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New Affordable Homes Proposed

Orwell Housing Association has been working with Mid Suffolk District Council and Wortham & Burgate Parish Council to bring forward some further affordable housing on the land at Howards Close in Wortham. This follows the Housing Needs Survey that was undertaken last September.

Plans have been drawn up to provide 8 further homes: a mixture of houses, flats and bungalows to be made available to local residents. Orwell will be holding a consultation event on the 19th February at The Dolphin to allow local residents to view the plans and discuss further with representatives from Orwell and the architects ahead of the planning application submission.

Please come along and have a look at the plans. Should you be unable to attend but wish to see the plans, please contact Greg Dodds at Orwell on 01473 228648 or gdodds@orwell-housing.co.uk.

- Date: Thursday 19 February 2015
- Venue: The Dolphin Inn by kind permission of David Lewis and Louise Kelham
- Time (1) 6-7pm Howard Close residents only
- Time (2) 7-8pm General Public

AED - Automatic External Defibrillator Awareness Evening



On Tuesday 20th January at Wortham Village Hall there was a meeting to explain and demonstrate the recently fitted AED unit. Martin Render gave an interesting and reassuring talk demonstrating its use to over 60 local residents. The machine is easy to use by anyone even if they have no medical knowledge. It is used after someone has sudden cardiac arrest (SCA) to provide a high energy shock to restore the heart's rhythm.

After a 999 call and an ambulance has been dispatched, the operator will give the code to open the AED unit. This means that in the vital minutes before an ambulance arrives, a patient may be given life-saving treatment. The machine guides the user through the process of verbal instructions and visual prompts and is safe to use as it will not allow a shock to be given unless the heart requires it. It is estimated that in the UK alone 100,000 people suffer sudden cardiac arrest and therefore the importance of these machines as in many public places as possible is vital.

A raffle made £60 and the money will go towards any future maintenance costs.

Please refer to the email containing the link to both this edition of your WOBUL and the link AED Guide to 'AEDs by Resuscitation Council (UK) and British Heart Foundation'. Editor

WORLD RECORD INDOOR BOWLS MARATHON ATTEMPT BY DISS & DISTRICT BOWLS CLUB

David Harrison, Lee Holden, Aaron Stimson, Kristian Garnham, Lynne Ainge and Robert Capon of the Diss and District Bowls Club are making an attempt on the Guinness World Record for the longest indoor bowls marathon on Friday 6th February to Sunday 8th February.

This is currently held in Australia set at 40 hours. Team Diss will be attempting 50 hours as it is the Bowls Club's 50th Anniversary in 2016. We want to try to beat the record and bring it to Norfolk in time for the celebration of 50 years playing indoor bowls in Diss.

We want to support the Big C Charity during the attempt on the world record as it is such a valuable charity for the people of the Norfolk and Waveney area.

The attempt will be made at Potters Leisure Resort at Hopton on Sea in Norfolk, home of the World Bowls Championships. Please come along during the weekend at any time of the day or night to give us support and attempt some of the other bowls challenges that will be running alongside the record attempt.

Donating through JustGiving is simple, fast and totally secure. Your details are safe with JustGiving – they'll never sell them on or send unwanted emails. Once you donate, they'll send your money directly to the charity. So it's the most efficient way to donate – saving time and cutting costs for the charity.

If any members know anyone not a member of this club to act as an independent witness for the event, please contact any of the names above.

If you would like to support and donate please click on this link: www.justgiving.com/Team-Diss/

Diss & District Bowls Club

Nepal Wildlife Trek

As some of you may have read in my January gardening notes we recently went on a wildlife trek in Nepal. I was asked to write a bit more about this so here goes.

We first thought about doing this trip a while ago and our first thoughts were to wonder if we were fit enough and then how we would enjoy real camping for the 9 days of the trek. The short answer was yes to the first and not much to the second!

The trek was not at the very highest level of the Annapurna trail but at mid-level. Starting at around 1,000 metres and going at the highest point to 3,200 metres. We were walking for around 6-8 hours most days and the first surprise was that the trail was mostly made of stone steps. This was quite challenging but we were pleased to find we didn't ache, get blisters or feel exhausted. We had made sure we did quite a lot of walking before we went but there are not too many hills to practise on around here.



We did get hungry and eat everything in sight. Both of us lost weight (quickly put back on over Christmas!). At the higher level the air was thinner and you were aware of that. Even the young trekkers on the same trail had to take it steadily. The trails were mostly well defined since it is also the only way for local villagers to get about. Some of the bridges over gorges were a bit less looked-after but generally there was nothing to worry about.

It was however a sobering thought that what was an exciting trek for us was the only way for local people to get about. Everything has to be carried up the mountains to the villages either on people's backs or by mule. We talked to some school children aged about 9, who had a two hour walk to school each way. They were keen to get an education and didn't seem to mind the walk.



Because this was billed as a wildlife holiday we were doing quite a lot of bird watching. Our guide was one of the foremost birdwatchers in Nepal and it was just amazing how many birds he was able to point out for us (we saw around 250 of the 600 off species present). Toward the end of the trek we stayed at a place that has become well known for being on a raptor migration route. Just as we were having lunch before going on to our campsite for the evening, a Lammergeyer (also known as a bearded vulture) flew low over us. It has an amazing wing span and was an impressive sight. Over the next 24 hours we saw many different varieties of eagles, buzzards, vultures and kites.

