

Issue 60
Jun 2026 — Jul 2026



NEIGHBOURHOOD PLAN RESULT

**The plan was voted for on
the 7th May
With the village voting 82%
in favour.**

**The Parish Council
would like to thank all who took the time to vote.**

The Parish Council would like to express our sincere thanks to the Baptist Church for their generous donation towards the cleaning of the village memorial. We are very grateful for their support and greatly appreciate their contribution to preserving this important part of our community.



Scan to WEBSITE

Scan to EMAIL



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- **Printed By: riverside-print.com**

NEXT ISSUE:

Published June

**Our deadline for
August/September 2026
is:
15th July 2026 12 p.m.**

Please email Helen Webber at
helen.webber60@gmail.com

DIARY DATES

June			
Sun 7th	St Peter's Church	Sunday Celebration	11.00 a.m.
Sun 14th	St Peter's	Holy Communion	11.00 a.m.
Sun 14th	St Mary's Barton Mills	Healing Service	5 p.m.
Tues 16th	Baptist Chapel	Community Lunch Contact Richard 07796 616679	12.30 p.m
Sun 21st	St Peter's Church	Sunday Celebration	11.00 a.m.
Fri 26th	West Row Village Hall	Fish & Chip Lunch	12.30 p.m.
Sat 27th	Bowls Club	Bingo	7 p.m.
Sun 28th	St Peter's Church	Celebration	11.00 a.m.
July			
Sun 5th	St Peter's Church	Sunday Celebration	11.00 a.m.
Sun 12th	St Peter's Church	Holy Communion	11.00 a.m.
Sun 17th	St Mary's Barton Mills	Healing Service	5 p.m.
Sun 19th	St Peter's Church	Sunday	11.00 a.m.
Tues 21st	Baptist Chapel	Community Lunch Contact Richard 07796 616679	12.30 p.m
Sun 26th	St Peter's Church	Holy Communion	11.00 a.m.
Sat 25th	Bowls Club	Bingo	7 p.m
Fri 31st	West Row Village Hall	Fish & Chip Lunch	12.30 p.m.

100 Club Winner

Congratulations to this
time's winner

Alan Fisher

£71.00

For Further information or to
join, contact Sharon The Parish
clerk at

clerk@westrow-pc.gov.uk

The 100 Club helps support
the printing of the Parish

A note from the EDITOR

Dear Reader,

Welcome to the latest edition of the West Row ECHO, which contains many articles you may be interested in.

As usual, Down The Shed, on page 19 has an update on its progress and is appealing for help in collecting unwanted items from local supermarkets. Can you help with this matter?

You may be interested in supporting various Poppy Appeal events planned for 2026. See page 4 for further details.

Have you ever come across a fledgling in your garden or on a path or road and wondered how to help it? See page 6 for the correct procedures to take.

Memory Corner on page 30 is always an interesting read and further photographs / memories are always welcome for publication in the ECHO. Any photographs / documents submitted will always be returned.

Again, I thank all the companies and individuals who advertise in the ECHO as they provide valuable income in order for the magazine to be published.

Wishing you all good weather in the coming months,

Peter Rolfe
Editor

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Early Spring Quiz of 2026 answers

1. Tom Cruise 2. Beau Bridges 3. Halle Berry 4. Glenn Close 5. Bill Murray 6. Nicole Kidman
7. Holly Hunter 8. Jude Law 9. Mel Gibson 10. Olivia Colman 11. Natalie Portman 12. Tom Hanks 13.
Gary Oldman 14. Emily Blunt 15. Kate Winslet 16. Liam Neeson 17. Dwayne Johnson 18. Anne Bancroft
19. Jeremy Irons 20. Ingrid Bergman

There were 13 entries, 9 with all 20 correct answers, and the winner, drawn by lot, was Elaine Bailey, Ferry Lane, West Row.

The Parish Echo editorial team takes no responsibility for endorsements of, or statements made in published adverts which are accepted in good faith. However, we reserve the right to refuse any advertisement, article, or item that we feel is considered inappropriate for publication.

UPCOMING EVENTS

MERV IS BACK
BINGO NIGHT
West Row
Bowls Club
Saturday
27th
JUNE
7:00 -7:30pm start
Come along for a fun evening
CASH PRIZES TO BE WON
MUST BE 18+ TO PLAY
Licenced Bar - Raffle

BINGO NIGHT
WITH MERV & CO
West Row
Bowls Club
Saturday
25th
JULY
7:00 -7:30pm start
Come along for a fun evening
CASH PRIZES TO BE WON
MUST BE 18+ TO PLAY
Licenced Bar - Raffle



ROYAL BRITISH LEGION

ARMED FORCES DAY AFTERNOON TEA INCLUDING ENTERTAINMENT

Saturday 27th June 2026 2.30pm to 5.30pm

The Riverside House Hotel £20 a ticket

Please purchase in advance for catering purposes

In aid of the Mildenhall & District Poppy Appeal

Charity Number 219279 Please contact

Poppy Appeal Organiser Marion 07751 196867

Deputy Appeal Organiser Helen 07309 114235

Raffle prizes are always appreciated.

