



FIND OUT WHAT
YOUR **HOME** IS
WORTH IN UNDER
60 SECONDS



Go to valuation.trettphillipsresidential.co.uk

**FREE INSTANT ONLINE
VALUATION**

If you would like a face to face valuation call us on
Aylsham **01263 801330** 9 Penfold Street, Aylsham, NR11 6ET
Stalham **01692 431500** 142 High Street, Stalham, NR12 9AZ

Cooks of Ingham Farmshop



Visit us for Seasonal Home Grown Fruit & Veg.

Honey — Preserves — Chutneys — Cakes — Cookies — Flour
Cheeses — Ice Creams — Norfolk Apple Juices — Gifts — Books

Plus much more! Locally Sourced Wherever Possible

Sugar and Gluten free products also available



Boundary Farm, Palling Road, Ingham, NR12 0TS
01692 598202

Mon to Sat 9am-5pm — Sun 9am-4pm



INGHAM PARISH MAGAZINE

*Wishing you all a very Merry Christmas
and a Happy New Year*



Please come and support the
Carols by Candlelight in Trinity Church
in aid of Cancer Research UK on Sunday 18th at 4 pm

December 2022

Editorial

Dear Reader,

Another year nears its end, the nights are getting longer, darker, and colder and Christmas is coming closer every day. It is the time of year where we decorate our homes for the festive season, and spend early evenings with loved ones in front of a fire with a hot drink to warm us from the inside. The Danish people have a word for this homely, comfortable feeling. They call it “hygge” and it is a very important part of Danish culture. There is no direct translation into English, but I am sure you know what it means.

Speaking of other countries' customs, in Germany we call the time between Christmas and New Year the “time between the years”. Nothing much is happening, the old year's work is done and there's no point in starting the new year's work just yet. Time to relax and do things that you enjoy doing, but never got around to during the year.

May I remind you that if you have problems paying your energy bills, there is help available. Please check page 4 of the magazine.

We wish you a lovely Christmas and a “hyggelige” “time between the years”.

Andreas, Angela, Darren, and Lesley

PS. Did you ever wonder who actually writes these editorials? It is the first person named in the list of the Ingham Parish Magazine team.

The magazine is available for download from the Ingham Village website: www.inghamvillage.co.uk.

If you have any questions, comments, or ideas for improvement, please send them to us. You can email us too: magazine@inghamvillage.co.uk

Mobile Library Van

On Wednesday 14th December at 4.35pm

On the Village Hall car park

The Night Sky in December

On the 21st of December the Earth reaches the point where the northern part of its axis has its maximum tilt away from the Sun. This is the Winter Solstice with the longest night of the year! On this day the Sun will set at 15:41 and rise the next morning at 08:04. With New Moon on the 23rd, the nights around Christmas will indeed be long and dark. The perfect conditions to do some stargazing if it wouldn't be so cold! But never mind, put on a warm coat, gloves, and a woolly hat and go outside to have a look, there's lots to see. The evening sky is still dominated by Jupiter and Saturn in the south, and you might even be lucky to spot Mercury to the left of the bright spot of Venus on the south-western horizon shortly after sunset.

December is also the month of the Geminids meteor shower, which will peak on the 14th and 15th, often producing up to 100 meteors per hour. The meteors are best observed around midnight when the waning moon is already low in the western sky. The meteors we see are tiny pieces of rock and dust left behind by the 3.5 mile asteroid 3200-Phaeton on its way around the Sun. They enter the Earth's atmosphere when the planet speeds through this cloud of debris.

By the way, you might think that in winter the Earth is the furthest away from the Sun, but that is not the case! In fact on the 3rd of January the Earth is closest to the Sun, at a distance of 91,400,000 miles and on the 4th of July it has its largest distance, 92,960,000 miles. So the different temperatures of the seasons have not a lot to do with how close we are to the Sun. They are mostly due to the angle of the Earth's axis, in the summer tilted towards the Sun and in the winter away from it. During the winter the Sun just doesn't have enough time to warm us up. Of course it's exactly the opposite on the southern hemisphere. When we have winter, their end of the Earth's axis is pointing towards the Sun, so they have summer Down Under.

