

SHOULDHAM NEWS

Vol 22 No 4. Autumn 2024

An abundant harvest – and a world record!



Summer ended on a high for our village, with the revived church Flower Festival, the King's Arms Beer Festival and the rescheduled fete all following swiftly on from one another – and each of them a resounding success. Autumn too is a fruitful time for communal events, with one of the highlights promising to be Shouldham Entertainments Committee's latest theatrical presentation: *Make Good – the Post Office Scandal*. Because of the size of the set (too big for Shouldham's village hall), Wereham is kindly making its village hall available for the production, which will take place on *Thursday 24th October*– see *Dates for your diaries* for details. Read also, in this edition, news of a horticultural world record in Shouldham Thorpe, and the latest exciting fundraising events to support the restoration of our village church. These include plans for both a flower-arrangement demonstration in the Bowls & Social Club and an atmospheric poetry and music recital evening – the latter to celebrate All Saints' Day in the church itself. All this and the news for which everyone has been waiting: the announcement of 2024's village pantomime. Shouldham truly is West Norfolk's Treasure Island.

The year of the stinging nettle!

It must be the year of the stinging nettle,
As with the hollyhocks it tries to compete
But it's never as high as that beauty,
The one I measured was over nine feet
The nettle is good for butterflies,
But when the leaf touches my face
I feel the need to cut it down,
Into the compost heap with haste.
But about this I'm not sure
Can it be eaten, or made into wine?
Don't think I'll go there, sorry nettle
But off you go, I know you'll be back, sometime!
Liz S



World record for Shouldham Thorpe!

Congratulations to Douglas Smith of Shouldham Thorpe who will enter the *Guinness Book of Records* for growing the world's tallest tomatillo plant. Douglas, who grew the plant (Latin name *Physalis Philadelphica*) in a polytunnel in his garden, had its length verified at 4m 260mm at the end of August, easily beating the previous record. He already holds world records for the number of tomatoes grown on a single plant (a staggering 5891) and the tallest pea-plant (a whopping 4.74m). Tomatillos are more usually associated with Mexican cookery, but Douglas has shown there must be something special in our local soil. *Arriba* Shouldham Thorpe!



Bowls & Social Club news

For all bookings and enquiries, contact the Club at: susannewbyrobson@gmail.com Please look at our website (<https://www.shouldhambowlsandsocialclub.com>) and our notice board for updated information and opening times.

Fortnightly bingo sessions resumed at the end of September. They are held on the 2nd and 4th Wednesdays of each month (Club opens 6.45pm for eyes-down at 7.30pm) and are open to all (all cash prizes; bingo books £5, flyer £1, stand up/sit down £1, jackpot stamp £1, raffle £1 per strip). The bar will be open and snacks available.

Forthcoming events also include a Sunday Carvery at the end of each month (12.30 for 1pm; price £15, children £7.50); our Community Friendship Club every Tuesday (11.30am-2.30pm) where a two-course lunch costs only £8; a social night with quiz on Friday 25th October, and a Halloween night disco on Saturday 26th October. For details see *Dates for your diaries*.

Traditional music sessions at the Kings Arms

For quite a few years now, traditional music sessions have been taking place in the Oak Room of the Kings Arms once a month: usually every second Sunday, from 6-9pm. These are acoustic music sessions like they have in Ireland. Anyone can start a tune or set of tunes and anyone can join in and play along if they are familiar with the music. Mainly Irish, Scottish and English tunes are played, along with the occasional French melody. Regulars at these informal evenings have a big pot of tunes to dip into, but they also welcome new tunes and the occasional song. Entrance is free, whether you're coming along to play or simply to enjoy listening to the music.

Calling all choir enthusiasts!

We are hoping to recruit a range of voices to participate in a revived choir in Shouldham church, starting with a weekly rehearsal (times tbc) for the Carol Service this year (Wednesday 18th December). Would all potential sopranos, altos, tenors and basses please register their interest with Alex Gammie as soon as possible? Contact: 01366 347 856/07803 248230/alex@agpr.co.uk. We also need a pianist to help us rehearse.

News from the Kings Arms

The Kings Arms will this year be participating in Norfolk Restaurant Week (<https://www.norfolkrestaurantweek.co.uk>), which will take place on 4th-8th November and 11th-15th November. The pub has produced a special menu for the occasion: £26 for two courses; £32 for three courses. See the King's Arms Facebook page (<https://www.facebook.com/thekingsarmsshouldham/>) for the menu and further details.

The Facebook page also contains details of the 2024 Christmas party menu, which is priced at £27.95 for two courses; £34.95 for three.



On Saturday 7th December (10am-noon) the pub will be hosting a Christmas wreath-making workshop run by Manor Farm Flowers. All materials, tea, coffee and light lunch (soup and cheese scone) provided. Tickets £50 payable in advance by contacting Anne at manorfarmflowers@gmail.com or 07951 603241. Pre-booking essential.

