

NAR VALLEY NEWS



December 2025/January 2026

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FIRST WORD from the Rector

I have lived in both Scotland as well as England. So, I am very conscious that New Year is much less of a big deal south of the border. Certainly, our streets are quieter and our parties smaller. Many of us just stay at home. And yet at midnight our mobile networks are under strain. Many of us rush to wish one another a happy new year. Why is this?

Perhaps we feel that the passing of the old year and the coming of the new gives us the chance to refresh our lives. We have an opportunity to decide to take a new track, to rewrite our future, or at least to hope for better. And, social beings that we are, we hope for one another as well as for ourselves. Christians know this opportunity every time that we worship. Because our worship nearly always starts with prayer for forgiveness. This is often misunderstood as an obsession with sin and an urge to demean ourselves. Yet it is the polar opposite. We have the strength to face our shortcomings and the shortcomings of the world. We dare to hope for better for ourselves and others, to seek to rewrite our future, and to take a new tack. Why is this?

Because we trust in a God who is endlessly creative and who says to us 'Behold, I am making all things new' – all things. Therefore, it is our prayer for the world, for our local communities, for you, and for ourselves, that each new year and each new day may bring renewal and new life.

Happy new year everyone!

Sister Angela, Tel: 01760 338552

**Wishing all our readers a very Merry Christmas
and a Happy New Year!**

Submission date for the February edition of Nar Valley News is

15th January 2026

Narvalleynews@yahoo.com

THANK YOU!

A note of thanks from Queenie

Many, many thanks to my family and friends for the lovely flowers, cards, chocolates and kind words after the horrible crash on my bicycle, which left me with broken ribs on the left side of my body. I am making slow progress. Thanking Rev Angela and the team for all their prayers. I know that I will soon be back again!

Merry Christmas and a happy and peaceful new year to all.

God Bless

Queenie Parker

PS: 3 bikes for Sale! 01760 755410



Thank you from Binnie Poponne and family...



We would like to thank everyone at St James's Church and the wider community for all their help and support during Casey's illness and for the wonderful farewell at the church. People were so caring; it showed humanity at its best.

We are proud to be members of Castle Acre's community, and have felt loved here ever since we moved in 20 years ago.

Thank you all.

Norfolk Churches Bike Ride

A huge well done and thanks to Julie, Kevin, Gareth and Tom who cycled in the Norfolk Churches Bike Ride for St George's Church here at South Acre.

A tremendous figure of £1,519.50 was raised! Half of this will be going to St George's with Gift Aid yet to be added.

Thanks to all who sponsored them.

Wendy Eggleton

CHARITY OF THE MONTH

The Charity of the Month Scheme enables both visitors and members of the congregation to show their support for certain nominated charities. An information board and donation envelopes can be found at the back of the Church.



The charity in December will be the King's Lynn Winter Night Shelter which offers an evening meal, a safe place to sleep and a warm welcome to people with nowhere else to stay. The January charity will be the Castle Acre Church of England Primary Academy Bibles for Leavers' Fund. The Bibles are presented at the end of year service.

REMEMBRANCE DAY 2025



Villagers and pupils from Castle Acre Primary School gathered at the War Memorial on 11th November to mark the 2 minutes' silence at 11am.

Pupils paid their respects by laying items they had made as a part of their remembrance day activities.

Poppy Appeal 2025

Our grateful thanks to everybody who supported this year's Poppy Appeal, whether by selling or buying poppies, wreaths and other items. Special thanks to the ladies who stepped in to help with the house to house collection at the last minute!

Paul and Sue Slocombe, Poppy Appeal Organisers

CASTLE ACRE PARISH COUNCIL – WINTER REPORT 2025

Castle Acre Parish Council (PC) held its regular monthly meeting on Thursday 13th November 2025, with one member of the public in attendance.

We would like your views on CAPC creating a PIIP ‘Parish Investment & Infrastructure plan’. Due to a BCKLWN review and changes to CIL (Community Infrastructure Levy) funding, monies levied from new developments to Borough and Parish Councils. PCs are advised to create a ‘PIIP’ Parish Infrastructure and Investment Plan. CIL(2026) funding for projects between 10 and 100K will be possible via application from 1st March to 1st May 2026, applications should ideally be supported by a PIIP plan / and any match funding designated to projects that improve the infrastructure of the Village for the benefit of the local community. CAPC are asking Residents of our Village if there are any projects that should be considered. Please email the Clerk with your thoughts / ideas...

South Acre Ford TRO ref: WTRO5199.

On 04/11/2025 CAPC received a further notification from NCC/NP Law advising CAPC and Residents that the current temporary road restrictions will be extended until 27th February 2026. The continuation of the South Acre Road closure is owing to increased water levels and safety concerns for road users.

