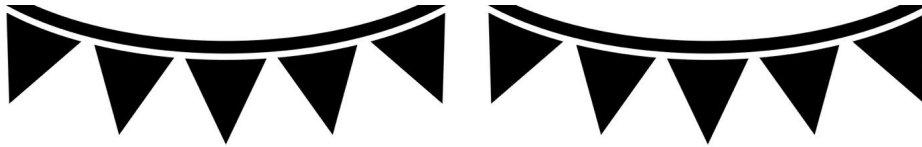


March 2023

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Parish Council

FRETtenham VILLAGE NEWSLETTER



FRETtenham FESTIVAL



SUNDAY 7TH MAY

FRETtenham VILLAGE HALL
AND ROSE & CROWN

AFTER THE HUGE SUCCESS LAST YEAR,
FRETtenham FESTIVAL IS MAKING
A RETURN.... WITH LIVE MUSIC,
GAMES, STALLS, FOOD & DRINK AND

A WHOLE LOT OF FUN!

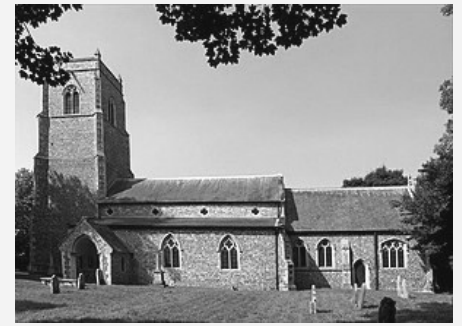


@Rose and Crown
@Frettenham Village



@rose.andcrown
@allthingsfrettenham

Keep an eye on
the socials for
more info



NEWSLETTER CONTACTS

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For updates on activities, events and village life, please visit the village website (Frettenham.org.uk) or visit the Frettenham Village Facebook page

PARISH COUNCIL NEWS

2023 is shaping up to be an exciting year for Frettenham. We are having a bus shelter installed on School Road, we have the coronation of King Charles III to look forward to and we have local council elections speedily approaching.

We are in the process of getting the bus shelter installed, although the exact time frame for this keeps changing. We hope that work will begin very soon and who knows, it might have started by the time this edition hits your doorsteps! The shelter will give protection from all weathers to those of us using the bus service from the village.

The Village Hall committee are working hard to plan the second Frettenham Festival, which will coincide with the Coronation weekend in May. There are many things planned for this years event and we hope it will build on the success of the 2022 festival. There will be more information to follow for the event taking place on Sunday 7th May.

As always, the safety of our parishioners is at the forefront of what we do and we have submitted our Community Speed Watch and the SAM2 speed sensor data to Norfolk Constabulary in the hope that we can contribute to the reduction of speeding traffic through the village. Anyone who may wish to get involved with the Community Speed Watch should get in touch via the Parish Clerk.

The upcoming local elections will include voting in the members of Frettenham Parish Council and with new Parish Councillors being required, now is your time to join! This is your opportunity to have a say in community issues, put forward ways to improve Frettenham and work as part of a team focused on developing our local community. We meet on the second Friday of each month at 7pm at Frettenham Village Hall. If you want to find out more about the role of a councillor or request an application pack, please contact Joe, the Parish Clerk, at **frettenham.p.c@btinternet.com** or go to **<https://www.southnorfolkandbroadland.gov.uk/elections/district-townparish-election-thursday-4-may-2023>**.

Please note that due to a prior booking, our March meeting will be held a week later than usual, taking place on Friday 17th March at 7pm.

Contact information for your parish councillors can be found below.

Mr Joe Fagg (Clerk) e-mail: frettenham.p.c@btinternet.com; phone: 07562014003

Miss Teresa Norton (Madam Chair) e-mail: teresa.norton@hotmail.co.uk;

phone: 07712737175

Mr Philip Norton (Vice Chairman) e-mail: baddadsipad@icloud.com;

phone: 01603 897641

Mr David Yaxley e-mail: frettenham.p.c@btinternet.com; phone: 01603 738355

Mr Richard Fisher (Norwich Airport Liaison) e-mail: richardfisher2@live.co.uk;

phone: 01603 890580

Mr Shaun Catterall (Health and Safety) e-mail: shauncatterall@abbaid.co.uk;

