

# NAR VALLEY NEWS



## April 2026

Your community magazine, hand delivered to homes in Castle Acre, South Acre, West Acre, Narborough, Narford, Newton & Pentney

Budgens

# CASTLE ACRE VILLAGE SHOP

Local & Instore Fresh Bread  
Papworth's Local Fresh Meat  
Local Fresh Vegetables & Fruit  
Groceries & Off License  
Fresh Flowers & Plants  
Newspapers & Magazines  
Fresh Coffee & Confectionery  
Dry Cleaning Service



Post Office  
Bill Payments & E-TopUp

Phone 01760 755274

Shop opening times Monday-Thursday 7.30-7.00

Friday-Saturday 7.30-8.00, Sunday 8.00-6.00

Post Office opening times

Monday-Friday 9.00-12.00, 2.00-5.00

Saturday 9.00-12.00



Next to Castle Acre  
village shop  
Telephone orders  
welcome on  
**01760 755 234**

Opening times

Tue closed

Wed 12.00-2.00, 4.00-8.00

Thu 12.00-2.00, 4.00-8.00

Fri 12.00-2.00, 4.00-8.00

Sat 12.00-2.00, 4.00-8.00

Sun closed

Mon closed

Facebook

@ Castle Acre Fish & Chips



Professional  
Carpet, Upholstery &  
Hard Floor  
Cleaning Services

- State-Of-The-Art Carpet, Upholstery & Hard Surface Cleaning Systems
- Safe Solutions
- Fast Drying Times
- Highly Trained Professionals
- Local Service

Tel: 01760 337762

Email: [sales@xtraclean.co.uk](mailto:sales@xtraclean.co.uk)

[www.xtraclean.co.uk](http://www.xtraclean.co.uk)

**Celebrating 25 years  
in business**

THE HIDDEN GEM AT  
PENTNEY LAKES

# Parkside

Bar & Grill

PE32 1LE

GREAT FOOD....

GREAT BEER.... in

*Beautiful Surroundings*

REGULAR ENTERTAINMENT

"EVERYONE'S WELCOME"

see website for details

[www.parksidebar.co.uk](http://www.parksidebar.co.uk)

parkside bar and cafe



01553 824 167

## FIRST WORD from the Rector

With the arrival of April there is now no escaping the fact that spring is well and truly underway. The days are longer and all our dog-walking can take place in the light. The first flowers have already come and gone. Undeterred by the cat, our garden is full of birds. It is Eastertide. Colour, beautiful flower arrangements, and alleluias have returned to our churches.

But when did spring start exactly? Somehow it has crept in between the rainfall and the high winds. Beneath its subtlety lies a determined kind of renewal. Before we know it, it will be summer. It's a reminder that new life rarely bursts in with fanfare. More often, it grows quietly, faithfully, and in its own time.

In our churches and communities, we see the same pattern. Small acts of kindness, unnoticed prayers, a neighbour checking in, a job done without anybody asking—these are the seeds of renewal that God plants among us. They don't always feel dramatic. We can dismiss them as ineffectual in a world filled with fear and violence. But they change the soil of our lives.

This month I invite you to pay attention to these gentle resurrections. Where is hope taking root again? Where is forgiveness softening old ground? Where might we be called to nurture something new, even if it begins as only the faintest green shoot?



**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 May edition is 15<sup>th</sup> April 2026**

For all editorial items, please contact: Clare Levere 07709 232851  
[Narvalleynews@yahoo.com](mailto:Narvalleynews@yahoo.com)

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

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

Print: Clanpress Ltd 01553 772737

## HOLY WEEK & EASTER SERVICES

### Wednesday April 1st

9am Narborough  
7pm South Acre

### Wednesday of Holy Week (red)

Said Eucharist with anointing  
Healing Service with anointing

### Thursday April 2nd stripped)

Castle Acre  
7.30pm Narborough  
stripping

### Maundy Thursday (white then

Pilgrim's Cross  
Eucharist with footwashing and

8.45-9.45pm Pentney  
(Drop in)

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.*

Nar Valley News is looking for someone to deliver around 22 magazines in the Pales Green area of Castle Acre on a monthly basis. If you feel you could help us with this, please email: [Narvalleynews@yahoo.com](mailto:Narvalleynews@yahoo.com) or call Clare on 07709 232851

Thank You!

## IMPORTANT OCCASIONS

### Thanksgiving for the birth of a child

Did you know that there is a short ceremony for this? It is open to anyone who is grateful for their child's birth. We are happy to offer this simple and moving ceremony as a free gift to you.



*Contact Mother Angela to arrange a date or to ask for more details*



### Weddings

Did you know that you don't need to be baptised or a churchgoer in order to be married in church?

*Contact Mother Angela if you would like to find out more.*



### Prayers for those who have died

Each week we pray for those who have died and for those who mourn them.

We aim to name all those who have funerals or interments with us. We do this in the weeks surrounding the ceremony and near to the time of the first five anniversaries.

We are also happy to name others in our prayers whenever we are asked.

*If you would like us to include your loved one, please contact Mother Angela - 01760 338552*

### Annual Meetings of Parishioners and Annual Parochial Church Meetings

These meetings take place in late April and early May. Look out for the notice outside your church.

The AMP is a one item meeting open to all who live in the parish or are on the electoral roll. Its purpose is to elect churchwardens.

The APCM reviews the life of the church over the past year and considers the direction of the church for the next twelve months. Church officers, other than churchwardens, are elected at this meeting. You need to be on the electoral roll to vote.

## WHATS GOING ON?

### Stitching Group

The stitching group will meet at The White House, Drury Lane on Wednesday 8th April from 11am - 12.30pm.

We are currently knitting blankets for the Fistula Hospital in Ethiopia.

If anyone has any DK wool in bright colours that is surplus to requirements, please give Liz a ring on 07810200617.

## CASTLE ACRE CORONATION BOWLS CLUB



Thanks to all of you who attended our recent Presentation Evening. It was a great success with a wonderful hot buffet and music from The Boatmen.

We are preparing the green for our reopening in early April and we look forward to welcoming our members back to bowl on it, and to hopefully welcome new members too.

*Paul Slocombe 07710 597475*

## JUNIOR BILLIARD & SNOOKER COACHING

Our voluntary junior sports group is now approaching its 30th year of introducing children in West Norfolk to cue-sports on Mondays after school.

Since it has been going, we have seen 782 children coached and currently have 22 players in our group.

We meet on Mondays after school at West Acre Village Hall between 3.30–7.30pm, and at the moment have 4 training tables and 1 full size Snooker table in use.

All children between the ages of 8-18 years are welcome to attend. Coaching is led by the WPBSA Accredited coaching team.

Total beginners are very welcome to come along, as well as children with some cue-sports experience.

**For more details, please call Phillip Welham on 01760-755337**

## WESTACRE THEATRE

### Help us bring back Theatre under the Norfolk skies

If you've ever enjoyed a summer evening performance beneath the big Norfolk skies at Westacre Theatre, you'll know how special those outdoor shows can be. Our much-loved outdoor theatre tent - which has sheltered audiences through countless magical performances - now needs replacing. We're asking our local community to help us keep these summer productions alive. If you can, please consider pitching in to support our Tent Appeal and help ensure many more memorable evenings under the stars.

