

NAR VALLEY NEWS



Hello Summer



June 2026

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FIRST WORD from the Rector

This month I encourage you to consider encouragement.

We all thrive on encouragement rather than discouragement. We are a social species and each of us needs the support of others. In fact, we need lots of it.

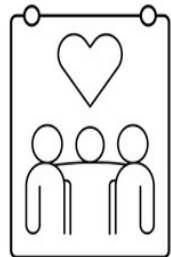
Do you know how many positive things you need to have said to somebody before you say something challenging? If you don't want them to feel that you are getting at them, the answer is at least seven. We need seven positives to balance just one challenging comment.

It is all too easy to give the impression that we don't value somebody. And society is all too good at criticising people.

I am not suggesting that we should avoid challenging bad behaviour. Rather, I am suggesting that we find lots of opportunities to praise good behaviour and build one another up in doing good.

Every June 11th the church celebrates a saint who was such an encouragement to others that he was known by the nickname 'son of encouragement' i.e. Barnabas. (You can find him mentioned in the book of Acts.)

This June, let's all embrace our inner Barnabas and encourage one another.



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 July edition is 15th June 2026

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

Narvalleynews@yahoo.com

Advertising: For all advertising related items, please contact:

Barbara Whitehorn 01760 755032 / 07788 920604

c.whitehorn@btinternet.com

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

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DATES FOR YOUR DIARY

Castle Acre Playing Field Association

We will be holding a cake stall together with a raffle on Stocks Green on Saturday 20th June for Castle Acre Playing Field Funds.

Please put the date in your diary and if you are able to make a cake or wish to donate a raffle prize please contact
Chair, Nigel Chambers on 07764 984864

Castle Acre Stitching Group

Our next meeting will be on Wednesday June 10th from 11am - 12.30pm at Heritage View, Castle Square off Bailey Street. All welcome, just bring your knitting or stitching.

CASTLE ACRE VILLAGE HALL

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'.

The next major project following the overhaul to the electrics and outdoor space is the roof, most of which dates back to the 1950s with some repair work done in the 1980s. There are 8 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. The Committee is applying to a grant, but matching funds need to be provided by the Hall.

A Just Giving page has been set up and any amount you can spare will be greatly appreciated.

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

(www.hallbookingonline/castleacre)

COME AND CELEBRATE 30 YEARS!

The Big Heart and Soul (BH&S), Castle Acre's Community Choir, has been singing together since 1996 in the lovely Castle Acre village hall. Started by Rougham's Carol O'Neil, who was Musical Director for 10 years, the choir has grown in strength and expertise under the further guidance of Noralf Mork, Jane Wells and the choir's current Musical Director Linda Roast.

BH&S has a core group of about 45 singers and still has founder members at its centre which is quite an achievement. We sing songs in different styles from all around the world - from Corsica, Georgia, Africa, America, England, Scotland - and we are often complimented for our beautiful harmonies in 3 or 4 parts.

Our Anniversary concert will include favourite songs from our 30 year repertoire as well as songs that mark memorable moments in our history: We travelled to Corsica and sang in beautiful spots around Bastia, the capital, and we've been to Norway singing in Oslo and Bergen. We also sang at Wateraid in London for quite a few years, joining a 1,000 strong voices in the Scoop for the Thames Festival. We'd love to have you celebrate with us - please come along to our Anniversary concert in our home village.

The Big Heart and Soul Choir's 30th Anniversary Concert
Sunday 19th July 2026, St James Church, Castle Acre 3.30pm
Entrance on the door £15 includes delicious homemade scones, fresh cream and jam in the interval.

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 June will be the Episcopal School and Home in Ramallah, Palestine. The school maintains high academic standards and fulfils its humanitarian mission despite harsh political and economic conditions. The home provides a vital need in the local community where many children are from deprived backgrounds.

CASTLE ACRE PRIMARY ACADEMY

Well, I think our last half term at Castle Acre Primary Academy has been as busy as the weather systems! We don't seem to know whether to come with sun cream and a light jacket or a full-on snow suit. The daily question at school has become 'is it wellies on the grass?!' At least it shows that our children are prepared for going out in all weathers as we know full well the huge benefits of being outside for us all.

