Issue No. 568 March 2026

THE NAB

COMMUNITY PARISH MAGAZINE OF NEATISHEAD, IRSTEAD & BARTON TURF

Palm Sunday Donkey Walk to Barton Turf

The Benefice of St Benedict

Social Media and the impact on young people

The use of social media for children and those under the age of 16 has been a much-discussed topic, sparked by the decision of the Australian government to impose a ban.

Here in the UK the government is consulting over this topic and working with schools who are trying to tackle this damaging issue affecting our younger generations.

In 2024, Jonathan Haidt published his international bestselling book - The Anxious Generation: *How the great rewiring of childhood is causing an epidemic of mental illness.*

In the book, Professor Haidt highlights the worrying rise of mental illness in young people across the globe since 2010. The book provides shocking statistics for teenagers between the years of 2010 and 2024, and highlights that there has been a 145% rise in depression, 134% rise in anxiety, 188% rise in self-harm, and most worrying of all, a 167% rise in suicide. It is not a coincidence that 2010 was also the same year when young people started to own smart phones and access social media.

As well as making our young people profoundly unhappy, Professor Haidt uses statistics to show that smart phones and the use of social media is severely damaging our young people's attention spans and making them increasingly lonely. Instead of physically talking and spending time with friends in the 'real world', younger people have become addicted to making connections in the 'virtual world' by chasing superficial 'likes' and 'comments' before inevitably also receiving a crushing and painful response.

Sadly, back in 2010 the world was naïve to the damage that would be caused by allowing young people access to smart phones and social media. Nobody (apart from the developers whose only concern was to make money) had any idea just how much damage these new inventions would do to young and developing minds. The result has been a generation of teenagers and young adults living with the consequences: anxiety, depression, loneliness, the inability to concentrate, or to hold a conversation.

There is also 24-hour exposure to bullying and judgemental comments which has resulted in unhealthy obsessions over physical appearance.

Struggling parents are painfully constrained; nobody wants their child to be 'left out' or excluded because they do not have a smart phone, or an account with TikTok, Instagram, Snapchat, etc. Maybe a ban is the best way forward in finding a way to reclaim those precious childhood and teenage years for our future generations.

Jesus healed many people. He sometimes treated a physical ailment; however, he would also frequently perform healings of the mind and of the soul. Many of our young people are increasingly in need of such healings, and the Church of Christ needs to be ready to speak out and assist with that much needed healing ministry. It is an important mission and ministry that really must begin with a campaign to reclaim childhood years and development.

Praised be Christ. *Revd Ben*

Holy Week and Easter

There is a service every day in the week leading up to Easter, please do come along to as many as you can.

Our Palm Sunday (29th March) walk with real donkeys has become a firm local favourite! Meeting at the New Victory Hall, we set off at 10.30am for a walk to Barton Turf Church for an all-age service. Everyone is welcome.

Please see further on in this magazine for all other services in the days leading up to Easter, and of course, the services on Easter Day itself.

This includes a 6am outdoor Holy Communion service in the ruins of St Benet's! Everyone is warmly invited to all our services. Thank you.

Revd Ben

Latest news from our Sunday Club

Our Sunday Club meetings last month continued to focus on the miracles of Jesus. The young people made some fantastic crafts including a joyful jumping man who was very happy to have been healed as well as some jolly finger puppets!

This coming month should be very exciting as we have a trip to Norwich planned and of course our Palm Sunday walk with real donkeys! More details below.

Upcoming Dates and Events

Sunday 1st March 9.30am Sunday Club at Neatishead Church.

Sunday 8th March Sunday Club on the Train! A trip to the Julian Centre in Norwich, plus some crazy golf and lunch.

Sunday 15th March - 11am Sunday Club takeover at Neatishead Church.

Sunday 29th March - 10.30am Palm Sunday walk from the New Victory Hall to Barton Turf Church with real donkeys!

All children are most welcome to the Sunday Club Please do come along, it's great fun. Parents are welcome to stay or can collect their children at the end of the club.

For more information please contact:01692 630216 Revd Ben - brother_ben@btinternet.com.

Easter Altar Lilies

We will as in previous years be decorating our churches with altar lilies at Easter.

If you would like to make a donation towards their cost in memory of a loved one then please contact as appropriate:

Barbara on: 01692 536132 for Barton Turf
Gail on: 01692 631427 for Irstead
Rachel on: 07939 007271 for Neatishead

By Friday 20th March please. Thank you.

Gail Murrells

Don't have a wasted journey to St Benet's Abbey on Tuesday the 3rd March!

Please note that the car park and track for St Benet's Abbey will be closed throughout Tuesday 3rd March due to essential maintenance - so there will be no vehicular access for visitors on that day.

Marion Jackson

St Michael and All Angels' Barton Turf

We had a very successful coffee morning in January. Thanks to all who came. The March coffee morning will be on Saturday 21st March 10am to 12 noon as usual.

It is that time of year when we begin to think of the fete! There will be a Fete meeting on Friday 13th March in the church starting at 10.30am, do come with plenty of ideas! The fete itself will be on **Saturday 6th June.**

The church spring clean will this year be on Friday 20th and Saturday 21st of March. The Saturday is our coffee morning, but you could come and polish and enjoy a cup of coffee at the same time!

Mothering Sunday this year is on Sunday 15th March. We will have a short service at 4.pm and then sit down to a Mothering Sunday tea at about 5pm. The evenings will have drawn out so I hope lots of you will come, if not to the service, then to the tea. It is a good occasion to get all generations together, but you are most welcome even if you have no family on hand. There will also be the usual posies.

Finally, a reminder that Palm Sunday this year is on **Sunday 29th March.** The procession will leave the New Victory Hall at 10.30am and the service will be at 11am as usual. The donkeys will be with us of course and we look forward to seeing everyone, both young and old. Don't forget that you can go straight to the church if you are unable to join the procession.

Barbara Pilcher Churchwarden

New Victory Hall – AGM

The New Victory Hall Annual Meeting will be held on **Monday 30th March** at 7.30pm in the NVH.

We hope to address routine business with a short presentation followed by a second presentation from Ian McFadyen on a potential project that could extend the hall's eco-credentials, offset energy costs for the village hall and give some new community space and facilities.

We invite you at this early stage to join us and hear our ideas as well as share your own ideas and thoughts.

Afterwards there will be refreshments and an opportunity to chat.

The official AGM notice will be displayed on local notice boards at least 14 days in advance of the meeting.

Doreen Dean Chair
NVH Management Committee

Table Tennis comes to the NVH

A new group starts at the NVH on Tuesday evenings starting on the 14th April from 7 - 9pm.

We have tables, bats and balls so come along and join us, plus there is help for new players to get you started.

All ages and abilities welcome. No charge for first visit and thereafter £2 per visit. We hope to have refreshments available.

Doreen Dean

Doghouse Band Returns!

The Doghouse Band will be back at the New Victory Hall on Saturday 7th March at 7.30pm.

Don't miss this great evening of rock, soul and classics. Tickets at £10 are on sale online from www.victoryhall.info or at White House Stores, Neatishead, (cash only at shop please).

