

Kenninghall News

Issue 249

July 2022

**TABLE
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FAIR &**

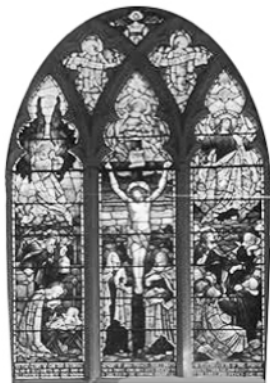


**Saturday 16th July at
the Village Hall.**

Inside tables £5 including table or outside car-boot £5 bring your own table, (limited number of tables available if you don't have one).

Limited space inside so if you are interested please contact Paul on the Village Hall facebook page or phone 01953 888523 to book your table or car-boot space.

Setting up time 8.30am sale to start 10am – 2pm. Craft stalls Welcome. Refreshments available



**Jesus taught that whatever
we do for others, we do for
Him.**



Dear Friends

During the pandemic people all over the world have come together to help those in their communities who were especially vulnerable, and Kenninghall has been no different as we saw the Church, Parish Council and individuals working together to offer practical help in meeting needs caused by Covid and by the Christmas flood, as well as little treats to make us all smile. Help where it is needed most is continuing as the financial burden on many households is increasing stress and anxiety. Elsewhere in this issue you will read of the latest project – a food hub where subscribers will be able to buy basics at reduced cost. It is good to know that the kindness and generosity that already existed and was boosted by the pandemic shows no sign of diminishing. Thank you for all that you have done and continue to do, and for being a community that cares for all who live here, for in helping others you are helping the Lord who has given us all more than we can ever thank him for.

God Bless you all,

03 888389

inesummers51@gmail.com

Services in July at St. Mary's

3rd 10am: Benefice Service of Holy Communion at Old Buckenham

10th 11am: Holy Communion at Quidenham

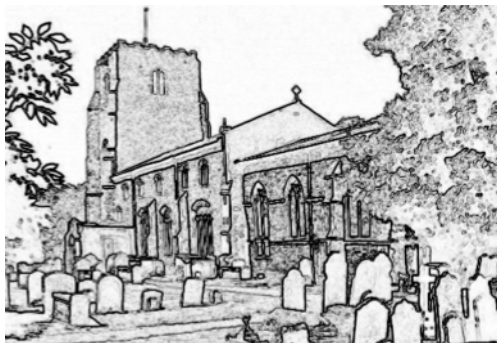
(No Service at Kenninghall on the above two dates)

17th 11am: Family Service of Songs and Praise

24th 11am: Holy Communion

31st: No Service in Kenninghall but all are welcome to attend any of the services in the six other churches in our Group

Friends of St Mary's Church News



A big thank you to everyone involved with the Summer Church Fete and the exhibition in the church. It was lovely to see many folk and catch up with old and new friends. We made just under £900.

Next month, look out for details to book a place in the church or a garage/yard sale for the Saturday September 3rd. Full booking details will be in the August edition of this magazine.

Dates for your diary

Saturday 3rd September - Garage/Yard Sale

Saturday 10th September Norfolk Churches Trust Bike Ride



Tower News

Most of you will be aware that the ringers are back; we rang for our first service on Easter Sunday, and now try to ring for most of the services in Kenninghall.

We also rang for the Queen's Jubilee, when two of our newest recruits were able to join in for their very first time. Well done them! A team from South Norfolk travelled round and rang in nearly every church in South Norfolk, many of which had not been rung in for ages.

We practise at 7.30 on a Wednesday evening, we are a rather cheerful band, who then cross the road to the Red Lion at 9.00. If anyone is interested in this very English activity please do come along.

Most full circle ringing is in England, Scotland has 14 churches and cathedrals which can be rung. There are more in Wales, a few in Australia, New Zealand and America. I was once told that Suffolk had the most ringing churches of any county in England except for Norfolk, which has twice as many as Suffolk. I did once check and sadly this is not quite true, but shows how important ringing was in East Anglia. For further information please ring me on 07771314551.