We of course have to start with congratulating our wonderful Friends on another very successful annual Duck Race. It was a day that was enjoyed by many and thank goodness the weather held. A big thank you must go to everyone involved whether it was for standing knee deep in water to herd reluctant ducks, baking cakes or retrieving ducks at the finish line. A whopping £1421.50 was raised and that will go directly on resources for the children.

Our school would not be the wonderful place it is without our amazing children. This is the half term where they show us what they are capable of and for our Year 6s, it is the culmination of 7 years of learning.



As I write this, they have just finished their SATs (all 6 of them). I am always in awe of how well our 10 and 11 year olds conduct themselves during these assessments and they truly uphold our motto of 'let your light shine'. They did, as always, end the week with a trip to the beach and despite the rather wintry day, enjoyed burying each other in the sand. Not sure many of them dipped their toes in the sea though!

The rest of the school have completed learning on a variety of different topics including St. George, Vikings, the Elizabethan era, plants, teeth and I particularly enjoyed the persuasive writing on whether school uniforms should be banned.

As we enter the final half term of the year, we prepare to say cheerio to our eldest children as they embark on the next part of their educational journey and a welcome to some eager, if not apprehensive, 4 year olds.

If you feel that you would like to get involved in your village school in any way, or we can offer you something then please contact me via the school office.

God Bless, Emma Spaul

CASTLE ACRE CORONATION BOWLS CLUB

Home Fixtures for June 2026



Tuesday 2 June v Wootton Pk 6.45

Friday 5 June v Searles 7pm

Thursday 11 June v Hunstanton 6.30pm

Tuesday 16 June v Shouldham 6.45pm

Wednesday 17 June v Hunstanton 6.30pm

Friday 19 June v Massingham 7pm

Tuesday 23 June v Wootton Pk 6.45pm

Tuesday 30 June Club A v B 6.45pm



Spectators are welcome.

Contact Paul on 07710597475 for further information about our club.

CASTLE ACRE CRICKET CLUB

After a year out of League cricket, the club has reformed and entered Division 1 West of the Norfolk League. During 2025 the club continued to maintain the wicket and played friendly fixtures. The club has a very long history of cricket in the village and with so many local village teams disappearing we are privileged to have this continuation.

Below are the fixtures for the 2026 season, please feel free to come and watch a game or two as the summer progresses. We are fortunate enough to have great field for cricket and fun for all the family, supported by a wonderful local shop at the corner of the field where you can find all the required items (Yes Beer on Tap) to make watching cricket a great time!! Beyond this if you are interested in playing, the club is structured to develop and more than one team is an ambitious, but real, target for the coming years. The players are practising every Thursday at present from 6pm, please just come along, or say hello at any of the home fixtures.

We are also running “free” coaching sessions on a Monday evening starting on 11th May from 6pm, hardball for school years 5/6 & softball for years 3/4.



CASTLE ACRE CRICKET CLUB FIXTURES

<p>May 2nd Castle Rising (Away) 9th Hardingham (Home) 16th Fakenham (Away) 23rd Norwich Malayalees (Home) 30th Ketteringham Hall (Away)</p>	<p>June 6th Overstrand (Away) 13th Snettisham (Home) 20TH Felthorpe (Away) 27th Brisley and North Elmham (Home)</p>
<p>July 4th Castle Rising (Home) 11th Hardingham (Away) 18th Fakenham (Home) 25th Snettisham (Away)</p>	<p>August 1st Overstrand (Home) 8th Norwich Malayalees (Away) 15th Ketteringham Hall (Home) 22nd Felthorpe (Home) 29th Brisley and North Elmham (Away)</p>

HORTICULTURAL SOCIETY

'Ne'er cast a clout till the May is out . . . '

Brrrr! — it would have taken a very brave soul to follow the proverb and decide that the first few weeks of May 2026 were warm enough to go about their gardening in shorts and T-shirt!! It was so cold a start to our gardening season that most of us opened the back door and decided we'd settle for a lovely warm scarf and a bobble hat!

