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# INGHAM PARISH MAGAZINE

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## **Local Help**

On page 4 we have listed some places in the area that are offering to deliver essentials to your door.

Other services are on offer too.

**May 2020**

## Dear Reader

So the lockdown continues and we try to keep some sense of normality in our lives. We will keep the Parish Magazine going as both online and paper versions. If you are able to access the online version that is great. Could we ask you to check with your neighbours to see if they also can get it online, or if they would prefer a paper copy. If they would like a paper copy, then could you please let us know and we can send it by post. Currently paper copies can be picked up from Causeway Butchers, Cooks of Ingham Farm Shop, the Veg boxes at 38 Goose Lane and Cow Corner on Sydney Street, and from the box at Calthorpe Cottage on Calthorpe Street. We are still looking for more places to make paper copies available and will announce them on the website.

We feel that keeping in touch is vital at this time with all the isolation imposed on us. The magazine is available for download from the Ingham Village website:  
[www.inghamvillage.co.uk](http://www.inghamvillage.co.uk).

If you have any questions, comments, or ideas for improvement, please send them to us. Perhaps you would like to write an article? If so, please let us know. You can email us on: [magazine@inghamvillage.co.uk](mailto:magazine@inghamvillage.co.uk)

We wish you good health in these troubled times,

*Lesley, Darren, Angela, and Andreas*

## Farming Diary

We live in difficult times at the moment, I hope everybody is keeping healthy and safe. Things will soon improve and the days will get warmer. The farm is keeping me very busy, looking after winter sown crops and drilling the spring wheat, sugar beet and vining peas, shortly. It's nice to be back with growing crops again.

Many of us are stuck in our homes, but look out of your windows, and there is a surprising amount of life going on in your gardens, and countryside, the birds are setting up nests, and rearing their young, with a beautiful dawn chorus most mornings, the fields are alive with larks, singing high up in the sky, their lyrical and lovely singing brightening any day.

Stay cheerful everybody, things will soon be better.

*Alistair Wright*

## **INGHAM VILLAGE HALL - Registered Charity No 303988**

With no fund raising activities and no Hall Hire, the Village Hall, like all other charities has no income! We are lucky that the hard work of committee members and helpers have given us a reserve to draw on to pay the bills. We will have no business rate council tax to pay and electricity and water will be quite small, but we have just paid the PPL/PRS Licence fee (£142.14p), insurance (£806.33p due 23rd April), the cost of supplying bags for, and the emptying of the dog poo bin and, our biggest expense, the cutting of the recreation ground. This has been done for many years by Norse Eastern, but they informed us in March they would no longer be grass cutting in rural areas. We have been able to secure the services of a much more local firm to cut the grass at a cost of £1200 for the season. (Less than Norse would have charged). We wonder how many dog walkers and others using the ground for their exercise and leisure activities ever think about the cost of maintenance of the recreation ground. It certainly does not come out of your council tax as some seem to think, but from Village Hall income. We will also have to have the usual safety checks for electrics, gas and fire extinguishers done.

Hopefully the 'lockdown' will not go on for too much longer, but it is better to be safe now and not sorry afterwards if we get back to normal too soon.

**N.B. We have just been informed that we will receive a support grant from North Norfolk District Council which will help to cover our costs during the 'lockdown'.**

### **Village Hall Regular Hirers for May**

Due to Coronavirus ***all events have been cancelled*** until further notice.

All Hall Booking enquiries to Darren Rogers 01692 580202

Email: [darren@inghamvillage.co.uk](mailto:darren@inghamvillage.co.uk)

or book online at: [www.inghamvillage.co.uk](http://www.inghamvillage.co.uk)

The mobile library services are currently postponed.

If you are a mobile library customer with books on loan they will automatically be renewed until further notice

## **A number of local businesses are offering help during this time:**

**AG Meals & Son** - will deliver within 5 mile radius for £4.50, minimum spend £30 including their Baked by Vera's Coffee Shop products. You can collect too.