Pip Whittle



News from the Village Hall

July already! The school summer holidays are fast approaching let us hope for good weather this month. The weather was kind for the Queen's platinum jubilee pic-nik on the hall meadow and it was a very enjoyable event. I want to thank everyone who made it happen, it truly was a whole village event. Special thanks must go to the musicians who all gave their time and talent freely to make the day especially memorable. I was very pleased to see how clean and tidy the meadow was afterwards when the food and drink debris had been cleared away. We are very fortunate to have this wonderful amenity in the heart of our village and it is heartening to see that the community does look after it.

The long awaited acoustic panels that the hall trustees ordered for the memorial room in February finally arrived and have now been fitted. The panels do work and conversation in the room is now possible without getting a headache! We look forward to the main hall having similar treatment.

The hall trustees have decided to fit 5 bike racks to the plant room wall near the porch. Bicycle racks always were in the grand plan but have had to wait until we could afford them. Our next event is the Table top sale in the hall with a car boot sale in the car-park pitches cost £5.00 so now is the time to clear out those cupboards, garages and sheds. I am pleased to report that by the time you read this article the village hall website will have gone live. People will be able to see the bookings diary and see what slots are available. To access the website search for kenninghallvillagehall.org in your browser. Happy holidays!

Peter Kay Chair of Village Hall trustees.

Mondays	Yoga Class 9.30am to 10.30am. Contact Angelique Weatherby on 07989634239
Tuesdays	Badminton Club 7pm to 8pm. Contact Jeremy Hall on 01953 888245
Wednesdays	Yoga class 6.30pm to 7.30pm. Contact Angelique Weatherby on 07989634239 Third Wednesday every month: Lunch Club 12 noon to 3pm. Contact Ali Holman on 07785518987
Thursdays	Yoga Class 9.30am to 10.30am. Contact Angelique Weatherby on 07989634239 Carpet Bowls 2pm to 4.30pm. Contact Gerald Sutton on 01379 687305 Thursdays apart from the first Thursday of each month: Pilates Class 6.15pm to 7.15pm Contact Penny Crook on 07796603643 Zumba Class 7.30pm to 8.30pm Contact Penny Crook on 07796603643 First Thursday every month (apart from June, July, August 2022): Garden Club 7.30pm to 9.30pm. Contact Avril Broughton on 01953 888483
Fridays	Third Friday of the month to August: 7pm to 9.30pm Carpet Bowls Summer League matches. Contact Gerald Sutton on 01379 687305



Get creative, connect to nature, and help us develop our new theatre project.

As part of our residency in Kenninghall this July, we would love you to join us for a set of workshops for adults and children including...

A Free Welcome Talk: Tuesday 26th July, 6-7pm

Meditation Walk*: Thursday 28th July, 6-7pm

Kite Making*: Saturday 30th July, 2-4pm

Land Art Workshop*: Sunday 31st July, 3-5pm

Workshops are free and open to all. A donation of £3 per participant is recommended for *. The meeting point for each will be the green beside the Village Hall. For more information, head to www.emballage.art/workshops.

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Tree News

by Lucy Whittle

The Midsummer Celebration was another great success this year after a 2 year break, our 21st time of hosting the event. A big Thank You to the school for putting on a flawless display of maypole dancing and some great singing, Thank You also to the Morris dancers without whom the event just would not be the same. Thank you to everyone who worked so hard on the BBQ and the bar, without your help the evening would never have happened. Thank You also to Jo and Christian who organised the band and the electrics. Thank You to the band who were new and really seemed to enjoy themselves. Thank You to everyone who came to help set up on Saturday and take down on Sunday. Lastly a big Thank You to everyone who came to support the event to make it the unique evening it is, without your support it wouldn't happen. It is Kenninghall Lands Trust's only fundraiser and we do appreciate your coming along. Thank You everyone. I hope you enjoyed the evening and will come again next year on Saturday 24th June to celebrate Midsummer 2023.