Find out more or donate at: [www.westacretheatre.com/tentappeal](http://www.westacretheatre.com/tentappeal) 🌸

### Coming up in April at Westacre Theatre

**Easter 'Pop Up' Drama Workshops 'Costumes + Capers' 9th+10th April | 9am - 3pm**  
Camilla will keep the kids entertained this Easter with dramatic capers (with costumes!) in these relaxed & friendly drama workshops. Spaces are limited.

**Marcella's Minute to Midnight 9th April | 7:30pm** is a witty, moving one-woman show - rich with humour, nostalgia and moments of piercing honesty. Described as "a tour de force", this is intimate theatre at its most powerful.

**Carolyn Ash | Spring Flower Mosaic Workshop 12th April | 10am -1pm** Join for an inspiring springtime workshop with local artist Carolyn Ash - where creativity meets mindfulness.

**PANTALOONS The (Almost) Complete History of Britain 18th April | 3pm + 7:30pm** Mud, blood and stiff upper lips! The Pantaloons race through centuries of British history in under 2 hours. Packed with live music, audience interaction, and wild historical inaccuracy, this laugh-out-loud show is pure infectious joy.

**The Author's Hour 19th April | 2pm** an afternoon with prize-winning Palestinian-Italian Author Sabrin Hasbun as she discusses her acclaimed memoir "Crossing." A sweeping family saga that spans continents, generations, and identities. Blending love, loss, and resilience.

**Pauline Bull | Chinese Brush Painting Workshop 26th April | 10am - 3pm** Learn the ancient art form that is distinctive in its simplicity and harmony and very different from many western forms of painting.

## WEST ACRE VILLAGE FETE

SAVE THE DATE!

SATURDAY 6<sup>th</sup> JUNE, 1pm-4pm

A traditional village fete for all of the family, to be held in the beautiful gardens of Abbey Farm, West Acre.

More details to follow!

# WEST RAYNHAM SHQ – SPRING FUN DAY

**Sunday 19<sup>th</sup> April 10.30am- 2.30pm**

**West Raynham SHQ at NR21 7PL**

Veterans Central is hosting an Easter Egg Fun Day at West Raynham SHQ on **Sunday 19<sup>th</sup> April**. Entry is **FREE** and you can take part in activities in the gardens and in the Station Headquarters (SHQ) building. The day includes:

- **Find the Bees and Butterflies:** Free bag of goodies to all the children who complete the hunt!
- **FREE Fun Games and garden activities including:**
  - Bean Bag Throw: get the bags in the Red Arrows wheelbarrow
  - Spin the Wheel: land on the red segments to win
  - Guess the number of eggs in the jar
  - Lawn darts, Giant JENGA and other games
  - Pinata Game!
  - Help Beatrice Mouse plant herbs
  - Decorate a Gnome for the Gnome Garden

And more

- **Bookshop:** children's books at very low prices
- **Meet Benji the SHQ Mascot dog.**
- **SHQ Café with special Easter treats.**

Information: [info@veteranscentral.co.uk](mailto:info@veteranscentral.co.uk)



West Raynham SHQ – Veterans Central

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.**

Tuesday 28<sup>th</sup> April 2026  
Tuesday 26<sup>th</sup> 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](mailto:ops@veteranscentral.co.uk) - Mobile: 07713 860040

## 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 for April is EACH – East Anglia Children’s Hospices. The Charity gives support to children and their families with the challenges that their life-threatening conditions can often bring. Service may be provided in the family home, in the community or the hospice, and referrals can be made by anyone – family or care professionals.

### 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



## EQUINE ASSISTED LEARNING & THERAPY CENTRE

### Local Talks Available

The organization is pleased to share that one of our dedicated volunteers, **Caroline**, is available to give talks to local groups. Caroline shares the history of the Riding for the Disabled Association and The Magpie Centre, the difference our work makes in the community, and how people can get involved. If your club, society or parish group is looking for an engaging and informative speaker, please do get in touch.

**The Magpie Centre, West Norfolk**



**Website: [www.rda-westnorfolk.org.uk](http://www.rda-westnorfolk.org.uk)**



**Phone: [01553 810202](tel:01553810202)**

## CASTLE ACRE PARISH COUNCIL–MARCH REPORT 2026

Castle Acre Parish Council (PC) held its regular monthly meeting on Thursday 12th March 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's Chair Tim Hubbard, on behalf of the Parish Council and Solar Subcommittee has confirmed as an Interested Party and sent the first Summary Representation to the Planning Inspectorate on 24/03/2026, ahead of the upcoming representation deadline of 27<sup>th</sup> February 2026.

### **The Summary Representation outlined concerns covering the following:**

- \*Harm to the Setting of an Exceptional Heritage Cluster,
- \* Bartholomew's Hills Substation, additional pylons and BESS Location,
- \*The Landscape and Visual Assessment,
- \*Impact on Statutory Heritage Assets and Their Setting,
- \*Threat to Archaeological Significance,
- \*Impact on the River Nar SSSI,
- \*Biodiversity and Local Nature Recovery Goals,
- \*Loss of Best and Most Versatile Agricultural Land BMV (grades 2 and 3a), \*Public Rights of Way & National Trail Impact,
- \* Impact on Dark Skies Policies,
- \*Noise Pollution,
- \*Cumulative Impact and Policy Precedent (3,800 hectares) including neighbouring High Grove.

**Can you help?** CAPC's Solar Subgroup are all Volunteers; if you possess the skills and experience to assist CAPC in this Planning dispute, please consider giving some time to support the Solar Subgroup. You really can make a difference, and it would be hugely appreciated.

**For full Summary representation and/or to help support the Solar Subcommittee, contact the Clerk.**

### **A Spring/Summer revamp to 'Listed Building' Red Telephone Box on Stocks Green!**

In September 2025 the Parish Council were asked by BT to consider either adopting the Listed Building Telephone Box Ref: 24/02098/BT on Stocks Green (01760 755313) for £1, or to continue as unadopted, with BT managing the upkeep. Due to the high cost and complexity of applications for Listed Building Consent (LBC) at the Castle Acre Parish Council meeting 09/01/2025, Councillors voted not to adopt the telephone box on the understanding that BT were still responsible for the maintenance and upkeep of this listed building. Upon a recent request in January 2026 for 1) faded signage to be replaced and 2) for the phone box to be repainted (with each request requiring its own application and consent), BT have confirmed that Castle Acre's phone box has 'made it onto the list', which means that a fresh repaint and refurb will be carried out in late Spring or the Summer months. These planned works come as welcome news, as the phone box stands as an historic focal point in the centre of the Village, on Stocks Green.

To view Council Minutes and finances go to: <http://castleacrepishcouncil.gov.uk>. Castle Acre PC's next meeting is 7:30pm, Thursday April 9<sup>th</sup>, 2026, at CA Village Hall. Clerk- Amy Hart Tel: 07815430777 Email: [clerk@castleacrepishcouncil.gov.uk](mailto:clerk@castleacrepishcouncil.gov.uk)

# CASTLE ACRE HORTICULTURAL SOCIETY



Castle Acre  
Horticultural Society

Even when the winter weather is awful, Hort Soc members try not to spend their whole time indoors!

In February, a group of us braved the cold to visit the gardens at Chippenham Park - a surprisingly good number, considering that we'd had a heavy snowfall only the day before! It was delightful and we look forward to a return visit – maybe for the fragrant summer roses?

