

Your local news  
and interesting  
monthly  
newsletter

# WOBUL

WOrtham & BURgate Letter

JULY 2017						
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Friends of Botesdale  
Health Centre

## Patient Transport

CAN YOU HELP ?

This increasingly busy service is in need  
of more volunteer drivers.

If you have a car, time to spare and  
would like to help please phone Val  
Goodwin on 01379890190 for details.

A FRIENDS OF WORTHAM CHURCH EVENT

# BARN DANCE

AT ROOKERY FARM WORTHAM

SATURDAY  
JULY 1ST

7:00PM - 10:30PM

HOXON HUNDRED  
 CEILIDH  
BAND

BAR  


HOG  
ROAST  


**TICKET PRICES**  
(INCLUDES HOG ROAST)

**ADULT** £15

**CHILD**  
14 YEARS & UNDER £5

**CHILD**  
UNDER 5 YEARS FREE

TICKETS AVAILABLE FROM  
**WORTHAM STORE**  
OR CALL 01379 898176

Raising Money for  
St Mary's Church  
Wortham

## **WORTHAM WALKERS**

We walk on the first Wednesday of each month. **Next walk – Wednesday 05 July**

In June, Mike Bowen selected a gentle walk around rural Westhorpe, between Farningham and Walsham le Willows. The walk started at St Margaret's Church, and although it was of historical interest as the church attended by Mary Tudor when she lived at Westhorpe, the building had little sparkle inside, and we were somewhat disappointed. The walk took in rural areas of interest, but the Parish guide Mike worked from was decidedly out of date, especially considering road changes and medieval strip fields...

Pete Antill has organised this month's walk on Wednesday 5<sup>th</sup>, and it will be around Rickinghall/Botesdale; it is an easy walk of 2.5 miles with no stiles or ploughed fields. The meeting place will be the car park at The Bell Inn at the usual time of 10:30 and orders for lunch should be placed with The Bell before departure unless you are joining us after the walk. I plan to be there and hope that several of you will join us.

John Scott  
juliejohn\_scott@yahoo.co.uk

## **REQUEST FROM NHS**

*(Sent during the June heatwave, but applicable to any future similar circumstances...)*

The NHS in Suffolk is asking us all to assist relieve some of the pressure being placed on the county's two hospitals and the ambulance service due to the current spell of hot weather.

Please would pass on the information below to people living in your area, neighbours and mailing lists you may have to help inform people who may be suffering from this current 'hot spell' in the weather.

- Please seek treatment for sunburn, insect bites and stings, heat rash, hay fever and other summer conditions from your local pharmacy – they don't require an appointment and are often the best place to go for advice, prevention remedies and treatments
- If you suffer from asthma or hay fever please stay aware of the pollen count and ensure you have supplies of the right medication for your condition
- Stay 'sun safe' by using sunscreen with an SPF of 15+ as sunburn is not only painful it can increase your risk of skin cancer
- Please ensure that any older people you care for or are friendly with are drinking enough fluids during the current hot weather as they are susceptible to dehydration. This particularly applies to those with Alzheimer's or who have previously suffered a stroke. Medicines such as diuretics and laxatives may increase the likelihood of dehydration and those who are incontinent might limit their fluid intake.

**Cllr Diana Kearsley**

Ward Member for Gislingham.    Mid Suffolk District Council    01379 783061



## WORTHAM BOWLS CLUB NEWS

### Mid-Season 2017

Now we have reached mid-season in our fixtures for this year, the weather has been much kinder to us with no postponed matches recently. At the time of writing, there are still two league fixtures to play, also another friendly before the end of June. This friendly is at home to Coney Weston when they will be looking to beat us in return for our victory over them earlier this month.

Wortham has done rather better in the Stowmarket League than with our efforts in the Upper Waveney Division 1. We are now 4th in the former and have dropped to 7th in the latter but do have some games in hand to play.

June was a busy month with extra contests to scheduled. On June 15th, we travelled to Mendlesham to play in the first round of the Cup & Plate. Sadly, we were beaten which means we now have to play in the Plate contest. First round is away to Dickleburgh on July 4<sup>th</sup>

On a lovely evening on June 23rd Wortham were at home in the first round of the Bullen Cup (Suffolk Bowls Benevolent fundraiser challenge) St. Edmundsbury gave us an exciting match with a very close run to the last ends. Wortham won on 3 of the 4 rinks with an overall total of just 4 shots more.