FORTHCOMING POPPY APPEAL EVENTS

FOR 2026

MAY-JUNE—Lucky Squares £1 each LOTS of PRIZES to WIN

Saturday 27th June—Armed Forces Afternoon Tea

Riverside Hotel £20—2—5.30 p.m

Includes a singer to entertain

Saturday 11th July - Bus Trip to The Hut at Felixstowe

From Mildenhall Bus Station at 9 a.m. Departs from Felixstowe at 4.30 p.m—

Plus Fish & Chip Lunch available to order

Saturday 22nd August - Bus Trip to Sheringham -

Poppy Line Steam Trains Festival on the Rails Event

Can be booked direct on 01263 820800—L eave

Mildenhall Bus Station at 9 a.m. Sheringham at 4.30 p.m—
£20

Wednesday 11th November—Remembrance 2 Course

Lunch & Concert at the Riverside Hotel £25—1-4.30 pm

Saturday 5th December—Bus Trip to Norwich for

Shopping, Sightseeing & Peter Pan the Pantomime

To book direct with the Theatre Royal 01603 630000

Departs Mildenhall Bus Station at 9 a.m—Departs from Theatre Street Norwich at 4.30 p.m—£20

Marion 07751 196867

Dealing with Debt?

Money problems can feel overwhelming, but you don't have to face this alone. Citizens Advice West Suffolk is here to help you find a way forward.

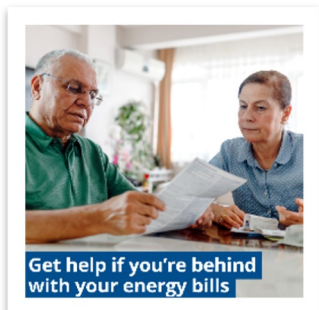
Make sure you've been paid everything you're entitled to by your (former) employer. [You can check what your rights are on the Citizens Advice website.](#)

Free budgeting tool, available on www.moneyhelper.org.uk help you understand what money you have coming in and going out each month

Use most recent bank statements, payslips, debit and credit card statements or bills, receipts of items paid in cash. Include all your expenses,

If you need help to afford essentials like bills and food, find out [how to get help with your bills](#) as well as [what cost of living support is available](#) on the National Citizens Advice website.
www.citizensadvice.org.uk

Always prioritise paying your rent or mortgage, plus energy bills and Council Tax first. Not paying these bills has the most serious consequences. The Citizens Advice website has information about what bills to prioritise and how to manage debts. You can then speak to the organisations you owe money to – they might let you pay smaller amounts or take a break from payments.



Lots of people miss out on benefits they're entitled to, it's worth [checking what you can get on the Citizens Advice website](#). Claiming benefits might also let you get access to other financial help like cost of living payments and discounts on energy and transport.

Get in touch with us on Freephone 0808 278 7858 or www.suffolkwestcab.org.uk – Contact Form

LAKENHEATH FEN RSPB

How to Help Young Birds this Summer

As soon as the weather warms up, our beautiful garden birds begin their annual quest to reproduce and they often choose hedges, trees and even man-made nestboxes in our green spaces. When these young birds reach ‘fledging’ age- i.e. they are capable *enough* to leave the nest, most of the time this goes smoothly. However, even when this stage of their lives goes well, we can find a young bird (or sometimes more than one!) sitting slap bang in the middle of a path or lawn, looking helpless, clueless and very vulnerable. And when this happens, it can be difficult to know how to help them, and whether to intervene at all.

As a general rule, if the young bird has no visible injuries and is well covered with feathers, then it should be left alone and given plenty of space (such as the young Cuckoo in this photo from the reserve!). A few tufts of downy fluff on their body is fine, and appearing not to be able to fly is fine- at this age, they can usually only flutter a little and will not be fearful of humans, dogs or other animals so may not necessarily fly away from you, even if they can. Their parents are very likely to be close by and will generally only visit their young to feed them if they feel that there are no predators around (sadly, humans, pet dogs and cats are all perceived as predators, whether they mean harm or not).

The priority for the parents of a nest of young birds is to get them to leave as soon as they are able to- as if a predator were to find a nest full of chicks, it could easily predate them all- whereas if those young birds have left the nest and are scattered around, it is more likely that only one or two might be lost, with the rest of the brood surviving. This is why chicks can leave the nest naturally when they can flutter and hop around (and so are mobile) but may not be able to fly yet. The best thing to do is to keep an eye on any young birds from a distance- ideally indoors- and you should find that the fledglings naturally move on within a few hours. Their parents will use food items as ‘bait’ to encourage the fledglings to move to get it, if the parents feel their young are in a vulnerable place.

But when should we intervene? If they are any visible injuries, it’s a good idea to seek professional help from a wildlife rehabilitator. If the young bird is in a busy road or on a public footpath, you could gently and quickly move a fledgling to the nearest safe place such as under a bush or in a hedge. If the fledgling appears uninjured, it’s a very good idea to keep any pet cats indoors, or to put a pet dog on a lead if it needs to visit the garden where the fledgling is, until the young bird has naturally moved on.

For any injured or unwell wildlife, or where it is known that the parent birds have been harmed or have not returned for a day or two, you could visit the very helpful website www.helpwildlife.co.uk to input your postcode and the species you have, to find the nearest suitable help.



Juvenile Cuckoo— Photo Credit - Tony Rawson

LAKENHEATH FEN RSPB DIARY DATES

Places for all events need to be booked online- <https://bit.ly/LakenheathFenEvents> or in person at the Visitor Centre ahead of the event.

Moth Mornings

Learn more about the amazing world of moths- join us to admire what we catch in our harmless trap.

26 June, 31 July, 28 August (10am to 11am)

Moth Morning – Clearwing Special

For the first time at RSPB Lakenheath Fen, we will be deploying a full range of pheromone lures to see which of the 15 UK species of beautiful clearwing moths live here.

17 June (9:30-11:30am)

Guided Pond Dipping

Why not borrow a pond-dipping kit to see what beautiful and strange creatures live below the water?

