



Christmas by Hook or by crook

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One of the first events this festive season is the annual pantomime, but such is the stupendous success of Shouldham's cross-dressing thespians, tickets for this year's production, *Peter Pan* have already sold out. Don't worry, though, there are plenty of other events in the village throughout the coming few weeks – consult 'Dates for your Diaries' for the line-up.

Christmas is a good time to say thank you to all those community-minded folk who make our village so special – and these include the heroic volunteers who produce this newsletter, so please raise a glass of festive cheer to our designer,

Emma Gibson, our advertising manager John Dovey, and to all those who put the copies through your door. Merry Christmas and a brighter New Year to one and all!



Peter Pan



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Autumn quiz

The 20th anniversary quiz, in aid of Shouldham church funds, was held in the Village Hall on the evening of Saturday 18th November. An improved turnout of 11 tables faced the expected array of brain-teasers with all the usual banter and good humour associated with this event. At the end, the table from Barton Bendish took the prizes with a creditable 118 points. Our thanks to all who attended – especially our scorer, Anne Carpenter – and so helped to raise £256 clear profit for All Saints' Church.

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Volunteers needed!

Your community café needs you! The café attached to the King's Arms is run entirely by volunteers, but we need more people to join in this enjoyable and rewarding work. Just call in to the café and offer your services – you'll be made most welcome by the friendly group of staff.

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Shouldham News accepts advertising. The rates are:

Classified (up to three lines): £1

Quarter page: £10

Half page: £20

Full page: £40

For further details, or to place an ad in the Spring edition (deadline Sunday 11th March), please contact John Dovey (347802/ jdovey@btinternet.com).

Shouldham News is published four times a year and distributed free of charge to all households in Shouldham and Shouldham Thorpe.

Advertise for the whole year (four issues) and get 25% off

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Christmas jokes

Enough to make grown men groan.

What do you call a kid who doesn't believe in Santa?

A rebel without a Claus.

Why is Christmas just like your job?

You do all the work and the fat man with the suit gets all the credit.

Who doesn't eat at Christmas?

A turkey because it is always stuffed.

Why was Santa's little helper depressed?

Because he had low elf esteem.

What do you get when you cross a snowman with a vampire?

Frostbite

What do you call people who are afraid of Santa Claus?

Claustrophobic.

What do you call Santa living at the South Pole?

A lost Claus.

What's the difference between the Christmas alphabet and the ordinary alphabet?

The Christmas alphabet has Noel.

What do you call Santa's helpers?

Subordinate clauses



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Can I interview you?

Hello, I'm a final-year student studying Entertainment Management at Leeds Beckett University. I am looking for volunteers to take part in interviews for my research. My dissertation is on community-brought pubs, with my case study being the King's Arms. I'd like to hear from shareholders, volunteers, or anyone who has been involved with the saving of the pub and the process of it becoming a community-owned operation. Interviews will be conducted over December and January. Please email me for more information. It would be great to hear from you. *Eleanor Airey*



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Ladybirds

The Ladybirds (formerly the Shouldham Women's Institute) meet on the third Tuesday of every month - come along and find out more. Contact: Sandra (Post Office): 01366 347789; or Lorna (Spring Lane):



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Christmas at All Saints' Church, Shouldham

As has been our practice in recent years, it is planned to place Christmas trees in memory of loved ones in the church at the festive season. These will need to be in place before the Carol Service on Thursday, 14th December at 7pm. Please contact Ann Hullah (annhullah@btinternet.com or 347814) if you intend to decorate a tree in this way.

We are also pleased to announce that Midnight Mass is scheduled to be held here on Christmas Eve at 11.30pm: a service that we have not had at Shouldham for some three years. Everyone will be most welcome at both these services.



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Watlington surgery news

As we enter winter time, we hope you have all had your flu jabs – please ring and book in for one if not and get protected.

There has been a fair amount of stormy autumnal weather in the past few months, but in Norfolk we have managed to come through this reasonably well. So our everyday stresses can be less dramatic and life-changing than some that others may be experiencing, but they are our stresses and matter to us. A method of helping to deal with such stress that has gained in popularity and is also approved by NICE (the National Institute for Health and Care Excellence) is known as Mindfulness.