Bee Orchids and one Pyramidal Orchid have been found in Hemp Meadow Wood by Rebecca and Marcus, John and Avril and Linda. Well spotted, the Bee Orchids are especially difficult to find unless you know what you are looking for. The only thing I know about orchids is that their names describe their appearance very well. Have a close look at them and it will become apparent and marvel at their intricate beauty. The meadow is looking lovely again this year dominated by Oxeye Daisy but plenty of other wildflowers will appear later including Yellow Rattle which is a parasite feeding off the grasses making it easier for the wild flowers to germinate next year. Walking round the wood at this time of year is such a pleasure one is absorbed by the rich music of bird song and the beauty of the trees, grasses and wildflowers, it truly does lift the heart. We are all privileged to have such wildlife and fauna on our doorstep to be able to get up close and watch and listen and be still. Enjoy.

Wild flowers are so important for our pollinating insects, roadsides and verges can make lovely small patches of wildflower meadow. Two examples of this are on the Banham Road. One front garden on the left as you are leaving the village is a real picture of colour and the other on the right further along is a sea of poppies. If only we had more of these havens all be it small but added up would make a huge difference. Try not cutting your roadside banks, leave them for wildlife and look and see what comes along. The next workparty will be on Saturday 9th July. Meet outside the church at 9.30 in your own vehicle when we shall be going up to David Brown's farm to load up with tree guards which we will then stack in the container.

There will be no workparty in August. The next one will be Saturday 10th September. Meet at the hut at 9.30. We shall be doing a variety of things. Have a good Summer.

Lucy

P.S. I've just been told that work has started on the footbridge. It should, hopefully, be finished by the start of July.

Lophams' naturally local farmers' market

The market takes place on the 4th Saturday of each month at the Lophams' Village Hall 9.00am -12pm

A great opportunity to pick up some wonderful East Anglian food produce or just to meet up with friends for a chat and a coffee in the little tea room.

There will be a hamper of local food produce to win in the £1 raffle !



Kenninghall Bookshop

Wonderful selection of books

Always open

Paperbacks 20p Hardbacks 50p

All in aid of Kenninghall School and the Village Hall

Rose Cottage, East Church Street

Just follow the signs!

Bad joke #1

Never trust atoms.

They just make everything up.

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Some photos
from the
Midsummer
Celebration
18th June



Borderhoppa, a registered not for profit charity, provides a range of community services in south Norfolk and north Suffolk.

Our service allows people of all ages without access to other forms of transport to carry out everyday tasks such as shopping, attend GP appointments, visit friends and relatives or to attend a local club/community group.

The door to door dial-a-ride service has been providing a successful and reliable service since 2002.

We also run regular outings for members throughout the year including trips to the coast, gardens, shopping trips, boat trips and pub lunches.

If you are a member of a local not for profit community group, you can hire the minibuses for outings. Go to destinations of your choice, visit your favourite places and enjoy shopping trips.

For a copy of the 2022 outings leaflet and for any other information regarding the services we provide please call the office: 01379 854800, email: adminborderhoppa@btconnect.com or visit our website: borderhoppa.org.uk



Kenninghall Morris

Interested in giving Morris Dancing a go. We are always looking for new people to join us. Dancing is good mental, as well as physical, exercise and is great fun. We also always welcome new musicians. We currently practice on Thursday evenings between 7:30 and 9pm at Hinderclay Village Hall. Interested? Contact us via our website: www.kenninhallmorris.org.uk



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Bad joke #2

I just burned 2000 calories.

That's the last time I forget the cake's still in the oven.

Bad joke #3

My wife told me to stop pretending I was a flamingo.

I had to put my foot down.



