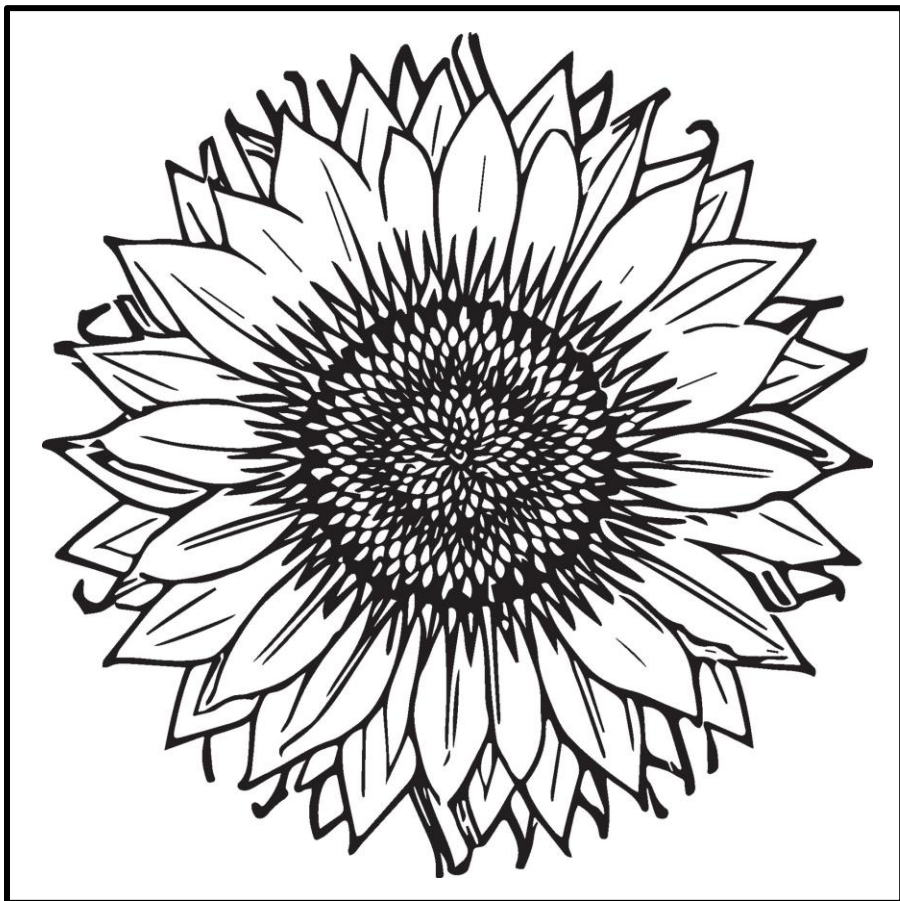


# NAR VALLEY NEWS



## July/August 2026

Your community magazine, hand delivered to  
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Narborough, Narford, Newton & Pentney

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## FIRST WORD from the Rector

The weekend of **August 22<sup>nd</sup> – 23<sup>rd</sup>** there are going to be a variety of events in our valley under the title '**Everyone has a story**'.

This will include tours, exhibitions, hospitality, and engaging activities for all ages. We will be able to find out more about the stories of our places, our communities, and the people of our valley. It will also be a chance for us to engage with one another and the communities of which we are a part.

Please get in touch if you would like to get involved and help to make it a success. Planning is still underway and you can be part of shaping the weekend into as great a success as possible.

Do put the dates into your diary and make some space to explore what is on offer that weekend. Perhaps it will offer you an opportunity to invite friends or family over to visit and participate. You might be able to offer a neighbour your company or a lift to one of the events. It is always easier to go to things with others.

As the title 'Everyone has a story' suggests, we all have a story that we could contribute. Some of us have deep roots in this valley and can share stories of ancestors who lived here before us. Others of us came to this valley many years ago and can share stories of how things have changed in our lifetime. Others of us are pretty new to the valley and can share our story of how we came to be here.

There will be invitations to do this over the weekend. However, if you are minded to write something down beforehand and drop it in to one of the story boxes in your local church, we will add it to a display for others to read.

