

NAR VALLEY NEWS



May 2026

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FIRST WORD from the Rector

Our beautiful and peaceful valley, like every other valley, is situated in an increasingly violent and unstable world. The decisions of distant rulers to go to war thousands of miles away make ripples that stretch out across the world and come close.

We hear the aircraft in the sky above us. We see the price rises in our food shops. We notice the impact on our fuel bills. There are disturbing images on our screen if we choose to look at them. And angry comments seek to stir us up, both online and in the flesh. For many of us, life has become measurably harder.

Yet how much harder life is for those who are close to these wars, rather than distant from them. How hard it must be to see the buildings around you destroyed and the people around you killed or maimed. How hard it must be to stay among the ruins as the missiles rain down, or to go off into the unknown with only what you can carry.

In such a world, it is vital that we use the beauty and the peace of this place as an opportunity to invite a totally different kind of ruler to come close – to invite in the God of Peace. So, this is my invitation to you this month – to invite in the God of Peace. There are as many ways to do this as there are people. (One way is to participate in the worldwide prayer ‘Thy kingdom come’ 14-24th May – see age 4).



Peace be with you!

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 June edition is 15th May 2026

For all editorial items, please contact: Clare Levere 07709 232851

Narvalleynews@yahoo.com

Advertising: For all advertising related items, please contact:

Barbara Whitehorn 01760 755032 / 07788 920604

c.whitehorn@btinternet.com

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

Print: Clanpress Ltd 01553 772737

DATES FOR YOUR DIARY

'Thy Kingdom Come'.



This period of worldwide prayer runs from Ascension until Pentecost. (14th -24th May). Do look out for activities in the Nar Valley being advertised in Pew News, on the Nar Valley Benefice Facebook page, and narvalleychurches Instagram account. There will also be posters in the churches and villages.

North Norfolk Open Studios

Nar Valley Art Trail 23rd May - 7th June 10:00 - 5:00pm

The Nar Valley Art Trail is part of North Norfolk Open Studios and showcases 14 accomplished artists working across a wide range of contemporary and traditional disciplines including painting, drawing, jewellery, prints, glass fusions, ceramics and sculptures.

Set along the Nar Valley, the trail winds its way through the wide vistas of Blackborough End in the west, to Pentney and along the chalk stream eastward to East Walton, West Acre and onto the charming historic village of Castle Acre. From Castle Acre, it's a short drive to see the artists in Grimston.

We look forward to welcoming you in our studios!

More information can be found at www.northnorfolkstudios.co.uk



Christian Aid Week: 10 -16 May 2026

Christian Aid Week is always generously supported by the people of the Nar Valley villages. This year the collection is once again online, enabling folk to contribute quickly and simply. Just go to:

<https://fundraise.christianaid.org.uk/envelope-2026/castle-acre-and-nar-valley-churches> or use the QR code here.

There will also be a collection at church services in the Nar Valley Group during May, using the traditional red envelopes. Please, as always, spare what you can. Thank you.

For more information, or for an envelope, call Barbara Whitehorn on 01760 755 032/ 07788920604



Stitching Group

The Stitching Group will next meet on Wednesday May 13th from 11am to 12.30pm, at 5 Bailey Street, Castle Acre. All welcome, just bring your knitting or stitching.

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 May will be Swaffham and Litcham Home Hospice Support which has a team of volunteers trained to give practical and emotional help to the seriously ill and their families. They offer support in the home, with bereavement, help with hospital visits, the loan of equipment and other caring services. Services are confidential and free.

FRIENDS OF CASTLE ACRE CHURCH

The FOCAC AGM will take place on Wednesday 13 May 2026 at 6:30 pm in St James's Church, Castle Acre.

The Trustees look forward to seeing you then.

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

Thank you!

We would like to thank all those who made and bought cakes at the cake stall in Castle Acre on 28th March, also those who provided raffle prizes.

A grand total of £518.56 was made!

