

# THE Horsford News

January 2019 Issue 160



News, Views and Information  
for the Parish of Horsford



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Quarter Page (Portrait)	90mm wide x 135mm deep	£120
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## EDITORIAL

Happy 2019 Horsford! Is it too late to say that? Probably. At the time of writing the kids have just gone back to school following the Christmas break – and everyone seems to be full of cold. It's just that time of year. I hope everyone is now fully back into the swing and looking forward to Spring!

Last year we managed to see a bit of snow but to be honest – after December – I prefer a fast track through to March and am looking forward to the nights pulling out.

I was just quickly looking back on the tail end of last year and the events that took place. We had events such as Halloween – and the effort that many residents go to give the organised groups of adults and children who knock on their doors a fun night. Once again an amazing firework display from the Horsford and St Faiths Scout group. The Remembrance Day service at Horsford church was everything that it should have been both touching and inspiring with an amazing mix of young and old and something that I won't forget.

2019 looks like it is going to be an interesting year! Brexit or No Brexit? It's still a mystery to me on whether it will happen or not. We will see.

In the latter part of 2018 the roads of Horsford have been challenging with lights at each end of Holt Road and Facebook has been hot with the frustration of the village. Speaking of Facebook, I often see posts asking if anyone knows the number of a plumber, local hairdresser etc. The Horsford News has lots of local businesses, many that me and my family have used and can highly recommend.

This magazine would not be here without them so please support them as they support your local magazine.

As ever, this magazine is for the village of Horsford to read about what is going on in your village. There is a letter to the editor and a lovely message from a family that are leaving the village in this edition. Send anything over for me to consider. Can I ask that all content is sent to me electronically please, I do still get typed paper articles and this does take up quite a lot of time to type out and as I work full time in a paying job and have three boys, it can take up a lot of time to type up.

Do you remember Horsford in 1979? The next issue in April 2019 will be The Horsford News 161st issue and will be exactly **40 Years** since the first one was delivered in April 1979. It would be great to hear any reminiscent stories from that year. I was 8 in that year living up North and it was a cold icy winter. If you have anything please feel free to send them over, I will try and get as many in the next edition as possible.

The village is set to increase even more with another 400 houses planned. Therefore, as the magazine enters into its 40th Year of publication – I hope the magazine continues to be a useful medium of sharing information and cost -effective way of advertising.

Enjoy the read!  
**Lisa Starling**

# HORSFORD PARISH COUNCIL

<http://horsfordpc.norfolkparishes.gov.uk>

**Clerk to the Council - J.R.Graves C.Eng. DMS M.I.E.T. A.C.M.I.**

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## NEWS FROM THE COUNCIL

Following a trial installation in Mill Lane and a sealed bid tendering process, a contract worth just over £20,000 has been placed with T.T.Jones Ltd. to convert all the parish footway lights to L.E.D. this will, in the longer term, significantly reduce energy charges and maintenance costs.

Following recommendations from the Action Plan advisory group, the Clerk is to use an IT consultant to design a new website for Parish Council use.

The CCTV at the village hall and recreation ground has been completely upgraded with funds provided by the Parish Council and a grant of £1,100 has been made to the Parochial Church Council towards the cost of installing lighting on the footpaths in the churchyard. Further grants of over £1,000 have been made to the Village Hall to cover the cost of tree surgery around the recreation ground.

At the December meeting, members discussed the future expenditure of the Council and having taken into account the increased running costs of additional facilities as they come on stream, they set the precept for 2019/20 at £61,246

Residents are reminded that Parish Council elections will take place on **May 2nd**. Any resident who is considering standing for election is welcome to speak to the Clerk to find out more about the role and it's commitments. Notices will be posted a few weeks before the election giving details of how to obtain the necessary nomination papers and the date by which they must be returned to Broadland District Council.

**Jim Graves - Clerk to the Council**parish

## MEMBERS OF THE PARISH COUNCIL

Councillor	Address	e-mail
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Mark Smith	1 Mill Lane	<a href="mailto:smith.m.j@talktalk.net">smith.m.j@talktalk.net</a>
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<b>Clerk to the Council</b>	3 Lawn Close	<a href="mailto:horsfordpc@gmail.com">horsfordpc@gmail.com</a>
Jim Graves	Tel: 01603 898621	

## **BUSINESS ACTION PLAN GROUP**

The following is an update on some of the projects underway.

### **1. Sprowston Youth Engagement Project (SYEP)**

Following on from discussions at both HPC and BAP Group meetings, there is a meeting on 16 January 2019 with the Youth Worker from SYEP to get some more information regarding the Project.

### **2. Roundabout Planting**

Quotes for the project are now being obtained from larger organisations who have existing experience of this type of planting. JG and KC working together on this.

### **3. C3 Public Toilets**

At the last HPC meeting approval in principle was given for this project. Additional research into final solutions is taking place.

### **4. Drop In Sessions with Parish Councillors**

These Drop In sessions started in August 2018 to give Horsford Residents the opportunity to have an informal chat with Parish Councillors on issues that are concerning them. So far there has been limited interest from Residents in taking up this opportunity so the two remaining sessions being offered on 19 February and 19 March in the Committee Room of the Village Hall from 19:00, will be the final Drop In Sessions to be arranged.

### **5. Welcome Pack**

A project from the Neighbourhood Plan to provide a Welcome Pack for new Horsford Residents has proven to be too complicated due to new data protection legislation and distribution issues. An alternative may be to use the Horsford News for this purpose and discussions have started with Lisa Starling regarding this possibility.

## **WOULD YOU LIKE TO BECOME A PARISH COUNCILLOR IN THE MAY 2019 ELECTIONS?**

The Parish Council is elected every four years. The next election will take place on **Thursday 2 May 2019**.

All residents of Horsford aged 21 and over who are British Citizens and are on the electoral register are eligible to be nominated. The election is organised by the Returning Officer at Broadland District Council. Notices of the forthcoming election will be issued by him a few weeks before the election and it will specify the nomination process and the way to access nomination forms. It is the responsibility of the candidate to ensure that the forms are returned to Broadland Council offices by the specified date.

### **Things to know if you would like to put your name forward for election as a Parish Councillor:**

The Parish Council meets twelve times a year on the first Monday of the month (unless a Bank Holiday when it is deferred by one day). Councillors should take their responsibilities seriously as they are part of the Government of this country. Here are some of those responsibilities:

- If you are elected as a Parish Councillor, you have become a member of a statutory body set up in law in 1895. This is why you are summoned to attend. If unable you should send your apologies to the Clerk.
- The Clerk / Responsible Financial Officer is a salaried employee of the Council and carries out the decisions made by the Council whilst at the same time advising the Council to ensure it acts properly and legally.
- Individual councillors have no decision making power. Decisions are made by the Council as a whole when in session. The Chairman's responsibilities relate to the conduct of the Council meeting and when not in session he/she is the same as all other councillors.
- Members are councillors for the whole parish and not just the area where they live.
- All communications to and from the Council should be made by the Clerk. Any views expressed by a councillor outside the meeting are purely a personal view.
- The meeting should be confined to items on the agenda. Members wishing to have an item on the agenda should contact the Clerk at least a week before the meeting or bring it up under the final agenda item "Clerk's and Councillors' Reports" for inclusion the following month.