There will also be a pay bar, free nibbles and raffle. Proceeds will be donated to East Anglican Air Ambulance and New Victory Hall. Tickets are always in great demand, so please get yours early!

Doreen Dean

The BIG Community Breakfast

Once again, this was a very popular event with 124 breakfasts being served in 90 minutes!

£1,314 was raised which was split between the British Heart Foundation and the New Victory Hall.

The BHF also collected £136 in their collection bucket. This was only possible because of your support and that of many local food suppliers and donors, Jamie and Mary from Ye Olde Saddlery and a great team of volunteers. A huge thank you to all.

Doreen Dean

Barton Turf Bowls Club

The Bowls Club held their AGM on Wednesday 4th February. The committee were elected and matters concerning the club were discussed. The Christmas dinner was enjoyed by everyone and Ruth Gibbons was thanked for organising it.

Everyone had received copies of the fixtures for the year and the internal Aussie Pairs competition was discussed. Fees were fixed for the year and all are now looking forward to the new season.

Barbara Pilcher Secretary

Village Screen

Monday 2nd March 7pm for 7.30pm

Our film for March is The Roses (2025: Cert 15: 104 mins) which is a modern "reimagining" of Warren Alder's novel and the classic 1989 film *The War of the Roses.*

The story follows the slow-motion implosion of a 10-year marriage between Ivy (Olivia Colman) and Theo (Benedict Cumberbatch), with devilishly biting wit and sharp one-liners from the excellent lead performers in this tumultuous battle of wills.

We look forward to welcoming you to the NVH where tea/coffee will be available for a small charge. Visit www.victoryhall.info to book tickets. You can also make a reservation by calling Christine on 01692 631347. Subject to availability, tickets (£6) can be purchased on the door, card or cash.

Village Screen Team

White House Stores AGM

Monday 2nd March 6.30pm

The shop is run by a community association (Three Villages Community Association Ltd) and is owned by members of the community who have signed up as shareholders.

The Association is holding an Annual Members' Meeting on **Monday 2nd March** at 6.30pm - 7pm at NVH. If you are a member, it is important to attend. The members' resolutions are of obvious importance and unless we have a quorum nothing can be achieved at this important annual meeting.

A quorum can only be achieved by sufficient members attending in person, not via a postal vote.

The agenda for the meeting will be on display at the White House Stores and will be emailed to members. Members have the option to lodge a postal vote in respect of agenda items requiring a vote rather than voting in person on Monday 2nd March. Your postal vote can be handed in at the shop to arrive by 5.30pm on Thursday 26th February.

Please note that only members of the Association can vote. You can join the Association by picking up a form at White House Stores and signing up as a shareholder. If you value your shop, please join he Annual Members' Meeting has been scheduled just before the monthly Village Screen event, so please come along to enjoy the whole evening and support the Community Shop and Village Hall together in one night out!

info@whitehousestores.co.uk

The White House Stores currently has a vacancy for a Part Time Manager

The position is for every Saturday, from 8.00am to 5.30pm with one Sunday in sixteen from 8.00am to 12.30pm.

Previous retail or similar experience is ideally required.

Please apply asap, with your CV, to: info@whitehousestores.co.uk.

Christine Warren

Neatishead Parish Council

Neatishead Parish Council has carefully considered its budget for 2026–2027 and set the precept at £13,948 which equates to an increase approximately 1.63% for a Band D household. The Council is committed to meeting its duties whilst keeping costs as low as possible and would like to thank you for your continued support.

A polite reminder to dog owners to please pick up after your dog, everyone plays a part in keeping our wonderful village beautiful and avoiding the unpleasantness of standing in dog poo. If you see any dog waste problems or offences these can be reported to the North Norfolk District Council Dog Warden at:

www.north-norfolk.gov.uk/tasks/environmental-protection/report-dog-fouling/

Our local community car scheme is looking for volunteers to help take vulnerable residents to appointments and other essential journeys. With more volunteers, the commitment could be as little as once a fortnight.

Please contact the Parish Clerk for further details clerk@neatisheadpc.norfolkparishes.gov.uk, any help would be greatly appreciated. The email address has changed recently; please ensure you update our contact details as above.

The Parish Council is also looking to replace the bench on School Green to keep the area welcoming and enjoyable for residents and visitors. Please note: I work part time hours but aim to respond to emails within 5 working days.

Laura Bateman

Neatishead, Barton Turf and District WI

As a WI, we pride ourself on the valuable fund raising and support we give to others in need.

Our chosen charity this next year is PaNDA, a charity that provides critical care transport for babies and young children. Last month Dr Catriona Macdougall gave a brilliant talk about the charity. We raise money through our trading stall which is held most months at our meeting and through our Charity Tea in August at St Benet's Hall.

We are also supporting Leeway, a charity that provides support for adults and young people who are breaking away from abuse in Norfolk and Suffolk.

They badly need items of non-logo school uniform for any age. If you have anything suitable please contact us on our email and we will arrange collection.

We are also going to support Little Lifts Charity in the future. They provide gift boxes for women who have experienced breast cancer.

Our meetings continue every third Wednesday at 2pm in the NVH. We always have a wonderful time together and welcome new members. Please contact us at neatisheadwi@gmail.com for any further information.

Sally Church President

Community Gym

Gyminny's January Jaunt to John o' Groats (and back home again)

NIB readers will remember that, during January, Neatishead gym members were adding up their kilometres, achieved on any distance gym equipment: treadmills, bikes, rowing machines and cross-trainer. Could they, collectively, achieve just over 1,000 km and send the gym mascot, Gyminny, on a virtual journey from Neatishead to John o' Groats?

The answer is a resounding 'yes'! Sixty-two intrepid members took part at least once and many recorded their kilometres on every visit. One member said, 'I mostly use the rowing machine and this fun challenge has encouraged me to slightly increase my distance each time'.

It was also decided to allow participants to include home walking and running distances too. One member even added her skiing distances (thanks Shirley!). With that new rule, another 1,000 km were completed, so Gyminny was able to return all the way back to Norfolk!

We look forward to Gyminny's next virtual distance challenge: is America too far to celebrate the World Cup? Wait and see! For more information about joining our friendly local gym please visit: www.neatisheadcommunitygym.com.

Joan Dickie

Garden Club

The club's AGM and social evening is on Monday **16th March** starting at the earlier time of 7.pm in the NVH.

The AGM will be followed by the Spring Flower Show and supper of quiche and salads, pudding and a glass of wine at a cost of £10 per head. Please bring your own drinks if you want more refreshment!

If you are not already a member, please contact me to find out more about the club. We have a full programme of meetings and activities throughout the year. We are not garden experts but simply just enjoy gardening.

Jane King
janeelizabethking@hotmail.com 07423 820228

Knit & Stitch

We have now organised two extra meetings, when we brought along our sewing machines and made syringe driver bags for the Norfolk & Norwich University Hospital, which have been very gratefully received.