Have your say on Bus Services in Castle Acre.

NCC Transport Dept. is currently consulting Castle Acre Parish Council as to any suggested improvements to the number 32 and Flexibus service with a view to making any changes required at Easter next year. If you currently use either service to access Swaffham & King’s Lynn for GP/Dental/Shopping and/or social reasons, what changes would you like to see? Any suggestions, please email the Clerk with your thoughts by 31st Jan 2026.

Looking to fill vacant seat on CAPC.

Castle Acre Parish Council would like to recruit an additional Councillor to fill the recently vacated seat. Would you consider joining the group of dedicated CA Councillors? Contact the Clerk for further information.

You could help save a life with only fifteen minutes of online CPR Training. Would you like to learn how to react in an emergency, say for a loved one, friend, neighbour or stranger who might need urgent help? Cllr Chakrabarti has recently recommended online training with the British Heart Foundation, who provide free 15 minute CPR training via the RevivR app. Please view: [Learn CPR in 15 minutes for free | RevivR - BHF](#)

Seasons Greetings and Thank You.

As we race towards the end of yet another year, your Parish Council would like to thank everyone who contributes, our dedicated volunteers and Councillors for giving their time and skills in so many ways to the community of Castle Acre. The village would not be what it is without every one of you - sincere thanks to you all.

Seasons Greetings from the Parish Council with the hope of
a happy and healthy New Year for you all.

To view Council Minutes and finances go to: <http://castleacreparishcouncil.gov.uk>.

Castle Acre PC’s next meeting is 7:30pm, Thursday December 11th, 2025, at CA Village Hall. Clerk- Amy Hart Tel: 07815430777 Email: clerk@castleacreparishcouncil.gov.uk

DATES FOR YOUR DIARY

Castle Acre Coronation Bowls Club

Wishes all its members, past and present, a very happy Christmas and a healthy and successful new year.

Quiz nights: Saturday 6th December 2025 &
Saturday 14th March 2026



Presentation Night : Saturday 7th March 2026 at Castle Acre Village Hall. Music, buffet, bar, raffle – always an enjoyable evening!

For details, please call Paul on 07710 597475.

Thank you to all our supporters, helpers and members for 2025.

Paul Slocombe



Stitching Group

Our December meeting will be held on December 10th at River Cottage, 65 Bailey Street and the January meeting on 14th January at The Malt House, Bailey Street.

Both meetings are from 11am to 12.30pm.

We have recently donated blankets to the Night Shelter in King's Lynn and the Warm Baby Project in Watton. We have now added to the list the Fistula Hospital in Ethiopia which treats women after childbirth injury and aims to give every patient a blanket on arrival.

Castle Acre Horticultural Society

From a gardening perspective, we could hardly complain about this year's autumn weather — until mid-November we had no really chilly spells and, although it was a little dry, the days were mild and nights were frost-free, so that cosmos, dahlias, kniphofia, roses and even lavender continued to bloom and flourish in our borders — a really colourful and beautiful autumn . . . perhaps getting us all ready for some old-fashioned winter weather to come?

Our November talk by Pauline Harper — 'Winter Vegetables' — was especially useful for members who grow-their-own, but we were also reminded of the wonderful range of produce we might buy from local sources: parsnips, carrots, chicory, kale, cabbage, carrots, beetroot, swede and celeriac (not forgetting our favourite Christmas treats . . . mmm! crunchy celery, crispy roasted potatoes, braised leeks and yes — a huge pile of yummy sprouts!).

Our 2025 Christmas get-together will be held on Monday 15th December and HANNAH HUNNAM will be joining us again for our Christmas greenery demonstration. You may remember that last year Hannah produced a wonderful festive door-wreath with pine cones and hypericum berries, a beautiful addition to our usual selection of Christmas raffle prizes.

***Monday 15th December · 6.30 for 7.00pm at the Village Hall,
to include Seasonal Refreshments and Christmas Raffle***

Hort Soc Winter Supper and AGM will take place on Friday 23rd January 2026 — full details will be coming out to members after the Christmas festivities.

To everyone gardening in the Nar Valley we send Good Wishes for a very Happy and Peaceful Christmas

Our e-mail contact address: ***secretarycahortsoc@gmail.com***

THE DROVES AND HIGH GROVE SOLAR FARMS

A Threat to South Acre, Castle Acre and our surrounding communities.

Thanks to all who continue to engage with the consultation / planning process as it progresses for the two local proposed solar farms, **The Drovers and High Grove**.

Castle Acre Parish Council urges residents to continue to be aware of these and the impact they will potentially have on our communities.