Full Moon: 8th, Third Quarter: 16th, New Moon: 23rd, First Quarter: 30th

Hickling Barn events

Choir - Friday 9 December

Join Altissima Ladies Choir for a festive evening of music, readings, sing along, and raffle.

Entry by ticket only, £7.50 including refreshments. To book contact Shirley on 07519 513987 or email charity@briarleylodge.co.uk. Reserved tickets can be paid for on the night (card or cash). Doors open 7 pm for 7.30 pm start and feel free to bring your own drinks and nibbles.

Hickling Rural Cinema – Friday 16 December at 7:30 pm

Fisherman's Friends 2: One and All (12A)

The sequel to the 2019 hit UK comedy charts the next instalment of the Fisherman's Friends amazing and uplifting true story. Following the unexpected success of the band's debut album we re-join them almost a year later, struggling with the pressures, pitfalls and temptations of their newfound fame.

Doors open at 7 pm for 7.30 pm start. Tickets £5 at the door, refreshments available.

Save the Date

Back by popular demand: The Big Fat Gym Quiz

Saturday 28th January 2023

Causeway Farm Butchers



Home produced and locally sourced meats.

Home made traditional pies

01692 580886



Open Tuesday - Saturday 9am-12.30pm and 1pm-4pm

Find us on Facebook

Sea Palling Road, Ingham, NR12 0TP

INGHAM VILLAGE HALL - Registered Charity No 303988

An interesting morning was spent chatting to people who had come 'for a bargain' at our 'Every Thing Must Go Sale' on 29th October. They went away delighted with their bargains and having enjoyed some delicious refreshments, including cheese toasties and soup. After expenses, £199.28 was added to Hall Funds. The only disappointment was the lack of Ingham residents attending. With only 4 committee members on duty, we could not have managed without the support of helpers who helped to set up, man the stalls and clear up afterwards. Thanks also to the team who helped to put up and take down the marquee.

The Village Hall Committee Members wish all their friends and supporters a very Happy Christmas and look forward to seeing them again at our events in 2023.

All the details for Quiz 'n' Chips on 3rd December were in the November magazine.

Regular Hirers for December - contact numbers in brackets

Please check with hirers for breaks in classes over the Christmas period

Agni Yoga - every Tuesday, Chair yoga at 6.00 pm, Yoga at 6.45 pm (Pre-booking, Pam 07971 398284)

Bridge Club - every Wednesday from 1 pm to 5 pm (Paul Fuller 581472)

Broadland Group Norfolk Wildlife Trust - Friday 9th - AGM followed by an illustrated talk by Robert Smith, NWT Senior Reserves Assistant. (David Mole 650826)

Cliff Knight Art Class - every Wednesday 10 am to 12.30 pm (Pre-booking, 01692 580212)

Ingham Art Club - Tuesday 6th from 2 pm to 4 pm (Anne 580814)

Ingham Craft Club - Tuesday 13th from 2 pm to 4 pm (Faith 583338)

Zumba Gold - every Monday at 6.30 pm (Tina 07341 360389)

All Hall Booking enquiries to Darren Rogers 01692 580202

Or book online: www.inghamvillage.co.uk

Need help with your energy bills?

Many energy suppliers offer schemes or grants that can help with home heating & energy costs. You can apply for extra support schemes like the Winter Fuel Payment, Warm Home Discount, and Priority Services Register.

OFGEM offer the following information:

We know the Energy Price Cap rise caused by global energy factors will be extremely worrying for many people. Our rules mean suppliers must offer payment plans you can afford and you can ask for 'emergency credit' if you use a prepay meter and can't top up.

You are eligible if you:

- have reached your state pension age
- are disabled or have a long-term medical condition
- are recovering from an injury
- have a hearing or sight condition
- have a mental health condition
- are pregnant or have young children

You might still be able to register for other reasons if your situation isn't listed. For example, if you need short-term support after a stay in hospital.

How to register

Apply by contacting your energy supplier or network operator.

Give them your contact details and as much information as you can about your needs.

Your supplier can pass your details to your network operator to add you to their register too. It's a good idea to ask them to do this if you rely on your energy supply for medical reasons.

