

WYMONDHAM Magazine

ISSUE 66 | OCTOBER 2022



A Town Pays Tribute

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From the Editors...

Welcome to the October E-Edition of the magazine. For many, much of the previous month has been consumed with the mourning period for HM Queen Elizabeth II. We've documented how people from Wymondham marked the sombre occasion in our features section and with our cover photo of a Stepping Stones pre-schooler taken at the gates of Sandringham.

But as a new Carolean age begins for the country, so too the magazine continues to evolve. We welcome two new contributors this month: well-known 'Love Wymondham' character Neville Cameron joins to tell us about his weight loss journey and walking routes around town. And Susie Lastinger shares a childhood recipe in our new food section. Get in touch if you'd like to share the story behind your favourite culinary creations.

As we move into the colder months and those dark evenings, there's still plenty going on in the town, as you'll see on these 34 pages. Enjoy the issue!

Kim and Jimmy

In BRIEF:

BLOOMERS AWARDED SILVER GILT

The Wymondham in Bloom team travelled to Essex for the Anglia in Bloom Awards ceremony on 7th September. They improved upon the last in-person judging result with a high Silver Gilt, narrowly missing out on Gold.

HOME FROM HOME AT BAPTIST CHURCH

Starting 5th October, Wymondham Baptist Church are offering a place, two afternoons a week, to keep warm, meet people and relax. On Wednesdays and Thursdays from 2-5pm, you can pop in to read newspapers, play board games, do puzzles or just have a chat with others. Morrisons are kindly supplying the refreshments and there is no charge to enter.

POST OFFICE MOVE

On 28th September, the Post Office kiosk in the White Hart pub closed, as they are moving into a new home inside the Jarrold retail store on Middleton Street. The new opening times from 3rd October are: Monday & Tuesday 10-4, Wednesday, Thursday & Friday 9-4 and Saturday 10-2. The community has thanked Kieran Bullen at the White Hart for keeping it going for two years in the middle of a busy pub.

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MEMORIAL PLAQUE FOR TOWN'S 'LARGER THAN LIFE CHARACTER' UNVEILED

By *Annette James*

A south Norfolk town's well known former town crier has been remembered on a new memorial plaque which was unveiled on Saturday 10th September.

Pete Green (also known as Pete Travis) died aged 72, in the early hours of Sunday 27th June, 2021 following a blaze at his home on Damgate Street in Wymondham. He served as Wymondham's town crier and became a history-making councillor when he was elected to the town council in 2019 - representing a political party of his own founding.

The creation and installation of the memorial plaque in the town centre's Priory Gardens was organised by his friend and town councillor colleague Annette James. "After we lost him so tragically I knew I wanted some sort

of permanent memorial for him in the town. He was such a larger than life character it just had to happen."

Mr Green's son, Ben Green, said he was "delighted to see my father remembered in this colourful way. Our family and his friends now have somewhere special to visit and remember him in the town he loved so much."

Wymondham's Mayor, Cllr Kevin Hurn, unveiled the plaque during a short ceremony. "It was an honour to unveil this fitting tribute to a fellow town councillor and man whom I never got to know well enough because he was tragically taken too soon."

Floral tributes were laid by Mr Green's grandchildren Alice and Emily.



Cllr Annette James, Pete's son Ben Green, granddaughters Alice and Emily and Mayor Kevin Hurn



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APPLE THEME AT FARMERS' MARKET

By *Tony Vale*

The next Farmers' Market will be on Saturday 15 October and will have an Apple theme, to coincide with National Apple Day.

There's a new fruit and vegetable stall, which sells apples and apple juice and

the Country Market team have promised some apple flavoured delights.

The market runs from 9:00am - 1:00pm in the Market Place.

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FOOD DRIVE SUCCESS

By Sharon Watts

On Monday 22nd August, Morrisons Wymondham held their first Food Drive in aid of The Hub food bank, and it was a soaring success thanks to the kindness and generosity of their customers!

The challenge was to 'Fill A Parking Space' with extra donations from a targeted list supplied by The Hub. (These donations were in addition to the ongoing support from the foodbank pick up packs.) Volunteers from The Hub were on hand to engage with customers and explain more about the work of Steps, which not only helps with supplying food but can also help with recipe ideas and meal planning, helping to access funding streams and interactive workshops including budgeting and how to shop well.

The day got off to an amazing start with an early Secret Santa donating £100 worth of items, and the green trays continued to fill up steadily until



Volunteers from The Hub and Morrisons Wymondham Community Champion Sharon

the challenge was completed around 3pm - and the donations kept coming! At the end of the day, 30 green trays full of extra donations were packed into the volunteers cars and taken to the Hub for sorting and storing.

Debbie Rose, who manages Steps said, 'We're amazed by the generosity of the local community and so grateful to Morrisons for organising this fantastic opportunity. It makes such a difference to local people's lives, thank you all so

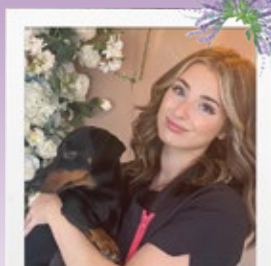
much.'

Morrisons and The Hub are planning a second Food Drive in November ready to support those in need at Christmas, and the challenge may involve some virtual reindeer!

If you need help with food costs, if you would like to access the workshops or if you just need a chat with someone, please contact Debbie on 01953 798505 or email info@hubproject.org.uk.



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NEW FREE JOURNALING COURSE FOR WELLBEING AND INSPIRATION

By Alex Klokakis

Journaling can be used in so many ways for our journeys into self-growth, wellbeing and self-empowerment. In this course we will be busting some of the myths of what journaling is about and exploring innovative ways of using your journal as your very own space to explore, inspire yourself, express, heal, and reconnect with your inner self.

In this course you will:

- Challenge myths about what journaling is 'supposed to be'.
- Explore ways to use your journal for personal growth, creativity and inspiration.
- Learn how to use journaling for 'morning

pages', personal enquiry and connecting with your Wiser self.

Venue: Wymondham Library - training room

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Actors from 'Last Shot'

HALLOWEEN THRILLERS COMING TO NWCC

By Christopher Sainton-Clark

Fresh from their successful run of *My Other Half* at Edinburgh Festival Fringe, Raising Cain Productions are bringing their brand-new evening of back-to-back thrillers to six village halls and theatres.

Commissioned and trialled by Guestwick festival this June, *Last Shot & Confess* have already been taking East Anglian audiences on a dark and twisting, yet comedic journey.

Last Shot: A famous actor and revered director are filming the *Last Shot* of their latest picture. The question is, why are they doing this in a village hall? With past misdeeds brought to life, we soon find out why their careers have spun so violently and dangerously out of control.

Confess: Martin is a

peculiar man, and he wants to hear your confession. He runs a local support group in his village hall so you can share your darkest secrets. However, when two unusual participants turn up confessing things Martin doesn't want to hear, the group becomes a little less supportive.

"These two plays are here to entertain and thrill you and we can't wait to bring them to communities that may not have the greatest access to live entertainment" says writer and founder of Raising Cain Productions, Christopher Sainton-Clark.

The plays are in Wymondham on 25th October at 19.30 in the North Wymondham Community Centre. Tickets available for £10 on www.raisingcainproductions.com.

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QUIZ NIGHT AT CENTRAL HALL

By Maureen Huckle

As those online quizzes from 'lockdown' are fading into memory, it's time to get a team of friends together for a proper old-fashioned quiz. Wymondham Rotary Satellite's next quiz night will take place at Central Hall on Friday, 7th October. Teams of between 4 and 6 members are invited to come along.

The quiz costs only £24 per team and all proceeds from the evening will be going to local charities. Bring your own drinks and nibbles and perhaps some cash for raffle tickets and we'll promise an entertaining evening. Previous quizzes have raised thousands of pounds for great causes.

Don't worry - you WILL be able to answer the questions (or at least some of them!)

To enter just e-mail wymrsg@gmail.com for an application form or telephone 01603 810494.



HALLOWEEN TRAIL TO RETURN

By **Kim Carsok**

On Saturday, 29th October the scarily popular Trick or Treat Trail will return to Wymondham town centre. Dozens of high street businesses will again be giving away free treats to children in Halloween costumes from 12-3pm. A costume competition will be added this year, so make sure to stop and get your photo taken for a chance to win a prize. Follow Wymondham Town Team on Facebook for all the details: <https://www.facebook.com/WymondhamTownTeam/events>



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XMAS LIGHTS & WYNTERFEST PLANNING UNDERWAY

By **Fran Young**

The Town Team is working hard to prepare for two key winter events. The first begins on 19th November at 9am, when the Light Up Wymondham crew will hang up the lights in the town centre. They need dozens of volunteers to help with this - please come along to the Baptist Church on Queen Street and join in. Lots of jobs need doing, not just going up ladders, so don't hesitate to see how you can help.

After the lights are up, the team will turn to Wynterfest on Sunday 4th December. The event is scheduled to run from 12-5pm, but setup begins early and clear-up continues long after the snowman has hung up his scarf. If you can help, even if just for an hour, please email franyoung@talktalk.net. To follow the Wynterfest event generally click 'going' on the event page here

<https://www.facebook.com/events/511431530904124>.

SUMMER MARKET SERIES SUCCESS

By Cllr Kim Carsok

The Summer Saturday Market series organised by Wymondham Town Council drew to a close on 3rd September. Six themed markets were added to the calendar as a trial run, to assess the appetite in the town for additional events.

At the close of the school term and beginning of the summer holidays, the events kicked off with a children and youth-themed market. A Scouts group raised money with a tombola for their trip to a jamboree in South Korea. Kett's Books offered children's books and Mr. Frosty provided frozen treats. The Town Team brought pirate games for youngsters to enjoy for free, providing a playful atmosphere right in the centre of town. Cllr Tony Holden was on hand to support the stallholders.

The following week, a collection of stalls from community groups and clubs joined Cllr Penny Hubble on the square. She was collecting submissions for the Town Team's Jubilee Time Capsule. Representatives from Girlguiding, Bridewell WI, U3A, Wymondham Heritage Society, Young Farmers and the Rotary Satellite Group filled the Market Place with chats of fun events, good deeds, charitable fundraising and volunteer recruitment.

The next Saturday market was Pets & Animals themed, organised with support from Cllr Kathryn Cross. Stalls included pet beds, toys, food, treats, grooming and even pet portraiture. Visitors to the market, whether on two or four legs, were delighted with the range on offer.

Midway through August the Cross was flanked by a range of Art and

Crafts stalls, with Cllr Richard Elliott on hand to help. Several young artists joined in, some of whom were doing their first ever event stall. The talent on display was truly inspiring and the event complemented the Abbey Days Fair nicely.