6 June, 4 July, 1 August (11am-1pm)

Join in with Harrier & Bittern Nest Watches (FULLY BOOKED)

9 June (7:30am – 12:30pm)

Summer Wildlife Walks

Join us on a tour of the reserve to look for star species such as Kingfishers, Hobbies, Marsh Harriers and Bitterns as well as lots of warblers, butterflies and dragonflies.

14 June, 28 June, 12 July (9:30am-12:30pm)

Butterflies & Dragonflies of Lakenheath Fen (Guided Walk)

If you'd like to learn a little more about these showy insects, join us as we walk the best parts of the reserve to find them.

27 June (10:30am-1:30pm)

Big Wild Sleepout 2026

Our annual 24 hours of wildlife-themed fun is back, with guided walks, pond-dipping, stargazing, bat detecting and a camp fire.

1-2 August (1pm-1pm)

Clerk: Sharon Vale

Email : clerk@westrow-pc.gov.uk

Website : <https://westrow-pc.gov.uk>



Parish Update - June 2026 — July 2026

Easter Egg Hunt

This was our second year of hosting an Easter Egg Hunt fun day for the children in the village, and we included free face painting and craft activities to entertain the children.

This was a great success, and we handed out some 100 eggs during the event, and the remainder of our stock of eggs were donated to the School.

Thanks go out to District Councillor Don Waldron for funding the majority of the day.

The Easter Bunny was there to help us, and was a great photo opportunity for the children.

The Easter Colouring competition, was won by Charlie McMullan aged 9. The prize was a splendid wooden cased art set and colouring book Well done Charlie.

Cemetery

Suffolk County Council have transferred a parcel of land on Chapel Road to the Parish Council for the creation of our Non-Denomination Cemetery.

Our plan has been submitted, and we are hopeful that planning permission will be granted in the near future.

More details will follow as time passes and work progresses.

Neighbourhood Plan

The Neighbourhood plan Referendum took place on the 7th of May.

The result was 82% in favour of the plan.

The Neighbourhood Plan having been accepted, now moves to the next step and will be adopted .

Annual Parish Meeting

We held our Annual Parish Meeting on the 21st of May, and to help boost attendance we arranged for our local Member of Parliament Nick Timothy MP to come along for an open questions event.

Your newly elected County Councillor Louis Busutil also attended to answer your questions.

Our local community policeman PC Scott Cameron was also there to give the residents an opportunity to get to know him.

Due to the timing of the Echo release, a report on this event will be in the next Echo issue.

Speeding within the Village

You may have noticed that Pott Hall Road now has white shark's teeth and 30 roundels painted on the road surface.

This was an action we took after residents asked us to do something to try to slow down the traffic along Pott Hall Road.

I would like to thank Councillor Colin Noble for covering 50% of the cost of this work.

I was disappointed to discover that a tractor hit the Speed Indicator Device located on Pott Hall Road, it has caused considerable damage to the unit, and may result in it being out of operation for a while.

I have met with Highways on site, and requested that they move the post for the SID further back from the carriageway to prevent it from being hit again.

Parish Keeper

Our Parish Keeper is making a difference to the general look of the village and has a large list of jobs to tackle. If anybody has any thoughts of any areas in the village that require some TLC please contact The Parish Clerk or any Councillor.

In addition, Adam Walker (ARW) a local window cleaner has very kindly agreed to clean our Welcome To West Row signs on a regular basis free of charge to the Parish Council, for which we are very thankful. He carries out other cleaning services and you can find his advert elsewhere in the Echo.

Remember: Parish Councillors meet 3rd Wednesday 7pm in the Parish Office (the old Outdoor Bowls Club). Members of the public are most welcome.

If you have any ideas of what you think we should consider. Contact Sharon Vale – Parish Clerk.

Parish Surgeries are usually held in the Parish Office, 3rd Saturday of each month, 10am-11am. All are welcome to attend and to bring your concerns to the Parish Councillors' attention. If you'd like clarification on anything the PC is involved in, just come along and ask.

Alan Fisher, Chair

Suffolk Police - Keeping Suffolk Safe

Call: **999** If a crime is in progress or someone is in immediate danger.

Call: 101 or report online for any other non-urgent or crime related incidents.

Suffolk Connected – Stay Informed: Suffolk Connected is our system designed to keep residents updated on local policing news, crime prevention advice, and community alerts.

Register today:

Visit: www.suffolk.police.uk/suffolkconnected

Home and Garden Security:

- Secure sheds, garages, bikes and tools (a big local issue)
- Lock doors/windows even when at home or in the garden
- Mark or register bikes and tools
- Be mindful of rear garden access and side gates

Report any suspicious activity.

Vehicle Security:

- Don't leave vehicles unlocked while popping into shops or homes
 - Remove valuables completely (not just hidden)
 - Lock vans used by tradespeople overnight
- Report suspicious activity around parked vehicles

Lock it, check it – report anything suspicious.

ASB and Youth Related Issues:

- Persistent noise or gatherings late at night
- Damage to play areas, benches or public spaces
- Drinking or anti-social behaviour in communal areas
- Intimidation or nuisance towards residents
- Ongoing issues that affect quality of life

Early reports help prevent escalation.

Distraction Burglaries and Rogue Traders:

- Saying no to unsolicited traders
- Callers refusing to leave when asked
- Pressure to pay cash or decide on work immediately
- Use door chains
- Verifying ID properly
- Encourage neighbours to look out for vulnerable residents

If in doubt – don't engage, report it.

Rural and Open Space Safety:

- Illegal off-road motorbike use
- BBQ safety and fire risk in dry conditions
- Respect open land, livestock, and footpaths
- Report any suspicious rural activity

Protect our countryside – report misuse.