- The Council acts within standing orders and financial regulations which have been given to you.
- The Clerk is available to advise you on any queries you may have.
- It is recommended that you participate in a course for new Councillors. The Clerk will provide you with dates when the courses have been arranged.

If you would like to know more about becoming a Parish Councillor, please contact the Parish Council Clerk Jim Graves on 01603 898621 or [horsfordpc@gmail.com](mailto:horsfordpc@gmail.com) or ask the Parish Councillors themselves at the Councillor Drop In Sessions on 19 February or 19 March.

## **YOU COULD ALSO THINK ABOUT BECOMING A DISTRICT COUNCILLOR**

The next scheduled District Council elections are also in May 2019.

If you are interested in becoming a Councillor, you need to:

- be aged 18 years or over
- be a citizen of either the UK, Commonwealth, Irish Republic or EU member state
- have property, live or work in the district
- have not been declared bankrupt

Councillors do not receive a salary, however they do get a Member's Allowance in respect of their time and expenses incurred while on Council business.

You **can't** be a councillor if you:

- Work for the council you want to be a councillor for, or for another local authority in a political restricted post
- Are the subject of a bankruptcy restrictions order or interim order
- Have been sentenced to prison for three months or more (including suspended sentences) during the 5 years before election day
- Have been convicted of a corrupt or illegal practice by an election court

There are many reasons why people decide to become a local councillor. They include:

- wanting to make a difference and be involved in shaping the future of the local community
- being concerned about your local area and wanting to ensure that the community gets the right services
- wanting to represent the views of local people and ensure that community interests are taken into account
- wanting to pursue your political beliefs
- wanting to contribute your business or professional skills
- concerns about one particular issue

For further information about becoming a Councillor you may find the following helpful:

[https://www.broadland.gov.uk/info/200154/councillors/241/becoming\\_a\\_district\\_councillor](https://www.broadland.gov.uk/info/200154/councillors/241/becoming_a_district_councillor)

If you are in any doubt about whether you are eligible to stand as a councillor, you should contact the electoral services department at your local council for advice [https://www.broadland.gov.uk/info/200145/voting\\_and\\_elections](https://www.broadland.gov.uk/info/200145/voting_and_elections)

## **WOULD YOU LIKE TO HAVE AN INFORMAL CHAT WITH YOUR PARISH COUNCILLORS?**

There are two more dates when Horsford Residents can take the opportunity to meet with Horsford Parish Councillors for an informal chat about issues that are concerning them. These are:

19 February and 19 March at 19:00 in the Horsford Village Hall, Committee Room.

These monthly Drop In Sessions were offered to give Horsford Residents access to their Parish Councillors outside the formality of a Parish Council Meeting. So far there has been little take up so these two sessions will be the final Drop In Sessions.

**These articles have been written by the Communications Group, part of the Business Action Plan Group**

## **HORSFORD PRE-SCHOOL**

Hello from us all at Horsford Pre-school. We hope you have all had a fantastic start to 2019!.

Michelle has settled well in her new role as manager and is introducing new ideas within the setting for us to continue to provide quality childcare.

Activities the children have enjoyed recently have included cooking, exploring various different sensory activities and Dinky Dancing!

We are currently putting plans in place for the children to enjoy learning about a variety of themes including postage this term, as well as celebrating Valentines Day, Easter and Mother's day amongst many other activities.

A parent/carers consultation afternoon is being planned for this term, more information will be passed onto parents/carers very soon.

Staff are continuing with training courses to ensure that their knowledge is up to date.

There are a few spaces available if you are interested in your child attending our setting.

Horsford Pre-school is open term times only from 9am-3pm Monday, Tuesday, Thursday and Fridays, and from 9am-12pm Wednesdays.

If you would like to visit the setting to see what we offer and/or register your child for Horsford Pre-school, please contact the settings Manager Michelle on 01603 890811.

We would like to say thank you everybody who supported our Christmas Fayre in November and our coffee morning, helping us raise money towards resources for our setting, we really do appreciate it.

Currently we are looking into new ideas to raise funds for a new outside area for the children to enjoy.

Horsford Preschool is a charity run setting that is managed by volunteers.

We really need new members to come forward and help to support us, as without these vital volunteers Pre-school will be unable to operate.

You do not need to have children attending Giggletots or Pre-school to be part of the management Committee, just a willingness to be

involved.

We really do value any support that you can offer.

## **GIGGLETOTS**

Giggletots is a stay and play session run by Horsford Pre-School. We welcome families and children of all ages to join us for activities, toys and arts and crafts. During last term, we had themes such as a Dear Zoo animal theme, dinosaurs and our very own Giggletots farm! We've planted daffodil bulbs, made stick men and even bird feeders.

We welcome children of all ages, from birth to early school age. We provide tea/coffee with cake and biscuits for the grownups and at about 1030am the children sit down for a healthy snack which is then followed by circle time where we sing some of our favourite songs!

We are open on term time Wednesday mornings 9-11am at the Methodist Church, Holt Road, Horsford. The session is drop in only (so no need to book) and we accept cash on the day, £3 per family. For more information please visit our website or Facebook page!

Giggletots is run by volunteers and we always welcome new people to come forward to help. If you can spare a couple of hours to join in the fun please call the Pre-School on 01603 890811.

## **SCHOOLREADERS**

Schoolreaders is a wonderful charity, which recruits volunteers to give one-to-one support to primary schoolchildren. As you may be aware, 1 in 4 children left primary school in 2017 reading below the government's required reading standards - and research shows that after that they have great difficulty catching up. Improving literacy has huge benefits, both for the individual and society as a whole.

Schoolreaders recruits volunteers who then go into primary schools to listen to children read. Volunteers are carefully matched to the best local school for them. This is a completely free service to both schools and volunteers. There are no rules about background, experience or age when it comes to being a great Schoolreader - enthusiasm, dedication and a good command of English are all that are required.

## How to cope with the empty nest?

Happy New Year to you all, I hope you've enjoyed a good start to 2019. This month I thought it would be useful to discuss the "empty nest" syndrome as many parents have recently had to deal with the departure of their children to university after the Christmas break. There will be mixed feelings, tempered by the fact that student debts and high property prices mean that they will probably be back under the family roof before too long.

Children are now commonly living in the parental home into their thirties but sooner or later the move out will become permanent. How do you deal with the economic impact of an empty nest when you no longer have financially dependent children?

You may find your children's departure is followed by a decrease in household bills, such as lower grocery costs, utility bills and everyday expenses, or one less car. Hence you may have more disposable income, and more financial freedom than you've had since you were young and care free!