Now there has been another call out from the NICU (Neonatal Intensive Care Unit) at the NNUH for baby blankets both by 'Yarn in a Teacup' on Sprowston Road (a cafe that sells yarn!) and on Radio Norfolk. It is a great way to use up leftover yarns but they need to be made with soft yarns and be closely knitted or crocheted (no granny squares!). The size should be approximately 18"/20" square/oblong. If you would like any pattern, please let me know.

Anyone is welcome to our K&S evenings, held in the Dolly Newcombe Room at the New Victory Hall - please see diary for dates and time. You can pick up a copy or just pop along to find out more, or bring your own project. You will always be made most welcome.

Claire Penstone-Smith : claireps@btinternet.com
07760 643739 or 01692 630580

Horning Flower Club

At our well attended meeting on Monday 9th February, we had a lovely afternoon demonstration by a lady who was new to us, Doreen Robinson. Her demonstration called 'Fenside' was all about the area she comes from. Her arrangements depicted windmills, reeds boats and water in flowers. Four people entered the competition ' A Tied Winter Posy'.

Our next meeting is our Birthday Lunch at the Hotel Wroxham on Monday 9th March at 12 noon and our demonstrator is David Wright.

If you would like to join us, please contact Carole Swan on 01692 536270.

Janice Lupson

Friends and Neighbours

Firstly, many thanks to the members who brought donations for the Trussel Trust Food Bank to our February meeting. It was interesting to discover how the organisation reaches out to people and helps them find ways out of challenging situations so their need for food banks is avoided. Our meetings remain at the normal times in March on the second and fourth Thursdays of each month from 10am to noon in the NVH. On **Thursday 12th March** there will be musical entertainment from Margaret Bond and the Silvertones, while on **Thursday 26th March** Angela Bishop is giving a talk on Cinema. Please join us, member or not, for cuppa and biscuit, raffle, bring and buy and good company. Visitors of all ages are always welcome! To find out more about the club please contact the Chair Person, Jean Barber on 01263 721698.

Jane King

Weather Report for January and February

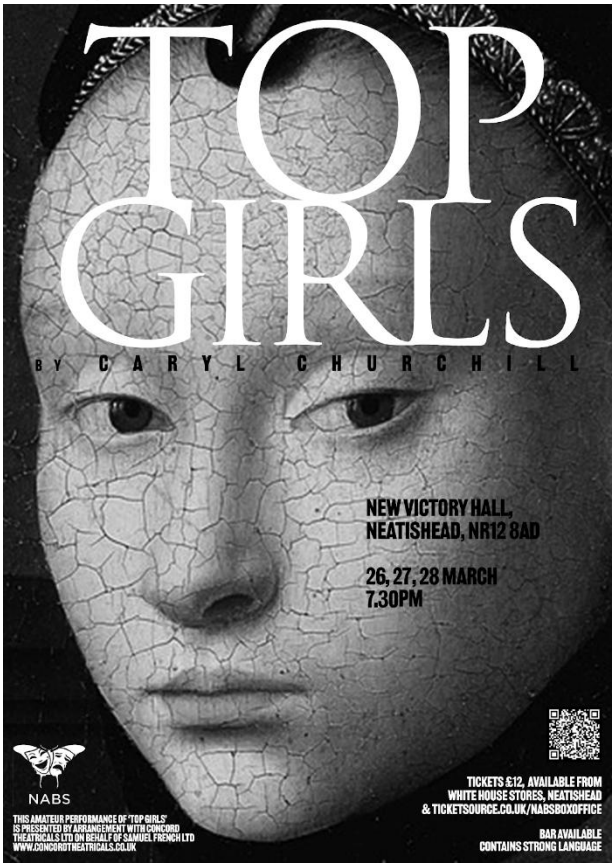
Dull and wet start to year. The total rainfall recorded in January was 79.5mms/3.31in which is 144% of average and so another wet month leading to rising groundwater and some localised flooding.

February has continued in a similar vein with total rainfall to date being 32.5mm/1.28in or 81% of average. The wettest day so far was on the 11th when 9.5mms/0.37in fell.

Both months have seen a continuation of dull and damp weather caused by a blocking high pressure over Central Europe and Atlantic lows stalling to the south-west.

Peter Mills

NABS: Top Girls



The end of March sees an ambitious and exciting theatrical production coming to Neatishead, when NABS will be performing Top Girls by Caryl Churchill. Considered one of the best plays of the twentieth century, Top Girls has been performed all over the world and has been on the A level syllabus for many years. To find out more about the play's pre-production, the NIB interviewed three of the talented villagers taking part.

Shelagh Smith: Director

NIB: Shelagh, why did you choose Top Girls as the next NABS production?

Shelagh: This will be my third show with NABS and each time I have loved working with a team that is so committed, willing to be challenged, try new things and prepared to be edgy. It has transformed many of them into consummate performers. When Caryl Churchill was researching and writing this play, I was part of a small group at the Bristol drama department, giving feedback on Act 1. I was blown away, loved it and it stayed with me. For a group of women actors, all the parts are wonderful; sometimes raw, bawdy, heartfelt and strong, and we have some great women actors in NABS.

NIB: Will the audience find it a challenging watch?
Shelagh: When I told people we were going to do Top Girls, they said, "Oh! That's challenging!" That stayed with me too! It is a many-layered play. On one level this is simply a group of women (albeit extraordinary women from history, myth and legend) having a dinner party to celebrate Marlene's promotion and talking about their lives. We then see Marlene at the office, followed by Marlene at her childhood home with her sister and daughter. On another level we see the role of women throughout history; what it takes to break through in a world designed by men; the bitterness of sibling rivalry; the choices women make; the sacrifices taken and the consequences that flow from this. Has anything changed?

Carol Preston: Marlene

NIB: Carol, your character appears throughout the play. Can you tell us a little about her?

Carol: Marlene is an ambitious, independent woman who has recognised the sacrifices and choices she has had to make in order to achieve success in the male-dominated world of the early Thatcher years. The part of Marlene is very challenging, as the three acts of the play reveal different aspects of her complex character. Will the audience admire her or disapprove of her?

Susan Lamb: Costumes

NIB: Susan, you've been helping NABS with costumes for many years. Has Top Girls provided some particular challenges?

Susan: Providing costumes for NABS is always a challenge but this play's first act has been even more challenging as it spans the years 854 to 1800. This includes a female Pope, a Japanese courtesan, a Brueghel character, Chaucer's obedient wife and a Victorian explorer. The cast have found some interesting costumes for Acts 2 and 3 (80s' clothes kept in their closets!) They should bring back memories for the audience!

Top Girls will be performed at NVH on March 25th 26th 27th at 7.30pm. Do think about coming along. Tickets (£12) can be obtained from:

Whitehouse Stores Neatishead and ticket source.co.uk/nabsboxoffice. Please note, the play contains a few examples of strong language.

Joan Dickie

Neatishead White Horse Bowls Club

Your bowls club needs you!

In the coming season Neatishead will once again be competing in the North Norfolk Bowls league and cup competitions, but like many clubs has seen dwindling membership over recent years. We are now looking to really buck the trend and have a thriving and growing membership.

To take part in bowls all you need is a flat pair of rubber soled shoes and yourself. To start you off, the club will have bowls to lend to you and no experience or special skill is required. As well as gentle exercise, fun and friendship, we can promise you coaching to learn the game, a way to explore Norfolk and a beautiful place to play bowls.

