

# The Raynhams' Newsletter - October 2024

## Dates for the Diary

- **Friday 4<sup>th</sup>** - Pub night at Helhoughton Village Hall from 7 to 11pm.
- **Saturday 5<sup>th</sup>** - Coffee Morning at Helhoughton Village Hall from 10am to midday.
- **Saturday 5<sup>th</sup>** - Saturday opening of West Raynham Village Hall Bar from 7 to 10:30pm.
- **Friday 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>** - West Raynham Village Hall Bar open from 7 to 10:30pm.
- **Saturday 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>** - Creative Crafters in Village Hall from 10am to midday.
- **Friday 11<sup>th</sup>** - Mobile library at West Raynham bus shelter from 9:30 to 9:45am.
- **Saturday 19<sup>th</sup>** - Coffee Morning from 10am to midday in West Raynham Village Hall.
- **Friday 25<sup>th</sup>** - The Raynhams' Gardening Club meeting in the Village Hall from 6 to 7pm.
- **Saturday 26<sup>th</sup>** - 'Ghostly Airfields & Superstitions', West Raynham SHQ from 4 to 8pm
- **Saturday 26<sup>th</sup>** - Andy's TV and Movie Quiz in Village Hall at 7pm for 7:30pm start.
- **Thursday 31<sup>st</sup>** - Deadline for Solar Fund applications.

## Upcoming Dates in December

- **Monday 2<sup>nd</sup> December** - Christmas Bingo.
- **Saturday 14<sup>th</sup> December** - The Raynhams' Christmas Party.

## Church Services

- **Sunday 13<sup>th</sup>** - St Mary's, East Raynham, at 6pm.
- **Sunday 20<sup>th</sup>** - All Saints, Helhoughton, at 10:30am.
- **Sunday 27<sup>th</sup>** - St Martin's, South Raynham, at 10:30am.



## Raynham Solar Fund Committee

Applications are now open for grants from the Solar Fund for projects that benefit The Raynham. 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](mailto:davidsidell@outlook.com)). Completed forms must be returned by **Thursday 31<sup>st</sup> 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 Raynham 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.

	<p><b>Remembrance Sunday</b></p> <p>The Annual Act of Remembrance will take place on Sunday 10 November at St Mary's Church in East Raynham</p> <p>The service will begin at 10.50am, with Two Minutes Silence and laying of wreaths at the War Memorial at 11.00am</p> <p>All welcome</p> <p><b>We Will Remember Them</b></p>
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**Veterans Central West Raynham SHQ**  
**Charity Art Exhibition & Sale**

9<sup>th</sup> to 20<sup>th</sup> October 2024 from 11am to 3pm.

Viewing days: 9<sup>th</sup>, 10<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup>, 16<sup>th</sup>, 17<sup>th</sup>, 19<sup>th</sup> & 20<sup>th</sup>.

SHQ, 5 Blenheim Way, West Raynham Business Park,  
Fakenham, NR21 7PL.

**ANDY'S MOVIE & TV QUIZ**

**26<sup>TH</sup> OCTOBER IN WEST RAYNHAM VILLAGE HALL**

**DOORS OPEN AT 7PM FOR 7:30PM START**

**COST: £5 PER TEAM - MAXIMUM 4 PLAYERS IN EACH TEAM**

**TO BOOK A TABLE EMAIL ANDY AT: [ANDYMEAD758@MSN.COM](mailto:ANDYMEAD758@MSN.COM)**

**OR SEND A TEXT TO 07511 152390**

**COFFEE  
MORNING**

IN AID OF  
SAVE THE CHILDREN

**05.10.2024**  
**10-12**

Helhoughton Village Hall

RAFFLE  
(PRIZE DONATIONS WELCOME!)

CHRISTMAS CARDS WILL ALSO BE ON SALE AT THIS EVENT

**CRAFT  
FAIR**

SATURDAY 5 OCTOBER

RYBURGH MEMORIAL  
HALL, GREAT RYBURGH

**10.00 until 3.00**

OVER 20 STALLS  
INDOORS & OUTDOORS  
SOMETHING FOR EVERYONE

## Summer's End Party 2024

The last weekend in August saw the annual event of the end of summer party take place in West Raynham. The format was by now well-known. Part 1 - bring a dish and enjoy drinks and food outside - luckily this year the marquee was brought out of hibernation for the occasion. Although there was no rain, it was unseasonably cold and windy which meant we all appreciated being under cover!

