# April 2021 online edition

**Hunt for The Grapevine Easter Eggs in this edition!** 

# The Capevine your community news

Colton, Easton & Marlingford

The Parishes of Easton, Colton, Marlingford & Bawburgh					
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Churchwardens	Peter Pease, 19 Woodview Road, Easton	01603 880255			
	Margaret Seely, 8 Kennedy Close, Easton	01603 880888			
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#### The Grapevine

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Contributions for inclusion should reach the Editor by the 15th of the previous month.

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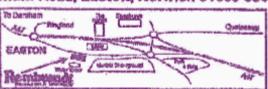


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### The Rambling Vine

April this year will look quite different to last year. Yes, we will still be in some sort of lockdown as we were last year, but this year we truly have hope and positivity. Last April we had just started the lockdown - we were unaware of what was to come, naïve in how devastating it would be, how many lives the virus would take, how much it would affect our family and friends, our community, our country and the world. But now as we continue to slowly step along the roadmap of getting out of lockdown, so we grow in confidence, in hope, in expectation.

This last month or so, the church and Christians around the world have journeyed through Lent - a time of reflection, of stopping and being, of looking at ourselves and our relationships with each other as well as God. It is always a challenging time, even more so if you have given up something as part of your Lenten journey. But to be honest we have pretty much had a year of giving things up haven't we?

Many Christians read the story of the Israelites wandering in the wilderness during Lent and I know in my readings I have been amused about the similarities we have felt in our own experience of exile, through this pandemic. But as I look out of my window and start to see colours and new life in the garden, I also acknowledge the many positives we have felt or achieved during this challenging time.

The challenge for us now is to think about how we might hold on to those positives, as we continue towards 21 June. The world around us has changed in many ways for good (perhaps in both senses of the word), and so we must not go backwards and resume doing things in the old way, because that we mean we have not learnt from our painful experiences.

The Israelites would have returned to the Promised Land with high hopes. They soon discovered, however, that rebuilding their lives and the life of the nation was a hard slog, and I am sure our 'return to normal' will be just as difficult.



I suspect that many in our communities will emerge from this pandemic battered, bruised, and financially weakened. And many will not be able to look forward and "What now?" until they have had the chance to grieve the loss of loved ones or their previous lives. Only after this are we ready to move forward and rebuild.

And what community, what households are we going to build in the coming weeks, months and years?

The possibilities are endless!

We want to continue talking to and helping our neighbours and others we have got to know.

On the 4th April this year Christians around the world will celebrate Easter, the day Jesus rose from the dead. Our Church community will meet together once again in Colton Church. Easter is the season when we celebrate that the powers of death and destruction being overcome by selfsacrificing love. And I think we will all be able to celebrate that this year, even those who do not have a faith, because we have all witnessed, seen, heard or read about this kind of sacrifice over the past 13 months: the doctors and nurses leaving their families for months to work in the hospitals, the carers who moved in to the nursing homes they worked at, teachers who have walked miles to visit their pupils on a daily basis and see how they are doing... Jesus opened a revolutionary new way to know and love people two thousand years ago and we have seen even more wonderful new ways of showing our love to one another this year.

So, I would like to encourage you to celebrate Easter in a bigger way this year than you normally would... No I am not encouraging you to eat even more chocolate, but I am inviting

you to celebrate and give thanks for this new season, this new time of hope, of new beginnings, of being able to look forward

and plan, of being together again and sharing special times. How often have you experienced more joy in the preparations of a party than the party itself? I know I have been swept up in the excited expectation before, and I will certainly be doing it again this year.



Hallelujah Christ is Risen! Hallelujah we are getting there! Let us not only enjoy the sunshine in the sky this month (I hope) but allow some sunshine in our hearts too.

I wish you a blessed Easter and a wonderful time of reunions with family and friends over the coming weeks.

Rev Laura Montgomery <u>eastonbeneficeoffice@gmail.com</u>

#### **Holy Week in our Parishes**

#### 1st April Maundy Thursday

6pm Service of Holy Communion, Bawburgh Church

#### 2<sup>nd</sup> April Good Friday

Marlingford Church open all day for prayer and Reflection with Stations of the Cross displayed.