### **MONEY MATTERS**

#### **PETER BARTON**



**Look at your debt.** The first priority for any extra money you may have must be to deal with debt, starting with the most expensive. For most that will be credit cards and, if you have any loans, check if you can repay them early without penalties. If you have a mortgage, overpayments (within any penalty free limits) will repay the balance faster and probably shorten the mortgage term.

**Look at your home.** Downsizing could be a quick way to releasing some cash or living mortgage free if you haven't already repaid it.

Moving can be an ordeal so you might want to consider a home that is ideal for retirement.

**Look at your pension.** With debts paid off you can start looking to your future. Your pension is probably the best investment you'll ever have so if you can afford to contribute more it could be worth doing so. Currently a private pension can be taken from

age 55 so the cash might not be locked away for long. Building a large pension pot is easy if you start young but it's never too late to add more.

**Look at your savings and investments.** An ISA may be a very good idea for most people. Stocks and shares ISAs offer the potential of good returns, although the current volatility and Brexit may make you more cautious about committing too much at this time, although others will see it as an opportunity.

**Look at your future.** Becoming an empty nester is a major life stage for most people and your priorities may change so it's a good time to review your financial plans. An appointment with an independent financial adviser might be a good place to start!

Peter Barton is an Independent Financial Adviser at Continuum.

Tel: 01603 879875 or 07787

561087. Email:

[peter@mycontinuum.co.uk](mailto:peter@mycontinuum.co.uk)

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**CONTINUUM**  
YOUR FINANCIAL FUTURE MADE REAL

The lovely thing about this scheme is that everyone wins - the children- the school- and the volunteers who get a great deal of pleasure from the experience and in seeing what difference a little of their time can make.

If you have any questions, I would be happy to answer them, or they can be addressed to our head office on 01234 924111.

### **NEBULA FEDERATION**

We were lucky to work with the charity, Shakespeare Schools Festival last term. It is the UK's largest youth drama festival. Four of the schools in the Nebula Partnership took part in the Shakespeare Schools Festival; Horsford Primary,

Old Catton Junior, White Woman Lane and Frettenham Primary. Each school performed a half-hour abridged version of a Shakespeare play at the Norwich Playhouse, on the professional stage with a full audience of family and friends. What a great experience for our children!

In November, the children all took part in a Nebula reading project about World War 1 to commemorate 100 years since the end of the First World War. Children in Years 5 and 6 focused on the book 'War Horse' by Michael Morpurgo which was thoroughly enjoyed by staff and children. Years 1, 2, 3 and 4 read 'Where the Poppies Now Grow,' a picture book by Hilary Robinson. They loved following the story of two friends who became soldiers. Reception looked at the book

'Sister Poppy at the Front' and had a visit from the Teddy Bear Hospital to enrich their learning experience.

## **HORSFORD CHURCH OF ENGLAND VA PRIMARY SCHOOL**

Year 6 at Horsford Primary School visited the Kingswood Centre at Overstrand Hall as part of their end of KS2 residential. The instructors were given the challenge of improving the children's team building and problem solving skills. The children took part in range of activities including rock climbing, bouldering, orienteering, archery, den building, nightline, aeroball, Jacob's ladder (a climbing challenge) and laser tag. The children worked together in two groups encouraging each other to push themselves as far as they could. For some children that meant just getting onto the climbing wall, for others it meant reaching the top! Mrs Kirton was really pleased with the progress the children made in just three days and has brought some of the techniques the instructors used to promote independent thinking back to use at school. It was an amazing experience for all involved and the children have returned with wonderful memories of their time at Kingswood.

The Reception children and Year 3 and 4 children worked hard in preparing a performance for the end of the term. Year 3 and 4 put on a wonderful performance of A Magical Christmas Jigsaw, and simply excelled with their singing. Reception shared their performance of Nativity, were incredibly brave and sang beautifully. What a lovely way to celebrate Christmas!

Year 3 and 4 had a busy term! As well as putting on their Christmas performance, they also visited the village church to learn a little more about Advent. When the children returned to school they made white decorations for the Church's Advent Tree which were given to Reverend Margaret to decorate the church tree.

### **PTA**

A huge thank you to Cassie and Chloe Green and their team of PTA members who worked tirelessly to get the Christmas Fayre ready. They raised over £1200 for the school which is just brilliant. It is a real community effort to raise such a huge amount and thanks need to go to everyone who donates cakes/buns for selling, as well as those that give their time to help run stalls and set up/

tidy away. We now have a new PTA chair and we wish them every success in continuing to raise much needed funds for the school. Some of the money over the next year is being spent on refurbishing the libraries at both sites and investing in more books for the children. Keep an eye out on our website for PTA events and come and support us when you can.

## **1 ST HORSFORD & ST FAITHS SCOUT GROUP**



### **A Big Thank You From FATHER CHRISTMAS**

" Father Christmas would like to thank all you people who made donations and all the members of Scouts and Cubs who kindly gave the afternoon and evening to help Father Christmas. I do hope all the children who asked for presents were happy and excited on Christmas Day morning. I look forward to coming back to Horsford in this coming year, hopefully on 22nd December 2019. I hope you all had a happy Christmas and look forward to a happy and healthy New Year. "

Just as an additional note to that 'Big Thank You' from Santa, Horsford Scout Group would also like to thank everyone who supports our fundraising activities throughout the year. The Christmas Fayre that we held at the Village Hall was a big success thanks to all those who helped and attended the event.

Our annual Fireworks Display seems to get better and better every year. Again this is largely due to those members who organise and help out on the day, as well as all the local residents who very kindly show their support by coming and enjoying our 'Fantastic Firework Display' every year. Finally, we would like to say a massive thank you to the KEELER Family who allow us to use

their field on which to host this event.

We hope that 2019 will be healthy and prosperous year for all the Horsford News readers and that we, the local Scout Group, will continue to be an active part of Horsford life.

## **HORSFORD METHODIST CHURCH**

Our coffee morning for Macmillan Nurses in September was rather disappointing but as the school were having one the following day people obviously went to that. However we managed to raise £140 so every little helps.

In November we held a ploughman's lunch for Leeway (domestic abuse) which was quite well attended and we able to raise £240.00 for this very worthwhile cause.

Our Christmas services began with our Carol Service on 16th December followed by our usual Midnight Communion on Christmas Eve. Both services were really special and were led by Rev. Mary. Just a reminder that the church is open on a Thursday morning from 9-10am and coffee and teas are available so why not just pop in for a hot drink and a chat.

The chapel is available for hire for groups at £8.00 per hour. (There is a discount for more than two hours) If you are interested please contact Kim Fletcher on 897089.

We hope you all had a wonderful Christmas and we wish you a very healthy and peaceful new year.

**Pauline Kerry.**

## **RECTOR'S RAMBLINGS**

Christmas to Easter!

So on December 27th I went into a shop and there were Easter Eggs! I couldn't believe it! The turkey still to be finished, mince pies ready to be eaten and the pudding was just too much for Christmas day and now the shops are planning for the next big thing!