The next round will be away to Ixworth in July. With two extra rounds in those contests to play in July it looks like another busy month for the bowlers. In addition to the usual fixtures, two matches postponed from earlier in the season, have been set for this coming month.

- The next event for Wortham Bowls Club is the **Annual Coffee Morning at the Clubhouse on Saturday July 8th at 10.30am**. As usual, there will be a cake & produce stall, bring & buy and a raffle. If the weather allows, there will be some bowls to watch or try out if anyone is keen to give it a go. Posters will be around the neighbourhood, as well as in this edition of WOBUL.
- Tickets are now available for the **Annual Whisky Draw**. Any club member will have some to sell or they can be bought by contacting the secretary Jean on 07958398226. The draw will take place on the morning of Sunday September 3rd.

As the summer continues, bowlers will be at the clubhouse on Friday evenings from 6.30pm when any interested persons are always welcome.

Any further information and match results can be found on our web-page under Clubs & Organisations

Any further information can be found on our webpage <http://worthamandburgate.suffolk.cloud>

or email [worthambowlssecretary@gmail.com](mailto:worthambowlssecretary@gmail.com) Tel: 01379 643641

Jean Hoskins

Hon. Secretary



## Annual Coffee Morning

### Wortham

### Bowls Club

**8th July 2017  
10:30 am**

**Tea, Coffee and  
homemade cakes**

**Bring and Buy stalls  
with plants, Bric-a-brac  
and books**

**Raffle prizes**

**Watch a match or try  
bowls for yourself**

**We look forward to  
your company**

**For more  
information,  
please call  
Jean on  
07958398226**



**ELIZABETH'S**

**90<sup>TH</sup> BIRTHDAY**

**CHARITY DANCE**

**TO**

**THE MUPPITS**

**SATURDAY 15<sup>TH</sup> JULY 2017**

**8PM-LATE**

**DISS CORN HALL**

**TICKETS £5**

**ALL PROCEEDS TO DISS MUSEUM**

**CONTACT : 01379 650471**

## CAS AWARDS, 2017

Nominations are now open for the Community Action Suffolk Awards 2017 (supported by Birketts Solicitors), which recognise the volunteers, communities and young people making an impact on the lives of people in Suffolk.

Eight awards will be presented to individuals and organisations in Suffolk, from Village Hall or Community Building of the Year to the Outstanding Contribution to Volunteering award. If you know of someone, or an organisation making a real difference, you have until Friday 21 July 2017 to make your nomination here: [www.communityactionsuffolk.org.uk/awards](http://www.communityactionsuffolk.org.uk/awards).

Freckenham Village Hall, near Mildenhall, won the 2016 Village Hall or Community Building of the Year award. Jane Leitch, Secretary to the Trustees at the Hall, said: "It is so lovely to be recognised for the hard work and occasional sleepless nights! The Hall will be 20 years old in 2017 and we have come a long way from just having a Mother & Toddler group or the occasional bingo session, lunch or outing to the seaside!"

The Hall Committee consists of a dedicated group of enthusiastic volunteers who ensure an inclusive, active programme of events including farmers markets, film nights, exercise classes and live entertainment. They work hard to make the building more sustainable, having installed solar panels and upgraded the lighting system to save energy, and with plans to install a more energy efficient heating system.

Judith Gunion won an award in 2016 for her volunteering achievements, giving her time to many local, national and international events. Judith said: "I can't believe I'm stood here inspiring others, when only a few years ago I was just one of 270,000 people who applied to be a London 2012 Gamesmaker. Volunteering is a fantastic way of learning that you can push your boundaries. You will learn from it, grow from it and in time you will pass on those skills to others. So take the first step. Start small and then let the world be your oyster".

### The eight CAS awards are:

- The Anne Dunford OBE award for Youth Participation
- The Roddy Macleod award for Youth Club of the Year
- The Andrew Towers award for Young Person of the Year
- The Colonel Probert award for Community Initiative
- The Ian Campbell MBE award for Individual Initiative
- The Village Hall / Community Building award (supported by CAS Insurance Services)
- Outstanding Contribution to Volunteering (supported by My CharityGuard)
- Event Organiser of the Year (supported by Larking Gowen)

Awards will be presented at CAS's Annual Celebration event on 26 September 2017 at the Museum of East Anglian Life

CAS Awards 2017 supported by





Don't forget – **the kettle's on** every Tuesday at the Church Hall in Burgate. Do come along and enjoy a hot drink and homemade cakes, meet your neighbours, catch up with old friends, bring children. 10.00 am until 12 noon. Look for the 'A' board by the side of the road.