Sew long

Yesterday I had a much-loved sewing machine. Today it has gone!

It was bought in Ipswich in 1976 and second hand at that. It travelled with me through various moves to Norwich, then Diss, then the Lake District, then Snowdonia, then the French Pyrenees, then to Dominica in the Caribbean and finally back to the UK and Shouldham.

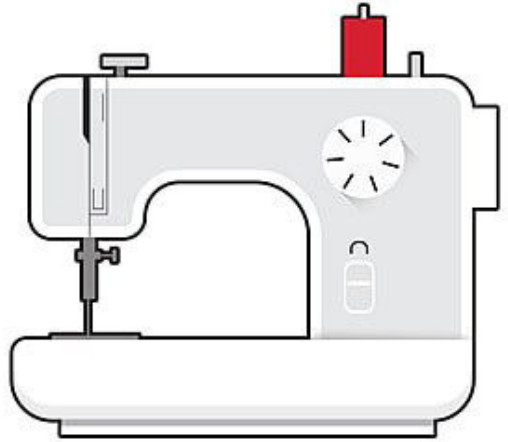
It was a workhorse that neither groaned nor squeaked but sang as it glided along flimsy fabric as well as jeans (it was semi-industrial you see). Here in Shouldham, it lived in the bottom of a cupboard cosily waiting to be lifted out to sing and sew again. It was much used. And it kept its beauty too, shiny and a lovely shade of what I would call 'grape green'. But as the years passed, for some reason my sewing machine got heavier (and come to think of it, so did I!). It was no longer a case of 'lifting' it out from its resting place, but of positively heaving it out. I anguished about what to do. It was too much of an old friend for the tip, and so few people want a sewing machine these days. But funny how things turn up!

I heard of a lady who collects no-longer-needed sewing machines and ships them to Malawi, where they are greatly needed and can be a lifeline to many struggling families. Treadle and hand machines are prized in rural areas where there is no electricity, and electric machines are prized in education centres.

Yesterday I had a much-loved sewing machine. Today it has gone!

Please, if you have or know of a no-longer-needed sewing machine, please contact me at 'Jennie Wren's Cottage', next door to the pub, or on 01366 348050. There is a great need for it in Malawi. Thank you.

Chris Lawrence



News from All Saints' Shouldham

Autumn of fundraising

The Parochial Church Council (PCC) of All Saints' Church, Shouldham is delighted to announce two fantastic fundraising events for the autumn of 2024, kick-starting the major fundraising campaign for 'The Church on The Hill':

- *An evening with Nick Grounds – keep calm and arrange flowers*

Thursday 17th October, 7pm, Shouldham Bowls & Social Club



Nick Grounds is a well-known local horticultural auctioneer, working for Clifford Cross, Wisbech, but is also a celebrated florist and National Association of Flower Arrangement Societies (NAFAS) National Demonstrator. This evening presents a fantastic opportunity to learn from a master and hear some tales of his life and career while he creates some beautiful arrangements. Nick is generously donating his time and expertise to support All Saints' Church.

- *Words & music for All Saints' Day*

Friday 1st November, 7pm, All Saints' Church

This year we shall be marking the church's feast day with an evening of poetry in the churchyard (weather permitting), curated by Prof Ros Ballaster of Mansfield College, Oxford, followed by an atmospheric concert of music and songs on the harp by Norwich harpist Xenia Horne. The event should prove to be an inspiring evening celebrating our dearly loved parish church on its own feast day of All Saints on Friday 1st November.

These two events are the first of many, we hope, that will be raising urgently needed funds for the repair and refurbishment of All Saints' to resolve some issues discovered in the most recent 'Quinquennial Inspection' of the church building.

For more information please contact Alexandra Gammie on 07803 248230 or alex@agpr.co.uk

Blooming triumph!

Now that the dust has settled and the petals have been (mostly) swept up, I just wanted to send a big thank you on behalf of myself, Jenny and the committee for your contribution towards making the 2024 Shouldham Church's Flower Festival a success. We had a huge number of visitors over the Bank Holiday weekend, raising a record total of £2,390 plus a few digital donations that are yet to be recorded, so very many thanks to all our volunteers, arrangers, bakers, sponsors and visitors for helping towards this. The money all goes towards keeping our beautiful parish church open and running.

We hope the success of the Flower Festival opens a new chapter of engagement with Shouldham's parish church. We are compiling and contemplating the questionnaires that were completed by visitors in order to provide more events to bring you back to All Saints' again!