On June 9th a group of members had a very interesting evening visiting 2 garden in Gislingham near Eye. The first one was a mature garden developed by Iris and Alan Stanley over the past 16 years with a pond, vegetables, trees, shrubs, palms, topiary and an orchard. On a large patio with a mass of colourful planted containers they provided us with tea and homemade cake. The second garden, a 5 minute walk away, was a surprise. Ross Lee who had no previous gardening experience, has in 6 years planted up a small back garden with mainly foliage plants, water features, statues and seating areas to provide him with a wonderful oasis of calm.

Garden Club July Meeting on Thursday 14th July

A visit to see the new garden of club member
Daniel Myhill
at 8 Banham Road Kenninghall meet at 7pm

Competition – a single rose

What should we be doing in our gardens in July?

Keep on top of the weeds before they get too big by hoeing or pulling them up

Some plants may need to be watered, ideally using saved rainwater

Consider mulching plants to help conserve moisture

Divide clumps of iris – this should be done every few years to rejuvenate them

Deadhead bedding and repeat flowering perennials to ensure continuous flowering

Cut back geraniums and delphiniums to encourage new growth and further blooms

Dead head roses and sweet peas

Fertilise the lawn ideally before or after rain

Thin heavy crops of apples and pears to get quality fruit

Keep tying up new growth of tomatoes,

pinch out any side shoots and feed weekly

Pinch out growing point of courgette and

squash to encourage branching

Last sowing of French beans and salad crops

Harvest runner beans and courgettes when young and tender

Don't forget to put out some water for the birds

Mulching

Although we have had some rain the soil is still very dry and this is likely to be norm for years to come so mulching will help to retain the moisture from rain or watering. Mulching also suppresses weeds, adds organic matter and nutrients to the soil and protects roots from excessive heat or cold. The following can be used for mulching - garden compost, wood chippings, processed bark, well-rotted manure, leaf mould, straw and lawn cuttings. Apply in late spring or early summer 2 to 3 inches deep onto moist soil, taking care not to smother any small or emerging plants.

K P C NEWS UPDATE

May Meeting

ANNUAL PARISH MEETING

Each May, the Parish Council hold their Annual Meeting where the Chair presents her report for the year; this appeared in the May Newsletter in full.

ANNUAL MEETING OF THE PARISH COUNCIL

At the Annual Meeting of the Parish Council each May, the Chair and Vice Chair step down and either get re-elected or another councillor(s) takes over. I am pleased to report that Alison Holman and Marcus Halmshaw were unanimously re-elected to their posts of Chair and Vice Chair respectively.

AD Plant, Bressingham

The Parish Council have submitted objections to the AD Plant retrospective planning application to South Norfolk District Council. Objections had also been made by our County and District Councillors and Liz Truss, our MP. The key points discussed:

- The need for all adjoining parish councils to work together to keep pressure on planning authorities and other stakeholders
- Norfolk County Council Highways had objected to the scheme and had not changed their view following a recent transport assessment report
- The transport/traffic routes and impact on Kenninghall; the proposed routes were different than when planning permission had been granted for a smaller development a few years ago
- Our District Councillor had been in touch with the Case Officer and was awaiting an update
- All routes were not fit for purpose and could not support the increased traffic
- All councillors and residents present

agreed the AD Plant had been built in the wrong place and the local infrastructure was unsuitable to support the traffic.

Kenninghall Food Hub

Discussions were taking place to determine a suitable site; Ms Holman said that Norfolk Community Foundation (NCF) were setting up a number of Food Hubs across Norfolk, they were funding the projects, providing insurance cover and all the legalities needed. Ms Holman felt that it was unnecessary and a waste of money to excavate a potential site when this could be spent on the set up and supplies needed for the food hub to be successful. Any additional costs would undermine the work that had taken place over the last few years to support vulnerable and elderly residents in the village.