Once a special day is over, many people move onto the next thing, wanting something to look forward to. For Christians the next thing is Epiphany. Epiphany means "showing" – a bit like "having a light bulb moment" when something all makes sense. In the Church we celebrated this on the 6

January. The 3 kings' gifts of gold, frankincense and myrrh tell us who Jesus was: gold is a gift fit for a King; Jesus was the King of the Jews. Frankincense was burnt in the Temple in thanks to God; Jesus was God's Son. Myrrh was used on bodies before they were buried; a reminder Jesus died on Good Friday before rising again on Easter Sunday. This is the "glue" to understand who Jesus was and tells the story between Christmas and Easter. Which leads me to a....

## **Pancake Party!**

Lent starts with Pancake Day! We're celebrating this at Horsford Church Room with a pancake party on Saturday 2 March at 7pm. For just £4 you will have pancakes with savoury and/or sweet fillings, a drink and plenty of fun! If you would like to book a place (there's a limit of 50) it's £4. Ring Carolyn Giles on 01603 710737 to confirm your booking.

## **Sunday Services and Parking**

Our Sunday service time has changed to 10.30am this year. This helps me to get from Felthorpe to Horsford without starting Horsford late! A relief to me and the congregation. The Spice of India have also kindly agreed, with an annual donation from All Saints Church to Teenage Cancer Trust, we can use their car park on Sunday mornings for parking. A great and safe solution for all those who come to church. If you have mobility issues, there are 5 spaces available behind the church.

We have 2 special services at the beginning of Lent on Ash Wednesday 6 March at 10.30am and 7pm. All are welcome to a quiet and reflective time as we start the season of Lent, a time to ponder on our lives and how we live them.

## **Churchyard Lighting**

Many of you enjoyed the light from our new lights over Christmas, particularly when 150 of you left the Christingle service, 60 of you left the carol service and those of us who left on Christmas morning after our midnight service. I would like to thank Horsford Parish Council and Horsford Pits Charity who both gave us grants towards the cost. These lights make the churchyard a safer place to walk through in the evening.

## **Toddler Group**


I am excited to say a Toddler Group run by the church in Horsford is starting on a Thursday

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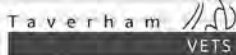
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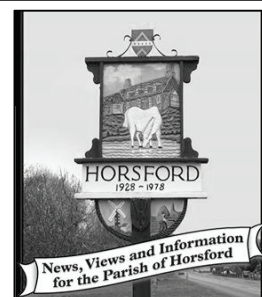


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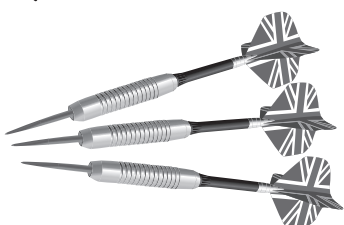
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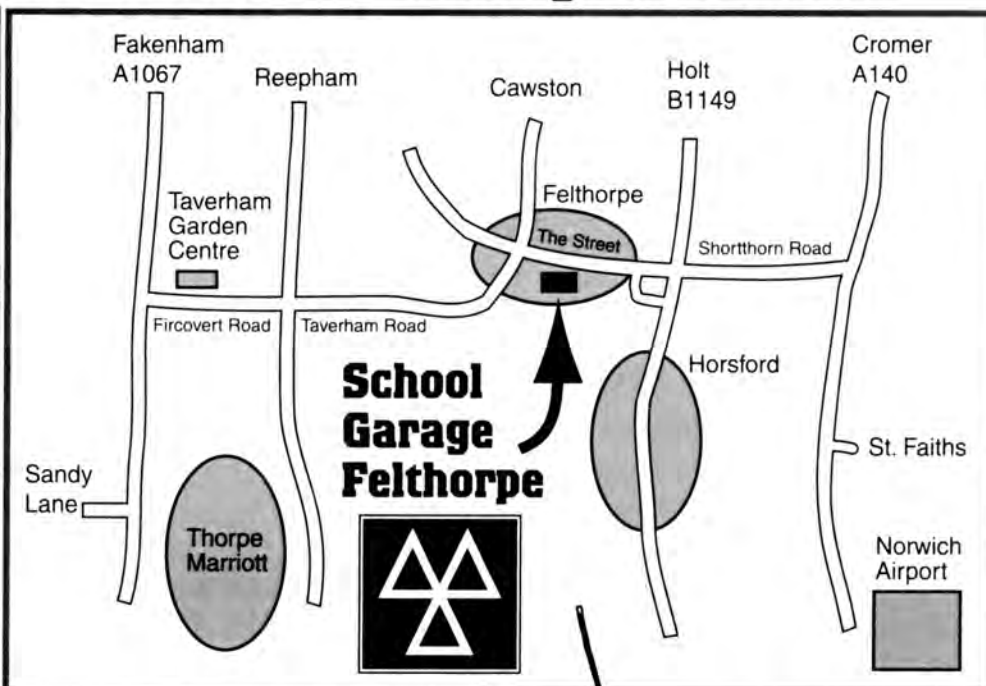
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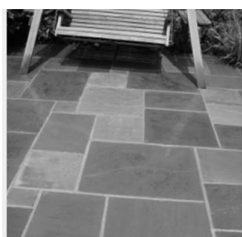
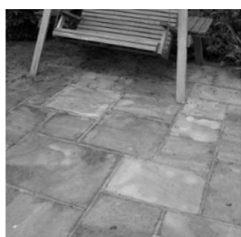
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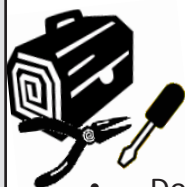
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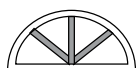
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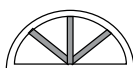


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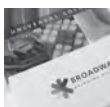
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morning in Horsford Church Room. It will be 9.30am to 11.30am starting on Thursday 28 February. You will see posters around the village and I will post on Facebook. If you would like some information, please do give me a ring (893108) or email me at revmargaretmcphee@gmail.com

## **From the Registers**

### **Baptisms**

We welcomed into God's family Ruben, Nichola and Summer-Rose.

### **Weddings**

Congratulations to Trish and Gary married in October and George and Maureen, Jacob and Rebecca who got married in December.

Horsford Church was featured in Norfolk Brides 2019 magazine thanks to a wonderful photo by Steven Sparkes of Perfect Pose Photography. As you can see we have lots of fun at weddings!