Zoom: Reflections for the three hours on the cross. Email Rev Laura for details and Zoom links.

#### 3<sup>rd</sup> April Holy Saturday

Easton Church open for prayer and reflection with an Easter Garden made by the Reception Class at St Peter's School.

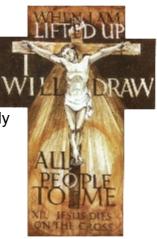
#### 4th April Easter Day

10am Service of Holy Communion, Colton Church. 6pm Service on Zoom: email Rev Laura for more details.

**After Easter:** we begin to open for worship with weekly 'in person' Sunday services at Colton Church at 10am and also Zoom services at 6pm.

#### A Journey on Good Friday

rom the earliest days of the Church, pilgrims to Jerusalem have followed the path Jesus trod from the house of Pontius Pilate, where he was condemned, to Calvary's Cross and the Sepulchre. In the Middle Ages those who were unable to travel to the Holy Land began to retrace the journey in their own church, where they set up pictures of the incidents on that journey, to help their devotion. Each picture became a 'station' where they would stop to meditate and to pray.



On Good Friday, 2<sup>nd</sup> April in Marlingford Church 9am to 6pm STATIONS OF THE CROSS will be displayed with readings from Scripture and The Revelations of Divine Love by Julian of Norwich and prayers.

You are invited to visit the Church at any time during the day and take the 'journey' past the Stations. Please wear masks and keep self-distanced.

Felicity Maton

#### Why Eggs at Easter?

Do you remember Shrove Tuesday, Pancake Day, when all the eggs and other perishable foods are traditionally used up before the 40 days of the Lent fast? Easter Sunday would be the first day when eggs wou<mark>ld be</mark> eaten again as part of the Easter feast.

Incidentally, because eggs weren't eaten for those forty days it gave the poultry flocks a chance to build up their numbers: all the Easter chicks are from the eggs that hadn't been eaten!

# Marlingford Village Hall in Lockdown

Sadly, our Village Halls have become no-go areas thanks to the pandemic, which has made it impossible to re-open our doors since they had to close last March. However, in Marlingford we have taken the opportunity to make some much-needed repairs, improvements and redecoration at the Village Hall. The work would have been difficult to accomplish whilst the Hall was in use.

All the windows and doors have been replaced to provide much better insulation and improve access.

Doorways have been widened to allow easy access for people using wheelchairs and buggies (though we await the arrival of a number of doors due to supply-chain issues!). Some radiators have been repositioned. The toilets have been totally refurbished to give better disabled access and baby changing facilities, and will be a lot

warmer too! New low energy light fittings make the Hall much better and more efficiently illuminated for the many Art Groups, and other organisations who use the Hall in the evenings. There is now a serving hatch to the kitchen area which should improve serving facilities.



These improvements have been paid for by fundraising pre-Covid and grants applied for by the committee. We are determined to keep our Village Hall fit for purpose as a wellused and popular community hub where friends and neighbours can meet, share, learn, celebrate, vote, and enjoy each other's' company. It is not until we lose such facilities that we realise how important they are to keep our Village alive and thriving.

All is now ready for a grand re-opening as soon as we can welcome everybody back. We are looking forward to seeing all

the art groups, fitness sessions, film shows, talks and regular users back in the Hall, and we are already planning for new events in the coming year as soon as we are all able to get together again. We welcome your support. If anyone would like to book the hall in advance for an event/party/group, or get involved with the organising committee please get in touch.

Chris Whiting Chair, Marlingford Village Hall Committee



#### YOUR VILLAGE HALL



**NEEDS YOU** 

Do you fancy getting involved in a village activity which will only take an hour or two a month?

Marlingford Village Hall is looking for new committee members to help in the running of the hall.

New ideas are always welcome.

The AGM and next committee zoom meeting of Marlingford Village Hall will take place on April 19<sup>th</sup> at 19:30 hours.

