

---

# INGHAM PARISH MAGAZINE

---

## Ingham Church Fete and Fun Dog Show



**Saturday 19 August 2023**  
**1pm**

“Fun for all the family”

Children's Entertainment

Home Made Cakes, Refreshments

Produce from Local Gardens and Cooks of Ingham,

Books, Bric-a-Brac, Games and Much More

**Grand Draw - £100 cash first prize**

**Free Admission**  
**Donations Always Welcome**

Ample Free Parking

Ingham Village Hall - Mill Lane, NR12 9TD

**August 2023**

## Editorial

Dear Reader,

Before Andreas and I moved to Ingham we lived in a large town, on a street full of houses. Lots of people wherever we went. Yet we only knew a handful of them. Those who lived on either side of us and one lady down the road (who's child was the same age as ours). I would wave to the couple across the street, but I never knew their names! Since moving here we have gotten to know so many people in the village, many of who we now call friends.

I think the main reason that we know so many people here is that we made the decision to get involved in village life. So we help out where we can, and get stuck in when asked. I initially joined the Craft Club in the hope of meeting likeminded people, oh and that worked so well.

To many who have been in the village for many years, we are 'new incomers'. I heard someone use this phrase. But with putting ourselves forward to get involved, I feel far more part of this village than I did in my previous home where I lived for 30 years.

So my point is this, get involved. This is our village, our home, and the place where we have chosen to live. This village is a great place to be and we can make it even better by doing a bit to help at community events or partaking in other groups. Who knows where it will lead you.

*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 wish to send an article to the magazine for publication, the cut-off date is the 20<sup>th</sup> of the month. Please send it to: [magazine@inghamvillage.co.uk](mailto:magazine@inghamvillage.co.uk)

## INGHAM VILLAGE HALL - Registered Charity No 303988

The Village Hall ladies and their band of helpers will, once again, be looking after refreshments from the Hall at the Church Fete on 19th August. We hope all you generous people will be able, once again, to donate cakes, scones, sausage rolls, etc and also, perhaps, spare an hour or two to help set up in the morning and serve in the afternoon. If you would like to be involved, please ring Anne 580814.

### Two dates for your diary:

Saturday 9th September - Jumble Sale

Saturday 30th September - Harvest Supper

Full details in next months issue.

### Regular hirers for August (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** - no classes this month

**Ingham Art Club** - Tuesday 1st and 15th from 2pm to 4pm (Anne 580814)

**Ingham Craft Club** - No meetings this month (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** - Meeting will resume in 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 23<sup>rd</sup> August at 4.30pm  
On the Village Hall car park



## Holy Trinity Church is a Cool Place to be

We have had a few hot days but nothing like the heat that has engulfed large areas nearer the equator. The Gulf Stream I am assured is the cause of our changeable and cool weather conditions. If the Gulf Stream moves North we could pull up hot air from the South and get some very very hot days.

As last year, a cool haven is being offered in each village, few of us have air conditioning as on the continent. Heat can become oppressive even dangerous for some health conditions.

Holy Trinity is your parish Church. Open daily to everyone from 10am until 3pm and maybe later. We welcome everyone to pop in and cool down for a while. Even if unmanned the church offers refreshment.

Please bring children out of any hot conditions we may get. They are welcome and there are toys in the side chapel. There are books, jigsaws for adults too, and just peace and cool quiet within the thick stone walls and all are welcome.

If we do get the heat please come in and cool down.

Well behaved dogs are welcome too.

*Bunty McClean*

*Churchwarden Holy Trinity Church*

## 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

# Ingham Church Fete and Fun Dog Show

## Saturday 19th August 2023

Show starts at 1.15 pm at Ingham Village Hall, NR12 9TD

Judges from Animal Magic Dog Club North Walsham - Judging 1st to 4th place  
also a local judge giving a Special Award in each class