### **Funerals**

Our prayers for the family and friends of those whose funerals have taken place

Herbert Basey,	12 December
Edna Hannat,	4 January
Daphne Maber,	8 January
Albert Knights	28 January

## **HORSFORD SOCIAL CLUB**

What a great way to start the New Year by thanking all members and guests who joined us over the Christmas and New Year period. We had some great events which started with the Sprowston & Hellesdon Bras Band playing Christmas carols and music to a very packed club on the Sunday before Christmas. This early evening event was open to the community and saw many of the local people attend and enjoy the build up to Christmas. This came after another successful children's Christmas party with many thanks to Father Christmas for stopping off at the village hall to see all the children. We are sure he found his way with help from the lovely Christmas tree which lit up the village and was generously donated by Anglian Carpets, Sparkle Cleaning and Pronto Joinery. The comments and feedback concerning the tree was amazing and we are sure this will become an annual event. The club was packed

again on Christmas day lunch and grateful thanks to Neil, Moppy and Mark for manning the bar and donating all wages to the pre-school play area fund. New Year's Eve saw many members enjoy celebrating the New Year with great music and a very festive atmosphere. So many of you are doing Dry January raising funds for many good cause. Remember the club has a selection of alcohol free beer and soft drinks so don't stay at home thinking about the company you are missing, drop into the club and see what's on offer for February when you are dried out. We have various events coming up for 2019 and first on the list is the return of the 70's band "Glamtastics" which will be a fancy dress night. So get your neon leggings out and the flares for one night only on Sat 2nd February. All guests welcome for a great night out with some of the brilliant music from the 70's. We have some new bands over the coming year so watch the noticeboards outside the building and join our facebook page for all the up and coming events. We have decided to move the annual Beer Festival to May bank holiday weekend this year as it seems we clash with so many other events in August around the area. There will be lots of real ale to try out and other promotions so put the date in your diary's now so you don't miss out. Village Vibes is Saturday 13th July this year with bands and the weather already booked. Membership renewals will be sent out in March so if you have moved or changed any details please let us know by email or letter so we can get the records up to date. Lots of other events are now being looked into including a Madness night at Newmarket, trip to the Norwich Winter Beer Festival and a Blues Brothers tribute band in October.

Any queries or questions please email us on [horsfordsocialclub@hotmail.co.uk](mailto:horsfordsocialclub@hotmail.co.uk) Listed below are some of the bands booked for 2019 but there may be extra dates booked after going to print so keep an eye on the clubs noticeboard outside the building.

Bands & entertainment for the coming months listed below

Sat 2nd Feb – Glamtastics - 70's band

Sat 9th Feb – Jemstone Band

Sat 23rd Feb – VikTori

Sat 9st March – Umkawakagooga

Sat 23rd March – The Good Times

Sat 13th April – Stylotones

Easter Weekend

Sat 20th April – Uprising  
Sun 21st April – Pure Passion  
Bank Holiday & Beer Festival Weekend  
Sat 25th May – Funky Stuff  
Sun 26th May – The Waps

Thank you for supporting your Social Club for in 2018 and we look forward to seeing all members along with new to Horsford Social Club in 2019. If you have any suggestions for entertainment, trips, events etc. please email on the above address or speak to a committee member when you are in the club. We always appreciate anyone who would be happy to cover the door on band nights to check memberships and welcome guests to the club. The committee meets on the second Tuesday of each month so your views and suggestions are always valued and discussed at these meetings. Thank you again to bar staff for your continued support and all committee members for the completely voluntary time given to run Horsford Social Club for the members.

**Jackie Carter**  
Social Club Secretary

## **HORSFORD AFTERNOON WI**

By the time you read this article many local members will have been celebrating the start of Norfolk WI's Centenary year by attending, along with other ladies from the county, a 'Night to Remember' at the Holiday Inn. There will be many other events throughout the year including a garden party, a Thanksgiving Service at the Cathedral and the opportunity to see Pam Ayres at our Annual Meeting.

We ended 2018 by giving away locally 93 cloth bags aimed at reducing the use of plastic. Thanks must go to both the Co-Op and Keeler's Butchers for allowing us to use their premises. It's great to walk around the village and see these bags being used. Pictures from the bag giveaway are on our new Facebook page: -Horsford WI. During 2019 we are planning to hold a Saturday workshop learning how to make jewellery and hopefully have an outing to the National Stud at Newmarket. We have also taken advantage of a CPR and Defibrillator awareness course run by the East Anglian Air Ambulance.

As a member in Horsford you can also take part in the various other classes and activities that

Norfolk WI organises to promote skills and help people make new friends. For example, there is a monthly nosh and natter, regular workshops, craft taster days and interesting visits further afield.

Look out for our posters around the village or if you would like to know more or be part of our WI, why not drop in at 2.15pm on the first Wednesday of the month at the village hall. We will be delighted to see you. For any further information please contact either Terrie Tooes 01603 893753 or Penny Brunt 01603 897665.

## **HORSFORD BOWLS CLUB SANDY LANE, HORSFORD**

Another busy year for the club has flown by and I would like to take this opportunity to thank all my committee members for their continued support and hard work as well as all members together with their family and friends who help to keep the club running successfully.

Our summer season went off without too many problems unfortunately we didn't have as much success as we would have liked. None of our teams finished in the top half of any of the leagues but I am sure we will all make a big effort this year. At County level Wayne Burrage made it through the county finals in the 2 wood Champion of Champions but unfortunately didn't have the same success at national level this year.

Our 2017/18 short mat season had another successful year with our team, captained by Morgan Warnes winning the City league and the City Shield again. With this success in mind and to give members more games to play in we decided to enter two teams into this league for the 2018/19 season with Morgan's team now becoming Horsford Gold and the new Horsford Blue team being captained jointly by Dennis Seaton and Lynn Couzins.

This year will see a change of club captain as after many years Dennis has decided that he would like to step down from this roll. At our AGM Mick Dale was voted in as our new Club captain with Chris Warnes voted in to be his deputy. With the work involved in this new roll Chris has decided to stand down as club treasurer with this post now being taken up by Brian West

Our overall playing numbers remains quite good and we should be able to enter the same amount

of leagues again for the 2019 summer season. If anyone is thinking of joining the club now is a good time as our annual membership begins on the 1st March

**John F Bugg (Chairman)**  
Telephone 01603890633  
E. Mail. jfbe0940@gmail.com

## THE HORSFORD PLAYERS

Happy 2019 to you all. I can't believe Christmas has come and gone and (at the time of writing) we've already had one week of January. Our home looks so bare, now all the decorations have come down. We all need something good to look forward to, through these cold and dark winter's days. Never fear, The Players have just the thing for you - our next production!!!

**"OLD ACTORS NEVER DIE ..... THEY JUST LOOSE THE PLOT"** a farce in two acts by Lynn Brittney, is our latest offering. It is set in a retirement home for theatricals and involves the Russian mafia. Just the thing to exercise those chuckle muscles!! The performance nights are 10TH, 11TH and 12TH APRIL. Tickets cost £7.50 each and can be obtained from the Box Office numbers - 01603 927010 or 01603 898634.

Here are a couple of photos from our first rehearsal in the Main Hall. We'll be there every Thursday from 8:15pm. Our director will be putting us through our paces, making sure we can deliver an excellent night's entertainment for you all.



If anyone would like to join our group, they will be made very welcome. It doesn't matter whether you want to be on stage, behind the scenes, or making tea and coffee, we always need new people. Contact me, or any other member

of The Horsford Players, if you would like more information.



