

# INGHAM PARISH MAGAZINE



This is how Ingham celebrated the coronation of King Charles III

June 2023

## Editorial

Dear Reader,

Did you do anything to celebrate the coronation last month? Our village certainly put itself on the map. The church did Ring for the King and Margaret Bargewell made a kneeler to commemorate the event.

Ring for the King was a great success, about 30 or so people came along. Chris Peck and Mark Newstead showed people how to ring the bells and Jan Peck gave out certificates to those who had done so. The display in the church was created by Penny Underwood

Margaret has been making kneelers for Ingham church since the 1960s. The first ones were to commemorate her parents. There are now over 80 kneelers in our church that she has made. She never makes the same design twice. Margaret has made this lovely kneeler to celebrate the coronation, it took her about a month of work to make it. There are about 10 stitches to the inch.

Last month Darren asked who the oldest and youngest readers in our village are. It would seem that Margaret is the oldest resident. She has lived here since she was 8 weeks old and moved here in 1928 when her father took up a job as head cowman at the Deane family farm.

So far we do not know who our youngest reader is. Is it you? Do let us know.

*Angela, Andreas, Darren, and Lesley*

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. You can email us too: [magazine@inghamvillage.co.uk](mailto:magazine@inghamvillage.co.uk)

## INGHAM VILLAGE HALL - Registered Charity No 303988

Seven teams took part in the Quiz 'n' Chips on April 22nd and it was as usual a very pleasant evening. Anne, Faith, and Irene (committee members 'on duty') would like to thank all who attended, donated prizes for the raffle and helped to clear up afterwards.

No fund raisers this month, but a date for your diaries - Thursday 27th July, Norfolk Day. There will be a Coffee Morning and Book Sale. Full details next month.

The building work on the storeroom extension has been completed, thanks to ATM General Builders, and we will be moving items into them over the next few weeks, including our marquees.

### **Regular hirers for June** (Contact numbers in brackets)

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

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

**Cliff Knight Art Class** - every Wednesday 10am to 12 noon (Pre-booking, 01692 580212)

**Ingham Art Club** - Tuesday 6th and 20th from 2pm to 4pm (Anne 580814)

**Ingham Craft Club** - Tuesday 13th and 27th from 2pm to 4pm (Faith 583338)

**Zumba with Tina** - every Monday Zumba Gold at 6.30pm, Zumba Toning at 7.30pm (Tina 07341 360389)

**Broadland Group Norfolk Wildlife Trust** - Meetings have finished until October (David Mole 650826)

**All Hall Booking** enquiries to Darren Rogers 01692 580202

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

### **Mobile Library Van**

On Wednesday 28<sup>th</sup> June at 4.35pm. (This date may change)

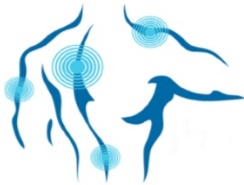
On the Village Hall car park

## Sea Palling Lifeboat

At Sea Palling Lifeboat we are looking for additional crew members to join our **boat crew** and **shore crew** and also to help with maintenance at the Station and to join our fundraising team. If you are interested in joining us and would like more information, please come along on a Sunday morning or Thursday evening and talk to us at the station.



Or contact Mark by email: [mark@seapallinglifeboat.co.uk](mailto:mark@seapallinglifeboat.co.uk)



### 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

## 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](http://www.broadlandcattery.co.uk)

[enquiries@broadlandcattery.co.uk](mailto: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](http://www.broadlandcomputers.co.uk)

Email: [enquiries@broadlandcomputers.co.uk](mailto:enquiries@broadlandcomputers.co.uk)

Broadland Computers, Greenacres, Brick Kiln Lane, Ingham



**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**

## Farming Diary

After the long hot Spring and Summer of last year, we seem to be in Monsoon season as of late! The sugar beet were drilled, in between the showers, into less than ideal seedbeds. I felt very sorry for the potato growers, as planting them into wet and rutted land, looked very hard work. However, that is farming and you do have to cope with everything Mother Nature throws at you!

I have my annual Red Tractor assurance audit shortly. This involves a visit from the RT auditor who comes and checks all paperwork and that production records are in order and has a look around the grain storage area. All produce from the farm is fully traceable and I can show which field a batch of grain was harvested from along with all the inputs that went into it.

A day or two after that I'm attending a Health and Safety event run by the HSE. Although a little onerous, it's time well spent as agriculture still has the highest death and injury record of all industries in the UK and if one person's life is saved as a result, it's well worthwhile.