**£2 entry fee per class**



**1. Most handsome dog** Sponsored by **Broadland House Vets**, 33 High St, Stalham

**2. Prettiest bitch** Sponsored by **The Swan Public House**, 90 High St, Stalham

**3. Cutest puppy** Sponsored by **Mike Hicks Antiques**, 29 High St, Stalham



**4. The waggiest tail** Sponsored by **Broadland House Vets**, 33 High St, Stalham

**5. Best child handler** (under 12 years of age) Sponsored by **The Carpet Shop of Stalham**, 119 High St, Stalham



**6. Best veteran dog:** (Dog aged over 7 years) Sponsored by **Flower Moments**, 35a High St, Stalham

**7. Musical sit** Sponsored by **Broadland House Vets**, 33 High St, Stalham

**8. Dog most like its owner** Sponsored by **JDT Fishing Tackle**, 116 High St, Stalham

**9. Best rescue** Sponsored by **Broadland Fish & Chips**, 27 High St, Stalham



**10. Best trick** Sponsored by **DLH Autocentre**, 4 Bank St, Stalham

**11. Best in show** (All 1st place rosette dogs to enter) Sponsored by **Broadland Hearing Care**, 135 High St, Stalham

**Rosettes placed in each category for 1<sup>st</sup> to 4<sup>th</sup> place**

**Please ensure your dog is on a lead and under control at all times.**

## News from Holy Trinity Church

Dear Friends

As I sit writing this letter to you, I'm looking out of my study window into the glorious English summer - tipping it down with rain! We've had some gorgeous days, but all sorts of weather in between. As notorious as the English summer is for its unpredictability, it does feel to me like there's something extra going on these days. I read in the newspapers of wildfires and other extreme weather events, and people having to cancel holidays or be evacuated, which is tough; but my heart really goes out to those who live there, watching their homes and landscape literally going up in smoke before their eyes.

The climate crisis is making itself felt, and millions of our brothers and sisters are feeling the effects on a daily basis in those parts of the world which are more vulnerable to these changes. As we enjoy the sunshine, spare a thought for those caught in wildfires, as our vegetable and flower gardens soak up the rain, spare a thought for those fleeing flooding. As usual, the most vulnerable people in society feel the effects the most. As we enjoy our English summer, can we take time to ponder if there are any changes we can make to our lifestyle to minimise our footprint on the planet? Can we raise our voices to put pressure on our government, locally and nationally, to do so on a larger scale?

In the book of Genesis we hear about God's gifts of creation, and God's call on us to be good stewards of it all. How can we best answer that call, and make amends for our past failings which are impacting so many around the world?

Helen Lynch

*Rector of the Benefices of Smallburgh & Stalham*

*Phone/WhatsApp 07902447821*

*My rest day is Friday*

## **Services at Holy Trinity Church**

Sunday	6th August	Holy Communion	9.15am
Sunday	13th August	Morning Prayer	9.15am
Sunday	20th August	Holy Communion	9.15am
Sunday	27th August	Morning Prayer	9.15am

## **Your 2023 Ingham Church Fete Needs You!**

This year's Fete and Fun Dog Show is on Saturday, 19<sup>th</sup> August 2023 starting at 1pm. We are still looking for some items for stalls and people who can help out, even for only an hour or two. We need:

- Home-made cakes and other goodies for the Village Hall refreshments
- Plants and produce (jams etc) for the plant stall
- Bric-a-Brac
- Books, especially paperbacks
- Help to put up the larger tents, set up gazebos, tables and chairs and bunting on the Saturday morning (and help taking them down again on the Saturday afternoon after the Fete has finished)
- Stewards for the parking (from 12 noon)

If you think that you can help, even in a small way, we'd love to hear from you. Please contact Rev Helen on 07902 447821 or [lynch.helen@outlook.com](mailto:lynch.helen@outlook.com)

**This is a day to meet up with friends and neighbours  
and have some fun!**

**Come and join us!**



## **Hickling Rural Cinema - Hickling Barn**

### **“80 for Brady” (12A)**

starring **Lily Tomlin, Jane Fonda, Sally Field and Rita Moreno**

Comedy, Drama and Sports



**Friday August 18** - Doors open at 7pm and film starts at 7:30

The film is inspired by the true story of four best friends living life to the fullest when they take a wild trip to the 2017 Super Bowl to see their hero Tom Brady play.

Tickets £5, Refreshments and Drinks available.

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

## **Sea Palling Independent Lifeboat**

I'm sure you will have noticed that we've been in the media recently with the Marine and Coastguard Agency (MCA), delisting us from the emergency 999 service for a short while whilst they investigate some anonymous complaints. We'd like to say a big thank you for all your positive comments and support during this time, it means a lot to the crew.