## Festival of Flowers and Music

Despite some very iffy weather in the preceding week, the Flower Festival at Burgate Church held over the weekend of 10<sup>th</sup> and 11<sup>th</sup> June was blessed with some lovely sunshine. A steady flow of visitors came on both days, and were able to appreciate a total of 16 flower arrangements on the theme of "Famous People". One of the largest and most impressive displays was created by the pupils of Wortham Primary School, who celebrated that famous pair – Bill and Ben.



Famous women were well represented by displays depicting Marie Curie, Constance Spry, Marilyn Monroe, Delia Smith, Jemima Puddleduck and Charlotte Brontë – pictured right.



For the record, the other displays were Donald Trump, Bob Marley, Andy Murray, Vincent van Gogh, Monty Don, William Booth, David Howard and David Bowie – and a lovely archway of flowers over the entrance door. In addition to the flowers, visitors could also look at a display of artwork from the Burgate Art Group, who meet monthly in the Church Hall, taught by Sue Heaser.

On the Saturday evening, a full church had the pleasure of listening to a concert by Amici, a locally based a cappella choir – who sang a programme which ranged from pieces by Bach and Britten, to Deep South spirituals, ending with a very moving rendition of Brahms' Lullaby.

All in all, it was a very successful event, and it would be invidious to name all those who helped in either the flower festival or concert (and some did both!) we stopped counting when we got to 30! A total of £1,000 was made for the Friends of Burgate Church and Burgate PCC, so if you were involved in the organisation, or came to the flower festival or concert, consider yourself duly thanked! However, much of the enjoyment of these events comes from working together with our friends and neighbours to put them on, and to provide a social focus for Burgate and our neighbouring villages.

## A visit from the cleaning fairies!

Behind the church in Burgate, there lurked a deep, dark shed. No-one dare go in it. Not only was it dark, it was dirty and had lots of creepy crawlies and spiders webs. Even grown men quaked at the thought of going in to get the lawnmower!

However, one day, the door was opened and lo and behold, we had received a visit from the Cleaning Fairies. What had been dark, dismal and dirty, was now clean, orderly and spic and span. Thank you Fairies, whoever you are, you have done a fantastic job which is truly appreciated, and everyone will try their best not to let it get in such a mess again!



## Church Flowers

2nd July	Fee Robertson
9 <sup>th</sup> July	Fee Robertson
16 <sup>th</sup> July	Jennie Labdon
23 <sup>rd</sup> July	Jennie Labdon
30 <sup>th</sup> July	Shudy Walker

## Hall Cleaning

Jennie Labdon

## Church Hall Booking Secretary:

Judi Tann 01379 783302

## BILL'S BIRDS

I am afraid I sometimes fill my articles with the rarer birds, but there is always something of interest in our own gardens. I get information from many of you by phone, a chance word in the Co-op, or in the street. "We have a pair of Bullfinches on our feeders." "Lucky you". Or, "Bill, I think I have seen more Thrushes recently. Why?" "So have I". "I have a noisy Starling that imitates my telephone and sends me in to the garden to look for the overhead Buzzard that is making that noise." I know that Starlings ruin your fat balls, but they do break them up and look underneath them and you will see the birds without strong beaks, Hedge Sparrow, Robins, Tits and Blackbirds, having a feast.



How about you fortunate householders in Water Lane, Rickinghall, with your pair of Red Legged or French Partridges? They are game birds that were introduced from France and compete for habitat with our Grey Partridge, which has suffered more than the French, due to changes in farming procedures, the Grey losing 85% of its population in twenty-five years. The French Partridge is very different in colour from our rather dull 'Grey'. The French has red legs and bill and varied colours around its head and neck.