phone: 01603 736060

Mrs Lorraine Blythe email: monty316@btinternet.com; phone: 01603 737297

NEWS FROM NORFOLK COUNTY COUNCIL

The big Frettenham issue at County Council is the proposal to close the Mayton Wood recycling centre in September. This is a proposal designed to save the Council £70,000 a year and the argument has been made that residents should instead use the new recycling centre off the NDR. Personally I am completely against the proposal. When the new centre was being planned we were always assured that this was to replace the facility in Mile Cross to serve the City and that Mayton Wood was not under threat. In my view Mayton Wood is a well run facility that is valued by many residents. Set against the overall Council budget, the savings are small and will be even smaller if they are offset by any increase in fly tipping. This is also the wrong time to be shutting recycling centres and it is ironic that the plan to improve the environment includes residents having to travel further to recycle. I am aware of two petitions against the plan, a residents petition on the Change.org website and a political one from colleagues and myself that may well have landed on your doormat already.

At time of writing the County Council is consulting on the proposed devolution deal from government. In short these are deals where the government gives extra funding and responsibilities to local councils. These are generally a very good idea because it means decisions get taken at a more local level and some of the big cities have had up to half a dozen deals so far. This is the first one for Norfolk (after a few false starts) and is worth an extra £20m a year for 30 years with the main focus being on developing the economy. With the deal all our existing Council arrangements will stay the same except that we will directly elect the leader of the County Council (like a Mayor but not called a Mayor). This does open the possibility that the elected leader might have a totally different political outlook to the rest of the Council. The main criticisms of the deal are that the money won't go that far (what will £20m be worth in 30 years?) given the main challenges a rural county faces with transport and social care arrangements with an ageing population.

In the coming weeks we should see progress with the Greater Norwich Local Plan being put in place. The next part of the plan is a consultation on sites for travellers, this runs until March 30th. The main local proposals are to add four more pitches to the existing site on Shortthorn Road in Stratton Strawless (but not make the site any bigger) and on Holt Road, Horsford – past the NDR roundabout towards the old junction to Cromer Road (an additional 5 pitches).

As always if I can help on any Council matters please do get in touch via phone, email or drop a note through my door.

Dan Roper – County Councillor,
07920441970
Daniel.roper.cllr@norfolk.gov.uk
1 Birbeck Way

FROM THE VILLAGE ARCHIVE

The changing times of the Village Pub - The Rose and Crown

The Rose and Crown was originally proposed to be built to the right of Frettenham Service station. The property was built with cellars to house the beer, but at that time it was outside of the village boundary so that became a house and the pub was built on its current site.

Initially the pub was locally known as 'The Pound'. This was because it was next door to the pound where farmers used to rest their cattle as they 'drove' them on foot to Norwich Market. (This is also where Pound Hill got its name from). However it was later named the Rose and Crown as it remains today. At that time the pub consisted of 3 separate rooms the lounge, the bar and a small entrance lobby. The toilets were outside.

The Rose and Crown was one of the main providers of entertainment for Frettenham and the surrounding villages. The pub was well known and even if you spoke to anyone from outside of the village they often knew or used the pub. Initially the pub was managed by Sam Robinson and then he was succeeded by George and Vera Smith in the 1950's.

In the 1950s and 60s the pub was always packed. TV at this time was just the BBC and went off at 10pm. Many people didn't have cars and relied on buses, bicycles, walking or motorbikes to get about. Weekends were always busy as these became music nights with locals getting up and doing a 'turn'. Pat Wilde a local singer from Scottow was a favourite. Alice Baker who lived in the cottage next to the pub used to play Honky -Tonk music, customers were encouraged to take a turn and sing. Local resident Stan Stangroom would tap dance on the table and was rewarded with a pint or two.

The Pub was also a meeting place for many local groups and activities - darts, pool, photographic club, Cricket Club, Football clubs. The Brahams and Listz Club held their monthly meetings there which included 'pub Olympics' with darts, pool, skittles, shove half penny, press ups and arm wrestling. Many a pantomime was honed in the pub before moving to the village hall once the members started walking through the script and building the set.

