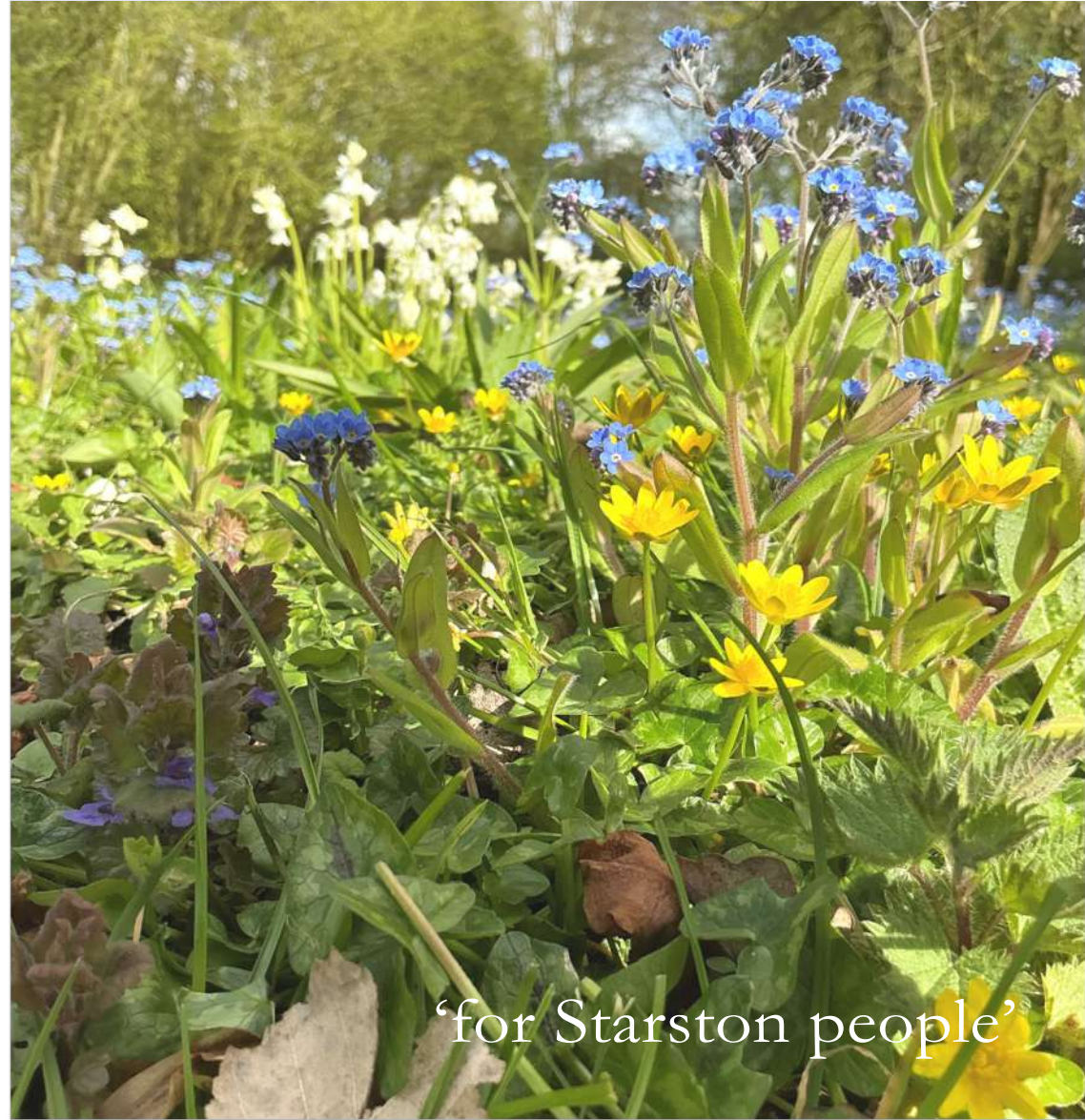


pigeon  
MAY 2026  
POST



‘for Starston people’



Issue 412

Issue Editor: Christina Greathead

©2026 PIGEON POST

## In this issue.

Cover: 'Forest floor' by Lynda Marven

Village diary	Page 3
Around and about	Page 5
Editor's notes	Page 7
Benefice letter	Page 8
Holy Week and Easter	Page 9
Glebe Meadow volunteering bash	Page 10
A day in the life: Wendy Muir Hart	Page 14
County Council report	Page 18
Parish Council report	Page 19
Glebe Meadow bees, honey, etc.	Page 20
Christian Aid week	Page 22
Quiz	Page 24
Crossword	Page 25

Co-ordinating Editor: Craig Marven  
07824 320746  
[pigeonpost19@gmail.com](mailto:pigeonpost19@gmail.com)

Editors: Kathryn Gates  
Christina Greathead  
Mark Spiers  
Karen O'Keeffe

Crossword & Quiz: Chris Doughty

Treasurer: Mandy Carter  
01379 854600  
[mcarter@carrotech.com](mailto:mcarter@carrotech.com)

Advertising Manager: Liz Stacey  
01379 853427  
[elizabethstacey99@hotmail.com](mailto:elizabethstacey99@hotmail.com)

Distribution Organisers: Brian & Christina Greathead  
01379 852352  
[bgreathead99@gmail.com](mailto:bgreathead99@gmail.com)

Distributors include: Brenda & David Beech, Sonja Burnett, Mandy Carter, Tessa Dunbar, Alison Miners, Rosemary & Norman Steer, and others.

The editorial team do not necessarily agree with the opinions expressed by contributors, however the magazine is here for local people to air their views. Letters to the Editor must be signed. The Editor reserves the right to alter or amend any copy received.

Items for inclusion in the next issue MUST reach the Co-ordinating Editor by noon on the 12<sup>th</sup> of the preceding month, (usually earlier in December). Space in the magazine will be allocated at the Issue Editor's discretion. Photos and pictures are welcome and will be used wherever possible.

Please send copy by e-mail to: [pigeonpost19@gmail.com](mailto:pigeonpost19@gmail.com)

## Distribution.

Pigeon Post is delivered free to every home in Starston. It is also sent in PDF format to an email list. To request a PDF version please contact the Co-ordinating Editor at: [pigeonpost19@gmail.com](mailto:pigeonpost19@gmail.com)

If you know of any new residents in the village please tell Norman Steer (854245) or Brian Greathead (852352) to ensure they are welcomed and receive the Pigeon Post.