Your community police officer:



PC 503 Cameron

BIRTHDAY EVENT

You are invited to the St. Peter's Birthday Weekend

Friday 26th June 2026 to Sunday 28th June 2026

FRIDAY 26TH JUNE

10:00AM – 5:00PM: FLOWER FESTIVAL WITH REFRESHMENTS

7:00PM – 9:00PM: SING ALONG TO MAMMA MIA*

SATURDAY 27TH JUNE

10:00AM – 5:00PM: FLOWER FESTIVAL WITH REFRESHMENTS

10:00AM – 12:00PM: FAMILY CRAFT AND GARDEN GAMES

6:30PM – 8:30PM: SING ALONG TO FROZEN*

SUNDAY 28TH JUNE

11:00AM – 12:00PM: CELEBRATION SERVICE

12:30PM – 14:00PM: BBQ*

2:00PM – 5:00PM: FLOWER FESTIVAL WITH REFRESHMENTS

IT'S ALL FREE!



* Means Booking is required. Scan the QR Code, visit tinyurl.com/stpetersbirthday2026 or Ring Tricia on 07413 598636



Sea cadet unit, Recreation Way Mildenhall. Mon & Thur 1900Hrs – 2100Hrs



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AND DISTRICT
MUSEUM



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2026

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Fridays 10:30 – 4:00 pm

Saturdays 2:00 – 4:00 pm

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Call Stephen to set up an appointment on

07985 426561

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🌐 www.poshpetalswestrow.co.uk



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Tel: 01638 712248

10 High St, Mildenhall, Bury St Edmunds. IP28 7EQ

OPENING TIMES

Monday - Saturday

7.00am - 5.00pm

Sunday - Closed

Customer car park available
behind the shop.



Find us on Facebook

BN

ELECTRICAL

Ben Norman
M: 07540 052844

INSTALLATIONS & REPAIRS

Trelowen, Cooks Drive,
West Row, Suffolk IP28 8QL





WEST ROW VILLAGE HALL FOUNDATION

Registered Charity: 1165959

Chapel Road, West Row, IP28 8NY

To hire the hall please call: Vicki Butler – 07704 693706

Or visit our website westrowvillagehall.co.uk or visit us on Facebook

Our Foundation offers a great range of sports, classes, clubs & opportunities for all the community to enjoy including a FREE Tennis Court, FREE kids football goals, Children's Play Park, Football Pitch & Pavilion (to hire) plus the following inside the hall:

MON 9.30—2 p.m
(Plus some Thurs)

Little Sprouts Baby & Toddler Developmental Classes
Email: Hello@mylittlesprouts.co.uk

MON 4.30-7.30pm

PWL Acro & Gymnastic Club for children/adults of all ages
(pworldance.co.uk)

TUES 7-8pm

“Pilates for All” – Karen Peachey-Gallagher. All abilities & ages. Contact Karen (07554 119550)

THURS 6-6.45pm

“STEP AEROBICS” – Open to everyone! Booking essential. Contact Karen Peachey-Gallagher (07554 119550)

THURS 7.30-9.30pm

Jive Class – contact Caroline 07886 492772

FRI 12.30pm

Monthly Fish & Chip Lunch & Social— Contact Alan Fisher (07715 957292)
email: churchman14@btinternet.com

FRI 6.15 -7.30pm

Martial Arts Training with Darren Hart. Children & Adults welcome
contact Darren on 07717 886917

Hall Fees: £15 per hour (residents of parish)

£20 per hour – non residents

Extra Charge for Bar & Sun Lounge Hire

VETERINARY PHYSIOTHERAPY

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USING HANDS-ON TECHNIQUES, EXERCISES AND SPECIALIST EQUIPMENT TO:

- AID RECOVERY AFTER INJURY OR SURGERY
- SUPPORT PERFORMANCE ANIMALS WITH MAINTENANCE AND FITNESS
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MOBILE SERVICE COVERING SUFFOLK, NORFOLK AND CAMBRIDGESHIRE.