As we near the end of what has been a wet and soggy winter, it was so cheering to see the lovely drifts of daffodils that Hort Soc members planted around the village green spaces nearly a decade ago now!

At that time we opted for selections to give us a good 'quantity,' so most of the bulbs were easily-available varieties – Fortuna, Ice Follies, Tête-a-tête, etc.– but later this year we're hoping to introduce you to a really special bulb: the 'Castle Acre' daffodil. It's a newish variety, bred by a UK grower and first introduced in 2016; and although suppliers' stocks are still very limited, we couldn't resist such a lovely specimen named for our own village!

Watch this space: as we head towards Autumn and planting time, we shall know more about the quantity of bulbs available and, space permitting, may be able to show you a photograph of what to expect next Spring!

## Our forthcoming events:

**Monday 20 April** A talk on 'Propagation' by Martyn Davies

**Monday 18 May** A talk on 'Alpines' by Barry Gayton

**Saturday 23rd May** A Fundraising Plant and Cake Stall on Stocks Green

*All events take place at the Village Hall; look out for posters giving full details of start times, etc. (and when you're out in the garden and the greenhouse, please bear in mind the plant stall! Seedlings and divided plants are always welcome, as are tomatoes and runner beans ready to grow on – hopefully, through a glorious summer!)*

***New members are always welcome:***

***Hort Soc annual membership subscription is £7.50 per person***

***Good value and we rarely let an opportunity for refreshments go to waste! If you would like further details of our 2026 programme, please contact our Secretaries Sharron and Tony:***

**Email: [secretarycahortsoc@gmail.com](mailto:secretarycahortsoc@gmail.com)**

## CASTLE ACRE PRIMARY ACADEMY

They say that time goes faster the older you get...I must be getting old!! As I write this, we are only a couple of weeks away from Easter and this year is rushing by. In fairness, the Year 6s are saying the same thing as the end of their journey with us comes closer so perhaps it is just one of those years where everything seems to be going at supersonic speed.

If there is one positive to time passing, it is getting to the season of Spring. I love Winter and am not alone judging by the squeals of delight when the snow arrived and we made snowmen, snow angels and gigantic footprints galore. However, we are now fed up with the cold, wet weather and it plays havoc with our field. We need our football pitch back! We can also get the new equipment out that was bought with the profits of our tuck shop. The basketball posts that we bought with the money raised from our fun run, organised by one of our fabulous teaching assistants, have gone down a storm already. We know being outside in the fresh air is amazing for our well-being so roll on the warmer days.

The children have carried on superbly with their learning. They try so incredibly hard and really want to do well. I really enjoy them dropping in facts about things they have learned in their lessons and testing my knowledge at times. Lately, I have heard all about the Great Fire of London and how and where it started, how long it burned for and what we learned from it. I then get tested on my knowledge of addition and subtraction of fractions and decimals! As they say, every day is a school day.

We have continued to enjoy learning beyond the classroom with trips and events. We thoroughly enjoy the sports events that we attend at both Lynn Sports and TNHA. It is inspiring to see our children display great teamwork and sportsmanship and for those where sport is not their natural talent, stepping out of their comfort zone.

Our Year 6s attended Crucial Crew where they learnt about those who help us and keep us safe including the police, fire service, paramedics, RNLI and lifeguards to name some of the services there. They also learnt how to keep themselves safe with knowledge of their surroundings as well as some basic first aid.

We have also enjoyed another World Book Day. We had a real variety of costumes, and I am always in awe of the effort families put in to creating them. Books are so important as they can give us lots of knowledge or take us on a journey to a faraway place. In the moment you are with a book, you can escape the hustle and bustle of the world, just for a bit.

To finish, we have the most wonderful Head Pupil Team. They would really like to get our school involved in the village community. They are ready to do almost anything from raising money to running a coffee morning so if you have any ideas, then please do get in contact via the school office – [office@castleacre.dneat.org](mailto:office@castleacre.dneat.org) or 01760 755305.

*Best wishes Emma Spaul (Head of School), Staff and pupils, Castle Acre Primary*

## NEWS FROM THE NICHOLAS HAMOND ACADEMY

Spring is here at last, and it is so nice to see the lighter nights and the odd day of sunshine.

March brought with it World Book Day, a day to celebrate reading and all things related to this. As many of our local primary students dressed up as characters from books, we were not to be left out as the local high school. We celebrated World Book Day in spectacular fashion at TNHA with staff and students alike all getting involved.

A group of local primary school students visited our library with great excitement and were extremely interested in the vast array of books on many subjects that we have on offer.



Throughout the building, staff turned their classroom doors into gateways to other worlds, decorating them with colours, characters, and themes inspired by the books. The winner was 'See inside your Body' – well done Ms Cooper!

On the same theme our talented bakers showcased their skills in the 'TNHA WBD Bake Off,' and the results were truly amazing – the winner being Arielle with 'Little Miss Sunshine'. We are sure all the entries tasted just as good as they looked!

A trip to Welney Wetlands, arranged by the Jon Egging Trust, was a little damp but did not worry our students who were keen to take part in the activities on offer learning about wetland ecosystems, migration and biodiversity along with migratory swans, waders and Fenland habitats.

Another group of younger students visited Holt Country Park using their learned skills in problem solving where they completed an orienteering course.

We will shortly be sending out our 'Welcome Packs' to our students from local primaries set to join us in September 2026, all keen to join the team at TNHA and completing their high school years with us.

# NATIONAL WOMEN'S REGISTER



Looking for a group of lively minded women?  
Consider joining the National Women's Register.  
The Dereham and Swaffham group meets  
fortnightly

We are a friendly group of women of all ages and backgrounds, getting together for conversation, laughs and fun.

**What we do:** Lively discussions (on everything from travel to local issues), walks/ outings. A welcoming, relaxed atmosphere where you can share your views or just listen.

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

Programme until the end of July 2026.

**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](mailto:office@nwr.org.uk). [Nwr.org.uk](http://Nwr.org.uk).



**GIBBS**  
WOOD FLOORS  
EST. 2001  
HARDWOOD FLOORING SPECIALISTS

Installation of Solid & Engineered  
Floor Sanding & Re-Finishing

**Call Chris – 07894791723**  
gibbswoodfloors.co.uk

**Daniel's Pet Care Services**  
Narborough

 Dog Walking  Dog Sitting  
 Cat & Small Pet Care

*Keeping your pet happy and healthy makes my day!*

 **Call/Text:** 07480 543457 or 01760 444487

 **Email:** danielusher@hotmail.co.uk



**RKB**  
CARPENTRY & LOCKSMITHS

**24/7 CALL OUT**

- ✓ Locksmith Services
- ✓ UPVC window & door repairs
- ✓ Garage door repairs
- ✓ Misted unit & glazing repairs
- ✓ Carpentry Services
- ✓ Kitchen, bedrooms & bathrooms
- ✓ Extensions, conversions & renovations

Contact Richard Brown  
M: 07795 524301 (24Hr)  
info@rkb247.co.uk | www.rkb247.co.uk



**Redroc**  
AIR CONDITIONING & REFRIGERATION

- Domestic Air Conditioning
- Commercial Air Conditioning
- Refrigeration
- Heat Pumps

**Redroc**  
ELECTRICAL

- Domestic
- Commercial
- Industrial
- Agricultural
- Renewables

---

**Redroc Group**  01760 755512  hello@redrocgroup.co.uk  
www.redrocgroup.co.uk  redroc\_group



## Nar Valley Computer Services

Friendly qualified IT technician with  
15+ years experience.  
Home Visits, Networking or Website  
advice services available at highly  
competitive rates for both  
residential & commercial

Computer not starting?...Running slow?...  
Random system freezes?... Crashes?...etc..  
...call me now for a free quote

For more information please visit:  
[www.narvalleycomputerservices.co.uk](http://www.narvalleycomputerservices.co.uk)

Or contact 'Keith' now on:

Email: [info@narvalleycomputerservices.co.uk](mailto:info@narvalleycomputerservices.co.uk)



Tel: 01760 444 219  
Mob: 07901 861 167

*Feel Warm, Cosy & Safe*  
with a Woodburner from Norfolk Woodburners!