Mindfulness originates in Buddhism, but being mindful is a skill that anyone can learn. You do not have to be spiritual, or have any particular beliefs, to try it. This approach has been adapted to help people manage long-term health conditions and enhance their general wellbeing.

Mindfulness can help you to increase your awareness of your thoughts and feelings, manage unhelpful thoughts, develop more helpful responses to difficult feelings and events, be kinder towards yourself, feel calmer and able to manage stress better, and to manage some physical health problems, such as chronic pain.

So what does it involve?

Mindfulness helps us put some space between ourselves and our reactions, breaking down our usual sometimes unhelpful responses. You need to set aside some time and space for this, but it doesn't have to take long and you can be mindful just by appreciating the sights, smells, sounds and feeling of everyday activities – watching a flock of birds, admiring the colours in the sky, the feel of the table surface under your fingers – lots of everyday things. So if you want to try it out, start with the following:

Observe the present moment as it is. The aim of mindfulness is not quieting the mind, or attempting to achieve a state of eternal calm. We are aiming to pay attention to the present moment, without judging anything.

Let your judgements roll by – we can make a mental note of them, but let them pass.

Return to observing the present moment as it is. Our minds often get carried away in thought. That's why mindfulness is the practice of returning, again and again, to the present moment.

Be kind to your wandering mind. Don't judge yourself for whatever thoughts crop up, just practice recognising when your mind has wandered off, and gently bring it back.

Practice this often and you are likely to find it easier to manage some of the stresses in your life.

What have you got to lose?

You can find out more about this by Googling Mindfulness or look at the Patient.co.uk website or Mind.org.

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Village Hall bookings

Shouldham Village Hall, complete with its brand new kitchen, is now available to book for your parties and events. Please could village organisations remember to book their dates as soon as possible, by phoning Ann Ayres on 01366 347669 or email

Poems & a Pint

Poems and a Pint is a congenial evening in the King's Arms for lovers of poetry. It takes place on the second Monday of the month at 8pm. Bring along any poem(s) you'd like to read. We set a theme each meeting, but always have time to read and discuss poetry unconnected to our theme. You don't need to read out a poem – you can simply come and listen. And of course anyone who writes poetry and would like to share it is always welcome. Our next meeting is on 'Wild spaces' (Monday December 11th), followed by 'Doors, thresholds, passages' (Jan 8th: Janus means 'door', as the god has two faces, looking to the old and new

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Military Wives Choir



The Military Wives Choir will be performing a concert at Holy Trinity Church, Marham, at 7.15pm on Tuesday 12th December. This was a very popular event last year. The music is very uplifting and the acoustics in the church are amazing. The concert will include many favourite carols. Entrance £5, which includes wine and mince pies. A nice evening to start the Christmas festivities.

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Thank you!

Many thanks to all who came along to the Macmillan Coffee Morning. We raised a total of £625.



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Can you help the Magpie Centre?

The Magpie Centre, based at Wallington Hall, South Runcton, PE33 0EP, gives around 114 riding and carriage-driving lessons every week to people of all ages and with all levels of physical and learning disability. Now the search is on for new trustees.

We have an annual budget of around £120,000, of which one-third comes from grants, one-third from rider/carriage driver donations (the price paid for lessons), and the remainder from our own fund-raising efforts. We are in urgent need of new trustees. Roles include: Treasurer, Secretary, Grant Officer, Fundraising Officer and Events Officer.

These roles would suit perhaps newly retired people, or any who have some time on their hands and who wish to keep their skills up to date. Knowledge of horses or people with disabilities is not essential. To find out more, just call the Magpie Centre on 01553 810202 or, for an informal chat, call WNRDA Chairwoman, Rosie O'Grady, on 01366 500104.

