

THE LOPHAMS' NEWS

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March 2008

Age Concern - Teleclub Volunteers

Are you a sociable person who enjoys a chat on the phone? Would you like to volunteer but have limited time? By giving a short amount of time you can volunteer for Teleclub, chatting to our members from the comfort of your own home at times which are convenient for you. Regular social contact helps to alleviate social isolation and depression, and entertainment provides mental stimulation and increases mental wellbeing. To be a Teleclub volunteer you need to be a chatty, sociable person, with an empathy for older people. If you think this is you, then phone Frances Thorne on 01603 785261 and make a real difference to someone's life.

The Lophams' News

Two of our distributors, Mrs Wyer and Mrs Ling, have recently had to give up delivering The Lophams' News. We would like to thank them for their years of hard work, with Mrs Wyer clocking up around twenty years (on a very spread out round). A big thank you to both of them, and best wishes for the future. We welcome Clifford Berry who has offered to cover the Kings Head Lane round.

Lophams' Ladies

We were grateful to have Mrs Irene Bowden at our February meeting. She kindly replaced the planned speaker who was unable to attend. Irene spoke of the problems encountered by hearing loss and taught us how to understand and use sign language. Members joined in with enthusiasm and found the information very helpful. On Tuesday 4th March, Brian Chester will speak about Publishing and Journalism at 7.30pm in the Village Hall. Visitors are very welcome. Help can be given with transport. Please contact 01379 687337.

Lophams' Happy Circle

We held the first meeting of the year recently, with 19 members present. We played Bingo and had a cup of tea and a chat. The next meeting will be a Bring & Buy on 13th March. New members always welcome. Contact Daphne on 01379 687453 or Avis on 01953 681789.

Lophams' Ramblers

We have been notified that Macmillan Cancer Support in Norfolk is holding the Bure Valley Railway Walk on Saturday 19th and Sunday 20th April to raise funds towards supporting some of the 4,000 people diagnosed with cancer in Norfolk each year. The nine mile walk ends with a narrow gauge train ride and the 3 mile walk includes a visit to the fascinating Aylsham Station. If you would like to get involved please contact their fundraiser on 01603 626433. Alternatively, Lophams' Ramblers hope to organise a walk on the same weekend to raise funds for the

charity. If you would like to join us, or would like more information, please telephone Jackie Brown on 01379 687260.

Lophams' Village Hall

Following the popularity of the **Spring Garden and Craft Fair**, arranged by our Halls Secretary, Mrs Eileen Jacob in 2007, another will take place on Sunday 4th May 2008. For those wishing to plan ahead, or if anyone requires information, please contact Eileen on 01379 687515.

North Lopham Playgroup

We will be holding an **Easter Fun/Craft Day on Sunday 16th March** from 11.30am - 2.30pm in The Mess. Craft Stalls, Hog Roast, Cream Teas, Face Painting, Tatoos, Easter Egg Hunt, Cards, Jewellery and lots more. Everyone is welcome. We still have spaces in Playgroup for children from 2yrs to pre-school. Sessions are Mon-Fri, 9-11.30am, with Lunch Club from 11.30am - 1pm. More information from Julie on 01379 687769 or Cherilyn on 01379 688116.

St. Andrew's School

The children and staff accepted Revd Rob's challenge to find a whole school target for the year, and decided to become an Eco School, which involves all kinds of areas - healthy meals, reducing waste, saving water, learning how to reduce energy consumption, developing the school grounds etc. The County Music Service is running a series of sessions, based round rock and roll and associated songs, for the oldest children in our cluster of schools; they will come together for a concert in Diss on 6th March. The third Partnership concert, with Michael Dann and all our musicians, is at Diss High School the following week. Revd Rob is coordinating an Art and RE project for our schools and Roydon, alongside the church councils during the second week of the month, then Artsweek activities are planned for the last week of term. Whew!!

St. Andrew's has always felt itself to be a

community school, valuing all the links with local residents. Two new projects should provide more such links, which work both ways - providing services to the community but also enabling the children to benefit:

Community Lunches for senior citizens will be trialled in March, before a monthly project begins in the Summer term. Norfolk Catering Services will provide an adult hot roast dinner, fruit juice and hot pudding, all for £3.50, on Thursday 13th March. The children will be the hosts. It will be an opportunity to socialise with another generation for those who do not have an extended family nearby. If you, or someone you know would like to be included, please phone Jennie Vere on 01379 687679 to make arrangements - but do not delay, places are limited! (The church council will help with transport, if required).

Spanish Classes: Mrs Sam Budds, who teaches the children modern languages, would be keen to start Spanish classes in The Mess, in the afternoon. She would design a course specially to help adults prepare for holidays abroad, or to keep up with the children. If you are interested, leave your name and phone number at the school office (phone 01379 687253 or e-mail to office@st-andrews-pri.norfolk.sch.uk).

New Yellow pages are arriving - we would be grateful to receive the front cover of your old one before you recycle the rest. We can redeem them for cash!!

FOSTA plan a Hog Roast and Quiz Evening for adults at the Village Hall on Saturday 1st March, at 7.30pm, to raise funds for play-ground equipment. Teams are up to 8 people, but don't worry if you haven't a team of 8, come along and make one up on the evening. Tickets are available at £6 from the school, Gillian Rednall (687225) or Tracey Umfreville (687516). A vegetarian meal option is available.

Little Ouse Headwaters Project

To celebrate the work completed with the



aid of the Heritage Lottery Fund on the Frith & the Lows, the Little Ouse Headwaters Project are holding a "Summer Fayre" on **Sunday 29th June 2008** on the Frith, South Lopham. Last time, this event was attended by over 600 people and this year we are hoping for more. This will be a grand family event.