Now, what of our Swallows and other hirundine? Swallows, very few until 27 May when we had a friendly pair over our garden. House Martins are late, my first was seen on 22 May, but Swifts were on their usual average arrival time, 5 May. How about the Spotted Flycatcher, so far 28 May? None yet reported by our usual watchers, BUT, Stop Press! Later, on that day, a pair returned to their usual site in Fen Lane, Redgrave. A nest was discovered with one egg. I enquired from the BTO at Thetford and they state that the Martins and Fly Catchers arrival suffered from the late cold north winds.



Sadly, re our TV watching, out of eight Great Tit eggs only one baby survived, and, honestly, we did not dare disturb them.

And now I can tell you about my Redgrave Fen birds. If you walk there, have a look at the up-to-date and accurate list of birds seen at the Centre. We had up to three calling Cuckoos and eleven Hobbies. The latter arrive at good feeding lakes after migration (Lakenheath had over twenty-eight), fill up with food, find a mate, and go off to their breeding spot. Our Marsh Harriers have bred, still three adults present. A new second year Essex male, has ousted one of our two local males.

And, I did come across Bearded Tits, about half a dozen of them criss-crossing my pathway between Middle and Little Fen. In the same spot on another day, I was delighted to hear a booming Bittern. We had the last one two years ago. No breeders yet. I suppose it continues booming until it finds a mate. Do I hope it finds one? Yes, if it encourages it to return next year. No, if you want more 'booms' and no mate! I counted four booms every fifteen minutes. You must be patient. It starts with a sort of 'hiccup' or audible intake of air before the first boom.



And, to finish, best of all, I heard a Turtle Dove on Botesdale Common. Where is the Common? A vague area beyond the bypass. Good walkers with good ears, or hearing aids, are advised to follow this up.

## Heritage Circle in May

### 'Miss Savage moves her house' by Christine Adams

Miss May Savage was Mrs. Adams' Aunt-in-Law and lived at Ware in Hertfordshire. She lost both her parents at 21 years old, and decided she wanted to find out more about her family history.

She discovered family in Holland. Her great grandfather lived on Texel, and was trying to build a lighthouse to stop the wrecking of ships for which the area was infamous. In 1939 Miss Savage bought a bike and cycled through Holland taking photos which she used to raise money from ship owners to build a light house. She later received a call for help from the light house keeper on Texel, and she sent parcels of food and clothes to help them through the war.

She then became a cartographer and studied secret German maps. Miss Savage wanted to help the war effort so became a draughtsman, previously unheard of for a woman, and worked for De Havilland designing aircraft. She also joined the St. John Ambulance and trained girls in first aid. She wanted somewhere to live, and decided to restore an old Thames river barge, from which she was later rescued by the R.N.L.I.

Her family bought her a car, but she preferred her motor bike. She then bought a house which was part of a bakery, and she lived in the back part on a lane called Monkey Row. Ware Council place a compulsory purchase order on the property in the 1950s . Miss Savage contested this order, and suspecting that the house was very old, removed plaster etc. to reveal parts of the timber frame.

The local Historical Society researched the property and discovered that it dated back to 1415, and the lane was originally used by monks, and called Monke Road. Miss Savage and her battle to save the house made national news in 1960 when she decided that she would move the house to a plot of land at Wells next the Sea.

She wrote to the R.A.F. asking if they could lift the house with a helicopter and move it for her. They replied that it was too big. Miss Savage then decided to move the house herself, having one year to do it. Being a draughtsman, she drew up plans, numbering all the timbers which were pegged together, also the roof tiles, and removed fireplaces, all the time refusing help.

Three men and a lorry moved the house to Wells, she then proceeded to rebuild the house while she lived in a caravan. Only once did she ask for help from some local fishermen, the rest she did unaided. She was then nearly 60 years old, and the project would take her to the end of her life: another 23 years. She could be seen in all weathers climbing scaffolding when she was well into her eighties.

She became ill, but when the doctor called would only communicate with him through the letter box. She died peacefully in Wells Cottage Hospital, and Mrs. Adams had the task of sorting out Miss Savage's house and possessions. She had been a hoarder, and had over the years saved every note, wrapper, letter etc. carefully filed in copies of The Radio Times.

She also left 900 diaries, and everything was recorded in duplicate. Her will was 9 pages long, leaving the house to Mrs. Adams' teenage children, but leaving the task of finishing the house to their parents. The house appeared on the Antique Road Show; and as well as the book about Miss Savage, a film is also to be made. Mrs. Adams lives in the house and over the years has restored it, and shows people around by appointment.

