

Methwold Times

Serving the villages of
**Brookville, Methwold
& Methwold Hythe**

**Issue 346
August 2012**

METHWOLD SOCIAL CLUB

Cash Bingo - Alternate Sunday & Wednesday Nights

TUESDAY INTERNAL KNOCKOUT NIGHT

ALL WELCOME

Pool Darts Dominoes Snooker Competitions
New pool/darts team members always welcome

Quiet comfortable lounge bar, large car park

Families welcome



The 21 Room



Why not hire it for your next celebration?
Full bar facilities & large kitchen available
Ideal for wedding receptions, parties, etc
This is an excellent venue (with a stage)
We're able to organise catering & entertainment for you

Contact Roy North on 01366 728703

1st Methwold Scout Group

Welcomes all Boys and Girls at the Scout Hut, Stoke Rd

BEAVERS - Boys and Girls Aged 6 - 8
Diane Minor 07901 612105

Tuesdays 6.30 – 7.30 pm Contact:

CUBS - Boys and Girls Aged 8 - 10½
tact: Jean Dennett 01366 728209

Wednesdays 6.30 – 8.00 pm Con-
or 07880 954148

SCOUTS - Boys and Girls 10½ - 14yrs

Saturdays 10.30 am – 12.00 noon

Diary of Events

27th August Art & Craft Fair St George's Church

20th October Craft Fair Methwold High School 10am-3pm

1st December Craft & Gift Fair St George's Hall 10am-4pm

Methwold Investment Club

Have you ever wanted to have a go at wheeling and dealing on the stock market? This club could be for you. If you want more information please contact the club secretary, Julie Clement on 728926

THE POST OFFICE



Methwold Branch

St. George's Hall, High Street, Methwold IP26 4NT



Opening times

Mon: 08:30 - 16:30
Tue: & Thur: 08:30 - 13:00

This is your publication so why not let us know what you think.

Written contributions to the Methwold Times,
by the **14th of every month** may be sent to the editor:

Mo Truss, 46 Globe St, Methwold

Thetford, Norfolk, IP26 4PQ

Phone 01366 727462

or E-mail: methwoldtimes@mtruss.co.uk

or can be left at

Gary Boyce Butchers

from the Editor...

We are again preparing the Methwold Directory. This year we are only including Methwold businesses, clubs and organisations. If you fall into any of these groups and would like to go into the 2012/13 Directory please contact me as soon as possible. If you feel that we have left anything out of the directory, let us know and we will consider including it. Please do so as soon as you can as we would like to go to print ready for October delivery.

Thanks.

the Editor

Thanks

I would like to express my thanks to family and friends following my extended period in hospital and also to the Busy Bees for their kind gift. Also my appreciation to Feltwell Surgery for their help and concern and in particular to Kerry for her help.

Many Thanks

Michael Pullen

Methwold in Bloom

The M.I.B Group would like to thank all the people who gave donations towards the planting of the tubs, tyre and in front of the Post Office. With the donations and the sale of bedding plants donated by Darby Nursery Stock, we were able to buy all the compost and additional plants we needed, without 'digging' into our savings.

It may seem strange in this 'summer' of ours, to thank our volunteer 'waterers'. Without the help of Brian Nixon, Richard & Denise Lakey, Sue Senior, Claire Davies, Marie Wortley, Liz Jagger, Suzanne Stones, Cathie Marriage, Linda Ashman, Karen Martin, and Vera Wortley. Also John Darby who keeps Moles Green so neatly trimmed. Without the efforts of these people we wouldn't have a show at all.

We have had our problems this year, including water-logged tubs, but husband and wife team of Paul & Claire Davies made short work of drilling drain holes at strategic places on the tubs which soon rectified the problem and we were able to replant within two days.

We must also remember Peter Manning's family, June, Jane, Derek, Darren, Cameron and Peter's brother, Roger for their continued support of the tub by the cemetery path.

The group would appreciate the help of a kind-hearted volunteer(s) in the Hythe to cut the grass around the two tubs and seat at the junction of Methwold Road/Feltwell Road/Severalls Road.

METHWOLD COMMUNITY ACTION GROUP

SCAMPS

SCAMPS is Methwold Parent and Toddler Group that meets on Wednesdays from 9.30am to 12noon in the village hall. The first 15 weeks have gone well and over 35 families have attended at least some of the sessions. Parents are organising the sessions brilliantly but, as the Action Group members withdraw, will need some help with setting up sessions and making sure everything runs smoothly. IF YOU COULD HELP, SCAMPS WOULD VERY MUCH LIKE TO HEAR FROM YOU. Please contact Chris Stone 01366 728478 or chris.stone27@btinternet.com

METHWOLD IN BLOOM

We would very much like to thank all those who have made the village look so colourful this year. The tubs in particular have looked smashing with their red, white and blue theme. MANY THANKS.

METHWOLD LADIES GROUP

Dr Hughes & his wife joined us at our July meeting to tell us about his new life inb Uganda. It was good to see so many members and visitors who wished to hear about their work and wish them luck for the future.

METHWOLD HISTORY GROUP

The deeds of my house tell me that the land on which it is built was once part of the Duchy of Lancaster and indeed Methwold Primary School still carries the same title. So how did Methwold become part of the Duchy of Lancaster? To get the answer we had to go back to the Norman Conquest and see who owned the Manor then :

HOW METHWOLD BECAME PART OF THE DUTCHY OF LANCASTER

ARCHBISHOP STIGAND

In 1066 the Lordship of the Manor Of Methwold was held by Archbishop Stigand (Archbishop Of Canterbury) who, after the Conquest, was dispossessed of the manor by - **KING WILLIAM THE CONQUEROR**

William de Noiers kept the manor for the King. Another part of the Lordship was, at the time of Domesday, held by William, Earl Warenne. In 1087 the Conqueror gave all the lands and Lordship that Stigand had owned to Earl Warenne who thus became Lord of all the Methwold lands.

WILLIAM DE WARRENNE

1st Earl of Surrey, who died in 1088. Methwold then passed to his son –

WILLIAM DE WARRENNE

WILLIAM DE WARENNE

the 3rd Earl of Surrey who died on crusade in 1148. The lands were left to his daughter

ISABEL -

so her first husband **WILLIAM DE BLOIS** became Lord of Methwold and the 4th Earl Of Surrey. He died in 1153, leaving no children. Isobel's 2nd husband –

HAMELIN PLANTAGENET

was the illegitimate half brother of King Henry 2nd and became the next Lord and 5th Earl of Surrey. He died in 1202 and was succeeded by his son –

WILLIAM DE WARENNE

the 6th Earl of Surrey. His son –

JOHN DE WARENNE

became the 7th Earl and lived until 1304. At his death most of his lands were left to his grandson but in his will Methwold was left to –

THOMAS, EARL OF LANCASTER

who was the grandson of Henry III. Thomas's head was removed by the executioner in 1321. His heir was his brother –

HENRY, EARL OF LANCASTER

who, on his death in 1345 was succeeded by his son –

HENRY, EARL OF DERBY AND LANCASTER

Henry became the 1st Duke Of Lancaster in 1351. He had two daughters, Maude & Blanche.