The penultimate themed market was in partnership with Totally Locally Wymondham. The campaign aims to highlight the fantastic independent businesses in the town. Cllr Tony Holden helped on the day, which was a fitting partnership due to his work on the Bright Future group. Kett's Books was joined by Totally Locally volunteers Janet and Paula plus a range of local traders.

Last but not least, at the beginning of September the Vintage & Antiques Market filled the square. Cllr Kim Carsok was there along with Vintage Day volunteers Janet and Rachael. Ten antiques stalls offered a huge variety of retro treasures from clothing and accessories to furniture and tableware. Bargain hunters started eyeing up the wares even before the traders were finished unpacking. The beautiful weather and steady stream of shoppers gave the town a lovely atmosphere and had everyone asking when the next event would be held.

Right above: Organisers Cllrs Cross, Carsok and Holden

Right: Arts and Crafts Market and organiser Cllr Richard Elliott

Right below: Heritage Society at Community Groups market

Below: Kett's Books' Tracy Kenny at the Kids and Youth Market



Cllr Penny Hubble and Jubilee Time Capsule



TOWN COUNCIL WATCH



By Jimmy Young

September 6th 2022 and the school of Wymondham Town Council returned from its summer holidays for its first assembly since breaking up in July. Headmaster, Mayor Kevin Hurn (Con) rang the bell at 7pm and called the register. One councillor was running late. Another had a note from their mum.

Yes, it's a back-to-school theme for this month's Town Council Watch covering September's full council meeting, so spit out that gum, tuck in your shirt and sit up straight. Here's what we learnt this month.

There will be a test at the end.

TOILET TALK PART DEUX

An easy start to term saw the meeting launch straight into one of Town Council Watch's favourite subjects: public toilets.

Cllr Robert Savage (Con) asked the Clerk whether there had been any further vandalism to the town centre toilets. Thankfully there had not. *You could practically hear the plugholes of Wymondham gargle with relief.*

A comforted Mr Savage then proposed a motion for the council to resolve that toilet vandalism is a bad thing, which was universally adopted. *Controversial, hard-hitting stuff.*

This column looks forward to next month's motion on whether the council believes the sky is blue.

NEIGHBOURHOOD PLAN APPROVED

Next up, the town's Neighbourhood Plan was officially approved by Town Council. The local planning policy document has been 7 years in the making.

This columnist never liked big essays at school either.

Once finally adopted, the Plan will mean the town keeps more of the Community Infrastructure Levy (CIL) that developers pay to local

authorities to ease the impact of new homes on an area. Currently 85% of it goes to the Greater Norwich Growth Board, of which Wymondham is a beneficiary. After, it'd be 75%.

But Cllr Suzanne Nuri-Nixon (Lib Dem) had been reading her Sherlock Holmes over the hols and smelt a conspiracy:

"For some reason South Norfolk are not happy with our Neighbourhood Plan. Could it be that we will keep more of the CIL money?" "... they keep kicking it down the road. And I don't really know why. Apart from the fact that they just don't want us to have additional money."

Always tell a dinner lady if the big boys are stealing your lunch money.

Cllr Kim Carsok (Con) was keen to show the class she'd done her homework, with a 10-minute question and answer session to the chairman on the contents of the Plan, including whether it should make better mention of the need for extra GP, dentistry and school places.

With those few additions and amendments incorporated, the Plan will now return to South Norfolk Council and, if approved, will trigger a referendum among voters in Wymondham to accept or reject it.

JUBILATION INFLATION

The council voted to strip a few features out of the design for a Jubilee Garden at Chandler's Hill after the initial construction quote, accepted in July's meeting, went up in price in the meantime.

Cllr Tony Holden (Con) lamented the council's slow decision-making for causing delay and escalating costs: "why on earth has it taken so long? We first talked about this in May off the top of my head and here we are in September and so far nothing's been done apart from prices have gone up."

It's unclear if the troubled project will be delivered in this jubilee year and the Queen sadly passed away two days after the meeting.

A sympathetic teacher might award the council an A for good intentions here. But unfortunately it's an F for execution.

CONSULT ME AFTER CLASS

Up next, the council formally agreed on which consultants to work with to begin planning and designing future improvements to Browick Road recreation ground.


The project still very much in Reception then, with a lot of hard work to go before its A-Level results day.

MIND YOUR P'S AND Q'S

After that, the council voted to sign up to the National Association of Local Councils' civility and respect

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pledge, governing councillors' and staff's conduct towards one another.

The proposal was positively received in the room. Though some noted sadness that such a measure is required. *Given some of the tetchy exchanges in previous meetings, it might not be the worst idea for this council though.*

Cllr Julian Halls (Lib Dem) said he thought it "brilliant" but wanted to know how it'd be enforced.

Six of the best at the front of the class surely?

ROAD TO NOWHERE

Confusion reigned in a section on potential changes to road restrictions to the north of the town, resulting from Norfolk County Council's Western Link Road consultation.

An unclearly worded agenda item led to councillors talking at odds with each other - with some wanting to formerly give the Town Council's approval/disapproval for the various measures and others saying they'd not had any of the information to make a decision. The council voted to defer making a decision until it had more information.

Chalk that one up to experience.

CHRISTMAS TREE, OH CHRISTMAS TREE

We then came to an agenda item to place this year's 20ft Christmas tree on the market place in Wymondham.

Cllr Savage's primary concern was whether the Christmas tree would block foxhunting group, the Dunston Harriers and their boxing day meet: "This is an event that's well looked forward to and enjoyed by several thousand people".

Foxhunting, always a great unifying topic of course.

While Cllr Peter Broome (Con) had been practising his geometry. "I've done some calculations on my own and I expect it to take up between a quarter and a third of the market place and I'm surprised that traders are going to be happy to fit in around this tree."

He then cited potential erection issues, the size of the tube, the girth of the trunk and the need to avoid manhandling it.

Stop sniggering at the back.

But we weren't done. Because Cllr Halls had checked his school timetable and it was marked Drama:

"There is information that should come to this council, which I would



Last year's friendly and welcoming effort

think would require us to suspend standing orders." "There's something that's been brought to my attention that directly affects this discussion, which I don't think should be brought into the public domain."

I-know-something-you-don't-know.

And with that, the item was bumped until after the meeting, when the cameras were turned off. Behind closed doors. Town Council Watch would love to tell you what happened. But there's now no public record of it.

MARKET PLACE ENHANCEMENTS

One of the final pieces of business was a proposal to make the pavement widening outside the Cross Keys and Mad Hatter's Tea Shop permanent. Currently achieved via some large planters, the eventual idea would be to pave the area instead, at an estimated cost of £150k (of which the Town Council would contribute £50k).

The proposal divided the room with Cllrs Savage, Broome and Yvette Astley (Con) arguing most strongly against the measure, on the grounds of cost vs benefit and inconvenience.



The area in question for widening

Cllrs Richard Elliott (Con), Nuri-Nixon, Carsok and Holden argued for, on the grounds of creating a more pleasant environment in the town centre, citing the just-approved Neighbourhood Plan and its provision for pavement widening and "space creation".

A narrow vote saw the measure approved. The result pits the Town Council who voted in favour of the measure vs the town's county councillor, who is vocally against it.

A playground scrap could lie ahead then.

IT'S GOOD TO TALK

The last proposal, which was adopted, will see a new Chairman's Questions section in future meetings, where councillors will get to ask any burning questions they've got for the chairs of the council's various working groups in front of the public.

It's your French oral exams all over again.



Constant strobing of the video is still making the streams very unpleasant to watch

THE BELL'S FOR ME, NOT FOR YOU

After a gruelling 3 hours had elapsed and an impressive 18 agenda items been covered, the bell finally rang and the councillors put up their chairs and ran out to see their parents, who were waiting outside:

"What did you today?"

"Dunno. Nothing?"



FOCUS ON RECEPTION

Robert Kett Primary School  Advertorial

By Rebecca Griffiths

At Robert Kett Primary, our Reception children are nurtured and inspired to become lifelong learners. We pride ourselves on our ambitious curriculum, the cultural opportunities the children experience, our inquiry-based and investigative approach to learning and the wealth of practitioner knowledge our team shares with every child and their family.

Every child starts Reception with a wealth of prior knowledge and a diverse range of previous learning experiences. We meet the children at their development stage, and provide a learning environment that enables every learner to succeed. Every child is unique, and our inclusive environment ensures that all learners are both challenged and supported.

We develop our curriculum around the needs and interests of each cohort, allowing every year to be a unique learning experience. In Reception, play-

based learning is at the heart of our provision as it provides the children with the opportunity to take ownership over their learning.

We fundamentally believe that children have the right to play, and that learning through play is crucial for their development, well-being and mental health.

We encourage healthy life choices, practise yoga and mindfulness, and create a feeling of calmness and comfort by using real-life resources and natural tones in our learning environment.

Our classrooms and outdoor learning environment are currently being renovated and we can't wait to share the new spaces with our current and future pupils. On completion, we will be happy to invite you to take a look around this exciting new development.



Ingredients

1 head of broccoli cut into small florets
1 red onion diced
½ to 1 cup of cooked and crumbled
streaky bacon or lardons

(note: bacon is big in the southern part of the US. We like streaky bacon with crispy fat. We use the fat to flavour EVERYTHING! When you cook bacon for this recipe you can fry it in a dry pan or cook it in the oven; do not add any additional oil or fat. Save the fat from the bacon.)

¾ cup raisins

¾ nuts or seeds - I have used sunflower seeds, cashew nuts and sometimes pecans.

1 cup of mayonnaise

½ white sugar - you can use less

2 tablespoons of white wine vinegar

Food

broccoli salad

A SOUTHERN CLASSIC

By **Susie Lastinger**



Many years ago, I moved to the UK from deepest Georgia in the USA to marry a lovely Englishman I had first met in 1974. Since then I have adopted a bit of a Heinz 57 approach to cooking for my family, incorporating the food of my southern mother's family and the food from my New York City father's family.

Both of my parents' ancestors were immigrants to the US; my mother's family went to Georgia when it was a colony in the 17th century - possibly as convicts, but we don't mention that!

