



THE Grapevine

February 2023

Your community guide for Colton, Easton and Marlingford



- Take advantage of the £2 bus fare cap page 15
- Coping with anxiety pages 18-19

PLUS

- Local information
- Community interest
- Church services (Benefice)

Useful contacts

| | |
|--|--|
| St Peter's VC Primary School, Easton | 01603 880553 |
| Easton College | 01603 731200 |
| Easton College Tennis Centre | 01603 731302 easton.tennis@ccn.ac.uk |
| Colton Village Hall | Vicky Green – 01603 881336 vicky@mgarchery.co.uk |
| Colton Carpet Bowls Club | Dennis Mickleburgh – 01603 880391 Avalon, The Street, Colton |
| Easton Bowls Club Secretary | Mrs Cossey – 01603 880789 28, Woodview Road, Easton |
| Easton Crafters' Club | Mrs Janet Morris – 01603 471144 |
| Easton Football Club | Michael Cossey – 01603 880143 73, Marlingford Way, Easton |
| Easton Good Companions | Pamela Hooker – 01603 880867 |
| Easton Gym Club | 01603 960511 enquiries@eastongymnasticsclub.com |
| Easton Judo Club Coach | Chris Abel – 0845 388 6895 chris@eastonjudoclub.co.uk 29, Goulburn Rd, Norwich |
| Easton Junior Football | Gavin Tipple – 01603 731585 gtipple@easton-college.ac.uk |
| Easton Sports Centre | Colin Brzeczek 01603 731263 |
| Easton Post Office | Open Tues and Thurs 9am-2pm 01603 880007 |
| Easton Village Hall | Mrs Cossey – 01603 880789 28, Woodview Road, Easton |
| Easton WI Secretary | Mrs Cossey – 01603 880789 28, Woodview Road, Easton |
| Little Owls at Colton Village Hall | Katie Kemp 07790 276499 Penny Nixon 07714 255024 |
| Marlingford Village Hall bookings | John Bailey – 01603 880266 M: 07986 609319 jaydeebailey@gmail.com |
| Community Car Scheme | Jean and Dave Ditton – 01603 880857 |
| Citizens' Advice Bureau | Wyndham 03444 111444 |
| Relate | 01603 625333 |
| Samaritans | 0330 094 5717 |

Doctors surgeries

| | |
|---------------------------------------|--------------|
| Costessey, Roundwell | 01603 744014 |
| Beechcroft | 01603 746683 |
| Hethersett | 01603 811323 |
| Mattishall | 01362 850227 |

Hospitals

| | |
|---|--------------|
| Norfolk & Norwich incl W Norwich | 01603 286286 |
| Julian & Hellesdon | 01603 421421 |
| Dereham, Northgate | 01603 697300 |
| Kelling | 01263 710575 |

Police

Non urgent 101 **or visit website:**
norfolk.police.uk/contact-us/6-report-it
Urgent 999

Parish Council Clerks

Easton

Gina Lopes 07879 379181
clerk@eastonparishcouncil.co.uk

Marlingford & Colton

Maria Hutson 01603 850118
marlingfordandcoltonpc@gmail.com

Councillor South Norfolk District and Norfolk County

Margaret Dewsbury 01603 759693
6, Park Avenue, Barford NR9 4BA

Front cover: Sunrise over Colton
Picture: Ann Dunn.

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The Grapevine

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Advertising in The Grapevine

Contact the Assistant Editor or the Treasurer for more advertising details.

Annual advertising rates 2023

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Please note: information in *The Grapevine* is provided in good faith. The publication and its board cannot be held responsible for any inaccuracies and any opinions expressed are the author's own.

Parishes of Easton, Colton, Marlingford and Bawburgh

| | | |
|------------------------|--|--------------|
| Benefice Rector | Revd Laura Montgomery eastonbeneficeoffice@gmail.com 172 Fairways, Queen's Hills, Costessey NR8 5GB | 01603 744551 |
|------------------------|--|--------------|

| | | |
|---------------|---------------------------------------|--------------|
| Reader | Peter Pease, 19 Woodview Road, Easton | 01603 880255 |
|---------------|---------------------------------------|--------------|