***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 September edition is 15<sup>th</sup> August 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:  
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Please note: We can accept no responsibility for the contents of adverts.

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## SPECIAL DATES FOR YOUR DIARY



### CELEBRATING ST JAMES' DAY

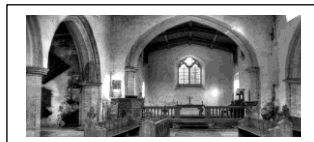
Come along and celebrate St James' Day on  
Saturday 25<sup>th</sup> July.  
ALL WELCOME!

There will be a Eucharist held at St James' Church,  
Castle Acre, followed by a community lunch  
(cold buffet) served from 12.30pm.

### NARFORD CHURCH

Narford Church will be open each Saturday in  
July from 9.30am and will close after  
Traditional Evening Prayer at 4pm.

All are welcome to drop in to  
take a look and/or to  
participate in  
traditional Evening Prayer.



Narford will not be open in August in order to  
provide a peaceful environment for the bat  
maternity!

### ST MARY MAGDALENE, PENTNEY



The patronal festival of St Mary Magdalene  
will be celebrated at the Church in Pentney  
on Wednesday 22<sup>nd</sup> July with Evening  
Praise and refreshments at 6pm.

If you have never been to the Church before, please  
do come along. You will be made very welcome.

## FUNDRAISE THE ROOF!

### CASTLE ACRE VILLAGE HALL

**It would be so much easier to see these faces on a big screen ...  
especially if they're in a film show with friends,  
afternoon tea and music!**



**. . that's why we're inviting you to join us at Castle Acre Village Hall  
when we launch our campaign to FundRaise the Roof!**

**Our 'forthcoming events' and dates are still to be finalised, but we'll  
be letting you know more when everything is set . . . watch this space  
(and maybe start looking out some photographs we can add?)**

A Just Giving page has been set up and any amount you can spare will be  
greatly appreciated. ([www.hallbookingonline/castleacre](http://www.hallbookingonline/castleacre))  
<https://www.justgiving.com/charity/castleacrevillagehall>

## THANK YOU!

### Christian Aid Week

A huge thank you to all who donated to this year's Christian Aid  
Week. A great total of £579.83 (including Gift Aid) was raised  
from collections in the local churches and from online giving.

*Barbara Whitehorn*

## BIG HEART & SOUL CELEBRATION

### COME AND CELEBRATE 30 YEARS!

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 July is **Time Norfolk** which provides support and specialist counselling for women and their partners who have an unplanned pregnancy or have had a pregnancy loss. They also deliver pregnancy choice lessons in the county's schools.

The Charity in August will be **The Leprosy Mission**. Leprosy can be cured and TLM's work includes medical care, counselling, rehabilitation and working to reduce the stigma associated with the condition.

## THANK YOU!

*I am sure it is not too late to say a huge thank you to Yvonne, Rosemary and Janet for organizing the Easter lilies at St James' Church. The Church looked so lovely and I'm sure people who donated the lilies thought the same. Those who did not go to the Church missed a most wonderful display. Well done to all involved!*

*Queenie Parker*

## CASTLE ACRE CORONATION BOWLS CLUB

Home Fixtures - July	Home Fixtures - August
Weds 1st July v King's Lynn	Tues 4th August v Wells
Fri 3rd July v Globe	Thurs 6th August v Downham
Tues 7th July v Wells	Fri 7th August v Rougham
Tues 14th July v Shouldham	Sun 9th August Chris Smith Trophy
Weds 22nd July v Hempton	Sun 16th August v Fritcham
Thurs 23rd July v Northwold	Tues 18th August v Upwell
Fri 24th July v Massingham	Thurs 27th August v Downham C
Sat 25th July v Bintree	
Tues 28th July v King's Lynn	Spectators are welcome at all matches
Weds 29th July v Downham	

Contact Paul on 07710597475 for further information about our club.

## CASTLE ACRE CRICKET CLUB & FIXTURES

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 a 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!!

If you are interested in playing, 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 11<sup>th</sup> May from 6pm, hardball for school years 5/6 & softball for years 3/4.