As for our plants . . . late frost and chilly morning sunshine have certainly set them back a little but most of them will recover as we head hopefully towards a glorious June . . . let's hope it's the kind we used to have — never *too* hot!

Weatherwise, we might still catch up with some gardening tasks we avoided because of the cold: it's not too late to give a little trim to shrubs which did manage to flower on time (*eg. forsythia, quince, kerria*) and you might still sow for salads and veg (*lettuce, rocket, spinach and sprouting broccoli*); lightly thin fruit for better onward growth.

Feed perennials and outdoor tomatoes before mid-summer — they missed out on rather a lot of spring warmth — but take your cuttings for propagation just a little later than usual (they'll have a better chance).

May blossom been and gone? Time at last to get into those shorts and T-shirts!

Happy gardening!



CASTLE ACRE PARISH COUNCIL– MAY REPORT 2026

On Thursday 14th May 2026, Castle Acre Parish Council (PC) held its AGM, followed by its regular monthly meeting, six members of the public attended.

Annual General Meeting.

As a matter of usual business the Chair, Cllr Tim Hubbard and Vice Chair, Cllr Neil Patrick stood down from their posts at the start of the Annual General Meeting. After a vote to elect new officials Cllr Tim Hubbard was re-elected as Chair and Cllr Neil Patrick as Vice Chair both for a further year's term!

Cllr Tim Hubbard (Chair) presented his third annual report 2025/26. Several projects have been undertaken in the Village and the PC want to thank all members of the community who have helped and supported the Village and Parish Council in anyway over the last twelve months. CAPC recognise the PC has found time stretched further than usual due to The Drovers planning process. CAPC would like to thank the Solar Steering Group, Residents, Cllrs & MP's who have engaged with the process and supported the PC. News Reports can be viewed online: [Hearings over Drovers Solar Farm take place in King's Lynn | Eastern Daily Press](#)

Thanks to the volunteers who gave up their time to weed and mulch the 350 hedging plants on East Green, to the Village litter-picking volunteers and helpers, SAM2 Operator, the Heritage Volunteer Group, volunteer Carpenter (who has fixed the Village Map, Noticeboard and Gates), Village Committees, especially CAPFA and Village Hall and of course, our dedicated group of Councillors. We are grateful for all you do, thank you. For a copy of Chair's annual report, contact the Clerk.

The Drovers Solar 'Farm' / Power Station.

CAPC would like to inform Residents that 'The Drovers Solar complex', (approx. 825 hectares), North of Swaffham and South of Castle Acre has now entered the 'Examination Phase' of the NSIP (Nationally Significant Infrastructure Project) process, wherein the initial hearings (in person/Teams) commenced on May 6th & 7th at the Dukes Head, Kings Lynn. At the opening hearings, amongst a variety of interested parties, the representations/questions of our Chair, Steering Group/CAPC and Residents of Castle Acre, South Acre & Sporle by Palgrave & James Wild MP were put forward to the Applicant's (large) legal Team, via Antony Johnson, the Governments Independent Planning Inspector. The Examination Timetable will be published by the Planning Inspectorate, on Drovers section of the Planning Inspectorate website 27th May case ref: EV2-001. In the meantime, a recording and transcript of the 7th May (issue specific hearing) is available in the [examination library](#).

Note: The proposed site would have a construction period of at least two years, with approximately 622 daily movements on surrounding roads and a potential lifespan of 60 years. The site includes: Solar PV Units, Mounting Structures, Transformers & Switchgear, Inverters, Battery Energy Storage Systems (BESS) and Pylons.

[The Drovers Solar Farm – Castle Acre Parish Council](#)

To view Council Minutes and finances go to: <http://castleacreparishcouncil.gov.uk>. Castle Acre PC's next meeting is 7:30pm, Thursday June 11th, 2026, at CA Village Hall. Clerk- Amy Hart Tel: 07815430777 Email: clerk@castleacreparishcouncil.gov.uk

NEWS FROM THE NICHOLAS HAMOND ACADEMY

We are now well into exam season for our senior students who leave us at the end of the month! They are wished every success in all their subjects, and we are confident that their hard work will be reflected in the results they achieve. In July, they'll get to dress up, hit the red carpet, and enjoy a spectacular night of celebration at the annual Prom.

