

The Raynhams' Newsletter - July 2024

- Friday 5th, 12th, 19th, 26th - West Raynham Village Hall Bar open from 7 to 10:30pm.
- Saturday 6th, 13th, 20th, 27th - Creative Crafters in Village Hall from 10am to midday.
- Sunday 7th - Open Day at West Raynham SHQ from 10am to 4pm.
- Wednesday 17th - Coffee morning in the Village Hall from 10am to midday.
- Friday 19th - Mobile library at West Raynham bus shelter from 9:30 to 9:45am.
- Monday 22nd - Village Hall Committee meeting in the Village Hall from 6:30pm
- Friday 26th - Raynhams' Gardening Club meeting in the Village Hall from 6 to 7pm.
- Saturday 27th - Bands & Burgers at The Airman's Arms, The Kiptons, from 2 to 10pm.
- Tuesday 30th - Meeting of the Parish Council in the Village Hall from 7pm.

Church Services

- Sunday 14th - NO SERVICE.
- Sunday 21st - All Saints, Helhoughton, at 10:30am.
- Sunday 28th - St Martin's, South Raynham, at 10:30am.

Kate Mead



20 November 1935 - 27 June 2024

We met Kate and Laurie when we arrived in West Raynham in 1997 and were welcomed by their family and friends. We soon realised that Kate was one of the doyennes in the community, with firm views and a great sense of fun.

She will be remembered with regard and affection for the joy and gaiety that she brought to West Raynham and the surrounding communities.

The remarkable plays and pantomimes that she put on in Weasenham Church encouraging local talent were the highlight of the West Raynham season. She also instigated and organised the Safari lunches and suppers much enjoyed over many years in the village.

Towards the end of her life, Kate dealt with her growing difficulties with courage and defiance, sitting in her chair and welcoming visitors with her innate hospitality.

We shall all miss her.

Sandra and Alan.



Art therapy can help improve an individual's physical, mental and emotional wellbeing. The Teapot Trust works with children; helping them find a way, through art, to express and process thoughts and feelings that might be difficult for a young child, or for those who have experienced trauma, to articulate verbally.

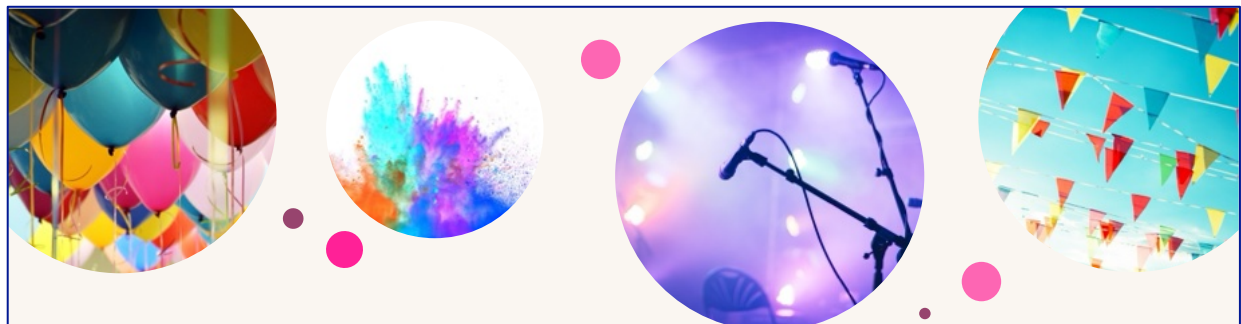
Come along to the Coffee Morning in the Village Hall at 10am on Wednesday 17th July to find out more about the healing power of art and to help us raise funds for this wonderful charity.

Running alongside will be a small exhibition of paintings and drawings produced by some residents in West Raynham and

Helhoughton.

The Elsewhere Garden, designed by Semple Begg for the Teapot Trust, won Gold at the RHS Chelsea Flower Show in 2023 and has recently found its permanent home at Glasgow's Royal Hospital for Children. Follow this link to find out more:

<https://www.teapot-trust.org/Listing/Category/teapot-trust-elsewhere-garden-hub>.



