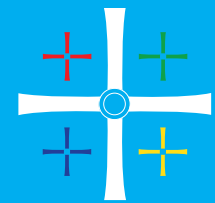


# Free for All



THE MAGAZINE OF THE VENTA GROUP

SEPTEMBER 2018



## TEAMBUILDERS

### TEAMBUILDERS HOLIDAY CLUB

A fantastic few days were had by all at Teambuilders Holiday Club at the beginning of August. Over 30 children joined about a dozen crew for the 3 days as we journeyed through the bible looking at how different characters worked as a team – or didn't! There were great songs, crafts, games and drama. We also did a lot of thinking about what it means that we can be part of God's team as well. It was wonderful to be together – a big thank you to all the teammates who joined in, all the families who sent them along, the school for allowing us to use the building, and all the brilliant helpers who made it happen.

In the next issue we will try to include some of photos of the wonderful time enjoyed by all involved.

We will be meeting in the next couple of months to make initial plans for the holiday club for next year, so get ready to save the date for 2019!

In the meantime, come and join us at our Allstars Club – loads of fun for 4s-11s, monthly after school on Thursdays, starting 27th September. See the poster inside for more details.

## Arminghall's Norfolk Day Celebration

SEE PAGE 6 FOR JIM'S COMMENTS

ARMINGHALL, CAISTOR ST EDMUND, STOKE HOLY CROSS with DUNSTON

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## Teambuilders

At the end of July the Teambuilders Holiday Club took place in Stoke Holy Cross Primary School. It involved a team of people – some helped prepare for the club by collecting craft material, some helped during the club, some helped after the club by clearing things away and cleaning the school ready for the new term. The club needed leaders (Rob and Tracey kept us focussed and keeping to time) but it took a team to make it happen.

In August I started a year long secondment in my job at UEA; I have to leave my team behind but I'm going to a job where there is no team, it's just me. I'm not sure I'm looking forward to that. I feel comfortable doing things on my own but I shall miss working with a team. The conversations you have after the weekend or after you've been on holiday are nice. The jokes and laughter as well as the low points in life you share with each other, I'm going to miss that. But maybe I will form a new team?

One of the afternoons at Teambuilders we remembered how Jesus formed his team. A team that comprised of individuals with

different gifts and abilities but who each had a part to play on Jesus' team. I quite like Thomas, who was one person chosen by Jesus, because for one thing he wasn't afraid to ask Jesus questions, particularly at a crossroads in Jesus' life. At Jesus' last meal, Jesus talked about what was going to happen to him and his disciples and the disciples were concerned and confused by what they heard. Thomas says he doesn't understand what Jesus is saying, he doesn't know where Jesus is going. Jesus doesn't dismiss the question instead Jesus says he is the way, the truth and the life.

Maybe you are at a crossroads in your life. Maybe you've got questions about what Christians believe. What are you going to do with those questions? Do you want a safe place to ask them? If so I hope you'll come along to Alpha this Autumn and feel able to ask those questions. I can assure you I'm asking a lot of questions as I start my secondment but I'm also still asking questions about what I believe, for in Jesus' team it's okay to ask questions and he still seeks new members to join his team.

### CHURCHWARDENS

Stoke Holy Cross & Dunston  
Viv (493438) & Roy (493595)

#### Arminghall

Pat (492622) & Annie (495580)

#### Caistor St Edmund

Jani (493572) & Graham (493430)

### ST GEORGE'S HALL BOOKINGS:

Joyce Williams 492143

### STOKE CHURCH HALL BOOKINGS:

Viv Carrington 493438

### STOKE HOLY CROSS PAVILION BOOKINGS:

Anita Rose (Parish clerk) 491709

### FROM THE REGISTERS

#### WEDDING

*Wednesday 1st August*

**ELLEN REBECCA PEARCE  
& JOSHUA THOMAS**

Stoke Holy Cross

We continue to pray for all those who have lost loved ones recently, or are remembering someone particularly at this time of year.

We are always happy to record the names of anyone from the villages whose funeral has been held recently, even if it wasn't taken by a member of our ministry team.