During the trip we saw a great range of birds both big and small because we were in so many different habitats. The bird song was lovely too and I have always found the melodious call of the bulbul, a common bird all over Nepal and India, quite enchanting.

Along the trails we had stunning views not only of Annapurna South and Fishtail (so called because of its shape) mountains but also the countryside and village life of the places we passed through. At the highest point of our trek we got up at 04.30 to go up a bit higher and view the sunrise over Annapurna. There was some cloud drifting around so the view was not completely clear but we did get some lovely glimpses of rosy mountains in between.



Along the way we walked through rhododendron cloud forests. I was surprised to find that the rhododendrons were not the understory but were the great tall trees towering above us. What a sight they must be in spring.

As I mentioned that camping was not my most favourite part of the trip. I don't mind being outside most of the time but sleeping on a thin piece of foam in a 'mummy' sleeping bag (some nights wearing socks and a hat as well as thermals) is definitely not on my list to repeat soon. And then of course not having a shower for days on end – well, we won't even go there!



We were travelling with a team of 16 porters and Sherpas and seeing the weights they carried in baskets with a strap around their foreheads was quite something. They were walking ahead of us (many of them in flip flops) and preparing our meals for us along the way. At the end of each day they had the tents pitched by the time we arrived and hot water for us to wash in. It was amazing the tasty meals they could produce in basic facilities although we were quite amused to have Spam served on a couple of occasions. The breakfast porridge followed by pancakes was amongst my favourites.

We were away for three weeks in all. At the end of our Annapurna trek we were going to lowland Nepal via a rafting trip. Now since I don't swim very well I did have a few anxieties about this. When we got to the place we were picking up the raft and briefed on safety I wasn't reassured by being told what to do when you fall out of the raft. I had fondly imagined I might be able to sit in the middle of the raft and leave the paddling to others – not a bit of it. We all sat on the sides of the raft and had to paddle when the river guide told us to. This was just at the point we hit the rapids and our safety depended on us all paddling.

I cannot tell you how much I enjoyed this. We got soaking wet (we did have waterproof jackets though) and you end up leaning out trying to paddle into quite big waves that seem to disappear under you. It was exhilarating and such fun.

In between the rapids we drifted gently along looking at the various birds along the way including a very rare wall creeper. In the evening we camped out by the river, drying our clothing by the campfire ready for the next leg of the journey and the next day's soaking. The last of the rapids we negotiated was the most difficult and the guides conferred before taking us through. It was described as a 'technical' rapid with a drop and they had to look at it before deciding it was safe enough – they deemed it was so through we went.



The river by that time had become what is called the Ganges in India and is very much colder than the higher reaches of the river Trisuli that we started on. The soaking from the last rapid was therefore quite a shock and although sorry this part of our adventure had come to an end we were not sorry to be able to change into dry clothing. Mind you although the water in the Trisuli River was warmer, the higher end was a cremation site and it was a little disconcerting to see pieces of charcoal floating past.

Having rafted down to low altitude the next stage was to visit two lowland conservation areas where amongst other species the one horned rhino is a fairly common sight. We were impressed the level of security in the conservation areas with regular patrols by armed soldiers and a proper check on the various permits. As a result we were told that there is hardly any poaching and the rhino are thriving.

Amongst other mammals in the area, most of which we saw, are jungle cat (which is rare but we were lucky enough to see one) tiger, chital deer, hog deer, wild boar, langur monkeys, macaque, wild water buffalo, marsh muggers garial and river (Gangetic) dolphin.



Sadly when we got home we heard of an oil spill into the river just on the Indian side which was threatening the existence of the dolphin so we considered ourselves very lucky to have seen about four of them.

Whilst in these areas we did safaris on foot, on elephant and by jeep. It was interesting to see how little the rhino were bothered when we approached on elephant but when the jeeps stopped nearby they started to get a bit jittery.

Of course we hoped to see a tiger. We stopped on a path where our guide said was the best chance of seeing one and as we sat there quietly we heard a rustling of the long grass beside us. We all held our breath and suddenly out of the grass rana wild boar! Sadly there was no sighting of the tiger although we did come across fresh pug marks.

We had been journeying east and the last of these areas was just inside the Nepalese border with India. It was not hard to see the Indian influences in the clothing worn by local people and much of the landscape reminded me of some areas in Southern India.

At the end of the week in the lowlands we flew back to Kathmandu passing Everest on the way. There was quite a lot of cloud but we were able to see the summit. Finally we had a day to take in the two large Buddhist Stupas and the Durbar Square before heading home. It was a good contrast to the rest of the trip

The trip was the most amazing experience. We came back wondering what else we might try next. One thing I know is that it will not involve sleeping in a 'mummy' sleeping bag on a thin layer of foam!



Friends of Wortham Church

Stars, Celebrities and Special Occasions

Wortham Village Hall

Saturday 7th February, 7.00 for 7.15pm

Come for a great three course dinner, including coffee, mints and pre dinner drinks and enjoy the entertaining speaker Deborah Preston who was head housekeeper at many of the big London hotels.