St Peter's Church, Easton

| | | |
|----------------------|---|--------------|
| Churchwardens | Peter Pease, 19 Woodview Road, Easton | 01603 880255 |
| | Margaret Seely, 8 Kennedy Close, Easton | 01603 880888 |

| | | |
|----------------------|-------------------------------------|--------------|
| PCC Secretary | Anthony Perry, 7 Pegg Close, Easton | 01603 882265 |
|----------------------|-------------------------------------|--------------|

| | | |
|------------------|---|--------------|
| Treasurer | Dave Batchelor, 9, Cleves Way, Old Costessey | 01603 322987 |
|------------------|---|--------------|

St Andrew's Church, Colton

| | | |
|---------------------|---|--------------|
| Churchwarden | Sarah Smith, Bickerston Cottage, Church Lane, Colton | 01603 757865 |
|---------------------|---|--------------|

| | | |
|----------------------|---|--------------|
| PCC Secretary | Liz Plater, Church Cottages, Church Lane, Colton | 01603 880556 |
|----------------------|---|--------------|

| | | |
|------------------|--|-----------------------------------|
| Treasurer | Judy Scrivener, The Old Post Office, Norwich Road, Colton NR9 5BZ | judy.scrivener@ googlemail.com |
|------------------|--|-----------------------------------|

St Mary's Church, Marlingford

| | | |
|---------------------|--|--------------|
| Churchwarden | Felicity Maton, West Cottage, Barford Road, Marlingford | 01603 880846 |
|---------------------|--|--------------|

| | | |
|----------------------|--|--------------|
| PCC Secretary | Felicity Maton, West Cottage, Barford Road, Marlingford | 01603 880846 |
|----------------------|--|--------------|

| | | |
|------------------|-------------------------------------|--------------|
| Treasurer | Carol Chiles carolachiles@gmail.com | 01508 578352 |
|------------------|-------------------------------------|--------------|

St Mary and St Walstan's Church, Bawburgh

| | | |
|---------------------|--------------|--------------|
| Churchwarden | Susan Knight | 07876 717487 |
|---------------------|--------------|--------------|

Need a bus? Here are your local bus services

Nortrax bus services: Colton, Easton and Marlingford

This service is FREE to use. Phone Nortrax for more details on **01603 508137**.
For Norwich, use the service on Mondays and Wednesdays to connect to the Excel service at Easton.

Monday and Wednesday

| | | | |
|------------------------------------|----------------|-----------------------------------|----------------|
| Bawburgh – Church Street | 9.40am | Longwater – Link Road shelter | 12.40pm |
| Marlingford – Bell | 9.45am | Longwater – William Frost Way | 12.57pm |
| Colton – village hall | 9.50am | Easton – Bawburgh Rd | 1.04pm |
| Easton – Chez Denis | 9.57am | Excel departs Norwich at | 12.40pm |
| Excel departs for Easton at | 10.05am | Excel arrives in Easton at | 1.00pm |
| Excel arrives in Norwich at | 10.25am | Easton – Chez Denis | 1.05pm |
| Easton – opp. Bawburgh Rd | 9.58am | Colton – village hall | 1.11pm |
| Longwater – William Frost Way | 10.06am | Marlingford – Bell | 1.15pm |
| Longwater – Link Road shelter | 10.08am | Bawburgh – Church Street | 1.19pm |

Tuesday and Thursday

| | | | |
|-------------------------------|---------|-------------------------------|---------|
| Colton Village Hall | 10.30am | Longwater Link Rd shelter | 12.30pm |
| Marlingford – opp. Bell | 10.35am | Longwater – William Frost Way | 12.32pm |
| Easton – opp. school | 10.40am | Easton – opp. Bawburgh Rd | 12.38pm |
| Easton – Chez Denis | 10.41am | Easton – Chez Denis | 12.39pm |
| Easton – opp. Bawburgh Rd | 10.42am | Colton Village Hall | 12.40pm |
| Longwater – William Frost Way | 10.48am | Marlingford Bell | 12.45pm |
| Longwater Link Rd shelter | 10.50am | Bawburgh – Church Street | 12.50pm |

Excel bus services for Easton (Bawburgh Road)

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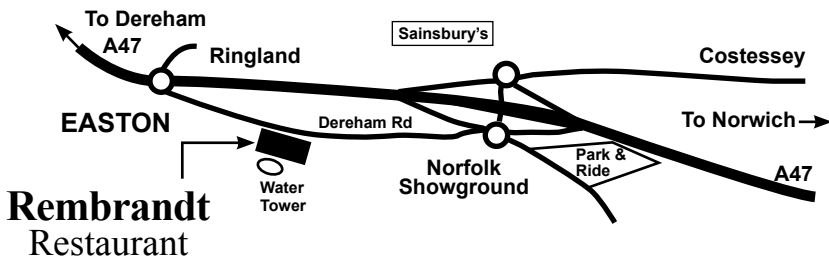
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Saturday 4pm - 8pm

*For latest information
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NR20 3LT

email: **mcram@tiscali.co.uk**

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Monday to Saturday: **8am - 6pm** | Sunday: **9:30am - 4pm**

The Goat Shed, Colton Road, Honingham, Norwich, NR9 5DJ

THE Grapevine

Give the children an hour's exercise for free



Picture: Jackie Hutchinson.