A few days ago I saw my first house martin that had returned after its long journey up to the UK for the summer. I have yet to see any swifts, but they shouldn't be too long now after their massive flight from over wintering in Africa. I love to hear the swifts whizzing overhead with their high pitched calls. They spend a comparatively short time here before they head back south again mid August.

I have some Mortar bees in a south facing brick wall at home they burrow into the Norfolk red brick, and make a home there. The tell tale sign you have them are shallow holes in the brickwork about 8 mm diameter and you can often see them excavating a new hole, industrious little chaps!

*Alistair Wright*

## News from Holy Trinity Church

Dear Friends

There seems to be a special day or week for almost everything - have you heard of 'World Toilet Day' (19th November) or 'Wrong Trousers Day' (30th June)? Some of them are helping to raise awareness (of the importance of access to safe and hygienic loos) or having a bit of fun (wearing the 'wrong trousers' to look silly and getting sponsored to do it). The first week of June is 'National Volunteering Week' which is a great opportunity to say THANK YOU to all our volunteers. So much happens in our village thanks to wonderful people who give freely of their time and skills to benefit the community. Sometimes for one off events, sometimes regularly, sometimes week in and week out. Often quietly and conscientiously, not looking for a big reward. Still, it is nice to be thanked, and to be reminded that what you are doing is appreciated, so again: THANK YOU!

One of the secrets of volunteering is that actually it's not just about giving, there are rewards, they just might not look like what we'd understand as 'rewards' in other situations. It's not about money, glory or power, but about building relationships, supporting our neighbours, treasuring our heritage. It's about the importance of things which can't be summed up with a balance sheet or an invoice.

Which all sounds quite Jesus-y to me! He wasn't interested in pomp and power, but more about getting stuck in, getting to know people, and looking out for each other. It's how the Church has worked for centuries, it's how communities and families have worked for millennia.

This year during volunteering week, have a look around you - is there anything where your time and talents could make a difference in the community? Could you help out at the village hall, a club, a church or churchyard, a parish council? All these things run through the generosity of a fabulous bunch of humans who know that volunteering is worth doing, and brings rewards that money can't buy.

COULD YOU? THANK YOU!

Helen Lynch (she/her)

*Rector of the Benefices of Smallburgh & Stalham*

*Phone/WhatsApp 07902447821*

*My rest day is Friday*

## **Services at Holy Trinity Church**

Sunday	4th	Holy Communion	9.15am
Sunday	11th	Morning Prayer	9.15am
Sunday	18th	Holy Communion	9.15am
Sunday	25th	Morning Prayer	9.15am

# **SAVE THE DATE**

*for the*

# **INGHAM FETE**

**Saturday 19th August  
2023**

**Watch this space for more details...**

**Interested in helping on the day  
or having a stall?**

**Contact Rev Helen**

**[lynch.helen@outlook.com](mailto:lynch.helen@outlook.com)**

**07902 447821**

**Hickling Barn Fun Quizzes on Saturday July 15** (Doors open at 6:30 start 7pm)

Join us for a night of fun and entertainment and test your knowledge and logic against our quizmaster!

Various Quizzes, Picture, Audio, Video Clips and Questions.

Prizes to be won.

Just £10 per person with a maximum of six in a team.

Food is included in the price, but bring your own drinks and pen.

To reserve a table, please contact: 598882 or email:

[quiz@hicklingbarn.com](mailto:quiz@hicklingbarn.com)

Must be booked in advance and pay on the door

All proceeds will go towards the running costs of Hickling Barn.

For more information please visit the Barn's website: [www.hicklingbarn.com](http://www.hicklingbarn.com)

**Finishing Touches**  
**High Class Painters & Decorators**  
**Property Maintenance**

44 years' experience

High quality materials

Interior & exterior painting

Resinwood rot repairs

Dustless sanding

Kitchen cabinets resprayed

Small carpentry work

Residential & commercial

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



**Finishing Touches**  
**Painters & Decorators**  
**Experience. Quality. Service**

[finishingtouchesdecorators@gmail.com](mailto:finishingtouchesdecorators@gmail.com)

Call Steve for your free quote: 01692 598661

All work guaranteed: 07930 392505

## Hickling Rural Cinema – Hickling Barn

**Due to the May film show having to be cancelled, we will now be showing it in June.**

**Friday 16 June**

Doors open at 7pm and film starts at 7:30

### **“A MAN CALLED OTTO” (15)**

starring Tom Hanks - Comedy – Drama



Otto is a grump who's given up on life following the loss of his wife and wants to end it all.

When a young family moves in nearby, he meets his match in quick-witted Marisol, leading to a friendship that will turn his world around.

Tickets £5, Refreshments and Drinks available.