She has many amazing and hilarious snippets of what went on behind the doors of such luxury establishments.

Dinner jackets and tiaras optional!

Tickets are £25 and available from the Post Office

A lot goes on in the world of birds in winter. You often say to me “where have all our birds gone?” Well, for a lot of them it is obvious, Swallows, Swifts, Cuckoos and practically all our Warblers. Where do they go and why? In the winter it's cold, there is less food, so they go where they can find it. They go singly, small groups or in flocks.

To us, today, it is all obvious, but only about one hundred years ago, people only guessed where they went. Did swallows really go under the mud in winter?

My great-grandfather, John Cordeaux (1831-1899), a tenant farmer in north Lincolnshire, was a thinking man, but he was one of the first bird watchers to do more than think. He was once trudging the marshes and saw a group of Gold Crests in a gorse bush. The next day they had gone. In winter he saw groups of birds — Field Fares, Redwings, Geese and Swans. Not here in the summer.

Where did they go? In a small way, he sent letters to all lightships and light house keepers round the British Isles asking for records of birds flying into the structures and being killed by the bright light, recording the numbers, the types of bird, and the dates and weather conditions prevailing.

He got together with other “thinking” bird observers and gradually built up records where birds were, when and went. He also had a friend called Gatki (1814-1897), who lived on the island of Heligoland off the north coast of Germany, and they corresponded frequently and recorded when certain birds appeared and disappeared, accurately. Again he was recording bird movements. How come 20 Robins were killed in one storm on a lightship off Orford Ness in 1890? Where had our winter swans come from? Where did the cuckoos go? So much of this was recording and guesswork and before bird ringing came into being, then, as you can understand, many of these questions were answered.

I must therefore have inherited bird watching in my genes! Now I have a big (and heavy) bird atlas giving me a lot of the answers. Birds observed and caught (kindly) at many stations round our country and all over the world. Individual birds (cuckoos and ospreys) are even individually tracked.

So what does the bird watcher do in the winter? He or she records which migratory birds are appearing. Some migrate locally and do not go far. Our skylarks gather in the fields (less now) and in groups of up to 50; similarly Pied Wagtails in towns. Then the larger birds, starlings (in their thousands still on Redgrave Fen), and Whooper and Bewick swans arrive on the Welney Wetlands.

They do it for food. Who would want to bring up a family in the frozen north? And it is much safer to hunt in flocks foraging for food. Large numbers will find food rather than the individual and it is safer in a flock when predators are around.

So I keep a winter watch here. I don't have to go far, I have binoculars which are better than my grandfather's and I have a telescope. I have better books (he wrote some too). I can see what is happening on the internet and at various bird reserves. Even as I get older and don't walk so far I can keep up-to-date through modern communications and because you, my readers, see me, talk to me, ring me up, and even email me, (millwill@tiscali.co.uk) with photos if you can. Thank you all.

Soon there will be birds returning here from abroad to breed. Soon I will see them and hear them singing.

Old friends, appearing in my garden. Happy New Year.

BRIDGE DAY

**Tuesday 17 February 2015
10am – 4pm (approx)**

Admission by ticket only £30 per pair
*Price includes coffee, lunch with a glass of wine,
tea and cake*

**For further information and to reserve your place, please
contact Jacky Bradley on 01379 898395**

*Raising funds for Wortham Village Hall's Roof Repairs
Charity No.1113478*

Village Hall News

Management Committee

Following the departure of our previous secretary Lisa Long, we are very pleased to announce that Mike Cornish has taken on the role.

At the AGM in June, the Chairman and Deputy Chairman will be resigning. Therefore Wortham Village Hall will need a new Chairman. We are particularly looking for someone called Mike so that the Chair, Secretary and Treasurer would all be Mike!

Open Gardens

The next Open Gardens organised by and raising funds for the Village Hall will be in 2016. We are very lucky that Joy Cornish has volunteered to head up the planning team. More on this later in the year.

Call Me Duff

Saturday March 28th. Following the success of last years' adaptation by Ian Haywood of the panel game Call my Bluff, this delightful event returns with Ian 'Robert Robinson' Haywood in the Chair, panel members, Mike Breen, Jacky Bradley and Lesley Dumbell. The contestants are you the audience in teams of four. You will be fed and mightily entertained for £26 per team. Book now to avoid disappointment! Katherine Smith 01379 687207; Mike Cornish 01379 309538

Tony Diamond described Oliver Cromwell as 'one of the greatest Englishmen who had ever lived' while speaking to the January meeting of the Heritage Circle at Rickingham Village Hall. He engaged his audience in a talk which combined humour with detailed knowledge. He emphasized that Cromwell is a controversial figure, a demon to some but the 'saviour of Christianity' to others. His life was truly surrounded by 'magic, mystery and blood.'

Cromwell was born in Huntingdon on 25 April 1599. It is claimed that Cromwell bloodied the nose of the three year old Prince Charles when they met at his grandfather's house, Hinchbrooke House, in 1603. Their paths would cross again. In 1616 Cromwell went to Sidney Sussex College, Cambridge which was a Puritan College. While studying there in its very religious atmosphere, Cromwell is reported to have had a vision that 3 September would be an important day for him. This was dangerous as it could have been interpreted as dabbling in witchcraft.