MAUDE was left Methwold so her husband

WILLIAM OF HAINULT

became Methwold's Lord.... but as there were no children to this marriage the inheritance passed to **BLANCHE** whose husband was –

JOHN OF GAUNT, 2nd DUKE OF LANCASTER

When he died in 1399 his son Henry became the 3rd Duke Of Lancaster and inherited Methwold. In 1400 Henry overthrew King Richard 2nd and became –

KING HENRY IV

Since then the King or Queen have always been “Duke Of Lancaster” and Methwold part of The Duchy Of Lancaster.

Of course we may not have got this exactly right so if you can fill in more details please get in touch! Methwold History Group meets on the third Thursday of each month in the village hall at 7.30pm. Why not come along? – No previous knowledge needed!

Chris Stone

COMMUNITY LEARNING PROGRAMME

Hockwold and Methwold Community School

Tel (01366) 728333

In line with a national drive for rural schools' networks, where schools become learning hubs for their community, Hockwold & Methwold Community School has extended provision to distance learning courses. Working in partnership with Loughborough College, the University of London and Anglia Ruskin University, the school offers a range of further and higher education courses.

Distance learning involves a blend of on-line learning, face to face learning at 'base' (the Community Sport & Fitness Building on the school site) and occasional days at the institution.

Undoubtedly, the most attractive feature is the cost. At a time when access to university courses costs in the region of £9,000 per year, the school is able to offer the Degree courses at just £2,000 per year. The part-time nature of the course also allows the student to continue working while studying. It may be possible to obtain a grant of up to £1,200 per year if annual parental income is less than £36,000.

Courses Available (September 2012):

GCSE Maths	GCSE English
A Level Sociology	A Level Law
A Level Psychology	A Level Environmental Studies
GCSE English	Foundation Degree in Sports Science
Degree in Business Administration	
Masters Degree in Education MA(Ed)	

Please contact Mark Wassell (Academic Tutor) on (01366) 728333 for further details.

St George's Spring Quiz

The winners in the quiz were :-

1st	Mrs E Pearson	Kings Lynn	95	£10
2nd	Mrs M Taylor	Stoke Ferry	94 1/2	£5

Thank you for your continued support. My next 'brainteaser' will be out in the autumn.

Enjoy the summer, if we get one!

Gillian Giles

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# **MINUTES OF METHWOLD PARISH COUNCIL MEETING HELD AT ST. GEORGE'S HALL THURSDAY 14TH JUNE 2012**

**Present:** Mr R Hood – Chairman, Mr C Neville, Mr P Ashman, Mrs B Bluck, Mrs M Wortley, Mr J Marriage, Mr D Masters, Mr C Stone, Ms S Stones, Mr J Henry, Mrs M Truss.

Mr M Storey – Borough Councillor

Mr M Peake – Borough Councillor

7 members of the public

## **OPEN FORUM**

- Comment was made that the grass cutting recently undertaken in the parish by the company contracted by the Parish Council has been of poor quality. The Clerk has already passed this on to the contractors and a meeting will be arranged with a representative of the firm to discuss concerns raised.
- It was noted a letter sent to the Chairman of the Parish Council will be raised during the Chairman's Report.
- It was reported that growing amounts of dog waste are appearing on the pathway between Trent VC Close and Ventura Close. "Clean up after your dog" signs have been supplied by King's Lynn and West Norfolk Borough Council and will be placed around the parish.
- Mr Martin Storey was thanked for arranging for cutting of the footpath across Storey's Meadow adjacent to the Recreation Ground.
- Mr Chris Stone was thanked for organising Jubilee celebrations in the village.

### **1. Apologies for Absence:**

Mr D Wortley, Mrs B Horton  
Safer Neighbourhood Team

### **2. Declarations of Interest made:**

Mr J Marriage declared an interest in item 8.

### **3. The Minutes of the meeting held on 10/05/12 were agreed as a true record of the meeting.**

Discussion took place regarding how matters which are discussed at Working Party meetings are then recorded in the minutes of Parish Council meetings. Discussion from the Working Party meetings needs to be published so members of the public are aware of matters under consideration and it was



Working Parties should be adopted as part of the minutes of the meetings of the full Council. It was agreed that the reports from the Working Party meetings will be adopted as proposed.

It was felt that an addendum should be added to the minutes of the May meeting of the Parish Council to note that much discussion regarding plans for a new pavilion has taken place at meetings of the Parish Council. (It was agreed at the meeting held in September 2011 that the Open Spaces Working Group should ask for a Pre-Planning Consultation from the Borough Council and depending on the results then detailed plans would be drawn and submitted for a formal planning application for a steel-framed building on the existing site).

#### **4. Matters arising from past minutes:**

- It was noted that the minutes of the May meeting indicate that signs requested for Methwold Hythe may not be worded as was agreed. It will be checked that the signs are to read “SLOW DOWN, CHILDREN”. Letters have been passed to the Parish Council by residents of Methwold Hythe who are prepared to locate the signs on their premises.
- Mr Jim Marriage has researched the possibility of registering Parish Council ownership of the old gravel pit along the Brandon Road and this matter will be an agenda item again on the July Parish Council meeting when consideration will be given to engaging a solicitor to register areas of land for the Parish Council.

#### **5. Reports:**

##### **5.1 Chairman’s Report:**

- The Chairman has received a letter from a member of the public raising various concerns in respect of the plans for a new pavilion on Methwold Recreation Ground. As a result of this the Chairman suggested that all future meetings of the Working Parties should be held in the Fenton Room at St. George’s Hall with dates to be well publicised in advance. This would give members of the public ample opportunity to attend meetings of the Working Parties should they wish. It is planned to create a calendar of hall bookings on the methwold.net website and all meetings of the Parish Council can be noted on the calendar.
- The Chairman thanked Mr Chris Stone for his organisation of celebrations for the Queen’s Diamond Jubilee.