West Raynham Village Summer's End Party 2024 on the Village Hall Green/Village Hall (weather dependent)

Sunday 25th August 2024 from 4 pm until late. Band from 8pm

LIVE MUSIC courtesy of BANDWIDTH

A five-piece North Norfolk band featuring lead, rhythm and bass guitars, keyboards and drums. Setlists include Rock, Blues and Pop numbers sourced mainly from the 60s to the 90s along with original material.

Wines, beers, cider and soft drinks will be provided. The bar will be open.
Please bring a sharing savoury or sweet dish and garden chairs.

RSVP to Debbie Lamont at rabbits_peterrabbit@yahoo.co.uk by 16th August

The Airman's Arms – The Kiptons

The Airman's Arms

Presents...

Bands & Burgers!

Saturday 27th July
2 pm - 10 pm





Covers include... REM • ZZ Top • Deep Purple • Thin Lizzy • Lynyrd Skynyrd
Status Quo • AC/DC • Metallica • Black Sabbath • Iron Maiden • Jimi Hendrix
Tom Petty • Dr Feelgood • & Many More...

The Airman's Arms

Presents...



THE ROCKY HORROR PICTURE SHOW

MOVIE NIGHT

Saturday 3rd August
Doors open at 7 PM. Film starts at 8 PM

Tickets £5 Over 18's only

Dressing up encouraged!

Advanced tickets include entry & popcorn & are available from the Airman's Arms or DM the FaceBook page.

Themed cocktails

Door tickets may be available if capacity allows & will be charged at £8.

Open Day at West Raynham SHQ – Sunday 7th July

VETERANS CENTRAL - WEST RAYNHAM SHQ

ANNUAL ACTIVITIES & OPEN DAY




The historic Grade II listed West Raynham SHQ is hosting its Annual Activities and Open Day on Sunday 7th July.

In addition to viewing progress with the work on SHQ, the day includes:

- Memorial Flight fly by (subject to availability)
- Military vehicles and Reenactors
- Classic Cars and other vehicles
- Craft Fair and Memorabilia Fair
- Aviation and Local History Museum Displays
- Childrens Fun zone, including games, puzzles, SHQ Mice stories, Bee/Bug Hotel building
- Bomber Command Virtual Reality experience; briefing room and then fly the VR mission
- Historical Displays
- Live Music with the Swingtones
- SHQ Gardens
- Shop and 2nd hand military book shop
- SHQ Café (hot and cold drinks and food) plus bar

And more... the programme is continuing to develop

Sunday 7th July
10:00 to 16:00
West Raynham NR21 7PL



For information email info@veteranscentral.co.uk
Or visit our Facebook page [West Raynham SHQ – Veterans Central](https://www.facebook.com/West-Raynham-SHQ-Veterans-Central)
West Raynham NR21 7PL

In Cooperation with Canberra Heritage Trust Charity #1202541

Raynham Solar Fund Committee

Applications are now open for grants from the Solar Fund for projects that benefit The Raynams. Previous community awards have included funding for; the ruins in St. Margaret's churchyard; the fish & chip supper and a Christmas party.

Application forms can be obtained by contacting David Sidell, Chair of the Solar Fund (Email: davidsidell@outlook.com). Completed forms must be returned by Thursday 31st October 2024 and can be sent to David Sidell (Sid) at 5, The Bowling Green, West Raynham, Fakenham, Norfolk, NR21 7HD.

Conditions of Funding

- Applicants must demonstrate a clear need for financial support
- Organisations must be either non-profit making or charitable
- Organisations or individuals may only make one application for a grant in any financial year
- Applications from education, health or social service organisations will only be considered where they can demonstrate a working partnership with other groups or a benefit to The Raynams parish.

Use or purpose of the grant:

- Providing a service
- Providing activities
- Enhancing the quality of life
- Improving the environment
- Promoting the parish in a positive way.

Applications will not be considered from:

- Political parties or organisations that discriminate on the grounds of race, religion or gender
- Private organisations operating as a business
- 'Upward funding' where any money raised goes to a central HQ.

Applications will not be considered:

- For projects that benefit individuals
- For grant aid retrospectively
- For prize money
- For campaigns to influence public opinion.

