
INGHAM PARISH MAGAZINE



Norfolk Day is on Thursday 27th July

Celebrate at the Coffee Morning and Grand Books Sale

See inside for more details

July 2023

Editorial

Dear Reader,

I was curious as to what 'Norfolk Day' is all about, so I did some research. This is what Norfolk Day is celebrating:

The history of Norfolk Day began more than 300,000 years ago when humans first arrived in Norfolk. The world has since undergone many historical and technological shifts, yet Norfolk continued to host people on its soil.

The modern history of Norfolk began in the Roman Era. Since then, Norfolk has witnessed many historical moments. The county was not always under the British flag. It has changed hands many times with multiple wars being fought for its control. Norfolk was a part of the Roman Empire, Kingdom of the East Angles, followed by the Earldom of Harold I of England, and then finally to England in the Middle Ages. Despite the wars and long history of changing hands, Norfolk continued to be one of the most important markets and agrarian producers in the country. Norfolk also boasts of many English heroes.

By the late 16th century, Norwich had become the second-largest city in England. However tragically, more than one-third of its population died in the plague epidemic of 1579. Less than a hundred years later, in 1665, the Great Plague killed around one-third of the remaining population. During the English Civil War, the economy of Norfolk suffered somewhat. During the Industrial Revolution Norfolk did not develop much of any industry. The railway system also came rather late to it. The economy bounced back during the Second World War when agriculture rapidly intensified. The economy remains primarily agrarian even today.

Source: www.nationaltoday.com/norfolk-day

Angela, Andreas, Darren, and Lesley

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

If you wish to send an article to the magazine for publication, the cut off date is 20th of the month. Please send it to: magazine@inghamvillage.co.uk

INGHAM VILLAGE HALL - Registered Charity No 303988

The evening of Musical Entertainment on 20th May was much enjoyed by all who attended, most of them 'dancing the night away'. We are extremely grateful to Jay & Ross for providing the music free of any charge - a very generous gesture and thanks to them and to Phillip for suggesting the event, booking the duo, and for his contributions to the success of the evening. Ticket sales and donations to refreshments (courtesy of Anne, Faith and Irene) raised £180 for Hall funds.

To celebrate Norfolk Day on Thursday 27th July, we will be having a Coffee Morning and Grand Books Sale with lots of of bargains from 10am to 1pm. We look forward to seeing you there!

Regular hirers for July (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 4th and 18th from 2pm to 4pm (Anne 580814)

Ingham Craft Club - Tuesday 11th and 25th 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)

Ingham Parish Council - Wednesday 26th at 7.30pm

All Hall Booking enquiries to Darren Rogers 01692 580202

Or book online: www.inghamvillage.co.uk



Mobile Library Van

On Wednesday 26th July at 4.30pm

On the Village Hall car park

Ingham news

Parish Councillor Needed

Ingham Parish Council is currently less one member and would like to recruit someone in the village to join us. We have six meetings a year.

If you are interested please contact Jonathan Deane on 07881912337/580332 or email: jmdeane@outlook.com



Norfolk Day on Thursday 27th July

Coffee Morning and Grand Books Sale



at the Village Hall with lots of bargains from 10am to 1pm.

See you there!!

Mobile Library van

As you may remember there was a consultation on if the Mobile Library van should continue. In January 2023 the final decision was made by Norfolk County Council Cabinet on the future of the mobile library service. They are preparing to decommission one mobile library and continue to operate five vehicles, and an electric mini mobile, due to for commission later this year. In accordance with the key principles agreed by Members, Norfolk Library and Information Service will cease the majority of stops that happen within 1.5 miles of a branch library.

Fortunately for Ingham our Village Hall is 2 miles away from the library in Stalham, therefore the monthly visits will continue.

The mobile library will visit the Village Hall car park on Wednesdays at 16.30 for 20 minutes each month. We will continue to publish the monthly dates as per usual.

Ingham Fete Grand Draw

Wonderful prizes up for grabs
top cash prize of £100!