**Sandy Kerridge**  
Publicity Officer  
The Horsford Players  
01603 927010  
sandykerridge@hotmail.com

## HORSFORD KNITWITS

Happy New Year to you all from the Horsford Knitwits.

We are a busy group of people belonging to Norfolk Knitters and Stitchers, one of the 132 groups in the County, who in 2018 made various things for charity. Here are some of the projects we supported. The Rosie Maternity Unit requested baby hats in traffic light colours to use in their postnatal wards to indicate how much observation the newborns needed. Red indicating extra care, amber or orange slightly less care and green were "doing well".

We also knitted hats for the "Sailors Mission" and later in the year hats and neck buffs for "Welcome Wheels" a charity which refurbishes old bikes for asylum seekers who will need some warm head gear for the approaching winter months.

We provided poppies for Centenary Commemorations of the ending of WW1.

Warm children's jumpers, baby clothes and toys were made to be distributed by the many charities who request them.

Sensory bands or twiddle muffs and twiddle quilts have been given to dementia groups both in our local hospitals and community.

We plan to continue knitting for all these charities and many more in 2019.

If you would like to learn more about us please find us at [norfolkknitters.org](http://norfolkknitters.org) or contact me on 01603 898986. We meet every 3rd Thursday in the Methodist Church, Horsford between 2-4pm new members are always welcome.

**Helen Paton**

## **ROUNDWOOD BOWLS**

Writing this on January 1st I would like to wish everyone a Happy, Healthy New Year even though I know you'll be reading this in February!

Equally the team news was current at the Christmas break -: the Ladies A were 2nd in the North Triples County League but had 3 games in hand over the current leaders. However there were 3 matches in January which means when this newsletter reaches you the situation will have changed. The Ladies B team have 5 games in the same period (including one against their fellow A team) and could well be challenging the current leaders NBC B Team. The men's A Team led Division 2 at the break and also faced 3 matches in January whilst the B Team had 2 matches against teams above them so will have needed to fight hard for the points.

Socially in February there is a card games/dominos/beetle etc friendly evening planned in the bar for the 6th Feb. whilst the Valentines quiz will be on Friday 15th. Tickets will cost £8 which includes a fish and chip supper. Finally on the romantic theme, if love is blind why is lingerie such a popular Valentines present?

**Pam Bassham** 01603 744786

## **ARE YOU FED UP WITH ALL THE TRAFFIC QUEUES IN THE MORNING RUSH HOUR? TAKE ACTION NOW!**

Traffic is getting worse. Prior to the NDR, Horsford had 3 routes for outgoing traffic heading east towards Norwich, Church Street via A140, Drayton Lane via Reepham Rd. or the main B149, with no major hold ups of traffic in the morning rush hour. What did the highway planners think? (Or Didn't) would happen when one road would be shut off, all traffic could use the new Brewery Lane onto the new NDR "Fine"

With Butterfly Mill 260 homes, Kingfisher 82, a

further 84 on the holt road behind the village sign and possibly development of 65 homes behind Horsford Hall, how will existing Horsford at rush hour cope? It's not coping now. Between 7.45am and 8.45am it is not unusual to find tail backs of traffic from the NDR roundabout along Brewery Lane, back to the Spice of India, The Dog PH, Co-Op, School, the former Brickmakers PH and beyond. To drive from Mill Lane to the NDR roundabout can take anything from 15mins to 26mins where it usually used to take around 5mins.

What will another 3,4 or 5 hundred vehicles on the road do to exiting Horsford in the rush hour.

A Simple and effective solution could be to add a second lane to Brewery Lane for outgoing traffic, and improve road markings leading to the roundabout to improve traffic flow, which surely should have been implemented from the outset. This is not acceptable as the NDR should have made the traffic easier, it seems to have made it worse for Horsford

I think people should petition Keith Simpson [Keith.simpson.mp@parliament.uk](mailto:Keith.simpson.mp@parliament.uk)

**Beverley (Horsford Resident)**

Name and address supplied to the editor.

## **FAREWELL TO THE O'MALLEYS**

The O'Malleys are moving onto pastures new. We have lived in Horsford for 40 wonderful years and have lots of friends and acquaintances. We are both retired and love walking and birdwatching on the north Norfolk coast so we are going to retire by the sea at Cromer. We came to Horsford in 1978, our house on the Shrublands was brand new and our 2 sons have grown up here and moved on. We quickly became involved in village life, having a young family. I served on the first and middle school committees and did lots of fundraising. We have lovely happy memories of the school dances that we helped to organise, which were lots of fun especially the fancy dress and 60s nights. We used to spend all Saturday preparing food, cold meats, salads, jacket potatoes etc, and would set up a bar in the corner of the school halls. We had numerous Christmas and new year parties at the schools where we hired a disco. I expect a lot of people can remember them. Horsford first school didn't have any male teachers in the 1980s so Ed along with Mr Dickie the headteachers husband used to take the boys for football training on a Tuesday afternoon. This then progressed on to Ed

running the Horsford boys football teams with Terry Morter for several years.

Our boys joined the Horsford cubs when Linda Holness was akela and Rev Boston ran the scouts. More fundraising and adventures, especially bonfire nights, just like today.

So a fond farewell to everyone, and you never know we may bump into you on Cromer pier having a coffee or beer

**Best wishes Chris and Ed O'Malley.**

## **JAMES ELECTRICAL AND PROPERTY SERVICES**



James is a former serviceman and a NICEIC registered electrician and a City and Guilds qualified carpenter, who made the decision in 2018 to open his own business. Due to James's list of qualifications, customers are offered a multi-skilled, comprehensive service, that includes kitchen fitting, general carpentry such as door fitting and laminate floor laying, electrical works, electrical testing and landlord certificates.

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There are plenty of testimonials and photographs on his facebook page - [www.facebook.com/jameselectricalandproperty](https://www.facebook.com/jameselectricalandproperty).

James lives locally with his partner and two dogs. He has a passion for excellent customer service, and prides himself on being happy to take on the smaller jobs that so many reject or don't have time for. He is fully qualified, registered and insured to offer all customers peace of mind.

## **PARISH NEWS**

### **#HelpUsHelpYou.**

Just a reminder from the NHS in Norfolk and Waveney about how to help us help you this winter.

All of us should be making sure our medicine cabinets are stocked. It's also sensible to order any regular medicines you need in good time so you don't run out, taking care to only order what you need.

But if you do feel poorly, seek advice from your local pharmacist before it gets worse.

If it's urgent, then a call to your GP or NHS111 is the next step, and they'll advise you what to do.

### **Common sickness bugs**

Suffering from norovirus or other common sickness bugs? Don't spread it around by visiting your GP or other public places. Stay at home and rest. #HelpUsHelpYou. Find more advice here

### **HomeFirst – your bed is the best bed!**

None of us want to go into hospital or a care bed, but if we do it's good to get home if we can. The NHS and social care across all of Norfolk and Waveney are stressing that if someone needs a hospital or temporary care bed they will get one, but our aim is always to help people get back home as soon as possible. This is because older people in particular can lose independence rapidly. Being back home can also help a speedier recovery. So if you know a friend or relative, particularly if they are older, who has to go into hospital it would be kind to make sure they have all they need to get back home, including checking the heating works and they will have food in the house, the washing is done and they feel OK.