Volunteers Wanted - West Raynham

The Village Hall bar in West Raynham would like volunteers to join a 'bar cover team' working Friday nights from about 7 to 11pm. If you are interested, then please contact Debbie at rabbits_peterrabbit@yahoo.co.uk.

Newsletter Contact Details and Past Issues

- westray.newsletter@gmail.com - To send in articles or manage subscriptions.
- <https://www.raynhampc.info/documents> - To download previous Newsletters.
- Recent issues available to view in the Reading Room.

St Mary's Church, East Raynham

Dear Editor,

I was born in West Raynham more years ago than I care to remember, and I keep in touch by receiving the Newsletter. Sadly, none of my relatives are left in the area now but I still hear from a few of my childhood friends. In May I returned with my family to see my son married in the Church where I was christened, we hired the village hall and were welcomed and helped by your community which, through the Newsletter, is happy and vibrant with lots of input from people who now live and work in West Raynham. What concerns me is that it seems that East Raynham Church which was always supported and used by West Raynham residents seems to be left out of fund-raising efforts and is becoming neglected. We managed to get the estate to cut the grass on the week of the wedding but were shocked that we had to tidy around our family graves where previously it always looked pristine whenever we visited, and the church no longer looks well cared for.

We understand that you have no dedicated vicar now and that the rural Dean has 14 churches to manage so he can't possibly look after all these to the previous standard. We also understand that the estate has many other tasks to fulfill, and that Lord Townsend no longer occupies Raynham Hall whilst work is done to maintain it. Whilst we were there, we tended our family graves and dressed them with silk flowers to match the bride's bouquet. I have just been informed that these are now gone - what a disappointment that people should stoop so low to steal our well-meant efforts to remember our loved ones. We live 3 hours away now so cannot just "pop in" to help but can I appeal to you all to try to look after the church before it falls in to total disrepair like the one within the village which seems to attract volunteers to help manage it.

Regards - Sue Goddard.

The Parochial Church Council (PCC), who manage the church on a day-to-day basis, was asked for their response:

We sympathise with Sue's comments. Sometimes someone who is distant sees more clearly the state of affairs than those who are close by. The sad truth is that, as in the rest of rural England, churchgoing has declined markedly in recent decades so that other than for weddings, Christmas and Easter, St Mary's now sees congregations in single digits when it holds its monthly service. This small group cannot support the building and the churchyard unaided.

Since David Mason's retirement after many generous years of dedicated mowing of the churchyard, the Raynham Estate has taken up this responsibility, but they were clear from the outset that the level of attention would decline given their staffing constraints. At the same time cleaning of the church is ad hoc and of course there are no funds for necessary major works such as the replacement of the nave roof to prevent the persistent water ingress visible at the tops of the walls.

We on the PCC take heart from the example of St Margaret's where a dedicated group of volunteers has made the churchyard into a wonderful environment and is progressing with the major fundraising necessary to stabilise the ruin. St Mary's too has, in the recent past, benefitted from dedicated local fundraising to install its new kitchen. But we feel

Sue is right when she says that Raynham residents in the main no longer support St Mary's, sitting as it does half a mile away in the park.

So, inspired by the example of St Margaret's, we make a plea to all readers of this newsletter in the Raynhams whether religious or not, churchgoing or not, to get involved and to help with the task of maintaining St Mary's and its churchyard. There is both indoor and outdoor work which could give the church a more tended and loved appearance. If there were a more regular and sustained involvement by the community, we could improve the current situation and safeguard the church and its churchyard for future generations.

If you would be interested in joining a new group of St Mary's volunteers, please email: Stmaryseastraynham@gmail.com.

Thank you - East with West Raynham PCC.

Norfolk Day - A Love Letter to Norfolk

In honour of Norfolk Day on Saturday 27th July Bridget Howarth has sent in a poem first published in the Eastern Daily Press in 2021.

'A Love Letter to Norfolk' was found by Kathy Blake of Reepham tucked inside her father's copy of Arthur Mee's 'Norfolk'. It seems the poem may have been written by Kathy's mother, Jean Lincoln, who in the 1950s was secretary to the Chief Constable of Norfolk, but the origin of the poem is still a mystery.