<p><b>July</b></p> <p>4<sup>th</sup> Castle Rising (Home)</p> <p>11<sup>th</sup> Hardingham (Away)</p> <p>18<sup>th</sup> Fakenham (Home)</p> <p>25<sup>th</sup> Snettisham (Away)</p>	<p><b>August</b></p> <p>1st Overstrand (Home)</p> <p>8<sup>th</sup> Norwich Malayalees (Away)</p> <p>15<sup>th</sup> Ketteringham Hall (Home)</p> <p>22<sup>nd</sup> Felthorpe (Home)</p> <p>29<sup>th</sup> Brisley and North Elmham (Away)</p>
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## CASTLE ACRE HORTICULTURAL SOCIETY

What a blooming good start to Summer!

A huge 'thank you' to everyone who helped make this year's 'Plants and Cakes on the Green' into such a good event. We raised over £700 in sales, all funds to be used towards gardening and horticultural events for Castle Acre.

As always, the cakes went pretty quickly and thanks to a good few downpours, the plants should now be flourishing in gardens around our lovely village!

**Thank you to everyone who donated to, and supported,**



Castle Acre  
Horticultural Society

### **Annual Village Show**

**To be held on Saturday 5 September 2026 at  
Castle Acre Village Hall**

Here are the 4 photographic categories for this year's Division 7 (see also the Schedules delivered with Nar Valley News this month):

1. Different Greens
2. Clouds/Skies
3. Insect Life/Pollinators in Action
4. Arboreal Beauty

Follow the schedule carefully — you can take the pictures with your phone but they must be entered as prints — and the deadline is earlier than for the other Show Divisions.

**Don't be caught out!  
We look forward to receiving lots of entries!**

## CASTLE ACRE PARISH COUNCIL– SUMMER REPORT 2026

On Thursday 11th June 2026, Castle Acre Parish Council (PC) held its regular monthly meeting, no members of the public attended.

### **Statutory Consultation ref: U22074 /U33280 Castle Acre - South Acre Road Ford - Prohibition of Motor Vehicles Traffic Regulation Order.**

Castle Acre Parish Council would like to remind Residents and Visitors that the Temporary TRO restriction has been extended to 27<sup>th</sup> August 2026. Consultee's comments on the 'delegated powers report' are under further review by NCC / NP Law. CAPC accepts every Ford has its own unique concerns with South Acre Ford being a mix of both Health & Safety and Biodiversity/wildlife habitat protection as it is bisected by the River Nar (a rare chalk stream) and designated Site of Special Scientific Interest (SSSI), as such, CAPC continues to await a final decision and will update...

It has been noted that some instances of unlawful, (in breach of the current TTRO regulations) car parking have been occurring at the Ford, CAPC have received reports that pedestrians/mobility scooter users found access to the pathway at the barriers was blocked due to inconsiderate car parking. Please park considerately in our Village. Thank you.

### **Interested in becoming a 'First Responder' with the East of England Ambulance Service!**

The Clerk recently discovered in conversation with the East of England Ambulance Service that the nearest registered 'First Responder' to Castle Acre is located at Swaffham. Community First Responders (CFRs) are trained Volunteers that could arrive first at emergencies to provide immediate assistance, stabilise situations and save lives. The training itself comprises of a six-day intensive course (e learning and face to face, with assessments and further ongoing learning provided).

If this is a role you might be interested in and would like to provide this service for Castle Acre, please investigate the possibility/check criteria, visit: <https://www.eastamb.nhs.uk/join-the-team/volunteering-and-volunteers/community-first-responders>

### **The Drovers Solar 'Farm' / Power Station.**

CAPC would like to remind Residents the DCO for '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, the initial hearings (held in person / Teams) commenced on May 6<sup>th</sup> & 7<sup>th</sup>. CAPC Solar Group Interested Parties have now submitted further representations to the Planning Inspectorate, as cited at the May hearings all done by the 2<sup>nd</sup> June deadline. The Planning Inspectorate confirm that the next round of hearings is provisionally booked for the w/c 7<sup>th</sup> September 2026.

