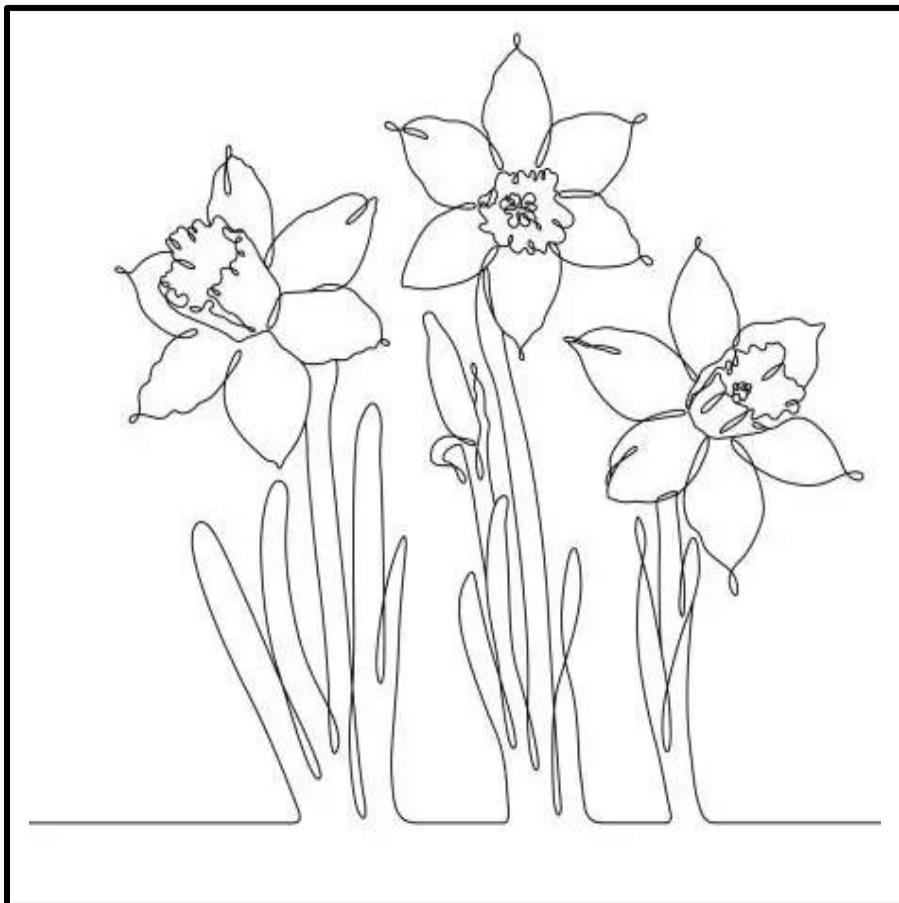


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March 2026

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FIRST WORD from the Rector

My mother takes cards very seriously and so I shall start this month looking for the perfect card to give on the 15th. It must say 'Mothering Sunday' on the front, not 'Mother's Day', if it is to meet with my mother's approval.

She has a point. They are two different festivals. Mother's Day is an American festival celebrated in May. It was founded in 1908 to honour a human mother. The origins of the British festival of Mothering Sunday reach back to medieval times. Linked to the church year, it is celebrated on the fourth Sunday of Lent. This year it falls on March 15th.

Mothering Sunday celebrates no less than four different mothers. My invitation to you this month is to celebrate all four of these mothers.

1. Mother Church which nurtures you as a beloved child of God. Traditionally people visited the church where they were baptised or their local cathedral. You might choose to visit your local church. They are open during the day.
2. St Mary who was the mother of Jesus. Traditionally people read passages from the Bible that include her, and honoured statues of her. You might choose to look up her story or see whether you can find a statue of Mary in your local church.
3. Our own mothers who gave birth to us or brought us up. Then as now, people visited their mothers and gave them gifts. If your mother has died, you might like to light a candle for them in your local church.
4. Mother Earth which nurtures all life. Traditionally people celebrated with flowers. Given the strains on the environment, you might also consider what positive action you could take.

