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**Frettenham Village
NEWSLETTER**

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**Frettenham
Garage Sale
Sunday 3rd July
10am-1pm**

£8 per house to sign up
All money raised going to Friends of Frettenham Primary School PTFA
To get involved please sign up at www.pta-events.co.uk/frettenhamfriends
Alternatively you can put £8 in a envelope with your address on to 28 School Road (next to the school)

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Village Website <http://frettenham.org.uk>

Journey of a District Councillor – May 2022

It feels like summer, difficult to remember that it is only the beginning of May. Preparations are being made for Jubilee celebrations and the trees are coming into leaf as bees fill the warm afternoons. There are several things to share with you. Many of you use the Bure Valley Path, some of it has been re-surfaced and although the project has not finished, Broadland District Council would be interested in knowing what you think. A few things remain to be in place, the plan is to remove the trees that were felled due to ash die-back at Buxton. The stairs leading onto the path will be mended or re-placed when needed. So if either you want to share your views on the works carried out so far, or you find stairs and fences need to be mended, then the person to contact in the Council is Michael Horton

(Michael.horton@southnorfolkandbroadland.gov.uk) and George Denton (George.denton@southnorfolkandbroadland.gov.uk); they are part of the community assets team in Broadland. They are also responsible for replacing the fence along the BVR. It is supposed to have means to allow wildlife to escape, if you are worried about whether a section of the fence near you, needs to allow wildlife to escape and cannot, then they are who you need to contact, let me know as well and I can follow up on your issues. They are also the team responsible for mending and upkeep of the bridges, which will need to have ivy removed, repointed and in some cases, like Little Hautbois, they will need to have sections replaced. We are trying to make sure that heavy trucks are diverted so they do not strike the bridge in future.

Another area that has appeared on our agendas very recently is “nutrient neutrality” – What is that!!!! And why should I care?

Fair questions. Let me tackle the second question first. The reason why it may affect us all is that it is the reason why no planning permission or appeals are being granted at the moment for any application that has any type of over night accommodation. This is not just for our area, but the whole of the Bure river catchment that feeds into the Broads as well as the Wensum river catchment. So that impacts planning in almost the whole of Broadland District Council area.

- *This is where I need the scratching head emoji!*

If you want an extension to your house, you are OK. However, if you have put in a planning application for change of use that increases your over night accommodation, or a planning application for a self build, or a small development, it does not matter or even waiting for an appeal decision on an application – it still does not matter. At the moment these are all on hold.

Until a nutrient assessment is carried out, using a tool provided by Natural England that will be able to say how much nutrients will be increased by the proposed plan. That means your wastewater, runoff and just the difference in nutrients when land use changes from natural vegetation to a built surface. Why us? Well there lots have been said in the News about our rivers and how water companies have been “legally” discharging waste into them, especially during storms and many are now suffering from pollution from too many nutrients. This issue is very important for us in Norfolk. We have 12 rivers that are known as chalk streams, they have a gravelly bed, and they are rare in the world. The UK has 63% of all chalk streams, many of them are found in Norfolk. This is the reason that the Wensum valley and the Bure river that flows into the Broads are special and protected, with many areas of special scientific interest being identified. Natural England has assessed these streams and found they have been found to have too many nutrients (nitrogen and phosphate) in them and they are in danger of being destroyed. You may have noticed new algae growing in the rivers and becks near you, which was not there before. So Natural England wrote to the planning authorities in the areas that they had recently assessed and deemed too polluted, and advised the councils that any new development, which could increase the nutrients flowing into the Broads or the Wensum valley, had to be balanced out or removed before the plans are allowed to go ahead. This has blind-sided everyone, as it was not on anyone’s radar. So although we have an amazing organisation here in Norfolk, called the Norfolk Rivers Trust that has created artificial wetlands and have projects to improve the water quality in our local rivers through what’s called Nature Based Solutions, we do not have a way to connect the two things yet.

So what does this mean for the Parish Councils and us? There will be delays in decisions. The planning department needs to figure out what options there are and what system or process needs to be in place so that developers or individuals wanting to build houses or add accommodation know what they need to assess and then what they need to do to balance any extra nutrients their project may put into the rivers and sewage system – which as we know, at times, also goes into our rivers and becks. Concrete examples are Jaguar house in Badersfield and a Self Build application appeal on the large grass Triangle in Frettenham – all on hold.

