# Free for All + +









THE MAGAZINE OF THE VENTA GROUP.

**MARCH 2023** 







DUNSTON CHURCH GETS NEW RUSTIC BENCHES







GREAT PROGRESS WITH STOKE WILDLIFE MEADOW



CAN YOU
SPOT THESE
WILDFLOWERS?

CAISTOR CHURCH WILDLIFE SURVEY



ARMINGHALL, CAISTOR ST EDMUND, STOKE HOLY CROSS with DUNSTON

# R.B. COPPING FUNERAL SERVICE

Independent Family Funerals Directors Since 1935

For Personal Attention with Dignity and Respect

Private Chapels of Rest

Memorials & floral tributes supplied

Pre-paid funeral plans available



www.coppingfunerals.co.uk







125 The Street, Poringland, Norwich NR14 7RP

01508 494434

56 Langley Road, Chedgrave, nr Loddon NR14 6HE 01508 521159

# YOUR WILL C

PROPERTY PROTECTION
TRUSTS FOR HOMEOWNERS
INC. SEVERANCE OF TENANCY

£99

**Plus VAT** 

# Other services we offer

- Asset Preservation Trusts
- Probate and Executor Services
- Funeral Plans
- Deputyship

A TRUSTED MEMBER OF THE SOCIETY OF WILL WRITERS

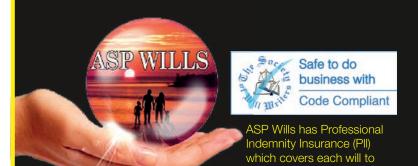
For Office and Home visits call

01508 494315

sales@aspwills.co.uk www.aspwills.co.uk

**ASP Wills** Pentland, Marlbottom, Tasburgh, Norwich, NR15 1NP

# LASTING POWER OF ATTORNEY



2.5 million



he other day one of my children said I had cooked something that looked so nice it should be on Instagram. (Please be assured that this will never happen again.) Actually I remember now, it was pancakes, so it must have been Shrove Tuesday.

I wonder when the last time was that you had some food that someone else cooked for you that was really delicious. So good that you will remember it for a long time. Maybe you have a great cook in your household, or you were visiting someone else, or out at a restaurant. I bet you can still taste it now.

Here's a much harder question: what did you have for dinner last Wednesday? Can you remember? Just an average Wednesday. Maybe the fridge was running low, and you had to dig some leftovers out of the freezer. But it's a tricky question, isn't it?

Most of us don't have the finest food every day, certainly not three meals a day, so we will have eaten thousands of things we don't remember, at breakfast, lunch and dinner. Maybe some of them were junk food, but lots of them will just have been good solid stuff, healthy and nourishing and bit... unmemorable.

We might not expect all our food to be spectacular, but we live in a time where life, fuelled by the things people put on Instagram and everywhere else, is often made out to be that way.

When I was growing up, I remember being told quite often that the ordinary everyday food was just good for me. I think I probably say it now myself. And lately I've been wondering if there are things I can learn from this that can help me to follow Jesus better as well.

You see, I think the Bible invites us to expect that we will see God do amazing things if we listen to him prompting us to join in with what he is doing. That we'll see people come to faith in Jesus, and lives and communities transformed, sometimes in a moment. That was the experience of the early disciples, both as they followed Jesus around, and when they headed out for themselves after Jesus had returned to heaven. I've seen enough of it to want more.

But the Bible describes real people, with real lives, and so I know there were times between miracles. Times walking with Jesus on the road; time eating not just the amazing meals which are recorded in the Bible, but the everyday ones which we have to imagine for ourselves. The moments they might have put on Instagram, and the ones they would rather forget. All of it part of a life which is glorious not because of its hashtag highpoints, but because of the constant, transforming presence of Jesus.