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 April edition is 15th March 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.

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DATES FOR YOUR DIARY

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.

Saturday 14th March 2026

Said traditional Evening Prayer in Narford Church 3pm. Walk over the field to visit this rarely open church and experience traditional worship within its walls.

Sunday 22nd March 2026

The All Saints' West Acre Annual Meeting of Parishioners. This one item meeting will take place at the end of evensong (6.50pm). Its purpose is to elect churchwardens. All residents of West Acre, as well as all on the electoral roll, are welcome to participate and vote.

Monday 23rd March 2026

Stations of the Passion in Castle Acre Church 7-8pm.
A guided walk around the painted linens of the Passion.

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



Thinking of bringing your children to church?

Children, as well as adults, are always welcome.

The worship on Mothering Sunday morning (15th March) might be a good place to start. Castle Acre and Narborough churches have dedicated children's areas which you may use if you wish. Narborough's has just been redesigned.

HOLY WEEK & EASTER SERVICES

Sunday March 29th

8.30am West Acre
9.30am Castle Acre
11.00am Pentney

Palm Sunday (red)

Said traditional Holy Communion
Palm Sunday Liturgy
Morning Praise

Monday March 30th

11am Norwich Cathedral
7pm Castle Acre

Monday of Holy Week (red)

Chrim Eucharist
The Stations of the Cross

Tuesday March 31st

11.30am Castle Acre
to South Acre
7pm Newton

Tuesday of Holy Week (red)

Pilgrim's Cross Peg Leg
Said traditional Holy Communion

Wednesday April 1st

9am Narborough
7pm South Acre

Wednesday of Holy Week (red)

Said Eucharist with anointing
Healing Service with anointing

Thursday April 2nd

Castle Acre
7.30pm Narborough
8.45-9.45pm Pentney
(Drop in)

Maundy Thursday (white then stripped)

Pilgrim's Cross
Eucharist with footwashing and stripping
of the altar
Watch

Friday April 3rd

Noon-3pm Castle Acre
Drop in

Good Friday (stripped)

Good Friday Liturgy
with Meditations on Christ's words from
the cross

Saturday April 4th

8pm Pentney

Easter Night (white and gold)

Easter Liturgy

Sunday April 5th

9.15am Castle Acre
11.00am Narborough
6.00pm West Acre

Easter Day (white and gold)

Easter Eucharist with new fire
Easter Eucharist with new fire
Traditional Evensong



Easter Lilies

Anyone wishing to buy a lily in memory of a loved one, at £2.50 each, please leave money with, Janet Smith, Yvonne Hooton or Queenie Parker.

A sheet will be left at the back of the church for loved ones' names.

DATES FOR YOUR DIARY

Come along to our Cake Stall and Raffle
in aid of the Church Flower Fund
to be held on Saturday 28th March from 10am-12noon
on Stocks Green.

Any donations of cakes or prizes would be appreciated.

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

Stitching Group

Our next meeting will be held on March 11th from 11am to 12.30pm at 5 Pales Green, Castle Acre. All welcome, just bring your knitting or stitching.

WEST ACRE THEATRE

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!



WHAT'S GOING ON IN CASTLE ACRE?

FRIENDS OF CASTLE ACRE CHURCH

**Are you passionate about local heritage?
Do you live in or near Castle Acre?**

The Friends of Castle Acre Church are seeking new Trustees to join our friendly, independent charity. We work to preserve our historic church and protect it for future generations.

Trustees attend a few meetings each year, help with administration or fundraising, and support around four community events annually. If you care about our village's history and want to make a practical difference, we would love to hear from you.



**Interested?
More details from Tony Wright 01760 755133
or email anthony@least.org.uk**

Castle Acre Heritage Group

Opportunities to be involved in Castle Acre's Heritage and Wildlife.