We would love to feature  
your village organisation

#### IN A FUTURE MAGAZINE

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### 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](mailto:rob@venta-group.org) 01508 492305


### CHURCH ADMINISTRATOR

For any admin inquiries please email Freyja Mardell [admin@venta-group.org](mailto:admin@venta-group.org)

### CURATE

Lyn Marsh, 8 Mill Green, Stoke Holy Cross, NR14 8PB  
[Lyn@venta-group.org](mailto:Lyn@venta-group.org) 01508 493422

[www.venta-group.org](http://www.venta-group.org)

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### NEXT EDITION

Items for the next month's magazine  
please send by email to  
Henry and Eostre Caswell  
by email to

[ventafree4all@outlook.com](mailto:ventafree4all@outlook.com)

By 10th of this month please.

The 10th of the month will be the  
deadline for all copy for the next  
magazine for the time being.





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# Where was the splendid Stoke Hall?

## And what happened to it?

*As editors, Henry and Eostre wish to thank Richard Watts and the late Michael Ranson for the inspiration and details for this article.*

Stoke Hall was in fact a very grand mansion. It was built for the Birkbeck family between 1851 and 1852 designed by the architect, Anthony Salvin, who was also responsible for Dunston Hall and in the same mock Tudor style.

It is understood Stoke Hall had 28 bedrooms and that there were some 63 separate bells in the Butler's pantry. There were also many acres of beautiful gardens.

We believe the Birkbeck family had moved from Cumbria to Norfolk around the end of the 19th century. John Birkbeck had married Martha Gurney and his son Henry had been made a partner in the Gurney Birkbeck Bank. Henry's son, also Henry, inherited a partnership in the bank in 1842 as well as inheriting the Stoke Holy Cross estate from his grandfather Joseph Gurney. Henry had married Mary Anne Hammond and they lived at Abbott's Farm, Stoke while Stoke Hall was being built.

The gardens of the Stoke Hall are said to have become as decorative as any in Norfolk "laid out with singular charm and beauty, and luxuriant with woodland and ornamental trees. On the south was a wide terrace walk lined with shaped yew bushes; adjoining was a large tennis and croquet lawn and nearby, an oval sunken garden with pond and fountain". There was also a superb walled garden with heated glass houses. Wow!



Once the family had moved into Stoke Hall it was to become a centre for entertaining members of the royal family, prominent politicians including William Gladstone as well as other bankers. Indeed Henry Birkbeck was, we are told, one of the foremost bankers in England and was to be largely responsible for the amalgamation of a number of banks into what is now the well-known Barclays Bank.

The family's estate had grown to include Blackford Hall, Whiteford Hall, Abbott's Farm, Targus Farm, Lime Kiln Farm, The Red Lion and most of Stoke Street. Sadly the Birkbecks' family fortunes declined and the wonderful hall saw deterioration set in during the 1920s and 1930s until it was pulled down brick by brick at the end of 1938. The last owners of the hall Martin and Geoffrey Birkbeck were forced in 1919 to sell 1400 acres by auction.

In 1931, in the midst of the agricultural depression, at another sale Stoke Hall itself had attracted no bidding at all. The hall was briefly let to a lady Evelyn Jones and was opened for the Jubilee celebrations of 1935. Then, in 1938, the fixtures and fittings were finally sold off at rock bottom prices and the hall demolished for the sale of its bricks.

Some remains of the coach houses and stables of this once great house may still be found crumbling away in the wooded copse which you can see to the east behind Stoke Holy Cross church.



### SERVICES FOR SEPTEMBER IN THE VENTA GROUP OF CHURCHES

- 2nd Sept 14th Sunday after Trinity**  
**9.00 am** Traditional Holy Communion  
 Caistor St Edmund Church
- 10.30 am** Morning Worship  
 with Baptism  
 Stoke Holy Cross Church
- 4.00 pm** Traditional Holy Communion  
 Dunston Church
- 9th Sept 15th Sunday after Trinity**  
**9.00 am** Traditional Holy Communion  
 Arminghall Church
- 9.30 am** Harvest Service  
 Caistor St Edmund Church
- 10.30 am** Café Church  
 Stoke Holy Cross Church Hall
- 16th Sept 16th Sunday after Trinity**  
**9.30 am** Family Service  
 Caistor St Edmund Church
- 11.00 am** Traditional Holy Communion  
 Stoke Holy Cross Church
- 23rd Sept 17th Sunday after Trinity**  
**9.00 am** Traditional Holy Communion  
 Caistor St Edmund Church
- 10.30 am** Sunday 4 Everyone  
 Stoke Holy Cross Church Hall
- 2.00 pm** Celebration Service –  
 Noah Wilkins  
 Stoke Holy Cross Church
- 4.00 pm** Evening Service  
 Arminghall Church
- 30th Sept 18th Sunday after Trinity**  
**10.30 am** Joint Venta Group Service  
 Including Baptism  
 Caistor St Edmund Church

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

We will do our best to come and say hello to new people moving into the village where possible. We would be very happy to come and visit you. Maybe you would like us to pray God's 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. All the contact numbers are on page 3.



