

# NAR VALLEY NEWS



## September 2026

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## FIRST WORD from the Rector

The school summer holidays are coming to an end. The new school year is ready to begin. A number of our young people will be in a new class. A few will be in a new school. All will be learning new things.

The school timetable is full to the brim with things to be taught. Our children are challenged and helped to master a wide range of skills and knowledge. They, and their teachers and teaching assistants, will be busy all year.

And there is more. They will be absorbing and learning a whole host of other things. They will be growing as individuals and as part of their community. This emotional, moral, social, and spiritual growth is vital. It shapes who they are and who they will be.

We are blessed to have local schools that deliberately invest in these aspects of their life together.

It is work that does not stop at the school gate. Children and young people are always learning and developing. They are constantly absorbing the world around them. Our homes, our local communities, and our digital world shape them too.

This involves all of us, including our churches. Churches are communities of learning, of healing, and of growth. They are places of welcome and belonging for all ages. We journey through life together.

You might like to consider the following questions:

*What am I absorbing from the world around me?*

*How is it shaping me?*

*Where do I find help to learn, to heal, and to grow?*

*Who else might I connect with to find support?*



Every blessing,

*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 October edition is 15<sup>th</sup> September 2026**

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

[Narvalleynews@yahoo.com](mailto:Narvalleynews@yahoo.com)

Advertising: For all advertising-related items, please contact:

Barbara Whitehorn 01760 755032 / 07788 920604

[c.whitehorn@btinternet.com](mailto:c.whitehorn@btinternet.com)

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

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## SPECIAL DATES FOR YOUR DIARY



### CASTLE ACRE FETE

**SUNDAY 6th September 2026**

**Castle Acre Playing Field - 2.00pm - 5.00pm**



**ALL WELCOME!**

**Enjoy Fun, Craft Stalls, Games, Teas, Ice-cream, BBQ, Car Boot Sale, Entertainment and our fantastic under 7s and Junior Play Areas.**

**Organisations/Anyone wishing to take part, stallholders, entertainment, car booters, please contact Nigel on 07764 984864 or by email at [chambers\\_nigel@hotmail.com](mailto:chambers_nigel@hotmail.com)**

*'Sorry, no dogs on the field'*

## LIFE EVENT ANNOUNCEMENTS

***Would you like your life event announced in the Nar Valley News?***

*We are happy to include births, thanksgivings, christenings, engagements, marriages, deaths and funerals when requested.*

*(Following a change in the law and multiple requests not to include details, we no longer automatically do this in a 'From the registers' notice.)*



*Every blessing,  
Mother Angela*

*Angela Hammett, Rector of the Nar Valley Benefice.*

*Address: The Rectory, Main Road, Narborough, PE32 1TE; Tel: 01760 338552*

## HELP NEEDED

**Could you spare a couple of hours a week to make a real difference?**

We're looking for a friendly volunteer to help with simple administrative tasks, including basic word processing and accessing an easy-to-use database.

Your support would help Mother Angela and the churches she serves, and the timing can be flexible to suit you. If you'd like to lend a hand, please consider getting in touch.

# THANK YOU!

## CASTLE ACRE SUMMER BALL

**Theme: "London's Calling" - held on 6 June 2026**

On behalf of the whole of the Castle Acre Summer Ball Committee, we wish to thank you for your very kind donations.

The Ball has raised an amazing £16,000 which will be shared equally between the two Charities: You Are Not Alone and Norfolk Accident Rescue Service.

Both are such deserving Charities and, in the current climate, can only survive with donations.

We will continue to host a Biennial Ball in Castle Acre to help raise valued funds for local Charities.

We do hope we will be able to call on your support again in 2028.



Many thanks again from the whole of the Castle Acre Ball Team.

*Brett Corder (Chairman), Maria Corder (Treasurer), Jack Corder, Stacie White, Nathan Clarke, Bride Mckenna, Patty Moulton, Ali Fisher, Laura Patrick, Evie Stabler and Helen Mitchell (Secretary).*

## **Friday 31<sup>st</sup> July 2026 - Fatal Road Accident A1065, Newton Road junction**

Our first thoughts and sympathies must go out to all involved in, (along with their families), the tragic and sadly fatal road accident on the A1065 on the morning of Friday 31<sup>st</sup> July.

Secondly, an acknowledgement and thanks to the residents of Castle Acre who volunteered and helped with the redirecting of traffic through the village for the rest of the day - thank you all.

*Castle Acre Parish Council.*

## BIG HEART & SOUL CELEBRATION

A big thank you to everyone who attended The Big Heart & Soul 30th Anniversary Concert on Sunday 19 July. It was a wonderful occasion in the fabulous setting in St James the Great Church, Castle Acre. We were moved by the number of people who came along – 134 in total – and the wonderful reception given, making this one of our best ever concerts – thank you.