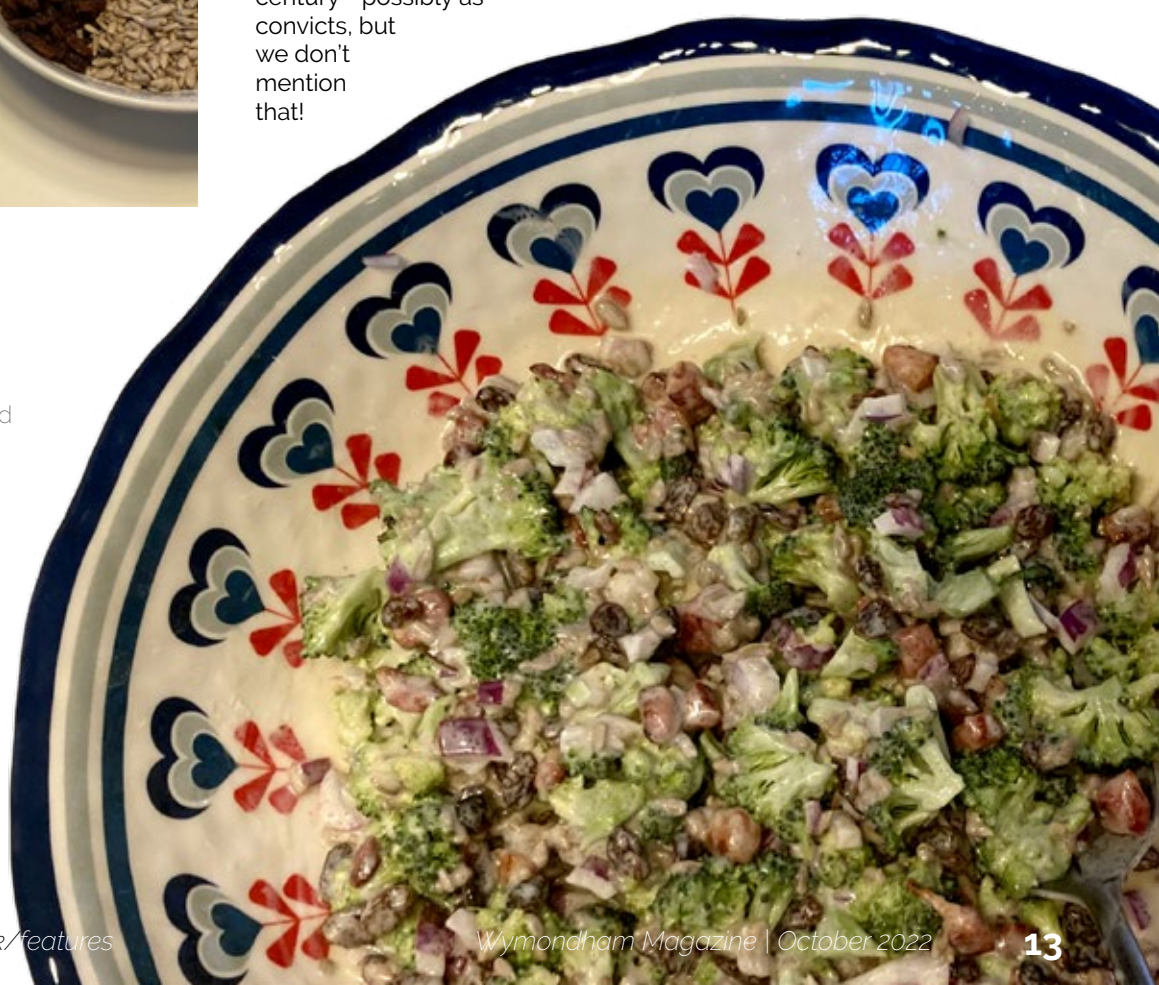
My father's people arrived more recently when they emigrated from England to New York at the turn of the 20th century. Both branches of the family were of English/German origin.

I'd like to share some recipes with you from both sides of my family, beginning with a summer salad. You can of course have this salad at any time of year.

Serves however many people eat it or come back for more!

Method

Chop broccoli into florets, and cook bacon until crisp, cool and crumble. Combine broccoli, bacon, onions, raisins, nuts or seeds into a large bowl. Mix the mayo, sugar and vinegar together to form a creamy dressing. Add the dressing to the bowl with a smidge of bacon fat (you can of course leave this out) and mix well. Chill for at least an hour. Stir every once in a while to make sure the dressing has a chance to soak into everything before it is served.





By **Neville Cameron**

My name is Neville Cameron and I walk around Wymondham whilst photographing where I've been. But why?

In July 2021 I was 25.5 stones in weight with severe health issues including diabetes but hey, I was happy enough. I'd had a few trips and falls but that just meant I needed more treats to make me feel better.

Anything would do, so long as there was a lot of it and it was sweet. A massive bar of Cadbury's Fruit and Nut, because the fruit and nuts made it healthy (no I'm not joking), a box of cakes, anything.

On an off chance, I had my blood pressure taken by the nurse at the doctor's surgery and she said, "your blood pressure is very high".

So what? I'd just walked from the car, so it would be high, was my reaction. A short while later we were on our way to Morrisons, in the car of course when my straight talking GP Contacted me on my iPhone. He said, "your blood pressure's through the roof and isn't helping your Diabetes. You need to diet, which is very difficult I know with all your medication and you need exercise".

I replied, "but my knees and both my hips hurt so I can't do much."

Slashing away my smirking attitude he added sharply. "Well done then Mr Cameron, I'll give you

one month to live!"

I was totally gobsmacked. It felt like my lips had been superglued together as I dropped the phone. As I crawled out from the fog he'd made my life, I said to my very supportive wife: "Right I'm cutting my breakfast from 8 Weetabix to 4, I'm not having lunch and I'm cutting my dinner down by half. I'm also going to start walking every day."

She replied, "I'm so glad, I've been warning you of this for years but you wouldn't listen! Anyway I'll make sure you..."

I stopped her mid sentence, "I've got to do this myself."

"But you'll..."

I interrupted again. "There's only one way to do this, that's if I do it my way and I'm going to start right now with a long walk!"

That was it. The shoes were on and I was walking, thinking, "yeah! I'll do a mile today then..."

All of a sudden my knees and hips froze in pain as I grasped a wall, my eyes were flashing bright white then blurry black blobs. I felt terrible, but I carried on thinking, "one month, one month."

Turning for home it turned out I'd only actually walked around 322 metres and I was hanging onto the wall outside our back door. I wasn't just breathing heavily, I was gasping for air wondering if my heart was leaving my chest.

That was it, I'd started walking and dieting. After a very painful, hyperventilating, hungry 7 days, I was losing weight, I was actually walking under a mile per day, my breathing wasn't too severe the only horrid thing left was my profuse sweating, I mean I was soaked with the stuff.

I was convinced that Yvonne and others wouldn't believe how far I'd walked and found the answer in my trouser pocket. My iPhone. I started taking pictures of my daily sedentary walk on the same route, but realised if I showed people the same route continuously they might think I wasn't doing it at all.

My routes changed as did the locations, people got to recognising me

saying hello, it was warming and nice. Yvonne commented on my pictures saying how much she liked them and suggested I post some. From there an idea came from a small spark into what is now a small inferno.

I contacted Love Wymondham (a local Facebook group I use) with an idea. I asked, "if I do some walks, photographing where I'd been with directions and thoughts surrounding the walk, would they put them on their group?"

They responded with a resounding, "yes".

*"Well done
Mr Cameron,
I'll give you one
month to live!"*

So that was it, Love Wymondham members have nurtured and helped me, indeed still help me to do what I love. Walking mainly around Wymondham taking photographs as I go, whether it's down by The Tiffey or as far out as our historic Ketts Oak.

I've been called The Wymondham walker, cameraman (a play on my surname), inspirational, even a legend. Apparently I've helped people on their journey, whether it's walking, running or whatever. Everywhere I go in Wymondham I seem to b e

recognised, stopped for a chat or simply a cheery hello. It's great for a man with no real friends. Having aspirations to help others, however possible, turned me into a recognised popular person.

I do find talking face to face hard, but people just take me as I am and I can truly say now I've actually got some brilliant friends for which I'm eternally grateful. It's because of my many followers that I've managed to carry on. The stats are as follows: weight lost? Now I'm 20 stone meaning I've lost 5st 7Lb. I walked 6.5 miles for charity and I'm a very happy, very lucky 65 year old man.

Unfortunately this year I went down with life threatening pneumonia twice and am a lucky survivor. With pneumonia I contracted life threatening sepsis (blood poisoning) twice with the need for a big life saving operation.

I've fairly recently broken my lower leg, displaced my ankle greatly, did a job on my ligaments all with severe blisters as a complication. Now the screws that are holding it together have snapped where they pass between the bones making the whole pain thing awful.

In short, I've had a lot of time off. My fantastic Wymondham followers have been great offering all sorts of help and support, it's been jaw droppingly amazing.

So why am I writing this piece for Wymondham Magazine?

It's simple really. I'm starting afresh and feel it may help people in some way. I intend to write follow-on pieces with pictures of our great town, very often from angles you've never seen before as I do find some remarkable places to photograph with my new point and shoot summer and winter cameras. I've added a selection of my work and I hope you enjoy them as much as I have enjoyed taking them.

I fully intend to carry on with Love Wymondham as they've been amazing and are an amazing group.

At Wymondham Abbey and at the Wymondham Town Council office, books of condolence were signed by hundreds of local people. The Mayor of Wymondham, Cllr Kevin Hurn, read out the proclamation of the King to the people of Wymondham on Sunday 11th September 2022 in the Market Place. Along with flags around the country, the union flags in Wymondham were lowered to half mast until the morning after Queen Elizabeth II's funeral.