This year the club are offering free membership to new members and are hosting an open day on **Sunday 17th May** between 10.30am. and 12.30pm. So come and have a go and join us for tea and cake. Alternatively, don't wait for the open day, we also have club sessions on Saturdays at 10.30am. From 25th April and also on every first and third Wednesday evening of the month starting on 5th May at 6.30pm.

Bowls isn't just for very old people, but there is a minimum age on the open day of 12, and anyone under 18 will need to be accompanied by an adult. If you need any more information call Andrew (Chair) on 07715 801309.

Andrew Wood

Punt Club

Members of the Norfolk Punt Club are eagerly anticipating the next season as the club is celebrating its centenary. The club was established in 1926 by Arthur Batchelor with the express aim to perpetuate and, if possible, improve the traditional Norfolk Punt. Anyone interested in the history of these boats might wish to read the book by Jamie Campbell entitled "A Celebration of Norfolk Punts".

The excellent book "From the Archives" produced by Val Khambatta, with assistance from Kira Mason, specifically for the centenary, shows how close the relationship with the three villages has been. The Heritage Society together with the Norfolk Punt Club are organising a talk by Val, on **Monday 23rd March** in the New Victory Hall at 7.30pm on the history of the Club so come along to learn more. Understand the engagement of local people like Gerald Sambrooke Sturgess (my dentist but more importantly an international figure in the rules of yacht racing) Tom Harmer, Frank Tubbs, the Scott family and many more, some of whom, like Peter Bainbridge, travelled a long way to own a house on Barton Broad and sail here.

This tradition continues. In the last ten years, there have been nine years when the Commodore has lived in one of the villages.

The Club members have already enjoyed the first two events with a Treasure Hunt round Norwich in January (enjoyed by many families) and a grand Centenary Dinner at the Assembly House in February. This attracted a hundred and thirty members who enjoyed a lovely dinner organised by the outgoing Commodore, Simon Clayton and his wife Racheal. Hopefully 2026 will continue to be memorable, not just for all the exciting events, but also for excellent racing with big fleets and favourable wind and weather. Sailing starts with a favourite, the Barton Bunny Trophy event at Easter. Despite an early Easter and the possibility of it being rather chilly, there will be a big turnout. Do come and see what is going on!

Liz Ollier

Neatishead, Irstead & Barton Turf Community Heritage Group (NIBCHG)

This month sees us celebrating the centenary of Norfolk Punt Club with a presentation by Val Khambatta, "Sailing through time - 100 Years of the Norfolk Punt Club" on **Monday 23rd March** at 7.30pm at the New Victory Hall with refreshments served from 7pm.

This will also be an opportunity to view some of the Club's archive material. All are welcome.

Captain Charles Wilson (1885 - 1957) of Irstead was Commodore of the Norfolk Punt Club during 1936 and there is a trophy at the club in his name awarded annually for particular races. He lived at Irstead Lodge which overlooks Barton Broad, where he kept a number of boats moored, including an ice yacht, which he can be seen sailing here on Barton Broad.

Captain Wilson had a great interest in the design and development of all modes of transport both for pleasure and business and had a hand in the design of boats with both Uffa Fox and Herbert Woods.

His early life was in the armed forces, being commissioned in the King's Own Yorkshire Light Infantry in 1903 and then the Hussars in 1905. He was posted to India and then Australia before joining the British Expeditionary Force in 1914. He served extensively during WW1, was awarded the Military Cross, was wounded and taken prisoner of war, before being repatriated in 1918.

He came to live in Irstead during the 1920s. Sadly, his only son, John, was killed in action, aged 20, during WW2, but in his teenage years had become a very competent sailor like his father.

While living in Irstead, Captain Wilson employed a number of local people to look after his house, his garden and his cars and is remembered as being a friendly and very generous man.

He held a number of other offices during his time in Norfolk including that of High Sheriff of Norwich in 1942. He died in 1957 and is buried in Irstead Churchyard.

This is just a very brief look at Captain Wilson's interesting life, with much more detail held in our archives, some of which will be displayed during the meeting**.** claireps@btinternet.com or 07760 643739.

For our meeting in April (27th) our theme will be Conkers, Cakes and Coal! an interesting combination!

Claire Penstone-Smith

MacMillan Mighty Hike

I have signed up to walk for MacMillan Cancer. I am going to do the 13-mile Northumberland Coast hike on 6th September 2026 from Alnwick to Craster. I pledge to raise £250 for MacMillan by asking for sponsors.

I will be at the Community Market on 14th March to chat to anyone who might want to find out more about my challenge.

I have a sponsor form but also a MacMillan Just Giving page where donations can be made:

mightyhikesfundraising.macmillan.org.uk/fundraising/fundraising/alis-challenge

I try to walk every day but I rarely go as far as 13 miles in one walk so it will be a challenge.

Five members of my close family have had cancer so it is a very meaningful cause to me. Thank you.

Ali Bradnock

Wildlife Notes

I have written in a previous article about White-fronted Geese arriving in Norfolk during the winter months but this seems to be a growing trend with numbers increasing year by year. Around Christmas time there was a sudden influx of these grey geese arriving in the UK. On the 8th January I was fortunate enough to spot a small group of 5 of them on the grazing marshes at the back of Browns Hill near to Neaves Mill.

However, this proved to be just the fore runners and in early February there was a massive arrival of White-fronts with over 120 sites in the UK recording them over a 3-day period in large numbers.

On the North Norfolk coast at Holkham Freshmarsh there were at least 1,000 birds counted and according to Bird Guides one observer recorded over 1,700 birds along the Norfolk coast whilst RSPB Boyton Marshes in Suffolk held 800 birds. It is thought that many of these birds have come across the North Sea from the continent following easterly winds, an occurrence linked to cold weather in the low countries.

White-fronted Geese are most likely to be found on winter grazing marshes rather than on open water and are recognisable by the flash of white on the front of the head just behind the pink coloured beak. They are predominantly grey coloured birds with orange legs but have horizontal bands of black across the belly.

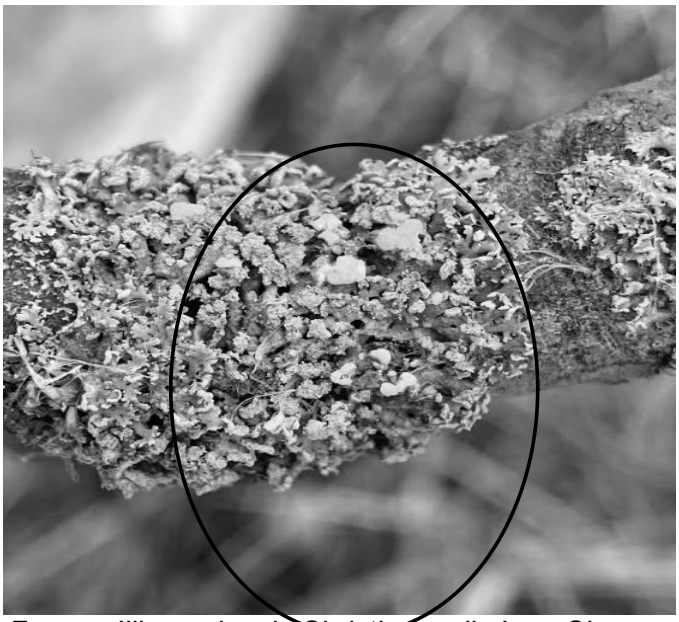
Being wild birds, they are more wary than the resident Greylag Geese and Canada Geese which we are more used to seeing here and can be easily disturbed.

