

Ambassador

March 2020



Parish magazine of the Roughton Benefice - comprising Roughton, Bessingham, Felbrigg, Sustead, Metton and Hanworth with Gunton

Rector, Reverend Janet Frymann

01263 768075

www.roughtonbenefice.uk

45p

Who's Who in our Benefice

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The Bishop's Adviser for Safeguarding

Rector's letter March 2020

As Janet is sadly still off work, she has invited me again to write the Rector's Letter. So here goes.

This year March lies entirely within the period of Lent, which starts on Ash Wednesday (26 February) and ends with Easter. The church celebrates this season to recall the 40 days and nights that Jesus spent facing temptation in the desert at the beginning of his ministry. The conditions would have been very hot during the day and close to freezing at night. He fasted, meaning that he went without food for this time. The temptations he faced are just the same as the ones we face every day, firstly to seek comfort/pleasure unduly (turning stones into bread), secondly to use power for our own ends rather than in the service of others (to throw himself off the temple and to expect angels to keep him safe) and thirdly who we worship. You can read about this in Matthew's gospel Chapter 4, verse 1 to 11.

For this reason, fasting is often associated with the period of Lent. Many people give up various pleasures like chocolate, alcohol, TV. There is a school of thought that by giving something up for a time we can earn God's favour. We can't! God wants to share all of his goodness with us. It is only by God's grace that we can enjoy his blessings. Grace is undeserved goodness because of what Jesus did for us in his life and death. For this reason, we have the phrase to explain grace, we enjoy **God's Riches At Christ's Expense**

Isaiah, the prophet, spoke about fasting in Chapter 58, verses 5 & 6 of the way that God would have us fast.

⁵ Is such the fast that I choose, a day to humble oneself? Is it to bow down the head like a bulrush, and to lie in sackcloth and ashes? Will you call this a fast, a day acceptable to the LORD. ⁶Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke?

This involves changing our behaviour rather than giving up something like pleasures. If we look at verse 6 this speaks of "loosing the bonds of injustice". When we go shopping, do we think of the conditions of the workers who make so many of the goods we buy (and then so easily discard after such little use!) and the frequent injustice they suffer in their working conditions? Do we think of slave labour? Modern slavery is surprisingly widespread. The Government website has a resource booklet called "modern slavery awareness booklet" which lists areas to be aware of; including the results of people trafficking, domestic servitude, labour exploitation, sexual exploitation and criminal exploitation. It makes for disturbing reading.

Many people face oppressions and yokes every day in mental health issues. Are we aware of the suffering of many in our own circle of friends and family? Can we help people to deal with the aftermath of past hurts to break such yokes?

How did Jesus deal with the temptations he faced? He relied on the Bible as a resource to find the strength he needed to say "No" to temptation. He answered Satan/the Devil with "it is written" on all three occasions when he was tempted.

So, how might we use Lent this year? Rather than **give** anything up for Lent, why not **take** something up?

- Give yourself a few minutes each day to read the Bible. With 10 minutes and a cup of tea you could easily read through Mark's gospel in a week. Then go to Luke and Matthew and John.
- You could join our Lent studies on a Wednesday evening at 7.30 in the school. The details are on page 5.
- Reflect on your shopping and who makes the goods you buy. Maybe change to suppliers who treat their workers (whether here or overseas) better.
- Make time (and effort!) to be a better listener to friends and family. Let people be honest in response to the usual "How are you?"

With our prayers for a blessed Lent
Peter D Frymann

The Ambassador needs a new Advertising manager

This is an important position in the production of the Ambassador newsletter as our advertising needs to expand. Some benefice magazine have 6 or 8 pages of advertisements which draws in a considerable income. If you are interested please contact Peter Frymann on 01263 768075 or email at roughton.ambassador@gmail.com

Time for Prayer

Tuesday 10th March 7.30 at
3 Orchard Close, led by Heather

Tuesday 24th March 7.30 at
"Sylvan" led by Hilary

* * * * *

Craft Workshop

Meets at 10-12.30 at Roughton village
hall, and thereafter on the 1st Monday
of each month.

Everyone is welcome to this friendly
Gathering.