Installation of  
Wood Burners &  
Multi-Fuel Stoves

Chimneys Lined.  
No Chimney,  
No Problem!

Fireplace  
Build Works

Main agents for Parkray, Hunter  
& Woolly Mammoth Stoves



*Offering the best local service!*

T: 01328 700161 | M: 07966 661175  
E: [norfolkwoodburners@outlook.com](mailto:norfolkwoodburners@outlook.com)  
[www.norfolkwoodburners.co.uk](http://www.norfolkwoodburners.co.uk)



## Caroline's Babysitting Service

FIRST AID TRAINED  
NURSERY NURSE

*With over 20 years  
Nursery experience*

DBS CHECKED

BTEC in Nursery Nursing

Please text or ring on

**07594 236125**



EMAIL [caroline.mjm@gmail.com](mailto:caroline.mjm@gmail.com)

## K&J Property Maintenance



- \* Bathroom & kitchen fitting
- \* Painting & decorating
- \* Tiling
- \* Small jobs, e.g. new radiators,  
electrical sockets, lighting

Friendly, reliable service guaranteed.

References available on request.  
Fully insured.

**Please contact Kevin**  
Tel: 07599 077745 or  
Email: [kls812@hotmail.co.uk](mailto:kls812@hotmail.co.uk)

# all welcome

## at Norfolk Woods Resort and Spa

Gayton Road, Pentney King's Lynn PE32 1HU

- gym memberships
- spa treatments
- bar and bistro\*

*\*pre-booking essential  
call 01760 751370*

- well stocked shop
- indoor pool\*
- outdoor play area\*
- activity programme\*

to find out about holidays or  
holiday home ownership visit  
[darwinescapes.co.uk](http://darwinescapes.co.uk)



**NORFOLK WOODS**  
RESORT & SPA

## PENTNEY VILLAGE HALL

Suitable for private events,  
social events, children's parties  
and group activities.

Hire £12.50 per hour

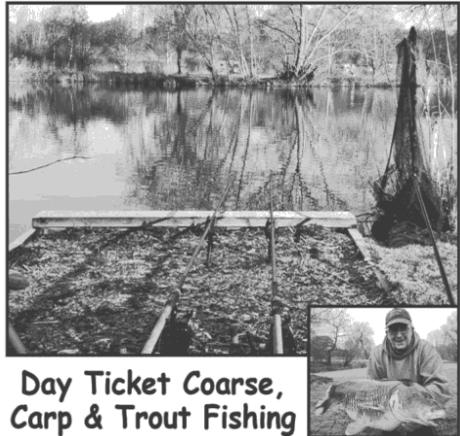
Facilities include Kitchen, Wi-Fi,  
Enclosed Garden.

### Booking enquiries contact:

Janet Beck Tel: 01760 337419  
[Janet.beck2@icloud.com](mailto:Janet.beck2@icloud.com)

Janis Bell Tel: 07887 983568  
[Janisbell@outlook.com](mailto:Janisbell@outlook.com)

## Narborough Fisheries



Day Ticket Coarse,  
Carp & Trout Fishing



Tackle Shop, Refreshments

**01760 338005**  
[www.narfish.co.uk](http://www.narfish.co.uk)

## Maintenance Wood & Garden

Fixing wooden windows, frames, doors, stairs  
Sash window servicing and re-weighting  
Replacing floorboards and laying new  
Painting wood and making good  
Cutting back trees, bushes and shrubs  
Removal of wood, branches, leaves etc  
General garden tidy up and mow



Jonny Rolfe  
07768 846279  
jonny.rolfe@talk21.com

Working with wood & trees since 1984 

## WORZELS ROOFING ROOF TILER / SLATER NEW, OLD WORK REPAIRS

Leadwork, Fascias and Soffits, Guttering,  
Loft insulation, Timber Treatment,  
Roof Ventilation, Velux Windows.

NVQ level 2, over 30yrs experience

No job too small, free estimates

(will try and match, or beat, any written quote).

**01760 755024 / 07990 972381**

**www.worzelsroofing.com**

**BUY & SELL** roof tiles



## *Eagles Coaches*



### *Holiday 2026*

Morecambe & Beyond - 17th – 22nd August 2026

5 nights Half Board

at the Auckland Hotel, Morecambe

Price per person: £695 - Single room supplement £95)

Enjoy a relaxing coach holiday from Norfolk featuring Holmfirth's famous Sid's Café, Wensleydale Creamery, Holker Hall, Skipton canal cruise, and a leisure day in Morecambe – with comfortable travel, hearty meals, and evening entertainment included.

Eagles Coaches Priory Road, Castle Acre, Kings Lynn, Norfolk, PE32 2AA  
01760 755641 [www.eaglescoaches.com](http://www.eaglescoaches.com)

**Nar Valley News now delivers to over 1600 homes in the area.**

To advertise in this magazine, please contact Barbara on 01760 755032 / 07788 920604 or via email at [c.whitehorn@btinternet.com](mailto:c.whitehorn@btinternet.com)

| Ad Size  | 10 issues (year) | 5 issues |
|----------|------------------|----------|
| ½ page   | £195             | £110     |
| ¼ page   | £110             | £65      |
| 1/8 page | £65              | £40      |



# THE BIG HEART & SOUL CHOIR

We are looking for new members to join our friendly and well established 'World Music' Community Choir. No music ability needed, no auditions, just a love of harmony and music from around the world, all taught by ear.

**Weekly Wednesday rehearsals  
Castle Acre Village Hall 7.15-9pm**

£6 a session, first 2 FREE

Email for details:

[lindaroast56@gmail.com](mailto:lindaroast56@gmail.com)

[www.thebigheartandsoulchoir.com](http://www.thebigheartandsoulchoir.com)



## Marham Village



### Pre-School

The Annex, Cherry Tree Academy Junior School, Hillside, Marham, King's Lynn, Norfolk, PE33 9JJ

We are a small and friendly Preschool open daily during term time from 8.30am till 3.00pm, offering flexible hours  
We place a strong emphasis on play with a purpose

**Places available for children aged 2-4 years**

We offer 2 year old funding subject to eligibility,  
15 funded hours for 3 and 4 year olds,  
30 funded hours for 3 and 4 year olds with eligible working parents

Flexible hours to suit you

**Contact us on 07950 753877  
or [marhamvillagepreschool@hotmail.com](mailto:marhamvillagepreschool@hotmail.com)**

For more information, please visit our website



[www.marhamvillagepreschool.co.uk](http://www.marhamvillagepreschool.co.uk)