Many thanks to you all.
Yvonne, Janet and Rosemary

CASTLE ACRE CORONATION BOWLS CLUB

Fixtures for May 2026

Date	Time	Against	H/A	League
Fri 1 May	6.45pm	Globe TA	A	Albert Victor
Sat 2 May	2.30pm	North Elmham	H	Friendly
Tues 5 May	6.45pm	C/A Lions v Albert Victor	H	EBF
Tues 5 May	6.45pm	Wootton Park v C/A Cubs	A	EBF
Weds 6 May	6.30pm	Shouldham A	H	EBA
Fri 8 May	7pm	Kings Lynn A	H	Albert Victor
Sat 9 May	2.30pm	North Elmham	A	Friendly
Tues 12 May	6.45pm	C/A Cubs v C/A Lions		EBF
Weds 13 May	6.30pm	King's Lynn	A	EBA
Fri 15 May	7pm	Wootton Park	H	Albert Victor
Tues 19 May	6.45pm	C/A Lions v King's Lynn B	H	EBF
Tues 19 May	6.45pm	Wells Elsmith v C/A Cubs	A	EBF
Weds 20 May	6.30pm	Swaffham	H	EBA
Fri 22 May	7pm	Massingham B	A	Albert Victor
Tues 26 May	6.45pm	Shouldham B v C/A Lions	A	EBF
Tues 26 May	6.45pm	C/A Cubs v Albert Victor	H	EBF
Weds 27 May	6.30pm	West Winch	H	EBA
Fri 29 May	7pm	Cup TBA Subsidiary Cup 1 st Round		Albert Victor
Fri 29 May	7pm	Cup TBA Knockout Cup 2 nd Round		Albert Victor

HAVE YOU SEEN DOUGLAS?

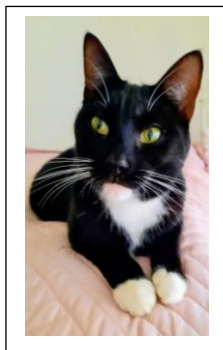
Douglas is five years old, neutered and chipped. His white chin goes all the way down his tummy, and he has white socks on his back legs. He has been missing from his Newton by Castle Acre home since 30th September 2025.

I adopted Douglas when he was one year old and he is a much-loved family member and greatly missed. The likelihood is that a kind person has been looking after him.

I am very grateful for that kindness but I long to have news of him. The not knowing is a horribly hard situation to hold.

If you have seen Douglas or think that you know where he is, please contact me, Alyson, on 07845 943376.

I am very grateful for all help from the community.
Thank you so much.



CASTLE ACRE VILLAGE HALL

It's been a busy year so far at the Village Hall. Not only has a new on-line booking system been instigated (www.hallbookingonline/castleacre) but the electrical system in the hall has been totally overhauled with new lights, switches, fuse boxes and circuits. There's also a new storage unit in the garden for the outdoor furniture and equipment.

Whatever next, I hear you say? The next major project for the volunteers on the Village Hall Committee is roof repairs. The hipped roof at the east end of the building is in a dire state. A survey has revealed eight places where water is coming in creating rotting timbers, there's evidence of insect infestation, there is absolutely no insulation in the roof void and tiles are deteriorated and slipping. Most of this roof dates to the 1950s with some repair work in the 1980s.



On the west end gable, the stone parapet wall was once repaired with concrete which is now failing, causing problems with leaks and tree growth. The roof repairs are going to be costly. We're applying for a grant, but matching funds need to be provided by the hall.

We're embracing modern media and have set up a JustGiving page for anyone who would like to make a donation (even a very small one will help!).

On Wednesday 24th June 2026, 5pm, the Village Hall will be holding its Annual General Meeting. Do join us to meet the committee, check on progress, offer your help or just pop in to say 'hello'.

Castle Acre Village Hall:

<https://www.justgiving.com/charity/castleacrevillagehall>

CASTLE ACRE PARISH COUNCIL– APRIL REPORT 2026

Castle Acre Parish Council (CAPC) held its regular monthly meeting on Thursday 9th April 2026, with one member of the public in attendance.

The Drovers Solar Farm

Thanks go to James Wild MP of our UK Parliament and his researcher Alexander Hagag for meeting with the CAPC Solar Subgroup of Councillors and one Resident on 20/03/2026. In respect of the meeting, the Local Free News article of 01/04/2026 quoted James as saying: *“It was valuable to meet with Castle Acre Parish Council to hear their concerns, and I will continue to work closely with them to oppose the plans as the process moves forward,”* he said. *“While renewable energy is important, projects of this scale must be properly scrutinised, especially when local people are being asked to bear such a significant cumulative impact. Like many others across the county, I have set out serious concerns about the effect this proposal could have, including on the landscape, productive farmland, the environment and local communities. The planning system must take full account of local circumstances, and communities hosting major infrastructure should see meaningful benefits.”*

A link to the full news article can be found here: [MP backs residents’ objections to Solar Farm - Local Free News](#)

To view the meeting minutes, contact the Clerk.