The range and quality of the food supplied was outstanding, the drinks flowed, and a good time was had by all before retiring to the Village Hall for part 2. Bandwidth provided an excellent array of music for this part of the event and for those who were able to demonstrate their skills on the dance floor.

The well attended occasion was as always, one of the highlights of the year giving residents a good opportunity to catch up with one another.



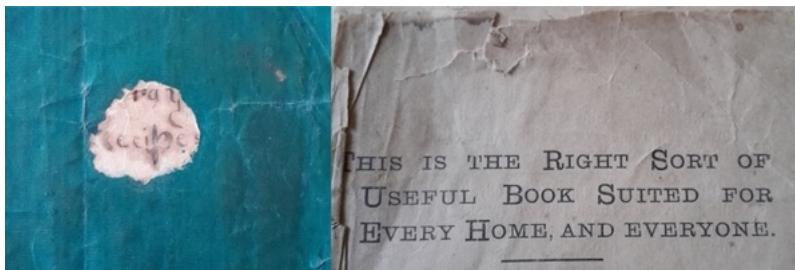
It is always a joy to see some not-so-familiar faces attending, demonstrating the inclusivity of the event and its popularity amongst residents.

Many thanks to all who attended contributing both your presence and your culinary delights, to those who gainfully struggled to erect, stabilise and dismantle the marquee and bar. To Andy and Tracy for holding fort at the bar itself keeping the supplies flowing, and to all who helped in any way, shape or form to the smooth running of this event. Here's to 2025 and may the sun be shining!



## Recipe Corner

This month I thought I would include something a bit different from a very old book that my Mum and I found when going through cases of old family photos together. As you can see from the picture, the book has been re-covered (so I have no date or publisher) and



has the handwritten title "recipes". However, they are not food recipes but instead recipes for home cures which the book claims are "useful" and "suited for every home and everyone". They are listed

alphabetically (with some annotations that look very much like they are in my Auntie Lottie's handwriting) and, as you might imagine, some are rather amusing which is why I have reproduced a few below, starting with a few from A to C. Needless to say - please don't try these at home.

"AGE: Old age in women sets in at 53, in men about the 60<sup>th</sup> year. At these particular ages of life when symptoms of any kind appear, they cannot be too quickly attended to."

"ASTHMA: For difficulty in breathing, or asthma, live chiefly on boiled carrots or leeks for a month; or drink a pint of new milk morning and evening. This has cured an inveterate asthma."

"BILIOUS COLIC: Drink warm lemonade; this has cured when judged to be at the point of death. Try it."

"CATS: When a favourite cat requires medicine, simply dip its foot in castor oil, which it is sure to lick."

Tucked between the pages were some advertisements that I can only assume were picked up at the local chemists. It would appear that 'De Witt's of Croydon' had cornered the market in over-the-counter cures for common ailments which they

"despatch by return in plain wrapper" - how very thoughtful.



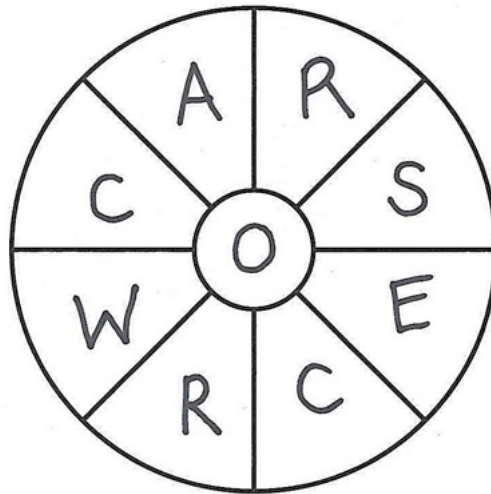
## Newsletter Contact Details and Past Issues

- [westray.newsletter@gmail.com](mailto: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 West Raynham Reading Room.

## 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 found 23, not including the nine-letter word which is where I started when constructing the wheel. See if you can beat me - I bet there are more words in there that I missed. The words I found are listed on page 9 and include the nine-letter word - well done if you got that one!