## Village diary.

Celebration service in the Parish Church (see p.11)	Saturday 2 <sup>nd</sup> May	11.00am
Jubilee Hall trustees and volunteers meeting	Wednesday 6 <sup>th</sup> May	7.00pm
Warm Welcome lunch in the Jubilee Hall	Wednesday 13 <sup>th</sup> May	11.30am
Parish Council AGM in the Jubilee Hall	Monday 18 <sup>th</sup> May	7.30pm
Annual Parish Meeting in the Jubilee Hall	Thursday 21 <sup>st</sup> May	7.00pm
Warm Welcome lunch in the Jubilee Hall	Wednesday 27 <sup>th</sup> May	11.30am
Coffee morning in the Jubilee Hall (in aid of the Pink Ladies' tractor run)	Saturday 13 <sup>th</sup> June	10.30am
Bells Festival in the Parish Church (see p. 11)	Saturday 20 <sup>th</sup> June	2.30pm

## Jubilee Hall.

Starston Jubilee Hall is available to hire for activity classes, family parties, meetings, informal gatherings, etc. Its capacity is approximately 60 people, or 40 people if seated. The Hall has kitchen facilities, fast broadband and some private parking.

For more information visit [www.starstonvillage.co.uk/jubilee-hall](http://www.starstonvillage.co.uk/jubilee-hall)

Please contact the Jubilee Hall Bookings Manager, Robert Wood, on 01379 852535 or [starstonrobert@gmail.com](mailto:starstonrobert@gmail.com)

## Advertising in Pigeon Post.

For advertising rates please contact:

Advertising Manager: Liz Stacey Tel: 01379 853427 Email: [elizabethstacey99@hotmail.com](mailto:elizabethstacey99@hotmail.com)

Copy must reach us by the 10<sup>th</sup> of the preceding month to be considered for inclusion.

Pigeon Post accepts no responsibility for the content, offers or validity of any flyer or advertisement

**Final copy date for the June 2026 edition:  
12.00 noon on Tuesday 12<sup>th</sup> May**



## Robinson's

TRADITIONAL STATIONERS

Your Local  
Stationers and Copy shop

Open Monday - Saturday  
9am - 5pm

01379 855027

mail@robinsonstraditionalstationers.co.uk  
5 The Thoroughfare, Harleston IP20 9AH

## KATE SPIERS PLUMBING SERVICES

*New name, same great service!*

Starston's local plumber.  
Installation, maintenance and repair.

Please get in touch for a free quote:  
katespiersplumbing@gmail.com  
07506186342

## ACORN TREES

### Tree Surgery



Crown reductions, precise dismantling,  
dead wooding, hedge management,  
felling, gardening work, planting and  
fencing.

Established over 15 years.

For a professional insured service  
contact Adam on:

**01379 588122 or 07776 235006**  
Orchard Cottage, Mill Lane, Weybread.

## Matthew James

(Formerly trading as MJ Property Maintenance)

**Property Maintenance  
Painting & Decorating  
Roofing  
Landscaping**

**Free Quotation**

**07522 978710**

## PROFESSIONAL UPHOLSTERY AND CARPET CLEANING

CARPETS  
THREE-PIECE SUITES  
RUGS

DEODORISING    CONDITIONING

Call David 01379 608529  
Mobile 07768 757308

*Genty's*  
Barbers  
for  
Men  
7a Bullock Fair Close  
Harleston  
IP20 9AT

Mon	8.30am - 1pm 2pm - 7.30pm
Tues	8.30am - 1pm 2pm - 5.30pm
Wed	8.30am - 1pm 2pm - 5.30pm
Thurs	Closed
Fri	8.30am - 1pm 2pm - 6.30pm
Sat	7.30am - 12.30pm

Door closes 15 mins prior to last haircut

**01379 854047**



Around and about.

### Harleston and Waveney art trail - open studios.

Twenty-three artists showing paintings, textiles, original prints and ceramics within the Waveney Valley. Held across 16, 17 and 23, 24 & 25<sup>th</sup> May 2026.  
See [www.hwat.org.uk](http://www.hwat.org.uk) for more details - also see page 16.

### Bun, cuppa and chat.

The next monthly veteran's event will be from 2.30 to 4.00pm on Thursday 28<sup>th</sup> May at the Mariner's Galley Cafe in Rushall. Contact: [rosemaryasteer55@gmail.com](mailto:rosemaryasteer55@gmail.com)

### Quiz night at the Pennoyer Centre.

**Quiz and chips**, Friday 8<sup>th</sup> May from 7.00pm to 10.30pm  
<https://pennoyers.org.uk/event/quiz-night-7/>

### Film night at the Pennoyer Centre.

**The Choral (12A)**, Friday 15<sup>th</sup> May 7.00pm

**Please note start time:** Doors Open 19:00. Film Starts 19:30.  
<https://pennoyers.org.uk/event/film-night-the-choral/>  
or call 01379 676660 for tickets.

### 1940s weekend at Goodies.

Goodies are holding a special 1940s weekend on the 16<sup>th</sup> and 17<sup>th</sup> of May. It features displays, food and craft stalls, themed music and more, plus the usual food hall and restaurant offerings along with afternoon tea (booking required).  
More information at: [goodiesfoodhall.co.uk](http://goodiesfoodhall.co.uk)

### Regular 'what's on' information.

Harleston Information Plus: 8, Exchange St, Harleston, IP20 9AB  
[www.harleston-norfolk.org.uk](http://www.harleston-norfolk.org.uk)

Fisher Theatre Bungay: <https://fishertheatre.org/FisherTheatre.dll/WhatsOn>  
Diss Corn Hall: <https://www.thecornhall.co.uk/whats-on-list/>  
Pennoyer Centre - Pulham St. Mary: <https://pennoyers.org.uk/events/>



**Sty View  
Station Road  
Burston, Diss  
IP22 5UB**

We are open all year round; come for a visit, call us on 01379 741933 or 07792 578338 e: hayley@limetreecattery.co.uk www.limetreecattery.co.uk




*A home away from home*

**Richard  
Walpole  
Roofing**



• New Roofs • Re Roofs • Roof Repairs  
• Leadwork • Chimneys Repointed •  
• Fascia, Soffit and Guttering •

FULLY INSURED

**Tel: 07747 784742**

THE APIARY



CAKE & COFFEE HOUSE

**Coffee & Cake  
Light Lunches**

*We can also  
look after  
all your Catering & Buffet  
needs*

Pop in to discuss your requirements  
**01379 852211**  
bees@apiaryharleston.com  
or message us on Facebook  
further details: www.apiarygrocer.co.uk

# YOGA

## Needham Village Hall

Various classes and times  
All abilities welcome

www.**BrendaLouv**.co.uk

Tel: 07791 385240  
Email: [brendajlouw@gmail.com](mailto:brendajlouw@gmail.com)

## Foot Health Care

Home Visits - Mobile 07979 262188

Treatments include:

- Routine nail care
- Ingrown toe nails
- Fungal nail advice
- Corns & callus removal
- Verruca treatment
- Advice on the diabetic foot



**FOOT MASSAGE GIVEN AT THE END OF ALL TREATMENTS**

**Mrs Carol Ryden**  
*Qualified foot health professional*  
**20 years experience and recommendations**  
**Reduced rates for couples**



**If you don't rush to fill this  
space with your own advert, I'll  
coo down your chimney till you  
change your mind.**

**Contact Editor for details**



## Editor's notes.

Well, it's May (or it will be when you are reading this) and the months are scudding by just like the clouds. We've had some lovely warm days but it's still April as I write this and we're hoping for more April showers. We've put down some grass seed on the lawn to repair the bald patches, and a daily shower would help a speedy germination.