## STOKE HOLY CROSS CHURCHYARD CLEAR UP

On Saturday 22nd July we had a big clear up in the churchyard at Stoke Holy Cross. A good deal was achieved by a few members of our congregation. So thank you everyone who came along. We hope you and enjoyed your picnic together there too. Many thanks also to the lovely resident from Bancroft Close who came along to join us. Her efforts were greatly appreciated and made a real difference.

Our churchyards are lovely peaceful places to visit whether you are remembering someone there or not. Do come along any time you like, have a wander, take a seat, maybe reflect on the wonderful world our God has created for us. And, of course, you are always very welcome to pull out a weed or two while you are there!

## CAISTOR St EDMUND CHURCH

Caistor Church will be open from 9am to 5pm on the 8th September for The NORFOLK Churches Trust sponsored Bike Ride and Walk. If you would like to either ride or walk for Caistor Church, sponsor forms are available at the back of the church. Whatever money you raise from being sponsored is divided between Caistor Church and the Norfolk Churches Trust.

## HARVEST FESTIVAL

The Harvest festival service is on Sunday 9th September at 9-30am. As in previous years we would appreciate please harvest gifts, fruit (can be in tins) vegetables, jams, biscuits and the like to be brought to the service and then they will be given to Elizabeth House (formerly Grange Road) Children's Home in Beccles who we have supported now for many years. Thank you in anticipation of your gifts.

## HELP with Delivery of the FREE FOR ALL

Can you help please with the delivery each month of this magazine in Caistor Lane? There are 34 copies starting at number 60 Caistor Lane and going towards the Bungay Road stopping at number 18. Then crossing the lane to start at number 37 and to include Heath Farm, and then finish at number 1 St Edmund Close. (this is opposite where you started from) Perhaps 2 volunteers could job share this? Offers please to Graham Ford 01508 493430. Thank you.

# St Mary's Church Arminghall

## FRIDAY 27TH JULY, NORFOLK DAY CELEBRATION BY JIM

It is hot, very hot. We get the green (brown) ready for tonight's BBQ. 72 pints of best bitter, kindly donated by Andy, we are truly grateful Andy, tables chairs and Barbeques are lined up along with Raffle & Tombola.

The fun starts at 6.00pm. The smell of burgers and sausages bringing over 50 people to enjoy the celebrations.

The weather keeps fine until about 8.30. Then the thunder and lightening starts. We cannot name everybody but must thank all the people who helped us to set up and clear away before the big storm begins.

The event was a wonderful Community celebration. £315 was raised to help run the church. We feel "The Green" should be used more often.

Norfolk Day next year is on Saturday 27th July. Should we do it again?

Many thanks from and to the Committee.  
PAM, VERA, ANN & JIM.

## COMING UP NEXT

On Friday 14th September at 7.00pm Laurie Bennett will be playing the keyboard in the church for an evening of musical entertainment. Tickets £10, to include refreshments, from Annie, 495580 or Pat 492622.

# St George's Hall Dementia Support Cafe



If you are supporting someone with Dementia do come along and join us –  
We have ample space and would love to welcome more people

A comfortable, caring and supportive social setting for people living with dementia and their carers meeting on 2nd and 4th Mondays of each month (not Bank Holidays) from 10am till 12 noon at St George's Hall, Long Lane, Upper Stoke Holy Cross, NR14 8ND.

We run occasional subsidised excursions. Also included is a separate carers' meeting place providing an adjoining space to relax and useful for sharing of ideas, practical support and advice. The Café is run by a team of dedicated and caring volunteers, and funded entirely by donations, grants and fund-raising activities. For further details please ring 01508 493661 or 492938.

The group and café are proving to be a wonderful opportunity for those with dementia and their carers to enjoy a relaxing time together to the benefit and enjoyment of all who come. If you know someone local with a form of dementia do mention the café and we are always pleased to welcome more volunteers to help too.

Our September 10th get together is a trip out. We propose stopping at Bawdswell for coffee and then going on to have Fish and Chips in Wells. Please ring one of the above numbers for more details. There will be a normal cafe on 24th September at St George's Hall..