# Rob

# VICAR OF THE VENTA GROUP

Stoke Holy Cross with Dunston, Arminghall and Caistor St Edmund Rob Baker, The Vicarage, Mill Road, Stoke Holy Cross, NR14 8PA rob@venta-group.org 01508 492305

#### CURATE

Lyn Marsh, 8 Mill Green, Stoke Holy Cross, NR14 8PB Lyn@venta-group.org 01508 493422

For all administrative enquiries please contact admin@venta-group.org

Search Facebook and Youtube for "Venta group of churches" www.venta-group.org



@venta\_group

#### **CHURCHWARDENS**

**Stoke Holy Cross & Dunston** Viv (493438) & Andy (07777 675193)

> Arminghall Annie (495580)

Caistor St Edmund Jani (493572) & Lia (494137)

## ST GEORGE'S HALL **BOOKINGS:**

Joyce Williams 492143

## STOKE CHURCH HALL **BOOKINGS:**

Karen 07761 076954 email: karenp1963@hotmail.co.uk

#### STOKE HOLY CROSS **PAVILION BOOKINGS:**

Dan Ward (Parish clerk )07563 044849

We would love to feature your village organisation

#### IN A FUTURE MAGAZINE

just get in touch and we will see what we can do!

Email: ventafree4all@outlook.com

Would you welcome a visit from one of our church team?

hello to new people moving into the village where possible. We would be very happy to come and visit you.

blessing over your new home, for example. Please do get in touch with Rob, Lyn or the churchwardens if you would welcome a visit. Also members of the church are always pleased to come and bring communion to you if you would like to get in touch.

#### FOR ALL COPY PLEASE

send by email to

Henry and Eostre Caswell to

ventafree4all@outlook.com

By 10<sup>th</sup> of this month please.



# **Surlingham Timeshare Swimming Pool**

NR14 7AL

Are you interested in having an indoor heated swimming pool exclusively for yourself, family and friends?

If so please contact

# Tim Mack (01508) 538206

info@surlinghamtimesharepool.co.uk or ao to

# www.surlinghamtimesharepool.co.uk

3, 6 or 12 monthly bookings for weekly slots available, "also one offs"

Open seven days a week 6.30am-10.00pm

We are 6 miles SE of Norwich between Surlingham and Rockland St. Mary



## Easton Countryside Services



Tree Surgery / Maintenance Tree felling / Stump Removal Hedgelaying / Planting Woodland Management

Fully insured and NPTC qualified Free estimates and advice

Chris Shelton and Jamie Matthews

01953 558907 07748572079 01603 615106 07854782286

ecs.trees@gmail.com

# S&C Window Repairs

taking the pane out of damaged windows

Repairs to double glazed windows, doors & conservatories Local independent business Free estimates, No call out charge

Steamed up windows, broken handles, hinges, replacement gasket, plus cat flaps, door panels and more

01603 520136 or 0800 1601932



sandcwindows@gmail.com www.sandcwindows.co.uk



# ADVERTISE YOUR BUSINESS IN THIS SPACE FOR JUST

£4 A MONTH!!

CONTACT KELLIE ON 01603 629291

## 07949855380 Professional Website Design

01508 491622 pslweb.co.uk



Plus PC Support, Help and Advice Services

MOBILE SERVICING AND REPAIRS FOR CARAVANS MOTORHOMES TRAILERS **HORSE BOXES** 

E-mail: ctsgrahamcts@outlook.com

Servicing on your door step

For South Norfolk and North Suffolk

PC ASSIST @ HOME QUALITY COMPUTER REPAIR SERVICE www.pcassistonline.co.uk 01508 471459

# **Flowers**

Le are so blessed in this country, in these villages. We can see the Spring flowers blooming. At the time of writing the snowdrops are looking their best and probably by the time you are reading this, they will have been superseded by daffodils. William Wordsworth famously wrote these words at the beginning of one of his poems:

I wandered lonely as a cloud

That floats on high o'er vales and hills,

When all at once I saw a crowd,

A host, of golden daffodils;

A scene you might have encountered, maybe down in Dunston churchyard. But how often do I or you sit down and look around at the ground below our feet and above, to the sky. It might be a bit colder than when the roses are out in June but flowers at any time of the year can help us. Help us get perspective. Like these verses in Matthew 6 which talk of not worrying:

<sup>25</sup> 'Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? <sup>26</sup> Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? <sup>27</sup> Can any one of you by worrying add a single hour to your life <sup>28</sup> 'And why do you worry about clothes? See how the flowers of the field grow. They do not labour or spin. <sup>29</sup> Yet I tell you that not even Solomon in all his splendour was dressed like one of these. <sup>30</sup> If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you – you of little faith? <sup>31</sup> So do not worry, saying, "What shall we eat?" or "What shall we drink?" or "What shall we wear?" <sup>32</sup> For the pagans run after all these things, and your heavenly Father knows that you need them. <sup>33</sup> But seek first his kingdom and his righteousness, and all these things will be given to you as well. <sup>34</sup> Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