This year the Summer Concert raffle and retiring collection kick-started the 'Castle Acre Village Hall Fundraising the Roof' campaign, with £517 going towards the thousands of pounds needed. The Big Heart and Soul Choir have been rehearsing every Wednesday during term times at the Village Hall for 30 years – we feel the hall is our home, so the campaign is close to our hearts.

Our Festive Concert in December will be held in the charming Helhoughton Church for the second year running with half the monies raised being donated to their church roof repair fund. The date will be on our website once it's been fixed.

Thank you all once again for supporting Castle Acre's Big Heart and Soul World Music Community Choir. If you'd like to join in the singing, email [lindaroast56@gmail.com](mailto:lindaroast56@gmail.com) for details.

The first two sessions are free, rehearsals are £6 a week and there are no auditions as everything is taught by ear. It would be lovely to have you join us on Wednesdays from 7.15 to 9pm.

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

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| ¼ page   | £110             | £65      |
| 1/8 page | £65              | £40      |

## CASTLE ACRE CORONATION BOWLS CLUB

The sun is setting on another wonderful summer of bowls at our club with most of the competitive matches finished.

Only the Downham Triples remain and the finals of our club competitions.

The club would like to thank everyone who has supported us, played in our teams, made food, kept the club in order and maintained our green to the highest standard possible in the conditions.

Our final league positions were:

EBA Div 1 West.....5th  
Federation Division 2....2nd  
Albert Victor Div 1.....3rd



A very satisfactory season for our club.

Contact Paul on 07710597475 for further information about our club.

## 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 St James' Church.

The Charity for September is the Anglican Church of Papua New Guinea.

Papua New Guinea occupies the eastern half of the island of New Guinea and most of the people live in rural areas. HIV/AIDS is a rapidly growing problem. More than half of the rural health work, and nearly all and community health workers, is carried out by the churches.



### Castle Acre Stitching Group

Castle Acre stitching group will next meet on Wednesday 9th September from 11am - 12.30pm at 5 Bailey Street, Castle Acre. All welcome, just bring some stitching or knitting.

## CASTLE ACRE CRICKET CLUB

**Castle Acre Cricket Club**, reformed in the winter, have enjoyed a decent summer of cricket in Division 1 of the Norfolk Cricket League. Currently in a close 4<sup>th</sup> place in the 10 team group and still in contention to improve that position with 3 games to play. To date the team has won 9 and lost 6 of the 15 games, this includes defeating the league leaders twice.

The group has played in constant good spirits, win or lose, which has contributed to some new members joining during the season. This is also helped by the facilities and well-maintained wicket, certainly one of the best in this division - some of our high scoring opponents will confirm this!!!

We thank the wider playing field committees, and Castle Acre Budgens for making each home game a family day for our players, with plenty to do for partners and children during each match. We welcome any interest from players in the area as we consider our structure for the next season. CACC.



**The Castle Acre Youth Cricket Club** teams have enjoyed a brilliant summer, with young players from 6 years old to 14/15 bringing energy and enthusiasm to every training session.

Our U11s competed in a summer league and made steady progress throughout the summer. Each game brought sharper bowling, braver batting, and a real sense of progress across the squad. The U9s also had a fantastic experience, taking part in a lively tournament that gave them a chance to showcase their skills and enjoy the excitement of match play.

Training sessions have been full of fun mini-games, giving the younger age groups a chance to put their practice into action in a relaxed, supportive setting. Parents have been a friendly presence on the sidelines, creating a warm community feel week after week. Looking ahead, we're excited to be expanding with more teams across different age groups next year, giving even more children the chance to get involved.

If you'd like to explore joining the club or learn about volunteering, we'd be delighted to welcome you. *Carys Molyneux.*

## BIBLE STUDIES

Sessions are being held at the Rectory and on Zoom on Tuesdays, 7-8pm, and in Castle Acre Church on Thursdays, 7-8pm.  
If joining by Zoom, please let us know on 01760 338552.  
All are welcome.

## CASTLE ACRE HORTICULTURAL SOCIETY

If there was one thing missing from most of our recreational spaces this summer, it was that quintessential feature of the English landscape: lush, GREEN grass! A lawn in late August is rarely the finest moment in any garden but this year we hardly had chance to GROW a lawn, let alone mow one!

