

Your community guide for Colton, Easton and Marlingford

**REMEMBER**  
Clocks go  
**FORWARD**  
on Sunday  
March 26

● Take part in  
the Coronation  
Flower Festival  
page 15

● Beware of scammers  
page 16

**PLUS**

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

## Useful contacts

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

## Doctors surgeries

<b>Costessey,</b> <b>Roundwell</b>	01603 744014
<b>Beechcroft</b>	01603 746683
<b>Hethersett</b>	01603 811323
<b>Mattishall</b>	01362 850227

## Hospitals

<b>Norfolk &amp; Norwich</b> <b>incl W Norwich</b>	01603 286286
<b>Julian &amp; Hellesdon</b>	01603 421421
<b>Dereham, Northgate</b>	01603 697300
<b>Kelling</b>	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:** Snowdrops and aconites  
in the grounds of St Peter's, Easton.  
Picture: Margaret Seely.



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## The Grapevine

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**carolachiles@gmail.com** 01508 578352

## Advertising in The Grapevine

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

## Annual advertising rates 2023

Black & white inside:			
1/8	1/4	1/2	Full page
£50	£75	£125	£200
Black & white back page:			
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Colour inside:			
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£100	£150	£250	£400
Colour back page:			
	£300	£400	

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

<b>Benefice Rector</b>	Revd Laura Montgomery eastonbeneficeoffice@gmail.com 172 Fairways, Queen's Hills, Costessey NR8 5GB	01603 744551
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<b>Reader</b>	Peter Pease, 19 Woodview Road, Easton	01603 880255
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### St Peter's Church, Easton

<b>Churchwardens</b>	Peter Pease, 19 Woodview Road, Easton	01603 880255
	Margaret Seely, 8 Kennedy Close, Easton	01603 880888

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<b>PCC Secretary</b>	Anthony Perry, 7 Pegg Close, Easton	01603 882265
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<b>Treasurer</b>	Dave Batchelor, 9, Cleves Way, Old Costessey	01603 322987
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### St Andrew's Church, Colton

<b>Churchwarden</b>	Sarah Smith, Bickerston Cottage, Church Lane, Colton	01603 757865
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<b>PCC Secretary</b>	Liz Plater, Church Cottages, Church Lane, Colton	01603 880556
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<b>Treasurer</b>	Judy Scrivener, The Old Post Office, Norwich Road, Colton NR9 5BZ	judy.scrivener@ googlemail.com
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### St Mary's Church, Marlingford

<b>Churchwarden</b>	Felicity Maton, West Cottage, Barford Road, Marlingford	01603 880846
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<b>PCC Secretary</b>	Felicity Maton, West Cottage, Barford Road, Marlingford	01603 880846
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<b>Treasurer</b>	Carol Chiles carolachiles@gmail.com	01508 578352
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### St Mary and St Walstan's Church, Bawburgh

<b>Churchwarden</b>	Susan Knight	07876 717487
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# 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	<b>Excel departs Norwich at</b>	<b>12.40pm</b>
<b>Excel departs for Easton at</b>	<b>10.05am</b>	<b>Excel arrives in Easton at</b>	<b>1.00pm</b>
<b>Excel arrives in Norwich at</b>	<b>10.25am</b>	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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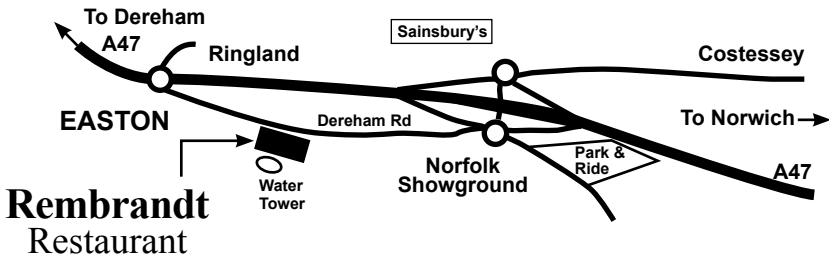
Friday 4pm - 8pm

Saturday 4pm - 8pm

*For latest information  
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Norwich, NR9 3EN