Also thinking ahead to their future, students in Year 10, next year's senior cohort, explored the campus and facilities at the UEA. They also had the chance to visit a mock UCAS fair where they could ask current students about life at university, the subjects they were studying, entry requirements and employment opportunities as well as finding out about sports, societies and support available.

A group of our younger students were also able to visit the UEA and took part in a Skills Discovery workshop where their task was designing a university considering key features such as branding, creating a lecture theatre and planning the layout. They then had to present to a panel of judges and other schools who took part. They came second in the competition which is a real testament to their character, skill and confidence.

We were very pleased to welcome the Talent Foundry to the academy who delivered sessions aimed at bridging the gap between the curriculum and future careers. The sessions were designed to help make learning relevant, build confidence and unlock aspiration, develop key skills such as speaking, listening and creativity, building transferable skills that they can apply throughout their education, careers and beyond. Students found these sessions both worthwhile and enjoyable.

Finally, we have a large and ever-growing number of students who are working on their Duke of Edinburgh Award. Currently those in Years 9 and 10 are training for this summer's adventure where they will walk approximately 35km over two days for their Bronze Award or 50km over 3 days for the Silver Award, carrying everything they need to be self-sufficient in the countryside. Following this, students have begun their navigation topic and are learning how to read maps and understand map symbols, reading and plotting grid references, compass work and learning relocation strategies in case they get lost.

The students also presented at the Lions' Den (hosted by the Swaffham Lions) and were delighted to receive a generous donation which will go towards reducing costs to parents and carers for this summer's expedition.



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

SUMMER AT WESTACRE THEATRE

...And it's shaping up to be one of the most exciting seasons yet!

Saturday 6th June, 3pm & 7:30pm: ***Pride and Prejudice*** - but funny!

Wednesday 10 June, 7pm: **Westacre Theatre's Fundraiser Quiz Night**

Saturday 13 June, 10am: **An Enchanted Mirror Mosaic Workshop**

Thursday 25 June, 7pm: National Theatre Live's ***Les Liaisons Dangereuses***

The season officially opens in July with Dot Productions' dazzling revival of Oscar Wilde's *Lady Windermere's Fan*, followed by three toe-tapping lakeside musical afternoons featuring Bowjangles, DixieMix and the Sheringham Shantymen - bring your picnics!!

Tickets are on sale now and performances are expected to be popular, so early booking is recommended. Explore the full programme and book online at www.westacretheatre.com / call the box office (01760 755007). For all our latest news follow us on our socials @westacretheatre.

Here's to a magical summer!

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.

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.

TEA WITH A PONY 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** 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.

The sessions are particularly popular with local community groups, dementia support groups, care homes, schools and children's groups and 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.

Come and learn more about all that we do and enjoy tea, cake and good company! We're located at Wallington Hall, Lynn Road, South Runcton, King's Lynn, PE33 0EP. For more information or to book please contact us www.rda-westnorfolk.org.uk or Tel 01553 810202

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.

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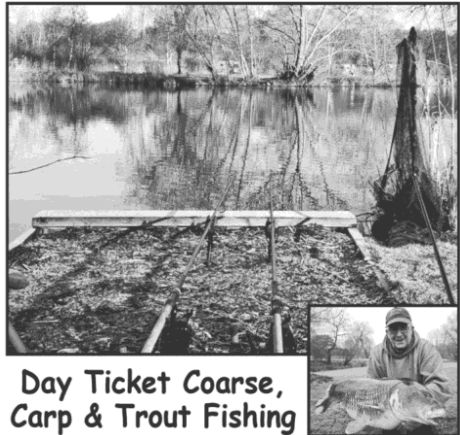
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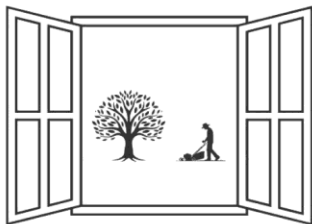
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www.narvalley.dneat.org