01692 580226 - [www.agmeale.co.uk](http://www.agmeale.co.uk)

**Cawdron's Butchers** - free delivery on orders 01692 580254 (option 1) - [info@cawdrons.co.uk](mailto:info@cawdrons.co.uk)

**ETF Electrical** 07817 754568 During this time of uncertainty and worry we would like to let you all know that we are now carrying out a temporary free call out service to vulnerable residents in the local area from Sea Palling and surrounding villages for urgent Electrical issues whilst the current pandemic continues. **The works must be essential and an emergency.** We will make sure all visits are discussed and the appropriate ppe such as gloves masks and shoe covers will be worn on all visits.

**Graham Bedford Plumbing** To all in Stalham and surrounding areas, if you have any plumbing or oil fired heating problems, give me a call, if it's a easy quick fix I will not charge, give me a call in these moments of uncertainty I'm here to help. Graham Bedford. 07766181504

**Lessingham Star** - Takeaway food & delivery - 01692 580510

**Peter Watling Dairy** If you are in need of milk delivery please contact Peter Watling Dairy's on 01692 650018 delivery subject to availability. Includes, as well as milk, products such as cheese, eggs, yoghurts, bread, potatoes, and bottled water can be also pre-ordered. Delivery to the following areas: Bacton, Walcott, Lessingham, Witton, Happisburgh, Stalham, Ridlington, Ingham, Lessingham

**Tesco Stalham** has special opening hours for the vulnerable and elderly: Monday, Wednesday, and Friday mornings 9am to 10am.

**Warlingham Wines** – offering free local delivery call 01692 615384 or [enquiries@warlinghamwines.com](mailto:enquiries@warlinghamwines.com)

## Recipe of the Month

### Carrot and Coriander Soup

- 450g(1lb) sliced Carrots
- 1 large Potato, peeled and sliced
- 1 medium Onion, peeled and sliced
- 25g(1oz) Butter or Margarine
- Pinch of Sugar
- 150ml(1/4 pint) Creamy Milk
- The juice and rind of one Orange
- 725ml(1 1/4 pints) Chicken Stock
- 1 teaspoon Ground Coriander
- Salt and Pepper
- Chopped Parsley



1. Heat butter in a pan, add vegetables and cook until soft.
2. Add coriander, salt and pepper, and mix well.
3. Add orange juice, rind, and stock. Bring to the boil and cook for 4 minutes.
4. Liquidise, add milk, garnish with parsley.

This recipe is from the Millennium Morsels book produced by the village to raise funds for the Village Sign 20 years ago.

The full book can be found on the the village website under the Local Info tab.



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## Message from the Rector

I am writing this just after Easter, and what a strange Easter it was - certainly one that none of us will forget in a hurry. Although it is very painful not to be able to meet together, worship together, and to join together in Holy Communion, perhaps somehow it helps us to focus on God in new ways. We will be in 'lockdown' for some time yet, so let's try to find the positives where we can.

Worshipping on our own, or with the people we live with, is quite a different experience from our usual Sunday worship. It removes distractions, pares things down to the basics, and this can help us concentrate on God and on what we are saying and hearing. Perhaps we hear familiar words in a different way. We have the chance to pause and reflect if something strikes us. And in some small way, it might help us to identify with Christians who are unable to worship in public for fear of persecution.

At the end of this month, on 31<sup>st</sup> May, the Church will celebrate the Festival of Pentecost, when we remember the coming of the Holy Spirit to the disciples seven weeks after Jesus' resurrection. It is known as the birthday of the Church. We might not be able to have much of a birthday party this year - who knows what the situation will be by then - but we will still pray for the Holy Spirit to come afresh to each of us, to give us comfort in difficult times, grace to hear and heed God's word, and strength to live out our lives in God's service, helping others where we can.

Finally - one of the good things to have come out of the coronavirus outbreak has been the huge amount of goodwill within communities as people offer practical help to their neighbours. Please see the notice about help being offered within Ingham. If you are finding things difficult and need to talk, please don't hesitate to contact me (details below), or your churchwardens Bunty and Enid.

Every blessing,

**Simon**

Canon Simon Lawrence - [simon.stalham@btinternet.com](mailto:simon.stalham@btinternet.com) (01692 580250)

## **DO YOU NEED HELP IN THESE UNCERTAIN TIMES?**

Do not hesitate to let us know. We have a group of willing, trustworthy volunteers who can collect medication or help with shopping.

If you or anyone you know would like help please call

Bunty 01692 583481 or Enid 01692 580444.