East Green Regeneration Project Update

On 15th February 2025, a group of Councillors, village volunteers and children planted 320 ‘bare root’ native hedge plants on East Green, adding and improving biodiversity, the start of a long-term project. It is good to now report that the hedgerow is starting to ‘establish’ with new buds and leaves happily ‘popping up’ this Spring. To further the project, in the week commencing 6th March, the PC Chair along with volunteers, carried out some maintenance to this new East Green hedge, weeding and re-mulching along the hedge line. The first of a small number of trees has also been planted on the eastern side (Acre Campestre) donated by the Castle Acre Horticultural Society in memory of a local resident who was also one of the founding members of the Society.

Norfolk Heating Oil Crisis Fund launched to combat rising costs

Norfolk County Council has set up a £3 million crisis fund to support residents affected by the rise in heating oil prices. Help is available to those who are on lower incomes, typically with less than £35K coming in each year.

To find out who can access support and what support is on offer, please visit: [Norfolk Heating Oil Crisis Fund launched to combat rising costs - Norfolk County Council](#)

Learn to save a life in fifteen minutes.

Familiarise yourself on what to do when somebody collapses, with the step-by-step fifteen-minute training video at revivr.bhf.org.uk and unlock your certificate.

To view Council Minutes and finances go to: <http://castleacreparishcouncil.gov.uk>. Castle Acre PC’s AGM meeting is 7:00pm, Thursday May 14th, 2026, followed by the full CAPC meeting at 7:30pm at CA Village Hall.

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

HORTICULTURAL SOCIETY



Castle Acre
Horticultural Society

Annual Plant Sale and Cake Stall
Stocks Green · Saturday 23rd May
10am - 12noon

What did the pandemic do for our gardens and gardening?

Well, in April 2020, during the first phase of the Covid-19 lockdown, Hort Soc made a decision to carry on being an active 'gardening club' even if we couldn't get together or meet up at the Village Hall for our usual Spring Show and events meetings. We adopted some new practices we hadn't tried before — like asking members for their mobile phone numbers so that we could start a 'WhatsApp' group to keep us all in touch — and by phone and e-mail we did our best to keep up with what was on offer from local nurseries, garden centres and other 'gardening' outlets.

Retailers were themselves in a very tricky position that Spring: having sown their normal quantity of seeds and grown a vast number of plants by the end of March, they found that buyers had become rather thin on the ground — many of their regulars didn't do 'on-line banking' and some were also reluctant to handle cash in view of advice about transmission of the virus. One or two of our local outlets came up with schemes to clear their stocks quickly and we helped by ordering and distributing plants as a group, often taking a chance on colour! How lucky we were if we had a garden to see us through lockdown!

It was during that couple of pandemic years that many of us learned to 'garden from scratch' by sowing our own seeds and raising plants without the intermediate help of a commercial grower. It was so satisfying that we've carried on doing it and nowadays we sow a few dozen extra and sell the results (at bargain prices!) when we hold our annual Plant Sale every May. This year, we'll be on Stocks Green on Saturday 23rd May from 10am till 12 noon. Make sure to get there early to bag the best of the plant specimens and the pick of the cake stall! Tomatoes, runner beans, herbs, perennials, annuals, shrubs, cuttings....you name it, someone will have been growing it and will be happy to pass it on to you!

Home grown plants and home made cakes: perfect partners!

NEWS FROM THE NICHOLAS HAMOND ACADEMY

Easter at TNHA was celebrated in style with challenges set to students. Firstly, the 2026 Easter Bake Off Competition attracted a huge amount of enthusiasm with entries of 'all things Easter'. Congratulations to Willow in Year 10 whose entry was judged the winner!

We celebrate individual success at TNHA, but we also champion teamwork, and the Form Group challenge displayed that spirit brilliantly. Students had to work together to design and decorate a creative "Egg-lebrity" - an egg transformed into a well-known public figure. This could be an actor, musician, athlete, scientist, author, or historical figure. The goal was to capture their look, vibe, or signature features... all in egg form! Entries were judged on:

Creativity – was it original, imaginative and fun?