The Drovers site alone covers over **2,000 + acres** of productive farmland north of Swaffham, west of the A1065, (**High Grove**, in total, being considerably larger also to the west and to the east of the A1065). **The Drovers** scheme includes approx. **25 acres allocated for a lithium battery storage site, 20 acres for high-voltage National Grid and solar compounds** (up to **15 metres high**), **new 400kV pylons** all to the west of the A1065, south and west of Bartholomew's Hills / Wood. Even after the Drovers Solar farm is dismantled, the National Grid substation, about **10 acres in size**, will remain permanently, much like the one now dominating the landscape at Necton.

We believe the visual and environmental impact will be immense: including thousands of steel piles driven up to 4 metres deep to support solar panels, wide trenches for high-voltage cables, and acres of concrete replacing fertile soil. Food production will be lost to these schemes. Heritage experts warn of potential damage to **archaeological remains**, including potential Roman and prehistoric sites beneath the fields.

The World Health Organization recommends solar farms be at least **2 km (1.2 miles)** from residential areas, so protecting wellbeing, yet this development will sit just **a short distance from parts of South Acre**, with parts of Castle Acre and Swaffham also within this health guideline zone.

For many residents, the long-term impact on quality of life could be significant, due to noise, light pollution, and visual blight. These are not small local solar projects; they are **industrial power stations covering large areas of agricultural land** in the heart of our historic countryside. Once built, they will dominate our landscape, damage our heritage, and impact the quality of our lives for generations.

We understand there will be opportunities for you to register with the Planning Inspectorate enabling you to make further representation to the independent Examining Authority once the DCO (Development Consent Order) applications have been submitted to the Secretary of State (SoS) through the (PINS) by the developers.

Castle Acre Parish Council is not opposed to the production of solar energy, we are however opposed to the plans for massive industrial-scale solar farms to be built on agricultural land between Swaffham, Castle Acre and South Acre, threatening to permanently change the landscape, heritage, and tranquility of our villages for the next 60+ years.

Please continue to inform yourselves, attend meetings, write objections so that we stand together to help protect our landscape, heritage, and communities from these vast developments.

Contact Drovers at: info@drovessolarfarm.co.uk

Contact High Grove at: info@highgrovessolar.co.uk

KEEP A LOOK OUT

Birdlife & Birdwatching Walks

Anyone interested in learning more about birdlife in and around Castle Acre would be welcome to join the next birdwatching walk on **Thursday 4th December**.

No need to book, just come along to the village sign on Stocks Green a few minutes before 9am.

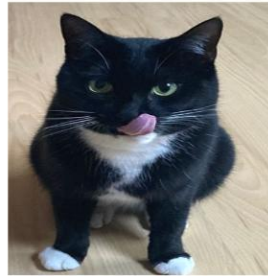
Please note that walks may not take place if the weather is poor.

Douglas is still missing from his Newton Near Castle Acre home since 30th September.

Please check any outbuildings.

Any information, please call Alyson on 07845 943376

Have you seen Douglas?



Douglas is 5 years old; his white markings run from his chin all the way down to his tummy. His front paws are white and he has white socks on his back paws.

Friendly, gentle but cautious of people.
Loved and greatly missed; please look out for him.

Worried about someone?



If you think an elderly neighbour or someone you know needs some practical support that you can't help with, Age UK can provide information and advice on lots of issues - from housing to health.

Call our advice line for free on 0800 678 1602, or contact your local Age UK. If you think someone is at immediate risk of harm, call the emergency services on 999, or if not an emergency but you have concerns, call 111 for NHS advice, 24 hours a day.



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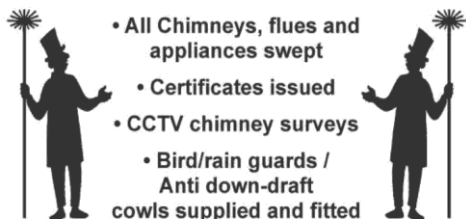


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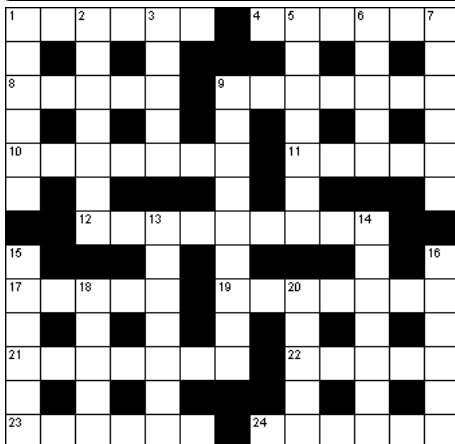
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COFFEE TIME



