

NAR VALLEY NEWS



February 2026

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FIRST WORD from the Rector

As Valentine's Day approaches, many of us are gearing up to celebrate romantic love. Some of us are paired up, some of us have precious memories to recall, and others of us look forward with hope and anticipation. But not all of us.

Whether by accident or design, a significant number of us lead single lives. And do so equally successfully and lovingly. Because love cannot be reduced to just romantic love, however wonderful it can be. Love takes many forms and is found in many places.

Indeed, from a Christian perspective, love is the life-force of the universe. We are created and sustained in love. Jesus, a single man, embodied the love of God for all creation. He told us that all of God's commands to us can be summed up in the command to love. Love is our calling in life, whoever we are.

As we look for love in our lives, and in our world, my encouragement to you is to keep a wide vision of love. Let's find love in small acts of kindness between neighbours, in companionship between friends, in compassion for strangers, in partnership with colleagues, in mercy for the weak, in investment in family, in care for creation, in admiration for good works, in passion for creativity, in the quiet joy of relaxation, and in the presence of God with us.

Mother Angela, Tel: 01760 338552

Nar Valley News – How to contact us

The deadline for each edition is the 15th day of the preceding month.

Submission date for the March edition is 15th February 2026

For all editorial items, please contact: Clare Levere 07709 232851
Narvalleynews@yahoo.com

Advertising: For all advertising related items, please contact:
Barbara Whitehorn 01760 755032 / 07788 920604
c.whitehorn@btinternet.com

Please note: We can accept no responsibility for the contents of adverts.

Print: Clanpress Ltd 01553 772737

DATES FOR YOUR DIARY

Stitching Group

Our next meeting will be held on February 11th from 11am-12.30pm at Ormonde House, Stocks Green.
All welcome.

Friends of Castle Acre Primary School

Valentine's Quiz & Supper – Friday 13th February 2026

Castle Acre Village Hall – Doors open at 7pm



£13 a head local fish and chips supper

£11 per head includes sausage or veg spring roll and chips

£6 per head for Quiz with no supper

Raffle!! 50/50!! BYO Drinks!!

Tables of 6 per team but you are more than welcome to come on your own and we will fit you in.

Enquires to Charlie 07972 713040 or Libby 07825 229345

Castle Acre Coronation Bowls Club

Looking forward to our new outdoor season in April 2026.

Quiz night: Saturday 14th March 2026 at 7pm

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

For details, call Paul on 07710 597475

Keep Bowling!



DATES FOR YOUR DIARY

Saturday February 14th 2026 7-9pm

Valentine's Day Wine and Cheese Party in the Church Rooms at Narborough.

Non-alcoholic drinks and other nibbles also available.

Tickets from the Rector and the churchwardens (see contact details below).

Tuesday February 17th 2026 5.30-6.30pm

Shrove Tuesday Pancake Party in the Church Rooms at Narborough.

Please let Mother Angela know beforehand that you will be coming.



Ash Wednesday - Wednesday February 18th 2026

Eucharist with Ashing - 9am in Narborough Church &
6pm in Castle Acre Church

Tuesdays in Lent (February 24th to March 31st 2026)

Simply Soup lunches in the Church Rooms in Narborough - 12.30pm.

Followed by Simply Spoken – a gentle learning series exploring some famous speeches in the Bible 1.30-2pm.

Thursdays in Lent (February 19th to March 26th 2026)

Simply Still in Castle Acre Church 6-6.30pm.

Time out sitting with meditative music playing in the background.

Do you have questions about the Christian faith? We will be starting a short explorers course soon. Please contact Mother Angela to express an interest.

Contact details		
Rev Angela Hammett, Tel 01760 338552 Email: narvalleyrector@hotmail.com		
Church	Church Wardens	Named persons for Safeguarding
Castle Acre	Anne Loch 01760 755403 David Bowman 01603 483658	Dr. Ilga Chakrabarti
Narborough	James Stephenson 01760 337901	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	Clare Levere

THANK YOU!

Carols On the Green

A big thank you to those who attended the Carols on the Green outside the Ostrich Pub just before Christmas and/or donated to Nelson's journey-a local charity for bereaved children.