### **New Year, New You**

With the start of a New Year people's thoughts turn to getting fit and improving their health. To stay healthy or improve health, adults need to do two types of physical activity each week: aerobic and strength exercises.

How much physical activity you need to do each week depends on your age. Adults aged 65 or older who are generally fit and have no health conditions that limit their mobility should try to be active daily by doing at least 150 minutes

of moderate aerobic activity such as cycling or walking, and strength exercises on two or more days a week.

Why not join a local walking group, go for a swim or join a local class, your library should have information about groups near you.

There are many local services that can enable older people to be more active. A wealth of information can be found through the Norfolk Community Directory.

## WILDLIFE WHISPERS

### ICE BABIES

Sshhh....don't tell anyone but we're sitting here with a cuppa and some rich tea's reminiscing about last year's 'beast from the east.'

I'm sure you remember that spell of wretched cold wind and freezing snow, followed by the 'beast from the east 2' a shorter but no less colder taste of Siberian winter.

The incredible thing is that during all that horrific weather a pair of robins were nesting in a box on our patio and actually laid eggs and hatched a chick, with much assistance from Mrs C. I should say. Not that she sat on the eggs to keep them warm or anything like that, but gave gallant and crucial assistance by supplying copious amounts of mealworms, suet pellets and even grated cheese from time to time. Well cheese is actually fat of course and ideal for keeping up an adult robins strength in freezing temperatures.

It all started back in early february when Mrs C noticed to her amazement that the parents-to-be were gathering together nesting materials in the robins nesting box attached to one side of our garden shed which is actually on the back of our patio. This was a bit alarming for us as we were concerned that the running of our household, such as hanging out washing and routine outside washing down, brushing up and clearing out might frighten them off. No chance. It simply didn't faze them at all and they brazenly continued to nest-build whilst scoffing down the suet pellets and mealworms generously donated by the Cole family.

A few days later the snow came and quite a lot of it too. That didn't stop our plucky feathered friends who soldiered on, finishing their nest off

and by mid-february two eggs had appeared even though we were in the midst of snow and bitterly cold winds, all courtesy of Siberia. I'm sure you remember! Well, we peeked in at the nest just very, very occasionally so as not to disturb them while Mr Robin continued to feed his partner as well as himself when she was keeping the eggs nice and warm.

Then lo-and-behold during the first week of march the chicks hatched. Mixed feeling for us as whilst we were delighted for the parents, it seemed perilously early in the season for any chicks to be born and remember we were still being blasted by that wretched wind.

However, the good news is that that one chick fledged from the nest on 16th march but sadly we never did see the second chick. Our little hero managed to survive by dodging in between our many flower pots and shrubs which I'm pleased to say gave him, or her, safe cover. During this time it was fed only by the male parent and we suspected that the female was already preparing a nest for a second brood.

After several days our chick could fly well enough to reach the top of our fences and then suddenly it was off, but hopefully we'll meet again one day!

Incredible that all that could happen so early in the season and in such bitterly cold conditions and amazing that Mrs C was able to cope with robin parenting although I think that secretly, like most expectant mums, she was relieved when it was all over!

Michael C



Christmas is traditionally a time for celebrating with family and friends as well as over indulging in festive treats. This is often the case with some of our pets too and there are some treats which really need to be avoided...

Mince pies and Christmas cake are full of raisins and these can be fatal to dogs and cats. The toxin is unknown and luckily in most cases the pets are fine however a small number can develop vomiting, diarrhoea and in the worst cases, acute kidney failure.

The recommendation following the ingestion of any quantity of grapes or raisins is to induce vomiting and then to protect the kidneys with intravenous fluid therapy.

Chocolate contains lots of fat which can cause pancreatitis in dogs and also theobromine which results in panting, restlessness, muscle tremors or even seizures and cardiac arrest.

Ned was just one of many such patients who have recently helped themselves to some of their owner's mince pies. He underwent treatment and despite his blood samples and fluid therapy he seemed to enjoy our nurses' attention in the hospital. Ned was lucky in that he showed no signs of kidney damage and he has now gone home to enjoy the rest of Christmas. In order to avoid such stays we would recommend you keep any raisin or chocolate containing food for human consumption only!



## HORSFORD FC



A Happy New Year to all our players, supporters, parents, coaches and volunteers at Horsford FC.

2019 will see the creation of an SSE Wildcats Centre at Horsford FC, which will provide opportunities for girls aged 5-11 to train on a weekly basis with a further opportunity to create

new girls teams in the village. We're also joining the Mars - Just Play programme which will allow us to offer Walking Football to over 50's. More details of both programmes will be available on our social media pages and at [horsfordfc.co.uk](http://horsfordfc.co.uk) in due course.

Our Annual Tournament will take place on Sunday 5th May at Horsford Village Hall. 120 teams will descend on the village throughout the day. The Norwich Airport Park & Ride is available for visitors to park in for free, as well as a free bus service to and from the village hall. Please come and support us on the day; BBQ, Bouncy Castle, and more fun is available on the day.

Our Mini Skills Soccer group (ages 4-6) still takes place every Saturday morning. We are now looking to create an Under 7's team ready for September 2019. Anyone looking to get involved in coaching, please get in touch with us. We'll provide all the necessary qualifications and checks.

In September last year, we were awarded the Charter Standard Club of the Year award from Norfolk FA. This is the second time in 5 years that the club has been given this award - a superb achievement. 22 members of the club attended the awards night at Sprowston Manor to be presented with the award from the England U21 player Lewis Cook. The evening featured a Q&A with Aidy Boothroyd, James Maddison and Angus Gunn.

As the club continues to expand and grow (we currently have 26 teams and could have over 30 by the end of 2019), we are looking for a home to call our own. Any landowners in the village that would be willing to work with us to provide a football facility for all - we'd love to hear from you.