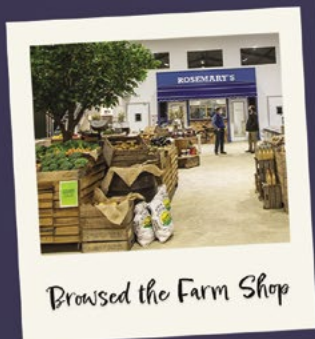
Hingham: 01953 850330

15 Norwich Street,  
Hingham,  
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*Stopped for a bite to eat*



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# THE Grapevine

## Never miss a bin collection again!

I've always been very proud of my bin rotation scheme whereby I always make sure the next bin to be collected, be it green or black, is the one situated nearest the road. As soon as it's emptied, it takes its place nearest the door with its colleague taking up the space nearest the road. I think this ritual has been observed by my neighbours who always seem to put their bins out after I've placed mine using my little scheme as a good way to know which bin goes when.



South Norfolk residents will no doubt be relieved to know there is now an app you can download which tells you which bin goes out on which date - very useful for those annoying bank holidays when you think they go out a day later, but the bin collectors come on the usual day... You'll find this app in the App store or the Play store. Just look for 'Bin collections South Norfolk'.

**Annette Hudson**

## Co-ordinator needed to help distribute magazine

A new co-ordinator is needed to organise distribution of printed copies of *The Grapevine* to homes and organisations in Easton, five times a year. After receiving the total number of copies, the job entails counting these into allocated amounts and taking them to the deliverers around Easton. This is a voluntary job for a car driver who is willing

to help the community. For more information, please contact **Felicity Maton** on **f.maton@btinternet.com** or telephone **01603 880846**.



**Deadline for items for the April issue: Monday, March 27**  
Email as word doc to: **annettegh57@gmail.com**

# VILLAGE HALL NEWS

## YOUR

### Colton village hall

#### ● Colton village hall committee AGM

This will be on **Thursday, March 30** starting at 7pm. All are welcome.

#### ● Volunteers needed for village hall clean up!

If you have a couple of hours to spare on **Saturday, April 15** we would love you to help us give the outside of the village hall a thorough tidy up. Just turn up at Colton village hall from 10am on that date. There will be tea and coffee provided after!

#### ● Cleaner required

There is a vacancy for a cleaner at Colton village hall for four hours a month. If you are interested, please contact **Vicky Green** on **01603 881336** or email **vicky@mgarchery.co.uk** for more details.

#### ● 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

Here's what's coming up:

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

**March 16** – Talk on 'British Sign Language' talk

**March 30** – Easter Dice Game with Merylyn and Herriot's 60th wedding anniversary.

Open to all over 50s.

We welcome members **every two weeks on Thursdays** at Easton village hall from **2pm - 4pm**.

Why not pop along and meet us?

*Tony Perry*

### Marlingford village hall

#### ● SAVE THIS DATE!

Marlingford village hall suggests you to save the date for the **Coronation Big Lunch on Sunday May 7, 2023** to mark the Coronation of King Charles III.



Residents and families of Marlingford are invited to bring their own picnics and the village hall will provide tables and chairs outside (or in the hall if the weather is inclement).

There will also be a paid bar providing bubbly for a toast to the new King.

The hall and grounds will be open from 1.30pm until late and

# Community and Fundraising Events

## Help raise funds for play area

There will be a bake, craft sale and raffle on **April 16** at **Colton village hall** to help raise money for some new equipment for Colton amenity area. Pop in between **10am** and **12pm**. Local resident, eight-year-old Elona Moore has also started a **Just Giving** page to try and raise money for his cause.

**For more details on how to donate, see pages 20-21.**

this will align with the **Big Lunch** and the **Coronation Concert** which takes place in the evening. We will see if we are able to get a licence to show this concert on the screen in the hall. During the afternoon, we will also put on some traditional games and activities. There is quite a lot to arrange and not all of the details have been confirmed at this time. Please keep an eye on *The Grapevine*, the village hall facebook page, notice boards and the website for more details as we confirm them. As the committee is relatively small we are more than happy have further volunteers to help before and on the day.