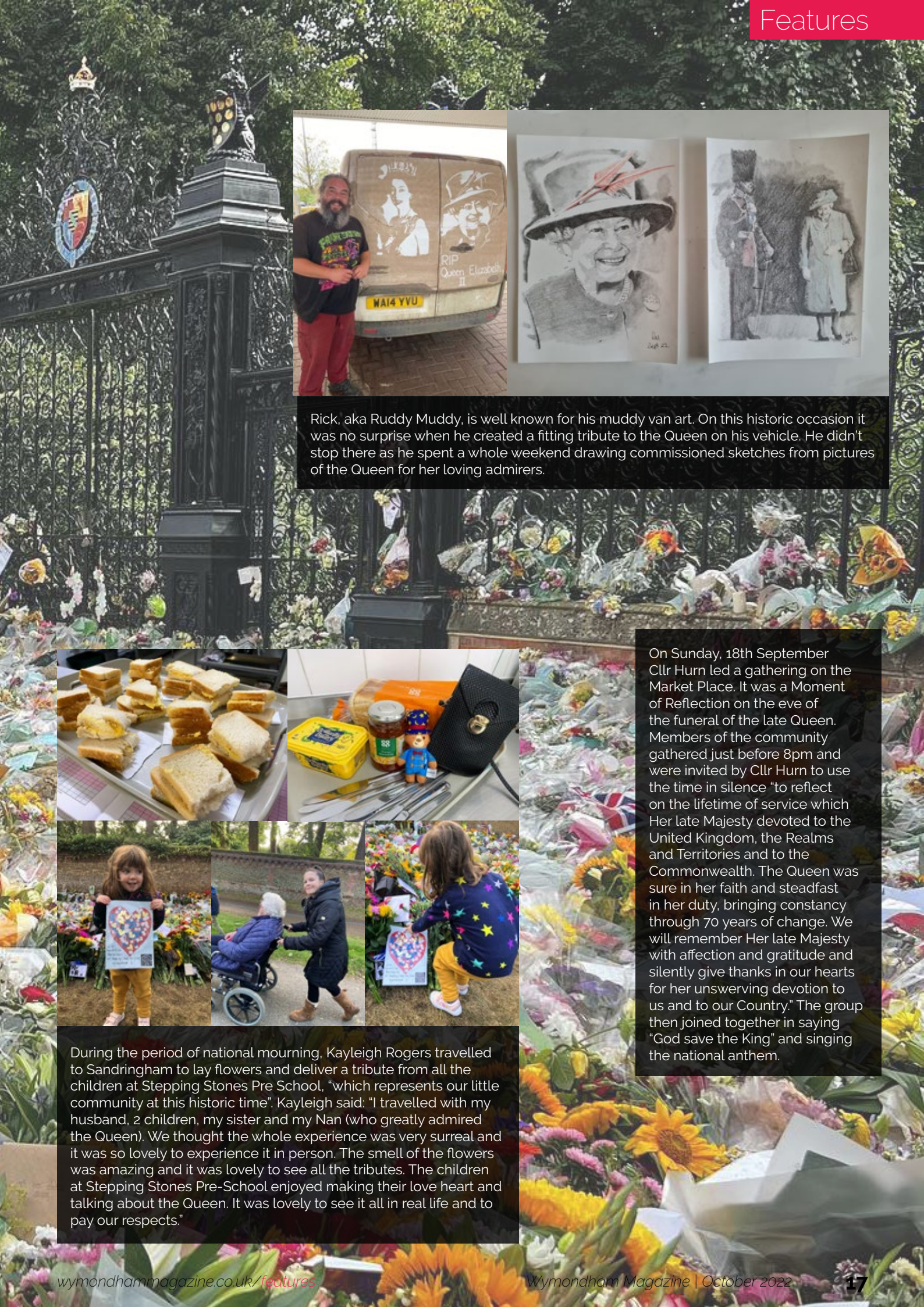
A TOWN PAYS TRIBUTE

HM Queen Elizabeth II 1926 - 2022

Nicky O'Grady from The Enchanted Willow also made the journey to the Queen's West Norfolk estate and took the main photo background of this page: "Wow, what a humbling experience. We visited Sandringham today and laid some flowers and to pay our respects. It was quite spectacular and full of colour, the tributes really hit home how loved our Queen was. Being a florist I have got kind of immune to the smell of flowers but walking along the gates it really was a beautiful smell, I'm really glad we took the time out as a family to make sure we took this moment in."



Former Vice-Chair of the Ex-Service's Social Club, Fred Squires, paid his respects in person with a silent salute during the late Queen's lying in state. He had set off from Wymondham at 7am and joined The Queue. He told BBC Look East: "She was the best in the world, everybody around the world loved her." It was very moving to see my Queen, for the last time unfortunately. She was the greatest."



Rick, aka Ruddy Muddy, is well known for his muddy van art. On this historic occasion it was no surprise when he created a fitting tribute to the Queen on his vehicle. He didn't stop there as he spent a whole weekend drawing commissioned sketches from pictures of the Queen for her loving admirers.



On Sunday, 18th September Cllr Hurn led a gathering on the Market Place. It was a Moment of Reflection on the eve of the funeral of the late Queen. Members of the community gathered just before 8pm and were invited by Cllr Hurn to use the time in silence "to reflect on the lifetime of service which Her late Majesty devoted to the United Kingdom, the Realms and Territories and to the Commonwealth. The Queen was sure in her faith and steadfast in her duty, bringing constancy through 70 years of change. We will remember Her late Majesty with affection and gratitude and silently give thanks in our hearts for her unswerving devotion to us and to our Country." The group then joined together in saying "God save the King" and singing the national anthem.

During the period of national mourning, Kayleigh Rogers travelled to Sandringham to lay flowers and deliver a tribute from all the children at Stepping Stones Pre School, "which represents our little community at this historic time". Kayleigh said: "I travelled with my husband, 2 children, my sister and my Nan (who greatly admired the Queen). We thought the whole experience was very surreal and it was so lovely to experience it in person. The smell of the flowers was amazing and it was lovely to see all the tributes. The children at Stepping Stones Pre-School enjoyed making their love heart and talking about the Queen. It was lovely to see it all in real life and to pay our respects."



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Achieving Together

Downsizing?

MOVING TO A NEW HOME, NOT OUT OF ONE!

Advertorial

By [Rebecca Mills](#), EweMove Wymondham

There are many reasons for downsizing. Whether it be to move to a more efficient space, release equity, a change in relationship, lower upkeep costs or to prepare for the future, the concept can be easier to envision than to action. Getting from A to B on this journey can be highly time consuming, uncertain, and challenging. So, where should you start?

Firstly, with a positive mindset and a good understanding of your WHY, WHAT, WHERE, WHEN! Knowing your 'why' must be the focal point of moving into your new home, not out of one. Concentrate on the benefits of change and what you want this move to bring. The bigger picture should make sense and will more often than not entail a range of indirect benefits to look forward to.

Once your 'why' is determined, the 'what' and 'where' will become more apparent. It's always a good idea to reach out to close friends and family to gauge their thoughts. Bouncing ideas with others can help you acknowledge your priorities, explore different options, and plan for the journey ahead. Sometimes simply speaking the words

can fuel more thoughts and a clearer picture.

Regardless of why, downsizing requires much organisation, and at times ruthless decision-making when it comes to belongings. Getting started early is essential – you will have plenty of other tasks to fulfil later, especially if your move involves selling. To minimise how daunting this task may be, consider implementing organisational methods such as 'One-a-Day', 'KonMari' and 'Closet Hanger'. If an item no longer sparks joy, it likely has no place in your home. Try a simple challenge of emptying one room, can you live without that storage, that space and that function?

There is a balance to making such decisions: rash conclusions should be avoided, but likewise, over-thinking can lead to procrastination.

Overall, sometimes the driving force behind the downsize can be a negative, but by concentrating on the excitement of your new home, by preparing a perfect plan and by surrounding yourself with the best people, that negative may just turn out to be the best move you could have made.

If your upcoming move involves selling, you may be interested to know that Ewemove Estate Agents have been awarded Best Sales Agent at the EA Masters 2022 Awards.

To achieve this, we have been assessed on property marketing, service and results amongst 15,000 agents across the country. I am very proud to be a part of such a network and look forward to putting my knowledge and expertise towards achieving your goals.

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WHAT'S IN A PHOTO?

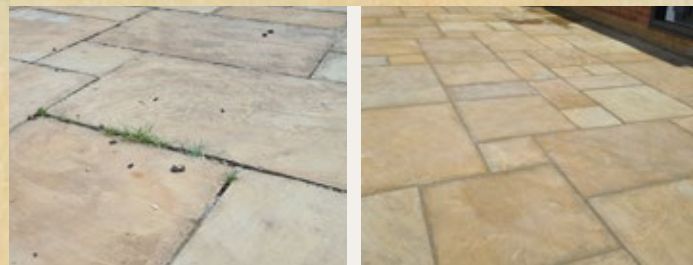
Dawning of the second Elizabethan age

By Philip Yaxley



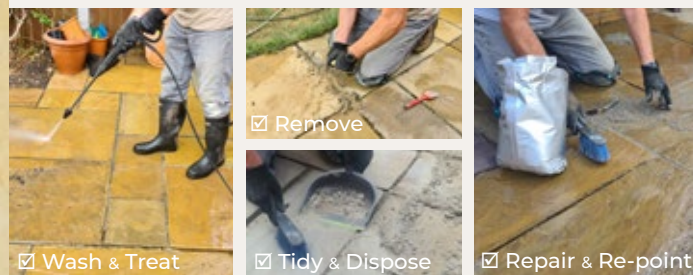
This picture was taken at the dawn of the second Elizabethan Age, which has now come to a close with the sad passing of HM Queen Elizabeth II. It was on Saturday June 6 1953 of Coronation week that children from Wymondham Junior School at Browick Road under the headmaster Mr. W. C. Bradbury and teachers presented colourful historical tableaux drawn from periods through the country's history. The event, which had been postponed from the Wednesday because of the weather, followed the "eighth annual sports" on the King's Head Meadow.

Richard Barham, who hailed from Wymondham but now lives in Old Catton, has helped to identify some of the participants in the picture, which features the tableau of the first Elizabethan Age in Tudor times. In the middle of the front row is Veronica Blake as Good Queen Bess (Elizabeth I), flanked by beefeaters Peter Smith, left, and Keith Lane, while Richard himself, fourth from right in the middle row, is attired as a pedlar. Also in the middle row is Roger Dodman (sixth from left), while among those in the back row are George Bedingfield (far left) and Heather Patrick (third from left), who ten years later was to become Wymondham's carnival queen. Far right in the front row is Barry Chamberlin. Afterwards the children gave a series of recitals before proceeding on lorries on a tour of the town. They would remember this glorious occasion for the rest of their lives.



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YOUR RIGHTS AS A WORKING PARENT

By [June Salmon](#), Senior Associate

As a working parent, juggling childcare, back to school, and work can be difficult, and you might be concerned about managing these commitments. What happens if your child is ill and you have to take a day off, or childcare falls through and you need to pick up your child from school? In this article we look at your rights as a working parent and what you are entitled to receive without compromising your career, normally referred to as dependants leave.

TIME OFF TO LOOK AFTER YOUR CHILD

If you are an employee, you are allowed to take time off for emergencies, for example, if your child is unwell, they cannot attend childcare (for example, if they have something contagious like chickenpox) and you have no childcare.

HOW MUCH TIME OFF CAN YOU GET?

There is no prescribed amount of how much time off you can take to deal with an emergency situation; you are allowed a 'reasonable' amount of time, this is usually considered to be up to two days. However, if you need an extended amount of time off, more than a few hours or days, your employer may request you take the time as part of your holiday allowance or parental leave.

WILL I GET PAID FOR BEING OFF?

Your employer is not obligated to pay you for this time off. It will be a consideration of your contractual entitlement rather than the obligation to pay you due to the statutory right. Therefore, you should check your contract of employment to see if you are entitled to be paid.

PARENTAL LEAVE

Until your child turns 18, you have a right to take parental leave. This time off is generally unpaid unless you have a contractual entitlement to be paid.

IN WHAT SITUATIONS CAN I TAKE PARENTAL LEAVE?

Parents of children under 18 can take unpaid parental leave if you have been with your employer at least a year. You can take parental leave to look after your child and their welfare. Such as looking after them if they are off sick from school, spending more time with them, caring for them during school holidays or settling them into new childcare arrangements.