The planning department at Broadland will be writing to those that are affected by this. If you want to know more about this and the types of solutions, let me know and we can see if the

Norfolk Rivers Trust (<https://norfolkriverstrust.org/about/>) will share with us their experiences. Some of these solutions include putting the wiggle back into becks and rivers, including the drainage ditches. If you want to know more about what I have shared with you here, or if there is anything else you are concerned about then drop me an email:

Karen.lammasbuxton@gmail.com or
cllr.karen.lawrence@southnorfolkandbroadland.gov.uk

Dear Adults of Frettenham!



Do you a spare hour or two in the week? Do you like children? We are looking for friendly volunteers to come into school and listen to our polite and welcoming children read. You can have a cup of tea at the same time!

If this sounds like something you would be interested in, please contact our lovely secretary Emma on 01603 737405.

Thank you,

The children of Frettenham Primary



A Very Sad Loss

Sadly, Keith Brewer passed away on the 9th April very suddenly. The loss of my Husband, Dad, and Grandad also friend to a large circle of people who are very saddened he has passed. I would like to say a Big thank you to all the people who sent cards, flowers, letters with kind words to me and my family. Its makes you appreciate what a wonderful, kind, loving man Keith was and will be sadly missed but never forgotten always in our hearts and memories . Love from Sue Brewer and Family. X

HAINFORD AND FRETtenham PRE-SCHOOL
LEARNING ALLIANCE
Registered Charity No. 1033185



We hope that some of you may have noticed that over the Half Term Holiday there was quite a few busy bees at Jasmine Cottage.

The good news is that Hainford and Frettenham Pre-School is now open. Hainford Pre-School has previously been based in Hainford Village Hall since 1963 and although we were sad to leave the village the new opportunity that Jasmine Cottage offered means we can now serve both villages. We found in our archive that in the past Hainford and Frettenham worked together to launch the first Pre-School in Frettenham so in many ways we have come full circle and are incredibly excited by this new venture.

The Pre-School is open Monday to Friday 8.45 to 15.15 term time only, taking children from the age of two. We do hope in the future to be able to offer a breakfast and after school club if there is a demand so if you feel that this would be of interest to you in the next year please do let us know.

Fridays are full at this moment in time but we have spaces all other days and will have more spaces come September. We are now opening our list for September so please get in touch to come and visit us to secure a place.

We are lucky to have a lovely outside area and in the coming months the busy bees will be back again to grow fruit and vegetables for the children as well as flowers and bushes for the wildlife. Hopefully we will be able to start fundraising for new outdoor equipment. We are always happy to accept donations so if anybody has any plants or flowers they would be willing to donate, please send our way at Jasmine Cottage. If there are any keen gardeners with spare time that would like to help that would be wonderful.

We are a charity registered Pre-School with a volunteer committee of trustees. Trustees are elected at our AGM help sometime in the Autumn Term. Parents and guardians are always welcome to join our committee so do please come along - we will let you know closer to the time.

Hopefully during the coming terms we will be able to hold some fund-raising opportunities so please keep an eye out in the Parish Magazine and outside Jasmine Cottage.

We are always looking for visitors to come in and talk to the children so if, for example, there are any NHS workers, police or firemen, or wildlife/nature groups or any group interested please contact us.

We have our page on Facebook at Hainford Pre-School (soon to be changed to our new name!) or please contact Rosey our Supervisor on 07896 202657 alternatively hainfordpreschool1@gmail.com.

We look forward to joining the Frettenham community.

The Hainford and Frettenham Pre-School Learning Alliance.

FRETTEHAM RAINBOWS

Well, we have been very busy this last term finishing off our “Skills for my Future” theme award. All the Rainbows earned their Skills Builder Lead badge and completed 3-unit meeting hours learning how to lead, work together and help each other. In addition to this, 4 girls managed to win the full theme award by working on an interest badge at home – we had some wonderful Construction projects and one really great video from a Rainbow who had completed the Book Lover badge by telling of her visit to a library, reviewing 3 books she had read recently and explaining why her favourite book is the “best in the world” – this was an amazing effort and we enjoyed every minute of it!

This term we are working towards our “Have Adventures” theme award. At the moment we are having Out of this World adventures learning about space travel, the planets and constellations of stars. After half term we hope the weather will be kind to us so that we can have adventures exploring crafts and activities we can do outdoors.