Across

- 1 Evening meal (6)
- 4 Brought about (6)
- 8 Wept (5)
- 9 Lake District county (7)
- 10 Without affectation (7)
- 11 Scoundrel (5)
- 12 Dutch port (9)
- 17 Happen again (5)
- 19 Bear of the Rocky Mountains (7)
- 21 Wordy (7)
- 22 Alluring woman (5)
- 23 Lamb joint (6)
- 24 Go away (6)

Down

- 1 Small unit of time (6)
- 2 Protein (anag) (7)
- 3 Duck from which down is obtained (5)
- 5 Held in high regard (7)
- 6 Gesture of doubt or indifference (5)
- 7 More expensive (6)
- 9 Workmate (9)
- 13 Commotion (7)
- 14 Polish national dance (7)
- 15 Native American warriors (6)
- 16 Young swan (6)
- 18 Healed (5)
- 20 Offspring (5)

Solution found on page 36 - Copyright © 2025 Simply Daily Puzzles

JUDITH'S FAILSAFE FRUITCAKE

cooked in an oven temperature of 135° centigrade for 2 hours

- 8oz self-raising flour
 - 12oz mixed fruit – you could add a few cherries to this
 - Half a teaspoon of mixed spice
 - Pinch of nutmeg, pinch of salt
 - 4oz sugar
 - 2 beaten eggs
 - 4oz softened butter or good quality margarine
 - Just under 5 fluid oz of milk
- Mix flour with sugar and dried fruit.
 - Stir in eggs and butter; add milk and spices.
 - Beat all together until thoroughly mixed.
 - Place into a cake tin lined with greaseproof paper brushed with margarine.
 - Bake in a SLOW oven for 2 hours. You might want to knock 10 mins off this to test it.



Can be iced and decorated if desired, but delicious plain and will keep well in a tin until all eaten (which won't take long!)

***Do you need a hand getting your real Christmas tree home?
Then get in touch!***

The CA tree team will arrange to support you, free of charge, in collecting and delivering local Christmas trees to your home this festive season.

Any donations received in thanks will go to Friends of Castle Acre Church (FOCAC) with the thanks and the support of the Chair of the FOCAC Trustees.

Please contact us on: CAtreeteam@gmail.com

Wishing all Nar Valley News readers a peaceful and restful Christmas period.



**Veterans Central West Raynham SHQ,
5 Blenheim Way, West Raynham Business Park,
Fakenham, NR21 7PL - Charity #: 1208763**

**Christmas Tree Festival – 29th November – 7th
December & Christmas Fair – Saturday 6th December 2025**

A great opportunity to browse for presents and have a fun day – lots of lovely activities for all the family!

For details contact: events@veteranscentral.co.uk

The Veterans Voice project aims to help veterans and family members find how to access veteran organisations and support groups, such as breakfast clubs and social hubs, identify opportunities for social interaction with other veterans, and provide information about support resources.

Veterans Central, as part of the Veterans Voice project, will be running a monthly **drop-in hub** in Swaffham.

Come along for a FREE hot drink, cake, and a spot of chat and banter, or to ask questions about veterans support.

Venue: The Regency Room, Swaffham Assembly Rooms, Swaffham

<i>Tuesday 27th January 2026</i> <i>Tuesday 24th February 2026</i> <i>Tuesday 24th March 2026</i> <i>Tuesday 28th April 2026</i> <i>Tuesday 26th May 2026</i>	<i>Time:</i> <i>10.30 –</i> <i>13.00 hrs</i>
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Location: The Assembly Rooms are located in the centre of Swaffham and there is adjacent 2 hours free parking (but use machine to get a ticket). You are welcome to bring partners or carers.

**For more information contact: ops@veteranscentral.co.uk
Mobile: 0771 3860040 - Don't forget!**

CHRISTMAS IN THE NAR VALLEY BENEFICE



Santa Claus Day!

Saturday 6th December 2025

Come to Castle Acre Church 11.30am -1.30pm
to meet Santa, to connect with friends, to enjoy refreshments,
to browse the stalls.

(Santa will also visit Narborough Church at 2.30pm and light
refreshments will be available.)

NB There is no charge for seeing Santa.

EASY CHRISTMAS CRAFTS

Wondering how to entertain the grandkids in the run up to Christmas?
Fancy making something simple as a gift but worry that you aren't
artistic?

Want to spend time connecting with others in a relaxed environment?
Can't face paying out yet more money this month?

Easy Christmas crafts for all ages

10.30-11.30am on Saturday December 20th

Narborough Church Rooms
(parking beside the Church)

Expectant

Three opportunities in
December to stop rushing and
find half an hour of calm.

**Come to Castle Acre
Church for 6-6.30pm on a
Thursday.**

Find a comfortable position
on a chair or a mat that
helps to quieten you.
Colour in, be still, use a
prayer aid, attend to your
own thoughts.