Happy New Year to all Grapevine readers. Christmas seems a long time ago and we are all now feeling the effect of the financial problems of 2023.

There is some help such as the £2 cap on bus fares (see page 15) and government help with fuel bills both available till March 31.

Some leisure centres are also offering FREE activities for children aged five to 15 years. These are available at Wymondham and Long Stratton Leisure Centres from 4pm to 5pm from January 9.

You can also enjoy a drink and sandwich from the cafe for £1.50.

Choose from these activities:

- arts and crafts
- short tennis
- badminton
- basketball

These free sessions are available at:

Wymondham Leisure Centre
Wednesdays, Thursdays and
Fridays from 4pm to 5pm.
(T: 01953 607171)

Long Stratton Leisure Centre
Tuesdays and Thursdays from
4pm to 5pm. (T: 01508 531444)

You do not have to book but a parent or carer must be present and appropriate footwear must be worn. (Excludes school holiday, subject to availability.)

Your children might even discover a new activity they come to love!

Deadline for items for the March issue: Wednesday, February 15
Email as word doc to: annettegh57@gmail.com

VILLAGE HALL NEWS

YOUR

Colton village hall

● Thursday coffee morning

All are welcome to the coffee morning every **Thursday** in Colton village hall from **10am to 12pm**.

Drink and biscuits 50p.

Bacon roll £1.50

Easton village hall

● Easton Good Companions

On behalf of Good Companions Carol and the team wish all our members a Happy and Healthy New Year. Here's what's coming up:

February 2 – 'The Way We Were' – talk by Brian Hedge.

February 16 – Our AGM.

March 2 – 'Trams of East Anglia' talk by Paul Cooper.

March 16 – Talk on 'British Sign Language' talk

March 30 – Easter Dice Game with Merilyn & Herriot's 60th Wedding Anniversary.

Open to all us oldies over 50 and still breathing... We welcome members **every two weeks on Thursdays** at Easton village hall from **2pm - 4pm**.

Tony Perry

● Easton Pop-In

On behalf of Brenda and myself we wish all our 'old' customers a Happy New Year. We started off with more

than £500 in our funds so we put out a questionnaire to our customers asking them to nominate their favourite charities. We received five nominations so we divided up the money according to the number of votes. The results are: Air Ambulance £150; Priscilla Bacon Lodge £150; St Peter's Church £100; Nurse Cavell Trust £50 and Blood Bikers £50. Cheques will be sent out as soon as possible. Many thanks for your support.

If you can spare the time, we are always needing willing volunteers to make teas and coffees.

Brenda and Tony

Marlingford village hall

● Marlingford Village Hall talks

Thursday, February 23 at 7.30 pm

Project Dukem - an update on the School for Aids/HIV orphans in Ethiopia by Pat Alker.

Entrance £5 includes refreshments

There will be a raffle.



Marlingford village hall.

Community and Fundraising Events



Visitors sang carols at Marlingford Old Hall in below freezing temperatures!

Picture: Jane Knights.

● Christmas events in Marlingford

It was wonderful to see more than 30 adults and children singing *Carols in the Courtyard* at Marlingford Old Hall on December 16 when it was – 4°! Thanks to Jane and Edward Knights for their hospitality. There were homemade mince pies, mulled wine and a raffle. £178 was made for the maintenance of St Mary's. A large congregation celebrated *Christmas with the Crib* Service on December 24. As the Nativity story was told, children placed small figures in a crib, and carols were sung. £100 has been sent to the Church Army.

Felicity Maton

● A big THANK YOU from St. Andrew's Church, Colton

The church held it's annual Christmas Carol Service on Sunday December 18 accompanied by **Cawston Brass Band**. The service was very well attended and the plate collection raised a total of £246.66 which was donated to St. Martin's Housing to assist the homeless. Also a number of Colton residents donated their Fuel Allotment money to the church which raised a total of £420 to which a further 25% can be claimed through the Gift Aid scheme.