[www.stgeorges-dementia-support-group.btck.co.uk](http://www.stgeorges-dementia-support-group.btck.co.uk)

## MODERN SQUARE DANCE & EXERCISE CLASS

School House, Framingham Earl from 10:00 - 11:00am every Monday morning

This class aims to give gentle exercise to music and social fun to all ages  
The cost is £6 per session, but the first session is free!

Please contact Jan and Richard 01508 495320.

# World Class Rowing by Seb Matthews from Arminghall

Our son Seb from Arminghall has made his dream come true. Between 25th and 29th July 2018, he rowed in the World U23 Championships in Poznan Poland, as he was selected by Great Britain to row in the lightweight men's quad. He finished 3rd in the B final only just beaten by Germany and Japan. All the Matthews family and the Bowyers, that's Seb's girlfriend's family went out to Poland to support him. Everyone had a fantastic time watching first class racing.

Seb started his early life at Stoke Holy Cross primary school where Mr Webb and Mr Philips encouraged him in all his sporting activities including Basketball, Tag Rugby, Cricket and Cross Country running. At Fram High School Mr Vandenburg, Mr Player and Mr Keogh supported Seb in his football and basketball, at which he represented Norfolk. Seb then attended Easton College and completed a BTEC in Sports and Coaching Development.

Seb started rowing at 16 at Norwich Rowing Club, after his sister Paris had started rowing earlier that year. He was selected by the England Talent Pathway coach, after the 2012

Olympic Lottery funding allowed the Eastern region to have a coach. He rowed for England in the home countries regatta in Cardiff in 2016. Seb has worked hard spending his last year at the top rowing club Leander in Henley on Thames. Competing in GB trails at Caversham Reading, their headquarters.

It has been a long road to reach this level of rowing. Seb would like to thank everyone in Arminghall for their good wishes. He has proven if you work hard Dreams really do come true.

SALLY AND STEVE MATTHEWS



## STOKE HOLY CROSS THURSDAY CLUB

Our next meeting will be held on **Thursday 6th September, 2018** at 1.30pm. Come along and join us for an enjoyable afternoon of tea and chat, you will be made very welcome. For any details please ring Susie Curson on 01508 493990. We will be holding a Jumble Sale at the hall on **Saturday 22nd September, 2018** 1pm - 3pm entry 20p. Any jumble can be left at the hall on the morning from 10am. We are having an outing to Cambridge on **Tuesday 18th September, 2018** - cost for this is £10 - if you would like to join us contact Liz Smith on 01508493245 for availability. Our dates for Bingo in September, 2018 are the **12th** and **26th** - eyes down 1.30pm. Our dates for Carpet Bowls are the **5th** and **19th** - we commence at 1.30pm and cost for this is £2.

## AN EARLY AUTUMN EVENING CONCERT

with *Mozartini*

*Eleanor Harrison - violin*

*Romain Malan - cello*

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St Mary's Church

Saxlingham Nethergate

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Proceeds to St Mary's Church

# Another Arminghall Rower

During July, while Seb was rowing so brilliantly, Jack Hartley flew to Canada to take part in The Yukon 1000. This is the longest canoe race in the world, finishing in the Arctic Circle after paddling for a thousand miles. Competitors must complete the race within 10 days and they are allowed to paddle for up to 18 hours a day. Another challenge is the fact that the teams are completely unsupported, so they must have all their kit with them, whether that is in a kayak, in a canoe like Jack and his friend Tom, or for the really tough folk: on a paddle board!

Being novice paddlers, Jack and Tom were delighted to complete the race in less than 8 days, which was their personal target and which also meant that they could hitch a ride to the airport with some kind tourists on an Arctic Circle Tour Bus in good time to catch their plane home!

SUE HARTLEY



## ARE YOU A CARER?

### Carers Information Event

Saturday 29th September 2018

12.30 - 4.30pm

Poringland Community Centre  
Overtons Way, Poringland NR14 7WB

A relaxed afternoon for carers to come and talk and receive information from a wide range of Caring organisations and speakers.

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For more information please contact:  
Jeanette Armstrong, Secretary,  
Old Mill & Millgates Medical Practice  
Patient Participation Group  
[oldmillppg@gmail.com](mailto:oldmillppg@gmail.com)  
Mobile 07495 848357



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[aline.turner@btinternet.com](mailto:aline.turner@btinternet.com)

## allstars club

after school for 4-11s

Games Crafts Snacks  
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All Foundation-Year 6 children are welcome to join us at our after-school club, as well as any older helpers who would like to join in!