##### **5.2 Clerk’s Report:**

- The Borough Council has supplied “Clean up after your dog” signs.
- The Parish Council has received notification that the public will be prohibited from using bridleway Methwold BR13 which runs along the southern

Factory from July 1st 2012 to September 30th 2012 while work is undertaken by the Environment Agency.

- An open day is to be held at High Fen Farm on Sunday 17th June 2012.
- A dog walker was seen walking a dog on a lead across the Rec. On being approached the walker admitted he was aware that dogs are not permitted across the Rec!
- The street maintenance firm engaged by the Parish Council has gone into liquidation. The Norfolk Association of Local Councils is to provide councils who are affected by this with legal advice and thus this matter will be an agenda item for the July Parish Council meeting when further information should be available.
- Communication regarding the lease with Eastern Power Networks for the land where the electrical sub-station is sited has been received from Rix & Kay Solicitors. A response will be drafted requesting that Eastern Power Networks pay reasonable costs for the Parish Council to undertake legal advice regarding the proposed lease. The term of the lease will also be questioned as the draft lease states a term of 21 years whereas the Parish Council had requested a term of five years. The Norfolk Association of Local Councils will be asked to scrutinize the draft lease.
- A further letter has been received from Methwold United Football Club. The Club has requested use of Methwold Recreation Ground every Saturday during the football season as two teams will be playing. The Club would also wish to use the Rec. for training sessions on a Wednesday evening. Matches will begin on July 2nd with the season running from August 18th 2012 to the end of May 2013. The Club has also asked for permission to turn the pitch for the forthcoming season. It was felt use of the Rec. should be considered by the Open Spaces Working Party.
- It has been reported by the Borough Council that large amounts of dog waste are being deposited in the dog waste bin located in Crown Street. Dog waste can be suitably wrapped and placed in the household black refuse bins and thus there should be no need for large quantities of dog waste to be placed in the dog waste bins which are provided for the use of dog walkers.

### **5.3 Reports from Working Party meetings:**

- 5.3 I It was agreed that up to £100 should be spent to replace the missing down pipe at the rear of St. George's Hall. Once a down pipe has been fitted anti-vandal paint can be used to paint the guttering.
- 5.3 II Two "Fire Exit" signs will be purchased to replace signs missing at St. George's Hall.

### **Report from the Hall and General Purposes Working Party**

- 11.3 Councillors had previously been presented with a written report of the meeting held on May 31st 2012 and a copy is filed. Mr. J Marriage gave a

verbal update on matters raised:

- A request has been made for occasional hire of the Doctors Waiting Room for osteoporosis screening. It is thought a booking may be made every five weeks and the hirer has offered to pay a fee of £5.00 per patient for use of the room. It was agreed by all to proceed with this arrangement.
- It was agreed quotes should be sought to replace windows at St. George's Hall complex that are determined to be in need of replacement prior to undertaking exterior painting of the building.

### **Report from the Open Spaces Working Party**

- Councillors had previously been presented with a written report of the meeting held on May 24th 2012 and a copy is filed. Mr. C Stone gave a verbal update on matters raised.
- Discussion has taken place regarding whether the children's play equipment at the Recreation Ground should be fenced. Opinions on this vary and this matter will be considered further as the project for the provision of new play equipment progresses. Lucinda Leonard of Norfolk Rural Community Council has offered to attend a future meeting of Methwold Parish Council to advise regarding the play equipment project. It was noted Weeting Parish Council use money obtained from the recycling banks in the village to help fund ongoing maintenance for the play equipment at Weeting Playing Field. Norfolk County Council has been approached regarding how Methwold Parish Council might also obtain credits for recycling.

A survey will be undertaken of Pupils of Methwold Primary School to es-

- tablish the play equipment the children would like at Methwold Recreation Ground. It was noted letters of support for the play equipment project from village organisations could be submitted with the proposed grant application to help demonstrate need.

Discussion took place regarding whether an earth mound should be built for

- children to launch from when using the zip wire at the Recreation Ground. Investigation will be undertaken to establish if such a mound would conform to Health & Safety regulations.

It was agreed matters relating to Methwold Cemetery could be considered at

- meetings of the Open Spaces Working Group.

### **5.4 WREN grant application**

An application is to be made to WREN for a £50,000 grant to provide further play equipment at Methwold Recreation Ground. An application must be submitted by August 31st as the Landfill site at Feltwell is to close. WREN funding is dependent on a project being located within ten miles of an active landfill site.

It was agreed Mr. R Hood and Mr. C Stone would sign the document applying for the grant. A working Group of Mr. R Hood, Mr. C Stone, Mr. P Ashman, Mr. C Neville and Mr. J Marriage will meet on June 25th to consider the grant applica-

C Neville and Mr. J Marriage will meet on June 25th to consider the grant application.

- A Finance Committee meeting will take place on June 27th when the grant application will be considered in conjunction with other projects under consideration by the Parish Council. A Parish Council Action Plan should be agreed to assist the grant application process and the Parish Councils Financial Strategy should be reviewed to accommodate planned projects.

It was agreed to accept an Equal Opportunities Policy for the Council as presented.

## **6. Accounts for June were approved for payment.**

### **Expenditure**

| <b>Payee</b>       | <b>Net</b> | <b>VAT</b> | <b>Gross</b> |
|--------------------|------------|------------|--------------|
| E.on Energy        |            |            | 151.57       |
| Staff remuneration |            |            | 804.46       |
| Internal Audit     | 350.00     | 70.00      | 420.00       |
| CGM                | 119.73     | 23.95      | 143.68       |
| A1 Signs           | 45.00      | 9.00       | 54.00        |
| Initial Washrooms  | 31.47      | 6.29       | 37.76        |
| E.on Energy        | 12.29      |            | 12.29        |
| DTKM website       |            |            | 7.50         |
| Waste bags         |            |            | 10.00        |

### **Income**

|                     |         |
|---------------------|---------|
| Post Office         | £51.00  |
| Doctors             | £60.00  |
| Scamps              | £100.00 |
| Other Hall lettings | £515.50 |
| Cemetery            | £75.00  |

Councillors were presented with an up to date income and expenditure spreadsheet.

#### **6.1**

Discussion took place regarding whether power to incur expenditure should be granted to the Hall & General Purposes Working Party. The Working Party could be allocated a set monthly amount which could be used to undertake immediate repairs or rectify any Health & Safety concerns that might arise between Council meetings. Standing Orders state that the Chairman and Clerk have the power to spend up to £500 should an emergency situation arise therefore Standing Orders would need to be altered should

a Working Party is a discussion group and thus does not have the power to make decisions. It was agreed the Norfolk Association of Local Councils will be asked to advise on this proposal and this matter will be an agenda item again for the July meeting of the Parish Council.