The Pub has changed hands many times but it still remains a focal point in the Village. The current Landlady has transformed the pub into what it is today with the Rose and Crown still an important part of village life. Live sports are shown on large screens in the bars. The outdoor area is very popular in the summer. There is also an excellent Thai take away in the grounds which can be taken home or eaten in the pub. Tea, coffee and sometimes cake is available, and there is a 'play your cards right' game every Sunday afternoon. One of the highlights is the Beer festival where locally crafted beers can be sampled and there is a variety of live music.

With so many pubs closing or turned into restaurants we are very lucky to still have a local pub where you can meet up with friends, watch football, or just relax with a drink and friends.



The picture above is the Frettenham Rose and Crown darts team who in 1964 won the Kelling cup. The picture includes Fred Tacon, Tony Bunting, Ken Beldin, Billy, David, and John Guyton, Paul Stone and George Smith (front right) who was the landlord at that time.

Rose & Crown Pub



- Warm and friendly traditional pub
- Large enclosed beer garden
- Beautiful covered seating areas
- Families and dogs welcomed
- Parties and wakes catered for
- Cask conditioned real ales
- Live music and events
- Cheeseboards for 2 made to order

 Facebook: Rose and Crown
 Instagram: @rose.andcrown
 Phone: 01603 898341



Coffee Shop

- Selection of hot and cold drinks
- Freshly ground speciality Coffee's
- Great variety of homemade savoury snacks, cakes & sweet treats
- Afternoon tea made to order



Joy Thai Food

Authentic Thai food takeaway
Open Thursday to Saturday
4pm - 8:30pm

Please order on 07775 362863
Facebook: Joy Thai Food

FRETtenham FITNESS CLUB – Hello 2023!

As we enter the second month of 2023, I wanted to say thank you for your support and remind you about the great classes that are taking place locally in Frettenham and Hainford.

We now have 6 classes a week including STRENGTH & TONE, YOGA, LEGS BUMS & TUMS & BOX BLAST during the week and a TEAM TOTAL BODY WORKOUT on a Sunday.

We are especially excited about our **ZUMBA** classes that takes place on a Tuesday morning at 9.30am. A fantastic dance workout for all abilities. It doesn't matter if you're uncoordinated, as long as you just move and have a good time. This is a really fun class that will burn calories and make you smile leaving you with an all-day feel-good factor.

We really have developed a warm and welcoming community here, where we work hard but have fun! Friendships have been made, and there is a wonderful community spirit.

Here's what some of our members have said:

*"I love the community feel of the classes and getting to know others in the village. **Feel much fitter and stronger with more energy** from attending the classes. All in all, it's made me more confident and positive"*

*"**Your classes have made me happier and more energetic**, especially in the evenings. Now I can stay up much later without feeling exhausted the next day! It's been a great way to meet new people in our village and surrounding villages. I haven't really enjoyed exercising ever before but I look forward to coming to each one. Also, it's making me challenge myself to do exciting things in the future".*

*"Since coming to classes I have really enjoyed **being part of a group of supportive non judgmental people**, I feel genuinely more happy and confident, coming to classes has helped me live a healthier lifestyle and I have made better choices with my diet, I work from home and miss seeing my work colleagues so much but coming to classes has given me that social contact I was really missing".*

*"**Been a real confidence booster and has enabled me to meet people in the village.** I definitely feel fitter and it's been great for my mental health."*

For enquiries or for more information, don't hesitate to contact me on 07767 463816.

Thanks, Vicki
Hall Health & Fitness

NEW CLASS TIMETABLE FOR 2023

STRENGTH & TONE - MONDAY @ 18:30 - FRETtenham

A full body workout that uses a selection of resistance equipment including barbells, kettlebells and dumbbells to build your strength and tone your body.

ZUMBA - TUESDAY @ 09:30 - FRETtenham

A fun cardio dance workout suitable for all. It's a brilliant calorie burner that has an excellent feel good factor.

BOX BLAST - THURSDAY @ 18:30 - FRETtenham

This intense, exciting class combines boxing style training and conditioning for a full-on, high-energy workout.

LEGS, BUMS & TUMS - FRIDAY @ 09:15

This class has survived the test of time! With a Hall Health & Fitness twist, expect to work on your lower body, targeting your glutes, core and abs.

TEAM BODY BURN - SUNDAY @ 08:30

A fun team based workout. Work in pairs or small teams to complete a cardio, core and strength workout challenge. Guaranteed to burn max calories!