The choice is yours
and let the peace of this
place restore your soul.

***Do you find the expected
jollity of Christmas too
much?***

***Are you carrying sorrow or
just not feeling it?***

***Do you yearn for a relaxed
Christmas without all the
pressure?***

***A gentle approach to
Christmas***

***might be just the 40 minutes
for you.***

***6pm Saturday 20th December
at Castle Acre church***

DIARY OF SPECIAL SERVICES AND EVENTS FOR ADVENT AND CHRISTMAS

There is no entry charge for any of these events.

Thursday 4th December

6-6.30pm 'Expectant' at Castle Acre Church

Saturday 6th December: Santa Claus Day

10am Holy Communion at Castle Acre Church

11.30 – 1.30 Refreshments, stalls, & Santa Claus at Castle Acre Church

2.30pm Santa Claus and light refreshments at Narborough Church

Thursday 11th December 6-6.30pm - 'Expectant' at Castle Acre Church

Sunday 14th December 6pm - Carol Service at South Acre Church

Wednesday 17th December 2pm - The Advent Antiphons at Narford Church followed by an Advent tea in Narborough

Thursday 18th December 6-6.30pm - 'Expectant' at Castle Acre Church

Friday 19th December

9.30am Narborough School Christmas Service

1.45pm Castle Acre School Christmas Service

Saturday 20th December

10.30-11.30am - Easy Christmas crafts for all ages,

Narborough Church Rooms

6pm A gentle approach to Christmas at Castle Acre Church

Sunday 21st December 6pm - Carol Service at West Acre Church

Monday 22nd December

4pm Christmas Christingle at Castle Acre Church

6pm Carol Service at Narborough Church



Wednesday 24th December: Christmas Eve

- 4pm Christmas Christingle at Pentney Church
6pm Carol Service at Newton Church
8pm Midnight in Bethlehem Sung Mass at Castle Acre Church
11.30pm Midnight Mass at Narborough Church

Thursday 25th December: Christmas Day

- 9am said traditional Holy Communion at South Acre Church
9.30am Holy Communion at Castle Acre Church
10.30am Holy Communion at Narborough Church

Friday 26th December: St Stephen's Day

- 10am said traditional Holy Communion at West Acre Church

Saturday 27th December: St John's Day

- 10am said traditional Holy Communion at Newton Church

Thursday 1st January: Naming and circumcision of Jesus

- 10am Holy Communion at Pentney Church

Monday 5th January Pilgrimage of the wise men through the Nar Valley:

- 9.30am Newton, 10am Narborough, 10.30am Pentney, 11am West Acre,
11.30 South Acre, Noon Castle Acre.

When we get to Castle Acre at noon we will conclude the 3 kings' pilgrimage with a celebration of Holy Communion for Epiphany.

**Mother Angela and the churches of the Nar Valley Benefice
wish you a joyful and peaceful Christmas and New Year.**

For more Church information, please see pages 22 and 35

EPIPHANY

See the wise men as they travel through the Nar Valley.

View their gifts.

Experience the Epiphany blessing with chalk.

Learn how to bless your own house for the year.

Monday 5th January

9.30am Newton,

10am Narborough,

10.30am Pentney,

11am West Acre,

11.30am South Acre,

Noon Castle Acre.

When we get to Castle Acre at noon we will conclude the 3 kings' pilgrimage with a celebration of Holy Communion for Epiphany.

CHURCH CONTACT DETAILS

Rector: Rev Angela Hammett, Tel 01760 338552

Email: narvalleyrector@hotmail.com

Assistant Priest: Rev. Richard Howells, Tel 07802 432564

Email :richardgranthowells4@gmail.com

The Church Office The Church Office is located at The Church Centre, Narborough.

If you would like to make contact or have an enquiry of any kind (eg baptism, wedding, etc), please find us through the Nar Valley Benefice Facebook page, our website page on www.achurchnearyou.com, the clergy (details above), or the churchwardens (contact details below).

Contact details		
Church	Church Wardens	Named persons for Safeguarding
Castle Acre	Anne Loch 01760 755403 David Bowman 01603 483658	Dr. Ilga Chakrabarti
Narborough	James Stephenson 01760 337601	Joan Upton
Newton by Castle Acre	Stephen Laing 01760 755455 Tony Bell 01760 755506	Tony Bell
Pentney	Sue Neep 01760 338037 Andrew Smith 01760 755102	Andrew Smith
South Acre	Davina Barber 01760 755618	James Stephenson
West Acre	Henry Birkbeck 01760 755254	Henry Birkbeck

Should you need to contact any of the named Safeguarding Officers, their details are to be found in the respective church porches/ churches.