If interested please contact Chris Whiting on 01603 880489

OI

Email chris.whiting@remlangus.com for further details.

### Marlingford & Colton Parish Council

www.marlingfordandcoltonpc.norfolkparishes.gov.uk

Welcome to the Marlingford and Colton Parish Council section of Grapevine.

### Coronavirus Support and Information – South Norfolk District Council

The following services are available for residents by South Norfolk District Council who have been advised to isolate and don't have access to support through friends or family:

- To obtain basic essentials
- If you're feeling isolated or lonely
- If you're worried about issues at home including relationships
- Money worries.

#### SNDC can help to:

- Provide food parcels, help to collect food from the shops, access to food banks
- Pick up medication from pharmacies
- Provide information about alleviating loneliness/isolation
- Provide information about support to reduce tension in the home, domestic abuse, children
- Provide debt and welfare advice for individuals and families who are in financial difficulty due to the coronavirus.
- Provide practical advice for older people who find themselves more vulnerable as a result of coronavirus, and we will work closely with adult social care to do this.

You can find out about the range of services offered and help available at <a href="https://www.south-norfolk.gov.uk/residents/south-norfolk-help-hub">https://www.south-norfolk.gov.uk/residents/south-norfolk-help-hub</a> If you need support please email <a href="https://www.south-norfolk.gov.uk/residents/south-norfolk-help-hub">help-hub</a> If you need support please email <a href="https://www.south-norfolk.gov.uk/residents/south-norfolk-help-hub">help-hub</a> If you need support please email <a href="https://www.south-norfolk.gov.uk/residents/south-norfolk-help-hub">https://www.south-norfolk.gov.uk/residents/south-norfolk-help-hub</a>

<u>norfolk.gov.uk</u> or call 01508 533933. They can also offer practical support to residents depending on your circumstances:

- Working age and currently claiming benefits: if you lose money as a result of the coronavirus, we will look to our existing systems to top up your support. There will be criteria around this but our aim will be to reduce red tape to a minimum in order to speed up the process.
- Working age and not claiming benefits: we have created a hardship fund to ensure we can deal with loss of income due to the coronavirus. This will be in the form of payments and advice (some payment may come from DWP).

#### **Council Vacancy**

Marlingford and Colton Parish Council consists of 7 councillors representing both villages. A councillor has recently stepped down and we are looking for another resident keen to get involved. in your community and local issues. For an informal chat please contact the Clerk or an existing councillor;

Chairman, Julian Blackmore, julian.blackmorepc@gmail.com Vice Chairman Paul Hammerton paul.hammertonpc@gmail.com Steve Clarke, scclarke4@btinternet.com Carol Farrow carolannefarrow@gmail.com Liz Plater, ne.plater@btinternet.com

David Woods, davidwoods@millwoodmedia.co.uk
Parish Clerk, Maria Hutson marlingfordandcoltonpc@gmail.com

#### **City of Norwich Half Marathon**

CONAC (City of Norwich Athletics Club) have announced that the 35<sup>th</sup> City of Norwich Half Marathon will now be taking place on Sunday 13<sup>th</sup> June 2021 with a start time of 10:00am. They have made several important changes to their existing plans to ensure that runners, race staff and any spectators will be properly socially distanced

throughout the race. Route maps and road closures will be made available soon and links to them will be posted in Grapevine and on the Parish Council website along with the event website.

#### **Amenity Areas - update**

Grass cutting of the Amenity Areas is due to commence in April and will continue until the beginning of the autumn. Both the seats for the baby swings at Colton have just been replaced and they look great. The Parish Council are continuing to look at developing the play area in Marlingford and would appreciate



feedback from residents on what they would like to see there. Please contact the clerk with any suggestions you may have.

#### **Website Development**

The Parish website is currently being revised to make it easier to navigate and enhance the information about the Parish Council

We would like to include images from the Parish on the website. If you have photos that we can use on the website please email them to the Clerk by 16<sup>th</sup> April. More details on the website launch to come next



#### **Annual Parish Meeting**

month!