ENQUIRE FOR MORE INFORMATION: 07927277836

PERSONAL TRAINING AND SENIOR EXERCISE

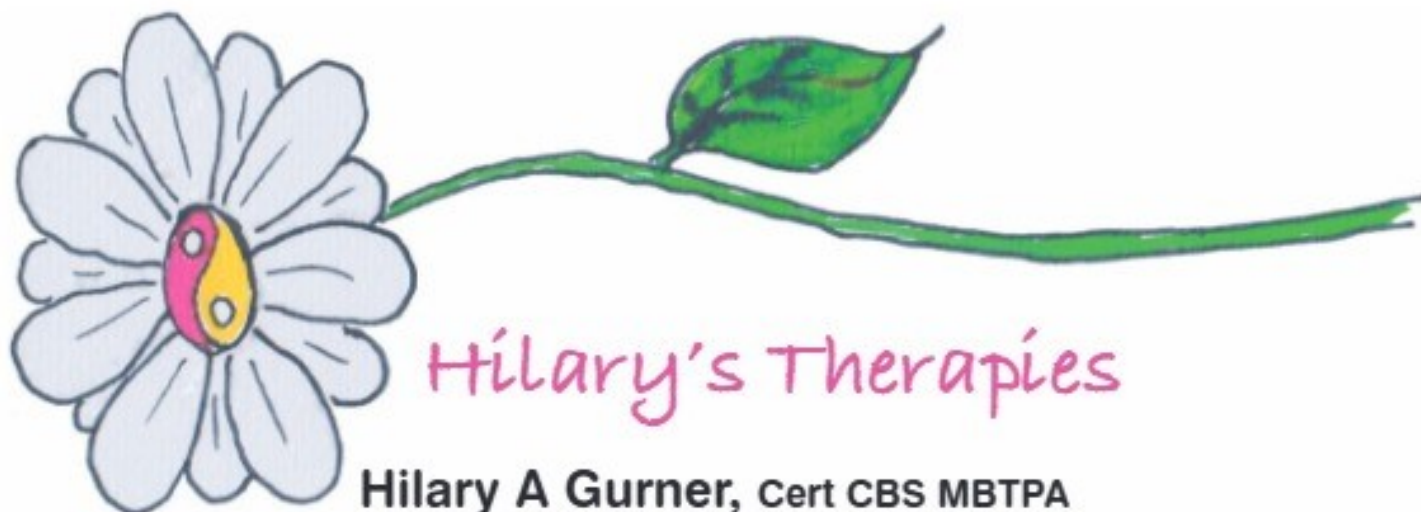


Online personal training offers expert coaching, personalized workout plans, and real-time support from the comfort of your home—helping you build strength, improve mobility, and stay consistent no matter your schedule or fitness level.

SENIOR FITNESS CLASSES AND 1-1 HOME SESSIONS.

- OUR CLASSES FOCUS ON GENTLE STRENGTH, SEATED EXERCISE, BALANCE, AND MOBILITY TRAINING—HELPING OLDER ADULTS STAY ACTIVE, INDEPENDENT, AND CONFIDENT IN A SAFE, SUPPORTIVE ENVIRONMENT.
- THURSDAYS 11AM- ST JOHNS COMMUNITY CENTRE, MILDENHALL.
- THURSDAYS 2PM- ST MARYS HOUSE, MILDENHALL.
- FRIDAY 11AM- PARKWAY HOUSE, BURY ST EDMUNDS.
- **1-1 SENIOR SESSIONS:** IN HOME SESSIONS TO HELP MOBILITY, BALANCE AND CONFIDENCE IN MOVEMENT.

ENQUIRE FOR MORE INFORMATION:
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www.totavp.co.uk
almeetaota@yahoo.com



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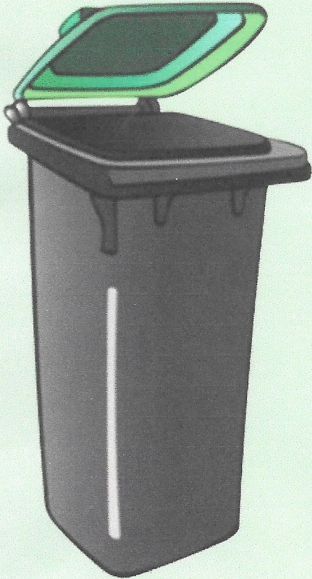
W: alltimealarmsolutions.co.uk

Please do not use your new bins until June 2026

**Better
Recycling**

IS COMING TO
WESTSUFFOLK

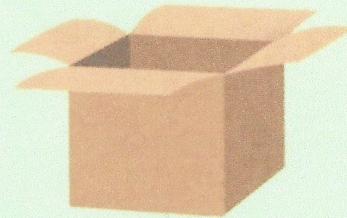
Green-lidded bin



Shredded paper



Books

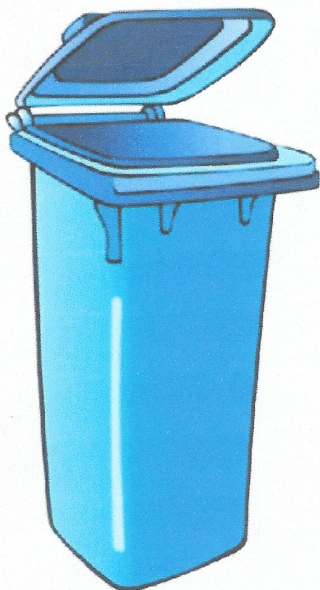


Cardboard



Paper

Blue bin



Plastic films



Plastic pots,
tubs, trays,
& bottles



Cartons

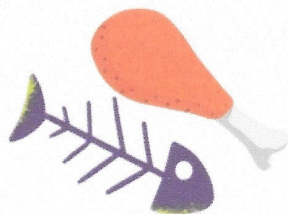
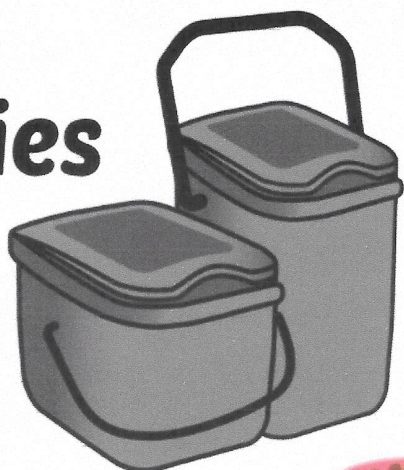


Metal
food
& drinks
cans

Glass
bottles
& jars



Grey caddies



Meat and fish
(incl bones)

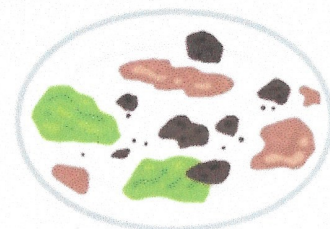
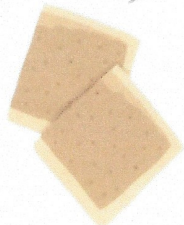