County Councillors Report

Steven Askew reported that it had been a busy year with the aftermath of the floods and individual constituent needs. He was pleased to be able to support and make a financial contribution to the Parish Partnership Bid for a path from the back of the shop to the village hall.

SAM2 Data

Mr Arthurton reported that recordings for Banham Road showed that the average speed was 32.5mph. There were 65.7% of vehicles over the speed limit with an average speed of 36.2mph. The maximum speed recorded was 90mph.

Community Speed Watch update

This is unlikely to go ahead due to lack of volunteers needed.

Playing Field and Village Hall Field

The slide had been upgraded and sand blasting some of the play equipment would take place in next few weeks.

Village Hall Defibrillator

It was agreed that the Parish Council would take responsibility for and order the equipment for the village hall as this would be a community resource. Donations raised so far would be passed to the Parish Council and go towards the cost. The defibrillator in the Market Place would remain.

SAM2 DATA

Mr Arthurton reported that recordings for Garboldisham Road; the average speed was 29.6mph however 51.4% of vehicles were over the speed limit with an average speed of 35.4mph. The maximum speed recorded was 65mph.

WHY NOT ATTEND A PARISH COUNCIL MEETING?

The councillors would like to invite you to attend any Parish Council Meeting which

are held every first Tuesday of the month (except in August) at 7.30pm in the Village Hall. We are a friendly council and would like to hear your views and thoughts on village matters, so why not join us at our next meeting on Tuesday 5th July 2022. If you can't attend, please contact the Clerk or a Councillor and they will raise any matters on your behalf.

How to contact us is published on the website as well as the Agendas and Minutes of all past meetings; find us at www.parish-council.com/kenninghall

Alternatively, you can find some details on the village noticeboard or via a councillor or the Clerk at kpcparishclerk@outlook.com



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Would you like to promote and speak about your village - contact guests@parkradio.co.uk

Please tune in on 107.6 or 105.4 fm or ask your smart speaker to find Park Radio
Diss to listen in.



Exciting news! Helping Hands are opening a Pantry!

For the past two years Helping Hands have been delivering food parcels, toiletries, and essential items to members of our community. Due to the current climate, we have seen that need increase and are taking the next step to open The Pantry.

The Pantry will be based on the village hall site and will serve the surrounding communities from September 2022.

The project is supported by Norfolk Community Foundation and is being delivered and managed by Helping Hands, a community organisation based in Kenninghall.

The aim of the project is to provide affordable food to members within communities who may be struggling with access to affordable and healthy food; facing increasing living costs and pressure on household budgets; experiencing other barriers that makes it difficult to access food, such as social isolation.

Furthermore, members of project staff and volunteers will be able to build relationships with those attending the store and help to provide or signpost individuals to receive wider support to help overcome underlying barriers and challenges.

Aims of a food hub

- Reduce food waste in the local area
- The shop is an inclusive place for all those who need to access it
- Reliable and varied food procurement from diverse sources
- Reduced need to access emergency food sources
- Reduced worry and anxiety about food
- Provide a range of healthy food options

The Norfolk Community Foundation are proud to be supporting this project and believe that it will make a significant difference to the lives of people within Kenninghall and the surrounding villages.

For this project to be successful we need support from local food suppliers, farmers and manufacturers. If you are able to support this project or would like to volunteer, please contact Heidi Glendenning at The Pantry thepantrykenninghall@gmail.com

Café Church



Cafe Church will be back in July on Saturday 2nd from 10am until noon. We look forward to seeing you for cake and coffee plus, of course, a chat! There'll be a bric-a-brac stall and books. If you are new to the village take the opportunity to meet new "friends" - if you've been here a while, come and catch up with old friends!



Needles & Natter



If you sew, knit, crochet (or would like to learn), or just like a chat, come along to our 'get togethers' on a **MONDAY** afternoon. We meet at a different home each week at 2pm for a cup of tea/coffee and have a 'natter'! Perhaps you have just retired or moved to Kenninghall. If you would like to know more please ring Avril on 01953 888483.