This year the Annual Parish Meeting will be held virtually via Zoom on April 13<sup>th</sup> at 7pm. Residents are invited to attend this meeting and be updated on what has been in happening in the village during the last year. Residents who would like to attend can do so using the following link or meeting ID and passcode:

https://us04web.zoom.us/j/72560870544?pwd=aUNUY2Zr

VjVTT2hXdXJVRzB4eERBdz09

Meeting ID: 725 6087 0544

Passcode: zB6D48

#### **Next Parish Council Meetings**

Parish Council Meeting are held on the second Tuesday of the month at 7pm (except August) and are currently being held virtually via Zoom. The next meeting will be held on April 13<sup>th</sup> following the Annual Parish Meeting at 7pm. Members of the public who would like to attend can do so using the link or meeting ID and passcode below.

https://us04web.zoom.us/j/72490890923?pwd=QjhXVHR1NU8zN0xPZGVuR2ZQTFEydz09

Meeting ID: 724 9089 0923

Passcode: PJqe5t

Maria Hutson, Clerk to Marlingford and Colton Parish Council,

*telephone: 07759 534885 email:* marlingfordandcoltonpc@gmail.com

website: marlingfordandcoltonpc.norfolkparishes.gov.uk

"If April showers should come your way, they bring the flowers that bloom in May."

Buddy de Sylva

#### Why Eggs at Easter?

The egg is a symbol of new life in many cultures, and are included spring festivities around the world. In some Christian traditions the eggs are dyed red, representing the blood of Jesus on the cross. You can see the cracking of the shell as symbolic of the resurrection of Jesus from the dead.

#### **Ever Eaten a Fair Button?**

Norfolk Fair Buttons were an annual treat when I was a child.

These biscuits were traditionally eaten in Norfolk at Easter and originally sold at the fairs held in Tombland in Norwich, and in Yarmouth at that time. The biscuits were something inexpensive and easy to carry home as a present, or 'fairing' for a loved one.

In 1896 The Folklore Review reported that: "Tombland is an open space, bounded by very old houses, just outside the Cathedral Close at Norwich... an annual fair is held at Easter, and at this fair certain biscuits are made called 'Fair buttons'. They are made at no other time." Fair Buttons are rare these days, but can still occasionally be found in local bakeries at Easter. Flavoured with either with lemon or ginger they are a flat round biscuit. Here is one easy recipe:

#### Ingredients

225g plain flour 225 g sugar 150g butter 1 egg
To flavour: lemon essence/peel ground ginger

Stir the flour and sugar together until evenly mixed. Rub the butter in to make the consistency of fine breadcrumbs. Lightly beat the egg and work into the mixture until it is stiff. Divide the mixture into two and flavour one half with lemon and the other with ginger to taste. Roll out thinly and cut into rounds.

Bake at 350° F/180°C/Gas 4 for 10 minutes, then cool on a wire rack.

Clare Howard

#### Why Eggs at Easter?

These days we usually think of chocolate Easter eggs, but the original tradition was to decorate real eggs using paints, dyes and wax. Sometimes the eggs were hard boiled first and eaten once they had been admired, and sometimes they were 'blown' before the fragile, hollow shell was carefully decorated. (Only eat your egg if you have used food colouring, or natural dyes such as boiled onion skins, nettles or beetroot.)

#### **Easter Week**



See the land, her Easter keeping,
Rises as her Maker rose.
Seeds, so long in darkness sleeping,
Burst at last from winter snows.
Earth with heaven above rejoices;
Fields and gardens hail the spring;
Shaughs\* and woodlands ring with voices,
While the wild birds build and sing.

You, to whom your Maker granted Powers to those sweet birds unknown, Use the craft by God implanted; Use the reason not your own. Here, while heaven and earth rejoices, Each his Easter tribute bring-Work of fingers, chant of voices, Like the birds who build and sing.