The flowers that we see growing, do not labour or spin and yet God made them and sustains them. We can have so many things to worry about – food, drink, clothes are just a few – and God knows you need them. Jesus instead says there's a different way, we should seek his kingdom, his righteousness first and all these things will be given to us, to you. First things first, God. Take a look at the flowers and be reminded of the creator who invites you to turn to him first. Maybe the following prayer will help you start today but you'd also be most welcome to join others of us who are trying to seek God first in our lives on Sunday mornings too:

Father God, I am worried about my life, what I will eat/drink/wear/the bills/my health, and I look to you. You know what I need please provide for me as the bible says and where I need healing, heal me. In Jesus' name. Amen

lyn

## NORFOLK RAILWAY SOCIETY ANNUAL SHOW

Saturday 1st April 2023 10:30 to 16:30

Poringland Community Centre
Overtons Way, Poringland, NR14 7BW (behind Budgens supermarket)

Displays of Railway Interest • Model Railway Layouts • Society sales stands • Refreshments

Entrance: Adults £4.00 Children (5-16) £1.00 Under 5's Free Family Ticket (2 Adults + 3 Children) £9.00 - sorry Cash only

Poringland is on a fast and frequent bus service from the City: First Bus 40, 40A, 41 & X41

Visit www.norfolkrailwaysociety.org.uk



# STOKE HOLY CROSS THURSDAY CLUB

Stoke Holy Cross Thursday Club for the over 55's usually meets at St. Georges Hall, Upper Stoke Holy Cross the first Thursday in the month

However, for the month of March we are holding our Annual General Meeting on Thursday 9<sup>th</sup> March at 12 noon followed by an Afternoon Tea and entertainment with Julie Dawn

Bowls at 1.30pm on Thursday 2<sup>nd</sup> & 23<sup>rd</sup> March - £2.00

Bingo at 1.30pm on Thursday 16<sup>th</sup> & 30<sup>th</sup> March

# Stoke Wildflower Meadow

he meadow is starting to take shape nicely now, although if you are looking for lots of wild flowers you will still need to be patient and have an imagination of what it will be in the future!!! We have been busy clearing the ground of stones which we have piled up. Our stone piles can house insects and on a warm day they will hold the heat for Lizards and snakes to bask on

We have built some log piles. A habitat for mosses, fungi toads and frogs as well as home for a variety of wildlife, which may include insects such as Beetles, Woodlice, Spiders, Grass hoppers and various bees. Also Mammals such as Bank Voles, Wood Mice, Shrews



and Hedgehogs. Reptiles such as Slowworms and Snakes will also use these woodpiles. We have both Grass Snakes and Adders in the village and I have seen Slowworm at Dunston along the path from the church to the Common and on the common itself near the pond.



After placing the last article in the Free for saying what has been done so far, we were given a donation of Tit boxes, a Robin box, Bat boxes and insect houses. We soon found a place to put these up. Another donation we received was a Barn Owl box. This was wonderful, just what we needed. After a bit of TLC

it was refurbished and put up in the Oak tree. A Barn Owl has been seen flying along the tree line of the meadow!! hopefully it will like our box and snap it up as their home. A pair of Blue Tits have already shown an interest in one box so assume they will nest there. Next we are going to be putting some signs up and a couple of benches. This will be a lovely place to sit, enjoy the peace and watch to see what appears on this new space for everyone to come along to enjoy. It's there for all!!!

Next want to build a Bug Hotel. We need Pallets, Fir cones, Bamboo and Pieces of wood with holes drilled in. If anyone have anything which would help please get in touch, maybe when out with your children they can collect fir cones!!! Any help is always appreciated. As I have said this meadow is for all the Village.

As last year we will also be leaving the verges to grow on Long Lane and the two verges around the playing field and car park. This will provide food for pollinators and habitat for small mammals and frogs.

No Mow May. If you would like to join in feel free and explain to your friends, family, children and everyone why!!!