Marham Village



Pre-School

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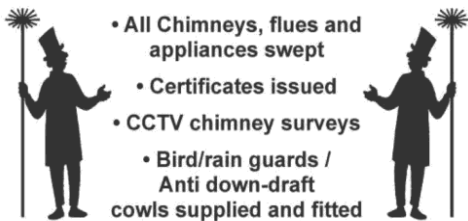
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VETERANS CENTRAL EVENTS

West Raynham SHQ at NR21 7PL Charity #: 1208763

The Veterans Central charity is holding a number of events over the summer months at their RAF West Raynham SHQ facility. The events attract people from across Norfolk and are also designed to help Veterans Central find more veterans that might benefit from the support provided by Veterans Central.



All Events are FREE to attend.

The Veterans Central café is open on all events.

Sunday June 21st: World War Two History Day.

Visit the Military vehicles, re-enactors and displays and learn about the role they played in World War Two. Sit in some of the presentations – from the development of airfields in Norfolk, the Royal Norfolk Regiment in the war, 'Over Here' – the American presence in East Anglia, and more. Watch or take part on one of the World War Two wargame scenarios. Browse the various historical displays and photo albums. Get a fantastic book bargain in one of our bookshops.

This event is from 10 to 3.

Sunday July 19th: Annual Open Day.

This is our biggest event of the year with a wide range of military and other displays, aircraft cockpits and vehicles, classic cars, craft stalls, children's activity zone, games and activities – including axe throwing and archery. A massive tombola and book sale. BBQ and Hog Roast. Live music. And more. This event is from 10 to 3.

Don't Forget our Regular Get Togethers- 4th Tuesday of the month.

Come along for a FREE hot drink, cake, and a spot of chat and banter, or to ask questions about veterans' support. Tuesdays 1030-1300 on:

June 23rd

July 28th

August 25th

September 22nd

October 27th

November 24th

December 22nd

Location: The Assembly Rooms, Swaffham.

There is adjacent free parking for 2 hours (but use machine to get a ticket).

You are welcome to bring partners or carers.



Please spread the word to any military colleagues in the area.

More information? Contact: ops@veteranscentral.co.uk Mobile: 0771 3860040

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.

Karaoke Night - June 5, 2026 8:00 pm
Open Mic Night - June 12, 2026 8:00 pm
Free Pool Night - June 19, 2026 5:00 pm
Bikers Night - June 26, 2026 5:30 pm

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 offering a morning menu including full breakfast.

NARBOROUGH PARISH COUNCIL AGM REPORT MAY 2026

Item 1 on the agenda was to formally vote in the new Chairman for the coming year 2026/27. Councillor Peter Wilkinson was unanimously elected as Chairman, and Cllr Williams was elected to be his Vice Chairman.

The new Chairman opened the meeting. He thanked his predecessor, Cllr Pipe for her sterling work. As Chair, she steered the Parish Council through some turbulent times, and also worked with Cllr Wilkinson and the Breckland Community Officer in securing the Mindful Village Award for Narborough.

Apologies were received and accepted for Cllrs Pipe, Sharpe and Dicianu. Breckland Councillor Wilkinson reported that Breckland Health and Well-being funding is still available and can support local village organisations in helping groups to be sustainable in supporting members and residents.

The Parish Council noted that the village notice boards are looking a little unkept, and not fit for purpose. Councillors voted to purchase new boards, benefiting residents and village organisations. Councillors felt the new boards project should be funded from the npower double billing repayment as Councillors had ring-fenced these funds for future village projects.

The minutes from the meeting can be found on the Narborough Council website www.narborough-norfolk-pc.gov.uk

The next full council meeting is scheduled to take place on Monday 1st June 2026 at 7pm in the Florence Green Room, Community Centre, Chalk Lane.