Come and be inspired

For further information please contact
Simone on 01263 711346

* * * * *

Village Hall Bookings

Felbrigg - Julia Bayle
01263 513103

Hanworth - Jeanette Ayling
01263 768875 (580070)

Roughton - Chloe Bennett
01263 5168

* * * * *

Mothers Union

The Ash Wednesday Service is at
St Andrews, Metton, at 2.30 on
26th February.

Everyone is welcome.
Refreshments will be served
afterwards.

Table Top Sale

Felbrigg Village Hall

Sunday February 23rd

10am - 1pm

Julia Lloyd

* * * * *

Lent Course:

40 Day Challenge:

We are following the Church of England
Course (#LiveLent: Care for God's
Creation) of which more details can be
found at

[https://www.churchofengland.org/
livelent](https://www.churchofengland.org/livelent).

The course will take place on
Wednesday evenings at 7.30 in St
Mary's School, Roughton starting 4th
March until 1st April. We shall conclude
the series with a Bring and Share Meal
on Maundy Thursday 9th April at
7.00pm in Roughton Village Hall.

You will be very welcome to join us.

Discovering the Bible in sign language in Eswatini

The Bible a Month Newsletter December 2019-January 2020

'I like John Chapter 3, verse 16 where it talks about Jesus loving the world. God is good. He sent Jesus to love us'. These were the words of Thandolwethu, a lively little boy I met on a recent visit to Eswatini (previously known as Swaziland). But he didn't speak in the way you might expect.

Like tens of thousands of others in Eswatini, Thandolwethu is deaf, and he was communicating with me through a sign language interpreter. Thandolwethu attends the only deaf school in the whole of Eswatini. There, his school teaches him about the Bible using sign language.

This is a vital ministry in the country, and it's thanks to your generosity through Bible a Month that the Bible is being translated into sign language.

Before my visit I had many questions: why was a Bible translation into sign language necessary in the first place? Why not just read a regular Bible? The head teacher of Thandolwethu's school helped me understand. 'The language of the deaf people is sign language – not English, not siSwati, but sign language,' she told me. We use hands, we use our eyes, we use our brain, we use our body to understand the things in front of us. So when the Bible is in sign language, it helps us understand it better.'

This was clearly true for Thandolwethu. He signed to me, 'I can't understand about chapters in the Bible, but I can understand the stories.' It became apparent to me that for Scripture to be truly available to everyone – a core mission of Bible Society – we can't just rely on existing formats and translations.

We have to make God's word as accessible as possible, to reach out to every tribe, nation and people.

That's what your Bible a Month gift is doing – and it's changing lives. Deaf people like Thandolwethu in Eswatini can be severely marginalised, struggling to feel accepted or valued in the society around them. They are often isolated by their communities, and have limited access to education

and employment opportunities. 'The parents feel like it's a burden to them', Thandolwethu's head teacher told me. 'One parent once said she would have killed her baby if she knew she had given birth to a deaf child.'

But the Bible is a source of truth for the deaf community.

'The Bible helps them a lot,' the head teacher continued. 'Sometimes the children say "my mother doesn't love me", "my father doesn't love me". We even have tragic cases of children trying to commit suicide. But when we bring the Bible in, we teach them that Jesus loves them as they are. Sometimes we have group discussions where the pastor brings a verse about God's love. We remind them that Jesus loves them, even if their parents don't.' Because of his deafness Thandolwethu was disowned by his father when he was young. His present carer, Siphwe Lukhele, is still searching for a birth certificate from the authorities to find his exact age.

'I find it quite easy to communicate with him, but it's still difficult for the other children in the homestead,' Siphwe told me. 'I really don't know sign language, but we've developed our own way of communication.'

As I spent more time with Thandolwethu, I saw none of the hurt or shyness you might expect to see from his life as a young deaf person in Eswatini. He just exuded joy.

When I asked him what difference the Bible made to him, he said, 'I thank God now because I know how to respect others.'

And then a remarkable thing happened. He started singing, in sign language. Springing up from his seat opposite me, he began to dance and make energetic signs. The interpreter translated for us: 'Wow, wow – God is good! Wow, wow, God is strong! Wow, wow – God made everything!'