Castle Acre's Heritage Group has a variety of activities planned for 2026. These include monthly birdwatching walks; plant and wildlife surveys in different village locations and a non-invasive investigation of the outer bailey of the Castle, followed by the cleaning and identification of any artefacts we have found.

There are also opportunities to become an English Heritage Volunteer and help care for the Bailey Gate, Castle and Priory, carrying out masonry and condition checks; removing intrusive vegetation and ensuring the sites are tidy and welcoming.

If you are interested, please email clerk@castleacreparishcouncil.gov.uk so that a complete list of activities and dates can be sent to you.

The Heritage Group is very informal and you attend as and when you wish, knowing that you are contributing to our knowledge and enjoyment of Castle Acre's wonderful historic landscape and wildlife.

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 March will be the **Train-a-Priest Fund** which provides support towards the maintenance costs of candidates training for ordination and their dependants. The Fund is run by The Church Times and every penny goes directly to essential costs of ordinands.

Church Flowers

Anyone wishing to join the team throughout the year by doing a pedestal or vases in Lady Chapel



please contact Yvonne Hooton on 01760 755033



CASTLE ACRE PLAYING FIELD ASSOCIATION

Castle Acre Playing Field Association

The committee are pleased to announce the provision of new benches and seating for the Playing Field.

Firstly, through the generous gift from John and Jill Sanderson of two benches, one to be located outside the Main Pavilion and the other to overlook the Multi Use Games Area.

Secondly, facilitated by a Rural England Prosperity Grant, the provision of one junior picnic table and two adult wheelchair accessible picnic tables to the paved area within the under 7s Play Area in multi coloured recycled plastic.

Nigel Chambers, Chair

Castle Acre Playing Field Association (Charity No 303924)

CASTLE ACRE PARISH COUNCIL–FEBRUARY REPORT 2026

Castle Acre Parish Council (PC) held its regular monthly meeting on Thursday 12th February 2026, with no members of the public in attendance.

The Droves Solar Farm

Since Island Green Power's 'Development Consent Order' (DCO) has been accepted by the Planning Inspectorate for examination, CAPC Solar Subcommittee recently met with Representatives of KLWNBC NSIPs planning team to discuss the registration / examination process and upcoming representation deadline of 27th February 2026. As such CAPC would like to confirm the following points:

- 1) Residents can register as an 'Interested Party' via the Planning Inspectorate and 'Have their say', until 27th February 2026.
- 2) The examination process will take approx. 6 months with 9-10 deadlines to submit evidence / material planning considerations for a series of public hearings, which will be held in person and via Teams. To speak at hearings, pre-registration is required. Any spoken points are to be submitted to the Planning Inspector directly after the hearing.
- 3) The Planning Inspector (likely one) will be appointed 'independently' by the Secretary of State and at the end of the process will produce an 'Inspectors Report' which could be **agreed** or **thrown out** by the Secretary of State.
- 4) To have any representation from CAPC reviewed by a Technical Consultant would cost approx. 2K per document. Clearly CAPC cannot afford to do this, our Solar Subcommittee are a group of volunteers. If anyone has the skills you think would assist the Subcommittee with their challenge to the Solar Farm application and would like to help, please contact the Clerk.
- 5) Any binding Community benefit (if the application is given approval) is likely to be agreed by Developers upon completion.

Congratulations to CAPFA!

Congratulations go to CAPFA for a successful 80% funding bid to KLWNBC's 'Rural Community Grant Fund'. This project will create an inclusive seating/picnic area adjacent to the play park for all age groups. The project will involve area preparation and installation of recycled multi-coloured seating from NBB Recycling - 1 children's octagonal bench and 2 adult octagonal benches with space for 1 wheelchair at each. It is hoped the project will be completed by early spring 2026.

Dog Poo!