Cllr Wilkinson

NARBOROUGH CHURCH - LUNCH

On Saturday 27th June 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.

NARBOROUGH MUSEUM (Signposted from Ship Corner)

We are open every Thursday 10am-3pm.

There is free parking and refreshments available in the barn.

Donations very welcome.

Our Sunday openings for the year are:

June 7th, July 5th, August 2nd,

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

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

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"

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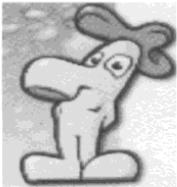
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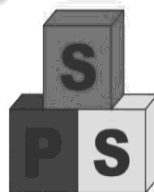
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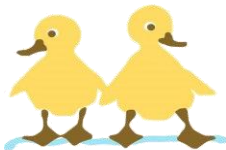
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PENTNEY VILLAGE HALL

AGM Wednesday 17th June at 7pm

The village hall serves Pentney and West Bilney, we welcome anyone to come along to the Annual General Meeting. We are interested in your feedback, ideas and new committee members or volunteers.

QUIZ NIGHT

Friday 26th June
7pm for 7.30pm

£3 per person pay on the door
Bring your own refreshments & nibbles.

JUMBLE SALE

Sunday 14th June
10.00am – 3.30pm

If you have items, you can donate to the village hall to sell at the Jumble Sale
Please call or text
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Saturday 8th August - Details to be confirmed

PENTNEY, NARBOROUGH & DISTRICT WI

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

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NAR VALLEY ORNITHOLOGICAL SOCIETY (NarVOS)

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

We're Celebrating!



It's been 50 years since the birth of the Nar Valley Ornithological Society. Way back in 1976, a handful of keen birdwatchers from West Norfolk met and decided to form a society dedicated to birds in this area.

Now a half-century later, the Society is still going strong; we currently have well over 100 members who are interested in birdwatching in Norfolk. The area covered by the Society ranges from King's Lynn to Dereham and includes Downham Market, Watton, Swaffham and Fakenham.

We are hosting an OPEN MEETING on Wednesday 24 June to celebrate this landmark achievement with wine, nibbles and cake. There will also be a raffle.

We always welcome new members, so if you may be interested in joining our friendly society, please come along on 24 June to the Assembly Rooms in Swaffham at 7.30 and join our celebrations. We will be delighted to tell you more about ourselves over light refreshments and hope that we can encourage you to share our enjoyment of birdwatching in the Nar Valley area.

**See you on Wednesday 24th June 2026
at the Assembly Rooms in Swaffham.**

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

CHURCH CONTACT DETAILS

The Nar Valley Benefice

Rector: Angela Hammett Tel: 01760 338552

Email: narvalleyrector@hotmail.com

The Church Office is located at The Church Centre, Narborough. If you would like to make contact or have an enquiry of any kind (eg baptism, wedding, etc), please find us through:

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

Contact details		
Rev Angela Hammett, Tel 01760 338552 Email: narvalleyrector@hotmail.com		
Church	Church Wardens	Named persons for Safeguarding
Castle Acre	Anne Loch 01760 755403 David Bowman 01603 483658	Dr. Ilga Chakrabarti 01760 755368
Narborough	James Stephenson 01760 337901	Joan Upton 01760 337053 Liz Collins 01760 337403
Newton	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.*

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Nar Valley Benefice - Sunday Services – June 2026

Date	June 7 th	June 14 th	June 21 st	June 28 th	July 5 th
Castle Acre	9.30am Morning Praise	9.30am Holy Communion	9.30am Holy Communion	9.30am Holy Communion	9.30am Morning Praise
Narborough	11.00am Holy Communion		11.00am Holy Communion		11.00am Holy Communion
Newton	8.30am said traditional Holy Communion				8.30am said traditional Holy Communion
Pentney		11am Holy Communion		11.00am Morning Praise	
South Acre		6pm traditional Evensong			
West Acre			6pm traditional Evensong	8.30am said traditional Holy Communion	
Celebrating	1st after Trinity	2nd after Trinity	3rd after Trinity	4th after Trinity	5th after Trinity

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