**CLASSES COST JUST £6
BOOK VIA THE WEBSITE AT:
WWW.HALLHEALTHFITNESS.CO.UK**

HALL
HEALTH & FITNESS



FRETtenham GARAGE SALE 2023

Save the date!

The Friends of Frettenham Primary School are organising a garage sale.

Sunday 9th July 2023 10am - 1pm

More details to follow in the next newsletter and on social media

NORTONS DAIRY



As we race into 2023 there are signs of spring across the farm, not least in the pockets of snowdrops in the hedgerows. Many of our fields are already planted with crops for the coming season and when looking across the fields you can see swathes of green, even under a frost, where these crops have been establishing a strong root system in preparation for lots of good growth as the weather warms.

Last year was a very difficult year for grass growth and in response to this we have many acres of freshly seeded grass lays which we hope will grow very well this spring and throughout the rest of the year so that we can 'stock the larder' and ensure our cows remain well fed, regardless of what the weather throws at us!

Since the start of the year, we have welcomed five new calves onto the farm - two Aberdeen Angus, one Limousine and two Brown Swiss. Brown Swiss is the breed that makes up our dairy herd and these two new female calves will grow on to become part of that herd while the Angus and Limousine calves will grow on with us for a time, before moving down the road to Langmere Farm where they will be raised for Norfolk Beef.



Nortons Dairy has been busy pasteurising, packing and delivering our fresh milk to homes and businesses throughout Norfolk. We have welcomed The Station Café and Norfolk Farm Shop in Reepham, JavaBean in Bardesfield and Willow Tree Deli at Wroxham Barns to our wholesale delivery rounds. A full list of our stockists can be found on the website www.nortonsdairy.co.uk

nortons

A family run dairy

Family producers of Norfolk milk, cream, yogurt, butter and soft cheeses.



Weekly doorstep deliveries available in Frettenham, Hainford and St Faiths.

Visit our website for a full list of local stockists.

01603 736569

info@nortonsdairy.co.uk

[@nortonsdairy](https://www.instagram.com/nortonsdairy)

www.nortonsdairy.co.uk

FRETtenham RAINBOWS



Rainbows had a lovely end to 2022, with lots of fun Christmas crafts, card making and biscuit decorating.

We also had a brilliant afternoon at the District Rainbow and Brownie Disco, where everyone danced their socks off and even had a visit from the big man himself!

Now that we are back in a New Year we have started our new term off with a new topic, Know Myself. We will be learning all about ourselves, our families and the Girlguiding family, including the history of guiding and what other Units get up to. This will lead us nicely into celebrating Thinking Day in February, the annual celebration where all members of Girlguiding come together to celebrate and think about our guiding sisters all around the world.

We have also had plenty of time to fit in some crafts and games, kicking off with some Chinese New Year crafts and gearing up for Easter!

If you'd like to join in the fun, we take girls aged between 4-7. Please contact us, or log on to the Girlguiding website and register your interest.

Thanks
Sally, Abby and Teresa

Journey of a District Councillor Spring 2023 (hopefully)

I am being hopeful claiming its spring in February, but as I write this I am looking out onto a little sea of purple as the crocuses in the grass at the bottom of the garden are now flowering in the warm sunshine. It is a beautiful day and I am pretending that its not windy! End of February and I am happy to report that there are two recipients of the Ward funds this year. The Frettenham and Hainford preschool have received £300 from the council funds that were then matched so they reached their target of £500. They want to build a small stage for the children to help their drama performances during the summer, which is a lovely project. Then 1st Buxton with Lamas Sea Scouts have received £200 from the Ward funds, and these were also matched to £400, to support the scouts St Georges day parade and activity day. An annual event that was interrupted by COVID, is being hosted by the Sea Scout troop this year so all the local groups joining them will be attending and sharing in the support on 23rd April. If anyone wants to lend more support, financial or otherwise to these two projects please either get in touch with the leads for these or let me know and I will connect you.

If there is any group still out there that feels they had an idea, but may have missed the chance to get support, let me know, all is not lost, let me see if I can find you some funding.

2023 looks to be another interesting year, it is the elections this year and one thing you need to be thinking about now is about getting your photo identification ready and sorted. What I am I talking about – PHOTO ID??? Yep you heard me right. In January 2023 it was decided that from 4 May 2023 you'll need to show photo ID when voting in person in some UK elections or referendums.