You can contact **Age UK** if you are a pensioner for a free benefit check and further advice. The free advice line is open from 8 am to 7 pm, 365 days a year. Ring 0800 678 1602

Sea Palling Independent Lifeboat

We have been very busy as always training and making modifications to the new Argo-Cat to fine tune it for our needs, this included wiring for search lights, radios, and of course a blue light! The Argo-Cat truly is a fantastic piece of equipment and is going to be a real multi-use asset for the lifeboat service at Sea Palling.



With Christmas fast approaching, come and meet the fundraising team and have a look at our range of merchandise at the North Walsham Christmas Fair on the **10th December** and look out for Santa on the **17th December**, as we will be bringing him around to local villages once again before giving him a lift in the lifeboat at **10 am on the 18th December from Sea Palling beach**. There is also a Christmas Jumper Party at the Reefs Bar, Sea Palling, starting at 7.30 pm on **23rd December**, so dig out your best cheesy Christmas jumpers and join the crew for an evening of festive entertainment!

On a personal level, I would like to say a big thank you for all your support of the lifeboat as I am now leaving the crew and have been very proud to have served as station officer and helm but leave, knowing that the station will go from strength to strength. Wishing you all a very happy and peaceful Christmas and every good wish for 2023.

David Skinner



Sam
the Lady Sweep
sweeping with a smile

Chimney Sweep
Stove servicing
Tar & creosote removal
CCTV surveys
Bird nest removal
Thatch & historical properties
Certificate given

Tel: 01692 582779
07835 476106

Follow us on:    

www.samtheladysweep.co.uk

Window Cleaner



- ★ Windows ★
- ★ Gutters ★
- ★ Facias ★

Rob Baker

07729 833666



Sports / Therapeutic Massage
Crystal Healing, Reiki, Reflexology
Counselling, Pilates

Offering a range of sports and therapeutic massage, holistic therapies,
and movement classes in our small gym.
We aim to help with all of your physical and wellbeing needs.

milestonetherapycentre.co.uk
Telephone - 07941817481



INGHAM ROAD, STALHAM. NR12 9DS



PILATES CLASSES



Hickling Barn

Tue, 8am beginners /improvers
9am intermediate

Contact Julian on 07886 553 027
julian@corepilatesnorfolk.co.uk
corepilatesnorfolk.co.uk



be slim for life



with
Slimming
World

For More Info
Call Deena
07737470895

Stalham Town Hall
Wednesday
9.30am, 11.30am
5.30pm or 7.30pm



Stalham Slimming World



James.draper@etfelectrical.co.uk
www.etfelectrical.co.uk

07817 754568

Domestic & commercial electrician based in Sea Palling.
All electrical work undertaken from a full rewire to
adding a socket or switch. We also specialise in
solar PV and battery storage.
Fully qualified and insured.

S. Allen Tree Services

Ranging from pruning to
dismantling, hedge planting,
trimming and site clearance.

Firewood sales.

Call Sam on **01692 598657** or
07414 902158

It's the Honey Cart Man...

DORRINGTONS

Cess-pool & Septic tank Emptying Service



Barry Dorrington



Tel 01692 584233
Mob 07775 995407

Nature Notes from Well Cottage

Following the record temperatures and drought during the summer months, we now have had plenty of rain and our soft water storage tanks are very full. The lack of butterflies was probably because of the heat and drought, although it did not seem to affect the bees and other insects. We had a Snow Tree which grew to about 12 feet high and was covered with small pale lilac flowers which all insects seemed to love as it was alive with bees, wasps, hover-flies, and many other tiny flying creatures.

After reading the interesting article by Alastair in last month's magazine, we have come to the conclusion that avian flu has affected the garden bird population too. There has been a very noticeable lack of birds on the feeders for at least 3 weeks, although other gardens do not seem to have been affected.

The ash trees at the front here have almost now lost all their leaves, but the oak trees are still quite green. It has been a record year for acorns, judging from the amount lying on the road. The roses and fuchsias are still in full flower and will probably continue into the first frost.