**7. It was agreed (with one abstention) to accept the accounts for the year ending March 31st 2012 and the Annual Return form was duly completed and signed.**

**8. Planning:**

**Applications for consideration**

Mr J.Marriage left the meeting during consideration of the application for a single storey oak frame and glass extension with pantile roof at 14 Hythe Road, Methwold 12/00876/F

**Support**

8.1 Proposed storage buildings for workshops at The Workshops, Brandon Road, Methwold 12/00701/F

**Support**

8.2 Construction of a steel framed sheeted building to act as an enclosure around the discharge point of the limex 70 conveyor at Wissington Sugar Factory 12/00813/F

**Support**

**Notice of Decisions**

- Detached garage at Salt Box Cottage, Methwold Road, Methwold Hythe 12/00204/F

**Permission granted**

- Two storey extension to dwelling at 14 White Road, Methwold 12/00529/F

**Permission granted**

- Installation of a twin roof mounted PV system on an agricultural building at Banhams Farm, Severalls Road, Methwold Hythe 12/00485/F

**Permission granted**

- Erection of white PVCU conservatory to rear elevation at 57 Globe Street, Methwold 12/00602/F

**Permission granted**

The planning application for the erection of a single storey pavilion/changing facility on Methwold Recreation Ground has been withdrawn and resubmitted.

## **9. Correspondence**

- 9.1 Drainage works:C871 Methwold High Street
- 9.2 WNVCA Funding News June 2012
- 9.3 Notification that it is proposed that Mazars LLP will be re-appointed to audit the annual returns of all small bodies in Norfolk for five years from September 2012
- 9.4 Norfolk Health and Wellbeing Board update

## **10. Code of Conduct**

Under the requirements of the Localism Act 2011 the Council must adopt a new Code of Conduct. It is recommended that the Council either accepts the Code adopted by the District or Borough Council or the code drafted by the National Association of Local Councils.

All Councillors were provided with information on the code and one of the two codes recommended will be adopted at the July meeting of the Parish Council once further information has been received from the Borough Council of Kings Lynn and West Norfolk.

## **11. Further Reports /items for the next agenda:**

- 11.1 It was reported that permission has been sought for the Whiteplot Road name sign to be positioned on the wall of the first property in the road.
- 11.2 Roads and footpaths are in need of cleaning in Methwold Hythe and the trod between the Hythe and the village needs to be sprayed to clear the weeds.
- 11.3 A pot hole is in need of repair along the Old Feltwell Road.
- 11.4 There are also pot holes needing repair at Cock Corner and Ventura Close. Any such concerns can be reported at [www.fixmystreet.com](http://www.fixmystreet.com)

*It was agreed to suspend Standing Order No. 1z to allow the meeting to continue past 9.30pm.*

- 1. **Resolution to exclude the public to consider the following:**
  - Quotes received for decoration of the Doctors surgery at St. George's Hall*  
*As only one quote has been received this matter will be considered at the July meeting of the Parish Council when it is hoped more quotes will have been obtained.*
  - 2. *Curtains for the Fenton Room, St. George's Hall*  
*Three quotes were considered for new curtains for the Fenton Room. It was agreed to confirm the quote received from SMD Drapes and Councillors will meet to decide on the design and colour of the proposed curtains. The caretaker will be asked to clean the curtain rails before new curtains are hung. It was noted there is need to darken the Fenton Room for film shows so black out type curtains are needed.*



# ST GEORGE'S CHURCH, METHWOLD

|                |                   |              |
|----------------|-------------------|--------------|
| Rector:        | Revd Joan Horan   | 01842-828034 |
| Curate:        | Revd Ken Waters   | 01366-727220 |
| Churchwardens: | Nick Guyer        | 01366-727293 |
|                | Dr Ian Nisbet     | 01842-828956 |
| Church Elders: | Bob & Madge Watts | 01366-728211 |
| PCC Secretary: | Deannie Nisbet    | 01842-828956 |

## AUGUST

### **5th Aug - 9th Sunday after Trinity**

9.15am - Holy Communion - Revd Joan Horan

Readings: 2 Samuel 11: 26 to 12: 13, John 6: 24-35

Sidesman: M Browne Reader: S Marsland Prayers: E Douglass

Flowers: H Gill Cleaning: S Freeman

### **12th Aug - 10th Sunday after Trinity**

9.15am - Holy Communion - Revd Ken Waters

Readings: 2 Samuel 18: 5-9, 15, 31-33, John 6: 35, 41-51

Sidesman: F Walker Reader: D Mantle Prayers: I Nisbet

Flowers: E Douglass Cleaning: E Douglass & W Waters

### **19th Aug - 11th Sunday after Trinity**

9.15am - Combined service with Methodists - Mary Cumbers

Readings: 1 Kings 2: 10-12; 3: 3-14, John 6: 51-58

Sidesman: J Watts Reader: N Guyer Prayers: D Mantle

Flowers: D Hood Cleaning: D Nisbet & D Guyer

### **26th Aug - 12th Sunday after Trinity**

9.15am - Holy Communion - Revd Ken Waters

Readings: 1 Kings 8: 22-30, 41-43, John 6: 56-69

Sidesman: W Waters Reader: E Douglass Prayers: S Marsland

Flowers: D Nisbet Cleaning: D & D Wortley

*If the church is locked the keys are available from Bob & Madge Watts, Brumblebarn Farm, 10 Hythe Road, Methwold, 01366-728211.*

If you are thinking of having a baptism or wedding at the church then please contact Revd Ken Waters on 01366-727220.

Perhaps you know the scene in the film "The Life of Brian", where Michael Palin as the healed leper is complaining that Jesus just came along and healed him, and



you very much. In reality Jesus doesn't do that. God created us with free will, he won't suddenly just override our free will for the sake of making us better, we have to ask him to help. So the message for August as we take our holidays is to let's make sure that should Jesus come 'home' to us we don't reject him. Let's be honest about this; God loves us just the way we are, warts and all. He is a God who knows our past, in fact, a God who knows our story better than our parents, or wives and husbands. And he loves us anyway! You see, that's the beauty of the gospel; that we don't have to be specially qualified to receive it, and we don't have to be specially qualified to share it. We only have to be honest about who we are, and how much God loves us.