You'll need it to vote in:

- UK Parliament by-elections
- local elections in England (including councils, mayors, the Greater London Authority and parishes)
- recall of MP petitions in England, Scotland and Wales
- Police and Crime Commissioner elections in England and Wales
- neighbourhood planning referendums and Business Improvement District referendums in England
- local authority referendums in England (including Council Tax increase referendums)

I am not happy with this being brought in at all because I am concerned that it makes it more difficult for those that come to the polls to vote only to find they cannot because either they have forgotten to bring their driving licence or other photo ID with them to the polling station or they just did not have any and so cannot vote even if they wanted to. So in order to avoid this, now is the time to get a “**voter authority certificate**” if you do not have a form of identification with a recent photo. Its free.

Examples of this type of identification can be the following, but not restricted to this list;

- Drivers licence (with a photo)
- Passport
- Bus or train pass (with a photo of you)
- Blue badge

Be aware for young people your collage ID and or bus pass is not accepted, according to the government website – I had to scrub it off my list here. I was shocked when I fact checked, again.

Those that may not have any of these could be those that are older, or have been on long term benefits or have just turned 18, can vote but haven't got a drivers licence or passport. So what do you do if you are not sure? This is the website <https://www.gov.uk/apply-for-photo-id-voter-authority-certificate>

This is the form you need to fill out, either online or print it out and fill it out and send it.

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1137587/VAC_public_facing.pdf.

For this certificate you will need a recent photo (digital is ok you do the form online, otherwise print out a colour photo). You will also need your national insurance number, that is on any letter the government sends to you about any type of benefit you might be getting. If you have forgotten it then you can use a utility bill or bank statement to show your address.

If you do NOT have a photo ID you will need to do apply for a VOTER AUTHORITY CERTIFICATE now so that you will have in time for May when you vote in the elections. This has only been in place since January 2023, and that is why you may be unaware of this new rule. There is very little voter fraud in this country!

You may be thinking that this is a bit of a faff! It is! Completely unnecessary faff! Another option is apply to get a postal vote and then you will not need to worry about this at all. They send you the voting card, you vote and send it and forget about it, no faff and no stress. You can apply now for a postal vote using this form: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1003093/Postal-vote-application-form-English.pdf

Remember I won by two votes in the local election last time, so yes each and everyone of your votes is important. I also like to remember that some people died so we could vote, so please go and vote, even if you do not like any of the candidates, spoil your vote because at least they know you were there, but not in agreement. Silence in this case won't count. If you are worried or concerned about whether you will be able to vote or not, just contact me, I will help you. Email me at Karen.lammasbuxton@gmail.com or cllr.karen.lawrence@southnorfolkandbroadland.gov.uk or phone me on 01603 279 671.

FRETtenham GARDENING CLUB

Whether you're an established gardener or think you might be interested in getting started, you're very welcome to join us at the village hall on the first Friday of the month from September to May at 7:30 when we will have a variety of talks from knowledgeable, entertaining speakers.

Between June and August, outside private visits are arranged to some of the most beautiful, and sometimes little known gardens in our area.

This year we intend having a "Bring and Buy" plant and seed exchange at monthly meetings with just a small donation to club funds. Also magazine swaps and a growing competition are proposed.

Speakers for the upcoming months are as follows:

April "Companion Planting" by Dr Ian Bedford. Ian is a retired head entomologist at the John Innes centre, and regular radio broadcaster.

May "Wild Orchids" by Simom Harrap. Simon is the author of several books on our flora, including in my opinion, the best guide to British flora.

While we would welcome you as members you are more than welcome to attend as guests at £3 per head.

Any enquiries to Richard on 01603 890580, or Marion on 01603 890407

HAINFORD & FRETtenham PRE-SCHOOL—EVENTS



QUIZ & CHIPS

FISH CAKE OR SAUSAGE AND CHIPS
BRING YOUR OWN DRINK
TEAMS OF 6 - £10 PER PERSON

RAFFLE TICKETS
Available on the night

MAY 19TH
7.30PM-10.30PM
FRETtenham VILLAGE HALL

BOOK NOW
CONTACT KERRI
07826849035

The poster features a large white question mark icon on a black background, a small logo for Hainford and Frettenham Preschool, and a line drawing of a basket of chips.