*Angela Bigley*

## HERITAGE CIRCLE

### Sarah Doig, A Job for Life – The History of Apprenticeship and Guilds

Sarah Doig gave a fascinating talk about the history of apprenticeship and guilds to the June meeting of the Heritage Circle at Rickinghall Village Hall. It was based upon her extensive research of local and family history.

Sarah explained that people specialised in trades to meet the needs of communities from earliest times. Skilled workmen provided transport, food, drink and housing. This is often reflected in modern surnames, such as Thatcher, Taylor and Miller. Apprenticeship began in the Middle Ages as the way in which mainly boys were trained in the skills for a certain trade. In 1563 the Statute of Artificers regulated apprenticeship and made it compulsory for entry into a trade as a means maintaining standards. Prior to the Act, there had been private arrangements made between masters and parents. After 1563 apprenticeship was formalised by a written indenture which bound the child, who was usually aged about 14, to the master craftsmen. Most apprentices were boys. It appears that only 3% of indentures were given to girls although this could rise to 7% in towns because of the prevalence of the clothing industry.

The 1563 Act allowed the payment of a fee, the premium, to the master by the parent. This amount was negotiable and varied according to trades. One apothecary was paid £60 and given 400lbs of cheese, whereas a dressmaker was given £5. In return, the boy went to live with the craftsman to learn the trade, and was given food and lodging. Many apprenticeships were arranged through the family or friends but newspapers from the 18<sup>th</sup> Century often advertised posts, such as an apprentice to a draper in Botesdale in 1794.

The 1563 Act bound apprentices to their masters until the age of 24 but this was reduced to 21 in 1768. It seems that only 50% completed their full apprenticeship. Some boys ran away because of ill-treatment or the restrictions of apprenticeship. Some masters became ill, died or became bankrupt. The parish tended to use apprenticeships to reduce the burden of pauper children on the rates. It also acted as a method of social control to stop boys roaming, begging and joining gangs. However, the positive aspect was that poor boys were given an education, including basic literacy and numeracy, as craftsmen had to submit customer bills.

The talk continued with a review of guilds. These began in towns in the Middle Ages where groups of craftsmen created monopolies and regulated various trades. They set prices for products and the wages for tradesmen. They oversaw the system of apprenticeship. A major concern was to ensure that standards were met and maintained. A craftsman could only practice a trade if he was a freeman and belonged to the guild. Consequently, guilds dominated the social and economic life of the towns. The guilds gradually evolved into local government as boroughs where officials monitored the quality of food and other products. As the most prominent citizens, they gained the titles of councillor, alderman and mayor. Eventually, the post of magistrate emerged to resolve disputes between guild members and to levy fines for shoddy work, but in time it took on a broader role for local justice.

Apprenticeships began to decline at the end of the 18<sup>th</sup> Century when population growth meant that more opportunities for work became available. It was argued that the 1563 Statute of Artificers only applied to listed trades and so could not be applied to new trades. Similarly, the seven year apprenticeship became regarded as inflexible and the charges of a premium expected of parents were seen as excessive. In addition, the treatment of apprentices brought the system into disrepute. By 1906 only 20% of young males were apprentices and the number has steadily declined with changes to the education system since then.

The next meeting of the Heritage Circle will be at 7.30pm on 26 July when David Berwick will give a talk entitled *Nuggets of History* – the secrets of Norwich Cathedral as told by a cathedral guide. Further information about the Heritage Circle is available on its website, [www.heritagecircle.onesuffolk.net](http://www.heritagecircle.onesuffolk.net).

**Gerry Gurhy**

## Communities share views to improve health and care services in Suffolk

We're Healthwatch. We listen to your views about local NHS and social care services so that we can make them better for everyone.

We have just launched our fourth annual report, which covers the year 2016/17. It tells you how we have been working and using people's experiences to shape, influence and improve local services throughout the year.

Five ways that health and care services have improved:

1. Maternity services increased support for birthing partners and changed policies so that birthing partners can stay with mum and baby overnight.
2. People will receive improved support and information to help them manage their risk of complications from foot disease caused by diabetes.
3. Residential and nursing homes have made changes that will improve the experience of some of Suffolk's most vulnerable people following visits by our volunteers.
4. We made safeguarding alerts that have led to immediate improvements to people's care.
5. We delivered patient feedback that helped to shape pathology services in Sudbury, including improvements to IT systems and access to appointments.