Chris Brown - Chairman

07540753894

[chairman@horsfordfc.co.uk](mailto:chairman@horsfordfc.co.uk)

[www.horsfordfc.co.uk](http://www.horsfordfc.co.uk)

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## USEFUL INFORMATION

Contact Organisation & name	Contact	Contact Organisation & name	Contact
<b>Horsford Church Room Booking</b>		<b>Medical Surgeries</b>	
Becky Blythe	891433 07768629751 <a href="mailto:beckyblythe@sky.com">beckyblythe@sky.com</a>	St Faiths	898235
<b>Horsford Village Hall bookings</b>		Drayton	867532
Diane Baxter	893900	Horsford	897766
<b>Horsford Bowls Club Secretary</b>		Prescriptions	898300
Malcom Makins	891422	<b>Parish Council/Clerks – Horsford</b>	
<b>Horsford Youth Football Club</b>		Mr J Graves	898621
Stephen Vincent	898147	<b>County Services</b>	
<b>2<sup>nd</sup> Horsford &amp; St. Faiths Guides</b>		<b>Police – non emergency</b>	101
Jenny Reynolds	890063	<b>Crime stoppers</b>	0800 555111
<b>1<sup>st</sup> Horsford Rainbows</b> Rachelle Margitson Verity Fenwick	929935/07948085517 07824661105	<b>Broadland District Council</b>	0844 8008020
<a href="mailto:rachellemargitson75@gmail.com">rachellemargitson75@gmail.com</a> <a href="mailto:verityfenwick@icloud.com">verityfenwick@icloud.com</a>		<b>Anglian Water - Emergencies</b>	03457 145145
<b>Horsford 3rd &amp; St. Faiths 1st Brownies</b>		<b>Electricity - Emergencies</b>	0800 7838838
Carole Smith	890657	<b>Gas - Transco Emergency Service</b>	0800 111999
<b>Horsford 4th &amp; St. Faiths Brownies</b>	closed	<b>Meals on Wheel</b>	0788 7800502
<b>1st Horsford &amp; St. Faiths Scouts Group</b>		<b>Humanist Celebrant</b>	
Mike Gleeson - Group Scout Leader <a href="mailto:gsl@hsfscouts.org">gsl@hsfscouts.org</a>	891269	Chris Copsey	710262
New members please email :- <a href="mailto:treasurer@hsfscouts.org">treasurer@hsfscouts.org</a>		<b>Methodist Church Horsford</b> Rev. Mary Sachikonye	411295
<b>Horsford Social Club</b> Jackie Carter - Secretary <b>Horsford British Legion (Men)</b>	787329	<b>All Saints Church Horsford</b>	
Mr Rob Beall	868272	<b>Church warden</b> Wendy Tooby	897240
		<b>Revd Margareet McPhee</b> <a href="mailto:revmargareetmcphee@gmail.com">revmargareetmcphee@gmail.com</a>	893108
<b>Horsford Players</b>			
Pa/t Wright	898634		
<b>Horsford Afternoon WI</b>		<div>The Horsford News takes no responsibility for the reliability and accuracy of content made by contributors and/or advertisers. <b>These contact details will be published at least once a year.</b> The accuracy of these are not guaranteed and are reliant on contacts and organisations keeping the Editor informed.</div> <div>The Horsford News welcomes article content and advertisers. Please contact the Editor for more details.</div> <div>This magazine is now in its 40th year! The next issue will be out in February 2019 <b>Closing date for Copy will be April 8<sup>th</sup> 19</b></div> <div>Articles and adverts for insertion can be sent to The Editor by email as PDF or MS Word format (preferred) <b>to - <a href="mailto:TheHorsfordnews@btinternet.com">TheHorsfordnews@btinternet.com</a></b>, Lisa Starling, 35 Gordon Godfrey Way (the end of Gordon Godfrey Way) Horsford, NR10 3SG.</div> <div>Articles should include the name of the writer and where appropriate their title in the organisation. Any Letters to the Editor can be published as ‘Name and address withheld’ at the discretion of The Editor.</div> <div>The Horsford News is a not-for-profit community magazine - Voluntarily produced – thank you for your continued support.</div>	
<b>Penny Brunt</b>	897665		
<b>Norfolk County Cricket Club</b>			
Manor Park Horsford	424635		
<b>Schools</b>			
<b>St Faith VC First School</b>			
Mr John Marshall-Grint - Head	898353		
<b>Horsford Pre School &amp; Giggletots</b>			
Michelle Cory - Manager	890811		
Marie Hall <a href="mailto:Chairperson@horsfordpreschool.co.uk">Chairperson@horsfordpreschool.co.uk</a>			
<b>Horsford Primary School</b>			
Ashley best-White - Head	898348		
	897938		
<b>Hellesdon High School</b>			
Mr J Batty	424711		
<b>Taverham High School</b>			
Mrs C Dallas	860505		



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### February 2019

Fri 8th Feb	Boyzone Farewell Tour	1pm	£95
	Genting Arena Birmingham		
Thurs 14th Feb	Chippenham Hall (Cams)	9.30am	£30
	Snowdrops		
Sun 17th Feb	Classic Car Show – London Excel	8am	£48
Thurs 21st Feb	Kew Gardens Orchids	8am	£50
Fri 22nd Feb	BMW Mini – Plant Tour Oxford	7.30am	£50
Sun 24th Feb	Cirque De Soleil – Totem	8.30am	£93
	Royal Albert Hall		

### March 2019

Sun 3rd March	Knitting & Stitching Show Olympia	8am	£36
Fri 8th March	Spring Quilt Festival Duxford	9am	£26
Sat 9th March	Crufts Dog Show – NEC	7am	£45 Under 9 £30
Sun 10th March	Faulty Towers Dining Experience	8am	£90
Wed 13th March	Tower of London	8am	£45
Sat 16th March	Hobbycrafts NEC Birmingham	7.30am	£37
Sun 17th March	Let's Face The Music – Albert Hall	8am	£60
Sun 17th March	Kensington Museums	8.30am	£25/£15
Sat 23rd March	Thriplow Daffodil Weekend & Country Fair	9am	£32
Sun 24th March	Classical Spectacular Albert Hall	8.30am	£70
Wed 27th March	Beth Chatto Gardens & Tiptree	8.30am	£30
Thurs 28th March	RAF Hendon Museum	8am	£30
Fri 29th March	Magic Mike Live	1pm	£120
Sat 30th March	Springfields Spalding	9am	£18
Sun 31st March	Country Living Fayre Ally Pally	8am	£42

### April 2019

Wed 3rd April	Ideal Home Show – Olympia	8am	£38
Thur 4th April	Newark Antiques Fair	7am	£35

IC Travel— 39 The Street, Ringland, Norwich NR8 6AB

**01603 868680**

See a full list of trips at [www.ictravel.co.uk](http://www.ictravel.co.uk)

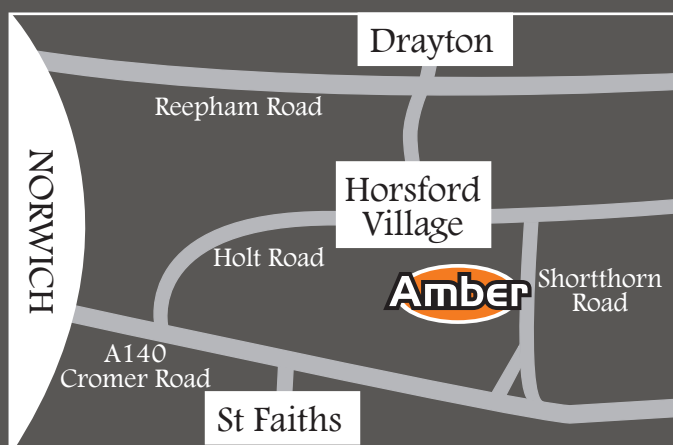
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