Cromwell moved to a house in Ely in 1625 and by 1640, as MP for Cambridge, he was a prominent opponent of Charles I and his insistence on the Divine Right of Kings. This degenerated into the Civil War which Tony Diamond characterised as a conflict between Anglicans and Puritans. Cromwell distinguished himself as a military leader and is credited with founding the modern British Army. Charles I was captured in 1647 and tried at Westminster Hall. Cromwell organised the trial and signed the King's death warrant but was not a judge. After the execution in 1649, Charles was buried without ceremony in St George's Chapel, Windsor in a tomb which contained the bodies of Henry VIII and Jane Seymour.

Ireland now became the focus for Cromwell's attention. It had been lawless throughout the 1640s and posed a threat to Britain's security. Cromwell began a bloody repression which still fuels hatred of him to this day with the massacre of the people of Drogheda on 3 September 1649. It was followed with further slaughter at Wexford and the subsequent selling of Irish women, the 'Wild Swans,' to plantation owners in the West Indies to breed slaves. Ireland was forced into submission.

Cromwell next pacified Scotland when he defeated a much larger force at Dunbar on 3 September 1650. Charles II fled into England but was defeated by Cromwell at Worcester on 3 September 1651. Cromwell was now master of the British Isles. He dissolved Parliament and ruled as Lord Protector until his sudden death on 3 September 1658. He had a state funeral and was interred at Westminster Abbey.

After his restoration in 1660, Charles II wanted revenge and so on the anniversary of his father's execution in 1661, Cromwell's body was exhumed, and then hung, drawn and quartered. The body is thought to have been buried at Tyburn, modern day Marble Arch, but the head was put on spike and displayed in the portico of the House of Lords for the next 25 years. The head briefly reappeared in 1710 and 1799, before being shown to a surprised public in 1935 by a distant relative, Horace Wilkinson, who was Vicar of Bredfield in Suffolk. In 1960 it was passed to Sidney Sussex College where it was authenticated and later buried in the College grounds.

Even today, Cromwell provokes controversy. The Cromwell Society post a notice in The Times to celebrate his birthday but the Sealed Knot Society post a counter notice in the same newspaper to celebrate the anniversary of his death.

The next meeting of the Heritage Circle will be at 7.30pm on Wednesday 25 February at The Village Hall, Rickingham IP221HD when Pip Wright will give a talk about a Suffolk farming family. Further information about the Heritage Circle is available on its website, www.heritagecircle.onesuffolk.net. **Gerry Gurhy**

Garden notes by Linda Simpson

I always smile when I read article saying January is the time to sit by the fire and dream of being in the garden in the spring and summer. For me January/February is a time of the heaviest gardening jobs and for redesigning beds and borders.

The enormous heap of cow manure that has been sitting at the front of the house nicely maturing now needs to be got on the beds and I try and choose the coldest of days to do this. Although not ideal to do if at the end of a cold period, since you may be locking the cold in the soil, in a milder winter like this one it is not really a problem. Often the coldest weather comes a bit later in January or February so once the protection of last year's dying growth is cut back it can be helpful to give a protection of a beneficial mulch.

I don't of course put manure on all the beds every year but vary it with garden shredding from the woody material we cut. This year we also have extra shredding from some trees we had removed. It always surprises me that even the day after we have shredded a heap of cuttings, the temperature below the surface is quite warm.

We also use our own garden compost but we try to restrict this to the vegetable beds. I never seem to get my compost hot enough to kill off unwanted seedlings (although I **never knowingly** compost perennial weeds) and if I put it on the mixed borders inevitably the weeds grow amongst the desirable plants. It is easier to weed amongst the rows of vegetables.

The 'gold standard' of compost is of course leaf mulch and I always reserve this for the most precious plants. This year I am saving it for a new bed I am making at the entrance to the garden which amongst other things will have roses on a trellis. I have the bare rooted roses heeled in waiting for the trellis to be erected in the next few weeks and then will give them a generous helping of leaf mulch to get them off to a good start.



Alongside the mulching I have been digging out another new area which will form a central feature in my lawn. This is where we had an enormous coppiced hazel. It had obviously been coppiced over years and had got wider and wider. It was always too big and if we took the top out it got wider and if we cut the width it got taller. Having cut it right down and preferred it not there we had the stump ground out in the autumn. We selected a metal sculpture to form the centre piece of this area which was ready just after Christmas and are almost ready to put it in place and complete the planting around it.



As you can see from the above there has not been much sitting around the fire during the daytime at least but we have enjoyed some bracing days outside and been able to admire the daffodils that have been in flower since mid-January. Although an early daffodil mid-January has to be something of a record. Last year I commented in my gardening diary that it was early when it flowered at the end of January!

England Selection

Congratulations to Carole Baker from Magpie Green, Wortham who is once again preparing to represent her nation after being selected to play for England. Carole plays bowls for Diss & District Bowls Club. As well as her international call up Carole, along with Mary Johnson, Elsie Elvin, Pat Baker and Pat Last will be representing Norfolk in the semi-finals of the National Counties Atherley Trophy at Boston in March.