In our annual report, we highlight outcomes from our work that has included specific research projects, visits to local services and work across all levels of health and social care. Further examples include:

- Decisions to keep In Vitro Fertilisation (IVF) and Marginalised and Vulnerable Adults services were strongly influenced by public feedback we obtained in partnership with NHS leaders.
- Prompted by calls from young people for more information, we developed a new poster and information card that will help young people to find support.
- We worked closely with new GP partnerships to shape their plans for developing services by engaging patients within surgeries.
- We were central to the launch of a new Dementia Forum for Suffolk that will aim to change the way dementia support is provided in Suffolk.

In addition, we have helped many people that contacted our free [Information and Signposting Service](#) to find support with their health and wellbeing needs.

Andy Yacoub (Chief Executive) said:

"People have a keen interest in their health and social care services and rightly so. Throughout the year, we have met many people; talking to them about their experiences and using them to influence decisions about our local services. We are proud of the impact we have made and, with increasing awareness of Healthwatch throughout the County, we know that our voice and influence can only increase with positive outcomes for patients, service users and carers throughout Suffolk."

More information is available within the Healthwatch Suffolk Annual Report 2016/17.

Visit: [www.healthwatchsuffolk.co.uk](http://www.healthwatchsuffolk.co.uk). You can also call 01449 703949 to find out more.

## **Wortham & Burgate Parish Council**

If you are a resident of this parish and wish to be kept informed of news by the Parish Council, please email the Clerk to the Council as below to confirm your wish and that you are happy to receive information from it.

Your contact details will not be revealed to any other organisation, and would be for the sole use of the Parish Council to contact you with its news and information.

Netty Verkroost  
W&B Parish Clerk  
0755 733 3811  
[wandbpc@gmail.com](mailto:wandbpc@gmail.com)

## **NOTICE OF VACANCY IN OFFICE OF COUNCILLOR**

### **PARISH OF WORTHAM**

#### **NOTICE IS HEREBY GIVEN**

that a casual vacancy has arisen in the Office of Councillor for the Parish Council.

If by 14 July 2017 (14 working days after the date of this notice) a request for an election to fill said vacancy is made in writing to the Returning Officer at Mid Suffolk District Council, 131 High Street, Needham Market, IP6 8DL, by TEN electors for the said Parish, an election will be held to fill the said vacancy, otherwise the vacancy will be filled by co-option.

If an election is called, it will take place not later than 18 September 2017.

Anyone who would accept co-option should notify the Parish Clerk as soon as possible. Dated: 26 June 2017

Proper Officer

### **WORTHAM & BURGATE HAS A NEW WEBSITE**

**<http://worthamandburgate.suffolk.cloud/>**

The old site no longer exists.

Please change your favourites, and use this new community site.

Your contributions to the site are most welcome

*Netty Verkroost, Wortham & Burgate Parish Clerk and RFO, 07557 333 811*

NORTH HARTISMERE BENEFICE

## Wortham and Burgate

### Sunday Club

Meet at Wortham Village Hall  
from 10.00am to 10.45am  
(followed by coffee and cookies)  
on the **1<sup>st</sup> Sunday** of each month  
during term time.

Dates for the summer term are:

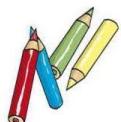
7<sup>th</sup> May

4<sup>th</sup> June

(special joint **Sunday Club Jamboree**  
at Palgrave Community Centre)  
2<sup>nd</sup> July



Stories



Crafts



Games



Singing

All children aged 4-11 welcome.

Just turn up or ring Lyn

on 788479 for more details



### Members Outings

Borderhoppa has lots going on for our members in 2017 including lunches out, visits to garden centres and places of interest. If you or someone you know would like to join us, please call us on 01379 854800. Membership is £6 for 6 months or £10 for 12 months, outings are individually priced.