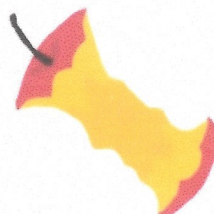
Plate scrapings



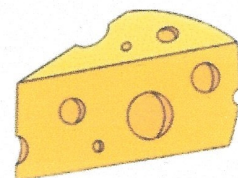
Tea bags &
coffee grounds



Pet food

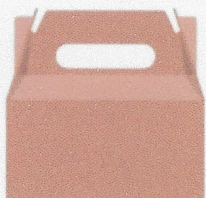


Fruit & veg

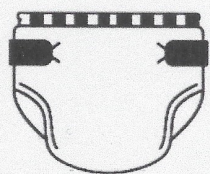


Dairy

Black bin

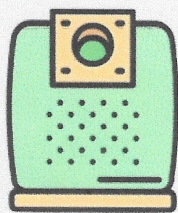


Dirty fast food
containers

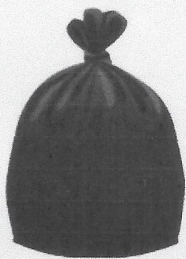


Nappies

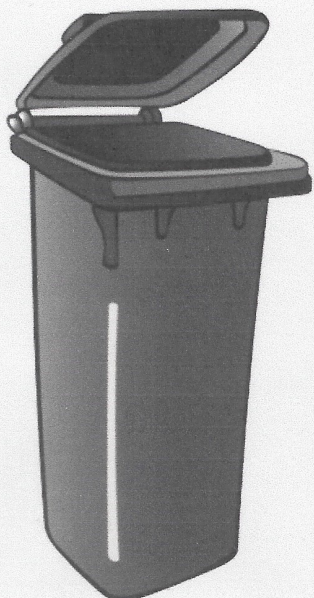
Bagged
animal
waste



Bagged vacuum
contents



Other non
recyclable waste



Brown bin

Subscription only



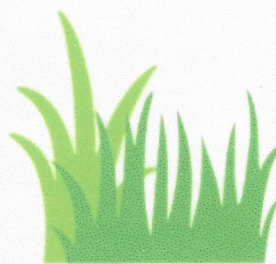
Leaves



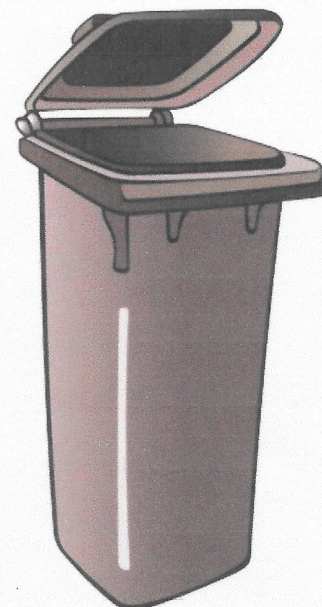
Dead plants
& flowers



Small branches



Grass
trimmings





West Row Academy: A Moment of Reflection Following Our Recent Ofsted Visit

As Chair of Governors at West Row Academy, I want to take this opportunity to update our village community on an important milestone in the life of the school. In early May, the Academy received a full Ofsted inspection under the new framework. As many of you will know, these inspections are rigorous, detailed, and designed to give a clear picture of how well a school is serving its pupils.

While I am not permitted to share the official outcomes until Ofsted publishes its final report—expected in around two weeks’ time—I can say that the inspection process was thorough, fair, and reflective of the hard work that takes place every day across the school. The inspectors spent considerable time in classrooms, looking at pupils’ work, speaking with staff and leaders, and engaging with pupils about their learning and wider school experience.

As Chair of Governors, I was also invited to contribute. This included discussions about the Local Governing Board’s oversight of the school’s strategic direction, safeguarding responsibilities, and the support and challenge we provide to the leadership team. I was encouraged by the professionalism and openness of the inspection team, and by the confidence with which staff and pupils spoke about their school.

What I can share at this stage is my deep appreciation for everyone involved. Our pupils approached the inspection days with their usual enthusiasm and honesty. Our staff demonstrated the commitment, care, and resilience that characterise their work throughout the year. And our parents and carers—whose partnership is so vital—played their part through the feedback they provided to Ofsted.

Once the report is formally released, the school will share it with families and the wider community. I look forward to being able to speak more fully about the findings at that point. For now, I simply want to acknowledge the collective effort that an inspection represents and to thank everyone connected with West Row Academy for the role they play in making the school such an important part of village life.

As always, if you have any questions about governance or the work we do, please feel free to get in touch via the school office.

Euan King

Chair of Governors

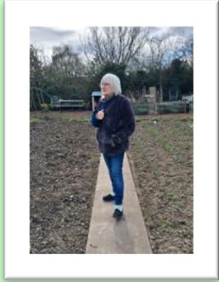
West Row Academy

DOWN THE SHED June 2026 — July 2026

theshedcharity@gmail.com



ALREADY WE ARE INTO THE FIRST MONTHS OF SUMMER: and woefully behind with social events and Volunteers Open Days. We have experienced an unusually high number of down days through illnesses, vehicle failures, and poor Jan's wings were clipped somewhat, but she's thankfully almost back in harness and chomping at the bit!!! With



everyone pulling together, as they always do, we got through the tough times and can now soldier on forthwith with gusto! Isn't that a food delivery service ??

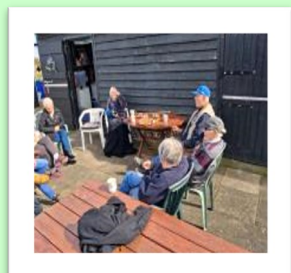
What we have been able to do is: erect our new Bread Shed. This is where we store the bread and anything else past its best, this is then collected and given over to animal feed. Nothing is wasted at The Shed.



A warm welcome back to Jean and Michael who got stuck in straight away with flower boxes, and painting our buildings. How did we manage while they were on their boat?

Fresh energy is being directed to reopening our Tea Room. This is available on Tuesdays from 11am. Free coffee and cake and an opportunity to while away an hour, making new friends, and watching our hardy gardeners do some work.