Charity No: 1047412



# Tim's Tree Services



Pruning  
Topping  
Felling  
Clearing

All aspects of tree work undertaken

Hedges removed

Stump Grinding

Specialist



Over 30 years  
Experience  
Call 01553 813140  
Or 07867 764 307  
For your free quote  
Local Man - Local Rate

**K****B****ROOFING &****GUTTERING**

Over 30 years experience

**Roofing and Guttering Contractors****Norfolk & Surrounding Areas****01760 709232****07572 285789****Email: k.bell1965@icloud.com****www.kbroofrepairs.co.uk****The Cabin, Swaffham,****Norfolk, PE32 1HY****Westacre Montessori  
School**

Established 1982

Set on the common in East Walton  
we can offer your child a calm and  
nurturing environmentThe Montessori Method is a unique child  
centred approach for children 2-5 years  
The school is led by fully qualified  
mature Montessori trained adults

Open Term Time Only

Mon, Fri 8.30 to 1.00

Tues Wed Thurs 8.30 to 3.00

Contact **Rosie Reynolds****01760 337316**

rosiemontessori@icloud.com

PRE-PAID FUNERAL PLANS | CHAPELS OF REST | MEMORIALS

**Thornalley**  
FUNERAL SERVICESBehind every independent business  
is a family that cares[www.tfs.co.uk](http://www.tfs.co.uk)

INCORPORATING CHAPMANS FUNERAL SERVICES

King's Lynn 01553 771399 | Dersingham 01485 598598 | Swaffham 01760 721305

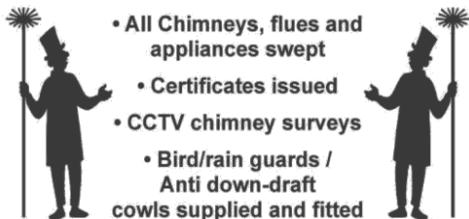


# D THOMPSON CHIMNEYS LTD

Est. 1995

MASTER CHIMNEY SWEEP

NVQ QUALIFIED CHIMNEY ENGINEER



- All Chimneys, flues and appliances swept
- Certificates issued
- CCTV chimney surveys
- Bird/rain guards / Anti down-draft cowls supplied and fitted
- Stove servicing and maintenance

CALL DAVID OR LUCY ON



**01328  
851081**



[www.the-sweep.co.uk](http://www.the-sweep.co.uk)

# MG

Building Maintenance



**PROFESSIONAL  
RELIABLE  
FRIENDLY**

New Builds | Extensions | Renovations |  
Wetrooms | Roofing | Carpentry | Plumbing  
Tiling | Plastering | Painting & Decorating  
Fencing | Patios | Brickwork | Resin Driveways  
and much more...

HANDYMAN SERVICE AVAILABLE FOR ALL THOSE JOBS:  
FOR ALL INDOOR AND OUTDOOR IMPROVEMENTS AND REPAIRS!  
ODD JOBS | REPAIRS | MAINTENANCE | HOME IMPROVEMENTS

01760 300 416 | [www.mgbuildingmaintenance.co.uk](http://www.mgbuildingmaintenance.co.uk)  
[swaffham@mgbm.co.uk](mailto:swaffham@mgbm.co.uk)



Constructionline



Call for your FREE  
Professional Service on  
01760 300416



## THE NORFOLK RETREAT

Women's Holistic Health Clinic

- Holistic Pelvic Care
- Therapeutic Massage Therapy
- C-Section Scar Massage Therapy
- Lymphatic Drainage Reflexology
- Fertility Massage Therapy
- IVF Support Reflexology
- Pregnancy Massage
- Postnatal Recovery Massage
- Maternity Reflexology
- Hormonal & Menopausal Reflexology
- Abdominal Massage

Call Gemma Challis on 07576 365219  
[www.thenorfolkretreat.co.uk](http://www.thenorfolkretreat.co.uk)  
[gemma@thenorfolkretreat.co.uk](mailto:gemma@thenorfolkretreat.co.uk)



## SWIMMING LESSONS

Baby Pre-school Beginner Improver  
**EAST WINCH**



KB SWIM SCHOOL

- Purpose built learner pool
- Small classes - max 4 in a group
- Child centred learning
- Fun & progressive
- Experienced & highly qualified teachers



[kbswimschool.com](http://kbswimschool.com)

## NARBOROUGH CHURCH

We have refreshed our prayer area and our children's area. Do drop by to have a look. They are a work in progress. We would love to hear your feedback and suggestions.



### **Save the date!**

Saturday 16<sup>th</sup> May 2026  
there will be a hot lunch in  
the church rooms in  
Narborough. Donations  
towards churchyard  
repairs will be encouraged.

## NARBOROUGH SPORTS & SOCIAL CLUB

### **Upcoming Events at Narborough Sports and Social Club**

**Friday 10 April 8pm Open Mic Night** - local bands and singers - free entry.

**Friday 24 April from 5.30pm our monthly Bike Night.** Food vendor and live music. All welcome.

**Friday 1 May from 7.00pm Karaoke** - free entry and all welcome.

**Friday 8 May from 8pm Open Mic Night** - all welcome.

**Saturday 9 May from 11.00am Cuppa and Cake** - our monthly coffee morning returns

We welcome everyone, you don't need to be a member to come in and enjoy our events or just come in for a drink. We have a well-stocked bar, and an outside patio area to enjoy in the warmer weather. We are family friendly and also welcome well behaved dogs on leads.

**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 MUSEUM (Signposted from Ship)

The museum has three cabins, a barn, bones and stones room, a bird hide plus Bill's shed, a real Aladdin's cave of bygone treasures! He has a gramophone and some 78 records which he will happily play for you.

We have a table top display how of how the village used to look plus an aerial photograph.

The volunteers are always busy with ongoing projects but happy to talk to visitors, especially over tea and cake.

**No charge for parking or refreshments but donations welcome. Admission is free. The museum is open every Thursday 10am-3pm.**

## 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 MARCH

The Chair, Councillor Pipe, opened the meeting with all councillors in attendance.

Breckland Councillor Wilkinson reported that the Breckland Council's part of the annual council tax bill has been set at £4.95, equating to £123.48 annually for a band D property; A to C bands will pay less.

At great cost to Breckland Council, the Government has made it compulsory for all local authorities to provide every household with a food waste caddy. These will be delivered to all households for food waste recycling and new collection trucks will be collecting the waste. This was scheduled to start in April 2026 but due to a delay in the delivery date for the vehicles, the implementation of food waste collection for households has been pushed back until September 2026.

The Parish Council received notification that the County Council Highways will repair grass verges that have been damaged on Marham Road and Denny Walk. Residents are politely asked to refrain from driving or parking on the repaired areas.

The Parish Council-owned Sam 2 speed awareness indicator cameras have been serviced and calibrated and are now operating. The cameras should remind drivers to keep to the speed limit, helping to make the roads safer for Narborough residents.

**A reminder date for your diary:** the next Safer Neighbourhood Action Panel (SNAP) meeting will be held in the Green Room at the Community Centre, at 7pm on Monday, 20<sup>th</sup> April 2026. All residents are welcome to attend to discuss local policing, and to raise any issues that you might have which the police could help with.

Please come along to the Annual Village Meeting to hear reports about local organisations, presented by their representatives. This is scheduled to take place at 7pm on Wednesday, April 8<sup>th</sup> 2026, and will be followed by the full Council meeting in the Green Room at the Community Centre.