A Love Letter to Norfolk

No mountains grand your contours show, no rushing gorge deep streams,
But quiet brooding marsh and fen, and heathlands heathered dreams,
No bard extols your lavish past, no poet pens your lines,
But still the Nelson spirit lives, and still your beauty shines.

Your sleepy broads mean more to me than lakelands wond'rous charms,
Nor would I change for Snowdon's peak, the smallest of your farms,
Bedecked with fields of golden corn, and clothed with gorse and broom;
The pine trees gaunt stand guard upon the heathlands of my home.

Far out across the sandy dunes where oft the wild geese cry,
A million breasts of white are seen like snowflakes in the sky.
While on your borderland there broods the silent sombre fen;
Sea lashed, it stirs protestingly, then frowns to sleep again.

Your marshland churches stand to-day proud monuments to God;
Defying time as once they did the haughty Norman's rod.
The fenman to his freedom held when freedom's price was dear;
The northern oceans mock him yet, but naught can make him fear.

Cathedral city Norwich stands, your fairest jewel of all;
The shadows of its lofty spire like benedictions fall,
Its sleepy stream meanders by, its drowsy castle sleeps,
And licked within grey city walls, a heart of gold it keeps.

From banks of Ouse to Waveney, from Gorleston sand to Lynn,
Your boundaries are none too large to hold your treasures in.
What fragrant memories dear to me were born within your breast,
When in those happy days of peace my heart to yours I pressed.

Recipe Corner: Chris's Sausage Rolls

If you have been to a village event where these delicious treats were on offer, then you can count yourself very lucky. Chris Holland has been persuaded to give us his sausage roll recipe - they are the king of sausage rolls and disappear like proverbial hot cakes! Thank you for letting us in on your secret recipe Chris!

Sausage and Onion Rolls

A quick and easy way to make a tasty snack.

In fact they are so easy that "mass production" for village events simplifies life no end.

Ingredients

This is for six large sausage rolls.

One pack Jus-Roll puff pastry

Six good quality sausages

One or two onions depending on size

Cooking oil

Salt

One beaten egg

Method

Peel and finely chop onion(s). Add oil to preheated frying pan. Add onion and fry on high heat until it caramelises, around 10 to 15

minutes, stirring frequently. Add salt to taste.

Allow to cool completely. It's very important that they're cold otherwise your pastry will fall apart. The puff pastry needs to be at room temperature. Unroll the pastry onto a floured surface. Divide the sheet in two lengthwise.

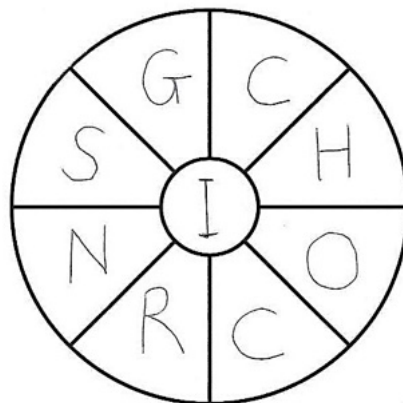
Remove the skins from the sausages and lay three along the bottom long edge of each piece of pastry. Brush the top edge with beaten egg. Spread half the onions over each row of sausages. Now roll them up and push to seal the edges. Brush the long rolls with beaten egg and then divide into three. Put 2 or 3 slashes across the top of each roll with a sharp knife to let the steam out. Place on a greased baking sheet or silicone sheet and bake at 220°C (fan 200°C) gas mark 7 for 25 to 30 mins until golden brown.

Cool on a rack and try to eat one before everyone else pinches them!

If you have a treasured recipe which you are happy to share, then please contact: westray.newsletter@gmail.com.

Word Wheel

Find as many words as possible using the letters in the wheel. Each word must use the central letter and at least two others. Letters may be used only once. You may not use plurals, foreign words, or proper nouns. There is at least one nine-letter word to be found. I could only find 14 - not including the nine-letter word. I bet there are more words in there that I missed. The words I found are listed on page 8 and include the nine-letter word - well done if you got that one!