**Thursdays 3.30-4.45  
in the Church Hall**

**27th September**

**1st November - LIGHT PARTY!**

**29th November**

### Want to be there? Need Information?

Contact us via the details below. To help us plan ahead, we really need to know in advance if you are coming, but if you can't contact us for any reason, **please do just come along.**

*All children must be signed in and out by a responsible adult.*

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## PORINGLAND AND DISTRICT W.E.A LEARNING FOR LIFE!

Autumn Term 2018

### "History of Design 1851-1990"

given by Fiona Fitzgerald

Just what is it that makes today's homes so different, so appealing? We will look at the factors which shape every day objects and at their relationship with art.

Starting Thursday 20th September 2018 at 10.30 am at Poringland Community Centre, Overton's Way, Poringland, NR14 7WB, the course comprises 10 sessions of one and a half hours each, plus a short break for tea/coffee and biscuits.

The cost is £54.75 for the course – free to those on certain means tested benefits

No tests or exams!

Come along to the first session and see if you like it!

You can also enrol online at  
www.wea.org.uk/eastern

For further information please phone Jane Walker on 01508 494381 or Sue Krey on 01508 492930

**Do come along and join us!**

# Adam's Gardening Tips for September

September is another busy month for harvesting. Earlier crops will be finishing but later sown ones will be coming into harvest. Beans, tomatoes, peppers, sweetcorn (harvest as close to eating as possible), globe artichokes and the first of the leeks, squash and main crop potatoes will be available for harvesting. The senescing (dying) haulm of main crop potatoes can be removed now to avoid any blight infection washing down on to the tubers. For many growers this may well have happened already due to the drought conditions we all experienced. Any waste material from finishing crops can be put on the compost heap, but if there is any sign of disease it is better to burn this on the bonfire. Now is also a good time to turn compost heaps to aerate them and stimulate decomposition.

Early and mid-season apples and pears can be picked now. Cup the apple in your hand and twist gently. If the apple releases from the tree it is ready to be picked. Pears can be picked slightly unripe and stored to ripen off the tree in a dry place. Autumn fruiting raspberries will be in full swing now. Enjoy! Prune blackberries by cutting out the old canes that have fruited and train the new canes which have grown this year into a convenient position for next year's fruiting.

Vine tomatoes can be finished by being untied and laid on a bed of straw to speed the ripening process up. They can also be covered with a cloche. April often puts the remaining tomatoes in a brown paper bag to ripen.

April is a big fan of green manure. She plants a green manure on bare ground which is no longer in use for current crops.

This has the benefit of keeping the weeds at bay and then nourishing the soil when it is dug in next spring. Buy one relevant for autumn sowing. Her potato crop planted in the area which had green manure on it is very promising.

Adam will be planting his winter onion sets in September, burying them so that only their tips show above the surface to discourage small birds from pulling them out. Carry on sowing basic salad crops to continue your supply. Spring cabbages can still go in as well as spinach.

Your carrots will still need protection from carrot root fly and cabbage white flies can infect brassicas until the end of autumn. These are very tiny white flies which gather under the leaves and make the crop rather unsightly.

If you have some suitable produce you may find an early autumn show in the area. Entering can be great fun and you never know certificates may grace your mantle shelf!

## RASPBERRY POSSET

This is a very simple but delicious dessert to use up your glut of autumn raspberries. Serve with your favourite shortbread or other crispy biscuit. It is rich but yummy!

400ml raspberry puree (Preferably fresh);  
900ml double cream; 250gm caster sugar;  
Juice of a lemon.

Sieve the puree to remove any seeds. Put the cream and sugar into a pan and gently bring to the boil, and then remove from the heat and stir in the puree and the lemon juice. Leave to cool and then pour into glasses or ramekins (approx. 6) and chill for about two hours until set.

## Stoke Holy Cross Allotment and Leisure Gardeners' Annual Show

The 2018 show is on Sunday 9<sup>th</sup> September in the hall at Stoke Holy Cross School.

It is open to all and the Show Schedule is available from Len Finch on 01508 492253.



DO COME!

The hall is open from 8am to 11am for entries at 25p each.

Its not just fruit and vegetables. You can enter cakes, bread, homemade drink as well as flowers and pot plants. There are children's classes too.

The doors reopen for the show at 2pm (free entry). Come and see what is grown locally and view the prize winners!

Afternoon tea and cake available.



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