Chiffchaff: Jon Kelf

In March we will welcome back the first migrant warblers with Chiffchaffs arriving towards the end of the month and filling the woodland with their

repetitive “chip chap” song. Now is the time to get out and listen to the birdsong as already our resident birds are singing to declare their territories. You could learn the songs before the dawn chorus gets more complicated by the summer arrivals.

In this month we will see the emergence of the first queen bumble bees, usually Buff tailed or Tree bumblebees, as they emerge from hibernation and seek out nesting places.



Fungus Illiosporiopsis Christiansenii; Jerry Simpson

An interesting find I had this month was a tiny pink fungus which grows on lichens and can be found fruiting in February.

It appears in little bright pink clusters (circled - shows white) and when fresh can be easily spotted with the naked eye despite its tiny size.

This doesn’t have an English name but is called Illiosporiopsis Christiansenii. It was growing on lichens on a sallow branch on the Ebb and Flow Marshes at Horning.

Jerry Simpson
01692 630674 simpsonj24@btinternet.com

Wherry Yacht Charter introduces Tea at Twilight as part of 2026 Sailing Programme

Wherry Yacht Charter will be launching its summer season on 1st May 2026 with an expanding variety of sailing experiences, including a new Tea at Twilight sail. Customers can experience a magical 3 hour trip sailing towards sunset on the beautiful Norfolk Broads… a quieter, relaxing time of day, all whilst enjoying delicious tea and homemade cakes.

The first Tea and Twilight trips leave from Wroxham at 4pm on the following dates:

- Thursday 21st May
- Tuesday 9th June

Other trips include sailings whilst enjoying morning or afternoon tea and cakes and the much in demand fish and chip supper at Wroxham Yacht Club.

For nature lovers there are several sailings which stop at a nature reserve only accessible by river and other trips include a visit to the Museum of the Broads. People who just want to relax and enjoy the beautiful views and wildlife on the Norfolk Broads are also catered for with many day sails setting out from Wroxham, How Hill, and some from Ranworth and Stalham.

An ever-popular highlight in the schedule are the full day sailings including a delicious buffet-style lunch and snacks on Hathor, the flagship Egyptian themed pleasure wherry.

The charity also organises a programme of free events including musical performances at How Hill where Hathor is moored from 1st May to 30th September and open to the public for guided tours during the summer months. Day trips and charters are the main source of income for WYC which restores, maintains and operates five of the remaining eight wherries in the world. For more details visit www.wherryyachtcharter.org, to book a wherry trip or charter. WYC Trustee Judith Keogh says: “We are looking forward to yet another successful sailing season with an even wider range of trips and events on offer than before. As a volunteer-led organisation we are always looking for more people to join us and with a busy summer ahead there are plenty of volunteer roles available for anyone wishing to get involved with our charity to help us “Keep History Sailing”. To find out more, please contact Judith at jk@wherryyachtcharter.org.

Jason Birkett - Volunteer Publicity Manager

Memories of Old Horning

Were you born in Horning? Had relatives here? Spent happy holidays messing about on the river? drop in to Horning Village Hall and browse the items on display? Discover more about this picturesque village and its inhabitants, past and present.

There will be contributions from longstanding local families as well as from: RAF Air Defence Radar Museum, Neatishead St Benet's Abbey, Norfolk Archaeological Trust, St Benedict's Church, Horning Wherry Yacht Charter Trust.

If you have memories of Horning you would like to share, bring them along. Contact us on 01692 630695 or horninghub@yahoo.com. This would be with a view to forming an archive for Horning in the future. It is a free event, parking at the Village Hall, which has wheelchair access. Thanks to Wroxham and Hoveton Lions for their support

WHB Twinning Association

We are in full planning mode now for our French visitors from La Pommeraye and Montjean-sur-Loire, 9th-15th August 2026. Our trip to Cromer is coming together with a little treasure hunt to begin with and then free time to explore whatever they have liked the most and fish and chips. A boat tour on the Broads from Wroxham will be our other day excursion and a visit to a Norfolk Gin and Rum Distillery. We are using Hoveton Village Hall for our games and picnic and for our dinner dance. We hope to have a list of French participants soon; they do have a meeting in early March, so maybe after that. Lots to keep us busy! A date for diaries also is Friday 24th July for pre-visit briefing and social evening.

For more information, please contact Peter, on 01603 782733 or at peter_c_milsted@talk21.com.

Sheila Milstead

Wroxham & District u3a

Our interest groups have been very active in the first part of 2026. The History Group had a trip to The Great Hospital, which was enjoyed by all, despite the chilly, damp weather; it really is a hidden gem in the centre of our fine city.

The next meeting is at the Preston Rooms with a presentation about the Wroxham Reading Room. The Bird Watching Group's latest trip is to Buckenham Marshes and the Walking Group to Salhouse.

If you want to know what we are about and meet some of the members, do come along, meetings are at Hoveton Village Hall on the 3rd Tuesday of each month, doors open at 2pm, £2 for members and £3 for visitors.

The next three Tuesday meetings are as follows:

17th March Georgette Vale, The Widow Kett
21st April AGM
19th May The geology of Norfolk; Matt Williams

Contact: wroxhamu3a@mail.com

Pauline Wright-Marchant

Roman Catholic Churches

- St Helen, Hoveton, NR12 8QJ. Saturday Mass at 5.30pm, Wednesday Mass at 9.30am.
- Sacred Heart, Norwich Road, North Walsham, NR28 9JP, Sunday Mass at 11am

For more information, call 01692 403258 or contact *Father Peter Raj*, parishpriestfrpeter@gmail.com.

Wroxham & Hoveton United Reformed Church

Do join us for any or all of the following services:

Sunday 1st March, 10.30am: Service conducted by Rev Sue Seeley, including Holy Communion.

Sunday 8th March, 10,30am: Service conducted by Rev Zephney Kennedy.

Sunday 15th March, 10.30am: Mother's Day All-Age Worship conducted by Rev Tina Wilson.

Sunday 22nd March, 10.30am: Service conducted by Pastor David Adams.

4pm: Beyond Sunday - A service of quiet reflection.

Sunday 29th March - No Service at the Hub. We will all go to Ipswich Road United Reformed Church for a Service and shared lunch with the Moderator of the General Assembly, Catriona Wheeler. Please contact the Secretary, (details below) if you want to attend.

JAM (our Sunday School) welcomes all children aged 4 to 16. In our sessions we watch, read, listen, discuss, play, act, sing, chat, pray, cook, create and have a great time. We meet regularly in the church hall from 10.15 – 11.45am. In March we are meeting on the 15th and 29th.

