheyis@outlook.com">belindanortheyis@outlook.com</a></b></p>   |