To sign up for project updates independently, please visit: [Get updates | The Drovers Solar Farm](#)

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

[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 July 9<sup>th</sup>, 2026, at CA Village Hall. Clerk- Amy Hart Tel: 07815430777 Email: [clerk@castleacreparishcouncil.gov.uk](mailto:clerk@castleacreparishcouncil.gov.uk)

## CASTLE ACRE HERITAGE GROUP

### **FREE Summer Event: The Past Uncovered** **At Castle Acre Church, Saturday 22 August 10:00 – 1:00pm**

*Providing a fascinating opportunity for all to come and see the results and findings of the recent Churchyard and Gravestones Survey at Castle Acre Church.*

From 2023 to 2025, twenty-five members of the Castle Acre Heritage Group spent nearly 570 hours recording the inscriptions on the gravestones in the churchyard of St James the Great. Many of the gravestones are from the late eighteenth and the nineteenth centuries and their inscriptions are at risk of becoming illegible. By making a written and photographic record of over 680 gravestones, the history of Castle Acre's families is being protected.

This is now your opportunity to find out how the survey was carried out; view the database and even try deciphering some inscriptions with the help of some of the survey volunteers – come and have a go!

If you have photographs of family members or other information, but don't know where the grave might be, we can search our records to try and locate it for you. If you agree, we can add your information to the database.

Free Refreshments will be served in the Church during the morning – and of course donations are welcome in aid of the Church.

**Please come along, whether as a resident or a visitor, to see how this survey is adding to our knowledge of Castle Acre's history and heritage.**

### **Castle Acre Stitching Group**

The **July** meeting will be held on the 8th at Foldgate, Back Lane, Castle Acre from 11am-12.30pm .

The **August** meeting will be held on the 12th at the Malt House, Back Lane at the same time.

We have recently sent 5 knitted blankets to the Fistula Hospital in Ethiopia and have another ready for delivery to King's Lynn Night Shelter.

## WHAT'S GOING ON IN WEST ACRE?

### 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](mailto:welham308@yahoo.com)*

### **WEST ACRE CARPET BOWLS CLUB**

A welcoming club for all ages and abilities. We pride ourselves in being friendly and fun for everyone. All equipment is supplied.

**Meeting every Tuesday and Thursday afternoon 2pm - 4pm**

**in WEST ACRE VILAGE HALL.**

**£2.50 per session and your first session is FREE.**

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Currently looking for more women to join our ladies team.

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 **[westacrecarpetbowls.co.uk](http://westacrecarpetbowls.co.uk)**

## SUMMER AT WESTACRE THEATRE

**Here's to a magical summer!**

- Lady Windermere's Fan | 4th July | 5pm
- Bowjangles | 19th July 12pm - 3pm
- The DixieMix | 26th July 12pm - 3pm
- Sense and Sensibility | 6,7,8,13,14,15,27,29 August 7:30pm  
8th/15th August at 2.30pm
- Comedy of Errors | 18,19,20,21,22,25,26,28,29 August 7:30pm  
22nd/29th August at 2.30pm
- Sheringham Shantymen | 30th August 12pm - 3pm



***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](http://www.westacretheatre.com) / call the box office (01760 755007). For all our latest news follow us on our socials @westacretheatre.***

## 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

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**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).

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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 make 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](http://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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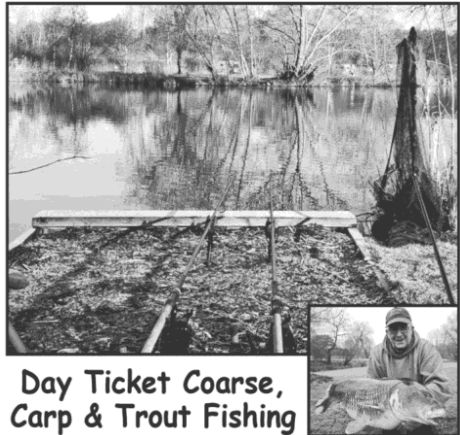
Janet Beck Tel: 01760 337419

[Janet.beck2@icloud.com](mailto:Janet.beck2@icloud.com)

Janis Bell Tel: 07887 983568

[Janisbell@outlook.com](mailto:Janisbell@outlook.com)