Wine Tasting with Cheese

Burgate Church Hall
Friday 20th February, 7:30pm

Led by a professionally-trained wine merchant,
there will be no pressure to buy

Raffle and sale of handmade Nepalese jewellery
In aid of the Nagajuna Trust which supports and
educates orphaned Nepalese children

Tickets £14 each from
Gina Cole 01379 783718
or Fee Robertson 01379 788098

You are advised to book early as this event was a sell-out last time!

Bereavement Groups

Rosedale Funeral bereavement support groups will start again in Diss and Attleborough to help people cope with the loss of a loved one. Tuesday 27th January saw the launch of an initial run of eight weekly sessions, led by qualified bereavement group facilitator Liz Chapman. The sessions are free and have been organised by award-winning, family-run Rosedale Funeral Home.

“Grief affects us in many different ways and it can be especially difficult to cope if you’ve nobody close to talk to” explained Liz. “There are many myths surrounding grief – that time heals all wounds and that you must bury your feelings and be strong for others – and people say that you must be strong and move on with your life, but they don’t tell you what you need to accomplish that.

Grief is the price we pay for loving. Everyone’s experience of grief is unique and there is no right or wrong way to grieve. In this group you will find people who care and understand what you are going through. The group is open to anyone who has lost a loved one – no matter how long ago or in what circumstances, and regardless of which funeral director was used. The sessions are free and everyone is welcome – there’s no pressure to take part, if someone just wants to listen that’s fine.”

Liz said her work with bereaved families at Rosedale had prompted the setting up of the group: "Grief isn't something that's often discussed and it can be a huge relief to people to talk to others about their experiences. The feedback we've had so far has been very positive."

The eight weekly sessions started on Tuesday 27 January at Rosedale House, 63 Victoria Road, Diss from 5:30 – 7:30pm.

Further information, and help with transport, is available by contacting Loraine at Rosedale on 01379 640810 or via the website: www.rosedalefuneralhome.co.uk.

Lily Edith Erith Wortham sadly lost its oldest resident a few weeks ago: Mrs Lily Edith Erith aged 96. A large congregation was present for her funeral on Monday 5th January at St Mary's Church, Wortham. A very lovely, caring service was taken by Rev Ginny Manning and the organist was Rev Nigel Balland. Many tributes were paid to Lily by Great Granddaughter Lauren and a poem was read by Great Grandson Josh, plus 'Reflections' by Rev Ginny.

Lily's life began in Mendham and she later worked in service where she learned to cook; she met her husband Doug and they were married in Norwich, moving later to Wortham where they farmed. Lily also worked and looked after the family. Lily and Doug enjoyed playing dominoes and going horse racing. Lily was renowned for her home-made wine.

The congregation included many family members, neighbours, friends and domino players. Lily leaves a large family who loved her dearly and she will be sorely missed.

Join the Club

Just a line to say I'm living, that I'm not amongst the dead;
though I'm getting more forgetful and mixed up in the head.
I've got used to my arthritis, to my dentures I'm resigned;
I can cope with my bi-focals, but – Ye Gods – I miss my mind.

Sometimes I can't remember when I'm standing by the stairs,
if I'm going up for something, or have just come down from there.
And before the fridge so often my mind is full of doubt:
Now did I put some food away or come to take some out?

If it's not my turn to write, Dear, I hope you won't get sore;
I may think I have written and don't want to be a bore.
So remember I do love you and wish that you lived near,
but now it's time to mail this, and say 'Goodbye my Dear'.

I'm standing by the mail box and my face it sure is red;
instead of posting this to you, I've opened it instead.

TEA'S MADE

Every Wednesday afternoon in Wortham Village Hall

You are invited to a weekly meeting with a difference. There will be no agenda, no objectives and nothing on sale. Just a weekly opportunity to have a chat with others in this village over tea and cake between 2 and 4 pm on Wednesday afternoons

There is no sponsor, no ulterior motive and no pressure to do anything other than sit down and chat with old friends or perhaps to meet new neighbours.

The recent Parish Survey revealed that there are more than 50 people living alone in our village and they may be particularly interested in a weekly outing to have a natter. The Parish Survey also showed that 'chat with neighbours' was the second most used source of information, so here's your chance to catch up on whatever interests you.

And the cost to you for this 'get together' over a cuppa and cake? Whatever you like! We will have to pay for the hire of the village hall and buy supplies for the refreshments, but contributions are voluntary. If you'd like to help cover the costs, we suggest 50p or £1.

Volunteers are needed to man the kitchen and perhaps make the occasional cake. We may also need volunteer drivers to pick up those without transport.

TEA'S MADE started in Wortham Village Hall on Wednesday 21 January. Please spread the word to your neighbours and then just show up.

For more information, to express interest or volunteer to be an occasional driver, **contact Miriam Quinn on 01379 898 864.**

Our thanks to our neighbours in Burgate for giving us the idea to emulate their weekly 'Kettle's On' sessions that have proved so popular.



