

# Spoooner Row, Suton & Wattlefield Village Hall Association Newsletter

Issue 4  
March 2001

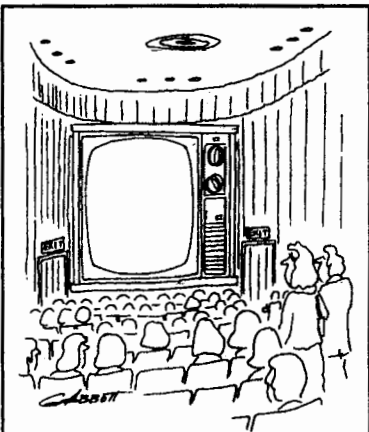
Registered Charity No.  
304070

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"Well, how else are we going to get them to use the Hall when East-Enders is on???"

## VILLAGE HALL EVENTS

**Saturday 7th April 2001 from 2.30 pm**

### EASTER FAYRE

Competition for the best decorated egg

Entries From 2.30 pm Judging From 3.30 pm.

Prizes presented by Mayor Joe Mooney

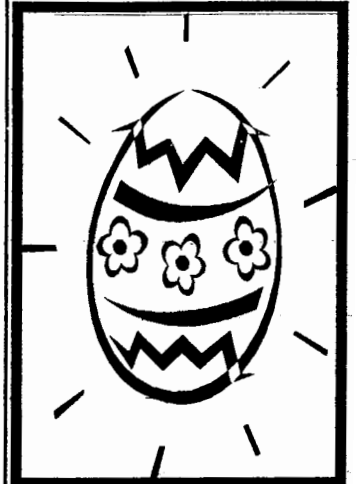
#### Categories:

1. Children .....Under 10s
2. Teenagers...10—16
3. Adults.....Over 16s

Attractions : Tombola, Raffle, Bric-a-brac, Crafts, Lucky Dip,

Refreshments, Find the Easter Bunny and much more.

For more information phone the Secretary on 602768.



**Decorate an  
egg  
(Boil it first!)**

## QUIZBIZ

### Presents a Quiz Night

On Friday 20th April at 7.45 pm.

£1.00 per person for teams of up to four players.

Spot prizes, raffle and refreshments (tea, coffee or squash),  
or bring your own booze.

To book a table call Roz on (01953) 603179  
or Lesley on (01953) 601581.

### Would you like to become a volunteer?

The Village Hall needs the community behind it. If you can give a small amount of your time or support in any way it would make a difference. The local people currently involved in its management, activities and events are all volunteers and they would welcome anybody who would also like to become involved. In the future we would like to include more clubs such as a youth club, a mother and toddler group or anything else you may like to see happening. Would you like to be involved in organising these or other groups? Or maybe play a part in the current project to help improve the Village Hall facilities. If so ring Alison Peters on 01953 602768.



## Flexi-Bus

Do remember to use the Flexi-Bus. It runs daily between 10.15 to 11.30 and 13.00 to 14.00 and can be booked by ringing Olivers on (01953) 606011. You will need to give 24 hours notice before you wish to travel. The fare from Spooner Row to Wymondham is £1.55 one way or £2.50 return. Not unreasonable considering the price of petrol, and you avoid the hassle of parking.



### Polling Station

The Village Hall will be operating as a polling station for the Election(s) on Thursday 3rd May 2001.



# Recreation Ground News



## New Play Equipment

Over the next 3-5 years, Wymondham Town Council will be upgrading all the playgrounds in Wymondham, including Spooner Row. About £7,000 to £10,000 will be allocated to each play area to provide equipment, a safety surface and the recommended fencing. The standard pack normally includes such things as teen swings, children's swings, a rocking rooster, a slide and a climbing frame. The existing climbing frame will be removed in the near future. If anyone would like to have a say as to any other play equipment they would like to see, please contact the Secretary, Sue Lambert.

## Car Park Update

The playing field car park will be extended and quotes are currently being sought.

## A Walk on the Wild Side

### SPRING TONIC HERBS

It is at this time of year that previous generations - probably more in tune with the natural world than we are today - would be starting to look out for Spring tonic herbs as antidote to winter lethargy or feeling under the weather after flu or a cold. Most people know that it is good to use nettles as a Spring tonic - they contain a multitude of vitamins and minerals especially iron and calcium. Nettles can be made into soups, can be infused for a tea or they can be cooked like spinach.

There are many other Spring tonic herbs, and these are often very common plants - dandelion leaves (beneficial to the liver and urinary system) can be used in a salad; hawthorn leaves and later the flowers, are the best heart tonic herb, they used to be called 'bread and cheese' and are also good added to a salad, or infused for a tea.

Chickweed is another good herb in salad, and is helpful as a detoxifier - often used with skin complaints such as eczema. Cleavers or goosegrass is a lymphatic system cleanser and is a bit stringy in salads unless you use only the youngest plants, but makes a good tea. Chicory is a wonderful liver herb - the bitterness is what works on the liver and digestive system - to put in your salad. Plantain leaves contain an antihistamine so are good for allergies, again these can be a bit stringy in salads unless very young, but make a good tea. Dock leaves contain a lot of vitamins and minerals, as plantain, these need to be used young or in tea.

Herb teas or infusions are made by allowing the fresh (or dried) herb to steep in boiling water for 10-15 minutes. You make them to taste, but as a guide you want about 8 nettle tops (top

4-6 leaves) for 2 mugs of nettle tea, this would be the equivalent of 2-3 teaspoonfuls of dried herb.