God Bless,

Ken Waters

***Joke Spot:*** *Little Johnnie and another man were shipwrecked on an island. The minute they got onto the island the man started screaming and yelling, "We're going to die! We're going to die! There's no food! No water! We're going to die!" Little Johnnie was propped up against a palm tree and acting so calmly that it drove the other man crazy. "Don't you understand?!? We're going to die!!" Little Johnnie replied, "You don't understand. I make £100,000 a week." The man looked at him quite dumbfounded and asked, "What difference does that make?!? We're on an island with no food and no water! We're going to DIE!!!" Little Johnnie answered, "No. You just don't get it. I make £100,000 a week and I tithe ten percent of that to the church every week. The churchwarden will find me!"*

**ART & CRAFT FAIR – 27th AUGUST 2012.** We will be holding our annual Art & Craft Fair at St George's Church on Monday 27th August. If you want to have a stall to sell your goods please contact Ken Waters 01366-727220 or [ken.waters@btinternet.com](mailto:ken.waters@btinternet.com)

**PENNY JAR APPEAL** Stop me and ask for a Jar when you see me. This time we're hoping to raise enough money to replace the old wooden stacking chairs that we use when we have the church full for weddings, funerals, Christingle, etc. Once you've filled a jar please drop them off at church or around my house and hopefully you'll take an empty one to start again. We're hoping to raise £1,500. Thanks.

**DON'T FORGET TO VISIT OUR WEBSITE AT:** [www.grimshoebenefice.com](http://www.grimshoebenefice.com)

## **METHWOLD PARISH COUNCIL RECREATION GROUND PLAYGROUND - YOUR HELP NEEDED!**

As parishioners will be aware we are seeking to update the children's playground at the Rec'. So far the Parish Council have allocated £4000 to this project and Methwold Recreation Group have offered a further £4000. We are at present trying to raise the rest of the money needed by grants. One issue that has risen from the public consultation that has been carried out is the need to improve disabled access to the Recreation Ground itself. We would like to hear from any disabled person who uses this facility so that we can get the outcome right. If you can help please contact Chris Stone 01366 728478 or e-mail [chris.stone27@btinternet.com](mailto:chris.stone27@btinternet.com) THANK YOU

Another problem raised in the consultation appears to be the amount of glass being generated by bottles being smashed on the old pavilion slab. I will be at the Rec' on Sat Aug 4th at 10.30am to try to clean up. If anyone could help it would be much appreciated – Thick gloves, strong plastic bags and brushes needed please.

## **PARISH COUNCIL TREE SURVEY**

Methwold Parish Council has recently had a tree survey done to reflect the condition of the trees around the Recreation Ground, Churchyard and Cemetery and is keen to progress the work needed in order to make all areas as safe as possible for the public. To this end we would like to invite any local firms who deal with tree surgery to quote for the work. Copies of the survey can be obtained from the Parish Clerk – Jane Scarrott – 01366 727150 ( [methwoldpc@btinternet.com](mailto:methwoldpc@btinternet.com) ) Closing date Friday, September 7th.