For more information please visit the Barn's website: [www.hicklingbarn.com](http://www.hicklingbarn.com)



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](http://www.samtheladysweep.co.uk)

## Window Cleaner



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

**Rob Baker**

**07729 833666**



*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.smallstickscafe.co.uk](http://www.smallstickscafe.co.uk)

**Tel: 01692 583368**

**Email: [enquiries@smallstickscafe.co.uk](mailto:enquiries@smallstickscafe.co.uk) Cart Gap Road, Happisburgh, NR12 0QL**

**MILESTONE**  
THERAPY CENTRE



**Sports & Therapeutic Massage**  
**Reflexology - Reiki - Pilates**

We offer sports massage and a range of holistic therapies in our treatment cabin along with movement based classes in our gym space. Find us on the edge of Stalham with plenty of free parking.

Book via Fresha



[milestonetherapycentre.co.uk](http://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](mailto:julian@corepilatesnorfolk.co.uk)  
**corepilatesnorfolk.co.uk**



[James.draper@etfelectrical.co.uk](mailto:James.draper@etfelectrical.co.uk)  
[www.etfelectrical.co.uk](http://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.*

*It's the Honey Cart Man...*

## DORRINGTONS

Cess-pool & Septic tank Emptying Service



**Barry Dorrington**



Tel 01692 584233

Mob 07775 995407

## 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**

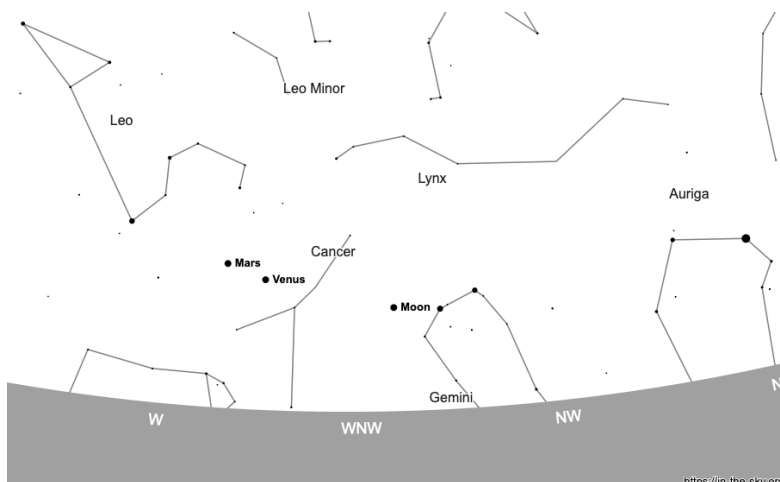
# The (Night) Sky in June

June is the month of the summer solstice. That is the moment the Sun reaches its northernmost latitude and this year it happens on the 21<sup>st</sup> at 15:57 BST. This is when we'll have the longest day, the shortest night, and also the official beginning of summer. From then on we can start counting down the days to Christmas (which is close to the winter solstice). The days will get shorter and the nights longer, very slowly at first, then accelerating until the autumn equinox and slowing down again until we reach the winter solstice with the shortest day and the longest night.

On the 21<sup>st</sup> the Sun rises at 4:30 BST in the north-east, reaches a height of nearly 61 degrees above the southern horizon at 12:56, and sets at 21:22 in the north-west. This also means that between sunset and sunrise the Sun stays so close to the horizon that it never gets really dark: in the time between the 18<sup>th</sup> of May and the 26<sup>th</sup> of July there is no night in the astronomical sense of the word, only twilight. The time around the summer solstice is definitely not ideal for astronomical observations as the fainter stars will be barely visible against the dark blue backdrop of the sky.

Nevertheless, brighter objects can still be a spectacular view. Venus is still very prominent low in the western sky just after sunset, so bright that it can easily be mistaken for an approaching plane. If you have a free view to the western horizon, you might spot Mars as a slightly orange dot to the left of Venus.

New Moon is on the 18<sup>th</sup>, that is when the Moon is closest to the Sun and therefore invisible in the glare. It then moves eastwards and will become visible again, two or three days later, as a thin waxing crescent close to Venus and Mars just after sunset. I will definitely keep my eyes open for this on the evenings around the 20<sup>th</sup> (see chart below), as it might turn out to be a spectacular sight.



Full Moon: 4<sup>th</sup>  
Third Quarter: 10<sup>th</sup>  
New Moon: 18<sup>th</sup>  
First Quarter: 26<sup>th</sup>

# Trett Phillips Residential

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



Go to [valuation.trettphillipsresidential.co.uk](http://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