Date & Time	Description
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Wed 4th February 20:00	Manuscripts Don't Burn (15) Cinema
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Anonymous cast directed by Mohammad Rasoulof, Iran, 2013, 125 mins, Subtitled. Why is the cast anonymous? That the director himself was arrested while making a film in 2010 is a clue. He is on bail for an alleged anti-regime propaganda offence; cast and crew fear the same. So this is a brave film, but also a tense thriller that explores human nature under a repressive regime. Two Iranian government hitmen are rounding up dissidents, trying to find an incriminating manuscript. The anonymous actors deserve credit for style as well as courage.

Friday 6th February 20:00	The Will Pound Band Music & Dance
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Twice nominated for prestigious Musician of the Year at the BBC Radio 2 Folk Awards, Will Pound although only 25, has long been in demand as a harmonica wizard, playing with the likes of legendary folk guitarist Martin Simpson, Sam Carter and Jim Moray.

The Will Pound Band also features John Parker on double bass (member of the chart-topping duo Nizlopi), Chris Sarjeant on guitar & vocals (of the Jackie Oates Lullabies project) and Henry Webster on fiddle.

Saturday 7 th February 14:00	<i>Long Nose Puppets presents:</i> The Saturday Club - Arthur's Dream Boat Family
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One night, Arthur has an amazing dream about a beautiful pink and green boat with a stripy mast. He can't wait to tell everyone about it but no one (not even his dog!) is interested. In fact, they don't even notice that this very same boat is growing on his head, getting larger and larger by the minute!

A magical playful children's show with breath-taking puppets, so enchanting that everyone will want to sail away with Arthur in his dream boat!

Suitable for ages 2-8.

Saturday 7th February 19:30	<i>Blast From the Past presents:</i> A Brief History of Music Music & Dance
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Acclaimed musicians Blast from the Past take us through 600 years of musical history in 90 minutes!

Beginning in the Middle Ages and ending up in the 20th century (and covering everything in between), this fun and fast-moving show is a whistle-stop tour of Western musical history.

Complete with a bewildering array of instruments such as virginal, rauschpfeife and lute, A Brief History of Music uses tunes, songs and humour to paint a vibrant and vivid picture of our musical DNA.

**FOR TICKET PRICES AND AVAILABILITY CONTACT CORN HALL BOX OFFICE ON
01379 652241 or boxoffice@disscornhall.co.uk**

Wed 11th February 20:00

The 100-foot Journey

Cinema



Directed by Lasse Hallström, India/USA, 2014, 122 mins
With Helen Mirren, Om Puri, Manish Dayal

Comedy food and culture wars break out in a Provençal village when Hassan's dad opens an Indian restaurant just 100 feet from the Michelin-starred La Saule Pleurer. This predictably raises the Gallic hackles of the chilly proprietor (Helen Mirren).

Hassan develops a love of both French cuisine and Mirren's sous chef; hostility melts like butter. It's a familiar plot line, but good-natured, heartwarming fun with Om Puri splendid as the indomitable family head.

Wed 18th February 20:00

A Most Wanted Man (15)

Cinema



Directed by Anton Corbijn, UK/USA, 2014, 122 mins.
With Philip Seymour Hoffman, Rachel McAdams, Daniel Brühl

When a Chechen immigrant turns up in Hamburg's Islamic community, laying claim to his father's ill-gotten fortune, both German and US security take a close interest. The clock ticks down and the stakes rise; the race is on to establish his true identity - victim or extremist?

A smart, absorbing adaptation of Le Carré's thriller about good, evil and the sins committed in the name of national security, with Hoffman superb as the agent waiting for despair to be confirmed

Thursday 19th February 19:30

United We Stand

Theatre



A powerful new play based on the true story of one of the most turbulent industrial battles – the 1972 Builders' Strike.

Combining Townsend Productions' trademark entertaining theatrical style with popular and political 70s songs, arranged by renowned folk musician John Kirkpatrick, United We Stand tells the story behind the dispute in a way that is both compelling and thought-provoking.

Friday 20th February 20:00

The Electric Swing Circus

Music & Dance



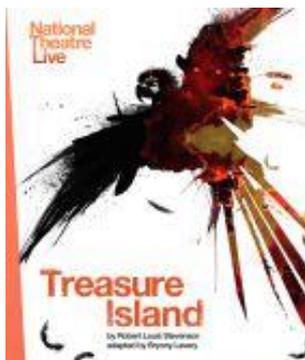
A dazzling 6-piece fusion of saucy 20s swing and stomping electro beats, The ESC is the hottest live electro-swing act in the UK.

Fronted by a sassy female double-act and featuring electric double bass, vintage samples and gypsy-jazz guitar, The ESC's explosive sound reverberates back through time, drawing influences from 1920s swing and jazz.

Ladies and gentlemen, get your dancing shoes on and hold onto your hats, the circus is coming to town!

**CONTACT CORN HALL BOX OFFICE ON
01379 652241 or boxoffice@disscornhall.co.uk
FOR TICKET PRICES AND AVAILABILITY**

Sat 21st February 14:00



National Theatre LIVE - encore screening presents:
The Saturday Club - Treasure Island

Family

Robert Louis Stevenson's story of murder, money and mutiny is brought to life in a thrilling new stage adaptation by Bryony Lavery, broadcast live from the National Theatre.