## **METHWOLD WAR MEMORIAL**

The Parish Council have recently asked for quotes from 5 companies on the National Master Masons list for work that needs to be done on Methwold War Memorial – mostly in re-lettering those names that have come away. If you are a local mason and would like to be added to the list please contact Chris Stone 01366 728478 or [chris.stone27@btinternet.com](mailto:chris.stone27@btinternet.com) to be sent the specification.

~~~~~

Breckland Cats Protection

01842 810018

I don't think people mean to be cruel but some are taking on animals and not giving them any veterinary treatment at all so that what is a simple condition like ear mites or sticky eyes becomes a major problem with kittens even losing their eyes through it. Owning an animal is a privilege not a right and they rely on their owners to keep them healthy and happy. How would you feel if mites were crawling around in your ears and no one helped relieve the itching.

I also know that there are a lot of people out there who are incredible and even pay for treatment for strays that they feel sorry for and also feed the cats left behind by people who move. Without the help of these people we would not be able to cope so a big thank you to all of them.

We still have little Jessie but this month we are advertising Buster because he is such a lovely, friendly boy. He is approx 1-2 years old, neut, micro chipped, vaccinated and just waiting for the right person to offer him a home for life where he won't be abandoned again.

We are hoping to book St Cuthberts Hall for Saturday 11th August 9.30am to 1.30pm so look out for us and come and see the cats and kittens looking for homes.

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RSPB Lakenheath Fen

A cautionary tale

One of the great pleasures of this job is helping to inspire children to get into wildlife. As some of you may know, I run the Lakenheath Fen kingfishers, the Wildlife Explorers club that meets on the second Saturday of every month. As leader, I am often seen shepherding groups of children around the reserve. Over the last couple of years, I have picked up some great stories to tell children about the wildlife on the reserve. The tales that seem to have the most amount of impact are the cautionary ones. Kids seem to love them! One of my favourites involves hemlock, which is one of the most poisonous plants on the reserve. It thrives on the reserve, especially between the car park and the main road.....

The story that I always tell is that of one of my heroes, the philosopher Socrates. He was sentenced to death for “corrupting the day’s youth”. He was forced to commit suicide by drinking a concoction laced with hemlock. If I don’t have the children’s attention before I tell this story, I almost always do after it! Warden’s note: It is poisonous and should be treated as such, but don’t panic if you touch it, you won’t immediately keel over; you need to eat lots of it, or drink concoctions with it in, for it to have an effect!

On a slightly lighter note, there are plenty of stories to tell about burdock. This plant with its incredibly sticky burrs has many uses. The roots are famously used to make dandelion and burdock pop. We did this with the Wildlife Explorers club in March, and it tasted rather nice if I may say so myself!

The children are most interested in the burrs. They will stick to anything! Once they have discovered this, they will begin picking the burrs and sticking them to themselves, and usually everyone else too! At this point, I tell another cautionary tale.....

A couple of years ago, I was taking a group around and a child kept putting the burrs in his hair. Despite several warnings, he kept doing it. He suddenly realised that he had put so much in that he couldn’t get it out. I learnt soon after that he had to get his hair cut. I’m sure his parents didn’t see the funny side!

David White
Information Officer
RSPB Lakenheath Fen



RSPB Lakenheath Fen

August Events

Thurs August 2,9,16,23,30th Wildlife Explorers summer club 11am-12.30pm
Join us for some free family fun in the Fens throughout the summer holidays. There will be a different theme for each week, and each meeting will consist of both inside and outdoors elements, so please dress appropriately. Free event. All children must be accompanied. No need to book.

Friday August 3 Bat night 7.45pm-10pm
Join us for an evening of nocturnal nature. Discover the bats that live at Lakenheath Fen with the help of our local expert. There will be an introductory talk followed by a walk to search for them using bat detectors. Please bring a torch and insect repellent. Adults £6/ Children £3 (RSPB members half price)

Sunday August 5,19 Children's walk and pond dipping 2pm-4pm
We will walk around the Brandon Fen family trail to look for bugs, birds and mammals. If the water levels are appropriate, we will do some pond dipping to see what beasts live in the pools on the reserve. Children £3 (Wildlife Explorers members half price). Accompanying adults free.

Sunday August 12 Family fun day 10am-4pm
Join us for a day of fun activities for children. There will be guided walks, pond dipping, games and owl pellet dissection. You can come along for the day or just pop in for an hour. Each child will receive a goodie bag. Free event. No need to book.

Friday August 24 Moth night 7.30pm-10pm
Come and join a local enthusiast to discover the marvellous moths of the reserve. The evening will begin with an introductory talk, followed by a visit to each moth trap to see a wide range of insects of all shapes and sizes. Please bring a torch and insect repellent. Adults £6/ Children £3 (RSPB members half price)

Booking is essential for all events unless stated otherwise.

For all enquiries and bookings, please contact: 01842 863400 or email: lakenheath@rspb.org.uk

RSPB Lakenheath Fen nature reserve, Station Road, Lakenheath, Brandon, IP27 9AD

Costs: Unless otherwise stated, events are £4 for adults, £2 for children for (RSPB and Wildlife Explorers members half-price).

Other Information: Most events have outdoor components so please dress appropriately. Stout footwear and warm, waterproof clothing are strongly recom-

WHAT DOES THE DOCTOR THINK THIS MONTH?

August 2012

Now, this is quite a complicated article, where the first few paragraphs set the scene for the main theme; it is really important that you concentrate, as the first part is quite complicated and I shall be asking questions later. When I started as a medical student at The London Hospital 50 years ago, we were not allowed near a patient for the first 2 years. Our time was spent learning Anatomy, Histology and Physiology. I dissected six corpses (kind people who had donated their remains for medical research or tramps who were not quite sure what had happened) and spent many, many hours buried deep in Gray's Anatomy. We had a weekly “viva voce”, an oral examination, a terrifying experience where we had to state clearly the anatomical facts we had learned. We had to describe the medial, lateral, superior and inferior “relations” of all the structures about which we had learned. Medial is nearer to the central vertical line through the body and lateral is farther away. For example, your eyes are medial to your ears and your mouth is inferior to your nose. We were assisted in this by a great many anatomy mnemonics, every first letter of which described an anatomical structure. They were quite colourful – Structures passing through the superior orbital fissure (a crack in the skull above the eye) were remembered as Luscious french tarts sit naked in anticipation – Lachrymal nerve, Frontal nerve, Trochlear, Superior division of Oculomotor, Nasociliary from the Ophthalmic nerve, Inferior division of Oculomotor, Abducens nerve. My favourite was used for the course of the Lingual nerve, which supplies the tongue, The Lingual Nerve describes a curve around the Hyoglossus. Well, I'll be f*c*ed, said Wharton's duct – the b*st*rd's double crossed us!

The serious study to learn all the Anatomy was carried out in complete silence and I soon developed the ability to shut out the outside world when studying. Such was the need for precision in the vivas that we all rapidly developed the ability to think clearly before speaking and to enunciate very clearly. Before going to university, I spent my summer holidays working in my father's Liverpool warehouse under the care of “Our 'Arry”, the manager. During my first (and only) Summer holiday from University, I went back to work and “our 'Arry” soon exclaimed “R. A. Ee, Yer don't 'arf talk posh now” (Note – my parents had a phobia about names being shortened so they called me Ian. I spent my entire school life being called Ee)(Further note: R. A. is the Liverpool equivalent of the Norfolk “or right, are yer?”

Later in my training, we developed the skill of taking a history from the patient, examining them, planning treatment and carrying it out. We were then taught to reflect upon what we had done and work out ways it might have been done better. All through my life, I have been oblivious of the surrounding world

while studying or reading and I have spent a lot of time in reflection and planning the future. Management calls this daydreaming and not paying attention and I suppose it must look like that. Anyhow, one morning, I was reflecting and planning when I heard “Is this an old dress?”. Head Office had walked in. Now, being a bloke, this question set off alarm bells, flashing lights and so forth in my head. There are certain scenarios where a man can rarely win – Compliment her on her new dress and she will tell you she's had it for months and name half a dozen places she wore it. Not noticing she has a new dress is equally bad. Telling her that an outfit looks slimming can be dangerous. “Does my bum look big in this?” Equally dangerous. (Reminds me of the lady in the burkha asking “Does my bomb look big in this?”)

Back to the question “Is this an old dress?” Pause for thought – never speak without thinking. Take a chance on “Well, it looks quite new, (gulp) Have you had it long?”. Stand back. I was quite relieved by the reply “No, I have only just bought it and I asked you whether it made me look old. The failing hearing had done it again – I had only registered part of the question. That reminds me of my favourite joke about the three people out for the afternoon: It's windy today, isn't it? Nah, it's Thursday. So'm I – Let's have a cup of tea!

I was sent a cartoon the other day. It shows an early caveman dragging his wife around by the hair. He meets another caveman and, while chatting, announces “I have decided to teach her to talk – what harm can it do?”

EUROPEAN HEALTH INSURANCE CARD – HAS YOURS EXPIRED?:

This card replaced the E111 several years ago. If you carry it when abroad in Europe, it gives you entitlements roughly equivalent to the NHS. Years ago, we all changed from the E111 and have since carried the new cards. Until I read an article yesterday, I had not realised that these cards carried an expiry date. Sure enough, Deannie and I have been carrying cards which expired 2 years ago! They are very easy to renew online and you may wish to check the expiry date on yours before you set off across the Channel.

Best wishes to you all

Jan Nisbet

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We are holding a **Craft Fair** at Hockwold and Methwold Community School,  
on Saturday 20th October 10-3pm.

For any enquiries please call 01366 728333 or email [trh@mhscloud.net](mailto:trh@mhscloud.net)  
book early to avoid disappointment.



## 1948 London Olympic Torch

WELL DONE to everyone who welcomed the torch to Brookville, Methwold & Methwold Hythe on Monday 4th June. The weather also played its part & was good for the duration of the time the torch visited Methwold on its journey around West Norfolk.

A big thank you to the 6 torch bearers- Natalie Chandler, Michael Cowlinslaw, Elaine Cooper, John Goode, Laura Warren & Owen Chandler – who were responsible for running it from the top of Brookville through to Methwold Hythe. They looked true professionals in their sports shirts with the logos of sponsors!

Also a thank you to the band of ramblers who carried the torch on their 2 mile ramble, with everyone carrying it on the route. A slight diversion to Methwold Auction market enabled even more people to see it! They were presented with T shirts, medals & certificates on completion. The amount of money, given by spectators, cheer leaders & ramblers totalled £140, so yet another 'Well done'.

At the half way stage, on the Recreation Ground, many people took part in the taster session of Archery, which proved popular, as well as a nail biting game of Rounders!

Finally, thank you to the members of the Methwold Community Action Group for supporting the visit, ensuring the safety of all those who took part, & enabling Methwold to be part of the torch trail.

The following day, our torch bearers were presented with medals & certificates, at Lynnsport, by the mayor, & the whole occasion was covered by local paper photographers.

Check your village website, [www.methwold.net](http://www.methwold.net) to see all the photographs.

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## NORTHWOLD SPIRITUALIST GROUP SERVICE CALENDAR 2011

### FRIDAY EVENINGS at 7.30pm

3rd Aug June Hughes  
17th Aug Gaye Harrison  
31st Aug Cherry Smith  
14th Sep Keith Thompson  
28th Sep James Cooke  
12th Oct Mark Smith

### ADDITIONAL EVENTS at 7pm

**Psychic Supper - 22nd Sept**  
Victoria Neal, Marcus Day,  
Christine Southerton,  
Richard Bartholomew, &  
Shirley Cimelli.

Enquiries Tel: Eileen on 01366 727174

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## MAKE YOUR CUPPA COUNT FOR CANCER CHARITY

Macmillan Cancer Support is once again preparing for its largest annual fundraising event, the World's Biggest Coffee Morning. In 2011 over £10 million was raised across the UK, and this year Macmillan wants to break that record and help even more people living with cancer.

Though the given date for the event is 28th September 2012, participants are reminded that they can hold their Coffee Morning for the charity on any date of their choosing.

Whether at home, in the church hall, at the village fete, on the beach or in your workplace, a Coffee Morning for Macmillan can take place anywhere you choose. It's all about having fun, eating cake and making a big difference. Even £1 can help cancer patients and their loved ones across the region and beyond receive vital emotional, medical, practical or financial support.

Helen Chapman, Fundraising Manager for Macmillan Cancer Support said: 'Last year over £300,000 was raised in Norfolk from 1,700 events. It would be wonderful if readers who have held events before could go one step further by raising an extra £30 at their events. If everyone did this we could potentially raise a further £50,000 – enough for a Macmillan nurse for a year!'

There are currently 2 million people living with cancer in the UK, and as treatments improve this is likely to double to 4 million by 2030. Macmillan needs your support now more than ever.

Macmillan is most famous for its nurses but we do provide other support including a free phone line for anyone affected by cancer, financial support for things like hospital trips and we also campaign for better cancer care. So every cup of coffee on 24 September really will count.

Registrations are now open. Go to [www.macmillan.org.uk/coffee](http://www.macmillan.org.uk/coffee) or call 0845 602 1246 to receive your free fundraising pack and help make 2012's World's Biggest Coffee Morning the biggest one ever for Macmillan Cancer Support.



*Dear Editor,*

I have been visiting, on the Internet, the Methwold History Group, and if there is one thing which I don't want to know about it's history, which is the past, I am interested in the future, the past has gone, let it be.

If we must however look at the past let us do so having removed our rose coloured glasses, the past was appalling and I know because I was there.

I left Methwold Primary School before I was 14, with not a single qualification, and before I knew it I was pulling up sugar beet on Neville's farm, incredibly hard work very often in appalling conditions.

Later I was to work down Methwold Fen, the working conditions there had to be seen to be believed, and I wasn't the only one, many a women would spend hours every day doing back breaking jobs such as potato picking and then come home to do the housework, little wonder I had nothing but admiration for what was their lot.

Later on I was able to throw away my overalls etc and put on my best suit when I went to work for the Prudential, but what a contrast between what I had been doing.

Today, fortunately, we live in a different world and yet I still believe we have a tendency to cling to the past when we should be embracing the future.

I have been reading a report based on the 2001 census which shows that some 41%, like me, have no qualifications. If ever I come this way again there will be only one subject that will interest me and that's Education and that is what we should be concentrating on, not just today, but the future.

With the Technology that exists today what a wonderful opportunity we all have to embrace the future, and that to me means helping our young people to achieve their potential, the past belongs to such people as me, that was yesterday, but what of tomorrow.

Les Lawrence  
Eldens Lane