Alex Gammie, All Saints' PCC



Make Good – The Post Office Scandal

In quite a coup for West Norfolk, on Thursday October 24th at 7.30pm Shouldham Ents Committee and Wereham Village Hall (in collaboration with Creative Arts East) will be presenting a major new musical by celebrated rural touring companies Pentabus and New Perspectives. *Make Good* is based on the Post Office scandal and has already created a lot of national press interest. The production will take place in the first week of rural touring after the show opens in Ludlow.

For 20 years sub-postmasters all over the UK were jailed for stealing money that never existed. Directly informed by conversations with affected sub-postmasters, *Make Good* dives into these most local of stories, capturing the raw emotion, the betrayals, and the collective disbelief that this could be happening to innocent people.

The musical was three years in the making and tells the story of the resilience of the sub-postmasters and their families, enduring what has now been recognised as one of the gravest miscarriages of justice in British history. Can the Post Office ever make good the damage it has done?

To accommodate the scale of the production better, the show will, unusually, take place in Wereham Village Hall (Church Rd, Wereham, PE33 9AP). A full bar will be provided by Wenns of King's Lynn. Tickets are available from the usual outlet: www.ticketsource.co.uk/shouldham-entertainments-committee. Price, just £10 as ever, and there are 10 free tickets for under-25s too. For further details, please contact Alex Gammie on 07803 248230 or alex@agpr.co.uk.



Magpie Centre news

Michelle strikes gold

A disabled rider from Watlington fought off competition to gain first place at the National Riding for the Disabled Dressage Championships, held at Hartpury College, Glos in July. Michelle Alflatt, representing West Norfolk RDA, based at the Magpie Centre, gained an impressive 68.09%, riding Simba, a piebald cob. RDA riders are graded according to their disability and Michelle, who has cerebral palsy rides at Grade 1.

Michelle commented: 'It was a fantastic experience, but Simba and I couldn't have done it without our wonderful team, including Magpie Centre Yard Manager Natalie Dade and RDA Group Instructor Jo Gordon, who transported the ponies, looked after them and prepared them for us to ride.'

Junior rider Jessa Seekings, riding Buddy, also put in a good performance to place third in her class.

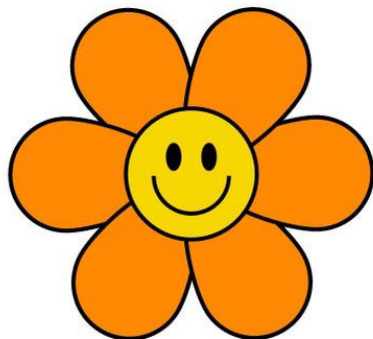
If any group organisers need a speaker for one of their meetings and participants would like to learn about the history and work of West Norfolk Riding for the Disabled, please call the Centre on 01553 810202 or 01553 828935 and we shall be pleased to arrange this. We do not charge a set fee but suggest a minimum donation of £30. We are still on the lookout for two equines on loan. We need a 14.2hh riding pony, plus a 15.2hh riding or ride and drive horse. Must be well-behaved and sound in all three paces. If you know of one, please call the Magpie Centre on 01553 810202.

Lastly, our Chairwoman, Bernadette Ford, stood down at the end of September and we are seeking to appoint her successor. Knowledge of horses and/or of people living with disability, although desirable is not essential. More important is the ability to lead a team including staff, volunteers and the board of trustees. This role might suit a newly retired person with management experience. For more details and an informal chat, please call the Centre on 01553 810 202.

The weather



The rain,
What a pain,
The fete,
Need a new date,
The wind,
Tent pinned,
Will it stay secure,
Not sure,
Keep going,
It's not snowing,
In the bric a brac,
We sat,
But...
But see inside,
There is a surprise,
Brightest sun,
Flowers amazingly done,
Walk down the aisle,
Smile and more smile,
Never mind the weather,
People working together,
To bring delight,
Everything just right,
Thank you Flower Fest team,
It's been a dream,
Forget the weather,
Flower Fest came together.
Liz S



Treasure Island (the Shouldham versions)



Our village pantomime for 2024 is to be Shouldham's remarkable and extraordinary rendition of the Robert Louis Stevenson classic, *Treasure Island*: good fun entertainment for all the family. Matinée and evening shows will take place on Saturday 14th and Sunday 15th December. Box office opens in November. Further details will be advertised soon. For more information, contact shouldhampanto2024@gmail.com

Watlington Medical Centre Patient Participation Group (PPG)



Watlington Medical Centre

Rowan Close, King's Lynn, Norfolk, PE33 0TU

The PPG has expanded its membership, which is great news, but we have hit a snag in that some people are finding it difficult to attend afternoon

meetings because of work or other commitments. As we want to be as inclusive as possible, we are looking at the possibility of introducing evening PPG committee meetings, perhaps alternating afternoons, and evenings to try to suit all our patient groups. Another suggestion is that we set up, as a supplement to in-person meetings, a 'virtual PPG group' as has been done with other PPGs locally. In this arrangement, communication would take place by email to enable regular exchanges of comments, suggestions, and responses, to feed into the in-person meetings. This should help increase the cover for the different groups of patients in the practice.

