

THE LOPHAMS' NEWS

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Voluntary Norfolk

Volunteer Health Connectors are being sought for a new project using volunteers to support and encourage people who want to improve their health. It will help people to set easy and realistic goals as well as providing information and support that they need to succeed. This free service is available to anyone over 60, in receipt of an income benefit, who is disabled or has a long term health condition. For more information about volunteering please contact 01603 883847.

Lophams' Ladies

There was an excellent attendance at our February meeting despite a cold wintry evening. Our speaker, Alison Marchant, spoke about hedge laying and hedgerows, accompanied by an excellent slide presentation. We look forward to meeting for an evening meal in the near future. New members or visitors are always welcome, and help can be given with transport. Please contact 01379 687337.

Lophams Ramblers

Although it was snowing quite hard when we left, six stalwart walkers set off for our usual monthly ramble. On the way we were joined by three more hardy souls and at the end we all agreed it had been very worthwhile and felt better for the exercise and fresh air. Please contact Jackie Brown on 01379 687260 if you would like further information about the group.

Lophams Happy Circle

We were small in number at our first meeting of the year, due to illness and the weather, but had a pleasant afternoon having tea and biscuits, chatting and playing bingo. The next meeting will be a Bring & Buy on Thursday 12th March. Anyone wanting to know more can ring Avis on 01953 681789 or Daphne on 01379 687453.

Lophams' Village Hall

The **Keep Fit** trial with Ali on 12th February was a successful event, so there will be a series of classes on Thursdays at 10am, starting 26th February. There is still room for a few more people to join in, so just come along. Contact Ali on 01953 681531.

Farmers' Markets continue on the fourth Saturday each month - the next is on 28th March. New producers of local produce are always welcome. Just call Mike on 01379 687235 for details.

Judo is on every Monday and Wednesday.

Details from Howard on 01379 688258. **Dog Training** classes continue on Tuesday evenings, except the first Tuesday of the month. Details from registered trainer Elaine on 07845 776110. The **Ballroom Dancing** session for March is on Sunday 15th, from 2.30pm, at a cost of just £4. Contact Eileen on 01379 687515.

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

South Lopham Village Society

The Society has arranged with the White Horse to put on a dinner for villagers and their guests on the first Monday of each month, commencing Monday 2nd March, from 6-8pm. Two courses from the full menu will be a concessionary £10 (£3 extra for steak). Could those attending please bring along the leaflet advertising the dinners. The Society hopes that many villagers will want to take advantage of this offer, especially as it will provide an opportunity to meet other local residents.

Macmillan Cancer Support

On 4/5th April we hold our annual Bure Valley Railway Walk. If you can help us to raise over £50,000 please register at www.macmillan.org.uk/walking or contact Helen Chapman on 01603 626433.

St. Andrew's School

Congratulations to the Y4 athletes who were placed third in a Cluster competition at Long Stratton, and to all the groups who show unfailing sportsmanship in team games. A group of juniors have made the most of skiing lessons at the Norwich Ski Slope - another first for St Andrew's. Thank you Mr East! In school, the juniors are learning about World War Two in History sessions, so the next Partnership Concert will recreate a War Time entertainment.

The Revd John Bull from Garboldisham was a welcome visitor to the "church" assembly in January, on the day of President Obama's

inauguration. The children's efforts for the less fortunate are well known (Breast Cancer, Children in Need and the Children's Society), so the School Council decided on a Red Day for Valentine's Day, with a Disco in the afternoon, and will use the profits to buy electric pencil sharpeners for use in school.

The **Community Lunch** in March marks the first anniversary of the scheme! The lunch will be on Tuesday 17th in The Mess at 12 noon. As ever, places are limited, so please contact Jennie on 01379 687679 before Friday 13th if you would like to come along. The meal and fruit juice costs £3.50, and the children organise a raffle with tickets at 10p. They raised £62.50 up to December, which they donated to church funds - thank you!

FOSTA are holding a quiz night, including a hog roast supper (vegetarian option available), at the Lophams' Village Hall on Saturday March 21st from 7.30pm. Teams are up to eight people, or come along on the evening and team up. Tickets are on sale now from 687225 or 688284.

Redgrave & Lopham Fen

(for bookings phone 01379 688333)

Grazing Animals: Tues 17th March, 10am-2.30pm. Children 5-16. £5. **Gardening for Wildlife:** Wed 18th March, 11am-1pm. £5, optional lunch £4. **Art Exhibition:** 28/29th March, 10am-4pm, 4/5th & 10-13th April, 10am-5pm. Entrance by donation.

North Lopham Parish Council

The next meeting of the Parish Council will be on Wednesday 11th March at 7.30pm in the Methodist Schoolroom. We will be discussing whether to continue our investigation into a possible '**Affordable Housing**' scheme in the village and, if so, considering the next steps. All are welcome to attend.

A reminder that our annual '**Spring Clean**' will take place on Saturday 14th March,



assembling at the Pond at 9am. Litter pickers, gloves, bags and fluorescent jackets will be available, but please feel free to bring your own protective gear. Everyone welcome - the more the merrier!