~~~~~

Hospital Happenings August 2012

Monthly Ramblings about West Suffolk Hospital

Change of Priority:

The road at the side of the hospital has a changed priority: vehicles entering the hospital and turning right to the main and A&E entrances now have priority over vehicles leaving the hospital. This is to facilitate ambulances and others in a hurry accessing the entrances. On the way down the hill a large STOP sign and new road markings have been put in place but some drivers are missing the signs so please take care.

Congratulations:

This month I'm delighted to report that all four of our undergraduate students have passed and become qualified radiographers. Each student spends a week with us in nuclear medicine so they can get an idea of the work which helps them to decide if they'd like to specialise later. While our (nuclear medicine) input to their three year course is rather minimal, it's always immensely satisfying when they pass and nice to think we may have helped in a small way. Well done Cherry, Michelle, Misha and Charmaine.

Secondly, huge congratulations to our X-Ray engineer, Bob Brough, who recently completed a cycle trip from Land's End to John O'Groats in aid of a children's charity. The trip was planned to take fourteen days but they managed it in ten and Bob was back at work the following week, walking fairly normally to my surprise.

New Service:

Plans are advancing for a new service in nuclear medicine. We hope to be able to offer a radioactive Iodine (RAI) treatment for patients with overactive thyroid glands. This was a service we provided many years ago but our consultant specialist retired and we had to stop. Patients had to travel to Addenbrookes for this treatment. Now we have a new specialist we hope to start again. Originally, the cure for overactive thyroid, which can be known as Grave's disease, was an operation. RAI is much easier, simply involving taking a small tablet of iodine which destroys the overactive thyroid cells. The patient then takes one thyroxine tablet daily for life. As you can imagine, travelling to Cambridge just to take a pill is a bit of a pain.

Iodine 131 has a half life of eight days and so the patient is banned from sleeping with a partner for fourteen days. We also check carefully that the patient isn't pregnant or breastfeeding as the iodine can be secreted in breast milk and feeding radioactive milk to babies is not a good idea.