Redgrave & Lopham Fen (for bookings phone 01379 688333)

A Photographers Journey to the Antarctic Exhibition: Sat 1st, Sun 2nd, Sat 8th, Sun 9th March, 10am-4pm. **Easter Egg Hunt:** Sunday 23rd March, 10am-5pm. £1. **Activity Days for 6-12yr olds,** 10am-2pm, £5 - **Bambi, all about deer** on 25th March and **Duckling and Diving** on 1st April. **Plant Sale:** Sunday 20th April, 10am-4pm. Adults £1, children free.

North Lopham Parish Council

The next meeting of the Parish Council is on Wednesday 12th March at 7.30pm in the Methodist Schoolroom. In addition to the usual agenda items there will be a special 'public discussion' session to prepare our response to the consultation on the Breckland Development Plan - including consideration of possible areas for (or protection from) development.

Change of Date: The Annual Village Open Meeting will now be on **Wednesday 14th May** (not 7th May, as previously advertised), starting at 7pm in the Methodist Schoolroom. As last year, we hope to have reports from various village organisations. The meeting will be followed immediately by the Parish Council AGM, at which Officers will be elected.

Village Spring Clean: This will be on **Saturday 15th March**. Volunteers are asked to meet at Letchmere (The Pond) at 9am. We hope that we will be able to borrow 'dayglo' jackets, litter pickers etc from Breckland Council, but if you have your own jackets and gloves etc that would be much appreciated. For safety reasons we have been advised that children under 16 should not take part. Teams will be dispatched to various parts of the village when we see how many volunteers turn up.

Dog Fouling: We have three 'dog-bins' in the village, which are generally very well used and emptied regularly - but unfortunately not all dog owners are as considerate as they should be and a number of 'foulings' have been reported recently. A reminder to all that it is an offence (punishable by a fixed penalty notice of £50 and maximum fine of up to £1000 for repeated offences) to allow a dog to foul the footpaths, verges or roads in the village and to fail to remove the excrement.

South Lopham Parish Council

The Annual Village Meeting will take place on Friday 25th April at 7.30pm in the Village Hall. This year's meeting is taking a new and special form and the council will be announcing a new community project. The council are keen to have a good attendance.

North Lopham Methodist Chapel

The Coffee Morning Sing-a-Long was a great success, raising £165. Services for March at 10.45am are;

- 9th March,
Mrs Freeman of Rickinghall.
- 23rd March,
Preacher Colin Hough of Diss.

A welcome to all.

St. Nicholas' Church (North Lopham)

Ash Wednesday was an impressive start to Lent, with a lovely crowd gathering for the Fellowship lunch. Family Services are focusing on getting in training to follow Jesus more closely. **Mothering Sunday is on 2nd March** - there will be special ceremonies at both services - Holy Communion at 9.30am then a special Family Service at 11am. **The Palm Sunday** family service at 11am will focus on Jesus' entry into Jerusalem.

Good Friday will be marked by Stations of the Cross round the cemetery at 11am, and an hour at the foot of The Cross at 2pm. After this service it would be wonderful to receive gifts of flowers and foliage to decorate the church for Easter, plus help with arranging everything. Just come along from mid afternoon or any time on Saturday.

The First Light service on Holy Saturday is at 7.30pm. The bonfire outside is used to light a candle, which takes Light back into the church after Good Friday's darkness. A celebration **Easter Communion** for all ages at 11am on **Easter Day** will be followed by an **Easter Egg Hunt** (the 6am Dawn service is at Fersfield this year).

Advance news: HOLY BINGO for April, hosted by North Lopham PCC will be on Monday 7th, at the Village Hall 2-4pm.

North Lopham Lent Lunches

North Lopham Lent Lunches continue until Holy Week, on Tuesdays between noon and 2pm, in homes around the village. All are welcome to share bread & cheese and a chat. On March 4th, we meet at Mary Lawson's - Rosebank, opposite the White

Horse, and on the 11th at Alan & Kate's - Allotment Farm, on the right hand side of Thetford Road, just after the High Common Road turning (phone 01379 687 679 for further directions or help with transport).

St. Andrew's Church (South Lopham)

The PCC would like to thank everyone who helped to decorate the church so beautifully for Christmas. We also want to thank Tom Atkins, for successfully adjusting the church gates, also to Peter Sare for cutting the hedge and to David Burroughes for mowing the car park during the year. Thank you also to those volunteers who work behind the scenes: everyone who helps with the cleaning, the flower arrangers and those who deliver the Cock Crow, who all do a sterling job. If you would like to help decorate the church for Easter please come along during the morning of Saturday 22nd March. You will be very welcome.

The Friends of South Lopham Church have a couple of dates for your diary. **Saturday 19th April - Car Boot Sale** at the Village Hall. When doing your spring cleaning think about this event and have a stall and make yourself some money. Details will be published next issue. **Sunday 29th June - Strawberry Tea** at the Village Hall.

Services for March

North Lopham South Lopham

2nd March

9.30am HC	-
11am Spec Fam S	-

9th March

11am Fam S	9.30am HC
6.30pm ES	-

16th March

11am Pal Sun Fam S	9.30am HC
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23rd March

11am Fam Easter C	9.30am HC
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30th March

Group Communion - Roydon at 10am
Thanksgiving & Remembrance - Fersfield 6.30pm

**CONTRIBUTIONS
FOR THE NEXT ISSUE
BY 18TH MARCH
PLEASE TO
The Court, South Lopham
or e-mail to
news@thelophamsnews.co.uk**