We have had a mallard nesting in the rushes on the edge of our pond, laid 14 eggs and hatched 12. What a fantastic mother sitting for all those weeks hardly moving and keeping the eggs warm. But once hatched, she leaves the pond trying to keep all the ducklings with her. One left behind this time. Then a few weeks

## STOP PRESS.

Starston Jubilee Hall is seeking new trustees and volunteers to help run the Hall and the Glebe Meadow. If you're interested, please contact the Chair, Kevin Murphy, on 079470 43104 or [starstonjubileehall@gmail.com](mailto:starstonjubileehall@gmail.com).

The next meeting of trustees and volunteers is 7.00pm on Wednesday, 6<sup>th</sup> May at the Hall - feel free to join us and learn more.

NOTE: THIS IS AN ALTERATION TO THE PREVIOUSLY ADVISED DATE OF THE 5<sup>TH</sup> OF MAY.

later, back she came with the male and no ducklings. Hope they can look after themselves!

This is a packed edition of Pigeon Post, full of interest, information, invitations to events, church matters, fun with the quizzes and the latest news on our wonderful Glebe Meadow from Peter Grimble. Thank you Peter for all the work you do (and the volunteers), for your enthusiasm and your expertise.

I want to highlight a point he makes in his article 'Glebe Meadow Volunteering Bash' (p10). He describes Hemlock, an attractive plant which was growing on the river banks but now carefully removed. It is highly toxic to livestock and wildlife and he doesn't want it establishing itself on the Glebe. Look out for it.

*Christina*



*Hemlock, photograph from Peter Grimble*



## Benefice letter.

I'm writing this in February! We've had Christmas and by the time you read this Lent and Easter will be over and we will be enjoying longer days and spring flowers, with summer just around the corner. The Easter joy of Jesus' resurrection can remain with us throughout the year.

One of my aims this year is to read the Bible a lot more in big chunks; Psalms or the Gospels are good places to start and you will find an index at the front. There's a passage of scripture, although I have not read it recently, which came to mind whilst I was hanging out the washing in silence one day. I have a lot of silence in my life, and most of the time I enjoy mulling things over, remembering people, or thinking about things that need doing. On this occasion Isaiah 55 verse 2 came into my mind and has done so many times since. It's this: 'Why do you spend money for what is not bread?' I wonder what *you* consider to be 'bread', a necessity.

I grew up in a family with little money and my sister-in-law reminded me not so long ago of words my mother often used – 'work with what you have'. Often the silent times in my life turn into times of prayer, not necessarily 'asking' prayers but seeking God's presence, wanting to be aware of Him. When we are open to God and what He wants to say to us we can often find that God changes us. It's not, perhaps, our circumstances that are changed but our ways of thinking. Huge

transformation can occur and we find we can become happy with far less, with a new-found peace, trusting in God's love. Each of us can confess the thoughts and deeds that are not godly and ask God to transform us to be like Jesus.



Understanding the difference between our wants and our needs can be life-changing. 'Living thankfully' are words that I see every day on the wall of our living space; what words come to *your* mind? Have you tried making space there and asking God to fill it? He knows each one of us by name and loves us all dearly.

May is a lovely month, with two extra holidays. I wonder how your days will be filled? Perhaps we can use the gifts God has given us to bless someone else; what are you good at? Working with what we have and being content is something that can be learned from God.

Mags



## Holy Week and Easter.

Holy Week, the period between Palm Sunday and Easter Sunday, is a special time in the Christian calendar. We were blessed to have Father Oswin of the Community of the Resurrection at Mirfield Monastery in Yorkshire as our guest in the Benefice throughout the week and over Easter and, through his reflections, he left us with much to think about in our spiritual journeys.

There were services and events in all the villages during the week, including the evening service of compline, communions, foot washing on Maundy Thursday, vigils, the Good Friday Walk of Witness, children's activities, a Ukrainian service with the blessing of the Easter Fire and the Easter baskets, and the Easter dawn service followed by breakfast cooked by the Rector. And of course, later on Easter



Sunday morning, joyful church services to celebrate Christ's resurrection.

Thank you to all involved in our Holy Week and Easter services and events, especially Fr. Oswin, Revd. Carl and all our Ministry Team.

*Rosemary Steer*



## Message on the Warm Welcome lunches.

Hi,  
Here is a picture taken at the Warm Welcome lunch yesterday celebrating not one but two birthdays. Lisa and Phillip enjoyed cake, singing and much merriment. I've been to a couple of the lunches recently as I've been off work with tennis elbow and I have to say it's a wonderful fun social event which I'm sure everyone that attends enjoys thoroughly. It's a real asset to the community.

Kind regards,  
*Demelza Scholes*



## Glebe Meadow volunteering bash.

21 March 2026.

A beautiful spring morning on 21 March saw a dozen Starston volunteers have fun and work wonders in improving the much-loved Glebe Meadow for the village. And that was before the refreshments arrived from Sue and Philip. (Such refreshments are notorious for terminating any productivity!)

The group beavered away on removing all traces of the poisonous plant Hemlock, which readily takes root on river banks from seed washed downstream. This required lifting each root with a spade and pulling the plant out to be destroyed. Left alone, hemlock can reach over 2 metres in height. Hemlock is an attractive plant and easily recognised by its distinctive umbellifer foliage and red streaks up the stem. Unfortunately, it is highly toxic to livestock and wildlife and must not be ingested in any way. It is well known as the form of death chosen by Socrates. It



must not be allowed to get established in Glebe Meadow!

Other tasks the volunteers successfully accomplished included the removal of the debris from the latest car to find a way into the Beck and clearance of sycamore regrowth to preserve light on the Beck. Wildflower seed was also distributed to enrich the village ecology.