It's a dark, stormy night. The stars are out. Jim, the inn-keeper's granddaughter, opens the door to a terrifying stranger. At the old sailor's feet sits a huge sea-chest, full of secrets. Jim invites him in – and her dangerous voyage begins.

(Suitable for 10+yrs)

Wed 25th February 20:00



What We Did on Our Holiday (12A)

Cinema

Directed by Andy Hamilton, Guy Jenkin, UK, 2014, 95 mins
With Rosamund Pike, David Tennant, Billy Connolly, Amelia Bullmore

In this impressive feature-length development of the successful tv comedy series **Outnumbered**, the original stars are replaced by David Tennant and Rosamund Pike. And there's a darker twist, as the warring parents try to hide things from the ailing Grandad (Connolly). So the laughs, though freely flowing, are often deliciously near the bone. The three precocious children are of course key – not least in dealing with Grandad. Tennant and Pike hold the film, if not the family.

Friday 27th February 19:30



The Pantaloons Theatre Company presents:
Charles Dickens' Bleak House

Theatre

Set in Victorian London, prepare yourself for a thrilling, fog-filled tale of love, skulduggery and spontaneous combustion...

When a dead body is discovered in Mr Krook's Rag-and-Bone shop, a web of mysteries starts to untangle, with far-reaching consequences. Hilarious, tragic and romantic by turns, Dickens' darkly comic masterpiece is retold by this acclaimed company of five actor-musicians who bring the novel's cast of over 50 characters to life.

'Part alternative rock band, part thespian, part performance art, the result is wholly charming.' The Times

Saturday 28th February 20:00



Barb Jungr - Hard Rain: the songs of Bob Dylan & Leonard Cohen

Music & Dance

Widely considered a world leading song-interpreter, Barb has gained worldwide acclaim as a performer of Bob Dylan's work - "possibly our greatest interpreter of Dylan's songs" Billy Bragg.

This new show brings together her hardest hitting set to date, performing the political and philosophical work of these two great icons through her inspired arrangements.

'The most literate of singers, Jungr is the perfect interpreter of this kind of material. Every syllable was perfectly weighted...' The Times

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Wortham and Burgate Twining recently held its AGM. Nick Beasley, Linda Simpson and Dave Long all remain in their current roles as Chairman, Secretary and Treasurer respectively. The committee lost one member, Pam Garside, but gained three new members – Joy Cornish, Gerry Gurhy and Pam Gurhy.

Nick, in his Chairman's report, reviewed the successful year, the highlight of which was the visit from our friends from Hédé-Bazouges in July. The weekend was much enjoyed by everybody who joined in.

He highlighted Twining activities to encourage the development of French speaking skills. Twining Members are involved in three groups, one beginners group and two conversation groups. The Association is also funding resources for Wortham School to help pupils as they start to learn.

Nick talked about our plans for the coming year with a programme of events for members and friends and of course our visit to Hédé in April. He highlighted that there is a lot going on in Hédé and members could if they wished go at times other than the group visit. Hosts could be arranged for them.

In his Treasurer's Report Dave highlighted the successful fund raising year which has left our finances in a healthy state despite the expenditure from hosting 40 French visitors last summer. We were able to subsidise two members to go and sell products at the market in Hédé at Christmas which then gave us a further profit of over £300. As usual some of the funds will go towards subsidising younger visitors to travel to Hédé in April.

Linda gave a brief run down on the activities for the year ahead which include a film night, a summer garden party, a murder mystery evening in the autumn and a cookery demonstration.

At the end of the formal business, members enjoyed a quiz with a French theme. The winning Team 'Je ne sais quoit' (Mike and Joy Cornish, Pam Gurhy and Andy Simpson) won a box of chocolates.

More information about all our activities can be found on our Facebook page:

www.facebook.com/WorthamBurgateTwining.

Anybody interested in becoming a Twining member can contact Chris Grocott (01379 893388) for details.

DON'T DRIVE AND USE YOUR MOBILE PHONE

A unique system to catch motorists using their mobile phones behind the wheel is set for a test drive in Diss and Thetford within the next few months. It is part of the latest enforcement campaign by Think! Norfolk to discourage motorists from using a mobile phone while driving and remind them it is one of the biggest causes of accidents and fatalities on the roads. It comes as police in Norfolk and Suffolk take part in a nationwide campaign, led by the Association of Chief Police Officers (ACPO), targeting drivers using mobile phones this week. Patrols will be carried out in marked and unmarked vehicles to prevent and detect offences.

It is also the latest move in the Think! Norfolk partnership's push to reduce the number of people seriously injured on the county's roads and the 'fatal four' behaviours which cause accidents, asking motorists: 'Why wouldn't you... Drive sober? Belt up? Ignore it? Slow down?'

The Mobile Phone Detection System (MPDS), designed by Dereham-based safety sign specialists Westcotec, has recently been installed in Norwich to launch the partnership's initiative. It will remain in the city for six weeks before moving to other towns around the county. A spokeswoman for Norfolk Police said the system would be heading to Thetford and Diss within the next few months.

Designed exclusively for Norfolk, the portable system has been welcomed by many road safety groups. The system targets those using a mobile phone, whether talking on the phone or sending or receiving a text message. A roadside sensor detects oncoming vehicles, sending information to a sign further up the road which flashes if mobile phone use is detected within the vehicle.