**Q'S BISTRO FAKENHAM**  
**QUIZ NIGHT & RAFFLE FOR**  
**STAND UP TO CANCER**  
**FRIDAY OCTOBER 11<sup>TH</sup>**  
**6.30PM**  
**£12.00 PER PERSON**  
**01328 851003**  
**SAUSAGE, MASH ONION GRAVY &  
VEGETABLES**  
**SALMON FISHCAKES WITH SALAD &  
TARTAR SAUCE**  
**VEGETABLE LASAGNE WITH SALAD &  
CHIPS**  
**XXXXXXXXXX**  
**RASPBERRY CHEESECAKE**  
**TEAMS OF 2 OR 4**  
**BOOKING & PRE ORDER NECESSARY**

  
**COFFEE MORNING  
& ART SALE**  
**Harpley Village Hall**  
**Saturday 12th October 2024**  
**10am – 1pm**  
  
For sale:  
works by local artists    cards    mosaics  
stained glass    and more  
Plus:    50 / 50 sale of good quality items  
Proceeds of Art Sale to  
**King's Lynn Night Shelter**  
profit from refreshments shared with the Village Hall.  
contact Rosemary Mehers (01485 521866) for more details or if  
you have something you would like to add to the 50 / 50 sale

## The Raynhams' Gardening Club

The Gardening Club has discussed a programme for purchasing and planting bulbs throughout the village, based on the money raised with the help of so many people in the village, from the Open Gardens event in June.

We have decided to start with the Wild Daffodil, *Narcissus pseudonarcissus*. These are the original wild daffodils that grew everywhere in the British Isles once, but in quantity they are now confined to small areas. Bringing the wild daffodil to West Raynham will be an exciting thing to do. Unlike the daffodils we typically grow in our gardens it is quite small with a height of 25cm or 8 inches. It flowers early in March and into April depending on the weather. Being this size it will put up with the winds and rain of Spring very well. So, to make an impression you need to plant *en masse*, and this is what we intend to do, planting 2,000 or more bulbs around the village.



We have been given permission from Raynham Estate to plant on the green by the Methodist Chapel. We also want to plant in two other areas, the triangular green area at the junction of The Drove and Hollow Lane, and the corner at the entrance to the village from Helhoughton (not disturbing the bee orchids), by the children's playground.

Wild daffodil bulbs are relatively small so will take time to establish themselves and flower. I'm very hopeful we will get some flowers in the first year, but they will take time



to reach their peak and fully naturalise in their new setting. Another difference to our garden daffodils, which are hybrids and don't seed around, is that wild daffodils do produce seed and, if left to

naturalise will spread further and further, gradually increasing their numbers over the years. New seedlings take a few years to start flowering but will be worth the wait.

So, with lots of bulbs to plant, the Gardening Club would welcome offers of help to join in with planting, and we have set aside some weekends to do this, which are:

- Saturday 26th October
- Sunday 27th October
- Saturday 2nd November
- Sunday 3rd November
- Saturday 9th November
- Sunday 10th November

We will start on the Village Green at 10am on Saturday 26<sup>th</sup>, and once this area is planted, we will move to the next location.

We haven't planted this number of bulbs before so have no idea how quickly we will get this done and the earlier dates are when we could particularly do with help. Obviously, we

are subject to the vagaries of the weather so we may have to cancel dates at short notice if it's going to pour with rain!

The bulbs can be planted with a sharp trowel or possibly even a dibber if you are able to bring one. If you can help, then please send an email with the dates you are available and the number of people you may be able to bring with you to: [westray.newsletter@gmail.com](mailto:westray.newsletter@gmail.com).

Many thanks in advance.

*Bryan Welton.*

## The Plant Stall in West Raynham

There is a wide variety of plants still available on the plant stall. Autumn is a good time to plant as the soil is still warm after the summer. Here are three plants on the stall suitable for winter, mid-summer and late summer into autumn flowering.

First is a small shrub, *Sarcococca hookeriana*, known as the 'Himalayan Sweet Box' that is very hardy. It is an evergreen plant that produces sweet smelling flowers in January and February. So, as we don't go out into the gardens much at that time of year, it is suggested that you plant it in a sunny spot perhaps by your front door or a gateway, so you get the benefit every time you pass by. I have it growing by my gate and on warmer days its scent takes you by surprise. Pick a few sprigs and bring them into the house so you get the scent inside too. Only a few plants remaining.