# Liz Dack

# Jubilee meadow

A large piece of land to be transformed.

Jubilee Meadow Makers up for the task.

We've raked and stomped and picked up stones.

Learnt new skills

Identified plants and sown new seed.

Awaiting owl and tit boxes with anticipation

Carved benches, so you can sit and view.

Undertake butterfly survey's and watch the meadow bloom.

Watching our dream, turn into reality.

Poem by Pauline Montgomery.



# Caistor Churchyard Wildlife Survey

# Raking party Saturday 4th March 9.30am. Can you help?

t our request, last year the Norfolk Wildlife Trust did a survey of the churchyard on four different dates throughout the season. They found many different species of wild plants and also visiting bees, butterflies, moths, beetles and birds. They made a number of recommendations, some of which will be implemented as part of our regular churchyard maintenance.

However, the areas on the edges of the churchyard are not managed at present as we have not enough hands to do this. The Wildlife Trust advises to cut this down at least once a year and remove the arisings, so that the less tall plants are allowed to thrive once again.

#### In order to achieve this we need your help!

We propose to have a **cutting/raking/clearing party on Saturday 4<sup>th</sup> March at 9.30am**. If you are able to come and help with this that would be great - many hands make light work. Please bring your own tools if you can: tools for cutting, strimmers and strong gardening gloves so we can move the cuttings to a heap on the edge of the 'rough' area. If you don't have tools, we will bring some spares so please come in any case. Afterwards we will serve coffee and cakes/biscuits in the church. There is a hard copy of the report available in the church.







Germander Speedwell & Lesser Stichwort



Pignut



**Uncut area** 







# RESKILL, RETRAIN, GAIN A QUALIFICATION



Looking to progress in your current role or seek a new career? Norfolk Adult Learning offer a wide range of opportunities including:-

Skills for Work | ESOL | English and Maths Personal Finance | Early Years | Apprenticeships Digital & IT | GCSE | Access to Higher Education Health & Social Care | Support with Wellbeing **Accounting | Teaching Assistant | Construction** 

Build confidence in your abilities and realise your potential!

Many of these courses are FREE with options to learn online or in a local venue.

Visit the website to find out more.

Find out more: www.norfolk.gov.uk/adultlearning 0344 800 8020 (option 5)



@norfolkadultlearning



@norfolklearn



@norfolk\_adult\_learning

**Double Glazing Repairs** Replacement Sealed Units Window Hinges, Handles Door locks • Cat flaps

www cooper home services.co.uk

01508 480551 07982711499

#### ANCHORAGE SWIMMING POOL, FITNESS CENTRE AND TENNIS COURT

Indoor Swimming Pool, Fitness Centre and Tennis Court In Upper Stoke Holy Cross For your health, fitness and leisure

The indoor pool is lovely and warm at a constant 31 degrees With fully private half hour slots Available everyday from 6am until 10pm

Our resident Personal Trainer invites you to our private gym to get fit and healthy and to improve your quality of life. Contact Malcolm Guymer on 07986 325282

> Call 01508 494032 or 07519 507435 For Details and to book Pool and Tennis Court Email: info@anchoragepool.co.uk

> > www.anchoragepool.co.uk



www.mrchimnev4u.co.uk

**GUILD OF MASTER CHIMNEY SWEEPS MEMBER** 

I OFFER A PROFESSIONAL, CLEAN AND FRIENDLY SERVICE/ADVICE

WOOD BURNERS • MULTI-FUEL STOVES • OPEN FIRES INSET STOVES • INGLENOOK FIRES • AGA/RAYBURN GAS/OIL • BIOMASS • CERTIFICATES ISSUED



info@mrchimney4u.co.uk

01508 493219 or 07835 757528





The White House, Mill Road, Ashby St Mary, Norfolk, NR14 7BN w: www.woodlandstoves.co.uk e: woodlandstoves@gmail.com t: 01508 480351

AN EXTENSIVE AND COMPETITIVELY PRICED RANGE OF WOODBURNING AND MULTIFUEL STOVES ON SHOWROOM DISPLAY.

> FULLY QUALIFIED HETAS REGISTERED INSTALLATION SERVICE AVAILABLE.