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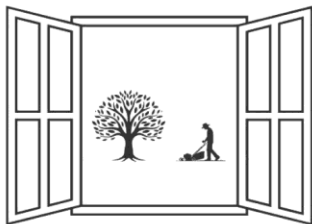
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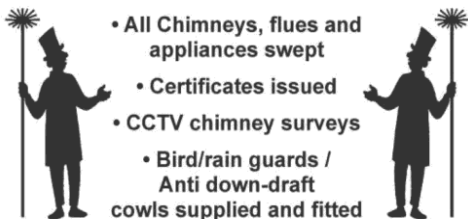
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## VETERANS CENTRAL EVENTS

### **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 July 19<sup>th</sup>: 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.

For more information, email [events@veteranscentral.co.uk](mailto:events@veteranscentral.co.uk).

If you would like to participate in one or more event, email [ops@veteranscentral.co.uk](mailto:ops@veteranscentral.co.uk).



### Veterans' Voice

#### Don't Forget our Regular Drop Ins

Come along for a FREE hot drink, cake, and a spot of chat and banter, or to ask questions about veterans' support

Swaffham	Fakenham
Assembly Rooms, Market Place, PE37 7AB	Fakenham Library, Oak Street, NR21 9DY
1030-1300	1030-1230
Tuesday July 28 <sup>th</sup> Tuesday August 25 <sup>th</sup>	Thursday 2 <sup>nd</sup> July Thursday 6 <sup>th</sup> August
Contact: <a href="mailto:loraine@veteranscentral.co.uk">loraine@veteranscentral.co.uk</a> 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.*

**Karaoke Night – July 3 & August 7, 2026 8:00 pm**

**Open Mic Night - July 10 & August 14 2026 8:00 pm**

**Free Pool Night – July 17 & August 21, 2026 5:00 pm**

**Bikers Night – July 31 & August 28, 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 COMMUNITY CENTRE

## SUMMER FAIR & FUN DOG SHOW

**SUNDAY 26<sup>TH</sup> JULY 2026 11am – 4pm**

**Narborough Community Centre, Chalk Lane, PE32 1SR**

Our popular summer fair and fun dog show is always well attended and this year we are looking forward to welcoming the Dereham Town Band for the first time.

The Great Massingham therapy donkeys are lovely and enjoyed being stroked and patted when they visited us at the fair last year.



We will be serving teas, coffees and snacks from our tea room and there are several cakes and bakes stalls attending together with the very popular Palmer's fish and chip van.

There will be stalls in our main hall and our marquees on the field selling a wide selection of items from homemade jams and preserves, wooden crafts, hand-made jewellery, 3D printing items, to all things needed for the doggy friends in your life, and many, many items in between!

We will also have a traditional village bowling game which will be great fun.

**PLEASE COME ALONG AND ENJOY THE DAY**

 **WE LOOK FORWARD TO SEEING YOU!** 



## NARBOROUGH PARISH COUNCIL AGM REPORT JUNE 2026

The Chairman opened the meeting and welcomed the new County Councillor, Jaden Lister.

Apologies were received from Cllr Sharpe and duly accepted. The Chairman suspended the meeting for District and County Councillors and members of the public to address the council.

Chairman Cllr Wilkinson welcomed Anne Neary, Executive Headteacher, Nar Valley Federation of Church Academies. Anne delivered a report regarding the latest activities alongside what is delivered in the School statutory curriculum. This included forestry skills with the traditional marshmallow toasting, Theatre work, wild camping - makes me wish I was back in School! Anne said a massive thank you to the school PTFD for contributing to the trips. The School nursery continues to be successful, which is supporting families, as well as the daily care.

The Parish Council had received a request from the Narborough Community Centre management to help with replacing the worn out Norman gate entrance to the Centre. A short discussion took place and it was agreed that the request could benefit the Community, but a full costing of the project would need to be brought back to the council for consideration at the July meeting.

The Parish Council is continuing to communicate with County Council Highways, regarding highway safety measures, with the hope of further reducing speeding in Narborough.

The Parish Council approved the Village Insurance Policy renewal, the cost of which had risen considerably.