All of these herbs can be used by anyone on a daily basis (except hawthorn in large quantities if on some heart drugs) as long as you are sure what you are picking. It is also important to only pick from somewhere clean, not from the roadside, or around a sprayed field - your garden is the best place if you have allowed some 'weeds' to grow. If anyone is interested I hold herb walks in the summer in Spooner Row during which I identify all these plants, together with many others and tell you how to use them for yourselves.

Please telephone for more details.

Christine Herbert - Herbalist  
Tel 01953 603056



# 150 Club Draw

## First the bad news.

Due to some people dropping out we are now the 100 Club! Prizes will therefore be reduced to one prize of £40 and two prizes of £5 per month.

## Next the good news!

As soon as we recruit more members the prizes will go up. To volunteer telephone Alison on 602768. Otherwise I will be knocking on doors in the near future to enlist your support (and cash).

The Dog Show planned for May has been postponed due to the risk of spreading Foot and Mouth.



## B I N G O

Christmas Bingo 2000 saw the retirement of Kath and Doug Reynolds from the Weekly Cash Bingo. A presentation of a bouquet and a £50 National Gardens Voucher was given in recognition of the hard work and funds raised by Kath and Doug over the years.

The Weekly Cash Bingo is still popular and the number of players has increased in the past few weeks. All new and old faces are very welcome. The fun starts at 8 pm every Monday evening. Tea and coffee are available along with the usual cold drinks and sweets. There is a raffle, Super Bingo Tickets and the chance to win a guaranteed prize of **£15 every week** in our Lucky House Game. We now have a new, handcrafted raffle ticket drum. Many thanks to Bill Pittingale for donating it. See local press for weekly winners.



## GOOD COMPANIONS

The club meets every 2<sup>nd</sup> Thursday at 2 pm in the Village Hall. There are various interests, both for Ladies and Gentlemen, i.e. cards, dominoes and bingo as well as an opportunity to have a "mardle".

"Subs" are kept to a minimum, 50p doesn't break the bank but it gets you a cup of tea (or coffee) and a biscuit, a raffle ticket and opportunities for subsidised outings as well as the company of interesting people.

You don't have to be a pensioner, although most members are over 50 years young, so don't be shy, come along and join in the fun, you won't be a stranger for long !!

For further information contact Mrs Cole-Wilkins (01953) 605905 or Mrs Barnley (01953) 603318.

## Feasibility Study

A Feasibility Study was recently undertaken to establish the most cost-effective option for securing the future of Spooner Row Village Hall. The Study (part funded by Wymondham Town Council and South Norfolk District Council) was in favour of refurbishing the current Village Hall as opposed to building a new one. The project will be tackled in stages as and when funding becomes available. Phase one includes repairing the floor, total rewiring and a new heating system. Phase two includes replacing the windows and phase three includes an extension to the Hall with new toilets, kitchen, etc. This project has been given the support of Wymondham Town Council.

If you would like to see a copy of the Feasibility Study please contact the Village Hall Secretary.



Town Council  
supports  
Village Hall  
project.

- ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
- ☐ **Spooner Row, Sutton & Wattlefield Village Hall Association Committee** ☐
- ☐ Chair.....Peter Frampton ☐
- ☐ Secretary.....Alison Peters ☐
- ☐ Treasurer.....Lilian Pittingale ☐
- ☐ Minutes Sec....Lesley Partner ☐
- ☐ Karen Dunn ☐
- ☐ Sue Kelly ☐
- ☐ Rosalind Ross ☐
- ☐ **Council Reps** ☐
- ☐ Paul Hawkins ☐
- ☐ Diana Hockaday ☐
- ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

**For information on any topic in this Newsletter contact:**

Spooner Row, Sutton & Wattlefield Village Hall Assn.  
 c/o The Secretary  
 Alison Peters  
 Opus House  
 Bunwell Road  
 Spooner Row  
 Wymondham Norfolk

Phone: 01953 602768

## WHAT'S ON AT THE VILLAGE HALL

- Monday** ..... Cash Bingo Eyes down 8 pm.  
 (with 100 Club Draw on second Monday each month)
- Tuesday** ..... Line Dancing 7 - 9 pm  
 With Sue Gould
- Wednesday** ..... Carpet Bowls 7-9 pm  
 New Members always welcome
- Thursday**..... Good Companions 2-4 pm  
 (over 55s Club)

### Village Hall Committee Meetings 7.15 pm

(last Thursday each month)

*The Hall is available for private and club hire at the very reasonable rate of £5.00 per hour.*

Contact Christine James on (01953) 603032



"I don't know where we'll practice when they get that new floor George!"



Individual articles may not represent the views of the whole Committee

## Spooner Row Church News

Weekly Sunday Services at 11 am. All Welcome.

### Social Events

- |                              |   |
|------------------------------|---|
| Saturday 7th April (Evening) | Alexandra Quartet (Tickets available now) |
| Saturday 2nd June            | Quidenham Choir                           |
| Saturday 16th June           | Pie and Pickle Luncheon***                |
| Friday 6th July              | Madrigal's Concert (7.30 pm)              |
| Sunday 8th July              | Car Treasure Hunt (with afternoon tea)    |
| Wednesday 1st August         | Coffee Morning, at 3, Ringers Close       |

\*\*\*Subject to confirmation.

For more details please contact the Church Secretary  
 Mrs. S. Kemp (01953) 601002