Many thanks from Colton PCC

News from Easton Women's Institute

Interesting talks

Easton WI had a very good Christmas meeting with visitors from other WIs joining us to enjoy the entertainment provided by Phil Butcher and friends. Then, in January, we heard from Sam Steggles about the effect of Covid on the Goat Shed in Colton and what happened next. This was at first potentially disastrous but with a lot of hard work was turned into an opportunity to change direction and create the shop and restaurant that is there today.

Annual meeting

On Thursday February 9, we will be having our annual meeting followed by a quiz and games evening including the opportunity for members to tell us something we might not know about them. This will be the first time we have held our annual meeting in

February and is one of the changes that was introduced by the County Federation during the last two years that were brought about by the Covid lockdowns. Please note that subscriptions are not due until April.

70th birthday celebrations!

Looking further ahead to March 9, we will be holding our birthday meeting. Easton WI will be 70 years old that month so we'll be having a celebration with members of other WIs then but we will also go out later in the year for an afternoon tea.

At the March meeting there will be musical entertainment by Mr John. We are always happy to meet new members and also visitors who would like to know more about the WI are welcome to come to any of our meetings.

Mary Blathwayt

Keeping Britain Tidy for nearly 70 years

After passing a resolution to start a national anti-litter campaign, the WI and 25 other UK organisations formed the Keep Britain Tidy group in 1954. Keep Britain Tidy is now the country's leading anti-litter charity. For more information about the campaign click: keepbritaintidy.org





Pay just £2 single bus fare until end of March

Passengers are being encouraged to **Get Around for £2** by bus from January to March this year, with bus operators' campaign to promote the government fare cap scheme. The scheme will help families, commuters and other passengers save money this winter, backed by £60 million of government investment to cap single tickets at £2 from 1 January to 31 March 2023 across England, outside London.

Nine bus operators in Norfolk are taking part in the Bus Fare Cap Grant scheme.

This means that a single journey on all services run by these operators between 1 January – 31 March 2023 will cost no more than £2.

Operators taking part are:

BorderBus; First; Konectbus; Our Bus; Sanders; Simonds Coach Services; Stagecoach; Semmence.

With the average single local bus ticket costing £2.80, passengers will save almost a third of the ticket price per journey. In some rural areas a single ticket can cost more than £5.

The scheme seeks to get more commuters on buses and helps to reduce emissions and congestion by taking an estimated 2 million cars off the roads.

The government has confirmed more than 130 bus operators, such as National Express and Stagecoach, managing routes from the north to the south of England will charge no more than £2 for their single tickets, helping passengers with travel costs for education, work and medical appointments.

● **For more information, go to [gov.uk/guidance/2-bus-fare-cap](https://www.gov.uk/guidance/2-bus-fare-cap)**

Loving your new bike? Protect it from theft!

Did you get a new bicycle for Christmas? These are an attractive target for thieves. Here are some tips to help keep your bike secure:

- Always lock your bike with at least one good quality lock.
- Ensure the lock is away from the ground and as tight as possible.
- Lock your bike to a secure purpose-made cycle stand or another immovable object.
- Leave your bike where it can be seen by passers-by and CCTV.
- Remove or secure removable parts. Don't buy a bike you suspect may be stolen – you can check if a bike is stolen prior to purchase by visiting bikeregister.com/bike-checker
- When at home, if able to, keep



your bike in a secure shed or garage and keep the door locked. If you keep your bike in a shed, make sure you get a robust lock for the door. If you are going to keep your bike in a communal area, is there anything you can lock it

to? You can also put your bike on the Bike Register which allows you to register your bike details on a national police approved database for free. Registering your bike means that if it is stolen, you could be reunited with it. You can also purchase a Security Marking Kit to help reduce the chances of becoming a victim of cycle theft. You can find out more information about the Bike Register here.

bikeregister.com

A message from your local police officer, PC Vicky Bailey

Over the next five months, I will be conducting monthly engagement surgeries across Broadland and South Norfolk.

These will be **every fourth Tuesday** of each month up to and including May at **The Costessey Centre, Longwater Lane, Costessey NR8 5AH** from 1pm-3pm on the following dates: **January 24; February 28; March 28; April 25; May 23.**

Please come along and have a chat if there is a local policing issue or concern you wish to discuss or if you simply just want to talk to an officer that serves your community. I look forward to meeting you!