A poster for the Colton Art & Craft Group. The background is a textured, abstract painting in shades of grey, white, and blue. The text is centered and reads:

**Colton Art & Craft Group**  
Wednesdays 10am-12pm  
Meet fortnightly at  
Colton Village Hall  
£5 per session  
Next meeting:  
Wednesday March 8  
For more details,  
contact Rosanna Ellis on  
07765294347  
rosannaellis@btinternet.com

A poster for an Easter Prize Bingo event. The background is white with a red border. At the top, there are four circular icons containing the numbers 22, 13, 88, and 1. Below these is the text 'EASTER PRIZE BINGO' in large, bold letters, with a yellow chick illustration. Underneath is 'Saturday, April 1' with a large '1' in a circle. The location is 'Colton Village Hall' and the times are 'Doors open at 6.30pm' and 'Eyes down at 7.00pm'. At the bottom, there is a red banner with 'PLUS RAFFLE' and floral decorations. Below the banner, it says 'Refreshments available at 'half-time' but please bring your own alcohol. Donations of prizes gratefully received.'

**22 13 88 1**  
**EASTER PRIZE BINGO**  
Saturday, April **1**  
Colton Village Hall  
Doors open at 6.30pm  
Eyes down at 7.00pm  
**PLUS RAFFLE**  
Refreshments available at 'half-time'  
but please bring your own alcohol.  
Donations of prizes gratefully received.

# News from Easton Women's Institute



## **Big birthday celebrations!**

On **Thursday March 9**, Easton WI will be celebrating its 70<sup>th</sup> birthday.

It occurs to me that 70 years ago the country was about to witness the Coronation of Elizabeth II and we are about to celebrate our 70<sup>th</sup> just before the Coronation of her son Charles.

I have to say that that is probably one of the only similarities.

In 1953 the WI met in the old church hut which no longer exists but was on the main road near the church.

From photos taken around that time, it seems that most members always wore their hats and I can confirm that that never happens now!

The 70<sup>th</sup> birthday meeting will be entertained by Mr John who will sing a medley of songs and

we will have visitors joining us. If there are any past members reading this, we would love to have you join us for the evening. Also, can I remind members that we are having refreshments so please bring a contribution! There will, of course, be a birthday cake to mark this special occasion.

On **Thursday June 15** we will be continuing to celebrate by having **Tea on a Train** on the North Norfolk Railway.

Our monthly meeting on **Thursday April 13** we will be having a slightly less festive talk about making a **Lasting Power of Attorney**.

Programmes for 2023/24 will be available at our March meeting and I will put one up in Easton village hall.

*Mary Blathwayt*

## Promote your club or business at the St Peter's Church Flower Festival in May

St. Peter's Church, Easton is holding a **Flower Festival** on the weekend of **Saturday 13** and **Sunday 14 May** which will culminate in a special Songs of Praise service.

All clubs, societies and businesses in and around Easton are invited to participate using the space to advertise their society or business with a floral display and flyers showing details of what they do. The church will be open from 10.00am until 4.00pm on Friday May 12 in order to set things up. (Alternative times by arrangement). The theme is **Royalty** or **Coronation**

as it is the year we celebrate the coronation of King Charles III. Your display does not have to be large – indeed, 'small is beautiful'. The organisers will supply a card to accompany the display with details of your business or club in order to promote it.

● **If you would like to take part in the festival, please fill in the form below and send it by post to:**

**Anthony Perry,**  
**Secretary, St Peter's Church,**  
**7 Pegg Close, Easton NR9 5JB**  
or email the details to:  
**perryanthony00@gmail.com**

**I/We would like to participate in the Flower Festival on May 13/14 at St Peter's Church, Easton.**

Contact name .....

Name of club/business/other .....

.....

Email .....

Tel no .....

Floral display title .....

.....

## Beware of scammers pretending to be family

**Colton resident Ann Dunn explains how she almost lost £500 to scammers in the hope that others won't get caught the same way.**

My daughter is a busy and active woman and with so much going on in her life, she sometimes misplaces or loses things.