HOW MUCH PARENTAL LEAVE AM I ENTITLED TO?

Each parent can take up to 18 weeks of leave for each child that can be taken up until their 18th birthday. You can take up to four weeks per year, and the time has to be taken in blocks of at least a week at a time, rather than individual days. Parents taking parental leave for a disabled child (who is entitled to Disability Living Allowance or Personal Independence Payment) can

take it in blocks of a day.

One thing to note is that your parental leave applies to your child, not your job. For example, if you get a new job, you do not revert back to your full parental leave entitlement, anything you have taken in your old job will remain deducted from your total 18 weeks per child.

FLEXIBLE WORKING

All employees have a right to request flexible working. However, it may be particularly useful for working parents.

WHAT IS FLEXIBLE WORKING?

Flexible working is working in a way that suits you as an employee, this might be reducing your hours to spend more time with your children, working from home or making your start and finish times more flexible to work around childcare.

Your employer must consider all flexible working requests, and they must deal with them in a 'reasonable manner'. If they refuse the request, they must write to you and provide business reasons for declining your request. If your employer unreasonably declines your request you can take this further to an employment tribunal, and you may wish to seek legal advice from an employment law expert before taking this step.

If you would like to discuss any points in this article further, either as an employer or as an employee, please contact Spire Solicitors LLP on 01953 60635.

STAR THROWERS OPENS DOORS TO NEW TREASURE TROVE

By Sara White

Star Throwers opened their doors to a new retail shop on Tuesday, 20th September 2022. The second retail outlet, named Star Throwers 'Treasure Trove', is based at the charity's main centre (30 Melton Road, Wymondham, NR18 0DB).

The new shop, a 40ft shipping container conversion, provides customers with something a 'little extra' to the main shop in Middleton Street, including small pieces of furniture, vintage clothing, and electrical items for sale, in addition to other pre-loved treasures and new donations. In preparation of the shop opening, over 90 electrical items were PAT tested ready to go on display.

The new retail outlet will create additional revenue for Star Throwers to continue to provide free cancer support services.

Star Throwers Retail Shop Manager, Helen Spicer said: "I am very excited to be given this opportunity to raise even more funds for our charity. Local people have been very generous with donations and it's an ideal way to sell some of our larger items we cannot always find space for in our Middleton Street shop".

Star Throwers would like to thank its long-standing corporate sponsor, Pilgrim's Food Masters for the very generous donation of the shipping container, Norwich Crown Decorating Centre for the donation of paint and supplies, as well as our contractors: Wymondham Windows and Portable Space.

Please check social media and our website for opening hours as these may change whilst finalising staff and volunteer hours. You can also look out for our open sign on the roadside Star Throwers signage at 30 Melton Road.

What donations we're able to accept:

Star Throwers – Treasure Trove (30 Melton Road, Wymondham, NR18 0DB) T: 01953 425699 - We can accept donations of small furniture (no sofas) and electrical items at Melton Road only.

Both Shops:

Star Throwers - (30 Melton Road, Wymondham, NR18 0DB and

Star Throwers - (Middleton Street, Wymondham, NR18 0DP. T: 01953 423304)

Good quality clean clothing and shoes, bags, and accessories, jewellery, books, Music (CDs, vinyl, DVDs, Blu-rays, musical instruments, and sheet music), Homewares: china, kitchenware, ornaments, pictures, collectables, blankets, throws and curtains, toys and games, wedding dresses and accessories, coins, and collectables.

Contact: Sara White, Fundraising Administrator

01953 423304 or email sara@starthrowers.org.uk

YOUNG FARMERS' DIARY



By Ezara-Mai Downes

Wymondham Young Farmers had a successful new members night in late September. We took part in lots of games and activities from hungry hippos to messy food challenges where everyone got stuck in. We are looking forward to our next meeting on 3rd October where we can again get to know any new faces. This month we also have our charity car wash on Saturday 8th October from 10-3 at toilets+ in Wymondham. We hope this will be a great opportunity for members to give their time to raise money for our fantastic cause this year! So if your car is in need of a wash, come and see us on the 8th!



LOCAL PLAYERS BACK IN ACTION

By Frances Harrod

Rehearsals are well underway for Wymondham Players next production of "Murdered To Death", A hilarious comedy by Peter Gordon. Set in the 1930s, with a country house, a gun, a local lady amateur sleuth and a bumbling policeman. What could possibly go wrong?

The first in the 'Inspector Pratt' trilogy of spoofs of the Agatha Christie 'whodunnit' genre.

The play introduces the inept and bumbling Inspector Pratt, who battles the odds and his own incompetence to solve the murder of the house's owner. It soon becomes clear that the murderer isn't finished yet: will the miscreant



be unmasked before everyone else has met their doom or will the audience die laughing first!

The performances will take place at Wymondham Central Hall 16th to 19th November. Tickets will be on sale from the 1st October. Visit www.wymondhamplayers.org.uk for all the details.

LAST MONTH OF MUSEUM SEASON

By Neil Haverson

October already! As usual we're saying: "Where has summer gone?" even though it was long and hot. But it seems suddenly we're into autumn, and that means there's just one month left this year to visit Wymondham Heritage Museum.

Yes, on October 29th, the closed signs go up in The Damgate Grocery Stores and The little Dustpan, the ironmongers, the recreated shops.. The rumbling Gane machine in the Brushroom that inserts the bristles into the stock will fall silent. The curtain will come down on the Regal Cinema display and the family incarcerated in the dungeon, will be locked away for the winter with only their resident rat for company.

The cell doors to the ancient prison cells will slam shut and the colourful courtyard garden will disappear under its winter cloak.

So don't miss out on the opportunity to see these and the museums many other fascinating examples of the town's history. In addition there's a selection of books on sale about Wymondham and its history. Publications include the story of Robert Kett, the Market Cross and of course, the Bridewell itself. These will make ideal reading for those dark winter nights.

You may like to buy a souvenir from the museum's shop. How about a pen so you're ready to write your Christmas cards? A Wymondham mug for your coffee while you read how Robert Kett organised the rebels. A tea towel for when you've washed up your mug. And you'll be helping to support the museum.

Make a date now to visit the museum. Don't forget it's open for half term so bring the children along. See if they can turn the crank. The prisoners had to do it to earn their food. Get your young charges to do it to earn a tasty snack in The Bridewell Tearoom.

If you really can't make it, add a note to your to do list; "Visit Wymondham Heritage Museum in 2023".

"Wymondham Heritage Museum is open daily until October 29th 1pm to 4pm; The Bridewell Tearoom is open 1pm to 4pm Monday to Friday. More information at thewhm.org.uk

Right: Incarcerated family in the museum's dungeon



HERITAGE OPEN DAY SUCCESS

With free entry, the museum welcomed more than 90 visitors on Heritage Open day. The Bridewell was buzzing with enthusiasm as old and young alike discovered just how much there is to see and do at the museum.

The Tearoom did a roaring trade with its homemade scones plus mouth-watering lemon drizzle and coffee sponges.

There were regular talks on the Brushroom, which showcases the town's once major brush making industry, while in the sunny courtyard garden there were talks on the history of the Bridewell and what life was like for the prisoners. One visitor commented on the museum's Facebook page: "Very interesting talk in the lovely garden, could have listened to the lady all afternoon!"

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WYMONDHAM WINE GROUP GETS OFF TO FIZZING START

By Colin Harvey

The newly formed Wymondham Wine Group had its first tasting session on 20th September at the North Wymondham Community Centre. The theme for the evening was Award Winning Wines, selected from the Decanter Magazine 2022 International Wine Awards, and all readily available from retailers in the Wymondham area. A highly entertaining evening ensued as Colin and Fiona introduced four white wines and four red wines from across the globe, including France, New Zealand and Argentina. Some wines were well known, such as Champagne and Rioja, but others were definitely off the beaten track - Falanghina anybody? (It's from the Campania region of Italy, near Napoli).

At the end of a highly enjoyable evening, the attendees voted for their favourite and best value wines and the

overall winner was a wine from Saumur in the Loire valley in France, made from a grape called Cabernet Franc. It is called Les Nivieres and is available locally in Waitrose, and interestingly was the second cheapest wine on show!

Here's what the group said about the tasting:

"As an absolute beginner, it was very informative and an excellent selection of wines. Roll on the next tasting".

"Very enjoyable and sociable evening".

"Colin and Fiona are very good teachers for all levels of those who enjoy wine".

"Educational, enlightening and very enjoyable and can't wait for the next



one".

The next meeting of this not for profit group is on Tuesday 18 October. The theme will be Wines from South Africa and if you'd like to join us please contact Colin Harvey to book a place. The price will be £15 per person. Colin.Harvey237@icloud.com

NOT FOR PROFIT LAW

Community Interest Company

Not for Profit Law is a social enterprise founded by two local solicitors, **Laura van Ree** and **Trina Worden**, who have more than 30 years' experience between them. Prompted by their experiences of the Covid-19 pandemic, **Laura** and **Trina** have resolved to 'do law differently'. Through **Not for Profit Law** they offer expert legal advice at lower rates than traditional law firms, partnering with **Norfolk Community Foundation** to feed the profits they make back into the local community.

FREE WILL REVIEW

Changes in the law and tax system can mean that a will made just a few years ago might not perform as you expect. Laura and Trina will happily look at your will and make suggestions about potential changes that might benefit you. It may be that you don't need to do anything, but it is certainly worth checking!

FREE PROBATE ADVICE

There can be a lot to think about when someone dies, at what is almost certainly an emotional time. For that reason, Laura and Trina offer a free initial probate advice service to anyone who has lost a loved one or is dealing with an estate.

Also advising on **Powers of Attorney**, **Court of Protection** and **Trusts**.

We aim to be flexible, offering meetings online, in offices in Norwich or at your home. Evening and weekend appointments are available on request.



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CHANGES AFOOT AT SOUTH NORFOLK RADIO

By David Mann

Nationally, we've recently seen a period of great change, with a new Monarch, a new Government and certainly big changes in the weather. "South Norfolk Radio has been undergoing some changes too" says Chair of the Wymondham-based not-for-profit Community Interest Company Anthony Woods.

"We've said reluctant goodbyes to long-standing presenters Sophie Garrod (The Sophie Sessions) and Johnnie Dalton (Music Forever, Forever Music) both of whom were finding it increasingly difficult to fit in radio with their other interests" explains Anthony. "But we've also welcomed new recruit DJ Harry (Harry Holmes) and we're also hoping for a return from Matty T, one of our former presenters from our time as Radio Wymondham".

"I can honestly say that I like music of all sorts really" says new recruit Harry, "and you'll hear all types across my two new shows on South Norfolk Radio. It's the Dance music that's in focus of course on my Saturday Night show Dancemania (Saturdays 7-10pm), while there's a wider range in DJ Harry's Year Of Music (Thursdays 8-10pm) where I pick a year each week and play songs from that year from all the genres that were popular at the time (and still are!). So the list can include rock, pop, dance, house, and more" says Harry.