The Beck project is looking mature a year on and the Beck is now well designed to flow through the channel at different water levels, and to date there has been no further flooding.

Glebe Meadow would not be the gem it is for Starston were it not for volunteers, so my thanks go to all who helped in March and on other occasions throughout the year. If anyone else would like to help at any time then do please get in touch. My thanks to Demelza for the action worker photos.

*Peter Grimble, 07879 330925*



## Celebration service for Margaret Griffiths and Sheena Duncan.

St Margaret's Church, Starston.  
2<sup>nd</sup> May 2026, 11am.

Many of you will be aware that Margaret Griffiths died last year. Sadly, her lifelong friend, Sheena Duncan, with whom she had shared a home for over 60 years, also passed away recently, just as she was settling into her new home in the centre of Harleston, and creating a new and busy life for herself.

Margaret and Sheena retired to Harleston 25 or so years ago and quickly became involved in community life, not only in the town, but also in the surrounding area, particularly in Starston where they founded the Starston Pealers, the handbell ringing team, and where, in St Margaret's Church, Margaret served as

church treasurer and tower bell ringer, and Sheena played the organ. They were also heavily involved in village events for many years.

Above all though, Margaret and Sheena were dear friends to us and to many others, so with their close Harleston friends, we have arranged a service to celebrate the lives of these two wonderful ladies. This will take place in St Margaret's Church, Starston, on 2 May at 11am, followed by the interment of their ashes in the churchyard, and then refreshments in the Jubilee Hall. We hope many will be able to attend and share their memories and stories of Margaret and Sheena.

*Rosemary and Norman Steer*

## Bells festival.

Saturday 20<sup>th</sup> June 2.30pm

I am retiring as tower captain, passing on the job to a younger ringer. I have looked after your bells for over fifty years. I am not giving up ringing, I will still ring on Sundays and Wednesdays (practice nights) plus other occasions when bells are required.

The service will be attended by Ian Right Reverend Bishop of Thetford.

After the service items concerning church tower bells will be on the Glebe and in the village hall. There will be a Hog roast in the hall carpark, not to be missed!

This year I will have completed eighty years bell ringing, come and join me in this celebration.

*Herbert*



Expert dementia care

Guided by the latest academic evidence, our dementia specialists support each resident to live every day to the full.

If you're considering a care home, call **01379 398 473** or visit [careuk.com/hartismere-place](http://careuk.com/hartismere-place)



Trusted to care

Hartismere Place care home Eye



**Kevin and Tom Ridley**  
**Heating and Boiler Services**

Installations - Servicing - Repairs  
 Oil Tank Installations

**01379 854697**  
**07885 493501**

OFTEC Registered Technicians

**JRA ELECTRICAL**

For all your household electrical needs in South Norfolk, North Suffolk and Norwich

- Sockets, Switches and Lighting
- Garden Lighting and Outdoor Electrics
- Rewires, Consumer Units and more.....

No job too small

Call Jordan today on:  
**07788 864556**

**Cosmic Fun Fitness**

We offer Fun Zumba classes for all abilities, from our all-seated Chair class, low-impact Zumba Gold, medium impact Gold+, to our high impact Zumba class!

<p><b>Monday</b>                  10.30am Zumba Gold-King <u>Georges Hall, Harleston</u></p> <p>5.30pm Zumba Gold                  6.30pm Zumba-Wortwell <u>Community Centre</u></p>	<p><b>Wednesday</b>                  10am Zumba Gold+                  11am Zumba Gold-<u>Needham Village Hall</u></p> <p>6.30pm Zumba Gold                  7.30 Zumba-Brockdish <u>Village Hall</u></p>	<p><b>Thursday</b>                  10.30am Zumba Gold- <u>Wortwell Community Centre</u></p> <p>6pm ZUMBA GOLD (starts 9<sup>th</sup> April)                  7pm Zumba <u>Needham Village Hall</u></p>	<p><b>Friday</b>                  9.30am Zumba Gold+ (med impact)                  10.30am Zumba Gold                  11.30am Zumba Gold CHAIR class- <u>King Georges Hall, Harleston</u></p>
--	---	---	--

Classes are £6 per person per class (Chair class is £5 inc. drink). Our loyalty scheme is free to join. Want to find out more? Check out our new website [www.cosmicfunfitness.co.uk](http://www.cosmicfunfitness.co.uk)  
 Contact Sue 07771 745917 • Email [info@cosmicfunfitness.co.uk](mailto:info@cosmicfunfitness.co.uk)



## A day in the life: Wendy Muir Hart - art historian, lecturer and artist.

**I**ntroducing: Wendy Muir Hart. Wendy and her husband Chris moved to Norfolk from Oxfordshire in December 2024. They live with daughter Tori, Tori's husband Matthew, grandson Tallis, three Border Terriers, Monty, Archie, and Audrey, and a grumpy ginger cat, Freddie.

*Firstly, how is life at Starston Hall?*

"We are all settling in and continuing to have various works done in the house and garden. I have a large number of books I have been trying to house – some are now in two installed bookcases in the sitting-room, some in a splendid newly built bookcase in the upstairs hallway, and others still in boxes needing more bookcases!

We all enjoy the house's friendly, welcoming atmosphere and look forward to a happy summer in Starston. There is usually a friend or two staying most weekends enjoying this beautiful spot, and Tori and Matt are starting film study retreats between June and September, so the house will be full of activity."

*I understand that you still teach fine art in Oxfordshire. How does that work?*

"I have lectured in History of Art at the British branch of an American university, Wroxton College, for the past 25 years. My course is *The Development of British Painting*. Lectures and tutorials take place on Thursdays, which means I travel over



to North Oxfordshire on either Tuesdays or Wednesdays. There are two 14-week semesters a year, Fall and Spring. The time-table is subject to change and so I have to be flexible! Over each semester I also take students on Friday visits to main art galleries – my favourite visit is always Kettle's Yard in Cambridge.

Wroxton College was the overseas campus for Fairleigh Dickinson University, a private university in New Jersey, USA, founded in 1942. The university bought Wroxton from Trinity College, Oxford in

1963, opening it as an FDU campus in 1965. They have recently sold the college to the Alumni. The Wroxton students are all American, aged between 19 – 25 yrs. and are taught by lectures and tutorials, with arranged visits around Britain during weekends.

On spare Fridays I have been giving freelance art lectures to retired groups since 2003. I call them my WAFALS (Wroxton Abbey Fine Art Lectures) and all monies from these go into a Wroxton fund to help care for the trees in the 56 acre grounds.