We do this in memory of much-loved Becky Brown and it is a joyful and fun occasion. I must print more carol sheets-we must have had 70 singers easily!

We raised over £200 and the drizzle only made us drink more mulled wine and sing with more gusto!!

See you all next year!

Charlie x



Thank you to all our distributors!

Editions of the Nar Valley News are delivered throughout the year by a loyal band of volunteers to around 1600 homes.

We would like to thank all those who continue to help distribute it.

Without you, this would not be possible.

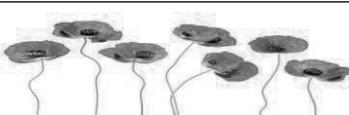
If any of our readers feel they have time to deliver some copies each month, please make contact!

Poppy Appeal 2025

The total raised in the 2025 Appeal was £3,986.52 which was about £230 up on last year's amount, so an excellent result.

As always, our grateful thanks to all our volunteers and everyone who contributed to make this another successful Appeal; your continuing support is greatly appreciated.

**Paul and Sue Slocombe
Poppy Appeal Organisers**



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.



In February we will support the Bishop's Lent Appeal for 2026 **YANA (You Are Not Alone)**. YANA is dedicated to improving mental health due to the ongoing and significant pressures faced by the agricultural and rural community. The charity provides a vital support network for individuals in farming and rural businesses who often face unique challenges and isolation.

A confidential telephone helpline (0300 323 0400) provides support for those struggling with stress or depression. The Charity also funds confidential counselling sessions and Mental Health First Aid courses.

WEST ACRE THEATRE

QUIZ Night (Fundraiser) Weds 11th Feb | 7 - 9:30pm

Fab fundraiser for West Acre Arts Foundation. Compete for prizes, have some fun, and show off your smarts! Bring your friends and your brain power for an unforgettable night of trivia. Max Team of 6

40Forty in the Foyer Sun 15 Feb | 2pm Relaxed, intimate event for 40 guests with classical guitarist, wine, local cheese, and beautiful music



Anyone for Tennis? Thu 26 Feb | 7:30pm Comedian Pauline Eyre spills Wimbledon gossip - from the royal box to the locker room - with laughs and Pimms.

Page to Semi-Staged Sat 28 Feb | 7:30pm & Sun 1 Mar | 2pm Epic drama or hidden gem? A semi-staged surprise where the script takes centre stage.

Complete Works of Jane Austen (Abridged) Sat 7 Mar | 3pm & 7:30pm | Three actors, 80 minutes, every Austen novel - fast, funny, and full of heart.

NT Live: The Audience Thu 12 Mar | 7pm Helen Mirren stars as Queen Elizabeth II in this Olivier and Tony Award-winning glimpse behind the crown.

Dog House: Back to the Groove Fri 13 Mar | 7pm Two decades of 60s & 70s hits performed with energy, heart, and style. (Fundraiser!)

ALLIGATORS 27-28 Mar | 7:30pm (Matinee 28, 29 Mar | 2:30pm) The show everyone's talking about returns for 4 nights only - powerful, moving, unforgettable.

CASTLE ACRE PARISH COUNCIL – JANUARY REPORT 2026

Castle Acre Parish Council (PC) held its regular monthly meeting on Thursday 8th January 2026, with two members of the public in attendance.

CAPC annual precept application: At the meeting of 08/01/2026, your Parish Council confirmed and voted for a precept application request of **£25,881.02**. This request was submitted to KLWN BC by the Clerk on 09/01/2026 prior to the 31/01/2026 deadline. Hopefully, as residents already know, CAPC manages a variety of services on behalf of the Village, for example the cutting of Village Greens and Playing Field, managing Allotments, Streetlighting, Parish Trees, Defib, Tourist & Dog waste bin collections. The PC continues to experience price increases on the services it purchases: for example, the weekly emptying of Tourist and Dog waste bins is budgeted to cost £2,434.43 for 2026/7, more than double the 24/25 cost of £1,181.50. The annual cost of all grass cutting, management of parish hedgerows and trees is budgeted at £7,186.42 and all Insurance costs being £1,929.50. Castle Acre Parish Council thanks all volunteers for their time and goodwill, without which our costs would potentially be higher. To view accounts please visit:

[Accounts – Castle Acre Parish Council](#). Full budget available upon request to the Clerk.

