

THE LOPHAMS' NEWS

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Voluntary Norfolk

Improve your Health - A free service for the over 60's (or those under 60 on income support or with a disability). A trained volunteer will help to provide realistic goals as well as provide information and support to help you make a health change. It could help you to reduce the risk of a fall, improve general fitness, quit smoking, or manage diet and weight. For more information contact the Health Connectors Coordinator on 01603 883847 (Voluntary Norfolk is funded by NHS Norfolk).

Lophams' Village Hall

Advance Notice: We have a very special visitor on 25th September, when The Singing Farmer will provide his special brand of entertainment in the Village Hall. Full details will be provided in the next issue.

Car Boot Sales accompany **Farmers' Market's** on the 4th Saturday of the month during the summer. The next one is on 25th July, from 9am to 12.30pm. For full details for potential stall holders, call Mike on 01379 687235. Car Boot details from Eileen on 01379 687515.

Judo continues on Mondays & Wednesdays (details from Howard on 01379 688 258). **Dog Training** is on most Tuesday evenings. Trainer Elaine (07845 776110) will provide information. **Ballroom Dancing** sessions will start again after a short summer break. **Keep Fit** on Thursday's from 10-11am, with Ali Metcalfe from Hopton, are now followed by an extra session to help develop suppleness, from 11 o'clock.

To book the Hall for private functions, please telephone 01379 687679.

Lophams Happy Circle

The last outing was to King's Lynn, where we looked around the shops and market. Then we went on to Sandringham and the rhododendron were beautiful all the way. The next outing will be on 2nd July to Wisbech Flower Festival. If anybody would like to go, please contact Daphne on 01379 687453 or Avis on 01953 681789.

Lophams' Ladies

The June visit to Adrian Bloom's amazing garden at Foggy Bottom was greatly enjoyed by members and their guests. Thirty one people were privileged to hear Adrian's own description of the way the garden has developed over the years, and the challenge he faces as the trees and plants grow too big for their original positions. On 7th July, members will take part in a **Car Treasure Hunt** around some

very local villages - a first for most of us, but promising to be great fun. We meet at North Lopham King's Head at 7pm.

Garden Club

The Club meets in the restaurant area at Blooms Garden Centre on the first Wednesday of the month. In June, Anne Foreman from Blooms, displayed a variety of plants from the Centre, giving us ideas for potting up our hanging baskets. Using unusual combinations alongside the more familiar, Anne gave an interesting talk and demonstration. **July 1st - Talk on Fuchsias** with Frank Lambert. **August** - no meeting - but **August 8th (Sat) - Outing to Beth Chatto's Garden**. For more information phone 01953 681989. New members and visitors welcome.

South Lopham Village Society

There is a **Barbecue** on Saturday 18th July from 6.30pm. Admission £7.50, including food (£3 for children under 13). Music, dancing and field games. Licensed bar. Tickets from 01379 688018, 687593 or 687490.

St. Andrew's School

In June the children had a very exciting "**Africa Alive**" morning, when they were able to handle real creatures from that great continent - perhaps the favourite was the leopard tortoise, with the most beautiful markings on the shell. Later the same week the Art workshop had an African theme - pictures, patterns, clay work etc all showed how the children had been inspired. On **Sports Afternoon** the points gained in team events were boosted by the results of more traditional races, enabling the Yellow team to emerge as eventual winners, but with all the teams doing really well. The **School Sunday Service** will be in Blo' Norton Church on Sunday 28th, at 11am, when the pupils will be responsible for all aspects of the service. It would be lovely to have lots of families there to support them. Authentic costumes are being made for the **Tudor Day at Kentwell** on 29th.

In July a grand Y6 **Variety and Talent Show** will take place on Friday 10th, a new venture for St Andrew's, when our leavers, with a little help from their Y5 friends, will show us just how many performance gifts they have. Term ends on 17th July, with the **Leavers' Assembly** at 2pm. Always an occasion for both sadness and joy. We wish them all well for the next stage of their education.

We say goodbye to two well loved teachers and au revoir to a third! But there is good news too - our new Deputy Head Teacher will be Miss Barnes, already well known to the children from her time as Class 3 teacher and Mrs Sue Paice, who has been appointed to cover Mrs Fortescue's maternity leave. Thankfully all our excellent teaching assistants will still be with us. Thank you to everyone who supported the recent **Table Top Sale**. £86 was raised, which has gone towards the payment for the new netball kit.

FOSTA (Friends of St. Andrew's School) - A very big thank you to everyone who took part in the yard sales in May. Thank you to all stall holders who have donated 10% to Fosta. Any other donations would be gratefully received. Fosta's final fundraising event of the year is an evening of music at the Lophams' Village Hall with, possibly Norfolk's best soul band, "The Planks". The music starts at 8pm, and tickets (£8 each, including barbeque) are available from Joe (688284) or the school office (687253).

Redgrave & Lopham Fen

(for bookings phone 01379 688333)

Jewellery Making with beads - Sunday 5th July, 10.30am-12.30pm or 1.30-3.30pm. All materials provided. £10. Booking essential. **Grass Identification** - Tuesday 7th July, 10am-3pm. For beginners or those with some experience. £15 (£12 conc). **Wild about the Fen** - Sunday 12th July, 10am-5pm. Themed guided walks. Adults £2, children £1. **Enjoying Summer Flowers** - Thursday 16th July, 1.30-4pm. A short talk followed by a gentle walk. £7.50 (£6 conc).