At the moment, the list of comments and suggestions received, and the outcomes are posted on the PPG noticeboard in the Surgery waiting room, so you can see what progress has been made.

In the last few months, the PPG has attended the Rainbow Café in Watlington Village Hall and had a stall at the Watlington fete. Both events enabled us to meet more people and spread the word about the PPG. As a bonus, we made £68 at the fete by selling a fine mixture of goods and clothes. Any items not sold at the end of the day went either to the Purfleet Trust, or to local charity shops.

The PPG has applied for funding to the Fete Committee and to 'Gossip Gifts', both organisations offering support to village groups, hoping to build up our funds to enable us to take out Public Liability Insurance. This will allow us to organise Walks for Health in the village.

News updates:



Pharmacy: The practice is introducing new ways of working and increased staff count to try and ease waiting times. They are aiming to install a pharmacy machine that will allow medication pick-up 24 hours a day. The hope is this will ease pressure on the car park. Your suggestions for car park changes/expansion have been noted.

Physiotherapy: The in-house physiotherapist is a first contact point who can refer on for further treatment. Patients can also self-refer to the local physiotherapy team via www.ahpsuffolk.co.uk/referral or by calling 0333 043 3966.



Phone lines: Having listened to your comments on the phone system we have changed provider and you will hopefully notice an improvement in your experience over the coming months.

Why are patients sometimes being referred to the pharmacist for blood pressure checks?

Blood pressures taken in the pharmacy attract an income to the practice. Asking you to use the pharmacy for a blood pressure check frees up time and money in the surgery and helps the practice to provide you with improved access to other clinical services like blood tests and dressing changes. In response to your feedback more appointments in the pharmacy have been introduced.



Why are we sometimes being told that no appointments are available?

The British Medical Association, the doctor's union, has made it compulsory for employers not to exceed the maximum safe number of consultations per doctor per day. Once that limit has been reached, the clinician cannot take any more appointments. Unfortunately, this means that sometimes you will be referred elsewhere when the doctor's capacity has been reached.

Final note: The next meeting of the PPG committee is planned for October when we shall also hold our AGM. The date and details are still to be confirmed, and we shall be posting these as widely as possible.

Full minutes of PPG meetings are posted on the Watlington Medical Centre's website: www.watlingtonmedicalcentre.co.uk. Constructive comments can be posted in the comment box in the surgery waiting room, or you can contact the PPG at: watlingtonppg@gmail.com



Flower Festival thank you!

Huge congratulations to Alex, Jenny and everyone for the very successful Church Flower Festival. This was a very well-attended and lovely community event that it was a joy to see revived after a few years' absence. Thank you, Alex, for your energy and drive.

Ann Neary

Therapy on a hot day...

Sit outside,
Maybe close your eyes,
Better still
To watch a while,
Feel a breeze,
And see it climb,
Rising into the air,
The little parachute,
Wafted from a flower stem,
It floats higher and higher,
Drifts across the lawn,
As a butterfly takes its place,
Lands on the buddleia,
Moves on to hollyhock,
And a bird sings,
A blackbird appears,
To rowan tree,
It pecks a berry,
Flies away,
To enjoy the feast,
In another bush,
Overhead a call,
The jackdaw glides,
While all the while,
The pigeons,
Keep their voices,
Going, going,
An insect lands,
It's on your skin,
An hour has gone by,
Time to move,
Perhaps to go in...

Liz S





COME JOIN US FOR A SPOOKTACULAR EVENING



Halloween FANCY DRESS PARTY



SHOULDHAM BOWLS AND SOCIAL CLUB

OCTOBER 26TH



7PM - 11.30PM

DISCO-BAR-NIBBLES

PRIZE FOR THE BEST COSTUME

Advanced Tickets - £5 members & £8 non members

Can be brought at the club or online at
www.shouldhambowlsandsocialclub.com

On the Day Tickets - £7 Members & £12 non members
Under 16's Free



Keep up with the news!

If you would like to keep up with news happening in our village and the local area, between the three-monthly editions of *Shouldham News*, please send your email address to philharriss@icloud.com. This will entitle you to a free electronic edition of this newsletter – in colour!



You can also find out what's happening in Shouldham by joining the village Facebook page on: <https://www.facebook.com/groups/168280213739979/>. An increasing number of villagers have joined this Facebook page, which now provides an excellent means of communication for advertising events, lost pets, etc.

Organisations, clubs & services

Please contact *Shouldham News* if any of the details below change.

All Saints' Church

<https://www.westnorfolkpriorygroup.co.uk/>

Vicar: Reverend David Karoon.