South Acre Road and Ford TRO (Traffic Restriction Order) ref: WTR05199 & Order 202X (27491804) Ref: PJA0069 Prohibition of Motor Vehicles (Except Solo Motorcycles)

CAPC had received notification from NCC/NP Law advising the Parish Council and Residents that order 202X Ref: PJA0069 stating the need for a permanent TRO and closure of the South Acre Road / Ford would be going to public consultation (representation deadline 06/01/2026); notices were also advertised in the EDP.

The TRO consultation was discussed at the meeting of 11/12/2025 (minute ref 42) with CAPC voting unanimously to support the NCC TRO. CAPC sent their response and representation reflecting this on 12/12/2025, backed by survey results in Castle Acre's adopted Neighbourhood Plan (page 49) of which 389 responses (93% of Residents surveyed) supported the permanent closure. The continuation of the South Acre Road closure has been due to increased water levels and safety concerns for road users and Environmental concerns given the rare nature of this SSSI River Nar chalk stream and protected species therein.

Reminder: the temporary TRO restriction extension of time is currently projected to end on 27th February 2026.

The River Nar. Charles Rangeley-Wilson OBE

On Thursday 22nd Jan 2026 at the Village Hall, **Charles Rangeley -Wilson** will talk about '**The River Nar**'. Author, former Chair and Founder of the Chalk Stream Restoration Group (CaBA) Founder of the 'Wild Trout Trust' and Norfolk Rivers Trust, Charles will discuss the '**Ecology and Maintenance of the River Nar SSSI**' allowing questions after his presentation.

CAPC welcomes Cllr Grant Jukes.

CAPC would like to extend a warm welcome to new Cllr, Grant Jukes, who was 'elected' at the meeting 08/01/2026.

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

Castle Acre PC's next meeting is 7:30pm, Thursday February 12th, 2026, at CA Village Hall.

Clerk- Amy Hart Tel: 07815430777 Email: clerk@castleacreparishcouncil.gov.uk

HORTICULTURE SOCIETY

Castle Acre Horticultural Society

The problem with 'titles' is that sometimes the long ones can be a little off-putting . . . that's not the reason we abbreviate the more important part of our own group name to 'Hort Soc' — it's simply easier and quicker to say! We now have over 100 members and we're here for them all and for our local community. The core of our membership is full of down-to-earth, hands-on gardeners who know quite a bit about 'gardening' and are always willing to share their practical experience; many of us are also members of The Royal Horticultural Society (usually abbreviated to the RHS).

The countdown to RHS Chelsea Flower Show 2026 seems to have well and truly started (*May 19-23 at the Royal Hospital, Chelsea in London*) and whilst there will always be complaints about showground overcrowding and television's focus on celebrities, there is already growing media concern that Chelsea (and other RHS Shows) are becoming disconnected from 'real' and achievable gardening ie. the sort most of us do! — so we'll be watching developments with interest.

With help from AI, the RHS has already analysed aspects of 'real gardening' throughout 2025 and these are a few of their published conclusions:*

- that 4.6% of Great Britain is gardened green space (that's 3 times the area of National Nature Reserves);
- that 42% of domestic gardens are now paved over (55% of front garden spaces and 36% at the back);
- that 19 million trees can be found within Britain's domestic garden spaces;
- that the RHS can reach its target of helping 15,000 community gardening groups by 2030;
- that butterflies definitely bounced back in 2025 — but that we shouldn't get too complacent!
- that we've gone potty for home-made compost and the days of peat are definitely numbered;
- that 2025 was a good year for roses, cornflowers and aubergines, but was quite a bad year for brussels sprouts;
- that by following the principle of 'right crop, right place' you really CAN grow a food crop almost anywhere;
- that fungi are the gardener's best friend and that slugs are not the enemy;
- that we can safely add AI to the modern gardener's toolkit.