> > SUPPLIERS OF FLUE LINERS, FLUE PIPES, CHIMNEY COWLS AND ACCESSORIES

Please Phone or check our website for opening times.









# MARCH 2023

WORSHIP, PRAYER AND COMMUNITY IN OUR VILLAGE CHURCHES

## Tuesday-Saturday mornings

9am Tues-Fri 10am Sat

Zoom—contact us to join

**Prayer meeting** with Bible reading

## Thursday 2nd March

10am Stoke Church Hall Morning worship and coffee

## Sunday 5th March

9.30am Caistor St Edmund **Praise & Worship** 10.30am **Stoke Holy Cross Morning Worship** 

3.30pm Stoke Church Hall All Invited—come together over food, have fun, explore faith together

#### Sunday 12th March

10.30am **Stoke Holy Cross Morning Worship with Holy Communion** 

and children's group

7.30pm Zoom—contact us to join **Listening to God** 

#### Sunday 19th March

9.30am Caistor St Edmund **Holy Communion** 10.30am Stoke Holy Cross **Morning Worship** 

3.30pm Stoke Church Hall All Invited—come together over food, have fun, explore faith together

#### Sunday 26th March

10.30am Stoke Holy Cross Morning worship with communion

and children's group

Caistor church building is open about 10-4 most days – space to reflect, and to pray

#### 2023 Lent breakfasts Saturdays 18th & 25th March 9-11am at the Church Hall

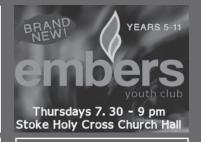


# Sparklers

Craft, fun, singing and friendship for 0-4s and their parents, grandparents and

Every Tuesday morning in school term from 10-11 at Stoke Church Hall

Email cathrynbaker@gmail.com or find us on Facebook



Every week in school term



Sign up for email updates here

www.venta-group.org | Facebook/YouTube "Venta Group of Churches" | admin@venta-group.org | 01508 492305







# With over 22 years' audiology experience, your hearing is in safe hands

Award winning hearing care and earwax removal





Look after your hearing, life is worth listening to

Book your hearing assessment today by calling 01603 984905 Find us at Rowan House, 28 Queens Road, Hethersett

hearingcarecentre.co.uk



# Carpet, Rug, Upholstery and leather cleaning

- Latest American Technology
- Superb Cleaning
- Speedy service
- Fast drying time
- Free quotation
- Eco friendly / Bio degradable

# 01603 552062

www.cleanlivingnorfolk.co.uk enquiries@cleanlivingnorfolk



01603 502 371

# Laurel Lodge Care Home

We can never replace home, but that should never stop us trying...

Laurel Lodge Care Home is a beautiful facility in a tranquil residential area close to Norwich city centre. Providing top-quality bespoke care packages to our residents aged 65 and over.

Laurel Lodge is rated GOOD with the CQC in all areas, and our staff team made it to the final of the Norfolk Care Awards 2021.

Our drive is to provide a home which supports our residents; promotes independence, and ensures they enjoy the best quality of life possible...

Rooms starting from £850 per week



Looking for your next career opportunity?

Scan this QR code to see our vacancies in your area!

www.blackswan.co.uk

# NOT FOR PROFIT LAW

Community Interest Company

There can be a lot to think about when someone dies, at what is almost certainly a very emotional time. For that reason, Not For Profit Law offer a Free Initial Probate Advice service to anyone who has lost a loved one, or is in charge of dealing with an estate.

Laura van Ree and Trina Worden are two local solicitors who set up Not For Profit Law to 'do law differently'. They also advise on Wills, Tax Planning, Trusts, Powers of Attorney and the Court of Protection.

# FREE PROBATE ADVICE call today 01603 555440





• Fees are lower than traditional law firms and profits are fed back into the local community via Norfolk Community Foundation.

enquiries@notforprofitlaw.co.uk www.notforprofitlaw.co.uk





# Renewable & Gas Heating Specialists



CALL US ON 01603 898904

rabrown.co.uk

- Air/Ground Source Heat Pump Installations
- Annual Heat Pump Servicing & Repairs
- Gas Installations
- Annual Gas Servicing & Repairs
- Landlord Gas Safety Certificates
- Boiler Upgrade Scheme available