You may be a gardener with 'bowling-green' aspirations, or you might be content with a 'family-games' turf of robust quality, but it's usually around the middle of July when wear-and-tear starts to creep in: those tell-tale patches in the cricket pitch and swing-ball areas, some flattened growth which never quite recovers from Grandpa's heroic leap to get to the ball before it hits the neighbour's fence.....by September, the joys of school holidays may have begun to take their toll on our gardens, but the lawn *will* start to recover (even if Grandpa doesn't quite).....and that's because grass is 'special'. It grows from the base (not from the tip) and that's why it will survive constant grazing, mowing, drought, even fire — plus the rough and tumble of most family games! A vast network of underground roots and the process of 'transpiration' help grass to cool our surrounding air and — most importantly — to draw in and store massive amounts of carbon from the atmosphere.

Keep loving your lawn and helping your garden's biodiversity and keep your secateurs handy for active 'deadheading' to encourage a fresh flush of beautiful autumn blooms (especially if you can rustle up some rainwater!).

Dahlias, roses, cosmos, artemesia, daisies, gazanias - they'll all keep going for a while longer. Stay cool, enjoy that nice brown 'lawn' and a game of cricket while you can — and happy Autumn gardening in our changed climate!

**Hort Soc's Annual Show (5th September at the Village Hall)** has become a village tradition, providing us with the perfect opportunity to display the results of our hard work in gardens, greenhouses and kitchens. We're very grateful for everyone's enthusiasm and support and we're especially indebted to our judges and all who acted as stewards — without them, small village shows like ours could not continue.



### ***Our forthcoming events:***

**Monday, 19th October 7pm - *Fungi Folklore, Witches & Devils***  
**A talk by Dr Tony Leech**

**Monday, 16th November 7pm - *Fruit***  
**A talk by Pauline Harper** *Note: a change from original event*

**Monday, 14th December 7pm - *Christmas Social***

## CASTLE ACRE PARISH COUNCIL – JULY REPORT 2026

On Thursday 9th July 2026, Castle Acre Parish Council (PC) held its regular monthly meeting, six members of the public attended.

### **Non-Conformist Burial Ground**

Castle Acre PC can happily share the news that as of 08/07/2026 current planned works to the 'Non-Conformist Burial Ground' (opposite The Castle) are now complete with the final capping stones placed on the left-hand pier and gate re-hung. Sincere thanks go to The Wicken for the loan of a JCB Telehandler with operator and to a local Builder for placing them. This project represents an incredible volume of research work from the Heritage Group, led by Cllr Anne Mason with the help of National Lottery Heritage Funding. Special mention and thanks go to the volunteers who continue to maintain the site. You are all appreciated, thank you.

### **Potholes De Warrene Place**

CAPC would like to say sincere thanks to Borough Cllr Alistair Beales for arranging further works to the unadopted road at De Warrene Place. Potholes were repaired on 08/07/2026 with the cost of the repair shared 50/50 once more between KLWNBC and Freebridge Housing Association. A great example of our local authorities working together for the benefit of residents. Thank you.

### **The River Nar SSSI Flea Treatment Advice by Cllr Manson**

Castle Acre Parish is incredibly lucky to have the River Nar running through it. The river and surrounding areas are an internationally important habitat, a unique chalk stream that is classified as a Site of Special Scientific Interest (SSSI). The river area is enjoyed by many people carrying out a variety of activities e.g. naturalists, ramblers, dog walkers, club fishing and occasional swimmers.

Part of responsible dog ownership is ensuring they are kept free and healthy from parasites. One flea can lay up to 15,000 eggs in a month, rapidly creating an infestation and leading to serious health issues for the animal. Ticks are commonplace all year round due to increased wildlife hosts and can transit serious conditions to dogs and people e.g. Lyme Disease.

The use of preventative antiparasitic medication is an important way of controlling such parasites. However, a potential side effect of using flea and tick treatments is that some can contaminate natural water sources, affecting important insect life in the habitat. Less modern flea products carry a greater risk as they are often topical in their action (stay in and on the dog's coat and skin) and are often water soluble. This includes products containing fipronil or selamectin. These treatments can wash off a dog's coat when they swim in water. Most modern flea treatments have been developed with active ingredients that can be given orally or by periodic injection. This means the active ingredient remains within the body rather than topically (externally) in the hair and skin. As they are more targeted, they can also be given at lower concentrations.

**For full article, visit [News – 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 September 10<sup>th</sup>, 2026, at CA Village Hall (with no meeting in August) Clerk- Amy Hart Tel: 07815430777 Email: [clerk@castleacreparishcouncil.gov.uk](mailto:clerk@castleacreparishcouncil.gov.uk)

## THE DROVES SOLAR 'FARM' / POWER STATION

On Tuesday 7<sup>th</sup> July 2026, West Acre Theatre kindly hosted a meeting between representatives of Island Green Power (The Drovers) RWE (High Grove) with representatives from Castle Acre Parish Council, Sporle Parish Council, Holme Hale Parish Council and further 'Interested Parties'.