So it came as no surprise to me to get a WhatsApp message from her saying she had mislaid her phone. The chat went something like this:

**C:** *Hiya mum*

**Me:** *Oh hiya, is that you C?*

**C:** *Yes, it's me. I've mislaid my phone and I'm using this one for now. Everything ok?*

**Me:** *Yes fine. And you?*

**C:** *I'm OK, just a bit stressed.*

**Me:** *Is it work?*

**C:** *No. I don't want to bother you with it but the bank has blocked my online banking for 48 hours because of this new number. I've got to pay the mortgage now so that's stressing me out. I'm contacting the bank now.*

**Me:** *At least it's not work.*

**C:** *But the problem is I have to make the payment today and I won't be able to do it myself. Do you think you could make the payment for me? I'll pay you back on Wednesday.*



Well you can guess where this this conversation was leading.

At no time during this chat did I doubt that the person I was talking to was my daughter. And of course, I wanted to help her out. I offered to pay the £500 directly into her account but she said it had to be paid directly into the mortgage company's account. She sent me the details and I made the transfer. Straightaway, my phone rang. It was my bank and I was told I'd just been scammed. At first, I thought that this was a scam call. I said, no, I was certain I hadn't been scammed and if they were calling about a transfer I had just made, I had just paid some money to help my daughter.

They replied, "Did you check it was your daughter? Are you sure it was really her?" Then the



penny dropped. Talk about feeling like a complete and utter idiot!! Even worse, I have taught IT and computer science for most of my working life and one of the lessons taught was on security and how not to be scammed....

I was lucky in that the person who had scammed me was being monitored and the bank stopped the payment immediately, so the money never left my account. So be warned! You may not be so lucky if it happens to you. These fraudsters are getting more and more devious. Here are a few things to bear in mind:

If someone you know contacts you or sends a link from an unknown number on WhatsApp, it could well be a scam. Messages from unknown numbers asking for money are usually malicious. Always confirm with your friend

via another communication method before acting.

If someone whose number you don't recognise contacts you claiming to be a friend or family member, try calling the number and if nobody answers the call, send a message to their old number asking if it's them contacting you. Activate WhatsApp 2-step verification. Once enabled WhatsApp will send a verification code to your default device when someone tries to log in from another device.

If you believe you may have been scammed you can report it as follows:

**Android:** Open **WhatsApp**, hit **More Options**, and head to **Settings>Help>Contact** us to submit a scam report.

**IOS:** Open **WhatsApp**, tap **Settings>Help>Contact** us

## 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: **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



## People pleasers find it hard to say 'no'

**Anxiety specialist hypnotherapist David McGee has some tips to help overcome the need to gain the approval of others.**



Many of us live our lives in constant fear of not being liked or accepted by others. This fear often leads to people pleasing behaviours where we sacrifice our own wants and needs trying to get the approval of others.

While this is a normal part of human behaviour, being overly concerned with what others think can be extremely harmful to our mental health and wellbeing. If you find yourself constantly worrying about what others think, you may be a people pleaser. This behaviour is not sustainable in the long term and can lead to extreme feelings of anxiety, stress, and even depression.

Here are a few tips to help you overcome the fear of not being liked:

### **Identify your values and priorities**

Take time to identify what is important to you and what you want to achieve in life. Once you have a clear understanding of that, it will be easier to make decisions that align with these beliefs. This will help you to live a more



authentic life, true to yourself, which in turn will attract people who appreciate and respect you for who you are.

### **Learn to say no**

People pleasers often have a hard time saying no to others, even when it means sacrificing their own time, energy, and resources.

Learning to say no is an important step in overcoming the fear of not being liked. Remember – it's okay to say no – it doesn't make you a bad person. You have the right to set boundaries and prioritise your own needs.

### **Practise self-care**

This is an essential part of maintaining good mental health

and wellbeing. It's important to take care of yourself physically, emotionally, and mentally including getting enough sleep, eating a healthy diet, exercising regularly and doing things that bring you joy and fulfilment. In turn, you'll feel more confident and less concerned about what others think of you.

### **Surround yourself with positive people**

This can have a huge impact on your self-esteem and confidence. It's important to be among people who support and encourage you, rather than those who bring you down. Look out for positive, like-minded individuals.

### **Practise self-compassion**

Finally, it's important to practise self-compassion. You're only human, and it's okay to make mistakes and have flaws. Be kind to yourself and treat yourself with the same compassion and understanding that you would offer to a good friend. This way, you'll feel more comfortable being yourself and less concerned about what others think.