CAPC would like to thank all Dog Owners who pickup, bag and dispose of their dog's waste correctly, placing it in the bins located around the village, provided by the PC. Sadly, there are still some owners who do not pick up, or worse, pickup, then chuck the bag with contents into hedges and trees! This is in no one's interest, it is antisocial and unsightly, taking years for bags to degrade. Please be considerate, care for our village surroundings, 'do the right thing', and clear up after your dogs properly in public areas, and footpaths around the village. **Thank you!**

To view Council Minutes and finances go to: <http://castleacrepishcouncil.gov.uk>. **Castle Acre PC's next meeting is 7:30pm, Thursday March 12th, 2026, at CA Village Hall.**
Clerk- Amy Hart Tel: 07815430777 Email: clerk@castleacrepishcouncil.gov.uk

HORTICULTURAL SOCIETY

Castle Acre Horticultural Society March Spring Show at Castle Acre Village Hall

It isn't so long ago that, for many UK schoolchildren, the first real signs of Spring simply meant:

1. leaving your vest off and changing your long socks (*the grey woollen kind with stripes round the top*) for short ones (*which somehow always managed to slip down under your heel*);
2. the start of school 'nature study' lessons, with the best that science had to offer us in those days, ie. one broad bean and some blotting paper in various-sized sheets, accompanied by an empty jam-jar (*frequently Robertson's, strawberry flavour*). (blotting paper? . . . you might have to google that if you're under 65, but modern kitchen roll would do just as well).

In their first attempts at 'going peat-free' many present-day gardeners were quite unimpressed, and more than a few likened the outcomes to their early bean-growing experiences! However, as the commercial composts themselves have now greatly improved, it's worth giving 'peat-free' another try — much better for the planet, and (as we learned from our nature studies!) seeds *will* germinate and most plants *will* thrive . . . but only when they like their conditions! If you're seed-sowing this month make sure the compost you choose is one with a fine texture — the extra 'milling' process is especially important for smaller seeds: many of the peat-free 'mixes' are still a little heavy on composted bark and coir, which tend to be a little too 'chunky' for an even and stable germination rate.

At **Hort Soc's Spring Show on Monday 16 March** we'll be offering tips about 'peat-free' products, plus 'growing' advice gleaned from our members' own experience — you are very welcome to come along as a guest & pay-at-the-door. It's our first 'show' of the year (*members' exhibits only*) and we'll also be having a talk by **Neil Spinks** about **how to attract more birds to your garden.**



NEWS FROM THE NICHOLAS HAMOND ACADEMY

The wet weather has not dampened our spirits here at TNHA and we have welcomed in a variety of visitors as well as planned trips out of the academy.

The first of our visits was organised by the Jon Egging Trust (designed to help improve social, emotional and employability skills as well as teamwork and leadership). A trip to Cambridge Botanical Gardens gave students the opportunity to experience Art, Science and play to reveal the healing secrets of honeybee hives inspired by pioneering research from The Maori Lab at the University of Cambridge. Using wearable technology, our young people collaborated with each other to 'protect the hive'. Their efforts also contributed to ongoing research into how organisms share immunity, helping us better understand global health challenges.

Another group set off for the RNLI Lifeboat Station in Hunstanton with sessions consisting of a visual introduction to the RNLI and tabletop task (mock lifeboat launch and management of a rescue scenario), a tour of hovercraft, boat and tractor and practised water safety and practical throwline training.



At TNHA, we believe every young person has the power to shape a kinder and more courageous world. A group of our anti-bullying ambassadors visited Wayland Academy for the first part of their training offered by the charity (established in 1999 as a legacy to Diana, Princess of Wales).

The programme trains students and staff to change attitudes in behaviour online and in school. The Diana Anti-Bullying Award honours those who stand up for others, challenge unkindness, and lead with empathy when it matters most. We are extremely proud of these students proving that bravery, kindness and determination can transform lives.