As always, the minutes of the meeting can be viewed on the Parish Council website; [Narborough-norfolk-pc.gov.uk](http://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.

Thank you.

*Cllr Peter Wilkinson*

## TEA WITH A PONY RETURNS IN MAY AT THE MAGPIE CENTRE

We're delighted to announce that our much-loved **Tea with a Pony** sessions are returning for the 2026 season! Sessions begin on **6th May 2026** and will run through until the **beginning of October** at The Magpie Centre in West Norfolk.

Tea with a Pony offers a relaxed, welcoming opportunity to meet our wonderful ponies up close, enjoy refreshments, and learn more about the work of Riding for the Disabled Association (RDA) and The Magpie Centre. These sessions are designed to be inclusive, friendly and accessible, creating meaningful experiences for people of all ages.

The sessions are particularly popular with:

- Local community groups
- Dementia support groups
- Care homes
- Schools and children's groups
- Social clubs and wellbeing groups

Spending time with ponies can be incredibly therapeutic. For some visitors, it brings back fond memories of horses from years gone by. For others, it's a rare opportunity to enjoy animal interaction in a calm and supportive setting. The combination of gentle pony interaction and tea and cake makes for a truly special outing.

Each session offers the chance to:

- Meet our ponies
- Learn about their personalities and daily routines
- Discover the impact of RDA sessions at The Magpie Centre
- Enjoy tea, cake and good company

If you're part of a local organisation and would like to arrange a group visit, we'd love to hear from you. Full details can be found on our website.

We look forward to welcoming both familiar and new faces to Tea with a Pony this season, it's a simple pleasure that brings smiles, sparks memories, and strengthens community connections.

**For more information or to book please contact us:**

 **The Magpie Centre, West Norfolk,**  **Phone: 01553 810202**

 **Website: [www.rda-westnorfolk.org.uk](http://www.rda-westnorfolk.org.uk)**

## **I did it with Cambridge!**

**Achieve your weight loss goal with  
Cambridge Weight Plan,**

**the nutritionally balanced weight management  
programme.**

**Your local Cambridge Consultant will support you  
every step of the way, helping you to reach your  
target weight safely.**

**They will help you choose the plan that best suits  
your needs, guiding you through to maintaining  
your new shape and a healthy lifestyle.**

**27 years of real results in the UK**

**Your Independent Cambridge Consultant:**

**Dan Reynolds  
01760 338999  
07979 756850**

**Email : [cwpdan@wayless.co.uk](mailto:cwpdan@wayless.co.uk)**

**Above & Beyond and Highly Commended Awards  
winner 2010**

**You should always speak to your doctor before starting  
any weight loss programme.**

## **TREE & WOOD SERVICES**



**Trees Lopped - Pruned -  
Re-shaped - Felled  
plus Hedge Cutting**

**Competitive prices/Free Estimates**

**Over 25 years experience**

**Fully insured**

**CONTACT:**

**NIGEL WRIGHT**



**Tel: (01760) 755427**



## **CROFTS**

### **Plumbing & Heating**

**For all your local plumbing needs**

**Oil Boiler servicing and repair**

**Bathroom, Shower room Installation  
& tiling**

**Free quotes given.**

**All plumbing work considered.**

**Contact Shaun on 01553 769380**

**or 07717 056196**



## **Paul Davis**

**Painting & Decorating  
Interior & Exterior**

**Carpentry- Fencing-Decking**

**Wood Flooring-Patios**

**Block Paving-Tiling**

**Over 30 Years Experience**

**Free Estimates**

**0798 576 2051**

**01760 622040**

**Email: [pvdavis@hotmail.com](mailto:pvdavis@hotmail.com)**



**Your local qualified foot care practitioner  
DBS checked and fully insured**

Providing regular home visits, toenail trims, diabetic foot checks, corn and callus removal, and care home visits.

***Book your appointment with a qualified professional***

**Kathrynsfeetathome@gmail.com  
Tel: 07960275511**



**BONJOUR NORFOLK**



**FRENCH LESSONS FOR ALL LEVELS**

Discover the joy of speaking French through fun, engaging lessons with a native French tutor. Available for learners of all ages and levels.

✔ All Levels Welcome

✔ Online only

✔ From £20 per Session

BOOK YOUR FREE TRIAL

☎ 07425 955 063

✉ [bonjournorfolk@gmail.com](mailto:bonjournorfolk@gmail.com)



**FAKENHAM & DISTRICT FUNERAL SERVICES LTD.**

INDEPENDENT FUNERAL DIRECTORS

FUNERAL DIRECTORS:  
Emma Duggan & Beau Elliott

***'Helping others at a time when it's most needed.'***

Weasenham Manor, Fakenham Road, Weasenham St. Peter, PE32 2TF

**Tel: 01328 838838 (24hr emergency)**

[www.fakenhamfunerals.co.uk](http://www.fakenhamfunerals.co.uk)



Independent Way Funeral Plans  
**Golden Charter**  
Later Life Planning

# Joe Sisto

TV, DVD,  
satellite  
repairs and  
sales

Discount for OAPs  
Work Guaranteed  
Qualified Engineer  
35 Years' Experience  
Free Estimates

000 000

White Cottage  
School Road, Necton  
(opposite Rectory)

Tel: 01760 722168  
Mob: 07785 746682  
[www.joesistotv.co.uk](http://www.joesistotv.co.uk)



- ▶ New roofs
- ▶ Strip and re tile roofs
- ▶ Lead work
- ▶ Chimneys
- ▶ Facia and guttering
- ▶ Flat Roofing
- ▶ Velux windows

Local firm

£5m public liability insurance

Over 25 years experience

Contact: Steven Collison: Tel: 01760 755 719  
Mob: 07975631080

## Narborough Community Centre Chalk Lane. PE32 1SR.

**We have a large hall that  
can be booked for  
Weddings, Parties,  
Meetings etc**

Well appointed kitchen  
A bar can be arranged

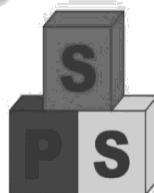
**Also a smaller room available**

For further information please  
contact  
Andrew on 07879 582675

## Sporle Pre-school



A place where everyone is special



Please contact Linzi Rook  
for a welcome pack or arrange a visit  
Email: [sporlepreschool@yahoo.co.uk](mailto:sporlepreschool@yahoo.co.uk)  
Tel. 01760 720866



## GENTLE YOGA & MEDITATION

Castle Acre Village Hall

**Wednesdays 3.30-4.45pm**

with Derek Smith

*(qualified British Wheel of Yoga teacher)*



**First Class  
is FREE**

**Tel:  
07507  
683694**



— GREEN MAN —  
WOODLANDS

All aspects of tree surgery  
and hedging work undertaken.

Based in Castle Acre

Get in touch with Matt and Jo .....

01760 755760/07879 614092

info@greenmanwoodlands.co.uk

www.greenmanwoodlands.co.uk



**City &  
Guilds  
NPTC  
Qualified**



Full garden re- designs      Garden waste removal

Patios and paving      Turf supplied and laid

Driveways      Fencing and gates

Brickwork      Hedge cutting

Pergolas      Drainage

We cover all types of hard and soft landscaping.

Fully insured and licensed with over 10 years  
experience.