I, Caroline Dudley, am now Voluntary Publicity Officer for WNRDA. When I moved to Norfolk, on my own, with my four horses, in 2004 I knew nobody. I went to a dressage competition at the Magpie Centre, as a spectator, spoke to the then Centre Manager, trained as a Group Instructor, and have been involved with the Magpie Centre in various capacities ever since. Apart from using my existing skills, plus a lot I never knew I had, I am privileged to be part of a fantastic team, and have made some lifelong friends. However much I have given to the Magpie Centre over the years, it has given even more to me. Go on, make that call: 01553 810202 or 01366 500104.



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Dates for your diaries

Sunday 10th December, performances at 2pm and 6pm, Shouldham Village Hall: **PETER PAN!** Shouldham's 3rd annual pantomime. Adults £4, under-16s free. Entrance by ticket only. Tickets from the King's Arms or Chalk & Cheese, or by contacting seebnige@live.co.uk. SOLD OUT!

Sunday 10th December, 10.30am-midday, St Martin at Shouldham School: **CHRISTMAS CHURCH.** Games, crafts, food and fun.

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Thursday 14th December, 7pm, All Saints' Church, Shouldham: **SERVICE OF NINE LESSONS & CAROLS.** Seasonal refreshments and mulled wine served after the service.

Monday 18th December, 7pm, Shouldham Village Green: **CAROLS ROUND THE TREE.** There will be a collection for Lucy's treatment if you wish to give.

Christmas Eve, Sunday 24th December, 11.30pm, All Saints' Church: **MIDNIGHT MASS.**

New Year's Eve, Sunday 31st December, 8pm-midnight, King's Arms: **BLUES TUBES.** Come and see in the New Year. Free entry.

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Tuesday 23rd January, 2018, 10am-11.30am, King's Arms Café: **CAP MONEY COURSE.** Run by The Fountain at Shouldham Christian group. Free admission. For more information, contact Angela Caley on angelaicalev77@gmail.com or 01366 348371.

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The grass isn't greener

We should all remind ourselves just how lucky we are. The world is in turmoil and Brexit seems to be chaotic, so it would be easy to despair when we look at the current situation. However, we must get things into perspective and look at things we can control, rather than feel powerless at things we cannot control. This village called Shouldham offers so much to us all in terms of how we feel. It's a great place to live and enjoy. The people are still community spirited, unlike those in the metropolitan areas. We have a bus service, a Post Office, a fabulous Chalk & Cheese B&B and a super pub that is owned by the village inhabitants. It would be so easy to look and say it would be better if we had 'this and that'. The reality is that the simpler the things in life are, the easier to manage.

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VSO in Tanzania

My name is Rebecca Beardmore, I'm 19 years old and I live in Shouldham. At the end of January, I am heading to Tanzania for three months to stay with a local family and work in the community there. The charity sending me to Tanzania is Voluntary Services Overseas, an excellent charity that works in 24 developing countries, from Sierra Leone to Bangladesh. VSO's vision is to create a world without poverty. Currently the organisation trains more than 70,000 teachers and more than 30,000 health professionals in these countries every year. I shall be working with the local young people, helping them to prepare for the workplace when they leave school.

The programme is funded by the UK government, however I am also fundraising £1500 for VSO before I leave. If you would like to know any further information about what I shall be doing, my email address is rebecca.beardmore98@gmail.com, and I am happy to answer any questions.

If you would like to make a donation, however small, I would be extremely grateful. My JustGiving page is <https://www.justgiving.com/fundraising/rebecca-beardmore>.

Thank you very much.

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Thank you very much.

Rebecca Beardmore

MAGPIE CENTRE CAROLS



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0EP – on the A10, about three miles north of Downham Market.

And finally, if you're stuck for a Christmas gift, especially for a pony-mad child or grandchild, what better than sponsorship of a Magpie Centre horse or pony? Pebbles, who gives confidence to our tiniest riders; Ruby, a big Irish mare who looks after adult riders; or Teddy, a total star, both between the shafts for our carriage-driving participants and under saddle – are all available for sponsorship. For just £12.50 or £25 a year, the sponsor receives a photo of 'their' pony, plus a sponsorship certificate, and news updates. For more information, visit www.rda-westnorfolk.org.uk, or call the Magpie Centre on 01553 810202 for a

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Sally Branford MCFHP MAFHP

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News from The Fountain at Shouldham

Hi, it's Angela Caley here. Before I go any further, you may be thinking 'What's the Fountain at Shouldham?' So, I'll start at the beginning...