NSPCC telephone helpline is: 0808 800 5000

NARBOROUGH PARISH COUNCIL REPORT - NOVEMBER 2025

The chair opened the meeting with all councillors in attendance. 1 member of the public attended. Breckland Councillor Wilkinson reported that the new Breckland Local Plan for development across the District is now open to public consultation, closing on the 15th of December.

**This is your plan, your future, and your chance to have your say
how Breckland should grow.**

The Local Plan will guide where new homes are built, whether you care about affordable homes, green space, transport, or the character of your village.

You can have your say online at www.breckland.gov.uk/local-plan-2025. Look out for local engagement sessions, speak to planning officers, view live maps of your area.

Inspiring communities from Breckland have health and well-being support available. Information can be sought at the pop-up pantry at the Narborough Community Centre's Green Room every Tuesday from 1pm, or email: communitysupport@breckland.gov.uk.

The member of the public raised concerns regarding anti-social behaviour (ASB) in the village, previously reported to the police. After a long discussion, it was resolved that the Parish Council will, with support from the Community Centre, hold a village residents' engagement event, to try and bring together the police, residents, housing and A.S.B. teams. If any resident witnesses ASB., please report it to the Police via 101, or if you feel that you are in danger, call 999.

As always, the minutes of the meeting can be viewed on the Parish Council website: Narborough-norfolk-pc.gov.uk.

On behalf of the Parish Council, can I wish you all a very Merry Christmas and a Happy New Year.

The next P.C. Meeting will be held Monday January 5th 2026 at 7pm in the Green Room at the Community Centre.

Cllr Peter Wilkinson

Narborough Museum(Signposted from the Ship Corner)

Lots of work has been done at the museum this year. The Bones & Stones Room is finished, new displays have been arranged in the cabins and a display of Mills on the Nar, including the Bone Mill, in the barn.

Our last opening this year is on December 18th and we re-open on February 5th 2026. We will have our usual refreshments etc, free parking and are grateful for donations.

**Merry Christmas & A Happy New Year.
We look forward to seeing you in 2026.**

WHAT'S ON IN NARBOROUGH?

Narborough Sports and Social Club events

December

Saturday 13th	Coffee Morning 11am
Saturday 20 th	Children's Christmas Party 12 noon
Saturday 20th	Keith's Christmas Quiz Night 8pm
Wednesday 24 th	Carol's Christmas Eve Raffle 7pm
Wednesday 31 st	New Year's Eve Disco / Karaoke 8pm

We would like to wish all our customers a very Happy Christmas and look forward to seeing you in 2026

January

Monday 5th	Keith's New Year Quiz 8pm
Friday 9th	Open Mic Night 8pm

There will be no Coffee morning in January, we will resume in February

<http://www.narboroughsportsandsocialclub.co.uk>

Find us on Facebook: Narborough Sports & Social Club, Norfolk

Narborough Community Centre

Our Community Centre offers versatile space to hire for your event or celebration, as well as hosting a range of activities. There is a Main Hall with kitchen and a smaller room, the Florence Green Room, available. **Please check with the Centre for changes over the Christmas and new year period.**

Monday:	No regular clubs
Tuesday:	Nar Valley Café 10am - 1pm Main Hall Art Club 10am - 12.30pm Florence Green Room The Shelf Pop Up Pantry 1-3pm, Florence Green Room - affordable food and groceries supported by Breckland District Council Dodgeball TBC Main Hall Zumba 7.15 - 8.15pm Main Hall
Wednesday:	Playgroup 9 - 11am Main Hall Craft Club Florence Green Room Flying Club (every other Wednesday) 7 - 9pm Main Hall
Thursday:	Line Dancing 2 - 3pm Main Hall Badminton 5 - 6pm Main Hall
Friday:	Cash Bingo from 6.45pm; eyes down from 7.45pm
Saturday	The Main Hall is open for hire for children/adults' parties
Sunday:	Outdoor Car Boot Sale until mid-October.

The kitchen will be open offering a morning menu including full breakfast

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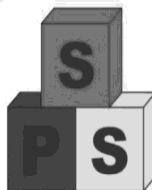
Also a smaller room available

For further information please
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Andrew on 07879 582675

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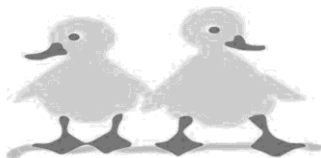
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PENTNEY VILLAGE HALL

The committee would like to thank everyone who has supported the village hall during 2025 attending fundraising events and special thanks to those who have donated cakes for our monthly coffee mornings and raffle prizes for our events. Raffle prize donations are greatly appreciated, if you have anything you can donate, please contact Janis Bell.