Kenninghall Mums' Choir

A fun-loving group of mums with pre-school / school-aged children who live in and around the village of Kenninghall and meet regularly to sing and socialise.

Our Choir Teacher is Mrs Lydia O'Gorman from the Round Midnight Music company. We meet bi-weekly on a Tuesday evening at St. Mary's Church, Kenninghall. Tuesdays 7.45pm - 8.45pm to sing modern music, often finishing the evening with some social time and a glass of prosecco! We are all amateur singers and do not take ourselves seriously.

If you live in or around the village of Kenninghall, have pre-school / school aged children, enjoy singing and would like to meet other local mums please get in touch with Heidi- 07939615203 or hdawno@hotmail.co.uk.

You would be very welcome!

£3 fee per person per session.



The Red Lion

East Church Street, Kenninghall, NR16 2EP

www.redlionkenninghall.co.uk 01953 887849



Diary Dates

Lionfest

30th and 31st July

The Red Lion's 300th Birthday Party - a weekend of fun, music, beer and food!!!

Second Sunday of the month

Jam Sessions - starting 8th May

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Village Quiz Trail

The Winner was


Andrew Haylett

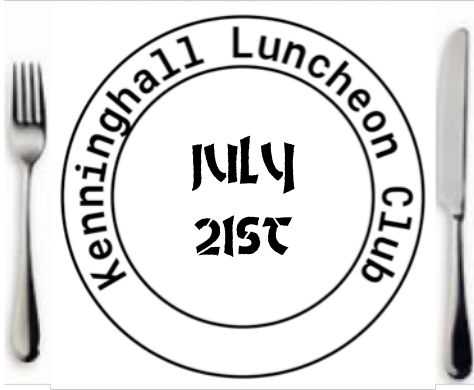
who kindly donated his prize to

Kenninghall Kicking Cancer.

The Answers:



1. At the school NSEW on what will you travel? **Horse**
2. Where must visitors report? **School office**
3. Look for a sign, how many crosses? **8**
4. How many tons altogether? **22.5** 3 x 7.5
5. What was practised at the Butts? **Archery**
6. A maker of arrows lives here. **Fletcher's Cottage**
7. Maybe the Pilgrims made their way here. **Progress Lodge**
8. Name three things Dianne can help with. Various **-upholstery, blinds, curtains, cushions**
9. Look carefully now, how many crosses are opposite you? **8**
10. Where will you toss the caber? **Braemar** (Highland games)
11. Whose puzzle stands in the garden at Highfield? **Monkey puzzle tree**
12. Where does the pheasant live? **High Bank House**
13. Father, Son and the Holy Spirit? **Trinity Cottage**
14. Spot the fleur de lys at Red House. How many? **104 on the fence tops**
15. Part of village history – search the graffiti on the White Horse wall. Name the state & year. DO Steele made his mark? **Texas 1943**
16. When can you buy your Sunday paper earliest to latest? **7am to 8pm**
17. If you miss the post how long have you got to reach Attleborough? **1 hour 45 minutes**
18. Who is the clerk to the PC? **Alison Pena** 
19. What was the date of the Great Flood in Kenninghall? – Ask Old Royal George!
16th September 1968
20. Lovers' retreat? **Honeymoon Cottage**
21. How many panes at No 4? **48**
22. 'Plants live on' (anagram) **Penton Villas**
23. Where must you not turn or park? **Iroko Lodge**
24. How much to start a fire? **£2.50**
25. Norfolk's own sailor? **Nelson House**
26. What's missing from Coachmans Cottage? **The apostrophe**
27. Name the wife of Thomas Burroughs? **Matilda**
28. Could Ronald Regan have lived here? **The Whitehouse**
29. What makes 10 at H? **7+ 3**
30. Check in the church yard for the regiment of EH Ringer. **Royal Norfolk Regiment**
31. In the church – what was the profession of Peter Dent of Kenninghall (Died June 1850) **Surgeon**
32. Where will you find St Felix and St Walston? **Stained Glass Window**
33. How much did the organ cost to build and erect? **£350**
34. This symbolic plant is always present in a royal wedding bouquet. **Myrtle Cottage**
35. How much for a literary treat? **20p or 50p(Hardback)**
36. Who was the poet on the corner? **Oliver Bernard**
37. Where does the finger point? **George's Cottage**
38. Aslan falls back. **Lion's Retreat**
39. Who was the royal post person? **Victoria**
40. Hopefully you haven't lost this? **Faith Cottage**
41. Cumbrian town. **Whitehaven**