Please contact Lee on;

**Mobile: 07899775631**

Email: [nectonlandscaping@yahoo.com](mailto:nectonlandscaping@yahoo.com)

Find us on: Facebook and Instagram

[@nectonlandscaping](https://www.facebook.com/nectonlandscaping)

## ***FIREWOOD***

**HARVESTED FROM LOCAL  
FULLY SUSTAINABLE  
WOODLAND**

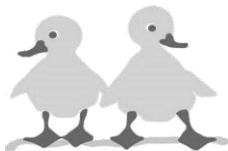
**COMPETITIVELY PRICED  
STACKING SERVICE**

**COAL, KINDLING AND MILL  
OFF CUTS ALSO SOLD**

**contact Matt 07831623624  
or Emma 07796826042**

[anglianfirewood.weebly.com](http://anglianfirewood.weebly.com)

## Ducklings Preschool Great Massingham



**Booking for September  
2026**

Children age 2-4 years

[ducklingspreschool@aol.com](mailto:ducklingspreschool@aol.com)

**Or Text 07807 185746**



Doors & Windows • Conservatories  
Fascias, Soffits & Gutters  
Porches & Carports  
Warm Roofs • Small Building Works



For a Quotation call Gary or Sarah  
**07771 767233 • 01760 444456**

Primrose Acupuncture  
for women's  
well-being

Fertility  
Hormone-related conditions  
Age-related conditions  
Menopause  
Sleep  
Relaxation  
Pain

To discuss  
call or text  
Caroline Ashley  
07584 130023



Membership CAHMA,  
ARA, LACA diploma in  
Acupuncture, fully  
insured

**FIREWOOD**  
ALL GRADES OF  
HARDWOOD  
TIMBER SAWN TO ORDER.  
DECK, JOISTS, BEAMS ETC.  
AVAILABLE FOR DELIVERY



**QUERCAST**  
SAWMILLING

All timber UK sourced.  
Felled under licence.  
Oak, Sweet chestnut,  
Ash, Larch, Douglas fir,  
Western red cedar,  
And other selected timber

Call: **01485544114**  
or **07876220268**

## KARL RIX

GARDEN SERVICE  
Narborough

GRASS & HEDGE CUTTING  
PRESSURE WASHING

Call  
07979983653

FOR FREE ESTIMATE



## CARLTON'S SOLID FUEL

APPROVED COAL MERCHANT

GREAT MASSINGHAM

SMOKELESS & OPEN FIRE FUELS

QUALITY FUELS AT  
COMPETITIVE PRICES  
DISCOUNTS AVAILABLE

FOR AN ORDER OR QUOTE

TEL; 01485 520637

OR

07780 776576

## Clearview Pest Control



Moles, Rats, Mice,  
Wasps, etc.etc.

Fully qualified and  
insured with many  
years experience.

01760 339134  
07952 750265

clearview.kevin@btinternet.com



Painting & Decorating  
Wallpapering & Plastering

City & Guilds



Contact: 07798 712378

Landline: 01760 622344

Email: info@david-traylor-decorative-finishes.co.uk  
7 Ormesby Drive, Swaffham, PE37 7SL

## PENTNEY, NARBOROUGH & DISTRICT WI

The WI spring lunch is on Monday 27th April, £10 for two courses.  
See page 35 for more details.

The speaker at our May meeting is from the RNLI at Hunstanton.  
Hopefully a visit to them will be arranged for later in the year.

Other possible visits are the West Acre Theatre, Elsing Woods  
and the seals at Horsey.

We had another lovely ramble in March around Narborough and  
again enjoyed good weather.

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

## PENTNEY TRUST

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](mailto:kate.harvey01@btinternet.com)

Rev. Angela Hammett – 01760 338 552 [narvalleyrector@hotmail.com](mailto:narvalleyrector@hotmail.com)

Rosie Littlehales (Secretary) – 01760 338 119

## PENTNEY VILLAGE HALL

Everyone is welcome to come along to our charity events, please join us and support your village hall.

### COFFEE MORNING

Tuesday 7<sup>th</sup> April

Tuesday 5<sup>th</sup> May

10.30am – 12.30pm



Coffee & Cake £3

### LIVE MUSIC 60s, 70s & 80s with Glen Cooper

Saturday 9<sup>th</sup> May 2026

7.30pm – 11.30 pm

Bring your friends,  
your drinks and food.

Tickets £10 available from:

Pat 07910 991114

Janis 07887 983568

### COUNTRY DANCING

Monday 13<sup>th</sup> April 2-4pm

£3 Includes Tea & Biscuits

### Gong Bath with Meditation

Thursday 16<sup>th</sup> April 7pm – 9pm

£15 payable in advance.

Contact Tasha 07757 674350

### MEXICAN TRAIN

#### DOMINOS

Monday 20<sup>th</sup> April

Monday 18<sup>th</sup> May

2pm – 4pm

£3 per person

(includes tea and biscuits)



### Weekly Yoga

Tuesdays 7pm – 8.30pm

£10 payable in advance.

Contact Tasha 07757 674350

### Weekly Line Dancing

Wednesdays 7pm – 8pm weekly

£8 payable on the door.

Contact Nicki 07825 350704

### JUMBLE SALE

If you have items, you can donate to sell at a Jumble sale in May. Please call or text 07368 907922.

## 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**

## 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](https://www.west-norfolk.gov.uk/homepage/366/help_with_billsmoney_worries)

### **Local Government Reorganisation (LGR) – everyone’s business**

The deadline for contributing your views was 11<sup>th</sup> January 2026, but you can read more about the consultation here:

<https://www.gov.uk/government/consultations/local-government-reorganisation-in-norfolk-and-suffolk>

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

Cllr Pallavi Devulapalli via email [cldr.pallavi.devulapalli@west-norfolk.gov.uk](mailto:cldr.pallavi.devulapalli@west-norfolk.gov.uk) or mobile 07833 531378.

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

## PENTNEY, NARBOROUGH AND DISTRICT WI

### SPRING LUNCH

The Pentney, Narborough and District WI will be holding its Spring Lunch on **Monday, 27 April 2026 at Pentney Village Hall, 1230 for 1300 start.**

The meal will consist of two courses, main and pudding, followed by tea or coffee. The cost of the lunch is £10. As usual a raffle will be held after the meal.

To book your seat please contact either Yvonne, 01760 337027, Janet, 01760 337419 or Liz 01760 337403.

## NAR VALLEY ORNITHOLOGICAL SOCIETY (NarVOS)

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

**Wednesday 29 April 2026 at 7.30pm**

**Gabon, Gorillas in the Pink**

**Presented by Sue Bryan**

Located in Central Africa, Gabon offers some of the most exciting lowland forest birding on the continent. It still has extensive tracts of forest, containing healthy populations of birds and mammals.

Sue Bryan has travelled extensively in Africa over many years but the lure of visiting coastal savannas which offers one of the top birding spectacles, with tens of thousands of River Martins and Rosy Bee-eaters congregating there to breed, having the opportunity to see Western Gorillas, Mandrills, African Forest Elephants and Red River Hogs was too much to resist.

Sue's talk will focus on the many wonderful colourful birds seen, a Rosy Bee-eater murmuration, mammals encountered as well as some of the rough conditions endured in travelling by boat and tracks in a largely undeveloped country.