* material quoted with full permission from RHS

**Peat-free Compost & the Marmite Effect: love it? or hate it?
— let us know how you've been getting on with it; any good tips will be shared.**

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



CASTLE ACRE C of E PRIMARY ACADEMY

Thanks to Head Pupils at Castle Acre CofE Primary Academy who sent in a summary of all that happened during the Autumn Term of 2025.

We had a really busy Autumn Term – the first 15 weeks of the new school year seemed to fly by! We welcomed 13 new children into **Reception** at the beginning of September. They looked so little and slightly nervous with uniforms that were slightly too big. We also welcomed many new children across all year groups; we now have 86 children on roll, apparently more than we have ever had! Everyone has now settled in amazingly and it is like our new members have always been here.

Our learning has been really exciting. **Rowan Class** have learnt about transport, past and present and also about our local area. They have drawn maps and have written a guide about the village. They have read lots of stories including Emma-Jane's Aeroplane, Lost and Found and our favourite...Owl Babies. Their first trip of the year was to High Lodge in Thetford and they found the Gruffalo!

Whitebeam Class have been finding out about Ancient Egypt. They had an exciting trip to Norwich Castle Museum for an Ancient Egyptian day where they learnt all about mummification and farming. They have also been learning about their skeletons, healthy eating and investigating the effects of sugar on teeth.

In Oak Class, the children have been learning about Romans and Celts. They also went to Norwich Castle Museum where they had a tour around lots of different models and artefacts. They have also been discovering about space, how the planets move, gravity and why we have days and years.

Away from the classroom,

- ❖ we have been to church to celebrate Harvest and were pleased to be able to take gifts of food to help those who need it as well as raising awareness of Harvest around the world. We think we have an important role in the community and want to help those who need it.
- ❖ We observed Remembrance Day by selling poppies for the RBL and then placed poppies and lit jars around the war memorial on 11th November. Our Head Pupils took part in the service on the Sunday.
- ❖ We have also helped raise money through Children in Need Day where we wore yellow and took part in some activities.
- ❖ Near Christmas, we took part in the Rudolf Run to raise money for Tapping House.

We have also been hugely lucky as a family member of one of our children raised a huge amount of money for us to put towards an Interactive Whiteboard for our Maple Group. So a huge thank you to them!

Christmas is always a really exciting time with young children and we had a great season! Our amazing Reception and Year 1 children put on their Nativity 'Away in a Manger' and were superb. We enjoyed wearing our Christmas jumpers as we tucked into our Christmas dinner and we had one of our favourite events of the year...Carols around the Tree.

In the final week, we enjoyed the pantomime (oh yes we did!), Maple Group visited Church Farm and Whitebeam and Oak Class put on a really nice Carol Service which included a traditional Nativity.

**It was an awesome term here at Castle Acre and we had many opportunities to
Let our Light Shine!**

We really look forward to what the next term brings.

NATIONAL WOMEN'S REGISTER

The NWR (National Women's Register) is a registered charity operating in Great Britain connecting women through discussions and activities.

The organisation was founded in 1960 following The Guardian Women's Pages editor Betty Jerman writing an article entitled '*Squeezed Like Sardines in Suburbia*'. The letter struck a chord with Maureen Nicol, a Cheshire housewife who wrote to the paper suggesting that housebound wives with liberal interests and a wish to remain individuals could form a national register, enabling women to contact 'like-minded friends.'

Today members of the NWR enjoy meetings, conversation, friendship and fun through participating in online, local, regional and national events, local Informal group meetings, walks, book groups to national conferences.



Looking for a group of lively minded women? Consider joining the National Women's Register.

The Dereham and Swaffham group meets fortnightly for topical discussions, coffee and cake.

Wednesday 11th February 2.00pm - Robots /AI positives & negatives.

Thursday 19th February and Wednesday 10th June, quiz evenings 7pm for 7.30pm

20th February 11.00AM Snowdrop walk at Walsingham

If you fancy trying us out, contact: office@nwr.org.uk

For more information, read: www.nwr.org.uk.