Equally as interesting and back in the academy, we were very lucky to have a visit from 'Khaki on Campaign', a living history expert, who came to the academy to talk to Year 10 students about WW1 and their 'Medicine Through Time' GCSE paper. Corporal Knight showed students various original Great War artefacts including weapons, equipment, and medical items and even had several students dressed up as both British and German soldiers. The two-hour session culminated with a focussed GCSE workshop which enhanced the students' understanding of the Western Front medicine section of their GCSE paper. This was done through relevant artefacts, veterans' testimony, and Corporal Knight's own interpretation of the Great War.

NATIONAL WOMEN'S REGISTER



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Try us out: Come along to a free taster session!

Programme for the next 6 months:

9th March 10.30 am What I would do to give myself a HAPPY DAY

24th March 10.30 am Visit to Bridewell Museum Norwich

8th April 2 pm Should there be a Mobile-free area the same as there is a smoking-free area? If so, where? Do we spend too much time on our phones, tablets, etc? If so, have we thought about why?

23rd April Bluebell Walk, Blickling plus picnic

11th May 10.30 am Which 6 people would I invite to dinner and why ?

26th May 2 pm Sayings and their meanings - Pick 2 and research

10th June 2pm Lynford Arboretum visit and walk

25th June 2pm Visit to Jean's garden

13th July 2pm Research a Village you have either lived in or visited

28th July 2pm Favourite Childhood Game (bring it if you still have it!)

If you fancy trying us out, send us a message or find us on the NWR website to join: office@nwr.org.uk. Nwr.org.uk.

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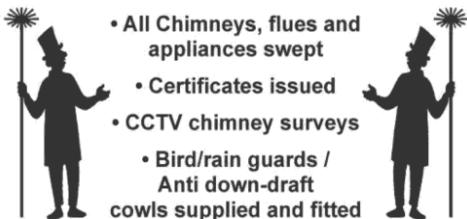


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VETERANS CENTRAL WEST RAYNHAM SHQ



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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 questions about veterans' support.

Venue: The Regency Room, Swaffham Assembly Rooms, Swaffham

Tuesday 24th March 2026

Tuesday 28th April 2026

Tuesday 26th May 2026

Time: 10.30 – 13.00 hrs

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 Ship Corner)

We are open every Thursday 10am-3pm.

There is free parking and refreshments available in the barn.

Donations very welcome.

Our Sunday openings for the year are:

April 12th, May 3rd, June 7th, July 5th, August 2nd,

September 6th and October 4th, usual opening times 10am-3pm.

Our volunteers are happy to show you around and talk about the exhibits or you are free to browse at leisure.

NARBOROUGH SPORTS & SOCIAL CLUB

Upcoming Events at Narborough Sports and Social Club
You don't need to be a member to enjoy our events or facilities.

Friday 13 March from 8pm Open Mic Night - come along and listen to fantastic bands and singers.

Saturday 14 March from 11am Coffee and a Cuppa. Home made cakes and bakes, coffee/tea and a chat.

Friday 20 March Quiz starting at 8pm hosted by Narborough Cricket Club to raise funds for the cricket club.

Friday 27 March the return of our Bike Nights. Live music and food stand. From 5.30pm.

Friday 3 April Karaoke from 8pm

Saturday 4 April from 11am Coffee and a Cuppa all proceeds going to EACH

Sunday 5 April Daniel Walker's annual Charity Football match between Narborough XI and EACH Charity XI. 2.30pm kick off. Food available. Fantastic Raffle ending with a live singer from 6pm. All monies raised for EACH.

Did you know we have a snooker table available to hire? Competitive rates, please message our Facebook page Narborough Sports and Social Club to secure your booking.