We have been able to welcome several volunteers who are very keen to roll up their sleeves. James and Luke are now "old" hands and know what needs doing. Rachel is a much-appreciated new pair of hands who can turn them to most jobs.



We also have an influx of volunteers on Tuesdays who will be painting/staining our long overdue garden furniture.

.As we say goodbye to the Spring months, it was very satisfying for the Head and Actual Head (!) Gardeners to see the different plots made ready for planting through the help with rotovating, raking, plantings, setting and watering. Thanks everyone

Our Pantry is flourishing very well with ambient food items being distributed to those in most need.

We also support St. Mary's School Academy with their Breakfast Club and Wraparound After School meals. Next edition we hope to have pictures of their new Sensory Garden which The Shed has helped support with flower boxes and some structures, plus of course - plants.



This support requires volunteers to collect items usually from Lidl, Thetford during school term times. The holidays impact us as we lose 3 volunteers for that time. SO, if you are able, it would really help if you could occasionally make a collection during school holidays.

Collections will be either Monday, Wednesday and/or Fridays, plus some weekends, before 12 noon. Just contact The Shed at the links below and we can chat some more.

Here are a few pictures from the past couple of months



If you can help – you will be made most welcome. (07887 668 145).

Email: theshedcharity@gmail.com

If you can visit - please come on Tuesdays, Thursdays &/or Saturday's from 10am



West Row Baptist Church



From the Pastor's Desk

evan@westrowbaptistchurch.org.uk

A New Chapter for West Row Baptist Church

By the time you read this, we will, God willing, have held the official opening of the new extension to West Row Baptist Chapel on Friday 23rd May. It was a joyful occasion for us as a fellowship and, I hope, for many in the village who were able to join us. The afternoon included an opportunity to look around the new space, followed by tea together and then a Thanksgiving Service led by Jon Davies from Grace Church North Norfolk. It was a fitting way to mark a significant moment in the life of our church family.

The extension itself is a simple and functional addition, but it represents something far greater than bricks, mortar, and fresh paint. Our prayer throughout the planning and building process has been that this space would be used for activities that bring genuine spiritual benefit to the whole community. We want it to be a place where people of all ages can gather, learn, ask questions, find support, and encounter the hope and truth of the good news of Jesus Christ. Above all, we want everything that happens within these walls to glorify God.

In recent years, we have seen a growing number of opportunities to serve the village—through children's work, youth activities, Bible teaching, pastoral care, and community events. The new extension gives us the room we need to continue these ministries and, Lord willing, to develop new ones. It allows us to welcome more people, to run groups more effectively, and to provide a warm and accessible environment for anyone who wishes to come.

We are deeply grateful to everyone who has supported the project through prayer, encouragement, practical help, and generosity. We are also thankful for the goodwill shown by so many in the village. Our desire is that this building will not be seen as "the church's space" alone, but as a resource for West Row—a place where lives can be strengthened, friendships formed, and faith nurtured.

As we look ahead, we do so with thankfulness and expectation. We believe that God has been kind to us in providing this extension, and we are eager to use it in ways that honour Him and at the same time, bless our community. If you have never visited the chapel before, or if you would simply like to see the new space, please do feel free to drop in or join us on a Sunday. You will be very welcome.

Evan

Jesus said, "I am the way, the truth and the life." John 14 v 6



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WEST ROW

BOWLS CLUB NEWS

All matches in the Indoor Leagues were completed on time and the Club's Finals weekend held on 11th. & 12th. April was a success with many spectators in attendance. In the eleven finals played only Linda Flack was successful in defending her Ladies Singles title.

Although the Club is now playing outdoors on grass, there are a few members who wish to carry on playing indoors and a couple of bowls drives are in operation on a weekly basis. Coaching for anyone who wishes to try out the sport should come along to the Club on a Wednesday evening, from 6.00 p.m. - 7.00p.m. The first five coaching sessions are offered free of charge and then anyone wishing to join is asked to pay a Beginner membership fee of £25.

A selection of bowls and shoes are available to borrow at the Club.

The Outdoor season as started at the end of April. We have this year entered a new league The Rosie Smith Memorial league, along with the existing leagues.

- Bury & District Afternoon League (Mondays)
- Bury & District Evening League (Thursdays)
- Ely & District Afternoon League (Monday & Fridays)
- Ely & District Evening League (Tuesday & Thursdays)
- Suffolk Area D Triples Evening League (Tuesdays)
- The Rosie Smith Memorial Evening League (Monday)

These games are played on a Home/Away basis, but if you are passing and see a game on, you are welcome to stop, spectators are always welcome.

The Club is open most evenings so why not drop in to see what the Club has on offer and maybe give bowls a try!

For more information regarding any aspect of the Club please contact Club Coach, Peter Rolfe, tel: 07501 640328 or

email: peter.rolfe3@btopenworld.com

St Peter's Church West Row



Churchwardens: Beryl Austin 01638 712708 - Debbie Eaglen
Elders: Tricia Leverington

CONTACT:

Vicar: Rev'd Mark McCaghrey

Tel.: 01638 495001

Email:

mark.larkandlee@outlook.com

How do you like to celebrate your birthday? Are you a quiet meal out with family and friends kind of person, celebrate with a night out of the town kind of person, or a party person?

Whatever your personal preference, we would like to invite you to come along to our birthday party on the weekend of Friday 26th to Sunday 28th June at St. Peter's.

St. Peter's Church started life as the village school in 1850 and then, once the new school was built (now the Primary Academy) it was changed into a church in 1874. As it is named after Peter, one of the main first followers of Jesus, it was consecrated for this new use on the 29th June that year, his Saints day.