After 25 years, I am well past my 'sell-by date' and have decided to retire at the end of this semester. I shall miss Wroxton but will also be relieved at no longer having a three hour commute. I am also

leaving behind an Art Society committee I have been on for over 30 years".

*How will you fill your time after retirement?*

"We now have a large shed at the back of the garden, which will become my studio. I hope to get back to painting. I paint landscapes on large canvases, influenced by music, but I haven't been painting for some time. My last series of work was based on Benjamin Britten's 'Four Sea Songs' – of which, there are two in the house, along with a Northumberland beach scene.

I don't have a lot of my own work – some have been given to friends, but mostly sold to private collections in Canada, USA, France, Sweden, Greece and UK. My

London days of exhibitions are a lifetime away. The next chapter is pottering in my 'Shed', enjoying my grandson and family life, and perhaps the odd art lecture if anyone is interested".

*Janice Brooks*





**CREATIVE SCREEN RETREATS**  
NORFOLK

PRESENTED BY  
**FIZZ AND GINGER FILMS**

EVENING MASTERCLASSES, COURSES & RETREATS  
FOR SCREEN ACTING, SCREENWRITING & FILMMAKING

IN RURAL SOUTH NORFOLK

INFO@CREATIVESCREENRETREATS.COM

CREATIVESCREENRETREATS.COM    SCREENACTORSRETREAT.COM



## HARLESTON & WAVENEY ART TRAIL

**OPEN STUDIOS** – 23 Artists showing Paintings, Textiles, Original Prints and Ceramics within the Waveney Valley

16/17<sup>th</sup> and 23/24/25<sup>th</sup> May 2026

Harleston & Waveney Art Trail Collective (HWAT) offer a varied selection of artworks directly from the makers. We are a professional group of artists, living and working in this beautiful Waveney Valley on the Norfolk/Suffolk border.

Opening the studios each year is our main event. On these two May weekends plus the Bank Holiday Monday we offer you a warm welcome, a chance to meet artists in Harleston, Bungay and the surrounding villages, to see their original artworks and studios. Small works and artists cards also on sale.

There will be 23 artists opening in the Trail. Christina Greathead and Rose Martin, both textile artists are sharing a studio in Starston (Studios 2/3) and in Harleston Kath Wallace (Studio 4), Lisa Henshall (Studio 5) and Nick Holmes (Studio 6) all painters and mixed media artists will be opening their studio along London Road.

Brochures will be available at HIP, Robinsons Stationers and other local shops and businesses in Harleston and we thank them all for their continued support.

More information and Brochure at [www.hwat.org.uk](http://www.hwat.org.uk)



Open Space THEATRE COMPANY presents

**Woman in Mind**  
by ALAN AYCKBOURN

**TOURING 2026**

Wednesday	May 6	Wingfield Barns	01379 384505	wingfieldbarns.com
Thursday	May 7	Disc Corn Hall	01379 662241	thecornhall.co.uk
Friday	May 8	Fisher Theatre Bungay	01986 897130	fishertheatre.org
Saturday	May 9	Laxfield Village Hall	01986 87246	openspacetheatre.org
Thursday	May 14	Becles Public Hall	01502 770960	beclespublichall.co.uk
Friday	May 15	The Gull Halesworth	03003 033211	thegull.org.uk
Friday	May 22	Southwold Arts Centre	01502 722572	southwoldartscentre.co.uk

For more information and to book tickets for all venues, visit [openspacetheatre.org](http://openspacetheatre.org)

Open Space THEATRE COMPANY presents

**Woman in Mind**  
by ALAN AYCKBOURN

ALL PERFORMANCES 7.30pm ALL TICKETS £12.50

Woman in Mind is a darkly comic play by Alan Ayckbourn that follows Susan, a woman trapped in an unfulfilling marriage whose imagination creates a vivid fantasy family to replace her disappointing real one. As the boundaries between her idealised world and her everyday life begin to blur, Susan's grip on reality slips with both hilarious and heartbreaking consequences. Witty, unsettling, and emotionally powerful, the play offers a compelling journey into one woman's fractured mind. This is one of Ayckbourn's darkest but most hilarious comedies, a play which set the audience rocking with laughter when it opened at the Vaudeville Theatre in London 40 years ago.

COMING SOON FROM Open Space ....

**The Lover.** by Harold Pinter  
Before leaving for work, a man wishes his wife well for the planned visit of her lover during the afternoon. It is a long-term arrangement which apparently leaves the husband free to see his mistress. But is it? All is not as it seems in Pinter's hilarious and quirky comedy of marital capers.

Also on the bill during an evening with Pinter is **Landscape**, the playwright's classic study of the failure of communication between a man and a woman.

TOURING NOVEMBER 2026

FOR FURTHER INFORMATION ABOUT Open Space AND FUTURE AND PAST PRODUCTIONS, LOG ON TO [www.openspacetheatre.org.uk](http://www.openspacetheatre.org.uk) OR PHONE 01986 872481

THE HARLESTON PLAYERS  
YOUTH PRODUCTION OF  
Disney  
**FROZEN JR.**

Music & Lyrics by  
Kristen Anderson-Lopez & Robert Lopez

Book by  
Jennifer Lee

Friday 22nd May 7.30pm  
Saturday 23rd May 2.30pm & 7.30pm

Harleston Sancroft Academy

Tickets for all performances priced £8 available from Robinson's Traditional Stationers, Harleston or online from [www.harlestonplayers.co.uk](http://www.harlestonplayers.co.uk)

Based on the Disney film written by Jennifer Lee and directed by Chris Buck and Jennifer Lee

This amateur production is presented by Music Theatre International.

All authorised performance materials are also supplied by MTI [www.mtishows.com](http://www.mtishows.com)

**Dickleburgh Festival**  
Saturday 27<sup>th</sup> June  
2pm - 5pm

**Dog Show!**

**BBQ & Bar**

**Cream Teas**

**Cake Stall**

**Ice Creams**

**Local Village groups involved!**

**Live Music from 4pm til early evening**

**Bell Ringing Demos**

**Traditional Fete Games**  
Splat the Rat  
Bowling, Tombola & loads more!

Opening of Doves Meadow Project

**Prize Draw with great prizes!**

**Classic Cars & Bikes**

Venue: Field Behind Church Hall/Scout Hut  
Free Parking: Follow signs along Burston Road



## County Council report.

Norfolk County Council has set up a £3 million crisis fund to support residents affected by the rise in heating oil prices. The county has one of the largest numbers of oil heated homes, with around 70,000 households relying on the fuel for heating and hot water. The Norfolk Heating Oil Fund will offer practical and timely support to those who are facing hardship. Residents can apply to this fund through the council's website at [www.norfolk.gov.uk/heatingoil](http://www.norfolk.gov.uk/heatingoil) or you can call on 0344 800 8020.