SAVE THE DATE
HAINFORD AND FRETtenham PRE SCHOOL
SUMMER FETE
SUNDAY 9TH JULY
11AM-3PM
FRETtenham VILLAGE HALL
FUN FOR ALL THE FAMILY!

The poster is decorated with summer-themed icons: a smiling sun, sunglasses, a beach hat, a beach ball, a lifebuoy, a cocktail glass, and a bucket. It includes the Hainford and Frettenham Preschool logo in the top right corner.

BECK FARM DIARY

Early February, and after several days of dry weather and strong winds, conditions have been ideal to get the tracks graded. The grader, which is simply two, angled steel bars, on a frame which attaches to the tractor, scrapes and loosens the surface material which drops into the potholes. By adjusting the tractor linkage slightly, each time, I am trying to create a camber to improve drainage. Just need to shovel out the groups and the job's done - for a few weeks - because a dirt track needs regular maintenance!

I have always been told that farmyards and tracks were made with stones which had been hand-picked from nearby fields, in olden days. As it happens, I have been stone picking myself, at Beck Farm, during the winter. The reason for this is that the environment grasses were "scratched" into the soil very shallow, and the drill consequently disturbed and left big stones on the surface. Picking them up started very casually; when I was taking the dog for a walk, I would pick up an armful and bring them back to a disused soak away; I now take a wheelbarrow (and the dog)! There are some very stoney areas, in a field nearest our house, as a result of gravel extraction in the 1950s, when there were no reinstatement regulations. The undisturbed, natural areas of these fields have no large stones to ploughing depth, suggesting they had indeed been cleared in the past.

Richard Fisher and I have planted an oak tree in a corner of the playing field, on behalf of the Parish Council, to commemorate the incredible reign of our late Queen Elizabeth. Many thanks to Michael Trafford, Home Farm, Wroxham, for allowing us to "harvest" a well developed sapling from Church Lane, Frettenham, where it would have become a hazard to field access.

How good it is to see improvements taking place in the Village Hall! New storage cupboards have been built at the north end; and on the west side, the changing rooms and toilets have been gutted, and will be renewed to make better use of the space there, and provide for modern standards. Well done to James O'Beirne, our new Village Hall chairman, for making this happen.

Philip

Frettenham Newsletter | March 2023

I should get a dog. A lot of the dog walkers I meet suggest this to help me justify being out. Because I really do like being walking in the lanes around our village. I love the grandeur, splendour and ordinary glory of God's creation. It is so powerful, in such a gentle way.

Well, it is not always gentle – the winds can be fierce, tipping from invigorating to exhausting as you turn a corner and find you are walking against the gale. And walking up by the sea at this time of year forces you to respect the leaden power of the pounding waves. In Summer the sun can beat with such strength that we seek shade or a cold drink (hard to believe at this time of year!).

The greatest power of creation, though, is maybe the gentlest. It is the power of life. Unseen the sap is rising and then suddenly the slow buds explode into blossom and bloom. Leaves erupt on branches and then, later, the verdant green fields turn to shimmering gold before the harvesters come. Dormant now, perhaps, the pulse and force of life is just below the surface of the fields and bark of the trees. It lies in the hearts of the deer and song of the birds winging their way back. The Creator made it this way.

With the glorious might of his life-giving words the Lord called light into being, seas and skies, water and earth, trees and shrubs, fish and birds, animals of all sorts. Finally he bent to the earth and dug his hands into the soil, forming carefully the first humans being, breathing life into his mouth.

As he did so, God set the pattern of life and death, springtime and harvest, into his world. He set the hope in our hearts that every winter will give way to spring; the acorn would fall dead to earth and the oak sprout forth. He did this because he loves us and also to remind us.

Life comes from what looks dead. This is the Easter message and God built it into the created order. At Easter we remember that God came to earth, he became one of us as the man Jesus, and he died. He was killed in a barbaric execution on a wooden cross, his battered head crowned with cruel thorns. It was no accident; he died as an act of love. Jesus chose to die. As he perished he drew into himself all darkness, sin, misery and evil. Jesus died to end the guilt and shame we carry and the pain and hurt we bear.