We therefore celebrate our church birthday, on the weekend closest to the 29th June every year, with a special service and a BBQ. This year we are inviting the whole village, and that includes you and making it a bigger affair. There will be a Flower Festival celebrating West Row from 1874 to today all weekend, using the amazing skills of the flower arrangers who arranged for us at VJ day. We are showing two family films designed to sing along to – Mamma Mia and Frozen (don't worry the words will be on the screen). We will be having crafts and garden games for children, and on the Sunday a special informal celebration service and the BBQ, which you will be welcome to come to. And it's all free.

Why are we doing this?

St. Peter's is the parish church of West Row, and as such we see ourselves as open to everyone in the village. But we are very aware that many may never have come in the building or come along to an event run by the church.

So this year we hope you will help us celebrate our birthday.

Friday 26th June: 10:00am - 5:00pm: Flower Festival with refreshments; 7:00pm - 9:00pm: Sing Along to Mamma Mia

Saturday 27th June: 10:00am - 5:00pm: Flower Festival with refreshments; 10:00am - 12:00pm: Family Craft and Garden Games; 6:30pm - 8:30pm: Sing Along to Frozen

Sunday 28th June: 11:00am - 12:00pm: Celebration Service; 12:30pm - 14:00pm: BBQ; 2:00pm - 5:00pm: Flower Festival with refreshments

IT IS ALL FREE, but tickets to book up spaces at Films and BBQ will be available from the 1st June. Follow this link <https://tinyurl.com/stpetersbirthday2026> or call Tricia on 07413 598636.

DOWN THE ALLOTMENTS



Early Summer Activities on the Allotment: June & July

Essential Jobs and Tips for Early Summer

June and July are among the busiest months on the allotment, with longer days and warmer weather encouraging rapid plant growth. During this period, it's important to stay on top of watering, especially during dry spells, to ensure your crops thrive. Keep an eye out for weeds, which can quickly take over beds and compete with your vegetables for nutrients and water.

- **Watering:** Water crops deeply in the mornings or evenings to reduce evaporation.
- **Weeding:** Regularly hoe or pull up weeds before they set seed.
- **Harvesting:** Pick peas, beans, courgettes, and early potatoes as they become ready. Regular harvesting encourages further cropping.
- **Feeding:** Apply liquid fertiliser to tomatoes, cucumbers, and courgettes to boost growth and fruiting.
- **Pest Control:** Check for aphids, slugs, and caterpillars; use organic methods or barriers where possible.
- **Sowing and Planting:** Sow salad crops, carrots, beetroot, and late brassicas for autumn harvests. Plant out leeks, winter cabbages, and broccoli.
- **Support:** Stake taller plants such as beans and tomatoes to prevent wind damage.



General Maintenance: Mulch beds to conserve moisture, tidy paths, and compost green waste.

With a bit of regular attention, your allotment will flourish throughout the summer, providing a steady supply of fresh produce and enjoyment.



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Late Spring Quiz of 2026

All answers are either a flower, fruit or vegetable. (5 veg, 7 flowers, 8 fruit)

e.g. Never gets a dance (10)

ANS WALLFLOWER

1. A foppish wild cat (9)

ANS.....

2. Taxi! What a long wait (7)

ANS.....

3. Pleased Viola lost her head (8)

ANS.....

4. Dark flow of electricity (12)

ANS.....

5. A leaf covering the first lady (3)

ANS.....

6. Concealed in a cape on yonder hill (5)

ANS.....

7. A matching couple maybe (4)

ANS.....

8. You know these! (6)

ANS.....

9. Moved upwards (4)

ANS.....

10. These toil not neither do they spin (6)

ANS.....

11. Could be a Scandinavian (5)

ANS.....

12. It's rude to blow one of these (9)

ANS.....

13. Prickly tree meets German wine (9)

ANS.....

14. Inter the ganders mate (10)

ANS.....

15. Jack in the corner pulled this out (4)

ANS.....

16. Egyptian God lands before a Joddrell Bank reflector (6)

ANS.....

17. Hold back the water with a relative (6)

ANS.....

18. It's not pretty (4)

ANS.....

19. Chippy tuba (6)

ANS.....

20. Vehicle at the front of a race (9)

ANS.....

NAME OF ENTRANT.....

ADDRESS.....

Contact tel. no

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MEMORY CORNER

AS ALWAYS WE WELCOME YOUR MEMORIES/PHOTOS.

Any photos would be scanned and returned to you.

Bedlam Yard, properly known as Chapel Yard. 1915. Before the First World War as many as fifty people lived here in some eight cottages. David Abrey, who died in 1991, was the last man to live here.

In recent years Bedlam Yard has been developed, and you will find new houses on the former site just down The Green.



West Row Post Office Year Unknown

UPDATE ON RECENT PHOTO FROM MEMORY CORNER



It was great to hear from a resident Colin Ashton who had his own personal story re the photo.

Colin said that behind the cart, you can see a small portion of brickwork that is his Grandma's gable wall (92 Church Road— Laura Rolfe)

At the far end you can see Bert Morley's barn which was blown down in a gale in 1947, which also blew our wall down at the same time, which was 149 Church Rd (Now merged into one 147/149)

CHILDRENS CORNER

Famous Artists

Word Search

DIRECTIONS: Find and circle the artists' names in the grid. Look for them in all directions including backwards and diagonally.

BOTTICELLI

CEZANNE

CHAGALL

DA VINCI

DALI

KANDINSKY

MATISSE

MONET

MUNCH

PICASSO

POLLOCK

RAPHAEL

ROCKWELL

RUBENS

VAN GOGH

WARHOL



CHILDRENS CORNER

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