Tickets will be on sale from mid July, as well as
on Fete Day (did we mention it's 19th August?!)



If you would like to buy tickets in advance, or
think you can sell some to friends, relations, or colleagues, please
get in touch with Bunty on 01692 583481



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News from Holy Trinity Church

Dear Friends

When I was in the brownies we used to sing this little song:

‘Make new friends, but keep the old; one is silver and the other gold.’

Friends are such a gift, there with us to share in the joys and laughter. They’re also there for us when things aren’t going so well. They’re the people who we don’t quite get round to seeing for months, and then we slip comfortably right back in to one another’s presence. They’re the people who know just how to make us laugh, and what we’re going to find difficult. They’re the people who know all about us, and still like us anyway.

This month, on the 29th of July, the Church commemorates Mary, Martha and Lazarus - ‘Companions of Our Lord.’ It is clear from the times they are mentioned in the Gospels that they were close friends of Jesus. It was after the death of Lazarus that we find that stark sentence: ‘Jesus wept.’

How amazing it must have been to count Jesus as a friend. And what a privilege for Jesus to have good friends in Martha, Mary and Lazarus. Here were people who were happy just to see him, welcoming him in without any expectations of profound speeches, or healing, or amazing wonders. ‘Come in Jesus, put your feet up, I’m making your favourite tea! Tell me what you’ve been up to’.

In the Gospels we hear about Jesus’ work and ministry, and about some of the meals he had with his friends. But there’s not so much description of their down time, the times they spent just hanging around, chatting, relaxing. But being a friend is an essential human experience, so why wouldn’t Jesus have spent time enjoying the company of his friends. Having a bit of down time - being the Saviour of the world must have its exhausting moments!

Friends old and new are to be treasured, whether we see them all the time, or only once in a blue moon. It is a blessing for us to be there for them through thick and thin, and a blessing to know that they’ve got our backs too. And don’t underestimate the power of a praying friend. Sometimes we struggle to know how to help someone, but what a wonderful gift it is to hear a friend say ‘I’m praying for you.’

Helen Lynch

Rector of the Benefices of Smallburgh & Stalham

Phone/WhatsApp 07902447821

My rest day is Friday

Services at Holy Trinity Church

Sunday	2nd July	Holy Communion	9.15am
Sunday	9th July	Morning Prayer	9.15am
Sunday	16th July	Holy Communion	9.15am
Sunday	23rd July	Morning Prayer	9.15am
Sunday	30th July	Joint Benefices	10.00am

Help make this year's Ingham Fete great!

19th August 2023

*The Fete Team is hard at work,
but we need your help please
(it takes a village to stage a fete!)*

Can you...

- ...bake some cakes?
- ...lend a gazebo?
- ...donate bric a brac?
- ...give books to sell?
(especially novels)
- ...help on the day?

Any offers of assistance
gratefully received by
Rev Helen
07902 447821
lynch.helen@outlook.com

Hickling Rural Cinema - Hickling Barn

Friday 21st July - Doors open at 7pm
and film starts at 7:30

“Allelujah” (12A) starring Jennifer Saunders,
Judy Dench and Derek Jacobi.



When the geriatric ward in a small Yorkshire hospital is threatened with closure, it fights back by galvanising the local community.

The hospital invites a news crew to film the preparations for a concert honouring its most distinguished nurse.

Tickets £5, Refreshments and Drinks available.

Hickling Barn Fun Quizzes on Saturday 15th July

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



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To reserve a table, please contact: 598882 or email: quiz@hicklingbarn.com

Must be booked in advance and paid on the door

For more information please visit the Barn's website: www.hicklingbarn.com



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Sea Palling Independent Lifeboat

Its been a while since we provided an update as we've been working very hard to get both the new boat, Cannon Portal, and our new rescue vehicle, an eight wheeler Argocat, up to the required standards and ensuring the crew are familiar with them. The Argocat has now been fully equipped with a roof rack to accommodate a full size rescue stretcher, carries a full first aid kit, and a tactical stretcher. This is used if we are required to move someone very quickly due to oncoming dangers. We've also had to undertake additional work within the station to accommodate Cannon Portal.