The meeting was set up to discuss the 'cumulative' impacts of both solar plant projects sited either side of the A1065. Topics covered included the objections raised by the MOD & RAF Marham, transport, traffic impacts, fire risks, battery storage siting, water management and deer. Any potential Community Benefit fund was not touched upon at the meeting.

Sincere thanks go to West Acre Theatre and to all who attended. Draft minutes of the meeting are available from the Clerk, Amy Hart, upon request.

The Planning Inspectorate has confirmed that the next round of hearings are provisionally booked for the w/c 7<sup>th</sup> September 2026.

Castle Acre Parish Council would also like to say a sincere thank you to our MP James Wild for agreeing to take part in a 'Community Conversation', 21<sup>st</sup> August 2026 at Castle Acre Village Hall 7-9pm.

This was a chance for residents and locals to ask questions and have their voices heard regarding the proposed development and its impacts including questions and concerns on environmental / traffic impact, property values and more.

To sign up for project updates independently, please visit: [Get updates | The Drovers Solar Farm](https://uk.rwe.com/project-proposals/high-grove-solar-farm/)  
<https://uk.rwe.com/project-proposals/high-grove-solar-farm/>

## THE MAGPIE CENTRE HAS REOPENED!

The Magpie Centre, West Norfolk RDA, has reopened after a temporary closure and thanks the local community for its support. The Centre still needs help to recover financially and is asking for donations, fundraising support, volunteers and new trustees. Trustees with experience in IT/digital, health and safety, safeguarding or fundraising are especially welcome.

***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.***

[www.rda-westnorfolk.org.uk](http://www.rda-westnorfolk.org.uk) or Tel 01553 810202

# BIKE – WALK – DRIVE DAY

## Opening the doors on history

Many of us, it's fair to say, seldom set foot inside our local church other than for the occasional christening, marriage or, sadly, funeral. Hatch, match and dispatch, as they (somewhat crudely) say.

So we rarely if ever have the opportunity to enjoy the peace, tranquility and simple beauty of the many fine, historic churches across Norfolk, including our own here in Castle Acre.



St James Church has been standing tall and proud for some 700 years, serving its local community and, these days, attracting many visitors too, as a glance at the visitor book inside will testify.



On **Saturday 12 September** there's a chance to see inside some of these grand old churches, when the annual Bike – Walk – Drive Day takes place. The idea is simple: get a sponsorship form, get sponsored and head off on the day – by bike, on foot or else in your car – to visit some churches, where your sponsorship form will be signed to acknowledge your visit.



Run by the Norfolk Churches Trust for over 40 years, the event has raised more than £4m towards the upkeep of the county's chapels and churches. Half of the money you raise goes to the Trust for restoration projects and the other half goes to help keep your own nominated church in good repair.

**All Churches in the Benefice are participating in this great activity.**

**If you'd like to take part, you can get further details and a sponsorship form from Chris Whitehorn on 07768 521993.**





**BIKE · WALK · DRIVE**  
Saturday 12<sup>th</sup> September 2026  
9am–5pm

**Win a Bike!**  
Many of Norfolk's incredible historic churches and chapels are in **urgent need of repair** – from leaking roofs and crumbling stonework to essential timber and window repairs.

Your support helps keep these remarkable landmarks **safe, open and alive** for the communities they serve.

**Take Part & Make a Difference**  
Explore Norfolk's stunning churches and raise money simply by being sponsored for your **bike ride walk or drive** or make a personal donation.

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**Your Support Really Counts**

Last year, the Bike, Walk and Drive raised over **£150,000**, helping churches and chapels across Norfolk to be **repaired, restored and improved** for future generations.

**Every donation is shared** between the church, chapel or meeting house you choose and the Norfolk Churches Trust to support our vital grant-giving work.

It's a fantastic **family day out** – with beautiful countryside, friendly communities and centuries of history waiting to be explored.

**Thank you for your support!**

**Competitions:** Why not enter our annual photography competition to win £100 for the best picture of the day or go on with others in your parish to win £1,000 for your church by becoming the parish with the most improved amount of money raised. And this year, to celebrate 50 years of Norfolk Churches Trust, we are featuring a special children's competition to win a bike!