Faith Hubbard



Enjoy our delicious home-cooked lunch
menu or pop in for coffee and cake

Open Friday, Saturday, Sunday and Monday

Full details on Facebook or www.smallstickscfe.co.uk

Tel: 01692 583368

Email: enquiries@smallstickscfe.co.uk Cart Gap Road, Happisburgh, NR12 0QL

Broadland Cattery

Purpose built cattery for all of your cats
needs - lots of cuddles guaranteed!

- * Quiet Location
- * Heated Cabins
- * Large Runs
- * Short or Long Stay



Stalham (01692) 580202
www.broadlandcattery.co.uk
enquiries@broadlandcattery.co.uk
Greenacres, Brick Kiln Lane, Ingham, NR12 9SY

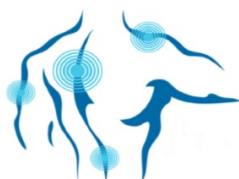
Broadland Computers

- * New & Used PC Sales * Repairs, Upgrades & Servicing *
- * Peripherals & Consumables * Website Design & Hosting *
- * Wi-Fi & Broadband Installations * Help & Support *



Phone: Stalham (01692) 581766
Web: www.broadlandcomputers.co.uk
Email: enquiries@broadlandcomputers.co.uk

Broadland Computers, Greenacres, Brick Kiln Lane, Ingham



Jo Bushnell

Sports & Deep Tissue Massage Therapist

Do you have aches and pains?
I do deep tissue and sports massage.
I am mobile so can come to you.

Contact Jo on 07921 525832

News from Holy Trinity Church

Dear Friends

What's your favourite Christmas Carol? Mine is one you may not have heard before, and I'm almost certain it's not one you'll have sung in Holy Trinity. It's Tom Lehrer's 'Christmas Carol' (you can find it on the internet quite easily). It's not a traditional carol by any means! He introduces it like this: "It has always seemed to me after all, that Christmas with its spirit of giving, offers us all a wonderful opportunity each year to reflect on what we all most sincerely and deeply believe in. I refer of course, to money." During the song he goes on to reflect wryly and comedically about the seasonal purchasing madness that we see in the run up to Christmas. This year, as our pennies are stretched further and further, we might be wondering quite what's going on. The push to buy, buy, buy when so many are struggling to make ends meet can be a bit jarring.

There are still, as always, so many people helping though, which is so heartwarming. The story of the first Christmas tells us of a child born to a homeless couple, who soon after his birth have to flee as refugees. They would have been reliant on the kindnesses of others, and I know that in this community many kindnesses, big and small, will be shared through this Christmas time and the year to come. So, if you can, share some love this Christmas, the food banks and other charities will be glad to receive donations. If you are in need yourself, they will welcome you with open arms to get you the help you need. If you are not sure where to turn for help, do get in touch and I can try and help you find what you need.

God bless, and a very merry Christmas to you all,

Helen

Helen Lynch

Rector of the Benefices of Smallburgh & Stalham

Phone/WhatsApp 07902447821

My rest day is Friday

Services at Holy Trinity Church

Sunday 4th Holy Communion 9.15 am

Sunday 11th Morning Prayer 9.15 am

Sunday 18th Holy Communion 9.15 am

Carols by Candlelight in aid of Cancer Research UK

Sunday 18th at 4 pm

Refreshments Viennese Punch, Mince pies, Hot drinks, Cake

Saturday 24th Crib Service for children of all ages at 4 pm

Sunday 25th Holy Communion 9.15 am

Tree planting in Ingham

On a rather wet Sunday morning in November a good number of volunteers planted over 50 trees in the village. These are to commemorate the late Queen's Platinum Jubilee. The trees were purchased from a bequest left by Mrs Dorrie Whittleton. Oaks, wild cherry, and rowan trees have been planted in Water Lane, Sea Palling Road, Sydney Street, and Ingham Corner.

Thanks go to all those who were involved in this project and now it is hoped that the winter rains settle the plants in and they flourish in the years to come.

Mary Bennett



Norfolk County Council

Urgent, unplanned care needs?

Fallen but unhurt?

Call Norfolk Swift Response

Service operates 24 hours a day and is free for Norfolk residents
over the age of 18

0344 800 8020 - option 1