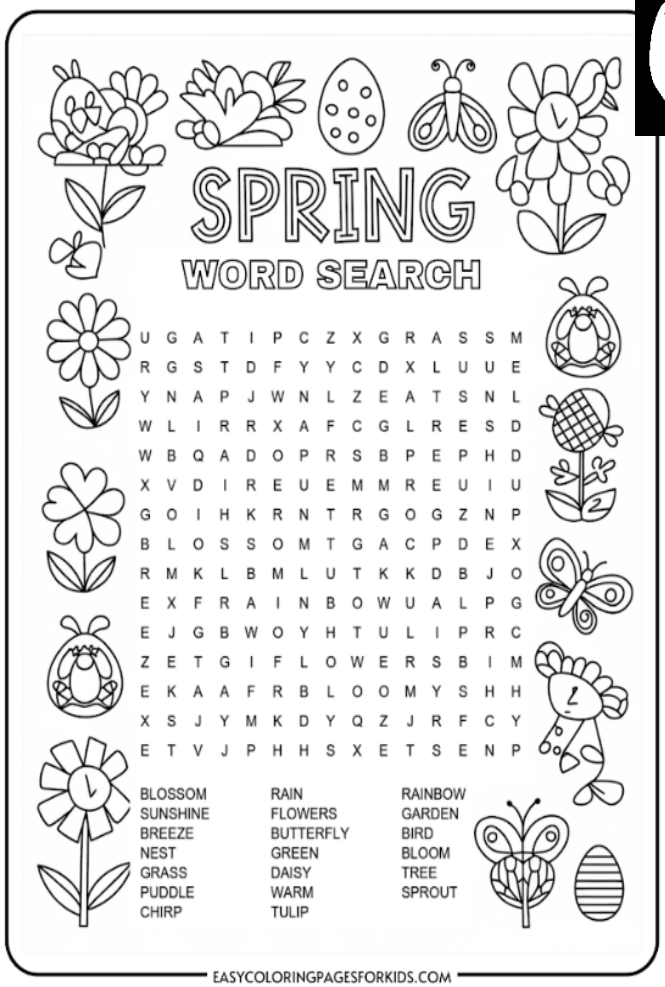
The Community Café meets for coffee and cakes from 10.30am to 12 noon on Thursdays. All are welcome, there is no charge.

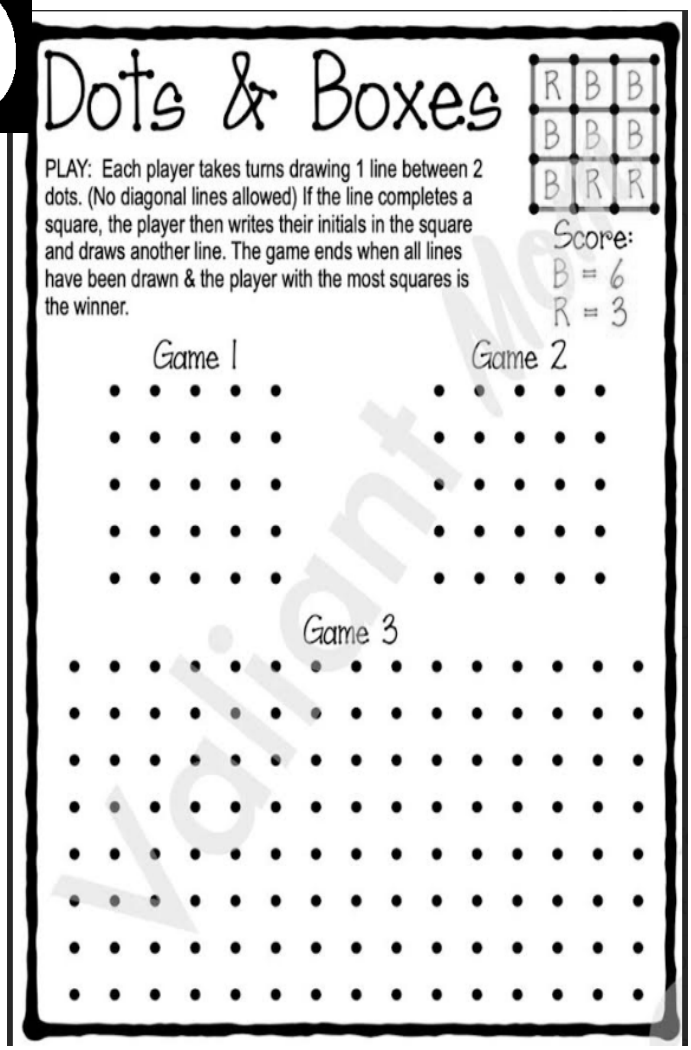
Please see our website for the most up to date information: wroxhamurc.org.uk.

We look forward to seeing friends old and new.

Secretary: Lynne Howard, 01603 738835
Email: secretary@wroxhamurc.org.uk

NIBS KIDS





March 2026 Adverts

ANTHONY HOWARD & SON – wet rooms, kitchens and bathrooms. All plumbing, plastering, tiling, carpentry etc. Please call 07954 224216.

PROFESSIONAL PAINTER & DECORATOR Call Steven Luxford on 07786 510558 and see also: https://www.facebook.com/SLneatpaint/.

RIVER OF BEAUTY at Womack Staithe, Ludham. For beauty, massage, skin care products and holistic treatment. Please contact Carrie on 07938 016363.

DEE'S PERSONAL SUPPORT– personal care, social support, shopping & cleaning. For more information contact Denise on 07969 636826 or dee4addy@gmail.com.

THE MOWER DOCTOR for garden machinery, service and repairs. On site repairs and servicing meaning reduced machinery downtime. Stalham based. Please call Rob 07799 530015 or 01603 291927.+

A R PAYNE - for all your local painting and decorating needs. Over 35 years' experience within the building trade. Please contact Andy on 07706 991443 or andyrpayne.ap@gmail.com.

CHIMNEY SWEEP Mike Wicks & Son. Fully insured. Certificate issued. Please call either 01692 536592 or 01603 387400

GARDEN BIRD FEED Free delivery of seed mixes, peanuts, sunflower, fat balls, mealworms and more! Please contact us on 01493 740288 or visit our website at gardenbirddirect.co.uk.

ML RENOVATIONS LTD specialising in Oak Framed Buildings, Small Extensions, Patios, Groundworks, Garden Maintenance and Fencing. Call Andrew to discuss your project on 07880 700636 or email info@mlrenovations.co.uk.

GLEAMING GUTTERS Gutter cleaning and washing, plus washing of fascias, soffits, barge boards etc. Conservatory cleaning & pressure washing to patios, paths etc. Free friend quote. Lance 07771 363702 or 01603 782112.

COLIN the PLUMBER oil, gas, and electric boilers and oil tanks. All types of plumbing services. Please call Colin on 01692 670657 or 07990 650331.

GARDENER lawn cutting service and general garden maintenance. Please contact Lenny on 07771 363702. Locally based.