Charles Kingsley 1819 – 1875

\*a shaugh is a furrow or ditch



**Supporting Grapevine:** Remember that, because of Covid, this year there are no brown envelopes asking for a donation. If you would like to help Grapevine to keep going, our bank details are:

Account Name: Grapevine Magazine
Account Number 20420956
Sort Code 20-99-08

Thank you!

### **Easton Parish Council**

#### www.eastonparishcouncil.co.uk

Welcome to news from Easton Parish Council.

#### Jubilee Playing Field Refurbishment: Phase 2

The Parish Council will be receiving its contribution from the approved land sale on Dereham Road on 1<sup>st</sup> April 2021.

The first use of these funds will be to complete the long-awaited

refurbishment of the Jubilee Playing Field. This will hopefully be open for the children by the end of April.

Details of how the playground will be transformed can be seen on the parish website. Closure will be be kept to a minimum while this work is carried out, and these dates will be communicated to the Village with as much notice as



possible on the parish council website and social media.

#### **Annual Parish Meeting and Council Meeting**

Easton Parish Council are arranging for the Annual Parish Meeting to be held by virtual Zoom meeting on 12<sup>th</sup> April, the first Monday after Easter Weekend, at 7.00pm. It is scheduled to last for an hour. If you represent a group and would like a slot on the agenda, please contact the Parish Clerk by Wednesday 7<sup>th</sup> April in order to be included on the agenda. **You can join the meeting using ID 842 3939 3013 and password 517972.** 

The meeting will also be available to view live on YouTube. Full joining instructions will be available on the parish website. If you have any questions or queries on participation, the Council will be happy to help. We hope you can attend or watch online and find out about forthcoming plans for the Village by the Parish Council and Easton's Community Groups, as we all emerge out of Lockdown.

The April Parish Council meeting will take place immediately after the Annual Parish Meeting at 8.00pm and you are very welcome to stay and join this too. A representative from Norfolk Constabulary's local community policing department will be attending. One of the key issues that needs addressing is traffic calming around the St Peter's Primary School. The Council have approved parish funding, together with a Highways Dept funding grant arranged by Cllr. Margaret Dewsbury for the introduction of bollards on the verges outside the School on Marlingford Road.

A new ID and password for the second part of the evening's Zoom meeting will be available from the Parish website. If you would like to speak during the adjournment for public consultation, again please contact the clerk by the previous Wednesday 7<sup>th</sup> April.

#### **Looking for New Parish Councillors**

Due to vacancies that have arisen recently on the Council we are looking for new Councillors.

If you have been thinking of becoming involved in the work of the Parish Council and have questions about the role and would like to know more, please contact the chairman, Peter Milliken, by email at <a href="mailto:chair@eastonparishcouncil.co.uk">chair@eastonparishcouncil.co.uk</a>

Francis Woodcock, Easton Parish Clerk Flat 2 Kimberley Hall, Barnham Broom Road, Wymondham Email: clerk@eastonparishcouncil.co.uk Telephone: 07879 379181

#### Why Eggs at Easter?

Traditional Easter activities of days-gone-by included egg rolling. Perhaps re-enacting the stone being rolled away from Jesus' tomb, eggs would be rolled down the hill chased by the children (and sometimes the adults). Superstitious people, thought that if their egg was fastest down the hill they would have good luck ahead of them, but if their egg didn't reach the bottom, bad times might be ahead.

#### **Easton Women's Institute**

April is about to begin, and we are still sitting at home wishing we were able to go out more. The light is beginning to shine at the end of the tunnel but it will still be a while before Easton WI can meet again safely. It seems a very bad time to share with you the news that our subs become due in April but the good news is that we have been given some leeway to collect them as soon as we can but there will no problem if they come in late!! As the committee have yet to meet (outside and socially distanced of course) to decide how we are going to do this, please wait until we can confirm the arrangements and indeed to officially agree how much we must ask members to pay. I will let all members know what we are going to do as soon as I can.