An account of the full meeting minutes can be viewed on the Parish Council website: [Narboroughparishcouncil.gov.uk](http://Narboroughparishcouncil.gov.uk)

The Parish Council had received a positive internal report for 2025/26. The Chair thanked Auditor, Susan Nairn, and Clerk, Sara Porter, for their work.

The Parish Council has 2 Councillor places vacant; if any resident would be interested in joining the Council, in the first instance please contact the Parish Clerk, Sara Porter, for further information via [clerk@narborough-norfolk-pc.gov.uk](mailto:clerk@narborough-norfolk-pc.gov.uk)

The next Parish Council meeting will take place in the Florence Green Room at the Narborough Community Centre at 7pm on Monday 6<sup>th</sup> July 2026.

*Cllr Wilkinson.*

## NARBOROUGH HOUSEHOLD FOOD WASTE COLLECTION SERVICE

Cllr Wilkinson wishes to inform Narborough residents of the following arrangements:

The Simpler Recycling Legislation was introduced to enable consistent and more streamlined collections from all households and businesses, making recycling easier, whether at home, work or school.

Local authorities are required by 31<sup>st</sup> March 2026 to introduce a weekly food waste collection.

Due to supplier constraints, we have been unable to introduce a food waste collection by this date, but we have taken steps to introduce a food waste collection service as soon as possible and have advised Defra accordingly.

The Food Waste Service will go live in September 2026 and will be rolled out in two phases:

- Phase 1 – North of the district - w/c 7<sup>th</sup> September
- Phase 2 – South of the district - w/c 21<sup>st</sup> September

Ahead of going live, we will deliver two containers to each property:

- 7 litre caddies for use in the property
- 23 litre bins for use outside the property and to be placed out for collection

A leaflet will be provided with the containers, providing residents with the information they need for the service, including when collections are due to start. Containers will be delivered to residents between the 8<sup>th</sup> of August and 11<sup>th</sup> of September.

A bedding-in period of up to 12 weeks has been allowed, where additional resource will be available to support both residents and Serco whilst they familiarise themselves with the new service. During this period Serco will return for any missed collections, whether the fault of the resident or Serco.

We will be running two drop in sessions, to answer any questions, or for more information about your ward:

- 11<sup>th</sup> June 10:00 to 11:00 Norfolk room – Members only
- 18<sup>th</sup> June 2:00 to 3:00 Anglia room – Members and Town & Parish Councils

**For further information please visit:**

**[Household Food Waste Collection Service coming soon - Breckland Council](#)**

**or contact [environmental.services@breckland.gov.uk](mailto:environmental.services@breckland.gov.uk).**

## NARBOROUGH PRIMARY ACADEMY

**Hello, we are back! Again, some of the year 6s have been going around all of our classes and have been asking, “What have you enjoyed doing this term?” So we are now here to update you...**

Hedgehogs Class (nursery and reception):

Hedgehogs have enjoyed reading the ‘Night Pirates’ as well as drawing their own pirates. In addition, they went to Church Farm to learn all about the different animals but also got to feed the animals and play with them. On federation day, they had an awesome time roasting marshmallows and in maths they have loved learning how to write sums and working out the questions.

Squirrels Class (year 1 and 2):

Squirrels have enjoyed trying to join letters such as ‘A and D’ in English. In Science, they have been experimenting with which materials are waterproof and which aren't. In Maths, they have had fun finding quarters. In Geography, Squirrels have been learning about compasses and maps but in History they have loved learning about Queen Elizabeth I. In Art, they have had fun learning about Kandinsky and creating their own artwork inspired by his painting, ‘Squares with concentric circles.’

Foxes Class (year 3 and 4):

This half term Foxes Class have had fun learning how to add and subtract money. They have also enjoyed reading the BFG story and writing a description about giants in English. In Art they have been creating Maya prints. In French they have been learning how to greet each other in French. In Geography they have been learning about non-renewable and renewable sources of energy.

Otters Class (year 5 and 6)

This half term Otters Class have enjoyed writing explanations about their own inventions. In Art they have enjoyed doing their massive pointillism piece inspired by the work of Georges Seurat. In PE, they have liked training for Sports Day. The year 6 children went swimming and we did our 25 metres (which was awesome!) Year 5 have had an excellent day training at Sacred Heart for sports day. On Federation Day, everyone had so much fun roasting marshmallows and turning them into s'mores! The year 5 children have enjoyed organising a young leadership session about safety and what to do in a crisis.