The Fountain at Shouldham is a fresh expression of the Christian faith that is based in Shouldham but is for anyone from the surrounding area. It hosts a variety of activities for all ages, aimed at exploring and developing relationships with God and each other. These monthly events include all-age activities like *Forest Church* in Shouldham Warren and *All-age Church* at Shouldham School. The Fountain also runs a monthly adult-only midweek meeting called *Sanctuary*, held at Boughton Church. The events are open to everybody, and are without charge. We are connected to the Ely Diocese and also The Fountain of Life Church in Ashill.

Our last Forest Church was on 1st October. (We have now moved inside for the next four months; Forest Church will return to its forest venue in March 2018.) As usual, hot food and drinks were ready to greet people as they arrived. We had a great time learning about the life of Moses (complete with jelly babies and rafts!) and thinking about how it relates to God and us. More than 50 people attended (about 25 of whom were children).

Our next all-age event is Christmas Church on Sunday 10th December at Shouldham School. It will run from 10.30am to midday and will include games, crafts, food and fun. We hope you can make it. There should be enough time to come to this before going to the Village panto later that day.

Sanctuary is another monthly event but for adults only. It is really a chance to take time out from the business of life, stop, reflect and spend time with God. We have held two of these events so far, and both have been really special.

If you would like to receive forthcoming dates of either Sanctuary or the all-age events, please email Angela Caley on angela-caley77@gmail.com to be added to the mailing list. Or find us on Face-

News from The Fountain at Shouldham

Hi, it's Angela Caley here. Before I go any further, you may be thinking 'What's the Fountain at Shouldham?' So, I'll start at the beginning...

The Fountain at Shouldham is a fresh expression of the Christian faith that is based in Shouldham but is for anyone from the surrounding area. It hosts a variety of activities for all ages, aimed at exploring and developing relationships with God and each other. These monthly events include all-age activities like *Forest Church* in Shouldham Warren and *All-age Church* at Shouldham School. The Fountain also runs a monthly adult-only midweek meeting called *Sanctuary*, held at Boughton Church. The events are open to everybody, and are without charge. We are connected to the Ely Diocese and also The Fountain of Life Church in Ashill.

Our last Forest Church was on 1st October. (We have now moved inside for the next four months; Forest Church will return to its forest venue in March 2018.) As usual, hot food and drinks were ready to greet people as they arrived. We had a great time learning about the life of Moses (complete with jelly babies and rafts!) and thinking about how it relates to God and us. More than 50 people attended (about 25 of whom were children).

Our next all-age event is Christmas Church on Sunday 10th December at Shouldham School. It will run from 10.30am to midday and will include games, crafts, food and fun. We hope you can make it. There should be enough time to come to this before going to the Village panto later that day.

Sanctuary is another monthly event but for adults only. It is really a chance to take time out from the business of life, stop, reflect and spend time with God. We have held two of these events so far, and both have been really special.

If you would like to receive forthcoming dates of either Sanctuary or the all-age events, please email Angela Caley on angela-caley77@gmail.com to be added to the mailing list. Or find us on Face-

CAP Money

In January 2018, The Fountain at Shouldham will also be running a three-week course called *CAP Money*. The CAP Money Course is a revolutionary money-management course that teaches people budgeting skills and a simple, cash-based system that really works. This course aims to help participants to become more in control of their finances, so they can save, give and prevent debt. The course has been devised by the award-winning debt-counselling charity, *Christians Against Poverty*. (You don't have to be a Christian to attend the course; it's Christians who run it!) The course will run in the *King's Arms Café* on Tuesdays from 10am to 11.30am, starting on Tuesday 23rd January, for three weeks. It is free of charge and open to anyone. You won't be asked to share any information regarding your finances. You'll be given a workbook to complete, which is confidential.