As reported in past issues, the Parish Council has grave concerns over the large (and increasing) number of **ducks on the Pond**. We believe that everyone loves to see a few ducks, but all the advice we have tells us that the current numbers (in excess of 100) are not naturally sustainable. This leads to lots of 'in-fighting', which is stressful - and sometimes fatal - to the ducks, and is not pleasant to see. The traffic risk, health risk and damage to the ecology of the pond have led all the experts to conclude that we should aim to have just a few pairs of ducks on the pond. All agree that stopping feeding is the best, and least contentious, long term measure to reduce numbers without distress. The ducks will then simply fly away to some place where there is less competition for food. So, please, do not feed the ducks until we have managed to get numbers to the levels that the experts advise. If anyone can offer any help 're-homing' some of the ducks, would like to seek or offer further advice, support or disagree with what we are trying to do, or would like to see the experts' evidence please contact Brian Frith on 01379 688042.

South Lopham Parish Council

The condition of **The Green** and adjacent roads was a main topic of discussion at January's meeting. Standing and running water have been reported to the relevant authorities and it is expected that Anglia Water and Highways will fill in, repair and reinstate when the works in North Lopham are finished. Councillors are aware that the memorial is not looking at its best and a clean and tidy up will take place in the Spring, again when other works are complete. The new **bus stop** is in place and it is hoped that it is not too obtrusive. It was reported that at North Lopham's meeting with Breckland and Hastoe Housing Association in January, Hastoe has picked out some possible sites in South Lopham, as well as North, should the village choose to build Affordable Housing in the future. It was stressed that there are no plans for such development in South Lopham at the moment.

The Chair told the meeting that the dedication ceremony for **Rolfe's Track** should take place in the Spring. The clerk reported that the Fire Service have carried out a check of all fire hydrants in the parish and found them all accessible. The council adopted a **Freedom of Information** model from the ICO in order to comply with

legislation; details can be found on the Parish website and on application to the clerk. The next meeting will be at Pansthorne B&B on March 12th at 7.30pm. Members of the public are very welcome.

North Lopham Methodist Chapel

Services for March at 10.45am are;

- 1st March, Preacher Mr Roy Sayer of Diss.
- 15th March, Preacher Mr S Aspinall of Stanton.
- 29th March, Preacher Rev E Softley of Creting St. Peter.

All are welcome.

Kings Head Carol & Auction Event

The money raised has now crept over the £2000 mark, thanks to further sales!! The bulk of the funds will be presented to representatives of The Air Ambulance and The Royal National Lifeboat Institution on Sunday March 1st, so do look out for the exact time and come and celebrate with them.

St. Nicholas' Church (North Lopham)

Ash Wednesday is on Wednesday 25th February. There will be a Fellowship Lunch at 1pm at Southlands to mark the start of the Lenten season. All are welcome to come and share bread & cheese, plus soup if the day is cold. There will be a special **Communion Service** in church at 7.30pm. Starting on 3rd March in Roydon Parish Room, there will be a **Tuesday Lent Course** looking at The Lord's Prayer. All are invited to come along at 7.30pm. **Lent Lunches** - bread & cheese and pickle - will be held in homes in and around the village on Tuesdays between 12 noon and 2pm, starting on 3rd March. We do hope lots of people will want to come and join in, getting to know each other informally, and helping to raise funds for EducatePeru - where a Norfolk lady has established a school in one of the poorest areas on the planet. **Women's World Day of Prayer** is on Friday 6th March, There will be a service in Church at 2pm, to which all are invited - men as well as women - age no barrier! The service has been devised by people in Papua New Guinea, where there has been a special Norfolk link for over 100 years. **Mothering Sunday** is on 22nd March. There will be a service at 11am for all ages, at which we will

celebrate families, and the special place of Mothers. Do join us!!

St. Andrew's Church (South Lopham)

Reverend Robert has sent a postcard from Iona and Mull, which he is currently visiting whilst on sabbatical. He noted the temperature on Iona had recently dropped to -18 although not during his stay. During his visit to Iona Abbey he said prayers and lit a candle for all his parishioners. At 11.15am on Sunday 29th March, after morning service, the PCC will be holding their annual **Vestry Meeting**. This is an open meeting when Churchwardens are elected for the following year. It is proposed to set up a **Book of Remembrance** to be kept in South Lopham Church. The book will be open to anyone in the benefice who would like to remember their loved ones. There will be a book for each month and a page for each day. There will be a fee of £5 per entry, which will be used initially to set up the system, and any surplus monies will be put into church funds. If you would like an entry in the book, please complete a form available in church. **Rosie, Ian and Stephanie Beckford** would like to thank the many friends who supported them at St. Andrew's Church to mourn the loss of Ben, as well as those who sent cards, letters and flowers to the family, or made a donation to Botesdale Health Centre.

Services for March

North Lopham	South Lopham
1st March	
9.30am HC	-
11am Fam S	-
8th March	
11am Fam S	-
6.30pm ES	-
15th March	
11am Fam S	9.30am HC
22nd March	
11am Fam Moth Sun	6.30pm ES

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