Harry has previously been heard on Norwich's Future Radio but, away from the microphone, he is also a bit of a transport enthusiast, enjoying spending time with his camera at the viewing area at RAF Lakenheath and taking photos of buses too. And, like a number of other SNR presenters, he's a supporter of Norwich City Football Club.

Meanwhile, SNR regular Hannah Young has added to her responsibilities at the radio station by taking on an extra programme. "As well as The Lust for Life Show (Thursdays at Midday), I'm also doing a new show between 7 and 8pm on Fridays called Lust for Life - Funked Up. Tune in then for a perfect mix of funk and groove from disco to house via trip hop and pop. As long as the beat is funky, it gets on the set list" explains Hannah.

"It's great that we really do have such a wide range of specialist music programmes on the station now" says SNR Chair Anthony "but there is always room for more - and for speech-based programming too".

You'll find full details of all South Norfolk Radio's programmes on the station's website at www.snradio.uk. You can keep up to date through SNR's social media (the station is on Facebook, Instagram and Twitter) and during live shows you can use WhatsApp to send a text message



New recruit: Harry Holmes

to the presenter directly in the studio and there's a QR Code for this on the website. But if you're more old-school, the number is 01603 863097 so you can easily add the station to your WhatsApp contacts.

If you'd like to contribute to helping keep the volunteer-run station on the air, then why not join as a South Norfolk Radio member (you don't have to broadcast if your skills lay elsewhere!) or you could support the enterprise 'local business to local business' with one of the station's keenly-priced advertising packages. Contact the radio station at info@snradio.uk or fill in your details on the Recruitment Tab on the website at www.snradio.uk.

South Norfolk Radio broadcasts on DAB+ in Norwich and is also available across many parts of South Norfolk, but if you're having trouble finding the station there, remember that if you've got internet, you can listen 24/7 online through the website and a dedicated smartphone player, and on Alexa and other smart speaker devices.

GARDENS FOR US & THEM - WYNG TALK BY IAN BEDFORD

By Nicola Cooke

Wymondham Nature Group (WyNG), the local members' group of Norfolk Wildlife Trust, continues its Autumn programme of indoor talks at Town Green Community Centre, NR18 0PW (next to Wymondham Methodist Church) on Thursday 13th October at 7:30 pm, with an illustrated talk by Dr Ian Bedford on 'Gardens for Us & Them'. Global warming and climate change are affecting natural ecosystems throughout the world. This includes those in Britain, despite around 35% of its land mass being protected within National Parks and Nature Reserves. However, many projects are running that aim to connect these

protected areas so that the wildlife within them doesn't suffer the effects of geographic isolation. To support this, we can all use our home gardens as valuable stepping stones for the wildlife to move between the protected nature reserves. This talk explains some of the very easy things we can all do to help achieve this, for us and the future generations of our population and Britain's wildlife.

All welcome - admission £2 - further details from Ann Carpenter on 01508 488337.

<https://www.facebook.com/WymondhamNatureGroup/>

COMPETE IN TEAMS OF 4-6, £24 PER TEAM ENTRY. EMAIL: WYMRSG@GMAIL.COM OR CALL 01603 810494

GATHER THE GANG AND GET COMPETITIVE!

FUN CHARITY QUIZ NIGHT

Form a group of 6 and get ready to battle it out. All profits go to local charities.

Wymondham Rotary Satellite Group

7th October | 7:30 PM
Central Hall Wymondham

AUTUMN CONCERT PREPARATIONS FOR SYMPHONY ORCHESTRA

By Nicola Cooke

After a very successful Summer Concert given in St. Peter Mancroft Church, Norwich, the orchestra is back together rehearsing a wonderful selection of music for the Autumn Concert on November 26th. The concert is entitled 'Influences' as it features two major British composers who were strongly influenced by folk music. The most famous is Ralph Vaughan Williams, whose 150th Anniversary is being celebrated this year. He was a great collector of English folk songs and much of his music is influenced by traditional songs, particularly from Norfolk, Sussex and Surrey. The programme will consist of two of the movements from the orchestral suite *The Wasps*, the popular 'buzzing' Overture and March of the Kitchen

Utensils. This will be followed by *Fantasia on Greensleeves*, a four minute exquisite miniature inspired by the famous song, and finally, one of Vaughan Williams's most popular and exuberant works, *The Tuba Concerto*, performed by our regular tuba player, Mark Peck. No doubt some of you may have heard it played at the Proms this year.

The second half of the concert will be dedicated to a performance of Charles Villiers Stanford's *Symphony No 3, 'The Irish'*, first performed in 1887, which enjoyed immediate success. Like Vaughan Williams he was influenced by his Irish heritage of folksong and mysticism. Apparently he was invited

to conduct the work by the Norwich and Leeds Festivals soon after its first performance.

The concert takes place in Central Hall on Saturday November 26th 2022 at 7:30pm.

We are very much looking forward to seeing you all. Tickets will be available on the door and through our website, wymondhamsymphonyorchestra.org.uk at a cost of £13 (£11 Friends of the WSO) and entry for children is free.



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Photo: wymms.org.uk

YOUTH MUSIC SOCIETY

By Linda White

We may be 34 years old but our membership is as young and as enterprising as ever!

The Wymondham Youth Music Society rehearses on Thursdays at Wymondham Rugby Club. From 6pm-7pm, Junior Strings welcomes beginners up to Grade 3+. The present group includes violas, cellos and violins.

From 7:15-9pm, Senior Ensemble welcomes players from Grade 4 upwards to Grade 8+. Any Orchestral instrument can find a place in this group. Fees are £45 termly.

Perhaps you'd like to visit us before making up your mind? If so, please get in touch with Linda White (Secretary) on 01953 529 158 or mrsjlwhite@gmail.com.

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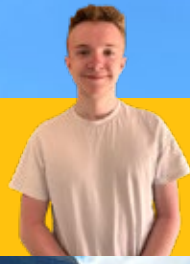
Wymondham Magazine | October 2022

wymondhammagazine.co.uk/community

END OF AN ERA



THE
LOWE
DOWN



With Freddy Lowe

In a classic scene from the 1989 comedy *When Harry Met Sally*, the titular Harry reveals that he once asked his ditsy girlfriend where she was when Kennedy was shot, to which she responded, "Ted Kennedy was shot?"

It is one of those golden-oldie cinema moments that never fail to make you laugh when you remember it at inappropriate moments. (Though I admit it maybe works better on screen than on paper.)

It highlights – and I suspect quite accurately – that many people are not nearly as in the loop with current affairs as we would instinctively imagine. The subject of the joke (the question, "where were you when __ died") also intrigues me. Excluding Caroline Flack's death (I was on the living room sofa, in the evening, following an episode of ITV's *Poirot*), it's a question I would be incapable of answering. I would remember my reaction to the news and possibly some opinions on their life, not my geographical coordinates. Nevertheless, it is touching to think that some public figures mean enough to people that their deaths would instil an irrevocable memory of the moment. John F. Kennedy is of course the principal example of the "where were you" question, though I have also heard it applied to Princess Diana.

This cinema skit and general musing on the legacy of high-profile figures were of course brought to my mind by the death of Queen Elizabeth II (I remember this one: dinner table, early evening, the night before leaving for university). Despite my generation's often polarised opinions on the monarchy, few could deny the significance of Queen Elizabeth's legacy. The appraisal of her as "a stable force in turbulent times" is perhaps well-founded. She was, after all, the common denominator uniting the Royal Family's otherwise vastly different array of characters. And that is a valuable feat. I've been particularly close to the Queen – not figuratively but geographically – because I recently moved to Edinburgh and was, by chance, present for the Royal Mile display. The lesson I took away from it was a personal 'note-to-self' to always check the exact details of events. Upon my arrival, I

was mildly surprised when the coffin-bearing car went down the Mile at a speed not uncommon among vehicles with blaring sirens, forcing the poised phone cameras to whip around in a swift 180-degree turn. The general ambience wasn't so much "pay-your-respects" as "oh wow, that was it?" I only realised later that the real attraction was the day after, when the Queen's car did in fact drive more slowly through the crowds. What I had witnessed the previous day was probably the driver's understandably swift journey to the Queen's evening accommodation. (The irony was that I was at a university Welcome Talk the day after and didn't even see the real thing.)

"Despite my generation's often polarised opinions on the monarchy, few could deny the significance of Queen Elizabeth's legacy."

Speaking of university, these few weeks are not just pivotal regarding monarchical history, but also in the lives of A-Level Class of 2022 (or Class of Covid, which arguably better reflects our more recent school experiences). Many of us now prepare to uproot our lives and move away to university/degree apprenticeships/gap years/paid work... I'm sure there are other cool options that I'm not aware of. This is in the aftermath of Results' Day, which almost merits a whole article in itself. "Prepare for disappointment." "Biggest ever drop in top grades." "Education watchdogs warn of highest number of university rejections." "Even the brightest students will struggle." Those are a few charming samples of headlines prior to the day, which naturally did not overjoy those of us sitting at home only just recovering from post-exam fatigue. (A member of my family speculatively remarked, "whoever bluntly wrote 'prepare for disappointment' clearly doesn't have children!")

The headlines weren't entirely

wrong. They were very right in saying that it has been difficult times for school pupils, and some poor people definitely came out unfairly. Despite that (and I must stress I can only speak for Wymondham High), the ambience of the day was anything but the 'disappointment' we were subtly advised to prepare for. The significant majority did far better than they had thought and got into their top choice for next year. Even those dealt unfair hands were, to my knowledge, able to find solutions that didn't differ much – if at all – from their original intentions. Either this is an unspoken truth among many schools or Wymondham High simply did spectacularly, but either way it speaks volumes on how phenomenal our local state school is.

The weeks between Results' Day and the new academic year were wild. I've never been invited to so many consecutive parties in my life. Either everyone was having birthdays, or they simply fancied a blast. I confess to being useless at night parties with lots of music and occasional alcohol. I did nonetheless learn a lot of lessons they don't teach you in school. One was not to interfere with the playlist if you don't wish for the drunk wrath of your host. Another was that if you're driving someone home in your parents' car, intervene when they declare their intention to drink twenty nausea-inducing vodka shots!

However, with results now over, the original class who got their GCSEs cancelled by a pandemic have finally moved on from school. And despite the complicated loopholes of night-time raves, it feels pretty good.