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 1.30-3pm, Florence Green Room - affordable food and groceries supported by Breckland D/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 6.30pm; eyes down from 7.30-9.30pm

Saturday **The Main Hall** is open for hire for children/adults' parties

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

NARBOROUGH PARISH COUNCIL REPORT – FEBRUARY 2026

Cllr Wilkinson Vice Chair opened the meeting. Apologies were received from Cllr Pipe. One member of the public attended.

Councillors discussed renewing the contract for grass cutting and maintenance of the open and closed burial grounds at Narborough Church. It was unanimously agreed to continue supporting our local church, and the contract was awarded to Walpole Mowing, which gave the best value for money out of 3 quotes received.

Councillors agreed to replace the ever-failing soda lamps along the Community Centre footpath with LED.

The Parish Council received notification of a County Council Highways Traffic Order, which will extend the 30 MPH speed limit on Chalk Lane, to the bend of the old railway bridge. This is part of the planning conditions for the next phase of the new Chalk Lane development. The Parish Council are in discussion with County Councillor Nunn to fund further traffic calming measures on Chalk Lane and Marham Road. The 20 MPH speed limit has been renewed by CC Highways on Denny's Walk, and this reduced speed limit must be observed at all times, helping protect children and parents attending Narborough School. The area will be monitored.

To address local policing concerns raised by some Narborough residents, Councillor Wilkinson has arranged, with the kind permission of the Community Centre Management, the next Safer Neighbourhood Action Panel (SNAP) meeting. This will be held in the Green Room, Community Centre at 7pm on 20th April 2026, and all residents will be welcome to attend to discuss local policing and to ask any questions that you might have.

The parish council clerk, Sara, reported that after 4 years of dealing with Npower billing issues, it has finally been resolved with intervention from the Energy Ombudsman, with the conclusion of a £9,562.58 refund. Funds received will be earmarked as reserves but will be needed to pay subsequent Npower invoices until a new supplier has been confirmed, after such time the remaining funds could be utilised for a special project or held in reserve to keep precepts to a minimum in future years.

As always, the minutes of the meeting can be viewed on the parish council website; Narborough-norfolk-pc.gov.uk.

If Residents have any questions, or need Clarification on Village matters, please attended the next parish council meeting, or contact the clerk or any councillor, email addresses are available on the council website.

**The next meeting is scheduled for 2nd March 2026 in the Green Room,
Community Centre, Narborough.**

Thank you for reading.

Cllr Peter Wilkinson

NARBOROUGH CE PRIMARY ACADEMY

Our Head pupils (Khloe, Lexie, Sophie and Logan) have been developing their journalistic skills to share what has been happening at Narborough CE Primary Academy this half term.

Hedgehogs Class (Nursery and Reception)

In Hedgehogs, the children have really enjoyed learning about the Hindu festival of Diwali and made their own Diwa lamps. They have also been working hard in maths, practising their number bonds up to 5. The children have continued to read a wide range of stories, including 'The Gingerbread Man' and made their own gingerbread men.

Squirrels Class (Year 1 and 2)

This half term, the children have been learning about how trains have changed over time. They really enjoyed writing adverts to try to persuade people to try the 'new' diesel trains. In Maths, they have been learning about division as grouping or sharing using resources such as counters and have also enjoyed practising their times tables and earning some tackling tables certificates.

Foxes Class (Year 3 and 4)

The children in Foxes Class have been demonstrating their artistic skills, creating their own self-portraits inspired by Frida Kahlo. In Science, they have been learning about the classification of animals. During English, they have been journalists investigating a mysterious incident involving flying frogs that occurred on 'Tuesday' and wrote their own newspaper article.

Otters Class (Year 5 and 6)

Otters class really enjoyed their art project, creating an abstract clay sculpture influenced by the artist Barbara Hepworth. They have written an emotive story based on the short film 'The Man on the Moon.' As part of our learning about the Anglo-Saxons in History, we also went on a trip to West Stow. We went in a variety of reconstructions of Anglo-Saxon buildings and noticed how dark and smoky they were and they had no toilets! (We won't go into detail about their toileting habits- it's not very pleasant!) The boars, Apple and Acorn, put on a very vocal show for us too.