We currently have spaces available on the following trips:

#### July 2017

Thurs 13th – Lunch at The Chip Inn, Long Stratton - £6 (lunch extra)

Mon 24th – Bressingham Garden Centre & Gardens - £7

Thurs 27th – Gorleston - £16

#### August 2017

Thurs 3rd – Aldeburgh - £17

Thurs 10th – Lunch at The Chip Inn, Long Stratton - £6 (lunch extra)

Thurs 17th – Beccles - £10

Mon 21st – Wroxham Barns - £15

Thurs 31st – Highways Garden Centre - £15

## Garden notes by Linda Simpson

Keeping up with watering seems to be an endless task now. The very high temperatures followed by strong drying winds is really desiccating plants. With little or no reserves of moisture in the ground there is not much for shallower rooted plants to fall back on. I am keeping a watchful eye around the borders. Many plants that droop in the heat revive when it gets cooler and it's the ones that don't revive that I worry about and douse with a watering can full of water.

However, the brief but welcome rain we had a few weeks ago has helped. I was interested to check back in my records to see that last year in June we had a rainfall total of 4.7 inches. It is hard to know with such a disparity from year to year quite how to cope and what to plant.



Looking good at the moment are the day lilies (*hemoracallis*) and lilies. I love lilies and grow many different varieties in the borders. I lose a few to mice but in our well drained sandy soil they mainly seem to thrive. Currently in flower is a strong growing orangey red one called Robert Swanson. It has thrived and increased and apart from the wretched lily beetle doesn't have too many problems. Unfortunately, this is not one of the scented varieties but also in flower is *lilium regale* which is strongly scented. If you garden on heavy clay soil you can grow them in pots.

Lily beetle is an increasing menace and it pays to be vigilant. Early in the season a tell-tale sign of the adult beetle is holes in leaves. The beetle is scarlet and is quite adept at falling off just as you are about to pick it off and squash it. Worse though are the larvae. They do most damage and eat leaves and buds if left unchecked. They can strip a plant bare. They have the unappetising habit of covering themselves in their own excrement but underneath are the orange slimy larvae. The best way of dealing with them is to don rubber gloves and squash them – not nice but if you don't you then get another generation of adults. It seems they can produce several generations in one season.

Hemoracallis are less of a problem and are not attractive to lily beetle. It is also possible to grow them happily in a wide range of soil types. In recent years plant breeders have produced a wonderful range of new colours and bi-colours. Although each flower only lasts for a day there are plenty following on over a period.

Have a look for exciting new varieties in the garden centres. They are a great addition to the summer border.



## Restaurant review

### 1066 at The Chequers, Bressingham by Terry Quinn

We are fortunate to have a choice of several different cuisines to enjoy in our area. In addition to English and French we have Chinese, Japanese, Indian, Thai, Italian and Spanish. And now, Danish. The Scandinavian newcomer is the 1066 restaurant in Chequers not far from Bressingham Garden Centre. (Yes, the inn that was badly damaged by fire in October 2009).

1066 specialises in Smørrebrød but to call them 'open sandwiches' creates an impression of something mundane and unexciting. Properly created Smørrebrød are anything but. The delicious range created by owners Michael and Hazel Knox-Johnson include more than 20 combinations featuring main elements like smoked salmon, Greenland shrimps, pork, chicken, gravadlax, turkey, woodcock, artichokes, pastrami or fish frikadellar. There is even an option for that Scandinavian favourite, herring marinated in gin. Most are served on buttered rye bread or sourdough.

The accompanying salads include more than the usual lettuce and tomato. 1066 salads include artichoke hearts, egg, onion rings, crisp bacon, sautéed potato, horseradish sauce with tarragon, smoked cream cheese and more.

After four visits we usually go for The Boss's favourite, (smoked salmon with artichoke hearts, quails egg and other salad items); and the Cromer crab salad, (baked crab with breadcrumb and local cheese topping and salad with dill dressing,) or Alice's Special Frikadellar, (a fried 'fishball' mix of salmon and white fish with remoulade and salad.

The restaurant is elegantly furnished and there is a spacious terrace, a large parking space and a small shop with locally sourced food and drink.

1066 is ideal if one of a party needs something light but bigger appetites can enjoy two different Smørrebrøds. The daily lunch menu includes a soup, two pieces of smørrebrød followed by pudding or cheese for £22.50 plus another £3 for some of the Smørrebrød.

Starters include hot and cold soups, goats cheese bruschetta and quiche Lorraine. Pudding options include coffee creme brûlée, green figs, Bakewell tart and strawberries and cream.

Oh, and 1066 also serves morning coffee, afternoon tea and early evening tapas, but that's another story.