Our beach stall is set up most Sunday mornings, tide permitting, so why not come down and say hello to the crew.

Our annual Lifeboat Day is on Sunday 13 August 11.00 - 15.00 hrs, look out for more information on our social media pages shortly. If you wish to donate a prize for the raffle please contact us, or drop it off at the station Sunday mornings.

Got a few hours spare? Looking to support the local community? We are looking to recruit volunteer members for various roles, including boat and shore crew, fund raising, and maintenance. For further information please email info@seapallinglifeboat.co.uk or pop in and see us for a chat.

Make sure you look after yourselves and always remember to be safe around water. We hope to see you soon.

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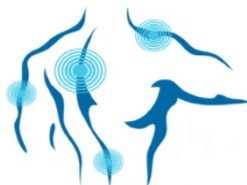
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julian@corepilatesnorfolk.co.uk
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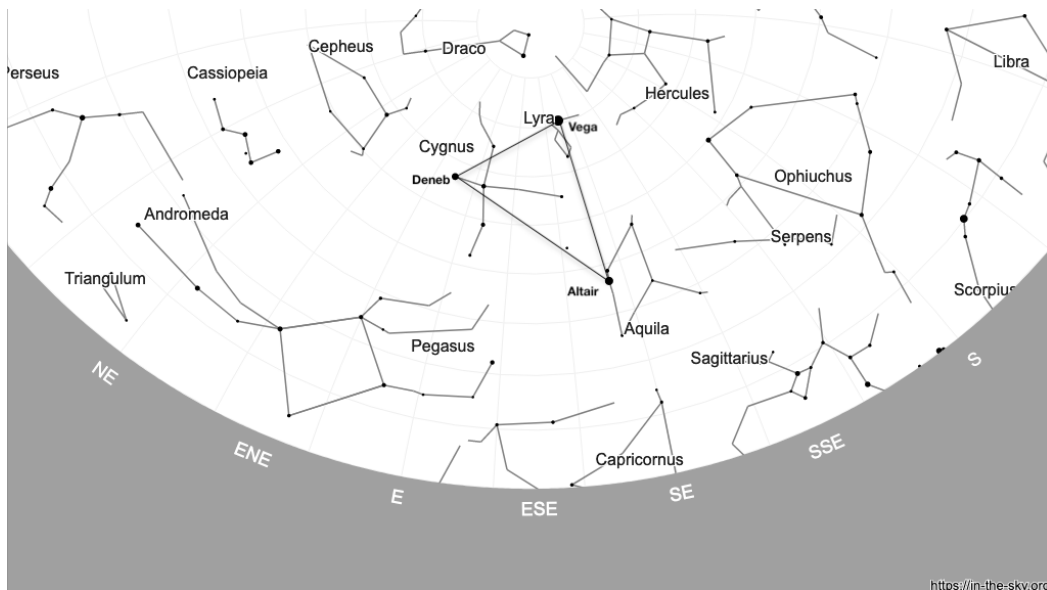


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The Night Sky in July



The Summer Triangle is now back in the sky in full glory. As these three stars are among the brightest ones in the summer sky, they are usually the first ones you can see after the Sun has set. The chart above is for 11pm in the middle of the month. Why don't give it a try on a clear night and see if you can find Deneb, Lyra, and Altair in the eastern sky? If you have spotted them once, it gets easier every time. Impress your friends by pointing out three stars and naming them as well!

Have you noticed that currently the brightest part of the sky at night is in the north? Normally you would expect the west to be light after sunset and the east just before dawn. But in the summer months the Sun wanders just below the northern horizon from the west to the east, so that the northern sky is lit throughout the night and the southern part is much darker.

Full Moon: 3rd, Third Quarter: 10th, New Moon: 17th, First Quarter: 25th

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