THE DROVES AND HIGH GROVE SOLAR FARMS

Thanks to all who continue to engage with the consultation / planning process as it progresses for the 2 local proposed solar farms: The Doves and High Grove. Castle Acre Parish Council (CAPC) urges residents to continue to be aware of these and the impact they will potentially have on our communities.

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. CAPC 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. **Contact Doves at:** info@drovessolarfarm.co.uk **Contact High Grove at:** info@highgrovessolar.co.uk

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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 question about veterans support.

Venue: The Regency Room, Swaffham Assembly Rooms, Swaffham

Tuesday 24th February 2026

Tuesday 24th March 2026

Tuesday 28th April 2026

Time: 10.30 – 13.00 hrs

Tuesday 26th May 2026

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.

More information?

Contact: ops@veteranscentral.co.uk - **Mobile:** 07713 860040

NARBOROUGH MUSEUM (Signposted from the Ship Corner)

While the museum was closed in January the volunteers have been very busy with general maintenance etc. The bird hide has lots of activity with birds and squirrels.

We re-open on Thursday 5th February with the usual refreshments, free parking and lots to look at.

We open every Thursday 10am - 3pm then Sundays from April to October. Look forward to welcoming you. Entrance, parking and refreshments are free, donations very welcome.

WHAT'S ON IN NARBOROUGH?

Narborough Sports and Social Club Events

February

Monday 2nd - John Julian Ticketed Event - Tickets available online and at the Bar

Friday 13th - Open Mic Night

Saturday 21st - Live Band and onsite Food Van Piggin out

Wednesday 25th – Keith's Quiz Night

March

Friday 13th - Open Mic Night

Friday 20th - Quiz by the Narborough Cricket Club

Friday 27th - Bike Night is back

As always keep up to date with Events on the Social Club FB Page and Website

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.

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

NARBOROUGH PARISH COUNCIL REPORT – JANUARY 2026

The Chair opened the meeting; apologies were received from Cllr Williams and accepted.

Councillors agreed the precept for 2026, an increase of 3.4% on the last financial year.

A precept is a financial payment from Breckland Council to Town & Parish Councils to cover the Parish Council running costs.

Councillors discussed the potential High Grove Solar Farm, a Labour Government project; planning permission will be decided by the Government inspectorate based in Bristol. The project will not impact on the village of Narborough directly, as the land identified for the development is opposite RAF Marham's outer perimeter at the top of Chalk Lane joining the A1122. Breckland Councillor Wilkinson was asked to communicate with High Grove to make sure a transport management plan is in place when construction starts, to prevent a heavy vehicle rat run through Narborough.

Due to the Local Government Reorganisation (LGR), Breckland Council and all District and Borough Councils will be dissolved and replaced by 1, 2 or 3 unitary authorities by 2028, unless the Government reconsiders. In the event of the LGR going ahead, Breckland Council has offered Breckland-owned land to Town and Parish Councils to purchase.

Councillors discussed the 3 pieces of Breckland-owned land in Narborough. Councillors felt that the land had no potential to develop or be a future asset. The Parish Council felt it would benefit residents for the land to transfer to the new authority, who will have to honour future maintenance costs.

As always, the minutes of the meeting can be viewed on the Parish Council website: www.Narborough-norfolk-pc.gov.uk. If residents have any questions or need clarification on village matters, please attend the next Parish Council meeting or contact the clerk or any councillor. Email addresses are available on the Council website.

The next P.C. Meeting will be held Monday, 2nd February 2026 at 7pm in the Green Room at the Community Centre.

Cllr Peter Wilkinson

NARBOROUGH C of E PRIMARY ACADEMY

Head pupils Lexi, Sophie, Logan and Khloe were roving reporters during the Autumn Term 2025, tasked with writing an article for The Nar Valley News to inform the local community about what pupils at Narborough Primary Academy had been up to.

Hedgehogs Class (Nursery & Reception) had fun on a trip to High Lodge to follow the Gruffalo trail through the woods. Children have also enjoyed learning phonics, how to read and the phonics songs. In their literacy drawing club, they have learned about Goldilocks and the Three Bears, The Stick Man and Little Red Riding Hood. They said the trip to Jack and the Beanstalk was really fun!