Iodine 131 works by emitting beta particles, which in nuclear terms are big and heavy, thus killing the thyroid cells. However, the iodine is nearly all taken up by the thyroid which means there is minimal radiation to the rest of the body. The beta particles only travel a short distance in human tissue and therefore only treat the thyroid gland. The downside is that in colliding with human cells, the beta particles emit a small x-ray photon, thus the patient becomes like a little x-ray machine for a while and the above precautions must be taken. All in all though, most patients prefer these restrictions to the alternative, which is an operation. We hope to roll out the service in a couple of months once we have got through the mountain of regulatory paperwork necessary to satisfy the authorities.

Tony Bennett

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### AUGUST

**Thursday 2 & Friday 3 August, 11am – 1 pm and 2 – 4pm**

**Document Seal making**

See how seals were used to secure and personalise letters in the past and make your own replica to take away. Family activity – drop-in sessions

Normal admission plus £1 per child for activity.

**Thursday 9 & Friday 10 August, 11am – 1 pm and 2 – 4pm**

**Castle Crafts**

Assorted craft activities with a castle theme. Come and make a knight, damsel or dragon hat or perhaps turn yourself into a dragon with a mask. Family activity – drop-in sessions

Normal admission plus £1 per child for activity.

**Thursday 16 & Friday 17 August, 11am – 1 pm and 2 – 4pm**

**Document Seal making - see above**

**Thursday 23 & Friday 24 August, 11am – 1 pm and 2 – 4pm**

**Castle Crafts- see above**

**Thursday 30 & Friday 31 August, 11am – 1 pm and 2 – 4pm**

**Document Seal making- see above**

**Sunday 2 September, 11am - 4pm**

**Volunteers' Showcase**

Hobbies and crafts on display courtesy of some of our talented volunteers.

Normal admission

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|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|------------|------------|
| <b>Sporting Use</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                |            |            |
| Hall (1 hour)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | £18.00         | £20.50     | £24.50     |
| Hall (2 hours)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | £22.50         | £25.50     | £29.50     |
| Gym (1hour)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | £18.00         | £20.50     | £24.50     |
| Gym (2 hours)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | £22.50         | £25.50     | £29.50     |
| Football Pitch (1 hour)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | £18.00         | £20.50     | £29.50     |
| Football Pitch (2 hours match)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | £22.50         | £30.50     | £35.50     |
| <b>Multi-Activity Games Area (per hour)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                |            |            |
| Off peak (6am to 7pm)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                |            |            |
| Without lights                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | £25.00         | £25.00     | £26.00     |
| With Lights                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | £28.50         | £28.00     | £30.00     |
| Peak (7pm to close)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                |            |            |
| Without lights                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | £28.00         | £28.50     | £29.50     |
| With Lights                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | £32.00         | £32.00     | £33.00     |
| <b>Other</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                |            |            |
| Community Room                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | £18.00         | £20.00     | £24.00     |
| Fitness Suite                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | £23.00         | £25.00     | £29.00     |
| Kitchen Facilities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | £13.00         | £14.00     | £15.00     |
| Conference Facilities (2hr)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | £29.00         | £30.00     | £35.50     |
| <p>All bookings must be made in advance on a six week basis, 50% of the total booking cost will need to be received and cashed one week prior to the start date of the booking and the remainder of the whole booking charge must then be paid by week 3 of the booking.</p> <p>Failure to pay either instalment will result in your booking being cancelled with immediate effect<br/>Cancellations of a session by the external agency will still be charged as once a booking has been confirmed it is non refundable.</p> <p>The organisation has the right to cancel a booking as all School activities will take priority (such as parents evenings and exams in the hall), however the grounds man will try and relocate the activity to another suitable venue within the school. If this is not possible the booked session will be cancelled, this will not be refunded but another session will be added to the end of your booking.</p> |                |            |            |

## Activity Timetable - Spring Term 2012

| Day                                                                                                                               | Time      | Age         | Activity                                  | Contact Name     |
|-----------------------------------------------------------------------------------------------------------------------------------|-----------|-------------|-------------------------------------------|------------------|
|                                                                                                                                   |           |             |                                           |                  |
| Tue                                                                                                                               | 3.30-4.30 | Adult 11+   | Street Dance (Lorna Adams)                | Katherine Pike   |
|                                                                                                                                   | 4.30-5.30 | Up to 11yrs | Primary School Street Dance (Lorna Adams) | Katherine Pike   |
|                                                                                                                                   | 6.30-7.30 | Adult       | Weight Watchers                           | Jon Winn         |
|                                                                                                                                   | 8.00-9.00 | Adult       | Zumba                                     | Kris Guffa       |
|                                                                                                                                   |           |             |                                           |                  |
| Wed                                                                                                                               | 6.00-7.00 | Adult       | Tennis Club Night                         | James Spurgeon   |
|                                                                                                                                   | 7.00-9.00 | 11 Yrs +    | Badminton                                 | Chris Stone      |
|                                                                                                                                   |           |             |                                           |                  |
| Thu                                                                                                                               | 6.30-8.00 | 16 Yrs +    | M'wold Ladies Netball                     | Gemma Weatherley |
|                                                                                                                                   |           |             |                                           |                  |
| <b>It is with regret but the gym is no longer open to the public due to lack of members and the ever increasing running costs</b> |           |             |                                           |                  |
|                                                                                                                                   |           |             |                                           |                  |

For more information, please contact Jon Winn (Director of Specialism)

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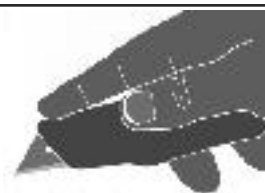
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A deposit of 50% of the hiring fee is required for all single bookings (with the application) to secure the booking, together with a damage deposit of £50. For multi bookings a deposit of 25% is required, with a damage deposit of £100.

NB Damage liability is not limited to the deposit amount.

| <b>Hire Charges:</b> | <u>Non Profit making activity.(local social organisation or charity event)</u> | <u>Organisation or Commercial enterprise for profit or gain</u> |
|----------------------|--------------------------------------------------------------------------------|-----------------------------------------------------------------|
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| Evening session 6pm - Midnight  | £12.50 | £25.00 |

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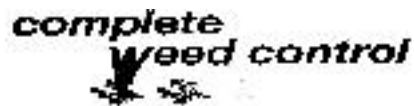
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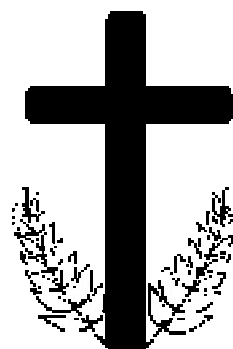
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