Church warden: post vacant.

Key-holder and contact: Alex Gammie (01366

347856/ 07803 248230/ alex@agpr.co.uk).

Services: 11am on the first (Morning Prayer) and third (Holy Communion) Sunday of every month.



Bus services

Shouldham has a bus service (the No.39, Monday to Saturday) to Marham and King's Lynn, run by Lynx (<http://www.lynxbus.co.uk/> 01553 611955).

There are also occasional bus services (the No.51) run to Norwich and Downham Market by Eagle Coaches (01760 755641/www.eaglescoaches.co.uk). There is also now a service run by West Norfolk Community Transport to Downham Market, via Fincham, on Mondays, Wednesdays and Fridays (except Bank Holidays). Contact <https://www.wnct.co.uk/our-services/go-to-town/> or (01553) 776971 for details.

Good Companions

A social club for the village's older residents, meeting on the third Wednesday of each month from 2pm to 4pm in the Village Hall. Contact: John Beckwith (01366 347853/07952766659/ jbeckwith1940@icloud.com).

Ladybirds

Shouldham women's social group.

Contact: Sandra (01366 347789) or Lorna (01760 337089/
lorna.mackay@hotmail.co.uk).

Scouting

2nd Runcion Holme & Watlington beavers & cubs. Meet at Runcion Holme Scout Hut next to the school in Runcion Holme. Contact: Bob Keens (01553 810855/
scout.keens@btinternet.com). Beavers meet on Tuesday 5.30-7pm, cubs on Wednesday 6.30-8pm.

Rainbows. For girls aged five to seven. Meet at Runcion Holme Scout Hut 4.30-5.30pm Thursdays. Contact: Poppy (Jane Rose-Land; 01366 347452/
jsroseland@gmail.com).

Brownies. Meet at Runcion Holme Scout Hut 6-7.15pm Thursdays.

Contact: Brown Owl (Mandy Randle; 01366 388554/mark.randle@tesco.net).

Guides. Meet at Runcion Holme Scout Hut 7.30-9pm Thursdays.

Contact: Guide Leader (Sarah Mac; 01366 501942/sarahjmack@hotmail.co.uk).

Shouldham Bowls & Social Club

New Clubhouse, Fairstead Grove, Shouldham (01366 348196).

For all bookings and enquiries, contact the Club at: susannewbyrobson@gmail.com

Please look at our website (<https://www.shouldhambowlsandsocialclub.com>) and our noticeboard for updated information and opening times.

Shouldham Community Orchard Group (SCOG)

For information about our community orchard, and to get involved, please contact:

shouldhamcommunityorchard@gmail.com or [https://www.facebook.com/](https://www.facebook.com/Shouldham-Community-Orchard-102917321314604)

Shouldham-Community-Orchard-102917321314604

Shouldham Entertainments Committee

New members are more than welcome to join us, to help plan events for our village.

We meet once a month, so if you feel you have something to offer, please get in touch. Email Nige Walsh (Chair) at seebnige@live.co.uk or Cara Hobbs (Secretary) at animal_end@hotmail.co.uk (please note that there is an underscore between animal and end).

Shouldham Football Club

<https://www.facebook.com/shouldhamfc.co.uk/>

Chairman: Ian Haddleton (shouldhamfc.sec@gmail.com or shouldhamfc.chair@gmail.com).

Shouldham Parish Council

Contact: Mike Inder, Parish Clerk (01760 632011 /

shouldhampc@gmail.com; office hours 8am-8pm Mon-Fri).

Website: <http://shouldhampc.norfolkparishes.gov.uk>.



Shouldham Post Office

Westgate Street, Shouldham (01366 347789). *Open* 9am-1pm, 2-5.30pm Mon, Tue, Thur, Fri; 9am-noon Wed; 9am-1pm Sat.

Shouldham Thorpe Allotment Society

Contact: Graham Addly (grahamaddly@aol.com).

Village Hall

Contact: Ann (01366 347669/ annayres@btconnect.com).

Businesses

If you would like your Shouldham-based business included in this directory, please contact *Shouldham News*.

Chalk & Cheese

Contact Andrew & Bridget Archibald, 1 Eastgate Street, Shouldham (01366 348039/ info@chalkandcheesenorfolk.co.uk/www.bed-and-breakfast-west-norfolk.co.uk).