We held a meeting with the MCA and are back on service with our smaller boat, the Arancia, and they will carry out a routine audit in the next few weeks. Our larger boat, Cannon Portal, can be launched on a self-launch basis. Unfortunately, this does mean that we are cancelling our annual Lifeboat Day on 13 August so that the crew can concentrate on the audit. I'm sure you are as disappointed as we are, but we hope to see you next year.

Our beach stall is set up most Sundays mornings, tides and weather permitting, and we will also be attending Worstead Festival on 29 & 30 July, and Wroxham & Hoveton Lions on 6 August. Please keep an eye open on our social media pages to see what events we are attending.

If you see anyone in difficulty in the water, dial 999 and ask for the coastguard. Please do not put yourself at risk.



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**

**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

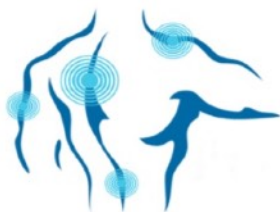


Hickling Barn

Tue, 8am beginners /improvers  
9am intermediate

Contact Julian on 07886 553 027  
[julian@corepilatesnorfolk.co.uk](mailto:julian@corepilatesnorfolk.co.uk)

[corepilatesnorfolk.co.uk](http://corepilatesnorfolk.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

**SMALLSTICKS** *Cafe*

*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**

## 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




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

## Window Cleaner



- \* Windows \*
- \* Gutters \*
- \* Facias \*

**Rob Baker**

**07729 833666**

## 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

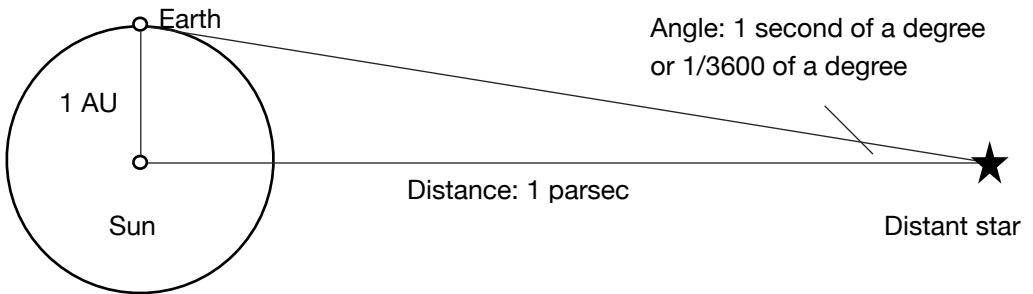


# The Night Sky in August

I suppose most of you know that a “lightyear” is not a measure of time, but a measure of distance: It is the distance that light travels in one year’s time - 5.88 trillion miles or 9.46 trillion kilometres. If you deal with such distances on a regular basis, as astronomers do, you want to use units of length that don’t make you use words like “trillion” too often. You use units that are useful for the problem you are dealing with. If you stay close to Earth, it might be useful to use earth radii ( $1 R_E = 6371\text{km}$ ). The distance to the moon for example is about  $60 R_E$ . For distances within our solar system Astronomers use the “Astronomical Unit”  $AU = 149,597,870.7\text{km}$  or roughly 8.3 light minutes. It’s the average distance between the Earth and the Sun. The distance between Mars and Sun for example is about  $1.52AU$ .

For larger distances there is the lightyear (ly), but astronomers tend to use a different unit instead, that you probably haven’t heard of yet: the parsec (pc). It is used to state distances between stars. A parsec is approximately 3.26 lightyears or 206,265 Astronomical Units. But how did they come up with such a weird unit?

Parsec is short for “parallax of one second”. It is the distance at which you would see the radius of the Earth’s orbit around the Sun (1 Astronomical Unit) under an angle of one second of a degree (see diagram). Our nearest neighbour star, Proxima Centauri, is 1.3 parsec away from us. Try to write that down in kilometres or miles!



Full Moon: 1<sup>st</sup>, Third Quarter: 8<sup>th</sup>, New Moon: 16<sup>th</sup>, First Quarter: 24<sup>th</sup>



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.

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

**DORRINGTONS**

Cess-pool & Septic tank Emptying Service



Tel 01692 584233

Mob 07775 995407



**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

## Causeway Farm Butchers



Home produced and locally sourced meats.

Home made traditional pies

**01692 580886**



Find us on Facebook

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

**Sea Palling Road, Ingham, NR12 0TP**