Find out more

**norfolkchurchestrust.org.uk/bikeride**

**HOW TO TAKE PART**

- 1. Get a Sponsorship Form**  
Download yours by scanning the QR code
- 2. Raise Sponsorship**  
Ask friends, family, colleagues and neighbours to sponsor your walk, ride or drive. Don't forget to note **which church or chapel you're supporting** or simply list them for the Trust.
- 3. Enjoy the Day**  
You will often find refreshments at the churches and chapels.
- At named churches**, someone will sign your form.
- At unnamed churches**, simply record your visit yourself.
- 4. Send in Your Sponsorship Money**  
Post your completed form and donation to:  
**Bike Ride Team,  
Wood Farm,  
Fressingfield,  
Thetford, Norfolk IP24 9JY**

**Prefer to donate online?**  
Use **JustGiving**  
Please remember to name your chosen church or chapel

## 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 are welcome to attend. Coaching is led by the WPBSA Accredited coaching team. Total beginners are very welcome to come along, as well as children with some cue-sports experience.

*For more details, 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 on being friendly and fun for everyone. All equipment is supplied.

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 **Belinda 01760 755184, [Belinda\\_Bush@hotmail.com](mailto:Belinda_Bush@hotmail.com)**

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

## WESTACRE THEATRE

- ❖ Twelfth Night (The Pantaloons), Sat 19<sup>th</sup> Sept at 3pm & 7.30pm
- ❖ The Misanthrope (NT Live) Tues 22<sup>nd</sup> Sept at 7pm
- ❖ Pen & Wash Workshop (Pauline Bull) Sun 4<sup>th</sup> Oct 10am-3pm
- ❖ A Brief Case of Crazy (Shoddy Theatre) Sat 10<sup>th</sup> Oct at 7.30pm
- ❖ Sister Queens (Play on Words) Thurs 15<sup>th</sup> Oct at 7.30pm



*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.*



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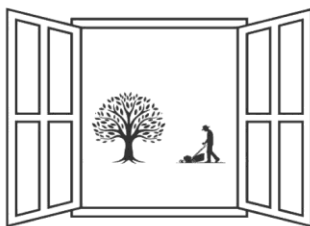
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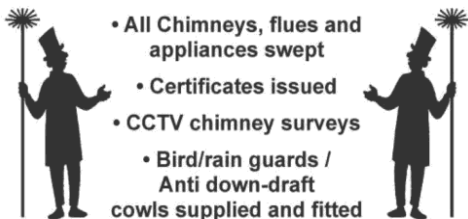


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## ARE YOU A VETERAN IN THE SWAFFHAM AREA?



**The Veterans Central Swaffham drop-in centre is now well established (and popular) and we have now fixed dates for the rest of 2026.**



**Come along for a FREE hot drink, cake, chat and a spot of banter, or to ask questions about veterans' support. We meet every 4th Tuesday of the month.**

**Venue: The Pedlars Suite, The George Hotel, 1000 to 1200.**

The George Hotel is located on the corner at the traffic lights of Swaffham and there is free parking and easy access.

**On the following Tuesdays:**

**September 22<sup>nd</sup>**      *You are welcome to bring partners or carers.*

**October 27<sup>th</sup>**      *Please spread the word to any military*

**November 24<sup>th</sup>**      *colleagues in the area.*

**December 22<sup>nd</sup>**

More information? Contact: [ops@veteranscentral.co.uk](mailto:ops@veteranscentral.co.uk)

Mobile: 07713 860040

---

### **Veterans Central**

The Veterans Central Charity (#1208763) is based at **West Raynham SHQ** (NR21 7PL) and is a facility for Military veterans, serving personnel and families, to support activities, wellbeing and social engagement. Veterans Central is open every Wednesday, Thursday and Saturday from 1000 to 1500.

## WEST NORFOLK BEFRIENDING

**West Norfolk Befriending matches trained volunteers with socially isolated people aged 65+, over half of whom are 85+.**

Our clients struggle to leave home because of poor mobility, sight or hearing loss, or caring responsibilities. We're a small local charity reliant on local support to reach some of West Norfolk's most vulnerable people.

Introduced during Covid-19 lockdowns, telephone befriending lets us support more people safely and remains an alternative to face-to-face visits. Our volunteers visit or call fortnightly for companionship, "bringing the outside in" through a chat, reminiscence, family news, stories or time outdoors.

Social isolation and loneliness can seriously affect mental and physical health. A regular friendly visit helps keep communities safe and well, and may reduce pressure on GPs and hospitals.