Due to cost increases the hourly hire rate for the village hall will be increasing to £12.50 per hour from 1st January 2026.

Everyone is welcome to come along to our charity events, please join us and support your village hall. Details of a Race Night will be coming in 2026!

The committee will be arranging First Aid training in 2026. If you are interested in attending the free training, please contact Janis Bell.

COFFEE MORNING

Tuesday 2nd December
Tuesday 3rd February

10.30am – 12.30pm



There will be no coffee morning in January.

COUNTRY DANCING Fun, exercise & laughter,

Monday 8th December
Monday 12th January
2pm until 4pm
£3 per person
(includes tea and biscuits)

No Partner required you can come by yourself;
everyone is welcome.

For details ring Pat on 07910 991114

MEXICAN TRAIN DOMINOS

Monday 15th December
Monday 19th January
2pm – 4pm

£3 per person
(includes tea and biscuits)



Social Media & Advertising Vacancy

Pentney village hall is seeking a volunteer with passion and experience in social media. To include creating posters, managing and posting on social media (e.g. Facebook), website updates and Nar Valley monthly editorial. Full support will be provided to ensure you feel comfortable in the position.

If interested, please contact:
Janis Bell Tel: 07887 983568
Janisbell@outlook.com

PENTNEY WOODLAND



Support Needed for Pentney Woods Footpath Registration



We are an environmental group based in Pentney, made up of local residents, and we are currently preparing an application to the local council, to register a footpath in Pentney Woods. We need your support to help keep local paths open and accessible for everyone.

Pentney Woods, formerly known as “Entrylane Carr”, are directly opposite West Bilney Woods, which is managed by the Forestry Commission. The nearest postcode for reference is PE32 1LE. You may recognise the woodland by its green gated entrance located on Common Road.

How You Can Help

If you have walked, cycled, or ridden a horse in Pentney Woods at any time between 2001 and the end of 2022, your experience could be vital to our application.

If you are willing to support the registration effort, please contact us with your name, email address, and contact number.

Contact Details

- By email: **woodlandwatchers@gmail.com**
- Via Facebook Messenger:
<https://www.facebook.com/groups/1275584583828499/>
- By leaving a voice message: **01760 638320**

Once we receive your message, we will get in touch as soon as possible to gather further information and provide any additional details. Thank you for your patience and support.

PENTNEY CHARITY TRUST OPPORTUNITIES

The **Pentney Trust (Charity No: 212367)** is seeking a **Clerk** to support its work in providing grants to individuals and organisations within Pentney.

Clerk Role (knowledge of Pentney is beneficial)

- Attend **4–5 meetings per year** (Monday evenings, 7pm).
- Manage correspondence, prepare agendas, and take minutes.
- Maintain **monthly accounts**, track income/expenditure, and report to Trustees.

Remuneration: Clerk (both roles): £450 per annum; **Secretary only:** £200 **Treasurer only:** £250

Trustee Opportunities The Trust also welcomes **new Trustees** with an interest in Pentney's community.

Interested? Contact:

Kate Harvey (Chair) – 01760 339 870 kate.harvey01@btinternet.com

Rev. Angela Hammett – 01760 338 552 narvalleyrector@hotmail.com

Rosie Littlehales (Secretary) – 01760 338 119

PENTNEY, NARBOROUGH & DISTRICT WI

We have had a very good year with speakers and outings.

Our Autumn lunch was enjoyed by visitors; there wasn't any food left over and we were thanked for a lovely afternoon!

We haven't got a meeting in December but have our 80th Birthday celebration and visit to the Pantomime.

Why not make a New Year's resolution to give the WI a visit and join in with us?

Merry Christmas and Best Wishes for 2026!

NAR VALLEY ORNITHOLOGICAL SOCIETY (NarVOS)

Indoor meeting at The Assembly Rooms, 1 Market Place, Swaffham PE37 7AB

Wednesday 28 January 2026 at 7.30pm

The Adventures of a (Geriatric!) Bird Nester – Presented by Allan Hale

Allan Hale has been a NarVOS member since the society's inaugural meeting back in 1976. He has been interested in birds for as long as he can remember – probably as a result of his father breeding canaries. He has held a bird ringing licence for more than 50 years, has travelled widely (to more than 100 countries, including a spell working in the Netherlands). His bird ringing trips have taken him to Cyprus, the US, Brazil, The Gambia and Senegal, and he ran the ringing laboratory at Thunder Cape Bird Observatory in Ontario, Canada for six springs and two autumns. His claim to fame is having slept in the same bed as Princess Anne – but not at the same time!