Last year at this time we were at the start of the first lockdown and all baking ambitious cakes,

watching daytime television and doing jigsaws thinking it would only be for a week or two and everything would be OK. I seem to remember the weather was lovely. This year the baking has proved to be counter productive as we have all gone up a dress size and we probably feel like throwing the jigsaws in the bin. There are only so many repeats of "Flog it" you can watch and the weather seems determined to ruin the prospect of a quiet day in the garden or taking a walk in the warm spring sunshine.



As far as I can see we will not be allowed to hold an indoor meeting with all the WI members until July but we could possibly try and meet outside somewhere (weather permitting) in June. Let's all hope that the gradually lifting of Covid restrictions works well and that we don't all get plunged into

another lockdown. All the optimism of last year has faded and we are all feeling less confident about the way this will end, or is that just me? I know that some of you will have had you second vaccination which is certainly a step in the right direction and hopefully it won't be long before we have all had both jabs and can feel more confident about mixing with other people.

I will just end this by saying that with your support Easton WI will survive this and we will once again meet in the Village Hall as we used to even if we have to wear masks, sit 2 meters apart and bath in hand sanitiser! It only needs Vera Lynn to sing "We'll meet again" to round this off!!

Mary Blathwayt

"You can cut all the flowers, but you cannot keep Spring from coming."

Pablo Neruda

#### **Easton Good Companions Club**

We are all hoping to get back to some normality in the summer months but we are all keeping in touch with each other. Many members see each other on walks etc. and have a chat across the road.

Ivy Marsh, one of our members, has just turned 100! We wish we could have been celebrated with a party, but we sent Ivy a Cornish tea and an Orchid. She also received 73 cards from family and friends, and the Queen. This is the first 100th Birthday since the Club started 60 odd years ago.

Jean Ditton





#### **Easton Bowls Club**

Hello, what a year this has been! Hopefully we will be able to play outside bowls this summer starting in May.

All through last summer we have been doing maintenance and cutting the Green to keep the Bowls Club grounds tidy, thanks to Peter Kidd.

We welcome new members who would like to join us at the Bowls Club - come along and give it a go. Non-players are welcome.

Also, if anyone is interested in helping to look after the Green please get in touch on 01603 880789.

M Cossey, Secretary

### **Grapevine: Your Community Newsletter**

- Please help your community by forwarding Grapevine to others who would like to receive it, or if you are aware of someone nearby without email it would be wonderful if you, would print some, or all, of it and deliver it to them! You could be bringing a message of 'someone cares' to a lonely neighbour. We hope that we will be able to resume the printed edition before too long
- We would love to hear from you! Send your contributions to our Editor, Clare Howard, clare@ragbagprojects.co.uk.
   Copy Deadline: 18<sup>th</sup> April for the next edition, circulated 1 May.

#### **Beat News**

#### **Vehicle Number Plates**

We have picked up on a number of issues around number plates in recent weeks. Due to the muddy wet roads, some number plates are unreadable. Make sure you always check that your number plate is readable as it is a legal requirement. A quick wipe with a bit of kitchen roll could save you a five minute talking to by an officer!

#### **Closed Fishing Season**

As spring approaches, it is the closed season for coarse fishing from 15 March to 15 June. It becomes a criminal offence to coarse fish on any rivers, streams, drains, Norfolk Broads, some canals or waterways. If you believe someone is illegally fishing



during this period please report this to police or Environment Agency.

The idea behind the closed season is to provide an opportunity for fish to naturally restock during the breeding season, and you will find most legitimate and keen anglers will abide by the close season for the protection of their sport.

Norfolk Police will be taking part, alongside Angling Trust and Environment Agency (EA), in some joint patrols. Enforcement can be led both by police and EA, with police often dealing with the theft of fish where people are fishing without permission or from enclosed water.

#### Wildflower Theft

Theft of snowdrops is something that comes up every year and can be a real problem. We can see a whole area of woods stripped. Whilst snowdrops are not a schedule listed plant within the Wildlife and Countryside Act, they are still a wild plant and therefor are protected from being uprooted unless

authorised to do so. In the coming months we often see Bluebell theft, and these are listed under Schedule 8 of the Wildlife and Countryside Act, making it an offence to pick, uproot or destroy them in the wild or to offer them for sale.