Squirrels Class (Yrs 1 & 2) enjoyed going to High Lodge and exploring the Gruffalo trail for a school trip. They also went to the pantomime to watch Jack and the Beanstalk and practised for their nativity "It's a baby" which the whole school and parents came to watch. They have been learning about Egypt in English and have also enjoyed growing plants in science. For their physical education, they have been learning some ball skills such as throwing, catching and dribbling.

Foxes Class (Yrs 3 a 4) enjoyed going to Norwich Castle Museum to learn about the Ancient Egyptians. They have also been going swimming and practising backstroke. In English, they have been writing a non-chronological report about Egypt, whilst in maths, they have been using the column method for addition and subtraction. In Design Technology they loved making structures using matchsticks and blue tack. In physical education lessons, they have been practising skills for football and playing some matches: it was great fun! In their science lessons, they have been learning about sound so they got some string and two paper cups to make a phone, then they listened to all the sounds.

Otters class (Yrs 5 and 6) have enjoyed going on different trips, including The Norwich Castle Museum to learn more about the Romans and the Iceni. Year 5 children went to Norwich Cathedral to join other schools to learn about the St Benedict Project. They have been to TNHA to compete against other schools in sports hall athletics. They have also enjoyed improving their swimming skills. In design and technology lessons, they have been learning to sew using blanket stitch to make a fish cushion. For physical education, they have also enjoyed gymnastics where they have been practising different jumps, including the pencil, tuck, full turn and half turn jumps. In art they have learnt to draw using the 1-point perspective to complete a picture. In French they have been learning and practising vocabulary about families.

Ready for Christmas, they learnt to play jingle bells on the recorder so they could play it in front of their families at the school's Carols Around The Tree service. Also, they have been writing a sequel to UFO diary in their English lessons. In science they have enjoyed learning about planets in our solar system, and have loved learning about lines of longitude and latitude in Geography.

The whole school participated in the Strictly Come Dancing challenge for the Children in Need charity.

For the last treat of the year, children from Reception to Year 6 went to the Corn Exchange in King's Lynn to watch the pantomime Jack and the Beanstalk- it was great fun!

We look forward to updating you about our school in the new year!

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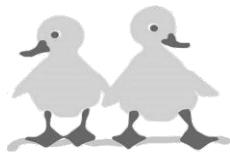
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PENTNEY VILLAGE HALL

Due to cost increases, the hourly hire rate for the village hall increased to £12.50. Everyone is welcome to come along to our charity events.

Please join us and support your village hall.

COFFEE MORNING

Tuesday 3rd February
Tuesday 3rd March

10.30am – 12.30pm



Coffee & Cake £2.50

COUNTRY DANCING

Fun, exercise & laughter,

Monday 9th February

Monday 9th March

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

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 feel comfortable in the position.

Interested please contact:

Janis Bell Tel: 07887 983568
Janisbell@outlook.com

MEXICAN TRAIN DOMINOS

Monday 16th February

Monday 16th March

2pm – 4pm

£3 per person

(includes tea and biscuits)



PENTNEY, NARBOROUGH & DISTRICT WI

Pentney, Narborough & District WI

We hope everyone had a good Christmas and New Year.

Ruth, who books our speakers and arranges outings has been very busy and has organised a varied programme for 2026.

We have talks on frauds and scams, Bee keeping with tastings, Bollywood Indian Dancing plus many more.

We have also hopefully got a visit to the Lifeboat Station at Hunstanton.

We meet on the fourth Wednesday of every month in Pentney Village Hall at 2pm.

PENTNEY PARISH COUNCIL

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 WOODLAND

We are an environmental group based in Pentney, made up of local residents. We are currently preparing an application to the local council to register a footpath in Pentney Woods.