We have also got a Fun Day to look forward to in July at the Lime Pits camp site, joining Rainbows, Brownies, Guides and Rangers from Hautbois District for lots of games, challenges and fun at our local Girlguiding activity centre.

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After Easter 4 girls moved up to Brownies and one new Rainbow joined us so we have room if you know of anyone who would like to join us – either log onto the Girlguiding website to register an interest or call our Unit Leader to arrange to visit one of our meetings

Lets hope we have a really adventurous Rainbow summer, from your Unit Leaders – Sally, Abby and Teresa

Beck Farm diary

The maize seed was sown on 28th April into a good, but very dry seedbed, following applications of farm yard muck and liquid digestate, which is a by-product of the anaerobic digester at Fir Covert Lane. Digestate is very similar to muck produced by cattle fed on a diet of ensiled maize. This may be enough to germinate some seeds, but ultimately a good rainfall is much needed. There is an “old country saying “which goes “oak before ash, you’ll get a splash, but ash before oak, you’ll get a soak”. Looking around the farm at the moment, the oak trees have their leaves, and the ash have not. A dry summer could already be on the cards, following three dry April weeks!

MAY ARRIVES EARLY IN FRETtenham April 30th saw Frettenham Cricket Club second eleven, take on Brooke second eleven at the playing field. Frettenham batted first and scored 244 runs, with Sam Davison making 100, two batsmen 50s, (my contribution 0 (☹)) it seemed a good score to defend. Our bowlers were naturally a bit rusty, and bowled several easy to hit deliveries, and our opponents scored freely. When we eventually removed their second opener, and with 3 wickets down and 120 runs needed, our opponents sent in a young lady batter. Any ideas we had, that our opponents recognised batsmen had been removed were quickly dispelled as this young lady proceeded to dispatch good and bad deliveries to all boundaries. She finished on 70 not out, when our score was passed with 5 overs to spare, and left the pitch to much applause and shouts of “Well batted MAY

Films at Frettenham Village Hall

May to August 2022

Doors open at 6.45pm Films start at 7.30pm Entry £5 this includes 5 raffle tickets. Licensed bar available
Details from Alison 01603 737504

Friday 27th May. WEST SIDE STORY

The story hasn't changed. Manhattan, Upper West Side, 1957. Two warring gangs - tough Riff's Jets and swaggering Bernardo's Puerto Rican Sharks - fight for supremacy. Now, with a once-and-for-all, winner-takes-all rumble on the cards, an unexpected romance between former Jet Tony and Bernardo's little sister María sets the stage for an all-out turf war.

Friday 24th June. BELFAST

Kenneth Branagh, who grew up in Belfast, directs this semi-autobiographical and poignant story of love, laughter and loss in one boy's childhood, just at the onset of the Troubles. Filmed mainly in black and white, with some flashes of colour. Starring Judy Dench and Ciaran Hinds.

Friday 29th July. THE PHANTOM OF THE OPEN

Tells the remarkable true story of Maurice Flitcroft, (Mark Rylance) a crane operator and optimistic dreamer from Barrow-in-Furness who, with the support of his family and friends, managed to gain entry to the 1976 British Open qualifying, despite never playing a round of golf before. With pluckiness and unwavering self-belief, Maurice pulls off a series of stunning, hilarious and heartwarming attempts to compete at the highest level of professional golf, drawing the ire of the golfing elite but becoming a British folk hero in the process. Also starring Sally Hawkins.

Friday 26th August. THE DUKE

In 1961, Kempton Bunton, a 60 year old taxi driver, stole Goya's portrait of the Duke of Wellington from the National Gallery in London. He sent ransom notes saying that he would return the painting on condition that the government invested more in care for the elderly. What happened next became the stuff of legend. An uplifting true story about a good man who set out to change the world and managed to save his marriage. Starring Jim Broadbent and Helen Mirren.

Message from St Swithin's Church The Parish Church of Frettenham *In the Coltishall Group of Parishes*

Dear friends

I do hope you have had a peaceful Easter and May.

Frettenham Church will continue to hold special services during the year- please book these in your diary-

Your Pictures Please for the 29th May 'Ascension of Jesus Service' at Frettenham Church

We need you to draw or paint a picture of Jesus and his disciples-

It's a picture of looking up at Jesus as he disappears into a cloud. In some paintings of this, only his feet can be seen sticking out of the cloud. But do draw or paint how you imagine this scene. This happened forty days after Jesus rose from the dead, and celebrates Jesus going to live with his Father God in heaven for ever. Please contact me if you want to draw a picture, or just bring them along to the service on the 29th.