(P.S. A huge benefit of contributing to Wymondham Magazine is feedback from regular supporters. Thank you very much to those who glance over my column, and especially to those who have contacted me afterwards. I feel privileged to play a small part in helping this magazine thrive. I'd particularly like to thank one girl from school – she knows who she is – who often texts me with her thoughts after reading. She is starting Year 10 now and is one of the nicest, most unpretentious, gifted people around. So in a tribute to you, thank you and good luck!)

Guest Column

FROM MY PERSPECTIVE



By Joe Barrett, South Norfolk Green Party

Wymondham is a town likely to experience massive growth. Sitting along the Norwich-Cambridge tech corridor, we will be a prime spot for new residents looking for a country home with city pay. Convenience will be expected, as city dwellers are used to 24/7 service. I know this, having spent three years away from my home in Norfolk, living in Cambridge.

I am grateful that I recognised Wymondham's traditional and ecological beauty, finding more meaningful value in the town's character than I did in the unhealthy convenience of 24-hour life. Having the opportunity to switch off rather than be kept awake by neon lights and revellers making their way home at 3AM. was a godsend, giving me the chance to sleep without interruption. Well, almost without interruption...

Times have been changing, not just in Wymondham but on every level of society. We are all being impacted by changes in income, affordability, head of state, international relations, domestic policy, and more. That's why it's vital to insist on high standards rather than resorting to self-defeating solutions that undermine the future. I believe that focusing on sustainability is core to making the most of the many opportunities we have and that any investments must respect the environment in which they are made.

This is why we must protect the historical integrity of Wymondham as a market town. Bowing down to one-sided investments is a mistake. As a town, we have a powerful position, so accepting deals from investors that fail to appreciate the area's natural and historical beauty is nothing short of negligent. At the same time, developers profit from sub-standard homes, and we are left to pick up the bill. Isn't it about time we start taking a hard-nosed approach with would-be investors who want to change the very fabric of our home?

In a fairer, greener society, we should strive for the energy-efficient homes we deserve. We do not need to accept substandard building quality in new builds. We do not need to accept that generic chains will replace local businesses. We do not need to accept the rhetoric that investment requires us to make sacrifices. Let's stand together as a community to achieve what's best for ourselves and each other.

These people are approaching us; we are not approaching them. It is our prerogative to stand up against the housing developers and demand that they put the same effort into building their houses as we do in maintaining our homes. Wymondham deserves better than cowboy developers and dodgy dealings.

Change is possible, and groups are already working to protect and enhance your home. The South Norfolk Green Party is one of them.

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FOOTBALL AGAINST DEMENTIA

By *Mick Money*

On Sunday 25th September, nearly 60 ex-professional and local footballers played in a match at Carrow Road in aid of Football against Dementia.

The match was in memory of Paul Chick, who died after suffering from dementia, and Ken Brown's Norwich City side that won the Milk Cup in 1985 (many of whom are also now suffering with dementia).

Many former professional footballers such as Peter Bonetti, Sir Bobby Charlton, Billy McNeil, Martin Peters, Nobby Stiles, Duncan Forbes and Mike Sutton are fighting or have sadly lost their lives to Dementia.



Mick Money as the teams came out

In 2021, Football Against Dementia organised a memorial football game for Mike Sutton (Father Ambassador Chris Sutton) to raise awareness of the disease and bring medical professionals together with footballers and others to try and help and guide people through the 'Dementia Journey'.

Many local footballers are also suffering or have this terrible illness. Mick Money of Moneyproperties, who also played in Sunday's match at Carrow Road said: "Those of us who played football when we did all live in fear of dementia especially those of us who played as a striker or as a centre half, as we spent most of our time on the football pitch heading the football."



Sunday's football match was a real opportunity for the charity "Football against dementia" to raise awareness and raise money for this good cause. The afternoon started at 1:30pm when the Norwich City Milk Cup winning side turned up at Carrow Road on an open top bus with the cup.

A good crowd were there to welcome their Norwich City legends and get photographs and autographs.

Ken Brown's Legends ran out 4-3 victors over Paul Chick's all stars, with Grant Holt, Ruel Fox and Ryan Jarvis all getting on the scoresheet.

Over 2,000 supporters attended the game which was held at Carrow Road, after Norwich City opened their stadium up to Football against Dementia.

Canaries legends from a host of eras returned to NR1 to play in the fixture - including Ruel Fox, Dave Watson, Chris Sutton, Robert Fleck, Grant Holt and Mike Milligan.

Others, such as Ian Butterworth, Kevin Drinkell, Keith Robson and John Deehan, watched on from the stands.

Wymondham's Mick Money who played for Paul Chick's All Stars added: "It was a brilliant day. I was nominated as captain of our side and was meant to take the penalty, but thought it would be a fitting tribute to give it to Paul Chick's son Stephen who dispatched the penalty and made it a truly memorable day."

There was a dinner afterwards in the Gunn Club where many ex Norwich City footballers and local players talked about their battle with dementia.

If you would like to donate to this great cause follow this link:

https://localgiving.org/charity/FootballAgainst-Dementia/project/Kenbrownslegendsvpaulchickall-stars/?fbclid=IwAR1Z8Y1p5_j79EXHcB-w8aoFDT3FplttewQhwWe3QsfDfdget-dDFXCOZ9puM

*Right:
Mick with Grant Holt
after the match*



EXERCISE AFTER A STROKE

According to the World Stroke Association, around 13 million people globally will experience a stroke on some level. Of this around 5 million people at any age, will be left with life changing disabilities.

During the rehabilitation phase post stroke, you will have a therapy package which may include physiotherapists and language therapists for example. At some point though, the care you receive will come to an end, often far too early for many to contemplate what would be possible, given the right environment, the right exercises and the right coach. The residual effects of a stroke may last weeks, years or indefinitely.

A stroke is like a tattoo on the brain, even if removed, the scar remains and the survivor has to adapt to a different way of life.

As a Personal Trainer who has helped many clients who have had strokes on different levels, as well as those with different types of brain injuries, I have found that exercise and fitness can dramatically improve not only the physical ability of the client, but also the mental, social and emotional feeling of positivity it brings.

So what in my opinion are the key areas that can be worked on, that over time will improve the condition of a stroke survivor?

FATIGUE

One of the biggest factors that affects the client is fatigue. This can vary depending on the individual, plus the environment they are in. Whilst the individual wants to carry on post stroke, the body may not be physically able to. Because of this the brain gets tired due to the constant effects of concentration and the desire and drive to do what they have done before. To assist with this, one of the best approaches is to

move and exercise in small manageable chunks, sometimes just a few minutes at a time. Allow plenty of rest to allow the body and mind to recover. Schedule any exercise at the beginning of the day before the individual becomes tired.

SPEECH

Talking requires a lot of effort from the brain and as such will tire you out. Depending on the level of stroke experienced, this will determine the level of how it affects the individual's speech. Simple techniques that can be used are introducing a regular reading schedule. This can be 5 to 10 minutes to start with, increasing as time goes on. At the beginning use books with a larger font and larger line spacing to avoid eye strain. Simple talking is also great for the improvement of speech, but don't make questions too complex and allow time for the individual to respond. Another fun game I like to play is with a pack of cards and simply getting the individual to read out the card as they are turned over one at a time. Remember the brain will want to respond immediately, however the process of application will be delayed. The key thing to remember here is repetition, repetition and repetition.

PHYSICAL

In my opinion, this is the biggest area that needs to be worked on, but be patient as it's a slow process and one you must not get frustrated over. The main areas that may need to be focused on are balance, posture and strength. Simple tasks such as walking and standing up can be really challenging, so basic movements like sitting up straight, standing up from a chair and standing knee raises can help a lot. When walking, take your time,

THE TOWN TRAINER

With **Paul Jewiss**



keep your head and back straight and focus on lifting your feet and knees rather than shuffling across the floor. Walking aids are useful, however I try to minimise their use as it gets the person used to their own balance capabilities and improves confidence.

Working on strength needs to involve the entire body. Legs as we've discussed above but also the use of equipment like light dumbbells and stability balls will help practise a huge variety of exercises to strengthen all the upper body muscles. This in turn will assist with walking and daily tasks that involve supporting your body weight like getting in and out of bed, walking up the stairs and getting out of the car. Finally, core strength. As they say, having a strong core gives you a strong body. This couldn't be truer, especially when balance and posture are vital post stroke. Once the individual has confidence, practice exercises on the floor such as sit ups and planks with their knees on the floor. Increase time or repetitions as strength improves.

The lasting effects of a stroke will determine the individual's physical abilities and progress. Confidence and self belief is so important and will influence this. This is a key part of my coaching. Never say never, be consistently positive and be innovative, always try new things and make sure you have a great relationship with your coach.

NEUROLOGICAL

Finally, exercising the brain is invaluable. Playing memory games on a tablet, doing a jigsaw or using light reactive games such as those from Blazepod.com or ReactiveX.co.uk will dramatically improve brain fitness as well as hand to eye coordination, fine motor skills and above all else, have fun!

KETT'S PARK TENNIS COURTS BACK OPEN

By [Steven Peet](#)

Following a partnership programme of improvement and expansion works, South Norfolk Council are pleased to announce the re-opening of our public tennis courts at Ketts Park in Wymondham.

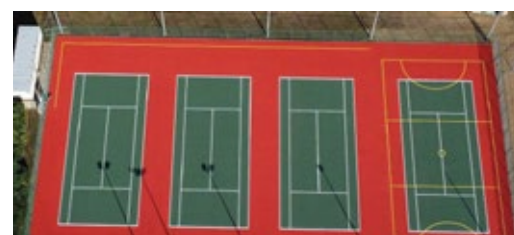
This work includes complete resurfacing of the existing three courts, plus the addition of a fourth court, which can also be used for netball. Further improvement works, such as the installation of efficient LED floodlights, new fencing and new tennis nets, have also been completed.

The cost of this work was around £150,000 and was funded by the Greater Norwich Growth Board, through the Infrastructure Investment Fund.

The tennis courts are open to the public and can be booked

online through the Wymondham Tennis Club website by visiting www.southnorfolkandbroadland.gov.uk/leisure/ketts-park. Prices are £6 an hour for casual pay and play and just £50 per year for a household membership. Lighting is an additional £6 per hour.

For netball booking enquiries, please contact our staff at Ketts Park directly on 01953 423469 or e-mail kettspark@southnorfolkandbroadland.gov.uk and we will be pleased to help.



NORFOLK'S FIRST INCLUSIVE RUGBY CLUB LAUNCHED

By [Tony Andrews](#)

Iceni Rugby Club are recruiting players for Norfolk's first fully inclusive rugby club through free taster sessions being held at Wymondham Rugby Club during October and November.

The 90-minute sessions takes place each Wednesday at the Barnard Fields training ground, welcoming players of all ages, abilities, and sexual orientation, led by the club's professionals who are supporting the initiative.