'That's my song,' he said

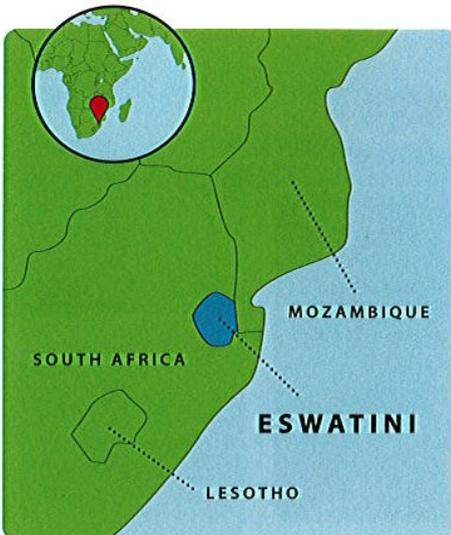
Tim Newbold,
Bible a Month co-ordinator
Used with permission

Eswatini

With a population of around 1.2 million people, Eswatini (previously known as Swaziland) is a small landlocked country in the heart of southern Africa. As well as high rates of hearing disabilities, the population of Eswatini has suffered the devastating effects of HIV/AIDS over the last few decades. Around 24% of the children in the country are orphans, and many are forced to fend for themselves in vulnerable situations. But thanks to your generosity, our team in Eswatini is determined to reach out to these neglected communities, to ensure that they too can access and understand the word of God.

Whether it's continuing Bible translation work in sign language, reaching out to people with albinism or spreading God's love to orphans whose parents have died from HIV/AIDS, our team is committed to helping those on the edge of society dig deeply into God's word. Thank you so much for your generosity which helps to sustain this vital ministry.

ESWATINI



FACTFILE



Area

6,704 sq
miles, approx.
7% of UK



Population

1.2 million,
approx. 1.7%
of UK



Languages

English, siSwati



Literacy rates

87.5%

'Go therefore and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit.'

MATTHEW 28.19 (ESV)



Duncan Baker

Member of Parliament for North Norfolk

January 2020

Dear all

I would like to start by thanking all those who voted for me in the recent General Election. A 14,000-strong majority was a clear mandate from North Norfolk to get Brexit done, and to move forward with addressing the many important issues you talked to me about during the election campaign.

I'm pleased to say that within weeks I'm doing just that. The EU Withdrawal Agreement has been passed and, on the 31st January, we will leave the European Union with the votes of the 58.9% in North Norfolk finally respected.

Both locally and in Westminster, my team is taking shape. I'm proud to have a constituency office in North Walsham – where I have had so much support during the last year. Soon I will look forward to hosting regular surgeries around the constituency.

North Norfolk will be my first priority. In these first few weeks I have hit the ground running, working hard on behalf of many constituents. You may have seen me asking questions in the House about improving our ambulance response times, protecting our farming community, the environment, and what the government is doing to help our High Streets.

I have met with Matt Hancock, Secretary of State for Health and Social Care, to discuss the urgent issues surrounding ambulance response times, the need for improved facilities at Cromer Hospital (with additional mental health support), and met with local ambulance staff to discuss their concerns and learn how we might provide a more responsive ambulance service for this area. This is being followed up by meeting with the Norfolk & Norwich University Hospital chiefs: I want to see our Accident & Emergency unit radically improved, which will benefit many North Norfolk residents.

I have been made the Vice-Chairman of the All-Party Parliamentary Group on moving towards carbon Net Zero, and am meeting with ministers to urge them to help the farming community who are under serious threat, with some of their irrigation licences being revoked.

Of course, every day, I'm helping many people with queries and issues, and am loving meeting incredible constituents all around North Norfolk who do so much for their communities.

There is much to do, but I am enjoying representing you and trying to make our lives better in our wonderful North Norfolk home.

I look forward to seeing you soon.

Duncan Baker
Member of Parliament for North Norfolk

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our plan
for North Norfolk

- 1 Driving jobs and growth**
- 2 More affordable homes**
- 3 Better hospitals and healthcare**
- 4 Supporting rural communities**
- 5 Improving broadband and mobile coverage**
- 6 Helping North Norfolk benefit from post-Brexit opportunities**



Roughton & District WI

We meet in Roughton Village Hall on the second Wednesday of the month: 7pm. for 7.30pm. Visitors very welcome. For more information, visit our website www.roughtonwi.org.uk

Our Craft Group

Meets twice a month at Roughton Village Hall. We welcome W.I. members and visitors. Tea, coffee and biscuits are provided.