'Recognisability' – Was the famous person clearly represented?

Presentation and Detail – Neatness, use of colour, thoughtful features and, most importantly, teamwork.



Further team success was achieved during a Maths Solving Day at Thetford Academy, where our group of Year 9 students enjoyed an excellent and enriching experience. Throughout the day, they worked collaboratively on a range of challenging mathematical problems, demonstrating impressive resilience, creativity, and teamwork. Their hard work paid off in the afternoon when they went on to win the team challenge, securing a fantastic result to round off an already memorable and rewarding event.

Lastly, as part of our commitment to the community, we were delighted to open our Sports Hall to ICS Coaching, who delivered three energetic sessions for students in the local area whose families qualify for free school meals. The Easter Holiday programme was packed with a mix of activities designed to keep young people active, engaged, and having fun throughout the break.

WHAT'S GOING ON IN WEST ACRE?

WEST ACRE VILLAGE FETE - SATURDAY 6th JUNE, 1pm-4pm

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

BBQ, bar, tea and cakes along with traditional games, raffle, and of
course the Duck Race!



Proceeds to West Acre Community Trust and Norfolk Blood Bikes.

CASH ONLY

*For further details, on behalf of West Acre Community Trust, contact
Fiona on 07531 557706*

Junior Billiard and Snooker Coaching

Voluntary junior sports group introducing children in West Norfolk to cue-sports. We meet on Mondays after school at West Acre Village Hall between 3.30 - 7.30pm. All children between 8-18 years 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, call Phillip Welham on 01760-755337 / welham308@yahoo.com

WESTACRE THEATRE

A Westacre Theatre Production **God Of Carnage - 6th, 7th, 8th, 9th, 13th, 14th, 15th, 16th May | 7:30pm** **Matinée on 9th + 16th May 3pm** A brilliantly funny, masterclass in social meltdown. Directed by Matt Grist.

Coffee Morning // Volunteer Open Morning 9th May | 10am - 12pm

Rabbits Out of the Hat, 23rd May | 2:30pm + 7:30pm *The Comedy Musical Magic Show!* Vaudevillian duo Norvil & Josephine present a magical extravaganza for all ages! "Uniquely magical show, brimful with heart." WORLD MAGIC REVIEW

NT LIVE The Playboy of the Western World, 28th May | 7pm

THE PANTALOONS Sherlock Holmes & The Hound of the Baskervilles, 30th May | 3pm + 7:30pm, featuring live music, audience interaction, and more mystery than you can shake a magnifying glass at!

Midsummer Revels | Green Matthews, 31st May | 2pm - a glorious, feel-good timeless joy of music shared together. Songs of the land and sea, town and country burst to life on a dazzling array of instruments.

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.

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.

THE MAGPIE CENTRE

Could You Help The Magpie Centre Make a Difference?

The Magpie Centre, based in the heart of West Norfolk, is currently looking for new trustees to join its board and help guide the future of this much-loved local charity.

The centre supports both children and adults through a range of inclusive and life-enhancing activities. From alternative provision for young people who find mainstream education challenging, to therapeutic riding lessons, carriage driving sessions, and their popular *Tea with a Pony* visits for schools, care homes and dementia groups, The Magpie Centre is making a real difference across our community.

To continue this important work, the charity is keen to hear from people who can offer their time, skills, and passion. They are particularly interested in those with experience or an interest in areas such as governance, health and safety, diversity and inclusion, fundraising, partnerships, and grant applications, but most importantly, people who care about their local community.

Holly, a current trustee, shares: *"I started as a volunteer which is so much fun and so rewarding. I then moved to be a trustee and offer my support in a marketing role so we could spread the Magpie message further and wider — it's a great cause."*

Becoming a trustee is a rewarding way to give back, meet new people, and help shape the future of a charity that changes lives every day. If you're interested in finding out more, The Magpie Centre would love to hear from you.