**Community Engagement Officer
Vicky Bailey PC 1425**

T: 101 Ext: 1113

E: victoria.bailey@norfolk.police.uk



You will need photo ID next time you vote...

From 4 May 2023, voters in England will need to show photo ID to vote at polling stations in some elections.

Picture: Richard Croft



This will apply to:

- Local elections
- Police and Crime Commissioner elections
- UK parliamentary by-elections
- Recall petitions

From October 2023 it will also apply to UK General elections.

You can use any of the following accepted forms of photo ID when voting at a polling station:

- **Passport** issued by the UK, any of the Channel Islands, the Isle of Man, a British Overseas Territory, an EEA state or a Commonwealth country
- **Driving licence** issued by the UK, any of the Channel Islands, the Isle of Man, or an EEA state (this includes a provisional driving licence).

- **Blue Badge**
- **Older Person's Bus Pass**
- **Disabled Person's Bus Pass**

You can still use your photo ID if it's out of date, as long as it looks like you. The name on your ID should be the same name you used to register to vote.

You can apply for a free voter ID document known as a Voter Authority Certificate, if:

- you don't have an accepted form of photo ID
- you're not sure whether your photo ID still looks like you
- you're worried about using an existing form of ID for any other reason, such as the use of a gender marker.

If you're registered to vote anonymously and want to vote in person, you'll need to apply for an Anonymous Elector's Document. For more information on which photo ID documents are accepted and how to register for a free voter ID document, click:

electoralcommission.org.uk



When daily anxiety rules, it's time to take action

Anxiety specialist hypnotherapist David McGee has some tips which can provide relief.



Anxiety is a normal emotion that everyone experiences from time to time. It's normal and healthy to feel anxious in certain situations. Whether it's the butterflies before a first date, jitters before a big speech or the stress of a high-pressure job, when feelings of anxiety become too frequent and intense, they can start to affect your day-to-day life. That's when it's time to act. These tips will help to reduce anxiety:

1 Take a deep breath: Taking slow, deep breaths is an easy way to calm your body down in the moment. Place one hand on your chest and the other on your stomach and take slow, deep breaths for a few minutes until you start to feel more relaxed. (Important: six seconds in through your nose, six seconds out through your nose and notice your belly rising and falling)

2 Go for a walk or run: Exercise helps relieve stress by releasing endorphins which are hormones that make you feel better and more relaxed. Even if you don't have time to go for a full workout, taking

a short walk or jog will help reduce your anxiety levels quickly.

3 Practise meditation: Meditation is an excellent tool for reducing stress and calming the mind and body. Meditating for five minutes every day can make a profound difference in your life. If you've never done it before, all you do is sit down, focus on your breath, and anytime a thought comes into your mind, you just refocus on your breath. The end. And remember, it's called meditation practice for a reason – it takes a lot of practice to shut out noise and reduce anxiety.

4 Identify your triggers: Keeping track of what triggers your anxious feelings can be helpful in avoiding them in the future. Writing down how you felt before, during, and after an anxious episode can help you identify patterns and find solutions for managing future triggers more effectively.

5 Create a daily routine: Having structure in our lives is essential when it comes to managing stress levels. Creating a daily routine helps keep us organised by giving us something concrete to focus on each day — plus, it reduces decision fatigue by eliminating those pesky 'what should I do



now?’ moments that lead us down rabbit holes of doubt and indecision.

6 Focus on something else:

Redirecting your attention away from what’s causing your anxiety is one of the quickest ways to reduce it fast – focus on something else like reading a book or watching TV until your anxieties subside.

7 Get enough sleep: Getting enough quality sleep is essential for maintaining good mental health as well as reducing feelings of anxiety or depression. Aim for at least eight hours per night if possible; any less than this may result in decreased concentration levels or difficulty

focusing on tasks throughout the day due to fatigue.

Everyone has different ways of dealing with anxiety; what works for one person might not work for another. However, these seven tips are great starting points if you’re looking for ways to reduce your own stress levels quickly and effectively – try them out today!

Remember that managing anxiety takes practice – don’t give up if things don’t get better right away! Keep trying different strategies until you find something that works best for you! Good luck!

● **More information is available at** dmhypnotherapynorwich.uk

Marlingford and Colton Parish Council

Your Parish Councillors:

Mr J Morse, Chairman

**Dr Paul Hammerton,
Vice Chairman**

Cllr Mr Steve Clarke

Cllr Prof Carole Farrow

Cllr Mr David Woods

Cllr Mrs Caroline Agate

Parish council budget 2023/24

At the January parish council meeting, the council set the budget for 2023-24. The precept was set at £10,900 – an increase of 4% from the previous year.