Sue Bryan, NarVOS member, has travelled all over the world birding and wildlife watching. She has provided fascinating talks to NarVOS in the past and will be known to many of you.

**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](mailto:paul.fuller123@btinternet.com) or [alan.schpot@talktalk.net](mailto:alan.schpot@talktalk.net)

or go to [www.narvos.org.uk](http://www.narvos.org.uk)

## CHURCH CONTACT DETAILS

**The Nar Valley Benefice**

**Rector: Angela Hammett Tel: 01760 338552**

**Email: [narvalleyrector@hotmail.com](mailto: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](http://www.achurchnearlyou.com)
- our Rector Mother Angela or the churchwardens (see below for contact details).

| <b>Contact details</b>  |  |   |
|---|--|---|
| Rev Angela Hammett, Tel 01760 338552<br>Email: <a href="mailto:narvalleyrector@hotmail.com">narvalleyrector@hotmail.com</a> |  |   |
| <b>Church</b>   | <b>Church Wardens</b>  | <b>Named persons for Safeguarding</b>                                   |
| <b>Castle Acre</b>  | <b>Anne Loch</b><br>01760 755403<br><b>David Bowman</b><br>01603 483658  | <b>Dr. Ilga Chakrabarti</b><br>01760 755368                             |
| <b>Narborough</b>   | <b>James Stephenson</b><br>01760 337901                                  | <b>Joan Upton</b><br>01760 337053<br><b>Liz Collins</b><br>01760 337403 |
| <b>Newton by Castle Acre</b>  | <b>Stephen Laing</b><br>01760 755455<br><b>Tony Bell</b><br>07787 075726 | <b>Tony Bell</b><br>07787 075726  |
| <b>Pentney</b>  | <b>Sue Neep</b><br>01760 338037<br><b>Andrew Smith</b><br>01760 755102   | <b>Andrew Smith</b><br>01760 755102                                     |
| <b>South Acre</b>   | <b>Davina Barber</b><br>07967 369573                                     | <b>James Stephenson</b><br>01760 337901                                 |
| <b>West Acre</b>  | <b>Henry Birkbeck</b><br>01760 755254                                    | <b>Clare Levere</b><br>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*

Once a month we hold a community coffee morning from 10.30 - 12.30 in our parish room. Home made cakes, tea, coffee and a warm welcome to all. Please see website for dates.

Parish Priest: Fr. Mark Hackeson,  
The Presbytery, 31 Station Street, Swaffham, Tel: 01760 721418  
Website: [ourladyofpity.org](http://ourladyofpity.org)  
Email address [ourladyofpity@rcdea.org.uk](mailto:ourladyofpity@rcdea.org.uk).



# A.J. COGGLES

Family Funeral Directors

*A complete caring  
and personal service*

*offered by a local family business  
providing advice and guidance at your  
time of need when you need it most.*

- Day & Night Personal Family Caring Service.
- Individually Tailored Funerals at a Competitive Price.
- Horse Drawn and Alternative Funeral Transport Available.
- 5th Generation Independent Family Service.



Golden Charter  
Funeral Plans



69 Bridge Street, Downham Market ☎ (01366) 384182

1 Blackfriars Street, King's Lynn ☎ (01553) 766795

67 Lynn Road, Wisbech ☎ (01945) 461112

[www.ajcoggles.co.uk](http://www.ajcoggles.co.uk)

## Fully Skilled Carpenter/Handyman

North Norfolk

- 30 years experience
- All interior & exterior work considered
- 20 mile radius of Swaffham
- Photographic examples of work available

☎ Call Paul on 07876 682683

# absolute bliss

Deep tissue, Swedish &  
Aromatherapy Massage,  
Reflexology

Laura Cowlard

07799821740

The Maltings

Narborough, Norfolk

[hello@absoluteblissnorfolk.co.uk](mailto:hello@absoluteblissnorfolk.co.uk)

[absoluteblissnorfolk.co.uk](http://absoluteblissnorfolk.co.uk)

## Little Abbey Farm

Farm fresh free range eggs.

We always have a good selection of  
our own home produced meats, and  
home made pies and ready meals.

Having friends round , why not take  
away the stress and have time to  
relax, let us make your main  
course and dessert. Any size.

Breakfast as usual Friday, Saturday  
and Sunday.

**\* Booking essential \***

01760 337348 or

[enquiries@littleabbeyfarm.co.uk](mailto:enquiries@littleabbeyfarm.co.uk)

WHAT WILL  
YOU DO  
WITH MORE  
ENERGY?

GYM • SWIM • SPA • TREATMENTS



**ENERGISE  
PENTNEY**

HEALTH CLUB  
& DAY SPA

*New members and day guests welcomed*

ENERGISE-PENTNEY.CO.UK



## STEPHEN BOWERS CARPETS



- CARPETS, VINYLs, KARNDEN  
& NATURAL FLOORING
- UNDERLAYS & ACCESSORIES

**SWAFFHAM: 01760 723662**

**MOBILE: 07768 192953**

Email:

stephenbowerscarpets@live.co.uk

## B.R LANDSCAPES

EST 1986



- Garden and site clearance
- Turf supplied and laid
- Hedge removal - planting
- Fencing supplied and erected
- Trees - shrubs pruned or removed
- Digger and dumper with operators
- Stump grinding - Sleeper beds
- Gravel driveways and paths

[www.brlandscapeswestnorfolk.co.uk](http://www.brlandscapeswestnorfolk.co.uk)  
MOB : 07774724366 / 01553849802



## SoFeet

**Sophie**

Qualified FCP

Dip.TCFCP

Nail Cuts  
Diabetic Care  
Thick Toe Nails  
Hard Skin  
Corns  
Calluses  
Verrucae

07483857539

[Sofeet25@gmail.com](mailto:Sofeet25@gmail.com)

Swaffham and  
Surrounding Areas

Home Visits Only

## Nar Valley Benefice - Sunday Services – April/May 2026

| Date               | April 5 <sup>th</sup>           | April 12 <sup>th</sup>      | April 19 <sup>th</sup>      | April 26 <sup>th</sup>                       | May 3 <sup>rd</sup>                          |
|--------------------|---------------------------------|-----------------------------|-----------------------------|--|--|
| <b>Castle Acre</b> | 9.15am<br>Easter Day<br>Liturgy | 9.30am<br>Holy<br>Communion | 9.30am<br>Holy<br>Communion | 9.30am<br>Holy<br>Communion                  | 9.30am<br>Morning Praise                     |
| <b>Narborough</b>  | 11am<br>Easter Day<br>Liturgy   |                             | 11am<br>Holy<br>Communion   |  | 11am<br>Holy<br>Communion                    |
| <b>Newton</b>      |                                 |                             |                             |  | 8.30am said<br>traditional Holy<br>Communion |
| <b>Pentney</b>     |                                 | 11am<br>Holy<br>Communion   |                             | 11am<br>Morning Praise                       |  |
| <b>South Acre</b>  |                                 | 6pm traditional<br>Evensong |                             |  |  |
| <b>West Acre</b>   | 6pm traditional<br>Evensong     |                             | 6pm Traditional<br>Evensong | 8.30am said<br>traditional Holy<br>Communion |  |
| <b>Celebrating</b> | <b>Easter Day</b>               | <b>Easter 2</b>             | <b>Easter 3</b>             | <b>Easter 4</b>                              | <b>Easter 5</b>                              |

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