Remember that you are worthy of love and acceptance just the way you are, and you don't need to change yourself to gain the approval of others.

## **Help save a life – give blood**

Every day thousands of people's lives are saved or improved thanks to the generosity of blood donors. But sadly, there are still lots of patients can't be treated because there are not enough supplies. You can support the NHS by giving blood – there's an urgent need for regular donors. The blood you give is a lifeline in an emergency and for people who need long-term treatments. You or your family may be grateful to a blood donor one day. The NHS needs more than 5,000 blood donations every day to treat patients in need across England and, each year, it needs 135,000 new donors, as some can no longer give blood. Most people aged between 17 and 65 can donate. There is a particular need for 40,000 more black donors to meet the growing demand for better-matched blood and treat conditions such as sickle cell disease. Sickle cell is more prevalent in people of black heritage and ethnically matched blood provides the best treatment.



● **For more info, visit the blood donation site at [nhsbt.nhs.uk](https://nhsbt.nhs.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**

## ID needed for local elections

On Thursday May 4 2023, local elections are taking place across England. **To vote in a polling station, residents will need to bring photo ID.** No ID? You can apply for free voter ID. Find out more at [electoralcommission.org.uk/i-am-a/voter/voter-id](https://electoralcommission.org.uk/i-am-a/voter/voter-id) or call **0800 328 0280**

## Council vacancy

The parish council has a vacancy and is looking for residents to join the council. If you are interested in local issues and want to make a difference in your community, being a councillor could be for you. If you are interested in seeing what the role entails, why not come along to one of our meetings. Alternatively, feel free to contact our clerk, **Maria Hutson** on **01603 850118**, or email [marlingfordandcoltonpc@gmail.com](mailto:marlingfordandcoltonpc@gmail.com)

## Colton amenity area

Following previous updates, now that spring is approaching, we are keen to see increased usage of the amenity area. We are hoping to



Colton amenity area. Picture: John Morse

upgrade, refurbish and hopefully replace, some of the equipment. To kick-start this, eight-year-old Elona Moore has, on her own initiative, offered to start a **Just Giving** page to contribute to the fundraising effort.

To support Elona's efforts, go to [justgiving.com](https://www.justgiving.com)

Elona has already secured generous gifts for a prize raffle from The Goat Shed, Barnham Broom Hotel Golf & Spa, Viking Nurseries,

Norwich Family Golf Centre, UEA Sports Park and Morrisons in Wymondham which will form part of the fundraising. She has also secured a very generous donation from Honingham Thorpe Farms. While there are some limited funds available from within the parish council, we are hampered from applying, for example for Heritage Lottery funding by virtue of the very short nature of the current lease, so Elona's personal efforts are truly inspirational. We will provide updates on how she is getting on with her fundraising

**Multiply – maths courses for adults**  
Multiply is a new programme from

Norfolk County Council Adult Learning to help adults improve their maths skills with free courses. They are available to those:

- aged over 19
- who do not have maths GCSE at grade C (or equivalent)
- who live in Norfolk

Good maths skills can help people access job opportunities and lead to higher wages, help prepare for further study or in everyday life, such as helping children with homework and budgeting money.

● **For more information go to:**  
[norfolk.gov.uk/what-we-do-and-how-we-work/campaigns/multiply-maths-courses](http://norfolk.gov.uk/what-we-do-and-how-we-work/campaigns/multiply-maths-courses)

Parish Council Meetings are usually held on the second Tuesday of the month at 7pm (except August). The next meetings will be held on

- **Tuesday March 14 at Colton village hall** (*right*)
- **Tuesday April 11 at Colton village hall** including general parish meeting.

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 to the meeting. Councillors look forward to



welcoming residents to 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**

# Easton Parish Council

## Your Parish Councillors:

**Cllr Ben Moye – Chairman**

**Cllr Peter Milliken –  
Vice Chairman**

**Cllr Stuart Renders**

**Cllr Peter McCarter**

**Cllr David Lewis**

Easton parish councillors are pleased to update residents on the progress of the new Easton Community Centre. On February 13, 2023 the footings were poured and in March the steel will be erected.