The Government has decided that there will be three unitary councils in Norfolk as from April 2028 with elections for them to take place in May 2027 which will form shadow authorities. The eight existing councils will be dissolved on the 1<sup>st</sup> of April 2028. The three councils will be Greater Norwich, West Norfolk and we here in South will be in East Norfolk.

NCC has announced a series of Household Hazardous waste days taking place at recycling centres across the county this spring. The events allow residents to dispose hazardous household waste free of charge, this includes items such as aerosols, anti-freeze, drain cleaners, fertilisers, paint, and weed killer. Booking is required and opens 8 days before each event and can be done online or over the phone. The nearest event to us is Norwich South Recycling Centre on Friday 5<sup>th</sup> and Saturday 6<sup>th</sup> June. To check which items are and are not accepted, and to

book a slot residents can visit [www.norfolk.gov.uk/hazardouswaste](http://www.norfolk.gov.uk/hazardouswaste)

Residents in the East of England will be safer after nearly 9,000 potentially dangerous batteries, chargers and devices were removed from sale and recalled from consumers. The work was carried out by trading standards across the eastern region and follows a similar project last year that resulted in 1,800 unsafe lithium-ion batteries and chargers being removed from the market. Lithium-ion batteries are found in a large number of household devices, including laptops, mobile phones, vacuum cleaners and cordless power tools and can pose a serious fire risk. For more advice on staying safe with lithium batteries, visit [www.norfolk.gov.uk/lithiumbatteries](http://www.norfolk.gov.uk/lithiumbatteries) If any device catches fire in your home, leave, call 999 and do not go back inside.

NCCs annual spring and summer road surface dressing programme will start on the 21<sup>st</sup> April and will see Norfolk's roads get a new seal to help prevent potholes forming and extending the life of roads with a new skid-resistant surface to reduce the risk of accidents. The work continues through until September to take advantage of the warmer weather. This year 351 miles of Norfolk roads will be dressed, up from 320 miles last year. The total programme will cost around £12.31m and is a proven pro-active approach to highways maintenance.



Finally, I have decided to stand down as county councillor, I would like to thank everyone for their support and help over the last 20 years.

Best Wishes,  
*Martin*

## Parish Council report.

Dear Starston residents,

The Parish Council met in March and members were pleased to co-opt Jake Stone as a new councillor. Jake has shown himself to be an enthusiastic participant in community events and his expertise as a professional ecologist will be of benefit to many of the Council's deliberations.

The Council was happy to award grants towards the running costs of the Jubilee Hall and the Pigeon Post.

Concerns were raised yet again about local highways issues, with one resident exercising his right to attend in order to complain about the apparent lack of joined-up thinking on the part of Norfolk County Council regarding the number of road closures and unsuitable diversions. The Chairman has undertaken to follow up these and other relevant matters with a senior official at NCC.

Remember that the County Council election takes place on 7<sup>th</sup> May with the Jubilee Hall as our local polling station. Our longstanding County Councillor,

Martin Wilby, will be standing down this year; his diligent attendance and thoughtful contributions at Parish Council meetings over very many years were duly acknowledged at the recent meeting.

The annual Parish Meeting will be held on Thursday 21<sup>st</sup> May in the Jubilee Hall at 7.30pm. All residents are welcome to attend from 7pm when refreshments will be served. It is a sociable evening, when the many and various groups in the village present brief reports on their activities. It is also an opportunity for newer residents to meet other members of the community, as well as Parish Councillors and representatives of other village bodies. We very much hope you will be able to join us.

In the meantime, please note that the Parish Council now has a more formal email address.

*Jo Madders*  
Clerk to Starston Parish Council  
[clerk@starstonparishcouncil.gov.uk](mailto:clerk@starstonparishcouncil.gov.uk)



## Glebe Meadow bees, honey and swarms.

Many in Starston are enjoying Glebe Meadow honey, so much so that we have now sold out, with all proceeds going to supporting Jubilee Hall. But don't despair, there is the prospect of 2026 honey from late May.

We now have 4 active hives in Glebe Meadow, all large colonies. During the winter, we treated them against the parasitic mite 'varroa', best done when cold as the queen honey bee is least likely to be laying eggs then, and the varroa have nowhere to hide. It's the first time we have treated them in a blizzard though!



We are a small Community Bee Group which began about 12 years ago, presently comprising Andy, Jake and myself, but open to anyone with an interest. We harvest the honey twice during the year, the first time when oil seed rape flowers fade as the glucose content of the nectar causes quick granulation and it becomes impossible to harvest and even difficult for the bees to eat. The second time is in early August, after which the hive honey is left for the bees' winter food. In parts of the country where rape is not grown, one annual harvest is the norm unless bees are moved to heather moorland.

April - July is the busiest time of the year for both bees and bee-keepers, with rapidly expanding colonies from around 5,000 at the end of winter up to 50-60,000 bees. A queen can lay over 1,000 eggs a day. Bees depend on early forage of pollen and nectar from flowers such as snowdrops, aconites and crocus, and trees such as willow. Here is a photo of a honey bee feeding on a tulip in our garden in mid-March. They then move on to a range of garden and hedgerow flowers such as blackthorn and hawthorn, and bramble later in the summer. Trees such as lime also play a vital role in providing essential pollen and nectar.

So an expanding colony can rapidly outgrow its accommodation and this can cause swarming when half the colony flies off with the queen to look for another home - ideally a large hole in an old



Meanwhile, the colony which lost the swarm will be taking steps to replace her and there are a couple of queen cells each of which could produce a successor virgin queen who, once mated, would take over the vital queen role in the hive. The old queen knows this before she leaves the hive with her swarm.

Honey bees are not only crucial pollinators for the world's food crops, they are amazing social creatures who organise their lives for the benefit of the colony, not the individual. We humans have a lot to learn from them!

tree. The swarm relies on bee scouts to find such a new home, and temporarily will abscond to a bush or tree (or almost anywhere) nearby while the scouts are checking out options within half a mile or so. If accessible, this is when a swarm can be collected and transferred to a managed hive where it can be kept healthy and well-fed. In the wild, only a small proportion of swarms are likely to survive.

Here's a swarm I collected in Harleston last May, perhaps 20,000 bees and conveniently accessible, and I quickly wrapped them up and gave them to a Tivetshall bee-keeping friend who had lost several hives. I am pleased to report that they are thriving. Had the swarm settled in a chimney, then they would not be collectable (best to light a smokey fire and displace them to a garden bush, if they cooperate!).