If you would like to book a place, or would like more info, either visit www.capmoney.org or email Angela Caley on angela-jcaley77@gmail.com.

And finally.... something the Fountain loves to do is *pray* for people. So if there is anything you need or would like prayer for, just let us know. You can contact the above email address, or call Angela on 01366 348371. Thanks for reading!

Carols round the tree

This year our annual communal carol singing on the Green will take place at 7pm on Monday 18th December. There will be a collection for Lucy's treatment if you wish to donate.

Merry Christmas



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Merry Christmas



Organisations, clubs and services

Please contact *Shouldham News* if any of the details below change.

All Saints' Church

Vicar: Interregnum.

Church wardens: Brian and Ann Hullah (347814/annhullah@btinternet.com/ bbhullah@btinternet.com).

Bell ringing: practice night Thursday 7-8.30pm; contact Brian Hullah (347814).

Bowls Club

New Clubhouse, Fairstead Grove, Shouldham (01366 347550). Whist drives on Fridays at 7.30pm.

Bus services

Shouldham has a bus service (the No.39, Monday to Saturday) to Marham and King's Lynn, run by Lynx (<http://www.lynxbus.co.uk/> 01553 611955). There are also occasional bus services (the No.51) run to Norwich and Downham Market by Eagle Coaches (01760 755641/ www.eaglescoaches.co.uk).

Good Companions

A social club for the village's older residents, meeting on the third Wednesday of each month from 2pm to 4pm in the Village Hall. Contact: John Beckwith (01366 347853/ jbeckwith1@btinternet.com).

Knitting and Nattering

This lively group meets every Monday from 3pm to 5pm at The King's Arms to knit, natter (and sew) and to enjoy tea and homemade cake from the café.

Ladybirds (formerly Shouldham Women's Institute)

Contact: Sandra (01366 347789) or Lorna (01760 337089).

Scouting

2nd Runcton Holme & Watlington beavers & cubs. Meet at Runcton Holme Scout Hut next to the school in Runcton Holme. Contact: Bob Keens (01553 810855/scout.keens@btinternet.com). Beavers meet on Tuesday 5.30-7pm, cubs on Wednesday 6.30-8pm.

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Organisations, clubs and services

Rainbows. For girls aged five to seven. Meet at Runcton Holme Scout Hut 4.30-5.30pm Thursdays. Contact: Poppy (Jane Rose-Land; 01366 347452/jsroseland@gmail.com).

Brownies. Meet at Runcton Holme Scout Hut 6-7.15pm Thursdays.

Contact: Brown Owl (Mandy Randle; 01366 388554/mark.randle@tesco.net).

Guides. Meet at Runcton Holme Scout Hut 7.30-9pm Thursdays.

Contact: Guide Leader (Sarah Mac; 01366 501942/sarahjmack@hotmail.co.uk).

Shouldham Football Club

Website: www.shouldhamfc.co.uk

Chairman: Phil Riedlinger 07881545357/priedlinger@btinternet.com; vice-chair: Nigel Nixon (01366 347288); welfare officer: Nicola Smith (07867 523896/nicolasmith@piersjacabltd.com); secretary: Anne Goodenough (07443 046104/ an-negoodenough@hotmail.com).

Shouldham Oil Syndicate

Contact Mike Mann on mann@dsv-uk.co.uk to be added to his mailing list

Shouldham Parish Council

Contact: Helen Carrier, parish clerk (07828 437087/ 01366 387443/shouldhampc@gmail.com). Website: <http://shouldhampc.norfolkparishes.gov.uk>

Shouldham Post Office

Westgate Street, Shouldham (01366 347789). *Open* 9am-1pm, 2-5.30pm Mon, Tue, Thur, Fri; 9am-noon Wed; 9am-1pm Sat.

Shouldham Thorpe Allotment Society

Contact: Graham Addly grahamaddly@aol.com.

Toddler Group

Contact: Angela (angelajcaley77@gmail.com).