Frettenham School are also invited to take part.

Sunday 14th August Pets' Service

3.00 p.m. Pets' Service at St Swithin's Church, Frettenham. Bring your pet along for a blessing at this half hour all age service Dogs on leads, cats in baskets, small animals in appropriate carrying boxes.

Other Sundays

All are welcome at All Saints' Hainford-

9.30 a.m. Holy Communion at All Saints' Hainford on first and third Sundays in the month.

9.30 a.m. Morning Prayer at All Saints' Hainford on second and fourth Sundays in the month.

Most of us worship at Hainford, but also you are equally welcome at-
11.00 a.m. Holy Communion at St John the Baptist Church,. Coltishall on first and third Sundays.

11.00 a.m. Holy Communion at All Saints' Church, Horstead on second and fourth Sundays.

Weddings, Baptisms, and Funerals

St Swithin's Church is available for all residents of Frettenham to celebrate and commemorate the special services in our lives. Please contact me for more details.

Our thoughts and prayers are with all who are recently bereaved, and we remember Joan Davison whose funeral took place on 28th April.

St Swithin's Churchyard

If you can help with some strimming or tidying up as part of a group of volunteers, please contact me. We really do need your help. Thank you to all who in recent times have helped with this.

Churchwarden

At our annual meeting we appointed Howard Hackett as churchwarden. I thank him on behalf of us all for his looking after the church, and opening it for us when needed. Our thanks to Peter Sparrow, who has stood down this year as a warden, for all his help and support to us.

Thank you Greg!

I add my thanks to those from so many of us for Greg Price's work, time, and support as the editor of Frettenham Newsletter. Our best wishes to him and his family, and to future volunteers.

Christopher

The Reverend Christopher Engelsen, Rector 01603 737255

rector.coltgroup@gmail.com

The Reverend Keith Dignum, Associate Priest 07803 814688

Website: coltishallgroupofparishes.wordpress.com Facebook Coltishall Group of Parishes

Frettenham Archives

It is now 46 years since the first edition of Frettenham Village Newsletter was created and delivered to all residents in July 1976. During this time we have seen so many changes in how we all live and work. It is interesting looking back at the first edition to see what has changed and what remains similar even after all that time.

The original Newsletter was a 4 page A4 document typed, and copied. There were no adverts or pictures included

The clubs and Organisations represented in the newsletter were

Frettenham Young Conservatives who were meeting twice a month at the Rose and Crown. The club was open to anyone over 14. Their activities consisted of visits to places of interest, talks on different subjects not just about politics. They also participated in sporting activities against other youth organisations.

Frettenham Cricket club and Frettenham Boys Football club.

Frettenham Ladies club who met monthly and had guest speakers and also went on visits to local places of interest.

Frettenham Garden Club who were planning for the upcoming fete and horticultural show. Villagers could enter any of the 32 different categories for both vegetables and flowers. They were also arranging a visit to Kew gardens in London.

The Brahms and Liszt Club who ran events throughout the year to raise money for senior citizens in the village. They had a disco with a large assortment of records which could be hired out complete with Disc Jockey for private functions for £2.50 per hour. They were also planning a Beach Party for the end of June.

Frettenham under 5's who ran a playgroup and a Mothers and Toddler Group, both met at Jasmine Cottage.

On the front page was the Parish Council news, covering items brought to the council from villagers.

Consideration was being given to create a children's playground on land opposite the school. At that time there was open ground that was next to Bob Norton Loke, between Mayton Avenue and School Road. This never materialised and has since been built on.

There was a pond in Mill Road which was overgrown and had rubbish dumped in it. The Parish council confirmed that no dumping was allowed. (I actually remember clearing the pond with a number of villagers as it had become an eyesore.) There was a horse called Tom tethered on the land. Shortly after this the land was developed and the houses on Birbeck Way were built

Applications were being accepted for allocation of allotments. It had been decided to run a competition to design a village sign for Frettenham. It had to bear some reference to the history of Frettenham. Designs were to be sent to the Parish Clerk by the end of August. All entries would be displayed in the Village Hall and judged by a popular ballot on a date to be confirmed.

Upcoming Events at the time were:

Frettenham Fete and Horticultural show was planned for the 24th July. Villagers were requested to help out to set up and run the event. This was always one of the highlights of the year with lots of attractions and side-shows and was always very well attended.