Driving Miss Daisy

www.drivingmissdaisy.co.uk/King'sLynn

Transport and companionship service. Contact Melanie or Natalie on 0333 014 6211/ 07458 005 575 or King'slynn@drivingmissdaisy.co.uk

Keith Matthews Accountancy

Contact 01366 348359/ keithjmatthews@aol.com

Kings Arms

www.kingsarmsshouldham.co.uk/ 01366 347410

Owned by our local community, Shouldham Community Enterprises (SCE). SCE and Support Our Kings Arms (SOKA) can be contacted by emailing info@Kingsarmsshouldham.co.uk. To book a meal at the pub, please phone the manager on 01366 347410. For updates on forthcoming events, consult the King's Arms Facebook page: <https://www.facebook.com/theKing'sarmsshouldham/>

Advertising in Shouldham News

Shouldham News' advertising rates are:

- Classified (up to three lines): £1
- Quarter page: £10
- Half page: £20
- Full page: £40

For further details, or to place an ad in the Winter edition (deadline 17th November), please contact: John Dovey (347802jdovey@btinternet.com).

Shouldham News is published four times a year and distributed free of charge to all households in Shouldham and Shouldham Thorpe.

Bin & recycling collection dates

Food waste collected every week in its separate caddy. Bin collection day is on Tuesday. For latest details, check: https://www.west-norfolk.gov.uk/info/20004/bins_and_recycling.

Tuesday 1st October	Black Bin
Tuesday 8th October	Green Bin
Tuesday 15th October	Black Bin
Tuesday 22nd October	Green Bin
Tuesday 29th October	Black Bin
Tuesday 5th November	Green Bin
Tuesday 12th November	Black Bin
Tuesday 19th November	Green Bin
Tuesday 26th November	Black Bin
Tuesday 3rd December	Green Bin
Tuesday 10th December	Black Bin



Dates for your diaries

To find out the latest information, please consult the Shouldham Village Facebook page (<https://www.facebook.com/groups/168280213739979/>), the Shouldham Parish Council Facebook page (<https://www.facebook.com/groups/208900420212195/>) or join the village email list by sending your email address to philharriss@icloud.com.

Tuesday 1st October, 11.30am-2.30pm, Shouldham Bowls & Social Club: **COMMUNITY FRIENDSHIP CLUB**. Open to all. Every Tuesday. Two-course lunch £8. Bar will be open.

Sunday 6th October, from 7pm, King's Arms: **CHARITY PUB QUIZ**. Teams of six, £2.50 per person.

Monday 7th October, 8.30-11.30am, King's Arms: **POP-UP CAFE**. Charity coffee and cake morning. Please contact our manager Jo (jofreeman17@outlook.com; 07801 866339) if you would like to donate cakes/biscuits or wish to help.

Tuesday 8th October, 11.30am-2.30pm, Shouldham Bowls & Social Club: **COMMUNITY FRIENDSHIP CLUB**. Open to all. Every Tuesday. Two-course lunch £8. Bar will be open.

Wednesday 9th October, 6.45pm for eyes-down at 7.30pm, Shouldham Bowls & Social Club: **BINGO**. Open to all (cash prizes; bingo books £5, flyer £1, stand up/ sit down £1, jackpot stamp £1, raffle £1 per strip). The bar will be open and snacks available.

Sunday 13th October, 6-9pm, King's Arms: **ACOUSTIC FOLK NIGHT**. Anyone is free to join in or come along and listen for free!

Tuesday 15th October, 11.30am-2.30pm, Shouldham Bowls & Social Club: **COMMUNITY FRIENDSHIP CLUB**. Open to all. Every Tuesday. Two-course lunch £8. Bar will be open.

Thursday 17th October, 7pm, Shouldham Bowls & Social Club: **AN EVENING WITH NICK GROUNDS – KEEP CALM AND ARRANGE FLOWERS**. Tickets £25 on Eventbrite: <https://www.eventbrite.co.uk/e/an-evening-with-nick-grounds-keep-calm-and-arrange-flowers-tickets-970345197607> or phone 07736 959671. Proceeds to the church fundraising campaign.

Tuesday 22nd October, 11.30am-2.30pm, Shouldham Bowls & Social Club: **COMMUNITY FRIENDSHIP CLUB**. Open to all. Every Tuesday. Two-course lunch £8. Bar will be open.

Wednesday 23rd October, 6.45pm for eyes-down at 7.30pm, Shouldham Bowls & Social Club: **BINGO**. Open to all (cash prizes; bingo books £5, flyer £1, stand up/sit down £1, jackpot stamp £1, raffle £1 per strip). The bar will be open and snacks available.

Thursday October 24th, 7.30pm, Wereham Village Hall: **MAKE GOOD – THE POST OFFICE SCANDAL**. By Pentabus Theatre, co-presented by Shouldham Ents Committee and Wereham Village Hall.

Tickets from the usual outlet: www.ticketsource.co.uk/shouldham-entertainments-committee. Price, just £10 as ever, and there are 10 free tickets for under-25s too. For further details, please contact Alex Gammie on 07803 248230 or alex@agpr.co.uk.

Friday 25th October, Shouldham Bowls & Social Club: **SOCIAL NIGHT WITH QUIZ**. Bar meals will be available on the night.