**To support us, contact Anna Sylvester, Operations Manager, on 01553 763500 or at [info@wnbefriending.org.uk](mailto:info@wnbefriending.org.uk).**

## 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.*

**Chris Melling Pool Exhibition - 5<sup>th</sup> September 6pm - £10**  
**Open Mic Night – 11<sup>th</sup> September 2026 8pm - Free**  
**An Evening with Medium John Julian – 14<sup>th</sup> Sept 7pm - £8.50**  
**Pool Competition – 27<sup>th</sup> Sept 11am - £5 to enter**

**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.*

## FUNDRAISING FOR PANCREATIC CANCER



Margaret, Stuart and family would like to thank everyone who supported the coffee morning and gave so generously in aid of Pancreatic Cancer UK.

We raised a great sum of £480!

Thank you also for all the love and support over the last year.

Margaret

## NARBOROUGH BONE MILL – HERITAGE OPEN DAY

**Come and enjoy history on your doorstep and the countryside along the SSSI River Nar on Saturday 19th and Sunday 20th September 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); if you are lucky, you might see the kingfisher! 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](http://www.bonemill.org.uk)**

## NARBOROUGH PARISH COUNCIL SUMMER REPORT 2026

I hope you all have had a lovely summer.

At Narborough Parish Council's July meeting, Maurice King was co-opted to the Parish Council. Cllr King will be granted dispensation until May 2027 when the Parish Council election can be held. Chairman Cllr Wilkinson thanked Councillors and welcomed Cllr King to the Council.

It was reported that Breckland Council will continue to take a robust approach to the proposed Drove Solar Panel so called "Farm" across the Nar Valley.

Norfolk as well as other parts of the country will have to embrace solar green energy, but these farms must be located in appropriate areas where they must not impact on residents, businesses and disturb wildlife habitats.

Breckland Council has invested in more CCTV coverage in the Breckland Market towns to cover black spots. It is also employing more town street wardens whose task is to patrol the town streets to prevent anti-social behaviour (ASB). The wardens will be deployed to Breckland villages where ASB is reported.

Hopefully, all Nar Valley residents will have received their food waste caddies with an information leaflet. This simpler food waste legislation has been enforced on all local authorities in England and Wales by the Government. This includes a 7 litre indoor kitchen caddy and a 23 litre caddy for outside and roadside weekly collection; both have lockable handles to prevent spills, smells and pests. Nar Valley roadside collections are scheduled for the week commencing 7<sup>th</sup> September. There will be a 12 week bedding-in period, for residents and Serco to familiarise themselves with this service.

Any issues or for more information, please contact Breckland Councillor Peter Wilkinson [Peter.wilkinson@breckland.gov.uk](mailto:Peter.wilkinson@breckland.gov.uk)

A full account of the meeting minutes can be found on the council website <https://Narborough-norfolk-pc.gov.uk/>

The Next Parish Council Meeting will be on Monday 7<sup>th</sup> September at 7pm in The Green Room, Community Centre. All members of the public are welcome to attend.

*Cllr Wilkinson.*

## NARBOROUGH VILLAGE SUMMER FAIR

A huge 'thank you' to Lesley and her team of volunteers for organising such a terrific day of good-natured fun. From the donkeys, to the band, the traditional competitive games and the varied array of stalls and food outlets - it was a triumph for our village! ..... Sue Baxter

## NARBOROUGH MUSEUM (Signposted from Ship Corner)

**Open Thursdays 10am-3pm Sundays:  
September 6th 10am-3pm & October 4th 10am-3pm**

**If you need transport to visit or would like to arrange a group visit, please contact David on 07769 602601.**

**The displays change often as there is so much to see. There are three cabins, a bird hide, bones and stones room, memorabilia cabin plus the barn where refreshments are available. Lots of parking space.**

**No charge but donations are welcome.**

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

## NARBOROUGH CHURCH - COMMUNITY LUNCH

**On Saturday 26<sup>th</sup> September 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 drop by to have a look. They are a work in progress. We would love to hear your feedback and suggestions.

## PENTNEY, NARBOROUGH & DISTRICT WI LUNCH

**Pentney, Narborough and District WI will be holding its annual Autumn Lunch on Monday 2 November 2026, commencing at 1230 for 1300 start.**

There will be a two-course lunch, including a gluten-free option, followed by our famous desserts, and tea and coffee. The cost remains at £10.

**If you are interested in coming along and enjoy a pleasant lunch in great company, please contact Yvonne, 01760 337027, Janet, 01760 337419, or Liz, 01760 337403.**

**As usual, the meal will be followed by a raffle with a chance to meet and chat with friends old and new.**

## GIG IN THE GARDEN – THANKS!

Every year, Steve and Sharon Reynolds open their garden to provide "Gig in the Garden" to raise money for various charities. This year, the fantastic sum of £1,200 was raised with donations being made to Tapping House and to the Merle Boddy Centre.