The precept is the portion of money from residents' council tax that is allocated to the parish council.

More information can be found on your council tax bill which will be sent out by South Norfolk Council in the spring.

It was agreed to allocate money towards the maintenance of Marlingford churchyard and Colton churchyard and also to support the production of Grapevine magazine.

Marlingford Conservation Area

With spring around the corner, work is planned on Marlingford Conservation Area to continue to make it a space for all to enjoy and where wildlife can thrive.

To allow this, it is hoped various jobs be undertaken over forthcoming months including clearing overgrown areas and building wood piles to act as

habitats for wildlife. Help is needed from volunteers for this to be possible. If you would like to get involved, please contact the clerk on **clerk@marlingfordandcoltonpc@gmail.com** to register your interest.

Amenity Areas

Hopefully longer, warmer days will be upon us soon. Regular grass cutting will recommence in the spring and maintenance work will continue to ensure the areas are a lovely place for all to visit.

Council Vacancy

Following our previous notices in *The Grapevine*, and the community newsletter, the parish council is still keen to invite interested residents to become councillors. If you are interested in local issues and want to make a difference in your community, being a councillor could be for you. We would be particularly keen to welcome new residents, who would like to get to know their neighbourhood and its workings. If you are interested in seeing what

the role entails, come along to one of our meetings. Alternatively, feel free to contact the clerk, (details at bottom of page) or the chairman John Morse – T: **07760 557488**
E: **jmorse_MCPC@yahoo.com**

Parish council meetings and public inclusion

These are usually held on the second Tuesday of the month at 7pm (except August).

● **There will be no meeting in February 2023. The next meeting will be held on Tuesday, March 14 at Colton village hall.**

At each meeting there is an opportunity for members of the public to speak and raise any issues they may have. You are also welcome to simply come along and listen. Councillors look forward to seeing you at the next meeting.

Contact details for clerk to Marlingford and Colton

Parish Council

Maria Hutson

T: 01603 850118

E: marlingfordandcoltonpc@gmail.com

W: marlingfordandcoltonpc.co.uk

Gazelles Valentine run Sunday road closure

The Norfolk Gazelles Valentine's 10k, is planned to run on the **Sunday February 12** from 9.45am to 12.00pm. Runners will leave Easton College at 10am. The route starts at the college and then goes north up Bawburgh Road joining the Dereham Road and then through the villages of Colton, Marlingford, finishing back at the college. In order to ensure the safety of runners, marshals and spectators, a road closure order will be in force for a section of the route and diversions will limit two-way flow of traffic for the duration of the race. Access will

be maintained for residents and businesses when safe to do so but would ask that if possible, travelling along any of the sections of the route is avoided or is made with caution during the times indicated above. Road junctions will all be manned with CSAS-approved marshals to ensure the safety of all concerned and support the diversion of traffic. Your journey may take longer than normal while we ensure public safety.

● **For more information and maps of road closures, click norfolkgazelles.co.uk**

Easton Parish Council

Your Parish Councillors:

Cllr Ben Moye – Chairman

**Cllr Peter Milliken –
Vice Chairman**

Cllr Stuart Renders

Cllr Peter McCarter

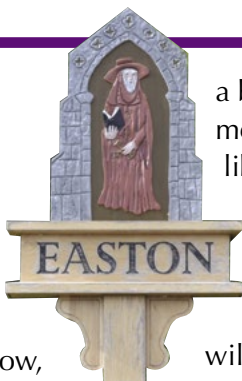
Cllr David Lewis

New Easton Community Centre

Easton parish councillors met on January 9, 2023 and discussed the progress made to deliver the new community centre. As residents will know, because of the growth of our village taking us from 600 homes to 1,500 over the next few years, our current facilities will not be able to offer the range of services a growing community needs. The council now has planning permission for the new centre and work started on site the week of the January 9, 2023.

The centre will create a positive impact on our growing community (and further) across all age groups. Our new community centre will encourage inter-generational mixing with different groups of differing abilities, bringing together large diversities of people from within the community, all using the facilities at the same time.