 The Magpie Centre, West Norfolk

 Website: www.rda-westnorfolk.org.uk  Phone: [01553 810202](tel:01553810202)

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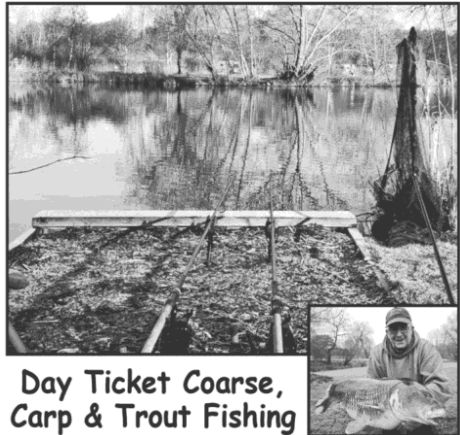
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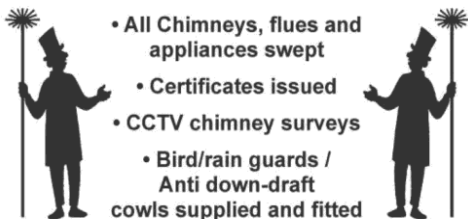


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COLD WAR HISTORY DAY, WEST RAYNHAM SHQ



Sunday 24th May 10 a.m. to 3 p.m.
West Raynham SHQ at NR21 7PL Charity #: 1208763

In addition to viewing this Cold War Station Headquarters (SHQ) building and having an opportunity to join a Guided Tour of RAF West Raynham, the day includes:

- Hunter and Canberra cockpits open
- Jet Engine display
- Bloodhound missile display
- Police Dog display (TBC)
- Wargaming displays (participation)
- Small Arms display
- Short talks and discussions including:
 - Ejection Seats: development and use
 - Bloodhound: development and deployment
 - British Nucs: Deterrence or Destruction?
 - EOD: Tales from the front line
 - Cold War Veterans Q&A panels (Army, Navy, RAF)
- Military vehicles and groups
- Royal Observer Corps (ROC) display
- **GUIDED TOUR OF RAF WEST RAYNHAM**
- **Canberra Reunion.**
- **Bloodhound Reunion.**
- 2nd hand military book shop
- Bookshop: hundreds of new books at very low prices
- Café
- And more.... the programme is continuing to develop!



Email: info@veteranscentral.co.uk



West Raynham SHQ – Veterans Central

Don't Forget our Regular Get Togethers!

Come along for a FREE hot drink, cake, and a spot of chat and banter, or to ask questions about veterans' support. You are welcome to bring partners or carers.

Venue: The Regency Room, Swaffham Assembly Rooms, Swaffham

Time: 10.30 – 13.00 hrs - Tuesday 26th May 2026

More information?

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

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 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

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 – APRIL 2026

Councillor Pipe opened the meeting. No members of the public attended. Apologies were received from Cllr Dicanu.

The Narborough Annual Village meeting took place, followed by the full Parish Council meeting. Reports were received from Village groups, including the Community Centre, Narborough Sports and Social club, Narborough Museum and the Bone Mill.

Chairperson Cllr Pipe highlighted the Parish Council projects which benefitted Narborough residents.

Breckland Cllr Wilkinson thanked the Narborough organisations for gaining the Mindful Village recognition: the Shelf Pop Up Pantry providing staple foodstuffs at significant reductions, alongside CAB and Breckland officers providing wellbeing and signposting support. Cllr Wilkinson has supported village organisations with funding grants, helping organisations to be sustainable moving forward. The Church grounds has had its first cut of the season from the new company funded by the Parish Council.

Breckland Cllr Wilkinson reported that the Government has agreed to Norfolk having 3 new unitary authorities to replace the 8 existing Borough and District councils from May 2028.

Breckland Council will keep the Parish Council updated as the Local Government Reorganisation (LGR) progresses. Information about the Mindful village and the Parish Council agendas and minutes can be viewed on the Parish Council website: www.narborough-norfolk-pc.gov.uk

The next full Parish Council meeting will be held on **Wednesday 6th May 2026 at 7.00 pm** in the Florence Green Room at Narborough Community Centre. All residents are welcome. Cllr Wilkinson

NARBOROUGH MUSEUM (Signposted from Ship Corner)

Open Thursdays 10am-3pm & Sundays until October at same times.

On Sunday May 3rd we will have sale tables with books, plants etc. No charge for parking, admission or refreshments but donations very welcome.

Our volunteers are always happy to show you around or you can browse at leisure. There are several cabins, bones and stones room and bird hide.

I am sure one visit is never enough to see the amazing collection.

NARBOROUGH CE PRIMARY ACADEMY

Hello from the head pupils at Narborough Primary Academy (Khloe, Sophie, Lexie and Logan). We had a very busy half term before the Easter break. Read on to find out what each class got up to.