If anyone would like to learn more about bees in Starston then please get in touch.

*Peter Grimble, 07879 330925*



## Christian Aid Week: May 10<sup>th</sup> - 16<sup>th</sup>

There are several local fund-raising events you are most welcome to attend to 'Make a Difference' to help fight extreme poverty and respond to humanitarian emergencies around the world.

There were inspirational stories at a recent 'Changemakers Day' in Norwich Cathedral about how Hope can be made Real. We heard from Janet from Nairobi in Kenya, who founded the Beacon of Hope Church there in 2002. Along with the church, she created a weaving business for women, together with a crèche for the children, then a clinic and a kindergarten. A Technical Training Institute followed, providing training in different skills.

All this amazing work has been supported by Christian Aid Kenya, through Christian Aid based in UK. Last year £4.5 million was raised in Christian Aid Week, and we hope to raise around £1,000 again this year from the Pulhams and Starston!

Our events are as follows:

1. **Frugal Lunch** at Pulham Methodists on Wednesday 13<sup>th</sup> May 12.15 - 1.30pm  
Free event with donations.
2. **Grand Coffee Morning** at Ivy House Farm, North Green Road, Pulham St Mary, IP21 4YG on Thursday 14<sup>th</sup> May from 10-12.00 - Cake stall, Plants, Bring and Buy, Raffle and much more!
3. **Christian Aid Special Service on Zoom** on Sunday 17<sup>th</sup> May at 7.00 pm for more details see pewslips etc. in May

Once again, there will also be a collecting box in BossyBoots for the whole week. Donations can also be made on-line.

With many thanks to all who support events and help with our fundraising in any way, big or small - it all helps to make a difference!

*Hilary Hardy*



Door to door dial-a-ride service into the local towns

Weekly members outings throughout the year

Group hires for not-for-profit organisations

### Borderhoppa Outings for May 2026

To book or for more information please call: 01379 854800




Or visit our website: [www.borderhoppa.org](http://www.borderhoppa.org)




**Friends or family visiting with (or without) dogs, but need somewhere to stay?**

Blackthorn Retreat is our large homely & cosy secluded shepherd's hut in Starston, and is perfect for reactive dogs, and is set alone in its own 1/3 acre meadow. 4' fencing all around. Wonderful views and walks. Kitchen, shower, king-sized bed, air con, under-floor heating, hot tub, fire pit, pizza oven, air fryer oven, loungers, hammock, laundry, games etc

<https://www.airbnb.com/h/blackthorn-retreat-starston>  
20% discount for Starston residents and friends or family!  
Call or message Stu Hendry on 07810 698955



## SJ & L Marjoram Ltd Electrical Contractors

All electrical work including:  
Electric vehicle charging points  
Electrical testing & repairs

Extra lights & sockets

Contact Simon on  
07931 606082, 01379 853917 or  
[sparkymarjoram@hotmail.com](mailto:sparkymarjoram@hotmail.com)



## SEPTIC TANK SERVICES



INSTALLATIONS • SERVICING  
• REPAIRS • DRAIN JETTING •  
• DRAIN CAMERA SURVEYS •  
• DITCH CLEARING •  
• DRAINAGE WORKS •  
• DIGGER WORKS •

**LENNY JOLLY**  
**07905 794221**  
[septic tankservices.co.uk](http://septic tankservices.co.uk)



## May quiz - general knowledge.

1. What was the second most populated city in the British Isles in the year 1870?
2. Which island country is the smallest and least populated country in Africa?
3. Which three countries in the world have the most active volcanoes?
4. How old were each of the following musicians when they died?
  - a. Michael Jackson
  - b. George Harrison
  - c. Freddie Mercury
5. Richard Burton, Robert Shaw and Charles Laughton all earned an Oscar nomination playing which character?
6. In which year did the Concorde make its last commercial flight?
7. Which EU country has been officially neutral in every war since 1814?
8. What is the name of the geological period that preceded Jurassic?
9. Which chemical element is named after the Latin argentum?
10. Which one of the following female first names stems from the Greek word for 'peace' or 'time of peace'?
  - a. Melissa
  - b. Dorothea
  - c. Sophia
  - d. Irene

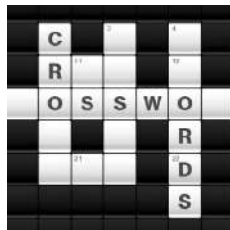
## Answers to the April quiz (general knowledge).

1. St Petersburg
2. Buster Crabbe
3. The Blue Boy
4. I Want To Break Free
5. Carson
6. Jane Mansfield
7. Nehru (Jawaharlal Nehru)
8. Answer c. 400
9. Jutland
10. Girls Just Wanna Have Fun (Cindy Lauper)

## Answers to the April crossword.

### Across

5. STAR
8. ABSCONDER
9. SONG
10. YARDBIRDS
12. BIRDIE
14. LOUNGE
16. ANTLER
18. BADGER
20. ZEPPELINS
22. EARL
23. DECERNING
24. AUNT

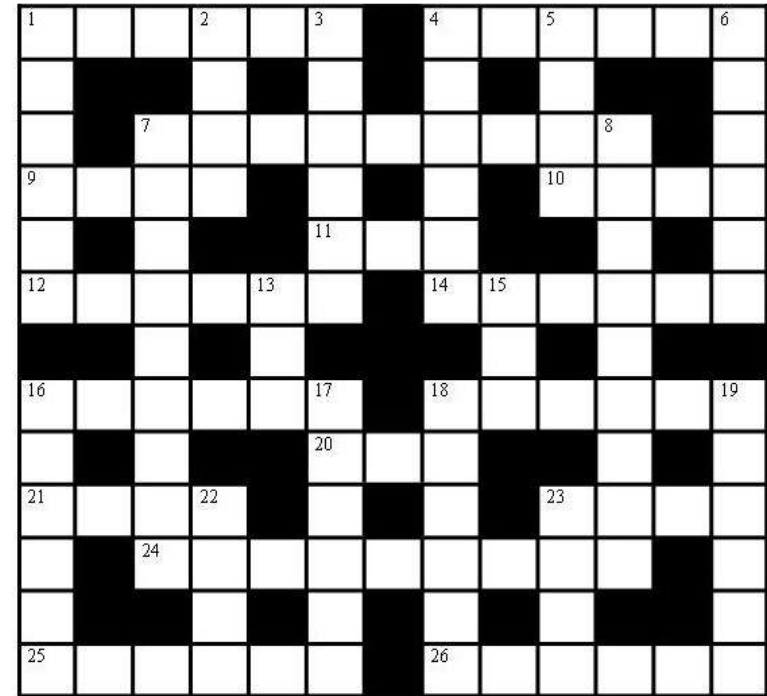


### Down

1. ABRASION
2. SCUD
3. ENDIVE
4. FEUDAL
6. TOOL
7. REGALE
11. CURD
13. DILL
15. GREENING
16. AMOEBA
17. RHEMES
18. BOPEEP
19. GRIN
21. LANE