This half term, the whole school also learned more about AI as part of Safer Internet Day. We learned that AI can be useful but isn't always to be trusted and should be used with care. Trusted adults are the people to go to if we need help.

We also celebrated Candlemass in a special worship in school led by Mother Angela.



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The Magpie Centre, West Norfolk, offers Equine Assisted Learning and Therapy (EALT) - a gentle, horse-led approach supporting emotional wellbeing, confidence, and personal development. EALT is ideal for those who struggle with anxiety, emotional regulation, communication, or focus in traditional settings. Horses are intuitive and respond honestly to human behaviour, creating a calm space for reflection and growth.

No horse experience is needed.

All sessions are ground-based (no riding), using guided activities where the horse acts as a mirror to help participants better understand their emotions and behaviour.

Benefits of EALT

- Builds confidence and self-esteem
- Improves communication and emotional regulation
- Develops coping strategies for stress and anxiety
- Encourages trust, empathy, and stronger relationships

Who Can Benefit?

- Teenagers and young adults
- Individuals with Autism, ADHD, or social and emotional challenges
- Groups seeking confidence, teamwork, or leadership skills
- Anyone looking for a unique, nature-based approach to wellbeing

Get in Touch

Sessions are delivered by our qualified and compassionate team, with the welfare of people and horses at the heart of our work.

 The Magpie Centre, West Norfolk

 Website: www.rda-westnorfolk.org.uk

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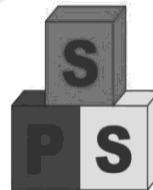
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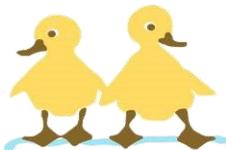
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PENTNEY, NARBOROUGH & DISTRICT WI

The WI meeting in March is about Bee Keeping with tastings of honey hopefully. Other speakers we have lined up are about flower arranging, the seas at Horsey Beach and Blood Bikes. Our monthly rambles started again in February with a lovely walk around Bilney Woods. Luckily the weather was good, no rain.

If you would like to join us at WI, we meet on the fourth Wednesday of the month at 2pm in Pentney Village Hall.
Always a warm welcome with tea and cake.

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 VILLAGE HALL



Village Halls Week 16–22 March 2026 is an annual campaign to highlight the importance of village halls to the health and wellbeing of rural communities. Pentney Village Hall have additional activities during March to support health and wellbeing in the community and if interested please support. Everyone is welcome to come along to our events, please join us and support your village hall.

Coffee Morning - Monday 2nd March & 6th April 10.30am - 12.30pm
£3 Tea/Coffee & Homemade Cake

Country Dancing - Monday 9th March 2-4pm
£3 Includes Tea & Biscuits

Gong Bath with Restorative Yoga - Tuesday 3rd March 7pm - 9pm
£15 payable in advance. Contact Tasha 07757 674350

Line Dancing - Wednesday 5th March 7pm - 8pm weekly during March
£8 payable on the door. Contact Nicki Hammond 07825 350704

Yoga - Tuesdays 7pm - 8pm TBC
Pentney Village Hall Facebook page and website will keep you updated on classes in March. Contact Tasha 07757 674350

VILLAGE HALL WEEK EVENTS

Mexican Train Dominos - Monday 16th March 2pm - 4pm
Join the opening of Village Hall Week with a special guest attending to officially open the week of events. Attendees will have the delightful opportunity to sample a cake kindly donated by a local lady who has showcased exceptional baking talent on the renowned television programme 'The Great British Bake Off'.
£3 includes Tea/Coffee & Cake

Line Dancing - Wednesday 18th March 7pm - 8pm
Come along and try Nicki's line dancing class. The classes will become a weekly subject to demand. £8 payable on the door

Arts, Crafts, Knit or just for the social - Thursday 19th March 10am - 12noon
Come along to share your hobbies and interests. We would like to know if there would be interest in regular group. Free to attend, a small charge for drinks.

