



Sedgeford Village News

May/June 2021

Edited and prepared for printing by:

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Parish Council

After circulation of last month's Newsletter, four people stepped forward to volunteer as footpath wardens, so we now have a group of wardens: Mike Wade, Nicky Darley, Richard and Josie Chapman, with Mike taking the lead role. They are meeting this month to discuss priorities for the year and consider possible options for a new circular walk around the village. They will also liaise with Cllr. John Palmer. The old grit bins have been removed from Mill View and Ringstead Road and new ones ordered, so they can be filled before there is further ice or snow. The new flashing SAM sign has now been installed. Councillors held two Zoom meetings on 5th May. At the Annual Parish Council meeting, Sue Crump was re-elected as Chair and Tamar Crosley as Vice-chair. Essential policy documents were agreed and are now on the Parish Council website. Cemetery fees and regulations were reviewed and revised charges agreed for 2021-2022.

The next Parish Council meeting will be on Wednesday 16th June at 7.00pm, in the Village Hall, with appropriate measures in place to comply with government guidelines, including layout of chairs and tables, one-way system, wearing masks, etc. If you would like to attend, please email the Clerk, Roger Quick, on sedgeford.parish@outlook.com. The agenda and papers for the meeting will be on the parish council website, <https://sedgefordparishcouncil.norfolkparishes.gov.uk/> and on the notice-board.

Roger's regular office hours, when he will be available to answer phone calls and emails, are Tuesday, Wednesday and Thursday mornings, from 10.00 to 12.00. At other times, enquirers will receive an automated message and he will reply as soon as he is next available. His phone number is: 07598 702826.

Sue Crump

Village Hall News

The committee are delighted that our regular users are returning to the hall for their activities and they are operating in a secure Covid environment.

We are delighted to welcome new users like the yoga group meeting on a Tuesday early evening and a Thursday morning.

The hall was built to serve the community and we are delighted it will be well used going forward. If you want a game of table tennis, join yoga, join the Arts Group or just attend organised events there are lots to get involved with.

The committee are planning events for the future and the first major one is our play on the 9th July and Dave Carter will be sharing the details with you and posting them on the village hall website and Facebook.

We hope to have a Christmas party type event in December similar to the last one we had two years ago; this is in the early planning stage.

The committee meets once a month and if you would like to get involved, please let me know. Give me a call and we can talk about how you could fit into the committee.

The committee are also looking for a defibrillator co-ordinator who will manage and promote the unit on the hall, carry out some of the basic tests and co-ordinate some training for the village. No experience is required as we will give training and support. This would help the committee to know that it is being looked after and monitored.

If you think you could help with this task give me a call and I will put you in touch with Charlie to go through the simple checks required.

John Ward Chair
Tel 570504

Post Office

The Post Office visits the village hall on three days a week.

Monday, Tuesday, Thursday from 2.15-2.45 pm.

The local paper said that some of these times would change but nothing has been changed on the web site.

Captain Tom 100

Just to say a huge “thank you” to everyone who supported our event on the 1st May. Thank you to all those who made cakes, served refreshments, did the washing up and all those who prepared the event and cleared away afterwards – a good team effort. The weather was cold but at least it didn't rain which kept everyone walking.

We raised a magnificent £1,984.80 which gave £660.60 each to the Village Hall, Church and the Captain Tom 100 Foundation. When the Gift Aid is claimed we should each receive a further £130 approximately.

A good morning's work and it was lovely to meet up with everyone.

St Mary's Church

Men's Breakfast

We are pleased to say that our Men's Breakfast will be starting up again. The first one will be on Saturday 12th June at 9 am in the church. After that we shall return to the first Saturday of the month. Breakfast consists of Juice, cereal, fruit, full English (Bacon, sausage, fried potato, tomatoes, mushrooms and eggs) with toast, tea and coffee.

We do not charge but leave out a basket for donations.

If you would like to come along, please book with Pam on 579002. We will not have a speaker at our first meeting as everyone decided that they would like to have a natter and catch-up.