It is expected by April we should have the envelope of the building in place and the whole project moving forward on target. There is a new dedicated website which is being updated on a very regular basis. It contains lots of pictures and videos of the progression of the build and residents are encouraged to take a look. Visit: [eastoncommunitycentre.co.uk](http://eastoncommunitycentre.co.uk)

## Existing village hall

Some residents have asked what will happen to the existing village hall in Easton. Councillors are keen to find a useful purpose for this building and are currently looking for an alternative use for it. Easton Parish Council is committed to retaining the post office at its current location and appreciates its importance to the village.



## Vandalism and anti-social behaviour

The councillors are saddened to report incidents of vandalism and thoughtfulness in the village. One of the new gates at the Jubilee Playing Field has been damaged for the second time and had to have further repair which is so disappointing and also a cost to the public purse. There has also been damage to a bus stop sign and littering. We would remind



The current village hall and post office in Easton.

all residents to be considerate and vigilant. If you witness incidents of vandalism, please report it on 101.

### **Speeding**

As reported previously, cars are still speeding through Easton and the local police are increasing patrols in response. Lower Easton has been identified as having a high rate of speeding and also increased litter problems.

Please be considerate as you travel through the village and obey the speed limits for the safety of all residents.

### **Defibrillators**

As the signs of spring start to appear and families begin to venture outdoors, it seems a good time to remind residents of the

defibrillators sited around the village. While it is hoped they will never be used, it is useful for everyone to know where they are.

Existing locations are:

- The village hall, Marlingford Road.
- The Rembrandt Restaurant, Dereham Road.
- Outside 73 Ringland Road, Lower Easton.

### **Coronation of King Charles III**

Easton parish councillors are looking for someone or a small group to run a Coronation event for the village, grant funding of up to £500 available. Please contact the Clerk to discuss further.

### **Welcome to all the new residents in the village**

Easton parish councillors would like to extend a warm welcome to our new residents. As the houses continue to be built and become occupied, we will welcome lots of new faces to the village.

Any existing residents who wish to apply for one of the new Orbit homes must be registered on the South Norfolk Council housing list. This is a requirement to stand a chance of gaining a newly built home. Anyone needing assistance to register with South Norfolk Council, please speak to one of



Pictures: Annette Hudson

the Easton parish councillors or the clerk to help you in navigating through the website.

[southnorfolkandbroadland.gov.uk](http://southnorfolkandbroadland.gov.uk)

### **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](mailto:clerk@eastonparishcouncil.co.uk)

### **Remember to vote in the elections in May you will now need to produce formal ID.**

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**

For more information on which photo ID documents are accepted and how to register for a free voter ID document, click:

[electoralcommission.org.uk](http://electoralcommission.org.uk)

### **Easton Parish Council**

The village hall, Marlingford Road, Easton NR9 5AD

**W:** [eastonparishcouncil.co.uk](http://eastonparishcouncil.co.uk)

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

## **Calling all Marlingford Church 50 Club members**

If you are a member and wish to continue supporting the maintenance of the church this year, please renew your direct debit at Barclays Bank, MPCC 50 Club.

Sort code: 20-62-53,  
Account no. 00378445.

**Any inquiries, please contact the churchwarden, Felicity Maton on 01603 880846.**



Corbels on Marlingford church. Picture: Felicity Maton.



## Mobile library 2023 – March dates

### Marlingford – Route: CEN 317 Wednesday: March 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: March 22

38: Ex post Office	5pm	5.15pm	NR9 5DB
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### Easton –Route: CEN 419 Thursday: March 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.**

## Do you to remember the hot, sunny summer last year..?

### A Very Hot Summer Afternoon in Marlingford *by Sue Stubbs*

As I sit on my patio with my glass of wine,  
The shade is cooling and the breeze divine.  
There is cricket being played on the Village Green,  
And wood pigeons coo loudly in the woods - unseen.  
A horse clip clops by on the road outside,  
And a bee buzzes past for a flower to find.  
The cat next door strolls by with a purr,  
And then purrs and purrs as I stroke her fur!  
The birds are quiet in this heat of the day,  
And animals shelter in the shade where they lay.  
What an idyllic way to spend my time,  
With sunshine, a breeze and OF COURSE my glass of wine!



# The Rambling Vine



## Take time to reflect on eternal life

Death and taxes – both very certain! But I'm only going to talk about death here – and please read at least a bit further before doing the very British thing and refusing to discuss the matter!