Our Village newsletter has come a long way from its humble beginnings, and it is remarkable that it is still going strong after so many years. It is also interesting to see that many of the organisations from 1976 are still in existence today. The newsletter is produced and delivered by volunteers and club representatives. It can only continue if we have volunteers to contribute articles, edit, copy and deliver it. In the last edition Greg Price had said that after 9 years he would be standing down from producing the newsletter and that this the June edition would be his last. Without a volunteer to take on the role of editor this the newsletter will cease which will be such a shame after all this time. It is a valuable source of village life and local information. Please contact Greg if you want more information about what it entails or let him know if you are interested.



Coming home



Frettenham Newsletter | May 2022

It is good to come home. We were away in North Wales over the Easter holidays. The hills and coast there are stunning but it is so good to drive the final, familiar lanes to Frettenham. It is one of the joys I had forgotten over the last few years. It was good to spend more time at home but there is a satisfaction in coming back when you have been away. Absence makes the heart grow fonder!

We moved to Mill Road twelve years ago. It feels like a significant number of years, and for me is by far the longest I have lived in one place. All three of our daughters have been born while we have been in the village (two of them in our sitting room!). Frettenham very much feels like home, and it is a beautiful place to call home. I am well aware, though, that I am a newcomer to Norfolk and to our village. Speaking with neighbours who have lived here for forty years makes my dozen seem merely a moment. Speaking with other neighbours who count three or four generations in the village gives a real sense of perspective.

Maybe you are quite new to the village, or maybe you have lived here all your life. Either way, the sense of home is incredibly important to us. It is quite hard to pin down, though. We know it involves a house. It involves familiar things and also places – turning from the NDR onto the North Walsham Road after a long journey will be accompanied by someone saying, 'we're nearly home'. Home is also a set of relationships. If you live with others it will mean family. It will also mean friends and wider family who live locally. Home conjures up pictures of going to well-known places – the Village Hall, park, church or pub maybe – along well-trodden paths.

When you draw these threads together you get the sense that home is where I fit. Home is my place, where I can be myself. It is somewhere I want to stay. Yet it is also somewhere that can be hard. Maybe you are reading this and your home feels far from comfortable. Perhaps you need to do work on your house and simply cannot afford it and it is a constant worry. Perhaps the relationships within your home are bad or

hard or sad. Perhaps home feels very empty these days after children have left or loved ones have passed away. We know what home is, and we yearn for it but it is never quite within our reach.

That is because we were made for a different home. Speaking of God's people down the ages, the Bible book of Hebrews concludes that, '...as it is, they desire a better country, that is a heavenly one. Therefore God is not ashamed to be called their God, for he has prepared for them a city' (The Bible, Hebrews chapter 11, verse 16).

All that is good and delightful about our homes is a hint of just how good and delightful that heavenly home is. All that is broken and wrong will be but a distant memory when we draw back the curtains and gaze out on the fields of God's new country. As for me, I have no desire to move again, until Jesus beckons me on the journey to that new and final home. Then we will truly say, it is majestic, glorious, wonderful and good to be home.

John Hindley



Sunday, 4pm at The River Rooms

This term our meetings will be based on the Bible book of Philippians, a great place to come along and see something more of Jesus if you are curious.

Broadgrace church meets on Sundays at 4pm at The River Rooms in Coltishall. You

can also join the meeting online using Zoom (details on our website).

To check what is happening and find out more about us, contact John (details below) or see our website:

www.broadgrace.org.uk

As a church we have groups for children, and discussion groups for those who would like to learn more about Jesus Christ. You are welcome to join us.

Get in touch with John Hindley for more information:

john@broadgrace.org.uk | 07790 007390

Nortons Dairy

Things are warming up!

The grass is growing once again and the cows are now out by day grazing in the sunshine. It won't be long before they are out day and night and our younger stock will also head out to join them.

With over 100 hungry mouths to feed, the management of our grass meadows is of huge importance. Not only do we need to ensure that the herd is well fed while the grass is growing, we must also store enough grass in the form of hay and silage to see us through the periods when the grass isn't growing. To achieve this, it is important that the cows are grazing efficiently; not just selectively nibbling at the tips but grazing right down to the base of the plant. As grass grows from the base, and not the tip, the most nutritious part of the blade is in fact nearest the ground and so proper grazing not only makes the best use of the pasture available, but it also ensures the cows are getting the best nutrition.