## **Pews News Extra**

While the lockdown is in place, we are producing a bumper 'Pews News Extra' each week. Rather than just containing the weekly notices, it has the readings for the week, a reflection, prayers, a hymn chosen by a member of the congregation, and various other items such as mini biographies of church members, book recommendations, jokes and quizzes. It is proving a good way for church members to stay in touch with each other. If you are able to get online, you can find a link to the latest issue on the homepage of our website: [www.stalhambenefice.org.uk](http://www.stalhambenefice.org.uk)

If you'd like a paper copy, please contact us and we will arrange for you to receive one.

Cyril Maurice Nicholls of Town Road, Ingham died on 4<sup>th</sup> April aged 85 and his funeral was at the graveside at Holy Trinity Church Ingham on Tuesday 21<sup>st</sup> April. Details of a Memorial and Thanksgiving Service will be announced when they have been arranged.

## **There are various ways to join in with worship during the lockdown online and via radio and television.**

A service is being broadcast on BBC1 on Sunday mornings, and Songs of Praise is usually at 1.15pm.

There is a morning service at 8.10am on BBC Radio 4.

Online, the Diocesan website has launched a weekly podcast which can be found at: <https://www.dioceseofnorwich.org/news/podcast-sunday-hope/>

And resources are available on the Church of England website:

<https://www.churchofengland.org/more/media-centre/church-online>

<https://www.churchofengland.org/prayer-and-worship/join-us-service-daily-prayer>

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## **Beware of the Scammer!**

Scams are rife, especially during these troubling times when people are even more vulnerable than usual. Scams can be committed over the phone, through the post, on the internet or face-to-face, unfortunately sometimes even on your doorstep. Follow these tips and avoid becoming a scam victim.

1. REMEMBER: If something seems too good to be true, it usually is!
2. Never respond to emails, text messages, letters, or social media that look suspicious, or that have bad spelling or grammar.
3. A genuine bank, credit card company or internet provider will never contact you asking for your PIN, full password or to move money to another account. If you receive a message like this, ignore it!
4. If someone you have never met before asks you for money, that should be a red flag. Do not give them any money!
5. Always question uninvited approaches, in case it's a scam. Instead, contact the company directly yourself using a known email or phone number.
6. If you are even a tiny bit suspicious, check with someone else before responding to the communication – a trusted relative, friend or neighbour.
7. Never automatically click on a link in an unexpected text or email.
8. Make sure you use sensible passwords on all your accounts. Try and avoid using the same one. Your email address is the entry point to stealing your identity. Always ensure your email password is different and not easy to guess.
9. Always have anti-virus software installed on your computer. Update software when new versions become available. If you are still using Windows 7, it should no longer be used for anything financial.
10. Trust your instincts. If you feel at all wary or suspicious, you're probably right!

Typical scams include being told you've made an overpayment and are due a refund, your internet provider offering a compensation payment for poor service, fake security programs on your computer that try and get you to make a phone call or buy a product, make money fast scams, the list goes on and on.

If you have been scammed and they are in the area or you have transferred money in the last 24 hours, call the police on 101. If you feel threatened, you should call 999. Protect yourself from further risks by changing your passwords and letting your bank know. Record all the details of what happened whilst it is fresh in your mind and then seek further advice.

## Barn events postponed or cancelled due to coronavirus

The Hickling Barn events committee has decided, in view of the coronavirus outbreak, to **cancel all planned fundraising events until the Village Show** on July 26.

The Race Night which was to have taken place on March 28 will be postponed until September 12.

The Music Lounge in April has been cancelled, as has the Village Fair and Dog Show in June.

The next two screenings at the rural cinema have also been cancelled.

A decision about other activities at the Barn will be taken at a meeting of trustees on Monday, March 16.

For more information please visit the Barn's website <https://www.hicklingbarn.com/>

## Lessingham and District Gardening Club

Residents of Ingham are invited to join members of the Lessingham Gardening Club at their monthly meetings which are held on the first Wednesday of the month in Lessingham Village Hall at 7.30pm. The programme includes speakers giving talks on different aspects of gardening with some monthly meetings having other garden related evenings. Membership is £10 a year or guests are invited to pay £2 for one meeting. A raffle is held to help funds. Future talks include The History of the Plantation Garden in Norwich by Mrs. R Liss on Wednesday 6th May and Bulbs: an illustrated talk by Richard Hobbs on Wednesday 2nd September. If you are interested in gardens and gardening do come along.