The new building will offer a main hall – at least 18m x 10m – two separate meeting rooms, a lounge,



a bar servicing the lounge and meeting rooms, a lending library, a commercial-grade kitchen, a 'blue light' office space offering 24-hour access to our blue light services. There will be EV charging at 50kw, 22Kw and some 7kw chargers 24/7 with reduced rates for residents. It is hoped the local clubs and groups in our community will make full use of the new facilities and that it will be a hub offering a large and varied range of activities for all. The building is also designed to be a relief centre, able to operate off the grid for an extended period creating resilience in the community. With a low carbon footprint and low maintenance costs, the project will combine new building and green environmental technologies to create a sustainable centre which will serve Easton residents for many years to come. Funds for the project are £505k from The Greater Norwich Development Fund, £500K from a South Norfolk



Artist's impression of the new community centre.

Council Company Investment grant and Easton Parish Council will fund the rest from remaining Community Infrastructure Levy money.

Build costs have gone up to about £2million. However, by using SIPs building, the council can reduce costs to about £1.8million.

A number of local companies, including MKM Building Supplies, Screwfix and Midsummer Energy, have agreed to supply materials at a vastly reduced cost which will ensure the council is able to deliver this much-needed project for the benefit of the whole community.

The project is on course to have the building up and running in the Autumn of 2023.

Speeding

Regrettably it was reported at the January meeting that cars are still speeding through the village. This is regularly reported to the police who do respond and often send the camera team to catch offenders.

However, as there are still significant speeding offenders, it was suggested that a zero-tolerance policy be adopted which is to be discussed with the local police. It was noted friendly warnings do not save children's lives.

Precept request for financial year 2023–24

The budget and precept amount for the financial year 2023–24 was

discussed at the January meeting and an overall increase of around 2.5% was agreed. It was noted the council had good reserves which could prevent large increases in line with current inflation rates. This allowed the parish council to keep the precept request down with a final figure of £22,488 across a tax base of 528 properties. The average Band D property will see an increase of around £1.02 per annum which will equate to an increase of approximately 8.5 pence per month.

New waste bins

It has been noted the newly installed litter bins are being

misused as all items are being placed in them. Items for recycling are not being placed separately in the recycling bins. Please could residents be responsible in disposing of all waste correctly.

Elections and councillor vacancies

The local elections will take place in May. If you are interested in becoming a parish councillor, please contact our clerk:

clerk@eastonparishcouncil.co.uk

Easton Parish Council

The Village Hall, Marlingford Road, Easton NR9 5AD

W: [eastonparishcouncil.co.uk](mailto:clerk@eastonparishcouncil.co.uk)

E: clerk@eastonparishcouncil.co.uk

Community Car scheme no longer available to Marlingford and Colton residents

A decision by Marlingford and Colton Parish Council to end contributions towards the Community Car scheme has meant residents of those villages can no longer use the service. South Norfolk council funds half the scheme with the other half being shared by the two parish councils of Easton, and Marlingford and Colton. Dave Ditton who runs the scheme for residents aged 65 and over with wife, Jean, said: "It's a very useful service for those who need

transport to doctor, dentist or the hospital and we regret that now we will not be able to provide transport for those in Colton and Marlingford".

The scheme remains available to residents of Easton at a cost of 30p per mile from the user and 30p per mile contributed by the councils. If you are going to need transport, you can ring **01603 880857** to arrange the pickup, but please try to give **two to three days notice** to give time for a driver to be assigned.

Mobile library 2023 – February dates

Marlingford – Route: CEN 317 Wednesday: February 15

| Stop no | Arrives | Departs | Postcode |
|--------------------------------|---------|---------|----------|
| 18: Colton Road near Home Farm | 2.10pm | 2.25pm | NR9 5HS |
| 20: Mill Road | 2.30pm | 2.45pm | NR9 5HU |

Colton –Route: CEN 319 Wednesday: February 22

| | | | |
|--------------------|-----|--------|---------|
| 38: Ex post Office | 5pm | 5.15pm | NR9 5DB |
|--------------------|-----|--------|---------|

Easton –Route: CEN 419 Thursday: February 16

| | | | |
|----------------------|---------|---------|---------|
| 6: Parkers Close | 10.45am | 11am | NR9 5EE |
| 8: Marlingford Road | 11.05am | 11.25am | NR9 5AD |
| 10: Marlingford Way | 11.30am | 11.50am | NR9 5HB |
| 12: Kennedy Close | 11.55am | 12.10pm | NR9 5EY |
| 14: St Peter's Drive | 12.15pm | 12.45pm | NR9 5HF |

Please note this information is subject to change or amendment both on a permanent and temporary basis. For all enquiries call 01603 222303.