Hedgehogs Class (Nursery and Reception): The children in Hedgehogs have been working very hard to develop their writing skills. In drawing club, they have even started to write short sentences independently. They also went on a class trip to High Lodge where they had an adventurous time completing the Gruffalo trail. They even explored the different sounds they could make playing the giant instruments in the forest.

Squirrels Class (Year 1 and 2): In Geography, Squirrels class have been learning about the countries of the UK and their capitals. They have also learned about Christianity. As part of their learning, they visited All Saints Church with Mother Angela who demonstrated a Christening. They have also been learning about seasonal changes in Britain.

Foxes Class (Year 3 and 4): In Foxes, they have enjoyed learning about tropical rainforests and the impact of deforestation. They have been excelling in their learning about fractions and have been adding and subtracting fractions. In PE, they have really enjoyed learning how to play handball.

Otters Class (Year 5 and 6): In Design Technology, Otters have had great fun exploring bridges and attempting to make their own bridges out of spaghetti (very messy!) and out of wood (very tricky). As part of their learning about Christianity, they made Easter gardens. In ICT they learned how to create vector drawings (using different shapes to create pictures of animals). In Science, they learned about the life cycles of different animals and plants and have tried to cultivate their own spider plants and aloe vera plant from a single parent plant.

We look forward to updating you about what Narborough Primary Academy have been up to next time.

Bye for now!



NATIONAL MILLS WEEKEND - 9TH AND 10TH MAY

NARBOROUGH BONE MILL

If you are interested in a little bit of history and enjoy the countryside, come and join us on Saturday 9th and Sunday 10th May 2026 at the Narborough Bone Mill from 11am until 4pm. Entry is free.

Enjoy a lovely walk along the river Nar (approximately 1 mile from the car park), looking out for kingfishers, great white and little egrets, grey wagtails, herons, to name a few birds. When you arrive on site you can see the remains of the mill, items discovered (including part of a human skull), the model of what the mill would have looked like and watch the grace and beauty of the 16 ft water wheel turning. Have a chat with the volunteers about the history of the mill, look through our photo albums of our progress and read about the mill's history, whilst enjoying a hot or cold beverage and homemade cakes, all free but donations are very much appreciated.

Everyone is welcome, including dogs. The site is situated approximately 1 mile along the beautiful river Nar from the car park at the Maltings, Narborough PE32 1TE. Should you need assistance, transport can be provided by calling the number at the car park. You will also be able to access the site from the Nar Valley Way during this time. Children must be under the supervision of an adult at all times.

Further information can be found on our website www.bonemill.org.uk

NARBOROUGH CHURCH



Saturday 16th May 2026

A hot lunch will be served in the Church Rooms in Narborough from 12.30pm. Donations towards churchyard repairs would be welcomed.

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.

GIG IN THE GARDEN!

Narpenny House, Narborough Road, Pentney.

Saturday 20th June

Garden open from 1pm

**Music by "Trevanion" starts at 2.00pm
Including the bizarre "Neil Sapphire"**

Bring your own picnic, tables/chairs etc

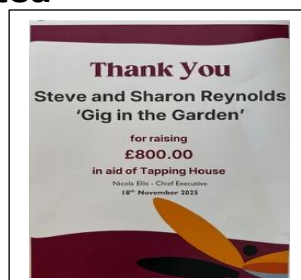
£7.00 Paid in advance, £10 on the day.

**For further details call Sharon or Steve
01760 338551 Or 07902 011779**

**All profits from the gate sales and raffle will be
donated between
Tapping House and The Merle Boddy Centre**

**If you would like to donate a raffle prize it would
be much appreciated**

*Every year Steve and Sharon host
"Gig in the Garden" to raise money
for charity. Here is last year's certificate
following their donation to Tapping House,
and a further £400 was donated to the
Merle Boddy Centre.*



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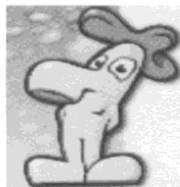
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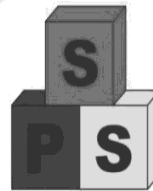
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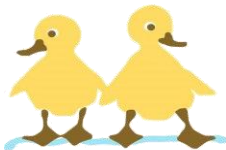
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PENTNEY, NARBOROUGH & DISTRICT WI

Our meetings are on the fourth Wednesday of the month at 2pm in Pentney Village Hall.