A great diet produces great milk which we have been busy turning into our fine soft cheeses. We keep things as simple as possible when it comes to processing our milk to let the quality speak for itself. The milk is taken from the farmyard and pasteurised, followed by a gentle process of warming and splitting with the use of natural cultures and vegetarian rennet before the curds are drained and salted. At this point we have a delicious and creamy soft cheese that is superb on crackers, in a cheesecake or simply stirred through fresh pasta. The whole process takes just 48 hours so you can be sure you're getting a cheese that is local, fresh and delicious. Haven't tried it yet? Look at our website for a list of stockists or simply add some to your doorstep delivery. We also produce a soft cheese with chilli, with apricot, with lavender and also with black pepper and chive



Lemon & honeycomb Cheese cake recipe

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Ingredients

1 large pack of digestive biscuits
100-200g honeycomb
100g Nortons butter
500g Nortons Original Soft Cheese
125ml Nortons Double Cream

Method

For the base, break up the digestive biscuits and honeycomb so you have a range of different crumb sizes.

Melt the butter and mix this in with the biscuit-honeycomb crumb.

In a greased, 10 inch loose-bottomed flan tin press the biscuit/butter/honeycomb mix into an even layer across the bottom. Firm down with the back of a

In a large mixing bowl, combine the soft cheese and double cream and mix these together. Add extra cream if you like a looser texture.

Add in the juice and zest of a lemon and icing sugar to taste. If you like a sweeter dessert, then add more icing sugar!

Spread the mixture across the biscuit base and return to the fridge to set. Overnight is best but a few hours will do.

Arrange fresh fruit, berries and additional honeycomb over the surface

Serve with Nortons Dairy's fresh cream or natural yogurt.

Frettenham Garage Sale Sunday 3rd July 10am-1pm

£8 per house to sign up
All money raised going to Friends of
Frettenham Primary School PTFA
To get involved please sign up at [www.ptfa-
events.co.uk/frettenhamfriends](http://www.ptfa-events.co.uk/frettenhamfriends)
Alternatively you can put £8 in an envelope
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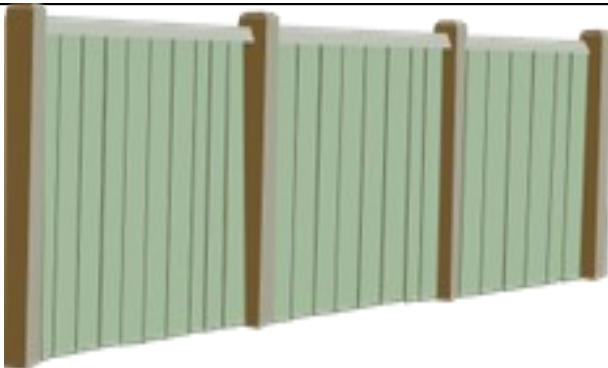
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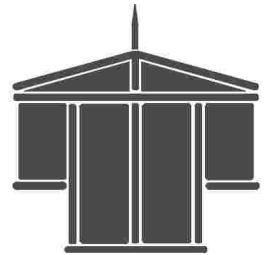
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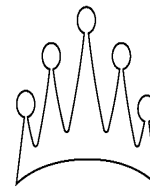
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Village Diary

Date	Event	Organiser / Contact
1st Friday of each Month	Garden club Frettenham Village Hall 7.30	Richard Fisher 890580
Last Friday of each Month	Film Club Village Hall 6.45 for 7.30 start	Alison Brown 737504
2nd Friday of the month	Parish Meeting now in Village Hall 7.30pm	Parish Council
3rd Friday of the month	Village Hall Meeting in Village Hall 7.30pm	Village Hall Committee
Every Wednesday 10.30 to 11.30	Mobile post office at the Village Hall	
Sundayn 3rd july	Village Garage Sale 10	www.playevents.co.uk/frettenham
Sunday 14th August	Pets Service 3pm	Frettenham Church Rev Christopher Engeleson
Rainbows	07392 488573 gardening 890407	Scouts 01603 01603 582590 897664
Cricket	01603 737505 Funsters wed 10-12 01603 738948	Short-mat 01603 Bowls 737553
Hall Fitness	07767 463816 Dog Club 460644	Village Hall 07837 402199
Please check the website for any updates to this diary inbetween newsletters		