Saturday 26th October, 7-11.30pm, Shouldham Bowls & Social Club: **HALLOWEEN NIGHT DISCO**. *On the door*: non-members £12; members £7. *Pre-booking* non-members £8; members £5. Under-16s free. Prize for best costume. Nibbles provided.

Sunday 27th October, 12.30 for 1pm, Shouldham Bowls & Social Club: **SUNDAY CARVERY**. £15, children £7.50.

Tuesday 29th October, 11.30am-2.30pm, Shouldham Bowls & Social Club: **COMMUNITY FRIENDSHIP CLUB**. Open to all. Every Tuesday. Two-course lunch £8. Bar will be open.

Friday 1st November, 7pm, All Saints' Church, Shouldham: **WORDS & MUSIC FOR ALL SAINTS' DAY**. Featuring poetry curated by Prof Ros Ballaster and harp music by Xenia Horne. Tickets: details to follow. Proceeds to the church fundraising campaign.

Sunday 3rd November, from 7pm, Kings Arms: **CHARITY PUB QUIZ**. Teams of six, £2.50 per person. Supporting the Magpie Centre, Riding for the Disabled.

Monday 4th November, 8.30-11.30am, Kings Arms: **POP-UP CAFE**. Charity coffee and cake morning. Please contact our manager Jo (jofreeman17@outlook.com; 07801 866339) if you would like to donate cakes/biscuits or wish to help. Supporting the Magpie Centre, Riding for the Disabled.

Tuesday 5th November, 11.30am-2.30pm, Shouldham Bowls & Social Club: **COMMUNITY FRIENDSHIP CLUB**. Open to all. Every Tuesday. Two-course lunch £8. Bar will be open.

Sunday 10th November, 6-9pm, King's Arms: **TRADITIONAL MUSIC NIGHT**. Anyone is free to join in or come along and listen for free!

Tuesday 12th November, 11.30am-2.30pm, Shouldham Bowls & Social Club: **COMMUNITY FRIENDSHIP CLUB**. Open to all. Every Tuesday. Two-course lunch £8. Bar will be open.

Wednesday 13th November, 6.45pm for eyes-down at 7.30pm, Shouldham Bowls & Social Club: **BINGO**. Open to all (cash prizes; bingo books £5, flyer £1, stand up/sit down £1, jackpot stamp £1, raffle £1 per strip). The bar will be open and snacks available.

Saturday 16th November, 7pm for 7.30pm start, Stowbridge Village Hall, Downham Road, Stowbridge PE34 3PW: **MAGPIE CENTRE QUIZ NIGHT**. Quiz Night with Hog Roast supper (plus Veggie option). Bring your own drinks. Teams of four to eight people are usual, but singles and couples are welcome. To book tickets (£12.50 each), call 07715467866 or email magpiecentrewnrda@hotmail.co.uk. All profits to the Magpie Centre (West Norfolk Riding for the Disabled Association).

Sunday 17th November, 10.30am, Bowls & Social Club: **SHOULDHAM BOWLS & SOCIAL CLUB AGM**.

Sunday 17th November: SHOULDHAM NEWS DEADLINE. The final date for copy for the Winter/Christmas edition. If you have any news, views or details of forthcoming events (up to early December 2024), please contact Phil Harriss (01366 347244 or 01844 238868/ philharriss@icloud.com). Please send articles in Word, rather than pdf, format. Electronic, colour copies of the newsletter can be found at Shouldham Facebook page (<https://www.facebook.com/groups/168280213739979/>) and on the Parish Council website: <http://shouldhampc.norfolkparishes.gov.uk/category/newsletters/>

Tuesday 19th November, 11.30am-2.30pm, Shouldham Bowls & Social Club: **COMMUNITY FRIENDSHIP CLUB**. Open to all. Every Tuesday. Two-course lunch £8. Bar will be open.

Sunday 24th November, 12.30 for 1pm, Shouldham Bowls & Social Club: **SUNDAY CARVERY**. £15, children £7.50.

Tuesday 26th November, 11.30am-2.30pm, Shouldham Bowls & Social Club: **COMMUNITY FRIENDSHIP CLUB**. Open to all. Every Tuesday. Two-course lunch £8. Bar will be open.

Wednesday 27th November, 6.45pm for eyes-down at 7.30pm, Shouldham Bowls & Social Club: **BINGO**. Open to all (cash prizes; bingo books £5, flyer £1, stand up/sit down £1, jackpot stamp £1, raffle £1 per strip). The bar will be open and snacks available.

Tuesday 3rd December, 11.30am-2.30pm, Shouldham Bowls & Social Club: **COMMUNITY FRIENDSHIP CLUB**. Open to all. Every Tuesday. Two-course lunch £8. Bar will be open.