**Bye for now! The next article will be our last as we will be moving up to secondary school soon, but we'll hand the baton onto the current year 5 children.**

## INVITATION TO A CHARITY COFFEE MORNING

**Please join us for a charity coffee morning  
in aid of Pancreatic Cancer UK**

To be held on Saturday 18th July, 10.30 to 12.30  
at the home, of Stuart and Margaret Johnson.

99 Westfields, Narborough



Raffle and bring and buy  
Hope you will feel able to support us

## NARBOROUGH MUSEUM (Signposted from Ship Corner)

**We are open every Thursday 10am-3pm.**

**The next Sunday opening is on July 5<sup>th</sup> when there will be a  
table top sale.**

There are three cabins plus a reading room, bird hide and a  
memorabilia cabin plus the barn where refreshments are  
available.

**If you belong to a group and would like to arrange a private  
visit please contact David on 07769 602601 who will be only  
too happy to talk to you.**

Everything is free but donations are gratefully accepted.

## NARBOROUGH CHURCH - COMMUNITY LUNCH

On Saturday 29<sup>th</sup> August 2026 a community 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  
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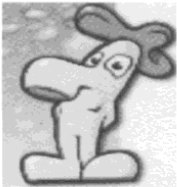
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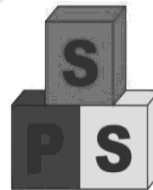
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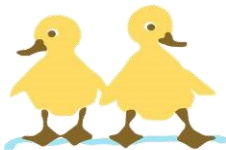
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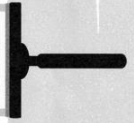
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Tuesday 1<sup>st</sup> September

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Saturday 8<sup>th</sup> August  
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## PENTNEY, NARBOROUGH & DISTRICT WI

Meetings are held in Pentney Village Hall at 2pm on the fourth Wednesday of the month.

The speaker on Wednesday, July 22<sup>nd</sup> is Cora Mullenger, and the subject is Seals at Horsey.

Several outings have been arranged, including a visit to Elsing Wood and Tea with a Pony at the Magpie Centre.

The WI ladies will make you feel welcome if you would like to join us.

## NAR VALLEY ORNITHOLOGICAL SOCIETY (NarVOS)

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

### **JULY INDOOR MEETING SPAIN'S HIGHLANDS AND ISLANDS BY DAVE JACKSON**

Dave Jackson is a seasoned birder, award winning photographer and bird tour leader. He also runs photographic workshops and training sessions specialising in wildlife subjects.

Spain and its territories are popular tourist hotspots but also feature in many birders' travel plans with its diverse range of habitats and wildlife.

With this presentation concentrating on the country's highland and islands, we can expect some amazing images.

We always welcome new members, so if you may be interested in joining our friendly society, please come along on 29<sup>th</sup> July 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.



### **AUGUST INDOOR MEETING STRANGE NAME FOR A BIRD BY PAUL FULLER**

Paul is chairman of NarVOS, has been birding from an early age and is a keen photographer. He has travelled widely around the world in search of birds. For this presentation we look much closer to home, however, at our more familiar British species.

Ever wondered how birds got their names? Some are obvious, Cuckoo and Blackbird for instance, but what about Rook or Magpie, or Fulmar and Phalarope? Find out some of the answers to the origins of the "common" names in this illustrated talk with Paul Fuller on 26<sup>th</sup> August.

For more details, please contact:

Paul Fuller ([paul.fuller123@btinternet.com](mailto:paul.fuller123@btinternet.com)) or

Alan Schpot ([alan.schpot@talktalk.net](mailto:alan.schpot@talktalk.net)) or check out our

website [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).