If you have walked, cycled or ridden a horse in Pentney Woods at any time between 2001 and the end of 2022, and you are willing to support the registration effort, please contact us by one of the following means with your name, email and contact number:

Email: Woodlandwatchers@gmail.com

By leaving a voice message: 01760 638320

Via Facebook Messenger:

<https://www.facebook.com/groups/1275584583828499/>



PENTNEY PARISH COUNCIL

Help with bills/money worries

The council can give people advice and practical help (including money) if any sudden financial worries arise. Please make contact especially if you are facing eviction - the council will help people stay in their homes if at all possible.

https://www.west-norfolk.gov.uk/homepage/366/help_with_billsmoney_worries

Local Government Reorganisation (LGR) – everyone's business

Please could everyone who is able to, respond to this government consultation on the proposed local government reorganisation (LGR). The government wishes to do away with district councils and county councils and create a single unitary council in its place, which is not a bad thing in my opinion if done properly - it would save people wondering which council to report a faulty streetlight or bin collection to, or where to go for help with schools or social services.

The new council could take the form of just one council for the whole of Norfolk, 2 councils (West and East including Norwich) or 3 councils (West plus Brecks, North plus East, and Greater Norwich). The Government is consulting us on which option to take.

In my opinion, a single unitary authority covering the whole of Norfolk would be very tricky to administer, and would create a distance between the people and the council. 3 councils would give us the best local representation. You can find more on this view here: <https://www.futurenorfolk.com/people-place-progress>

You may have your own views of course. The deadline for contributing your views was 11th January 2026, but you can read more about the consultation here: <https://www.gov.uk/government/consultations/local-government-reorganisation-in-norfolk-and-suffolk>

Warm Homes Grant

Some (not all) of the warm homes grants are due to expire in March 2026, so if anyone has any qualifying chronic health condition, or is on benefits, please make enquiries with the council's housing team here <https://norfolkwarmhomes.org.uk/>. They will advise you on eligibility for grants and also guide you towards companies that are doing the work.

If anyone needs any help with any of the above, please contact:

Clr Pallavi Devulapalli via email cllr.pallavi.devulapalli@west-norfolk.gov.uk or mobile 07833 531378.

Best wishes, Dr/Clr Pallavi Devulapalli, Airfield Ward, Bor Clr, KL&WN

PENTNEY PIE & MASH GAMES EVENING

In aid of Pentney Parish Church



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NAR VALLEY ORNITHOLOGICAL SOCIETY (NarVOS)

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

Wednesday 25 February 2026 at 7.30pm

Botswana – Fur and Feathers

Presented by John Geeson

John and his partner, fellow NarVOS member Sue Bryan, have been travelling to many parts of the world for many years in pursuit of their passion for wildlife. This trip to some lesser-known parts of Botswana was two years in the planning and was timed to maximise the chances of their prime target - African Wild Dogs. The trip was split between three remote luxury lodges and a mobile campsite deeper into the Kalahari. They enjoyed a wonderful selection of mammals (including the dogs!) and birds and, having to spend most of the time in open safari vehicles, lions were present everywhere! - The photographic opportunities all in wall-to-wall African sunshine were excellent.

John will give his account of their adventure and show many of the fur and feather highlights they enjoyed on their trip: Lion, Leopard, Cheetah, Wild Dogs, many raptors, Bustards, Hornbills, Bee-eaters and much more.

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 Fuller 123@btinternet.com or alan.schpot@talktalk.net, or go to www.narvos.org.uk.

CHURCH CONTACT DETAILS

The Nar Valley Benefice

Rector: Angela Hammett Tel: 01760 338552 Email: narvalleyrector@hotmail.com

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:

- **Nar Valley Benefice Facebook page**
- our website page on www.achurchnearyou.com
- our Rector Mother Angela or the churchwardens (see page 5 for contact details).

Should you need to contact any of the named Safeguarding Officers, their details are to be found in the respective church porches/ churches and on page 5 of this edition. The NSPCC telephone helpline is: 0808 800 5000



Swaffham Baptist Church is a caring and friendly congregation. If you are interested in finding out more about the Christian faith or if you are a Christian looking for a loving and friendly fellowship, then you will find a warm welcome at any of our services or activities.

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.

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A warm welcome is extended to all.



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Nar Valley Benefice - Sunday Services

Date	February 1 st	February 8 th	February 15 th	February 22 nd	March 1 st
Castle Acre	9.30am Morning Praise	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:	Candlemas	Second before Lent	Sunday before Lent	Lent 1	Lent 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.