THIS MONTH'S THEME: COCKTAILS ON THE BEACH

Contact Ali
on 07785 518987

The Mobile Library will visit on Friday 15th July

Market Place 10.35 - 11.05
School Close 11.10 - 11.30
School Close 15.15 - 16.00



July (sorry for last month's error!) Bin Collections

Thursday **Friday**
(usual collection day)

Black & Brown

7th & 21st

8th & 22nd

Green

14th & 28th

1st, 15th & 29th

KENNINGHALL NOTICE BOARD

**Table Top Fair & Car
Boot Sale
Village Hall
Saturday 16th July
10am - 2pm**

**Garden Plus Club
Garden Visit
Thursday 14th July
8 Banham Road
7pm**

LionFEST
celebrating 300 years of
The Red Lion
Saturday 30th and Sunday 31st

Who Let The Dads Out?
Sport Day
Friday 24th July 10am -
11.30am
St Mary's

**Parish Council
Meeting 7.30pm
Tuesday 5th July
Village Hall**

**Cafe Church
2nd July
10am until
noon**

**KENNINGHALL
LUNCHEON CLUB
THURSDAY 21ST JULY**



**Platinum Jubilee
Celebrations**

**Some random
pictures.**

**What a weekend!
What fun!**





**WHO LET THE
DADS OUT?**



**SATURDAY 24TH JULY
10AM-11.30AM**

A GROUP FOR DADS , MALE CARERS AND THEIR CHILDREN UNDER 8 YEARS OF AGE..

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Granite 2/6mm
Ornamental Bark

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Calling all card players!



If you enjoy playing cards, with real people.. without a keyboard, mouse or monitor in sight (a refreshing change for many of us), read on!

- **Afternoon Bridge at Old Buckenham**

A bridge club meets every Tuesday afternoon in Old Buckenham, at the Methodist Chapel on the Hargham Road. Play starts at 1pm, and finishes at around 5pm.

The sessions are friendly and relaxed, and those new to the game are always welcome. The entry price of just £1 includes tea, coffee and biscuits at half time,

**Phone Bob Gee on 01953 887743 or Mary Parker on 01953 860167
for more details.**

- **Evening Whist Drive at Barningham**

This whist drive is held on Tuesday evening, all year round, in the Barningham Village Hall. Games start at 7:30pm and usually end at around 9:30 to 10:00pm.

The whole evening only costs £3.00, and the price includes a free raffle, refreshments, and prizes for winners.

- **Afternoon Whist Drive at Stanton**

This whist drive is also held all year round, and we meet in the Church Room at Stanton, next to the Church of All Saints on the Old Bury Road. Games start at 2:30pm and usually end at around 4:30 to 5:00pm.

Entry is also just £3.00, and the price includes a free raffle, refreshments and prizes for winners.

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Member of Parliament

Elizabeth Truss

elizabeth.truss.mp@parliament.uk

Constituency Office 01842 766155

County Councillor

Stephen Askew

stephen.askew.cllr@norfolk.gov.uk

07774 159738

District Councillor

Marion Chapman-Allen

marion.chapman-allen@breckland.gov.uk

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Police

Safer Neighbourhood Team - Attleborough

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