Contact details		
Rev Angela Hammett, Tel 01760 338552 Email: <a href="mailto:narvalleyrector@hotmail.com">narvalleyrector@hotmail.com</a>		
Church	Church Wardens	Named persons for Safeguarding
<b>Castle Acre</b>	<b>Anne Loch</b> 01760 755403 <b>Lloyd Talor</b> 07907 525988	<b>Dr. Ilga Chakrabarti</b> 01760 755368
<b>Narborough</b>	<b>James Stephenson</b> 01760 337901	<b>Joan Upton</b> 01760 337053 <b>Liz Collins</b> 01760 337403
<b>Newton</b>	<b>Stephen Laing</b> 01760 755455 <b>Tony Bell</b> 07787 075726.	<b>Clare Levere</b> 07709 232851
<b>Pentney</b>	<b>Sue Neep</b> 01760 338037 <b>Andrew Smith</b> 01760 755102	<b>Andrew Smith</b> 01760 755102
<b>South Acre</b>	<b>Davina Barber</b> 07967 369573	<b>James Stephenson</b> 01760 337901
<b>West Acre</b>	<b>Henry Birkbeck</b> 01760 755254	<b>Clare Levere</b> 07709 232851

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

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

**Sundays**      *10:00 - 10:30am – Prayer & Praise*  
                     *10:45 – 12:00 - Morning Worship Service, followed*  
*by fellowship with tea/coffee/biscuits served in the hall.*

**Wednesdays** *7.00-8.30pm; 1st & 3rd Wednesday of the*  
*month-Bible study in the church office.*

**Address:** 38 Station Street, Swaffham, Norfolk, PE37 7HP

www.swaffhambaptist.uk Phone 01760 725684 or email:  
secretary@swaffhambaptist.uk

*A warm welcome is extended to all.*



**Our Lady of Pity Roman Catholic Church, Swaffham**  
Serving the parishes of the Nar Valley Benefice

**Mass Times:**

**Saturdays**      5.00pm Vigil Mass at Watton in the Methodist Church

**Sundays**        *8.30am and 10.30am*

**Holy Days**     *10.00am and 7.30pm*

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



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## Nar Valley Benefice - Sunday Services – July 2026

<b>Date</b>	<b>July 5<sup>th</sup></b>	<b>July 12<sup>th</sup></b>	<b>July 19<sup>th</sup></b>	<b>July 26<sup>th</sup></b>	<b>August 2<sup>nd</sup></b>
<b>Castle Acre</b>	9.30am Morning Praise	9.30am Holy Communion	9.30am Holy Communion	9.30am Holy Communion	9.30am Morning Praise
<b>Narborough</b>	11.00am Holy Communion		11.00am Holy Communion		11.00am Holy Communion
<b>Newton</b>	8.30am said traditional Holy Communion				8.30am said traditional Holy Communion
<b>Pentney</b>		11am Holy Communion		11.00am Morning Praise	
<b>South Acre</b>		6pm traditional Evensong			
<b>West Acre</b>			6pm traditional Evensong	8.30am said traditional Holy Communion	
<b>Celebrating</b>	5 <sup>th</sup> after Trinity	6 <sup>th</sup> after Trinity	7 <sup>th</sup> after Trinity	8 <sup>th</sup> after Trinity	9 <sup>th</sup> 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

## Nar Valley Benefice - Sunday Services – August 2026

<b>Date</b>	<b>August 2<sup>nd</sup></b>	<b>August 9<sup>th</sup></b>	<b>August 16<sup>th</sup></b>	<b>August 23<sup>rd</sup></b>	<b>August 30<sup>th</sup></b>
<b>Castle Acre</b>	9.30am Morning Praise	9.30am Holy Communion	9.30am Holy Communion	9.30am Holy Communion	9.30am Holy Communion
<b>Narborough</b>	11.00am Holy Communion		11.00am Holy Communion	11.00am Morning Praise	
<b>Newton</b>	8.30am said traditional Holy Communion				
<b>Pentney</b>		11am Holy Communion			11.00am Morning Praise
<b>South Acre</b>		6pm traditional Evensong		4pm anointing for wholeness	
<b>West Acre</b>			6pm traditional Evensong		8.30am said traditional Holy Communion
<b>Celebrating</b>	9 <sup>th</sup> after Trinity	10 <sup>th</sup> after Trinity	11 <sup>th</sup> after Trinity	Special	13 <sup>th</sup> 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