*Dear Steve,  
On behalf of the trustees of the Swaffham & District Mental Health Association, I would like to extend our sincere thanks to everyone at Narpenny House for your continued generosity. We are extremely grateful to receive another donation at the Merle Boddy Centre in Swaffham. Your ongoing support makes a meaningful difference to the work we do and helps us continue providing vital services to those in our community who need them most. Please pass on our appreciation to all involved. Your kindness and commitment are truly valued. With many thanks once again,*

*Kind regards,  
Keith Sandle BSc, Dip Comp  
Swaffham & District Mental Health Assoc*



**Thank you to everyone who supported this great event and to Steve and Sharon for letting it take part in their garden!**

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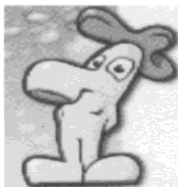
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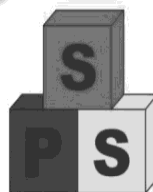
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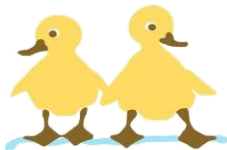
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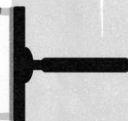
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## PENTNEY VILLAGE HALL

### MEXICAN TRAIN DOMINOS

**Monday 21<sup>st</sup> September**

**Monday 19<sup>th</sup> October**

2pm – 4pm

£3 per person

(includes tea and biscuits)



This will be held on the third Monday of each month.

### COFFEE MORNING

**Tuesday 1<sup>st</sup> September**

**Tuesday 6<sup>th</sup> October**

10.30am – 12.30pm

Coffee & Cake

£3



Coffee mornings are held on the first Tuesday of each month except January.



Fun, exercise & laughter,



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**PENTNEY VILLAGE HALL**

EVERY 2nd MONDAY in the MONTH

2 pm until 4pm

Commencing 12th October 2026

until 12th April 2027

£3.50, including tea and biscuits

No Partner? No Problem, Come by Yourself, All welcome  
For details contact Pat 07910991114

### MEDIUM JOHN JULIAN

**Wednesday evening,  
11th November 2026**

For further details and tickets  
please contact  
Janis on 07887 983568

### UPCOMING EVENT A date for your diary

**Saturday 12th  
December 2026**

**Live music at Pentney  
Village Hall**  
Further details to follow.



### Quiz

Date to be advised

**Tables max of 6 people -  
£3 per person.**

*Bring your own refreshments.*

## WEST NORFOLK REEDS CONCERT

**Concert in Aid of Pentney Church**  
**Sunday 4 October 2026 at 3.00pm**  
**at Pentney Church**

Enjoy an uplifting afternoon of live music and refreshments

# **West Norfolk Reeds Clarinet Group**

A varied programme featuring music from  
Bach to Sondheim



**Tickets £10 • Refreshments included**

Tickets available from:

**Janet Beck — 01760 337419**

**Diane Howlett — 01760 337348**

## SINGING FOR FUN!

Coming in October  
to PENTNEY VILLAGE HALL.



### Singing for fun!

Do you enjoy singing around the house or in the car but  
wouldn't sing in a choir?

Then this is for you! All types of songs.

**Starting Tuesday, October 13th from 10am till noon,**  
then every second Tuesday in the month.  
Includes tea/coffee and biscuits £3.50.

More information or to make requests in advance,  
please ring Pat on 07910 991114



## PENTNEY, NARBOROUGH & DISTRICT WI

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

Our speaker in July was a warden at Horsey Seals and it was  
really interesting to learn about the seals. Several ladies also  
enjoyed a trip on the Baden Powell sailing boat along the river  
to the Wash.

**In September we have a talk and demonstration on  
Bollywood Dancing - audience participation is required!!**

There are more outings arranged so why not come to a meeting  
to see what is on offer as well as enjoy some tea and cake!

## PENTNEY PARISH COUNCIL – JULY REPORT 2026

On Wednesday 15th July 2026, Pentney Parish Council (PC) held its regular monthly meeting; two members of the public attended. No meeting was held in August.

**New Clerk & Councillor!** Pentney Parish Council would like to extend a warm welcome to our new Clerk, Amy Hart, who comes to us with valuable Clerking experience from Castle Acre Parish Council and is currently qualifying with CILCA (Certificate in Local Council Administration). Amy commenced her role on 8<sup>th</sup> June 2026. Further good news is that Pentney Parish Council is currently full, having recently filled its 'last seat' by extending an offer to Cllr Majid Yazdian-Tehrani, a long-standing resident of Pentney and member of the Village Hall Committee. Pentney PC looks forward to working with both Amy and Cllr Yazdian-Tehrani.