Club founder, Tony Andrews said "Our aim is to create a safe space which allows people to step outside of their comfort zones whilst making new friends and learning new skills. I think it's important to bring together the LGBTQ+ community to tackle stigma and homophobia through sports".

One member added "As a teen there were so many reasons why I never played team sports. I never thought I would be able to play team sports as an adult. Tonight, that changed!"

To take part, little is needed. A good pair of trainers, or boots, along with

plenty of water is needed. There is no obligation to attend all sessions, but we encourage all members to have fun, learning to play the game, in a safe and welcoming environment.

Iceni Rugby Football Club is Norfolk's first fully inclusive rugby club, welcoming players regardless of age, experience or sexual orientation from Norfolk, Suffolk, and beyond.

With the support of Wymondham Rugby Club, Iceni RFC will be running free taster sessions, without commitment, in the hope of establishing a permanent team for the county. Once established, it is hoped that the club will compete in the Gay International Rugby Association UK league in the future.

Contact information
Iceni Rugby Football Club
www.facebook.com/IceniRFCUK
Barnard Fields Bray Drive off, Reeve Way, Wymondham NR18 0GQ



Saturday 1st October

Great Big Green Week – COMMUNITY ORCHARD VOLUNTEER SESSION
10am-12 noon Browick Road
Community Orchard
Community volunteer morning. Bring gloves, meet at the entrance on Browick Rd opposite Gunton Rd.
www.greeningwymondham.org

Monday 3rd October 2022

Young Farmers Meeting
7:30pm, Dell Bowls Club
Cheque handover and travel fund talk, new members welcome.
www.facebook.com/groups/wymondhamyfc/

Tuesday 4th October 2022

Book Making Workshop
2pm-4pm, Big C Furniture and Craft Shop
£5 to attend, call [01953 603320](tel:01953603320)

Full Town Council Meeting
7pm, WTC Kett's Park Office
Public welcome
www.wymondhamtowncouncil.org

Wymondham Photographic Society
Members evening - Macro photography
8pm-10pm Dell Bowls Club
www.wymondham-ps.org.uk

Wednesday 5th October

Wymondham Art Society
Malcolm Cudmore art exhibition
7:15pm, Catholic Church
www.wymondhamart.org

Friday 7th October

Bingo Night
7pm doors open, eyes down
8pm, Wymondham Ex Services Club
Cash prizes and raffle
www.facebook.com/groups/130014680369369

Meet, Make and Mardle
10am-12pm, Big C Furniture and Craft Shop
Free to attend, just bring along your latest craft project. Make friends and have a mardle

Ballroom & Latin Dance Practice Session
11am-1pm, Wicklewood Village hall, £8pp
www.ballroomdancingwithdonna.co.uk

Charity Quiz Night
7:30pm, Central Hall
Wymondham Rotary Satellite Group invites you to compete in teams of 4-6 at £24 per team, to book email WYMRSG@gmail.com or call [01603 810494](tel:01603810494).

Saturday 8th October

Rock & Roll band
8pm, Wymondham Ex Services Club, Regal Lounge
Kenny Lee & Hustler
www.facebook.com/groups/130014680369369

Rock & Roll Cover band (Lick & a Promise)
9pm till late, Wymondham Sports Bar
www.facebook.com/WymondhamSportsBar

Sunday 9th October

Club Quiz
7:15pm, Club bar, Wymondham Ex Services Club, Regal Lounge
Open to members/non-members
www.facebook.com/groups/130014680369369

Tuesday 11th October

Cable Knitting Workshop
10am-12pm, Big C Furniture and Craft Shop
£5 to attend, call [01953 603320](tel:01953603320)

Rag Rugging Workshop
10am-12pm, Big C Furniture and Craft Shop
£5 to attend, call [01953 603320](tel:01953603320)

Public Diabetes Club
2pm-4pm, Fairland United Church
Fairland Green
Refreshments available, any questions call [01953 606054](tel:01953606054)

Wymondham Photographic Society
Members display - Macro images
8pm-10pm Dell Bowls Club
www.wymondham-ps.org.uk

MARKETS

Charter Market
Every Friday
8am to 2.30pm Market Place

Farmers' Market
Third Saturday
(15th October)
9am to 1pm, Market Place
www.wymondhamtowncouncil.org
[01953 603 302](tel:01953603302)

Wednesday 12th October

Brand new adults ballroom dancing class
8:30-9:30pm, Wicklewood Village hall, £8pp
www.ballroomdancingwithdonna.co.uk

Thursday 13th October

WyNG Indoor Meeting

7:30pm, Town Green Community Centre
Illustrated talk by Dr Ian Bedford on 'Gardens for Us & Them', Admission £2, call [01508 488337](tel:01508488337) for further details.
www.facebook.com/WymondhamNatureGroup

Friday 14th October

Meet, Make and Mardle
10am-12pm, Big C Furniture and Craft Shop
Free to attend, just bring along your latest craft project. Make friends and have a mardle

Saturday 15th October

The Shed Guided Tour (Open Day)
10am-4pm, The Shed Wymondham
Chat to some of our members and hear first-hand what The Shed means to its membership and the Wymondham Community
theshedwymondham.org.uk

Leeders Open Day
10am-4pm, Leeders Animal Supplies, Oaktree Business Park
Special offers and freebies with food & drinks
www.leedersanimalsupplies.co.uk

Sunday 16th October

Ballroom & Latin Social Practice Sessions
11am-1pm and 3-5pm,
Wicklewood Village hall, £8pp
www.ballroomdancingwithdonna.co.uk

Monday 17th October

Wymondham Garden Club AGM + Gardening Plant & Paraphernalia Auction/Sale
7:30pm, Town Green Centre. Members Free, guests £4.
For further information about the club contact
wymondhamgardenclub@gmail.com

Tuesday 18th October

Book Making Halloween event
2pm-4pm, Big C Furniture and Craft Shop
£5 to attend, call [01953 603320](tel:01953603320)

Wymondham Photographic Society
Guest speaker (via Zoom): Barbie Lindsay (Creative photography)
8pm-10pm Dell Bowls Club
www.wymondham-ps.org.uk

Wednesday 19th October

Kett's Books Author Event
7pm, Wymondham Baptist Church
Talk: The Prentice Boy, with author Ray Rumsby
Free Entry, RSVP Advised [01953 603663](tel:01953603663)
www.kettsbooks.co.uk

Bridewell WI Meeting
7pm, Catholic Church Hall, Norwich Rd
New members of all ages welcome

www.facebook.com/wymbridewellWI

Brand new adults Ballroom dancing class
8:30-9:30pm, Wicklewood Village hall, £8pp
www.ballroomdancingwithdonna.co.uk

Friday 21st October

Meet, Make and Mardle
10am-12pm, Big C Furniture and Craft Shop
Free to attend, just bring along your latest craft project. Make friends and have a mardle

Saturday 22nd October

Disco
6:30pm, Members bar, Wymondham Ex Services Club
www.facebook.com/groups/130014680369369

Bingo
6:45, Dell Bowls Club
Eyes down 7:30
www.wymondhamdell.com

Big 3 'n' Easy Quiz
7pm, North Wymondham Community Centre, £5 pp
For bookings contact
heddonshouse@gmail.com or call 07836 355440

Sunday 23rd October

Viennese Waltz Workshops
2-3:30pm, Beginners
3:30-5pm, Advanced technique
Wicklewood Village hall, £10pp
www.ballroomdancingwithdonna.co.uk

Tuesday 25th October

Beginners Crochet Workshop
10am-12pm, Big C Furniture and Craft Shop
£5 to attend, call 01953 603320

Wymondham Photographic Society
Open Print Competition - Round 1
8pm-10pm Dell Bowls Club
www.wymondham-ps.org.uk

Wednesday 26th October

Brand new adults Ballroom dancing class
8:30-9:30pm, Wicklewood Village hall, £8pp
www.ballroomdancingwithdonna.co.uk

Last Shot & Confess

7:30pm, North Wymondham Community Centre
Two Halloween plays in one night for £10 admission
Tickets available on
www.raisingcainproductions.com

Thursday 27th October

Wymondham Heritage Society
7:30pm, Fairland Hall
Meeting with a talk on "Lusitania – a story of loss, deception and conspiracy" by Jim Stebbings.
New members may join the meeting.
www.wymondhamheritagemuseum.co.uk/?p=programme

Friday 28th October

Lions Quiz'n'Chilli
7pm for 7:30pm start, Wymondham Central Hall
£10 per person, 6 people/team, BYOB
Email Nigel to book:
sealoft7@gmail.com

Meet, Make and Mardle
10am-12pm, Big C Furniture and Craft Shop
Free to attend, just bring along your latest craft project. Make friends and have a mardle

Poppy Appeal Concert
Doors open at 7pm, begins at 7:30, at Regal Lounge, Ex Service's Lounge Club
Ticket price £10
Call 01953 602817 or 01953 601794 for ticket purchase
www.facebook.com/groups/130014680369369

Saturday 29th October

Trick or Treat Trail
12-3pm, Wymondham Town Centre
Dozens of businesses on the high street will be giving away treats to children in Halloween costumes.
www.facebook.com/WymondhamTownTeam/events

Children's Halloween Party
From 2pm-4pm, ticket entry only, Wymondham Ex Services Club
www.facebook.com/groups/130014680369369

Singers 60's-80's, Rock & Roll and More
8pm doors open, Wymondham Ex Services Club
Benjamin Lake

www.facebook.com/groups/130014680369369

Halloween Ballroom & Latin Dance
8pm-11pm, Wicklewood Village Hall, £10pp
www.ballroomdancingwithdonna.co.uk

Halloween Party
8pm, Wymondham Sports Bar
Halloween Disco, Fancy Dress Competition and more!
www.facebook.com/WymondhamSportsBar

Tuesday 1st November

Big C Craft Workshop
Book making (Christmas)
2pm-4pm, Big C Furniture and Craft Shop
£5 to attend, call 01953 603320

Wymondham Photographic Society
8pm-10pm Dell Bowls Club
www.wymondham-ps.org.uk

Full Town Council Meeting
7pm, WTC Kett's Park Office
Public welcome
www.wymondhamtowncouncil.org

Wednesday 2nd November

Wymondham Art Society
7:15pm, Roman Catholic Church Hall
Will Teather demonstrates contemporary images using traditional skills.
www.wymondhamart.org

SUNDAY CHURCH SERVICES

Alive Church 10.30am, Central Hall
www.alivechurch.org.uk/wymondham

Baptist Church 10.30am and online
www.wymondhambaptist.org.uk

Hope Community Church 9.30am & 11.30am
www.hopecommunitychurch.co.uk

Methodist Church 10.30am
www.wymondhammethodistchurch.com

RC Church 8.30am and 10am
www.wymondhamrcchurch.org.uk

Wymondham Abbey 11am
www.wymondhamabbey.org.uk

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