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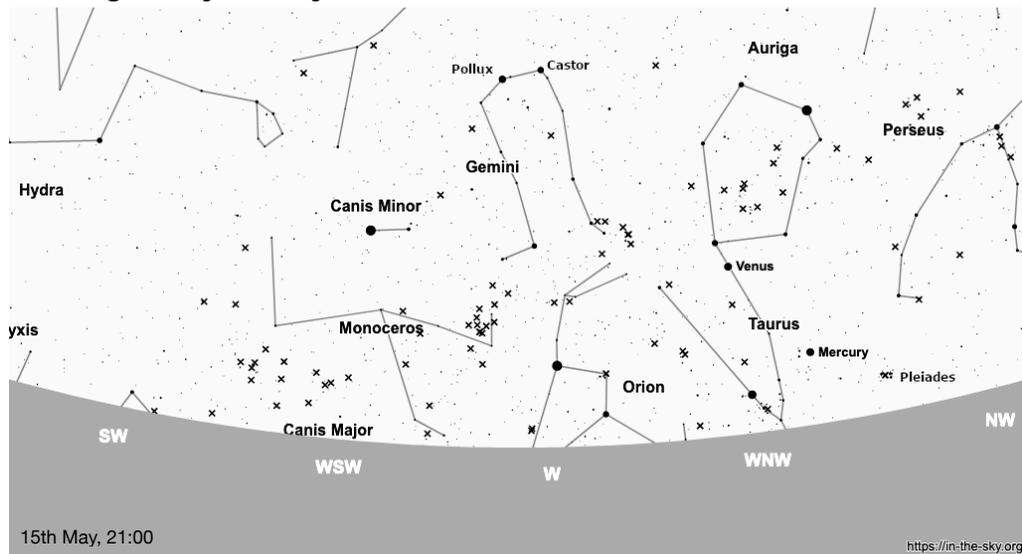
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# The Night Sky in May



The planet Venus is still prominent in the western evening sky and has moved up a bit into the upper part of Taurus. Around the 11th of May the planet Mercury makes its appearance in the NW. Day by day it moves further towards Venus, is at its closest on the 22nd, and then moves on towards the constellation of Gemini. Mercury is the innermost planet of the solar system and can only be seen for short periods directly after sunset or before sunrise; it always stays very close to the sun. A Mercury year only lasts 88 Earth days. Mercury rotates very slowly and a Mercury day is 176 Earth days long. Therefore on Mercury a day is twice as long as a year!

See if you can spot the two greek twin half-brothers Castor and Pollux. They are the two brightest stars in the constellation of Gemini (Latin for “twins”). Although Castor appears to the naked eye as a single star, it is actually a multiple star system made up from three binary (double) stars. Pollux is a giant star, slightly orange in colour, and in 2006 it was confirmed that it has a planet orbiting around it.

Full Moon: 7<sup>th</sup>, Third Quarter: 14<sup>th</sup>, New Moon: 22<sup>nd</sup>, First Quarter: 30<sup>th</sup>

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# RSPCA EAST NORFOLK REHOMING CENTRE

This month, we thought we would do a happy ending story to cheer every one up!



Kate adopted three slightly wonky black stray cats from us here at RSPCA East Norfolk – all over the last few years, at different times. They were Sailor, Mr Spex, and Horatio.

Mr Spex was found in a horrendous state with sore infected eyes. He had a condition causing all four of his eyelids to rub against his eyes causing friction, pain and chronic infection. This was corrected with an operation meaning he can now live his life pain free.

Horatio was also in a poorly way and needed lots of veterinary care and time to recover from a shocking wound on his neck. Kate says ‘They joined our other rescue Sir Michael and live happily together.’

In these difficult times, it is nice to hear of the happy endings!

Anyone who has adopted from us is welcome to email [rehoming@rspcaeastnorfolk.org.uk](mailto:rehoming@rspcaeastnorfolk.org.uk) with an update of their fur baby as we always love to see photos and hear of the latest antics!

Please also keep an eye out on the website [www.rspcaeastnorfolk.org.uk](http://www.rspcaeastnorfolk.org.uk) for a list of animals needing new homes and ways to support the local Branch.

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