There is much more on the 1066 menu including an extensive wine list and a selection of bottled beers. Check it out at the excellent web site - [www.1066chequers.com](http://www.1066chequers.com). Delicious food, friendly service in elegant surroundings. A different dining experience. Recommended.

Velbekomme! (That's Danish for Bon Appetit).

1066 at The Chequers. Low Road, Bressingham. IP22 2AG.

Open Tues to Sat, 10am to 6pm. Closed Sun and Mon

Tel 01379 688175 or [reservations@1066chequers.com](mailto:reservations@1066chequers.com).



## THE SHEILA RUSH PAGE

**Open Garden.** For the sixth year, Linda and Andy Simpson's Battelys Cottage on Wortham Ling opened its doors under the National Garden Scheme (NGS). The May Bank Holiday is a special weekend for NGS, which this year celebrated 90 years of supporting nursing charities. Since 1921, the scheme has donated over £50 million to its chosen charities, and from 1984, Macmillan Cancer Support has received more than £16 million, the single largest supporter of this wonderful group. Linda and Andy thank everyone who supported their annual event: the 224 visitors who came to see the wonderful garden; the helpers in the parking area, the entrance, the ladies who made the lovely cakes and those who served the teas and coffees. **£1,680.80 was raised for NGS.**

**Sunday Clubs.** There are three Sunday Clubs in the Benefice – Brome & Oakley, Palgrave and Wortham & Burgate. Our local group meet in Wortham Village Hall. All children aged from 3 to 11 are welcome as are younger children accompanied by parents. Activities include bible stories, songs and crafts. Coffee and cakes are available afterwards for parents. For more details on the Wortham & Burgate group, see the advertisement elsewhere in this edition of WOBUL, or contact Lyn Pelham Burn on 01379 788479.

**Wortham Village Hall Recycling Centre.** The recycling centre for Wortham & Burgate is at the village hall and is a Community Recycling Centre managed by the Village Hall Management Committee. There are facilities for the recycling of glass, newspapers, magazines, clothes and shoes and everything you donate there, earns money for the hall. When using the bottle bank, please use the correct containers as clear glass has a higher value than coloured glass when uncontaminated by colour. Clean food jars can also be recycled in the clear glass container along with clear drinks bottles.

Please help by keeping the site tidy and not leaving cartons for someone else to clear up. W&B Village Hall is a registered charity run by volunteers. The running expenses amount to around £600 per month. The council gives the recycling income to us which last year was a very useful £705. Please try to use this local facility rather than the supermarkets, thus supporting our community directly and enabling the hall to be used by clubs, organisations and the public.

**Wortham Bowls Club.** The club will be holding its annual coffee morning at the club house on Saturday 8 July at 10:30 am. There will be a cake stand, Bring and Buy stall, plants and a raffle.



**SATURDAY 08 JULY, 8:00 pm**

**LION** – a true story of life lost and found

**SATURDAY 05 AUGUST, 8:00 pm**

**LA LA LAND** 6 Oscars, 5 Baftas

Sat 02 September, 7:30pm **VICEROY'S HOUSE**

Sat 05 November, Dinner & Film – **LAWRENCE OF ARABIA**

**[www.palgravecinema.co.uk](http://www.palgravecinema.co.uk)**

**Book in advance online, where trailers can be seen and reviews read.**

**TICKETS £5 each**



## VILLAGE HALL DATES FOR YOUR JULY DIARY

Wortham Morning Yoga	Tuesday	04, 11, 18	10:00 – 11:30
Wortham Midday Yoga	Thursday	06, 13, 20	11:45 – 13:15
Ballroom	Monday	03, 10, 17, 24, 31	18:30 – 21:00
Pilates	Wednesday	05, 12, 19, 26	09:30 – 10:30
Tea's Made	Wednesday	05, 12, 19, 26	14:00 – 16:30
Gentle Exercise Evenings	Wednesday	05, 12, 19, 26	19:30 – 20:30
Gentle Exercise Mornings	Thursday	06, 13, 20, 27	09:30 – 10:30
W&B Sunday Club	Sunday	02,	10:00 – 11:00
Good Companions	Tuesday	11,	14:00 – 16:30
Anglian Polymer Guild	Sunday	15	10:00 – 15:00

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

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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.***