SAM THE LADY SWEEP Wood burners, agas etc. Guild of Master Sweeps trained. NVQ qualified. Please call Sam on 07835 476106, www.samtheladysweep.co.uk.

YOUR FRIENDLY LOCAL ELECTRICIAN Glen Rogers Electrical. From an electric shower to a garden light. Give us a ring on 07774 103426.

SIMON'S HOME IMPROVEMENTS We design, supply & fit kitchens, bathrooms, tiling, carpentry, flooring, plumbing and much more. Please contact Simon on 07368 982830 or at simons.kitchens1990@gmail.com.

INTERIOR ACCENTS SOFT FURNISHINGS - Made to measure curtains, blinds, loose covers, cushions etc. Selection of fabrics, poles & tracks. Please contact Debbie 07799 031933 or email enquiries@interioraccents.co.uk.

GRASS CUTTING also pruning, shed and fence painting and garage/shed sorting. Light garden tasks. Please call Carol on 01692 630478 or mobile 07879 442860.

INDEPENDENT FINANCIAL ADVICE Wills & Power of Attorneys, Probate and Executor Service, very competitive rates to local residents. Home Visits available or at Hoveton office. Call Martin Smith on 01603 273590 or 07584 030071.

INEXPENSIVE MOORINGS available at Barton Turf Staithe, please ring Martin 07501 622068.

MARINE ELECTRICIAN 35 years' experience. Installation, fault finding, repairs & spares. Fully insured. Please phone Steve on 07958 679118.

NORFOLK FOOT MOBILE HEALTH CARE Routine care, diabetic foot care, corns and callus, verrucae and fungal nails. Please call Richard Parnell Dip FH BSc Econ Hons 07766 167562.

C&B GARDEN SERVICES for Garden Maintenance and Pest Control, specialising in wasps and moles**,** rabbits & squirrels etc. For FREE quote please call Clive 01692 538356 or 07867 632572.

LANCE BUCKINGHAM CARPENTRY all building work undertaken, incl kitchen fitting, extensions, refurbishment, roofing, fencing, decking & maintenance. Phone: 07795 210522 or 01603 720229, lance@lb-carpentry.co.uk.

ROOF REPAIRS scaffolding, flat roofs, pitched roofs & chimney repairs. Also fascias & gutters. All high-level maintenance work undertaken. Ring Leighton for a quote or advice 07766 563513.

COMPUTERS: friendly IT Tuition and Support. Please contact Jamie on 07747 450776 or jamienickerson@live.co.uk.

GARDEN MAINTENANCE SERVICES: Mowing, hedges trimmed, raised beds, fences, patios, outdoor covered spaces & more: all projects considered. Please call Craig on 07535 044198.

LOGS FOR SALE barn stored, seasoned firewood, delivered locally. £185 a full load, £95 a half load. Please contact Jamie on 07747 450776 or jamienickerson@live.co.uk.

NB NORFOLK BUILDS – local experienced builder. Call Steve for repairs & small works, home improvements, specialist brickwork, extensions and roofing. Please contact Steve on 07568 384934 or at norfolkbuilds@hotmail.com.

MDEC Looking to freshen up your space? MDEC delivers clean lines and meticulous attention to detail - all from skilled female decorators blending style with comfort. Friendly, Professional, Reliable. Contact us on 07866 726178 or at www.mdec.me.

PAINTING & DECORATING by Chris Ryan. Prompt and professional. Free quotation. 01692 631194 or 07758 127983.

OLD MILL GARAGE 01692 536926

CHIMNEY SWEEP Member of guild of master sweeps. Fully insured. Clean and efficient. All work certificated. All solid fuel appliances. Call Harry on 07799 484012 or 01263 833362.

BARTON REED PANEL FENCING - handmade reed panels and screens. All types of fencing work undertaken. Please contact Jon on 07881 717692, email at jon.moore61@btinternet.com or see bartonreedpanelfencing.co.uk.

LOCAL SEASONED FIREWOOD free delivery various load sizes available, starting at £90. Will stack on request. To book a delivery or for more information, please call Brent 07551 753127.

PLATTEN PEST CONTROL specialising in the management of wasps, rats, mice, moles, and rabbits. Free survey. Please contact us on 01692 631173 or 07711 391839.

REGENCY GUEST HOUSE, GIFT SHOP & PICTURE FRAMING - The Street, Neatishead, NR12 8AD. Contact us at 07790 011098, 01692 630233 or regencyhouse1786@gmail.com.

EAST ANGLIAN TANKERING SERVICES a local cesspool and septic tank disposal service, also blocked drains cleared. Smallburgh based. Tel 07988 020984 / 07988 406305 www.eatankering.co.uk.

M STUDIO HAIRDRESSING at Ikens, Smallburgh Road, Barton NR12 8AP. Please call Maz 01692 630744.

YOGA CLASSES with Clare Badham at New Victory Hall, Wednesdays 18.15-19.45, more details at www.yogabreeze.co.uk or call/text 07557 353723.

All contributions are welcome to The NIB: please note the Team reserves the right to amend or omit items. As the magazine runs from 1st of the month, events in the previous month will not be advertised. Views expressed are those of the named author. No responsibility can be accepted for any content or errors. Everybody who submits articles or adverts, automatically consent to having their details published on the Internet, unless specifically requested otherwise, in which case we will endeavour to omit details before uploading onto the churches' websites.

NEW ADVERTISEMENTS

- £1.50 a line, maximum five lines.
- Please contact us at nibadverts@gmail.com or phone Sue Clayton on 07850 436211.

Defibrillator Locations

Neatishead -
New Victory Hall, NR12 8AD
The Granary Business Park, School Rd NR12 8BU
Cangate - Cangate House, NR12 8YH
Barton Turf -
Point Farm (barn wall) NR12 8BB
Cox's Boatyard toilet block NR12 8AZ
Irstead - Staithe Car Park, NR12 8XS
Pennygate -
Berry Hall Lodge (left of gate) NR12 8BE

Dogs – and Cats - Lost and Found

If you'd like to join our WhatsApp group which aims to reunite lost dogs, or cats, with their owners, please let me know.

Sue Clayton 07850 436211
thenibmanager@gmail.com

Magazine Team for February 2026 – December 2026
News & dates: Christine Breden (Editor) - 07510 224490 - nibeditor1@gmail.com
Dates: Deputy Editor - nibdeputyeditor1@gmail.com
Adverts: Sue Clayton (Manager) - 07850 436211 - nibadverts@gmail.com
NIB Postals: Jane King (Deputy Manager) - 01692 630002 - janeelizabethking@hotmail.com
NIB Kids: Georgina Grocott - 07900 411103 - nibskids12@gmail.com
NIB Treasurer: Mandy Parks - 07547 697010 - nibfinancials@gmail.com
Social Media: Margaret Maxwell - 07460 740700 - margaretemmamaxwell@yahoo.com