Saturday 7th December, 10am-noon, Kings Arms: **CHRISTMAS WREATH-MAKING WORKSHOP**. Create a Christmas wreath with Manor Farm Flowers. Tea, coffee and light lunch provided. Tickets £50 payable in advance by contacting Anne at manorfarmflowers@gmail.com or 07951 603241.

Sunday 8th December, 6-9pm, Kings Arms: **TRADITIONAL MUSIC NIGHT**. Anyone is free to join in or come along and listen for free!

Tuesday 10th December, 11.30am-2.30pm, Shouldham Bowls & Social Club: **COMMUNITY FRIENDSHIP CLUB**. Open to all. Every Tuesday. Two-course lunch £8. Bar will be open.

Wednesday 11th December, 6.45pm for eyes-down at 7.30pm, Shouldham Bowls & Social Club: **BINGO**. Open to all (cash prizes; bingo books £5, flyer £1, stand up/sit down £1, jackpot stamp £1, raffle £1 per strip). The bar will be open and snacks available.

Saturday 14th December and Sunday 15th December (matinée and evening shows), Shouldham Village Hall: **TREASURE ISLAND (THE SHOULDHAM VERSIONS)**. Pirates aplenty at Shouldham's pantomime for 2024. Good fun entertainment for all the family. Box office opens in November. For more information, contact shouldhampanto2024@gmail.com. See the Christmas edition of *Shouldham News* for further details. Lock up your frocks!

Monday 16th December, 7pm, Shouldham Village Green: **CAROLS AROUND THE TREE**. Our annual communal singing of Christmas songs. All welcome. We shall be repairing to the Kings Arms afterwards for a mini-quiz and raffle.

Wednesday 18th December, 7pm, All Saints' Church, Shouldham: **CAROL SERVICE**.



Shouldham Antiques Gifts & Interiors

We are open

Thursday to Sunday 11-4. Shop Local!

1 Eastgate street, Shouldham, PE33 0DD

07456513107

Bridget.chalkandcheese@gmail.com



Handyman

No job to small

Give me a call

Phil Rudderham

07719731434

Downham Market & Surrounding Villages

philtracey1@hotmail.com

EVERY ELECTRICAL

Nick Evry

M: 07900 040465

T: 01366 347900

E: nickevry@evryelectrical.co.uk

W: www.evryelectrical.co.uk



All electrical work undertaken.
Contact me today for a
free no obligation quotation.

Jan Woodruff Counselling Services

I offer counselling in a safe, confidential space,
where I will listen and not judge, but will help you,
help yourself to move forward and enjoy life.

**Bereavement - Relationship Problems - Anxiety
Depression - Low Self Esteem - Abuse
Confidence Levels - Stress - Anger Management**

Interested in an initial chat, then
please contact me on:

07842 114220

Member of the British Association of
Counselling & Psychotherapy (BACP)

Downham Market, Norfolk



RG CARPENTRY



Rich Garland

Custom Carpentry - Kitchens - Renovations

Call me on 07531762986

Rg-carpentry@outlook.com

Charlotte Rose LicAc



Acupuncture
Acupuncture for Pain

Facial Acupuncture

Reflexology

Aromatherapy Massage



Cupping Therapy



Over 10 years experience as a therapist. Fully Insured with Balens.

Clinics in Stoke Ferry + Castle Acre

Gift Vouchers Available

Contact: Charlotte: 07855513199 /
01366 501232

charlotterose.charlotterose@gmail.com
www.charlotte-acupuncture.co.uk

Caley Forestry

Est. 1955

Tree Surgery, Firewood
and Christmas Trees

Well seasoned Hardwood
and Softwood logs

Kindling and Woodchip mulch
Competitive Prices, Free quotes,
Friendly Professional Service

Call Jodie Caley on

01366 347404

07810 343827

www.caleyforestryandfirewood.co.uk



CARERS ELITE LTD
CARE FOR LIFE

Your longest established local care provider is only built on reputation/recommendations and word of mouth

(Supporting Local Residents and Local Care/Nursing homes everyday)

WOULD YOU OR A LOVED ONE BENEFIT FROM SOME HELP AT HOME?

Carers Elite support local residents and their families with:

- + Live in Care Packages
- + Independent packages, including financial planning and Rehabilitation
- + Personal Support / Social visits
- + Social & Shopping chaperoning
- + Assisted Living Care Packages - 24/7 - Nights – days
- + Check Calls and much much more..

We pride ourselves on person centred care for all, allowing everyone to live as independent as possible within their own home, for as long as possible.

Tel: (01366) 380707 (24/7)

Email: jon@carerselite.co.uk Web: www.carerselite.co.uk

Head Office: 53 High Street, Downham Market, PE38 9HF

****We are always looking for caring individuals to join Carers Elite.**
And we can offer you an excellent work life balance**