Here's an incentive to get off the sofa and get walking!

With spring on its way, we start to think about getting out to walk in the beautiful English countryside again, but where do you find new and interesting walks in your area?

walkinginengland.co.uk/norfolk has loads of walks to download and print for free. It also has books of walks and details of all the walking groups in the county. Whether you want to walk on your own or with a group, all the information is there in one place. John Harris who maintains the website, said 'There is so much walking information on the web



but it is difficult to find. **Walking in Norfolk** (part of the *Walking in England* website) has brought it together in one place".

With walks from half a mile to twelve miles plus, giving notes of suitability for pushchairs and wheelchairs, everyone can find a walk to enjoy.

So home or away, check out the websites and get walking!



The Rambling Vine



Love – still making the world go round...

February brings heart shapes everywhere – cards, sweets, ornaments, cushions, I've even seen heart shaped crumpets. St. Valentine, has become the patron saint of love and, around his festival on the 14th, we are inundated with symbols of love everywhere.

Of course, once the 15th arrives all those symbols will have been eaten, recycled, discarded, or perhaps put away as keepsakes – and the remainder in the shops will be sold off at a discount. Romantic love is a wonderful thing while it lasts and can be the foundation for lasting, mutual care and relationships, but like the cards and gifts, chocolate and crumpets, it is often soon gone or sold cheap. But love is very important: - love of family, friends, neighbours, all humankind, as individuals, as groups, love for creation, for all life on our planet, for ourselves.

Without love, which gives us a focus, a passion and a reason to act positively for others, we would miss so much that is good in our lives.

Real love is not cheap, easy, or disposable. It's not always shiny or fluffy or tasty; it can be difficult,

unrewarding, costly, unrelenting – but, as the song says, it's what makes the world go round.

The Bible has much to say about love – asking us to love one another, to love God and to love ourselves. It tells us to love because God loved us first and God's love is unconditional – that love doesn't care who we are, what we look like, what we have done, whether we are rich or poor or have a GSOH (good sense of humour), it's never-ending and we can never do anything to earn it, or anything that will stop it.

For those of us who follow a faith, we are asked to share that love, to pass it on and follow God's example. That's not easy and we often fail as we are human, not divine. If you find it hard to love or feel you fail at times, the passage below helps us with some instructions.

But also being reminded just how much we are loved by the one who will never stop loving us can make it easier.

Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or

resentful; it does not rejoice in wrongdoing but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things.

1 Corinthians 13:4-7
 May you know just how much you are loved and share that love with everyone you meet.

Rev Laura Montgomery



Picture: James Chan, Pixabay.

Church services February 2023

| February 2023 | | |
|---------------|---------|-------------------------------------|
| Sunday 5 | 10.00am | Easton |
| Sunday 12 | 10.00am | Colton - all ages |
| Sunday 19 | 10.00am | Marlingford |
| | 3.00pm | Forest church |
| Wednesday 22 | 10.00am | Marlingford, Ash Wednesday |
| Sunday 26 | 10.00am | Bawburgh with the Archdeacon |

Marlingford Church 50 Club

Members: Thank you for your help last year. If you wish to continue supporting the maintenance of the church, please renew your direct debit at Barclays Bank, 20-62-53, MPCC 50 Club, account no. 00378445. Any enquiries, contact **Felicity Maton** on **01603 880846**.

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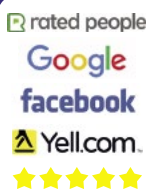
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Diary date for May!



The PCC of St Peter's Church, Easton are excited to announce they will be holding a Flower Festival with a Songs of Praise service on **May 13** and **14** to celebrate the Coronation. The theme will be 'Royalty' and we welcome floral contributions from across the Benefice. More details to follow.

Rev Laura Montgomery

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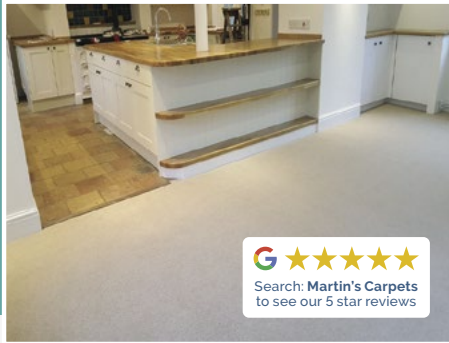
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