June Photo Competition

Our thanks to everyone who submitted photos for last month, and Paula Smith has chosen the following two images for June.



Winner: Jane Woolridge



Runner-up: Tracy Jolliffe

Deadline for July photos: by 5pm on Friday 26th

Email your images to westray.newsletter@gmail.com

Word Wheel Answers

Gin, His, Rig, Sin, Sir, Chin, Coin, Coir, Inch, Ring, Shin, Sing, Choir, Cinch. Nine-letter word: Scorching.

West Raynham Open Gardens 2024

After weeks of rain and cold, Sunday 23rd June dawned a beautiful sunny warm day, perfect for Open Gardens in West Raynham. Months of preparation and hard work were about to be put to the test!

As soon as visitors arrived, they were guided to parking and the village hall where they could buy the beautifully designed tickets and get all the information they needed from the industrious team of ticket sellers. There was even a quiz to entertain any 'young gardeners' visiting with their parents!

Then to the gardens themselves - tireless work went into perfecting the 14 gardens open for the public to view; everything from small to large gardens, some well-established over many years to some more recently planted - but all glorious. There was something for everyone to enjoy and view.

Open Gardens without tea and cakes is unthinkable! So many people in the village turned their hands to baking yummy cakes and tasty savouries to eat with the teas and coffees. Then an army of people were there to serve them to the visitors.

A Plant Stall is another essential of Open Gardens. When the visitors go around the gardens certain plants grab their attention, and we tried to have as many plants that were in the gardens as possible, available to buy. This year the plant stall comprised the original permanent stall plus three tables groaning under the weight of plants.

For the first time in West Raynham for Open Gardens, there was a craft stall. Many crafters in the village, who regularly meet on a Saturday morning, produced crafts to sell at Open Gardens. There was a wide selection from cushions, knitwear, quilts, bags, little sausage dogs, scrunchies, keyrings and bookmarks to cards, herbs, honey and marmalade. There was a rumour that Paddington Bear had been seen trying to find the marmalade! There were even some books for sale in the Reading Room.

And then we had the tractor rides which were very popular - as were the guided tours of the ruins of St Margaret's church.

So - what money did all this work raise?

Tickets	£1009.60
Refreshments	£510.00
Crafts	£275.31
Total	£1794.91

We were kindly given £600 from the Solar Fund to help with the cost of advertising, printing and other sundries. We are very grateful for this; the advertising worked as we had 215 visitors on the day. Overall, we made £1726.39 which will be used for bulb planting and seating in the village, as proposed by the Garden Club in their Solar Fund application.

In addition to the amounts above, the Plant Stall made £264.50 for Guide Dogs and there was £10.79 in donations for books which will go to Village Hall Funds along with any profits made from the bar.

Thus, in total, Open Gardens made the grand total of £2001.68 which is almost twice what we raised last time.

As you can imagine there are just SO many people to thank and if I mentioned everyone in this article, I hate to think how long this article would be! Everything I have described so far is the tip of the iceberg, representing only what everyone saw on the day and there was an immense amount of work that went on in the preceding months in terms of preparation, organisation and advertising. So many people have contributed their time freely and donated items at no charge, both on the day and before. A huge thanks to everyone who contributed so much.

Thanks to those brave enough to open their gardens, without you doing so there would be no Open Gardens. Thanks to all those organising, making and selling tickets, refreshments, crafts and plants, not forgetting the tractor rides and the tours of the church, the wonderful tickets, posters and hall decoration, the car parking, signage, garden markers, and those providing plants and pots for the stall. I hope I haven't left anyone out - apologies if I have.

I hope it was an enjoyable experience on the day for everyone, as it was for me, welcoming so many visitors to our village. The comment that I had from a lot of people in the village was that it had brought the village together, which can only be a good positive thing.

Bryan Welton.

Photos from Open Gardens 2024

Our thanks to everyone who sent in photos taken during the event especially (in no particular order): Bryan Welton; Anne-Marie Martin; Michael Chestney; David Stubbs; Tracy Jolliffe; Denise & James Hickman, and Helen Brooke. Our apologies if we missed anyone out!