This month we have a speaker from the RNLI in Hunstanton and next month is a hands-on flower arranging demonstration.

We are happy to welcome new members and our meetings are very friendly and sociable, always ending with lovely refreshments!

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

Friends of Pentney Village Hall - Friday 15th May 6.30pm – 7.30pm

We welcome everyone to come along, with fresh ideas and/or willing to join as volunteers to support with organising fundraising events.

If you can't support with events you can support by joining Easy Fundraising and raise funds for the village hall when shopping online, the event will include details of how to join.

Come along for a social gathering with drinks and snacks.

LIVE MUSIC 60s, 70s & 80s with GLEN COOPER

Saturday 9th May 2026

7.30pm – 11.30 pm
Bring your friends,
your drinks and food.

Tickets £10 available from:
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JUMBLE SALE

Saturday 13th June

If you have items, you can donate to the village hall to sell at the Jumble Sale please call or text

07368 907922

COFFEE MORNING

Tuesday 5th May
Tuesday 2nd June
10.30am – 12.30pm
Coffee & Cake £3



MEXICAN TRAIN DOMINOS

Monday 18th May
Monday 15th June
2pm – 4pm

£3 per person
(includes tea and biscuits)



If anyone is interested in meeting the local MP, please contact Madjid 07879 278 396 or email myt1968@hotmail.com

WEEKLY YOGA

Tuesday 12th May 7pm – 8.30pm
Every Tuesday in June
subject to demand
£10 payable in advance

Contact Tasha 07757 674350

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

If anyone needs any help with 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

CRAFT AT PENTNEY VILLAGE HALL



Come and join our friendly craft session
Fortnightly from
Tuesday 12th May 2026,
10am - 1pm
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Bring whatever craft you're
doing. You will be very welcome!

Janet Beck
01760 337419

NAR VALLEY ORNITHOLOGICAL SOCIETY (NarVOS)

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

Wednesday 27th May at 7.30pm BIRDS OF BULGARIA Presented by Steve Cale

Steve needs no introduction as he has given talks to NarVOS on a number of occasions. A superb artist, photographer, naturalist and birdwatcher, Steve's talk will be one to look forward to.

In recent years birding has really taken off in Bulgaria, but this is not surprising when one considers the species that can be seen in this birding paradise. The country is dotted with fishpond systems and many smaller and larger rivers which makes for excellent breeding habitat for many water birds and reedbed passerines. The dozens of reserves in the country and the many unprotected areas with their variety of landscape, birds, plants and insects, in a country as small as Bulgaria, mark it out as a leading country for birding.

Steve Cale has for many years led birding tours in this birding paradise and knows much about this wonderful birding environment. His photographs are superb and I am sure that you will enjoy this special presentation.

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

ANNUAL MEETINGS OF PARISHIONERS & ANNUAL PAROCHIAL CHURCH MEETINGS

Monday 4th May at 10am Pentney APCM, Little Abbey Farm

Monday 4th May at 2.30pm Narborough with Narford AMP & APCM
in the Church Rooms at Narborough

Tuesday 5th May at 2.30pm Newton and South Acre joint AMP
&APCM in South Acre Church

Wednesday 6th May 6pm Castle Acre APCM in Castle Acre Church

Thursday 7th May 6pm West Acre APCM, Warren Stables, West Acre

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	Stephen Laing 01760 755455 Tony Bell 07787 075726.	Clare Levere 07709 232851
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

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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,
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*** Booking essential ***

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- 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

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Home Visits Only

Nar Valley Benefice - Sunday Services – May 2026

Date	May 3rd	May 10th	May 17th	May 24th	May 31st
Castle Acre	9.30am Morning Praise	9.30am Holy Communion	9.30am Holy Communion	9.30am Pentecost Liturgy	9.30am Holy Communion
Narborough	11.00am Holy Communion		11.00am Holy Communion	11am Pentecost Liturgy	
Newton	8.30am said traditional Holy Communion				
Pentney		11am Holy Communion			11.00am Morning Praise
South Acre		6pm traditional Evensong		4pm Pentecost Praise	
West Acre			6pm traditional Evensong		8.30am said traditional Holy Communion
Celebrating	Easter 5	Easter 6	Thy kingdom come novena	Pentecost incl. anointing	Trinity 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