Village Hall

Contact: Ann (01366 347669/ annayres@btconnect.com).

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Village Hall

Contact: Ann (01366 347669/ annayres@btconnect.com).

Organisations, clubs and services

Village Events Committee

Contact: Maureen (maureen.h.austin@gmail.com).

Businesses

If you would like your Shouldham-based business included in this directory, please contact *Shouldham News*.

Chalk & Cheese

Contact Andrew & Bridget Archibald, 1 Eastgate Street, Shouldham (01366 348039/info@chalkandcheesenorfolk.co.uk/www.bed-and-breakfast-west-norfolk.co.uk).

Elizabeth Fitzgerald Carter – Artist

Figurative paintings and drawings in a variety of media. Also printed fine-art cards. Commissions accepted. Contact 01366 348116 or shouldhamthorpe-artist@sky.com

Keith Matthews Accountancy

Contact 01366 347848/ keithjmatthews@aol.com).

King's Arms

www.kingsarmsshouldham.co.uk/ 01366 347410

Now owned by Shouldham Community Enterprises (SCE). SCE and Support Our King's Arms (SOKA) can be contacted by emailing info@kingsarmsshouldham.co.uk. To book a meal at the pub, please phone the manager, Ian Skinner, on 01366 347410.

KEEP UP WITH THE NEWS!

If you would like to keep up with news happening in our village and the local area, between the three-monthly editions of *Shouldham News*, please send your email address to philhar-riss@icloud.com. This will entitle you to an electronic edition of this newsletter – in colour! You can also find out what's happening in Shouldham by joining the village Facebook page on: <https://>

Organisations, clubs and services

Village Events Committee

Contact: Maureen (maureen.h.austin@gmail.com).

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INSTALLATIONS



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All-Age

Christmas Church!

Sunday 10th December
10.30am - 12pm

At St Martin at Shouldham School
With food, games, crafts & fun!

fresh expressions

The Fountain
at Shouldham

THE CHURCH
OF ENGLAND
Charity Number 1153552

The poster features a dark blue background with a full moon, stars, and snowflakes. At the bottom, there is a white fence with a winter scene including a church, houses, and trees. Three logos are placed along the fence: 'fresh expressions' on the left, 'The Fountain at Shouldham' in the middle, and 'THE CHURCH OF ENGLAND Charity Number 1153552' on the right.



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THE CHURCH
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Charity Number 1153552

This poster is identical to the one on the left, featuring the same text, winter scene, and logos.

Toes Company Reflexology

Reflexology helps heal the soul relaxes the mind and restore body balance.

Shelagh King

Contact me to book an appointment on
01366 348366 or 07588 817591
Shouldham

shelagh@toescompany-reflexology.co.uk
www.toescompany-reflexology.co.uk



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Driving
Miss Daisy®
We're There For You

Melanie and Natalie have both just left teaching in local schools to set up a Community Companion Driving Service in the area. They can offer a safe, friendly and reliable service for children, the elderly or for people who just need a little more assistance to get out. They can drive you to and from your destination and accompany you to the doctors, hairdressers, supermarkets or take small groups of friends on trips together. They are licensed by the local council, safety checked, first aid and manual handling accredited, Dementia Friends and have attended safeguarding training. Please contact them to discuss prices to suit your needs.

0333 014 6211 (local rate call)

kingslynn@drivingmissdaisy.co.uk

Ladybirds

The Ladybirds
(formerly the
Shouldham



Women's Institute) meet
on the third Tuesday of
every month – come
along and find out
more.

Contact: Sandra (Post
Office): 01366 347789; or
Lorna (Spring Lane):
01760 337089.



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Living Independently in Later Years
Information for Older People Living in West Norfolk



- ☎ Telephone information line
- 📄 Online directory
- 👤 LILY Advisor home visits
- 📍 Community locations

www.asklily.org.uk

Tel: 01553 616200

 Norfolk County Council



Borough Council of
King's Lynn &
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Borough Council of
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We're here to help.

To find out more, call us on 01553 616200 or visit
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Statistic via ONS, 2010



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Borough Council of
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