Our Craft Group members also belong to Norfolk Knitters & Stitchers and crochet/knit rugs, shawls, hats and dementia "comforts", as and when needed for various charities and hospitals.

We meet on the **second Monday** of the month from 10am. to 12 noon (£3), and the **last Tuesday** of the month from 9.30am. to 12.30pm. (£1.50 per hour). A wide range of crafts, including knitting, stitching, crochet, embroidery, quilting and patchwork is pursued, and members are always willing to share their expertise if you are keen to learn something new. For more information please contact Angela Newton (01263 514476) or angelamcnewton@gmail.com

The Ambassador

The cost of the **Ambassador** is 45p per copy or £4.00 per year

This is just a reminder that we have a dedicated e-mail address just for **the Ambassador**, namely **roughton.ambassador@gmail.com**.

Please note that copy for future issues will need to be emailed to **roughton.ambassador@gmail.com**.

Editors are: Peter Raynor, Peter Frymann & Richard Harbord.

Deadline for the April issue is Friday 20th March.

General Enquiries 01263 768075

It pays to Advertise

Your firm could benefit and you would be supporting your community magazine at the same time for only £1.45 per word per annum. For more information about advertising in

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Disclaimer: The views expressed by individuals in this Magazine are not necessarily the views of the group of Churches in this Benefice. Advertising in this magazine does not imply an endorsement or promotion of the advertisement, nor its content, products or services. Errors and omissions, whilst regrettable, may occur. Please advise the Editor and appropriate action will be taken

Your Church Needs you

At this time of year, we are looking to elect churchwardens. Metton, in particular, doesn't have one at all, which makes it impossible for it to function as one would wish. If you would like to put your name forward to serve your community in this way, please phone any of the existing churchwardens listed on page 2 before 12st March.

There are also many other posts that need filling. Apart from not having a churchwarden, Metton doesn't have a secretary or treasurer.

We also need a secretary and treasurer for Hanworth, for Roughton and the benefice. In addition the benefice needs a minutes secretary.

If you feel you can help in any way, we would love to hear from you.

Helen Mortimer



Ambassador Subscriptions

***'The time has come' The
Walrus said, to talk of
many things, of Shoes -
of Ships - of Sealing wax
and of the need to pay
your Ambassador
subscription as soon as
possible!***

Gunton St Andrew's Church and its many changes

When that distinguished art historian, Tim Knox (Keeper of the Royal Collections) wrote his guide to this church in 2005 he described the many changes there over the centuries. For more than 600 years it was a Roman Catholic church with an accumulation of embellishments that gained momentum during the 15th century under the counter-reformation movement – perhaps with dedication crosses and emblems of the stations of the Cross on the inside walls; a rood cross and crucifix to induce piety; statues and other imagery of the BVM and the saints to encourage prayerfulness; a perpetual light over the altar and so on. Nearly all of that was swept away when the English Church split from Rome in the 1530s. Yet Roman Catholics continued to live in Gunton; even in Gunton Hall as recorded by the authorities who kept a close eye on them. In the early 1700s the church was still basically a Catholic building. By then the new manorial family lived in close support and even intimacy with their Protestant Hanoverian rulers. When a Catholic prince of the House of Stuart invaded England with an army in 1715, Gunton proudly exhibited a 'Royal Arms Board' with that date on it, proclaiming where the focus of their Protestant faith and loyalty was. For many years the Board was hidden away in the Vestry.

In 1757, Gunton was amalgamated with the ecclesiastical parish of Hanworth. Its church bells were sold off. The priest moved out of the ancient parsonage near Gunton Bridge and it eventually it was demolished. In 1767, after 160 years of neglect the old medieval church of Gunton was no longer fit for purpose so the diocese permitted its demolition. For a short time there was a plan to make a domestic chapel in the middle space of the Hall. The idea was dropped after the size of the household grew and daily services were moved to the much larger Servants Hall. The new building remained a parish church and not a private chapel. The first service was held there on Easter Day 1769.