Then, on that first Easter Sunday, as the sun lightened the eastern skies, death and darkness lost and Jesus walked alive from the tomb. The point of Easter, the point of the dawn, the point of Spring after Winter is that life has overcome death, light chases away the darkness and we can live in hope and joy. Jesus, the man who is God, is alive, and we can live with him.

The life that Jesus died to win is a gift he offers us. It comes as a promise that, like him, we can rise again. One day he will return to finish what he started. The Bible says that on that day, Jesus “will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain any more, for the former things have passed away” (Revelation chapter 21, verse 4).

Jesus’ gift of life also comes now. As well as hope, there is welcome, friendship, forgiveness and strength from God to us. Jesus died and rose to give us abundant life now, and forever. He is a good God and if you would like to find out more about him, do get in touch with us or one of the other local churches – we’d all love to help.

John Hindley



Sunday, 4pm at The River Rooms

Broadgrace church meets on Sundays at 4pm at The River Rooms in Coltishall. You can also join the meeting online using *Zoom* (details are on our website).

Children are a very welcome part of our Sunday meetings and we provide supper for them when the adults are having a cup of tea and biscuits.

To find out more about us, contact John Hindley or see our website:

www.broadgrace.org.uk | john@broadgrace.org.uk |

07790 007390

With the cost of living crisis we are well aware that lots of people are struggling. We would like to help where we can, so please get in touch with John on the number above. We also have a leaflet with details of local organisations providing specific help during this difficult Winter. Let us know if you would like some copies.



Frettenham Village Hall

Lots of Activities

We are a community venue with licensed bar, stage, kitchen, and sports facilities, surrounded by the beautiful Norfolk countryside.

Situated alongside a spacious playing field, children's play area, adult exercise equipment and a picnic area, the village hall makes a perfect venue for regular clubs, one-off events, parties and family get-togethers.

Fitness classes throughout the week and weekends with Hall Health & Fitness, regular weekly clubs from Funsters, Short Mat Bowls & Dog Training, Monthly Gardening Club and Film Night, Sunday Football with Frettenham FC and home to the newly promoted Frettenham Cricket Club.

New changing facilities with disabled toilet and showers coming soon.....

To Hire the Hall or Playing Field Please email
Frettenhamvillagehall@gmail.com

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Village Contacts

Cricket	01603 737505
Dog Club	01603 460644
Film at Frettenham	01603 737504
Frettenham Funsters	01603 738948
Gardening Club	01603 890407
Hall Health & Fitness	07767 463816
Nortons Dairy	01603 736569
Pre-School	07896 202657
Primary School	01603 737405
Rainbows	07392 488573
Scouts	01603 582590
Short Mat Bowls	01603 737553
St Swithins Church	01603 737255
Village Hall	07837 402199

Other Contacts

Broadland District Council	01603 431133
Norfolk County Council	0344 800 8020
Anglian Water	0345 791 9155
UK Power Networks	105
Aylsham High School	01263 733270
Broadland High (Ormiston)	01603 782715
Sprowston High School	01603 485266
Norfolk & Norwich Hospital	01603 286286
Coltishall Surgery	01603 737593
Spixworth Medical Practice	01603 898583
St Faith's Surgery	01603 867532

WHAT'S ON AT THE VILLAGE HALL

Day	Time	Event
Every Wednesday	10:00am-12:00pm	Frettenham Funsters
Every Wednesday	10:30-11:30am	Mobile Post Office
1st Friday of month	7:30pm	Gardening Club
2nd Friday of month	7:00pm	Parish Council Meeting
3rd Tuesday of month	7:30pm	Village Hall Meeting
Last Friday of month	6:45pm (7:30 start)	Film at Frettenham
Sunday 7th May	A Day Full of Fun!	Frettenham Festival
Friday 19th May	7:30-10:30pm	Quiz & Chips (page 12)
Sunday 9th July	11:00am-3:00pm	Summer Fete (page 12)

Why not combine a wander around the village garage sale (page 7) with a visit to the pre-school summer fete? A fun day out for all, supporting the children of our village.

For more information about any of these events, please see phone numbers above



THANK YOU FOR READING THE FRETTEHAM VILLAGE NEWSLETTER — FEEDBACK, IDEAS AND STORIES ARE ALWAYS WELCOME.
IF YOU HAVE ANY SUGGESTIONS PLEASE DO GET IN TOUCH.