Gong Sound Bath - Thursday 19th March 7pm TBC
£15 payable in advance. If interested, please contact Catriona 07825 304279

Quiz Night - Friday 20th March 7pm for 7.30pm start
Join us for a Night of Fun! Gather your friends & family for a great night out. Whether you are a quiz enthusiast or just looking for a fun evening out. Cash Prize & Raffle. Teams of up to six. Bring your own refreshments.
£3 payable on the door.

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:

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

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

PENTNEY VILLAGE HALL - EASTER TEA

**Join us for an Easter Tea in Pentney Village Hall on
Wednesday 1st April 2026 2.30 - 4pm**
(Suitable for all ages)



There will be a variety of Easter activities on offer which you can choose to take part in, including craft, flower arranging and an egg hunt.

If you would like to come along, please let us know in advance.

Tel: Janet Beck 01760 337419 or Mother Angela 01760 338552

All donations will go towards repairs to the Pentney Church soakaway.

COFFEE TIME

Mother's Day

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NAR VALLEY ORNITHOLOGICAL SOCIETY (NarVOS)

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

Wednesday 25 March 2026 at 7.30pm

Birding Trinidad & Tobago Presented by Steve Cale

"I first went to Trinidad & Tobago back 20 years ago. Through a mutual friend & at Birdfair, I had got to know Newton George who is probably the best-known bird guide on Tobago. He'd assured me the birding was top notch. Having taken him at his word & flown to Tobago, I walked out of arrivals & into a warm Caribbean evening to be greet by Newton saying 'Hello man, welcome to the capital of paradise!' – he was right. This two-island tiny nation is home to a wealth of wildlife that has a real flavour of South America. Indeed Trinidad is little more than 7 miles from the coast of Venezuela with Tobago being 18 miles further out beyond. Having a small number of each of the main bird families of that continent this is an ideal introduction to the region's avifauna".

"I've now made a number of birding visits & these islands never disappoint. Come with me & this evening I'll give you a taste of birding in the islands of Palm Trees, Rum Punch & Hummingbirds."

Steve Cale needs no introduction as he has given talks to NarVOS on a number of occasions. A superb Artist, Photographer, Birdwatcher and in fact anything at all to do with Nature, Steve's talk is one to look forward to.

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

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.achurchnearlyou.com
- our Rector Mother Angela or the churchwardens (see below for contact details).

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 01760 755368
Narborough	James Stephenson 01760 337901	Joan Upton 01760 337053 Liz Collins 01760 337403
Newton by Castle Acre	Stephen Laing 01760 755455 Tony Bell 01760 755506	Tony Bell 01760 755506
Pentney	Sue Neep 01760 338037 Andrew Smith 01760 755102	Andrew Smith 01760 755102
South Acre	Davina Barber 07967 369573	James Stephenson 01760 337901
West Acre	Henry Birkbeck 01760 755254	Clare Levere 07709 232851

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

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



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Home Visits Only

Nar Valley Benefice - Sunday Services – March 2026

Date	March 1st	March 8th	March 15th	March 22nd	March 29th
Castle Acre	9.30am Morning Praise	9.30am Holy Communion	9.30am Holy Communion	9.30am Holy Communion	9.30am Palm Sunday Liturgy
Narborough	11.00am Holy Communion		11am Morning Praise	11.00am Holy Communion	
Newton	8.30am said traditional Holy Communion				
Pentney		11am Holy Communion			11.00am Morning Praise
South Acre		6pm traditional Evensong	6pm said traditional Holy Communion		
West Acre				6pm traditional Evensong	8.30am said traditional Holy Communion
Celebrating	Lent 2	Lent 3	Mothering Sunday	Lent 5	Palm Sunday

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