We are always looking for speakers so, if you have an interesting story to tell or know someone that does, please get in touch – I would love to hear from you.

Foodbank

Thank you for all the foodbank stuff – much appreciated – and please keep it coming.

Books and Puzzles

Many thanks for all the books and puzzles that have been left in the church. Please keep them coming but only paperback books please.

The church is open not only for services on a Sunday but throughout the week. You can always call in to look round our lovely church and just relax, light a candle and have some quiet time.

Stretch and Relax Classes with Kyra at Sedgeford Village Hall.

As the Thursday class is fully booked and there is a waiting list in place, I am now running another class on Tuesdays between 5.15-6.00pm.

The classes will combine yoga, exercise and stretches as well as using mindfulness and guided meditations. Suitable for everybody! Work at your own pace and increase your strength, balance and flexibility and reduce stress by learning relaxation skills.

This is a not for profit class with a suggested donation of £20 for a 4 week booking. Donations will go towards the hall booking, committee funds and Mind.

Places are limited so please book early. Contact Kyra Cruise to book on 07968354431 or kyracruise7@gmail.com

Best wishes

Kyra

The Cloud Cabin

Calm Kids Yoga

The Arts Society

Our next online lecture is on Monday 14th June at 2.00pm

The Music of Russia

This lecture traces the soul of Russia through its rich musical heritage – from the unaccompanied choral music of the Orthodox Church to gypsy romances, magical ballets and songs performed by the Red Army Choir.

If you've not yet joined one of our lectures do visit our website's 'Home Page' and click the link to request your free on-line access code.

www.theartsocietynwnorfolk.org.uk

**Articles for the next newsletter should be in by:
18th June**

Women's Friendship Group

Hi Ladies, I found this poem and it made me laugh. I hope you find it amusing too.

A hand in the Bird by Roald Dahl (1916-1990)

I'm a maiden who is forty,
and a maiden, I shall stay.
There are some who call me haughty,
but I care not what they say.

I was running the tombola
at our church bazaar today,
and doing it with gusto
in my usual jolly way.....

When suddenly, I know not why,
there came a funny feeling
of something crawling up my thigh
I nearly hit the ceiling!

A mouse! I thought. How foul! How Mean!
How exquisitely tickly!
Quite soon I know I'm going to scream.
I've got to catch it quickly.

I made a grab. I caught the mouse,
Now right inside my knickers.
A mouse my foot! It was a HAND!
Great Scott! it was the Vicar's!
(no offence Vicar)

Hopefully there will be a get-together sometime in July. Helen will inform us nearer the time.
Helen, Pam and the committee would like to thank all the ladies who helped with refreshments, cake stall etc., and all the lovely cakes they provided at the Captain Tom 100 event.
The Women's Friendship Group now have a new page on the Village Hall website.

Maggie Burlton

News from the King William

Good to see everyone on our reopening day Monday 17th May – great evening.

Business as usual from 11.30 am – 10.30 pm.

Lunch served 12 – 2.30 pm

Dinner served 6 – 9 pm

Takeaway service resumed.

best wishes

Nick

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Norfolk Coast Partnership

Nature special

Pick up your free 2021 copy of the Norfolk Coast Guardian from outlets along the coast from mid-May. This year's 40 page newspaper is an action for nature special featuring art, poems and even fiction. There's a handy map, tips on walking, cycling, and dog walking; the coastal code and a local products directory, as well as a kids page and events listings, including details of our Dark Skies Festival in the autumn. We have a front cover with a difference – made using artificial intelligence by local artist Karen Eng, it's interactive. Get your copy to find out more! There is a list of the main stockists on our website at:

<http://www.norfolkcoastaonb.org.uk/partnership/norfolk-coast-guardian/108>

We'd like to say a very big thank you to all those businesses who advertise in the Norfolk Coast Guardian and support the Norfolk Coast AONB.

Catherine Leigh

Project adviser – education and community
(part time, usually Mon, Tues & Weds)

Norfolk Coast Partnership

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