DEADLINE FOR THE APRIL EDITION – 14th March 2026

Diary dates for March 2026

Mon	2nd	6.30pm	AGM for White House Stores, NVH
Mon	2nd	7pm for 7.30pm	Village Screen, NVH: “The Roses”
Wed	4th	10.15am 10.35am 10.55am	Mobile Library, Pennygate, Barton Turf NR12 8BE Mobile Library, Ex-Post Office, Barton Turf NR12 8BB Mobile Library, Staithe Road, Barton Turf NR12 8AZ
Sat	7th	7.30pm	Doghouse Band, NVH
Mon	9th	12noon	Horning Flower Club, Hotel Wroxham
Wed	11th	7-9pm	Knit and Stitch, Dolly Newcombe Community Room, NVH
Weds	11th	7.30pm	White Horse Pub – quiz in aid of White House Stores, Neatishead
Thurs	12th	10am-noon	Friends & Neighbours - with music, NVH
Sat	**14th**	**NOTE**	**Deadline for the April NIB Edition: Saturday 14th March**
Sat	14th	9am-noon	Community Market and Café, NVH
Mon	16th	7pm	Garden Club – AGM, Spring Flower Show and supper, NVH
Wed	18th	2pm	WI, NVH
Sat	21st	10-noon	Coffee Morning, St Michael & All Angels Church, Barton Turf
Mon	23rd	7.30pm	NIBCHG talk "100 years of the Norfolk Punt Club" NVH
Wed	25th	10.10am 11.15am	Mobile Library: Pitt Corner, Neatishead NR12 8BT Mobile Library: Council Houses, Ashmanhaugh NR12 8YL
Wed	25th	7-9pm	Knit and Stitch: Dolly Newcombe Community Room: NVH
Thurs	26th	10am-noon	Friends & Neighbours with a talk on Cinema, NVH
Thurs	26th	7.30pm	NABS Presentation of Top Girls
Fri	27th	7.30pm	NABS Presentation of Top Girls
Sat	28th	10-11.30am	Hope Café: Neatishead Baptist Church Chapel Road NR12 8YF
Sat	28th	7.30pm	NABS Presentation of Top Girls
Sun	29th	10.30am	Palm Sunday walk to Barton Turf church – meet at NVH
Mon	30th	7.30pm	AGM including Eco Presentation, NVH

Future Dates and Events - see future NIBS for further details of events

Tuesday 14th April: Table tennis starts at NVH, 7-9pm
Saturday 18th April: Gym Plant Sale
Friday 24th Apr: Quiz Night, NVH
Monday 27th April: NIBCHG "Conkers, Cakes and Coal - 50 years of village events"
Monday 17th May: Neatishead Bowls Club Free Open Day
Saturday 6th June – Barton Turf Fete
Sunday-Monday 19th-20th September: St Peter’s Church Celebration

Local Services and Contact Details

- New Victory Hall: Street Hill, Neatishead, Norfolk, NR12 8A. For enquiries/hall bookings www.victoryhall.info or email bookings@victoryhall.info tel:07551 008065. Online ticket sales for events and cinema, order these via Red Box link.
- White House Stores Community Shop: Irstead Road, Neatishead NR12 8BJ, 01692 631549. To join the Community Shop Membership: info@whitehousestores.co.uk
- White Horse Inn: The Street, Neatishead, NR12 8AD, thewhitehorseinnneatishead.com
- Wroxham Library:01603 782560; https://www.facebook.com/WroxhamLibraryNorfolk/ Weekdays 10am-7.pm, Saturday 10-4pm. Many exciting, interesting and interactive things to do. Groups for all ages- not just reading! See their Facebook pages for full details: many interesting things to do and join.

Parish Council Clerks:
Barton & Irstead: Nicola Ledain, bartonturfirsteadpc@yahoo.com Meet monthly 3rd Thurs 7.30pm NVH.
Neatishead: Laura Bateman clerk@neatisheadpc.norfolkparishes.gov.uk

Benefice of St Benedict - Church Services – March 2026

Sunday 1st March: 2nd Sunday of Lent
- 9.30am Benefice & Holy Communion with Sunday Club at St Peter's Church, Neatishead

Sunday 8th March: 3rd Sunday of Lent
- 9.30am Benefice & Holy Communion at St Swithin's, Ashmanhaugh

Sunday 15th March: 4th Sunday of Lent – Mothering Sunday
- 9.30am Holy Communion Book of Common Prayer at St Michael's, Irstead
- 11.00am Holy Communion at St Benedict's, Horning
- 11.00am Sunday Club at St Peter's Church, Neatishead
- 4pm Evening Prayer at St Michael & All Angels', Barton Turf

Sunday 22nd March: 5th Sunday of Lent
- 9.30am Morning Prayer at St Bendict's, Horning
- 9.30am Holy Communion at St Michael's, Irstead
- 11.00am Holy Communion at St Michael & All Angels', Barton Turf

Sunday 29th March: Palm Sunday
- 10.30am Psalm Sunday Walk from New Victory Hall to Barton Turf Church
- 11.00am St Michael & All Angels', Barton Turf

Holy Week Services:

Monday 30th March: 7pm – Holy Communion at St Benedict's, Horning
Tuesday 31st March: 7pm – Holy Communion at St Swithin's, Ashmanhaugh
Wednesday 1st April: 7pm – Holy Communion at St Peter's, Neatishead
Maundy Thursday 2nd April: 7pm – Holy Communion with vigil at St Michael & All Angels', Barton Turf
Good Friday 3rd April: 11am at St Benedict's, Horning on the Green
2pm Liturgy for Good Friday at St Peter's Neatishead
6.30pm Stations of the Cross at St Michael's, Irstead
Holy Saturday 4th April: 7pm - Holy Saturday at St Peter's, Neatishead

Weekday Morning Prayer Services in our Benefice churches at 9.15am*
Monday: Neatishead (3rd Mon HC) Tuesday: Irstead
Wednesday: Horning Thursday: Barton Turf
Friday: Ashmanhaugh* NB at 9.45am:

Rev Ben Bradshaw – contact at brother_ben@btinternet.com or on 01692 630216

Parish Church Wardens
Neatishead - Pauline Simpson on 01692 630674
Ashmanhaugh – Anne Mulhall at anne.mulhall1@btinternet.com
Barton Turf: Barbara Pilcher on 01692 536132
Horning: Christine Hewitt at christine.hewitt@hotmail.co.uk
Irstead: Revd Ben on 01692-630216 or brother_ben@btinternet.com

Neatishead Baptist Church - Chapel Road, Neatishead, NR12 8YF

Sun 1st March	10.30am	Marc Grimston – Communion	Sun 15th March	10.30am	Mothering Sunday Val Khambatta
Mon 2nd March	2pm	Fellowship with Mark	Sun 22nd March	10.30am	Rev'd Neville Khambatta
Sun 8th March	10.30am	Paul Rosier	Sat 28th March	10am	Hope Cafe
Fri 13th March	10am	Prayers in Church	Sun 29th March	10.30am	Clocks Forward Marc Grimston

Hope Café meets for coffee, games, etc - 10am to 11.30am on the last Saturday of the month.
Everyone is welcome for a bit of fun and fellowship.
Fellowship Meetings 2.00 pm Prayer Meeting 10am in church.
Please contact the Secretary for more details.
Secretary: Sue Gibbons secretary@neatisheadbaptistchurch.org.uk