Cllr Jenny Chamberlin, vice chair of Norfolk County Council's Road Casualty Reduction Partnership Board, said: "Using a mobile phone whilst driving is well known to be extremely distracting, very dangerous and ultimately incredibly selfish because motorists who do it are not only putting their own lives at risk, but also their passengers and other road users, whether motorists or pedestrians. "So I fully support any campaign which aims to deter people from doing it."

Motorists caught using a mobile phone behind the wheel will be served with a £60 fixed penalty notice, which rises to a £1,000 fine if they are taken to court, and have their licence endorsed with three penalty points. Chief Inspector Chris Spinks, head of Norfolk and Suffolk Roads Policing Unit, said: "Driving while using a mobile phone is dangerous because it distracts your attention from the road. You can't second guess the actions of other road users and therefore need to be alert and concentrating 100% to be in a position to deal with the unexpected. I welcome any innovations in technology which can be used alongside traditional methods to improve safety on our roads."

Iain Temperton, road safety manager at Norfolk County Council, said the MPDS had been trialled at a number of locations around the county. Although it cannot detect if it is a passenger using the mobile phone, or if a call is being made through a hands-free system, Mr Temperton said it was found to be a 'flexible and extremely useful piece of equipment'.

"The system is a powerful, effective and very public reminder that motorists have been detected, and that they are putting those around them at real risk by doing so," he said.

Diss Express, 27 January 2015

Suffolk Family Carers

Suffolk Family Carers is a local charity that provides information, support and guidance to Family Carers around Suffolk. We have been offering our services for over 25 years and one of the things we have learnt during that time is that people caring for another person at home, perhaps a family member or friend don't usually see themselves as a Family Carer, they just see it as part of being husband, wife, father, mother, daughter, son, friend etc.

Because of this, it becomes so easy to forget the importance of your own health and wellbeing as all of your physical and emotional effort and energy is spent on looking after that person, and others who may be involved such as siblings. You may feel that your own needs do not matter at this time, but in order to provide care and support you do need to keep your own batteries charged.

In 2015 Suffolk Family Carers will be working with our hospice colleagues in Suffolk to offer an information and support programme for those people caring for someone nearing the end of their life. There will be a series of five informal sessions that offer information and an opportunity to reflect and gain support from others in a similar situation. The programme will run around the County with the first ones starting end of January. Its aim is to improve the Family Carer's own situation and that of the person they Care For.

If you would like to find out more or to book you free place please contact:

Carly Small, Senior Administrator - Specialist Project -(Monday - Thursday)
Tel: 01473 835420 Mobile: 0788 002 2508 wellbeing@suffolkfamilycarers.org.

Mental Health and Wellbeing Service, Suffolk Family Carers, Reception
01473 835400 www.suffolkfamilycarers.org

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PALGRAVE COMMUNITY CENTRE CINEMA

Big Screen, Projection, Sound and Hearing Loop Systems

Saturday 28 February, 7:30pm



Cannes Film Festival 2014 – Best Actor

Coming soon

**THE HUNDRED
FOOT JOURNEY**

GONE GIRL

THE JUDGE

Full support programme,
Licenced Bar and Ice Creams
available during intermission

£5 Tickets available at Wortham Post Office & Store

or reserve from robert.moore321@btinternet.com and pay on the door

DATES FOR YOUR FEBRUARY DIARY

Wortham Morning Yoga	Village Hall	Tuesday	03, 10, 24	10:00 – 11:30
Wortham Lunchtime Yoga	Village Hall	Thursday	05, 12, 26	11:45 – 13:15
Gentle Evening Yoga	Primary School	Thursday	05, 12, 19, 26	19:00 – 20:30
Ballroom Dancing	Village Hall	Monday	02, 09, 23	19:00 – 20:30
Sewing Class	Village Hall	Monday	09, 23	09:30 – 14:30
FOWC fundraising Dinner	Village Hall	Saturday	07	19:00 – 23:00
Good Companions	Village Hall	Tuesday	03	14:00 – 16:30
Parish Council	Village Hall	Tuesday	24	19:30 – 21:30
Tea's Made	Village Hall	Wednesday	04, 11, 18, 25	14:00 – 16:00
Bridge Day fundraiser for the	Village Hall	Tuesday	17	10:00 – 16:00
Quilts & Saucers	Old Stores, Long Green	Monday	02, 09, 16, 23	15:00 – 17:00
The Kettle's On	Village Hall, Burgate	Tuesday	03, 10, 17, 24	10:00 – 12:00
What's On this month at	Diss Corn Hall	See this WOBUL edition, pages 13, 14 & 15		
Various art classes, events & expos	The Bank, Eye	All days each week		Various times

WOBUL is published monthly as a service of the Wortham & Burgate Community Action Programme

Members of the CAP: Terry Quinn (Chairman), Paul Bradley (Deputy Chairman), Michael & Paddy Richards, Sheila Rudland, Cath Aspinall, Paul & Alexis Burd, John Payton, Victoria Tustian and Chris Williams (Treasurer).

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The Editor thanks all contributors for their timely submissions and states that the views stated herein are his or those of the article contributor and not of the W&B Community Action Programme.