Of course you can buy legal bluebells and snowdrops for your garden which have be propagated in 'captivity', so when looking to add these to your garden always buy from a reputable source. Should you ever see anyone picking any of these plants, as always please remember as much detail as possible ideally using What3Words\* for location, record any number plates of vehicles involved and descriptions of people. If it is safe to do so, consider taking a photo too and then report to us to investigate.

Andrew Hudson, PC460 South Norfolk Engagement Officer, Tel: 101 Ext 2951

\* What3words is a smartphone app which gives a unique and three-word address to every 3m square in the entire world. It is an very accurate way of providing a location and can be used by many organisations including emergency services — it is especially useful in rural areas. To download the free app, and find more information, go to https://what3words.com.

#### Oh to be in England now that April's there

Robert Browning

#### Why Eggs at Easter?

Of course, plenty of egg hunts still happen – which are now sometimes organised by chocolate producers as well as by families and communities! Have you joined in one of these or organised one for the children? Did all the eggs get found? It is certainly a good way of getting some exercise before the Easter feasting begins!

### Grapevine Advertising put your business here!

(Or if you are aware of a business who might like to advertise in Grapevine, either regularly or as a one-off, please do bring us to their attention.)

For more information contact: Sally Neale - 01603 882110 heronsbridge20@btinternet.com

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#### **Information for the Villages**

St. Peter's VC Primary School, Easton 01603 880553					
St. Peter's VC Primary School, Easton					
Easton College	01603 731200				
Easton College Tennis Centre	M M (D )	01603 731302			
S.N. District Councillor	Mrs. Margaret Dewsbury, 6 Park Avenue, Barford NR9 4BA	01603 759693			
Norfolk County Councillor	Mrs Margaret Dewsbury (as above)				
Colton Village Hall – Bookings	Rosie Castle, Darwin, Norwich Rd, Colton	01603 880191			
Colton Carpet Bowls Club	Dennis Mickleburgh, Avalon, The Street, Colton	01603 880391			
<b>Easton Badminton Club Sec</b>	Mrs.C.Brown, 22 Marlingford Way, Easton	01603 880433			
Easton Bowls Club Sec	Mrs. M. Cossey, 28 Woodview Rd, Easton	01603 880789			
Easton Crafters Club	Mrs Janet Morris	01603 471144			
Easton Football Club	Michael Cossey, 73 Marlingford Way, Easton	01603 880143			
<b>Easton Good Companions Sec</b>	Pamela Hooker	01603 880867			
Easton Gym Club	www.thegym4u.co.uk	01603 960511			
Easton Judo Club Coach	Chris Abel, 29 Goulburn Rd, Norwich chris@eastonjudoclub.co.uk	0845 388 6895			
Easton Junior Football	Gavin Tipple gtipple@easton-college.ac.uk	01603 731585			
Easton Junior/Senior Netball	Karl Chapman kchapman@easton-college.co.uk				
Easton Post Office	Open Tuesdays & Thursdays 9am till 2pm	01603 880007			
Easton Village Hall Bookings	Mrs M. Cossey, 28 Woodview Rd., Easton	01603 880789			
Easton W.I. Sec	Mrs M. Cossey, 28 Woodview Rd., Easton	01603 880789			
Marlingford Village Hall Bookings Doctors (Surgeries):	Pauline Baker  Costessey, Roundwell	01603 881268 01603 744014			
Decens (surgeres).	Beechcroft Hethersett	01603 746683 01603 811323 01362 850227			
Police	Non urgent Emergency				
Hospitals	Norfolk & Norwich, incl. West Norwich Julian & Hellesdon Dereham, Northgate Kelling	01603 421421			
Community Car Scheme	Jean & Dave Ditton	01603 880857			
Citizens' Advice Bureau	Wymondham	03444 111444			
Relate		01603 625333			
Samaritans	01603 611311				
Charing Cross Centre (Self help grou	01603 620926				

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