I have the awesome (in the original meaning of the word – filling me with awe) privilege of visiting families at their darkest hour.

They open their homes and their lives to me by telling me stories of their loved ones – how they met and fell in love; or how the person who has died was as a parent, sibling, friend, and perhaps most heart-breaking of all, a child.

I love to hear the stories and be with them in their grief – after all it's biblical to laugh with those who laugh, and mourn with those who mourn.

Some funerals have been meticulously planned by the loved one in advance – Bible reading(s), music, hymns, place.

Sometimes they've even written their own eulogy. Others have got nothing at all for me to go on.

I once took a funeral where the family had nothing to say about the person who had died. Perhaps they just couldn't deal with it.

Various poems are often requested

at funerals. One suggests "death is nothing at all". But of course it's something. Death is massive and heart-breaking and life changing for those who lose a loved one. And when we ourselves are facing death, it's also huge. We don't know how it will be, though the medical world has made it a lot easier than it was in the past.

I want to remind us, always, as Christians, and as at this time of year we are heading towards Easter, we remember that with death we are facing eternal life with God. A new birth.



## Church services March and April 2023

<b>March</b>		
Sunday 5	10.00am	<b>Benefice Communion, Easton</b>
Sunday 12	10.00am	<b>All Age Communion, Colton</b>
Sunday 19	10.00am	<b>Benefice Communion, Marlingford</b>
Sunday 26 (clocks go forward an hour)	10.00am	<b>Benefice Communion, Bawburgh</b>
	4.00pm	<b>Forest Church, Queen's Hills Forest Park</b>
<b>April</b>		
Sunday 2	10.00am	<b>Palm Sunday Communion, Easton</b>
<b>Holy week</b>		
Maundy Thursday 6	6.30pm	<b>Communion with Handwashing, Colton</b>
Good Friday 7	2.00pm	<b>An hour at the cross, Easton</b>
Sunday 9	10.00am	<b>Easter Sunday Communion, Marlingford</b>
Sunday 16	10.00am	<b>All Age Communion, Colton</b>
Sunday 23	10.00am	<b>Benefice Communion, Bawburgh</b>
Sunday 30	10.00am	<b>Benefice Communion, Marlingford</b>

But birth is rarely an easy process. We have glimpses of God throughout life, if we look, and sometimes we have real epiphany moments that we can look back on and remember why we believe what we do (though of course we all have times of doubt too). As Christians, imagine those epiphany moments multiplied several times over. The picture (left) is called *First Day in Heaven* by Kerolos Safwat. It speaks to me because I love a hug! But Jesus knows you and if you don't like hugs, I'm sure you'll get a handshake or something else

appropriate. Eternal life is something to be really excited about! We will become fully who we were knit together in the womb to be. How exciting. And this is the message we have to share with our friends, and families, and colleagues and whomever else we come across in our day to day. I'd love you to take some time to reflect on this. To leave some suggestions for your funeral for your family. But also, think about your end of life. How do you want it to be? Where do you want to be, if possible?

**Rev Laura Montgomery**



A sure sign that spring is here - snowdrops in the grounds of St Peter's church, Easton.

Picture: Margaret Seely.

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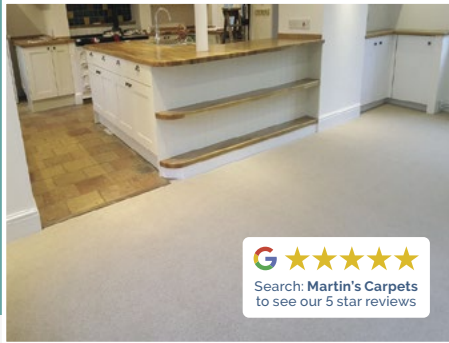
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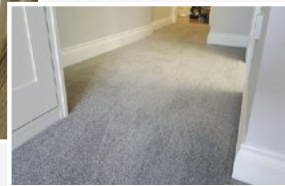
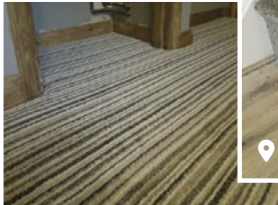


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