Astonishingly it was designed more like a non-conformist chapel than a traditional country church. The austere building looks like a Roman temple with no outward signs of religion. The inside was intended to be an 'auditory' chamber where the congregation looked east, focussing on the priest in a three-decker pulpit. The giving of Holy Communion was rare and a small altar had to be brought in especially for that purpose. There were simple rows of pews - the box pews at the east end were probably reserved for the manorial family.

Only a single hatchment was reintroduced from the old church, though one of the nicer memorials from the north wall of the old chancel was relocated on the

outside east wall. The 'Chapel' (as it has always been called) was the master-piece of the famous Scottish architect, Robert Adam but not all the visitors at that time were appreciative – they were clearly shocked at what they saw. Some later architect-historians said the Chapel was more of a garden feature than a 'real' church. Others even dismissed it as unworthy of notice. It has only been recognised as a Grade 1, national treasure in recent decades. The loft above the entrance lobby was probably intended for a choir rather than for the manorial family. They hung more of their colourful hatchments high on the walls but their other memorials are sparse and modest.

1826, an austere, Greek-revival style organ-case and organ were installed by Thomas Robinson of London. For a long time it had to be hand pumped.

In 1894, the Victorians found Adam's internal arrangement uncomfortable and old fashioned. The old pulpit was removed, cut down and partly retained as a desk at the side for the preacher. Under the influence of the Anglo-Catholic 'Tractarian Movement', the seating was changed so that it faced inwards towards the central aisle, in the style of an ancient college chapel. The east end was redesigned as a quasi-chancel and sanctuary in a ritualistic style so it could become a 'high church'. Their floors were raised up with steps in three stages and covered with Green Connemara marble inset with pieces of dark green Tinos marble. Handsome field-panelling separated by four composite Corinthian wooden capitals was placed against the end walls. An altar table was made fixed and vested (i.e. covered) with a decorative frontal. With pews facing north and south, the congregation had to face each other and they didn't like it so the fittings again had to be re-arranged.

1918, Charles, the 6th Baron Suffield changed the pews so they looked east again. He also placed a bas-relief memorial portrait of his mother Cecilia, at the back. This is the only one of its kind in the Chapel. His wife Evelyn then placed a copy of Raphael's painting of the Holy family behind the altar further adding to the Anglo-Catholic feeling of the Chapel. By this date the church-cum-chapel had gone almost in a full circle to become an Anglo-Catholic place of regular worship but that ended in 1976 when there was a serious roof leak causing the ceiling to collapse. The cost of repairing it was beyond the resources of the congregation so the Chapel was declared redundant. A year later it was vested in the *Norfolk Churches Trust* but it is still open for occasion services and concerts. In the meantime, regular services are held in the joint Parish Church of St Bartholomew, Hanworth as advertised on the church notice boards and in this magazine.

Richard

Rev Robert Brown Trust

(Charity No. 234865)



Through the generosity of the Rev. Robert Brown Trust Fund set up in 1694

The Trustees are able to offer limited funds to help residents of Roughton over difficult periods. Applications can be made at any time of the year and will be treated in strictest confidence.

For more information or to make an application, please contact the Clerk of the Trust – Jane Blackburn on 01263-833512

Weekly Readings

As a church we follow the lectionary of the Church of England. For the coming month the readings are:

2 March First in Lent

Reading 1 Genesis 2:15-17, 3:1-7
Psalm 32
Reading 2 Romans 5:12-19
Gospel Matthew 4:1-11

9 March Second in Lent

Reading 1 Genesis 12:1-4a
Psalm 121
Reading 2 Romans 4:1-5,13-17
Gospel John 3:1-17

16 March Third in Lent

Reading 1 Exodus 17:1-7
Psalm 95
Reading 2 Romans 5:1-11
Gospel John 4:5-42

23 March Mothering Sunday

Reading 1 Exodus 2:1-10 or 1 Sam 1:20-end
Psalm 34:11-20 or 127:1-4
Reading 2 2 Cor 1:3-7 or Colossians 3:12-17
Gospel Luke 2:23-35 or John 19:25b-27

26 March Fifth in Lent

Reading 1 Ezekiel 37:1-14
Psalm 130
Reading 2 Romans 8:6-11
Gospel John 11:1-45

If you want to follow the readings as we use them you can find them in the NRSV (The New Revised Standard version) of the Bible. If you do not have this translation to hand you can find it online at <https://www.biblegateway.com/passage/> or <https://www.biblesociety.org.uk/explore-the-bible/>.