**Narborough Road Bus Shelter Refurbishment:** Residents may notice that the successful refurbishment of Pentney Bus Shelter was completed in April 2026 by a local contractor, including works to the roof and internal paint refresh. It is further welcome news, that upon recent request via the Norfolk County Council 'Bus Shelter Funding Scheme', NCC Highways will be covering 80% of the total cost of the works and providing £1,728 (80%) of the £2,160 total cost. As a further update, NCC Highways have also committed to financing and ordering 'raised curbs' for both sides of the road to further aid inclusivity and access. Further works are scheduled in the coming months.

**Thank you to our litter pickers & Speed Awareness Co-ordinator:** Pentney PC has sincere thanks to express this month, the first being to the resident couple who have, for more years than can be counted, dedicated themselves to picking litter and ensuring that the roadsides and public spaces in the village have been kept nothing short of spotless. The lack of litter in Pentney has over the years been noticed not just by our Councillors, but by residents and visitors to the village too. The Parish Council would like to wish these resident volunteers all the very best for their retirement after 'hanging up' their gloves and litter picking duties this month. Thank you for all the time you have given and for all you have done.

The Parish Council would also like to say a sincere thanks to the Resident who has for several years undertaken our Speed Awareness Co-ordinator role and has made a hugely valuable and ongoing contribution to the village, keeping drivers, residents and visitors to Pentney much safer on the roads. Our volunteer downloads monthly data and creates reports using Pentney PC's two SAM2 speed monitors stationed in 14 locations across the Village.

**Did you know?** According to the SAM2 speed monitors, between April 2025 and April 2026, a total of 189,619 journeys were made through Pentney village, of which 44,553 (23.5%) were of a speed above 32.8mph. We can only imagine what these figures would be without the dedicated volunteer help we continue to receive as a village...

To view Council Minutes and Finances go to: <https://pentneyparishcouncil.gov.uk/>  
Pentney PC's next meeting is at 7:30pm, Wednesday 9th September 2026, at Pentney Village Hall. Clerk- Amy Hart Tel: 07815430777 Email: [clerk@pentneyparishcouncil.gov.uk](mailto:clerk@pentneyparishcouncil.gov.uk)

## PENTNEY CHARITY TRUST SEEKS A CLERK

Registered Charity No: 212367

The aim of Pentney Charity Trust is to provide grants to individuals and organisations within the Parish of Pentney or for the benefit of Pentney.

### **The Pentney Charity Trust is seeking to appoint a Clerk.**

The post involves dealing with correspondence and the taking and producing of agendas and minutes. Accounting records need to be kept on a monthly basis showing income and expenditure and reports presented to trustees at every meeting.

The Trustees meets 4 - 5 times per year. Meetings are held usually in the evenings from 7pm. A knowledge of Pentney would be useful and someone who would like to make a difference for the people of Pentney.

Remuneration is £450 per annum.

### **If you are interested or would like to know more, please contact:**

Chair, Kate Harvey on 01760 339870 or email: [kate.harvey01@btinternet.com](mailto:kate.harvey01@btinternet.com)

Rev Angela Hammett on 01760 338552 or email [narvalleyrector@hotmail.com](mailto:narvalleyrector@hotmail.com)

## NVN MAGAZINE DISTRIBUTION IN PENTNEY

### **Pentney magazine distribution volunteer needed!**

Much of the Nar Valley News distribution in Pentney is currently organised by Louise Davis, for which we are very grateful. Louise either delivers magazines directly or takes bundled packs to other volunteers who kindly help distribute them around the village.

After many years of doing this, Louise will be stepping down. We are therefore looking for someone to take on this important role.

The magazines would be delivered ready bundled, for passing on to the various distributors in the area. This happens 10 times a year.

If you think you may be able to help, please let us know. We can then ask Louise to explain what is involved.

Many thanks, Clare: 07709 232851

## 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.achurchnearyou.com](http://www.achurchnearyou.com)
- our Rector Mother Angela or the churchwardens (see below for contact details).

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

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



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## Nar Valley Benefice - Sunday Services – September 2026

| Date               | September 6 <sup>th</sup>              | September 13 <sup>th</sup>     | September 20 <sup>th</sup>     | September 27 <sup>th</sup>             | October 4 <sup>th</sup>                |  |
|--------------------|----------------------------------------|--------------------------------|--------------------------------|----------------------------------------|----------------------------------------|--|
| <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            |                                | 11am 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> | Christ in Creation                     | 15 <sup>th</sup> after Trinity | 16 <sup>th</sup> after Trinity | 17 <sup>th</sup> after Trinity         | Harvest generosity                     |  |

\*We also celebrate said Holy Communion every Thursday at 9.30am in Narborough Church\*

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