This talk includes some of the highlights of the last 16 years of Allan's bird nesting. This timeframe is significant as it marks when he started submitting Nest Record Cards to the BTO in computerised form. He's submitted more than 2,800 cards across 69 species, all with multiple visits. Many of the nests have been in boxes constructed and erected by skilled NarVOS member Jonathan Hall. Over the years, Jonathan's constructions have been used by no fewer than 28 avian and six other species, ranging from the diminutive Pygmy Shrew to the hostile Hornet. The presentation covers owls, Peregrines and Tree Sparrows in some detail, plus several harder-to-find species.

Please come along. Visitors welcome. Admission £4 on the night; free to NarVOS members.

For more information contact Paul Fuller or Alan Schpot via paul.fuller123@btinternet.com or alan.schpot@talktalk.net or go to www.narvos.org.uk



OTHER CHURCHES

Please note that service arrangements may alter over Christmas and the new year.

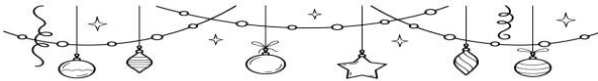
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Sundays *10:00 - 10:30am – Prayer & Praise
10:45 – 12:00 - Morning Worship Service,
followed by fellowship with tea/coffee/biscuits served in the hall.*

Wednesdays *7.00-8.30pm; 1st & 3rd Wednesday of the month-Bible study in the church office.*

Address: 38 Station Street, Swaffham, Norfolk, PE37 7HP
www.swaffhambaptist.uk Phone 01760 725684 or email:
secretary@swaffhambaptist.uk

A warm welcome is extended to all.



Our Lady of Pity Roman Catholic Church, Swaffham

Serving the parishes of the Nar Valley Benefice

Mass Times:

Saturdays *5.00pm Vigil Mass at Watton in the Methodist Church*

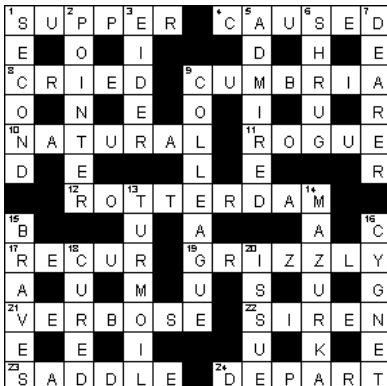
Sundays *8.30am and 10.30am*

Holy Days *10.00am and 7.30pm*

Parish Priest: Fr. Mark Hackeson,
The Presbytery, 31 Station Street, Swaffham.
Tel: 01760 721418 or email: ourladyofpity@btinternet.com
Website: catholicparish-swaffham.org.uk

OTHER THINGS

Mobile Library Timetable – Look out for dates in 2026



If you can't fit your old Christmas tree into your green waste bin, charities such as Break will collect your tree for a suggested donation. Collections are taking place in West Norfolk between 7-9 January 2026.

Collections should be booked by no later than midnight on 4th January 2026 and this can be done here:

<https://www.break-charity.org/charity/get-involved/events/christmas-tree-recycling/>



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Sunday Services

Date	January 4 th	January 11 th	January 18 th	January 25 th	February 1 st
Castle Acre	9.30am Morning Praise	9.30am Holy Communion	9.30am Holy Communion	9.30am Holy Communion	9.30am Morning Praise
Narborough	11.00am Holy Communion		11.00am Holy Communion		11.00am Holy Communion
Newton	8.30am said traditional Holy Communion				8.30am said traditional Holy Communion
Pentney		11am Holy Communion		11.00am Morning Praise	
South Acre		6pm traditional Evensong			
West Acre			6pm traditional Evensong	8.30am said traditional Holy Communion	
Celebrating:	Christmas 2	Baptism of Christ	Unity of the church	Conversion of St Paul	Candlemas

All our services include singing unless they are described as 'said'

Traditional Services are based on the Book of Common Prayer 1662. All other services are in modern English.

Sunday Services

Date	December 7 th	December 14 th	December 21 st	December 28 th	January 4 th
Castle Acre	9.30am Morning Praise	9.30am Holy Communion	9.30am Holy Communion	9.30am Holy Communion	9.30am Morning Praise
Narborough	11.00am Holy Communion		11.00am Holy Communion		11.00am Holy Communion
Newton	8.30am said traditional Holy Communion				8.30am said traditional Holy Communion
Pentney		11am Holy Communion		11.00am Morning Praise	
South Acre		6pm Carol Service			
West Acre			6pm Carol Service	8.30am said traditional Holy Communion	
Celebrating:	Advent 2	Advent 3	Advent 4	Christmas 1	Christmas 2

All our services include singing unless they are described as 'said'

Traditional Services are based on the Book of Common Prayer 1662. All other services are in modern English.