Peter D Frymann

The Epiphany Course

In January nine of us met each week to consider the significance of Epiphany (when we remember that the wise men arrived at Jesus' home). We used the booklet "Follow the Star" which is based in the carol "We Three Kings of Orient are". Using this we thought of the night with all its darkness and saw that we had no need to fear because God is with us, guiding us with this light as he did the kings. We were encouraged to see also saw that God's light can shine through us to others.

We sent a donation of £30 to the Bible Society for their "Bible a Month" project to help others experience God's light and presence. There is an extract from the current Bible a Month newsletter elsewhere in this magazine.

If you want to experience more of the wonder of God's presence in the world, why not join us for the Lent Course we are running in Roughton School at 7.30pm on Wednesday evenings starting 4 March.

Mary Llewellyn

An Easter Coffee Morning at St. Andrew's Church, Cromer Road, Metton.

On Saturday 11th April 2020. 10.00 am to 15.00pm
Cakes, Raffle, Tombola, Marmalade, Lemon Curd, Books (and chickens!!)

Easter Egg Hunt for Children at 13.00pm
All proceeds to help re-decorate Metton Church.
Looking forward to seeing you there.

Thank-you so much
Diane Fields



St. Mary's Endowed CE VA Primary School

We are already half way through the Spring term and the staff and children have been taking a much deserved rest. Hopefully, when we return to school the daffodils will be out and Spring will be well and truly on its way.

We have had a very busy few weeks with the children taking part in a variety of activities -

The school is currently doing a lot of work on mental health and took part in this year's Mental Health Week. Children were looking at ways to build resilience and 'find their brave' – the theme for this year. We have also been linking the Christian Value of 'Courage' into all our discussions and activities.

As part of this week, the children took part in a sponsored run in support of the NSPCC, raising over £400 which is a remarkable amount for a small school. They certainly had to find their brave as they ran relentlessly around the school field, some children managing to run 17 laps!

Learning has continued with Beech class inviting their parents into school to spend the afternoon with them, making Chinese spring rolls as part of their topic on China. The parents of the children in Elm class also came in to help the children make Inuit drums as part of their work on the Polar Regions. As well as drumming and keeping a steady beat and rhythm, the children have also been learning how to 'throat' sing – a favourite Inuit past-time. We are now looking forward to a Residential trip to Hilltop, a visit to Sutton Hoo and a trip to the Sea-life Centre in Great Yarmouth!

Miss. Jackson
Headteacher

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National Trust



Wednesday 18th March

Bird & Wildlife Walk

1.30 – 3.30pm

Join local bird and wildlife enthusiast, Trevor Williams, of the
North East Norfolk Bird Club for a guided walk.

See how many different species you can spot and identify.

No prior kn

owledge needed but bring binoculars if you can.

£5 per person

Booking essential – online via www.nationaltrust.org.uk/events or
phone 0344 2491895

Car Park charge applies, free to National Trust Members

General Enquiries Tel. 01263 837444

Registered Charity No 205846

March 2020

Services

1 March First in Lent

9.30 am	Holy Communion	BCP	Sustead
11.00 am	All Age Worship	CW	Roughton

8 March Second in Lent

11.00 am	Holy Communion	CW	Felbrigg
3.15 pm	Sing For Joy St. David's Nursing Home		Sheringham

15 March Third in Lent

9.30 am	Morning Prayer	BCP	Sustead
11.00 am	Holy Communion	CW	Roughton

22 March Mothering Sunday

9.30 am	Holy Communion	CW	Hanworth
11.00 am	Morning Prayer	CW	Felbrigg
3.15 pm	Sing For Joy St. David's Nursing Home		Sheringham

29 March Fifth in Lent

11.00 am	Holy Communion	CW	Metton
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