The second plant is *Eryngium planum*, a member of the sea holly family that comes from south-east Europe and central Asia. People are always asking if I have this variety for sale when they see it growing by the stall, but I don't usually have them. So back in the spring I saw a packet of seeds of this variety and bought them. The instructions were dire! Do this, if it doesn't work do this, and if that doesn't work do this! After that, give up! So, I didn't expect much luck, but virtually all the seeds germinated, and I potted up 59 plants! Quite a few have gone but I still have a lot left to sell.

They are a branched small blue thistle like flower and the stems at the top are also blue, which is very striking. They are tough plants, grow in many situations and flower mid-summer. At the end of the summer, you can cut them down and they make great dry flower arrangements.

The third plant is a fuchsia from the deep south of South America, *Fuchsia magellanica*, sometimes known as the 'Hummingbird fuchsia'. It is most commonly in red but there is a 'white' version, which is actually a really pale pink. It is a small shrub that loses its leaves during winter unless it is very mild. The white version grows more quickly than the red version of the plant but is easily trimmed to the size that you want. It starts flowering in summer and, if mild, flowers into autumn. I only have a few pots of this plant remaining.



Remember all the proceeds from the stall go to Guide Dogs.

## Monthly Photo Competition

Our thanks to everyone who sends in photos for the monthly photo competition. Paula Smith in Sculthorpe has chosen the following entries for August and September.

### August Photos



Winner: Bryan Welton



Runner-up: Tracy Jolliffe

**Deadline for October photos - by 5pm on Friday 25<sup>th</sup>**

Email your images to [westray.newsletter@gmail.com](mailto:westray.newsletter@gmail.com)

## September Photos



**Winner: Bryan Welton**



**Runner-up: Jane Woolridge**

## Word Wheel Answers

**Answers: Coe, Cor, Cos, Cow, Ore, Roc, Roe, Row, Sow, Woe, Coca, Core, Crow, Rose, Soar, Sore, Wore, Score, Coarse, Cower, Rower, Sower, Worse. Nine-letter word: Scarecrow**

**VETERANS CENTRAL – WEST RAYNHAM SHQ**



# GHOSTLY

## *Airfields and Superstitions*

A number of rooms at SHQ will be used as 'settings' in which you can hear stories from World War Two to the present day

- **Ghostly happenings at RAF airfields**  
The tap on the shoulder, the music in the mist, the vanishing airman, whose round is it, has anyone seen my Navigator, and many more
- **Aircraft tales**  
Who's flying this aircraft? Where did it come from – and where did it go? Engines in the air on a misty night, and more
- **Gremlins, superstitions and good luck charms**
- **SHQ Café (hot and cold drinks and food)**

You can stay in SHQ and garden area as long as you like in the event period from 4 p.m. to 8 p.m. but your visit period to the experience rooms is booked for one of the following sessions:

Session 1: 4.30 to 6.00 p.m.  
Session 2: 5.30 to 7.00 p.m.  
Session 3: 6.30 to 8.00 p.m.

Booking is required as numbers in each group are limited and each group will take it in turns to visit each of the experience rooms.

Bookings can be made by emailing [ops@veteranscentral.co.uk](mailto:ops@veteranscentral.co.uk). An event donation of £5 per person is requested when you book.

The evening is not a 'scare fest' and is intended as entertaining and is based on real stories and incidents

 **Saturday 26th October 4pm to 8pm**

 For information email [info@veteranscentral.co.uk](mailto:info@veteranscentral.co.uk)  
Or visit our Facebook page  **West Raynham SHQ – Veterans Central**  
West Raynham NR21 7PL Registered in England & Wales as a charity #1208763

The Airman's Arms



# HALLOWEEN

## PARTY

**Saturday 2nd November**

**7 PM - 10 PM FOR ALL AGES** (over 12's only, between 10 PM & 11.30 PM)

ALL GHOSTS & GHOULS ARE WELCOME  
COSTUMES ENCOURAGED  
PRIZES FOR BEST COSTUME ADULT & CHILD!