## May crossword by Webbe.



### Clues across.

1. Curt or unfriendly speech (6)
4. Bold or insolent (6)
7. Arrangement in a straight line (archaic) (9)
9. Land force (4)
10. To get money for labour (4)
11. Before the night (3)
12. Hooper to music (6)
14. A type of caster (6)
16. A large group of ships, especially Spanish (6)
18. Warnings (6)
20. Date of birth (3)
21. A volcano in Italy (4)
23. Soon or shortly (4)
24. Making an underground passage (9)
25. Fabrics (6)
26. For a year (6)

### Clues down.

1. On or into a ship (6)
2. Not attractive (4)
3. An animal hide colourist or sixpence (6)
4. Fender (6)
5. Pimpled skin (4)
6. Someone who inhales deeply (6)
7. A minor change (9)
8. Adapting something to a purpose (9)
13. Finish (3)
15. A night bird (3)
16. Vinegary (6)
17. Mythical male (6)
18. Roman garment (6)
19. Roman shoe (6)
22. A female relative of a parent (4)
23. Presently (4)



## Benefice services in May (tbc).

	3 <sup>rd</sup> May Easter 5	10 <sup>th</sup> May Easter 10	Thurs 14 <sup>th</sup> May Ascension Day	17 <sup>th</sup> May Easter 7	24 <sup>th</sup> May Pentecost	31 <sup>st</sup> May Trinity Sunday
<b>Pulham Market</b>	9.30 Communion	9.30 Messy Church		9.30 Communion	9.30 All Age Worship	10.30 Benefice HC Followed by lunch
<b>Pulham St Mary</b>	8.00 BCP Communion	11.00 Communion		11.00 All Age Worship	11.00 Communion	
<b>Starston</b>	11.00 BCP Communion	11.00 Bap Great C Small		11.00 BCP Communion	11.00 BCP Morning Prayer	
<b>Dickleburgh</b>	9.30 All Age Worship	9.30 Communion		9.30 Morning Prayer	9.30 Communion	
<b>Thelveton</b>	11.00 Communion			6.00 Evening Service	11.00 Morning Prayer	
<b>Rushall</b>		No service	7.30pm Communion			

All-age worship - suitable for everyone.

Dickleburgh	9.30am	1 <sup>st</sup> Sundays (breakfast from 9am)
Starston	11.00am	2 <sup>nd</sup> Sundays (breakfast from 10.15am)
Pulham St Mary	11.00am	3 <sup>rd</sup> Sundays (breakfast from 10.15am)
Pulham Market	9.30am	4 <sup>th</sup> Sundays (breakfast from 9am)

For updates on Starston Services contact John Formston 853042 or [jformston07@talktalk.net](mailto:jformston07@talktalk.net)

Starston PCC Secretary:  
Ruth Cawcutt Tel:01379 852087  
Email: [rcawcutt1@btinternet.com](mailto:rcawcutt1@btinternet.com)

All services are subject to change. For up to date information please go to the Benefice Website:  
[www.achurchnearyou.com/benefice/26-107EP/](http://www.achurchnearyou.com/benefice/26-107EP/)

**Join**  
**The Pulhams**  
**Community**  
**CHOIR**

Every Thursday, 7.30pm  
Pulham Market Memorial Hall  
(WhatsApp Car: 07534548986 for venue details)

All singing abilities welcome!  
Ages 16+  
Donation of £1 per session welcome



## Starston Parish Council.

Philip Astor:	Chairman	<a href="mailto:philipastor@mac.com">philipastor@mac.com</a>	07753 800594
Janet Broadhurst:	Emergency Plan Co-ordinator	<a href="mailto:janetbroadhurst@aol.com">janetbroadhurst@aol.com</a>	01379 853480
Stuart Griffin:	Member	<a href="mailto:stuartgriffin@live.co.uk">stuartgriffin@live.co.uk</a>	
Karen O'Keeffe:	Vice-chair & Internal Control of Finances	<a href="mailto:kareno.keeffe@icloud.com">kareno.keeffe@icloud.com</a>	
Chris Sparrow:	Footpath Warden	<a href="mailto:chris.sparrow2211@hotmail.co.uk">chris.sparrow2211@hotmail.co.uk</a>	
Val Baker:	Member	<a href="mailto:crewdy@icloud.com">crewdy@icloud.com</a>	
Jake Stone:	Member		

Highways Defects, Village Maintenance, SAM 2 Equipment, General Enquiries

Joanne Madders: Clerk to the Council & RFO

To contact Starston Parish Council: [clerk@starstonparishcouncil.gov.uk](mailto:clerk@starstonparishcouncil.gov.uk)

There is currently a vacancy on the parish council, please see the parish council report in this issue for more information

## Local councillors.

Martin Wilby	County	<a href="mailto:martin.wilby@norfolk.gov.uk">martin.wilby@norfolk.gov.uk</a>	01379 741504
Clayton Hudson	District	<a href="mailto:clayton.hudson@southnorfolkandbroadland.gov.uk">clayton.hudson@southnorfolkandbroadland.gov.uk</a>	01379 676259
Delme Thompson	District	<a href="mailto:delme.thompson@southnorfolkandbroadland.gov.uk">delme.thompson@southnorfolkandbroadland.gov.uk</a>	

## Waveney Valley MP.

Adrian Ramsay:	Suite 1B Navire House, Mere Street, Diss, IP22 4AG <a href="mailto:waveneyvalleyoffice@parliament.uk">waveneyvalleyoffice@parliament.uk</a>	01379 830200
----------------	--	--------------

## Community services.

Local Buses - from Starston to Harleston and Starston to Long Stratton and Norwich	For information Ring: 0871 200 2233 12p a minute plus access charge
Border Hoppa - dial-a-ride service	Ring: 01379 854800
Police - (non-emergency)	Ring: 101
Safer Neighbourhood Team	Email: <a href="mailto:snharleston@norfolk.pnn.police.uk">snharleston@norfolk.pnn.police.uk</a>
Report Power Cuts Report Flooding If you are in danger call 999	Ring: 105 Ring: 03448008013 Email: <a href="http://www.norfolk.gov.uk/flooding">www.norfolk.gov.uk/flooding</a>
NHS Emergency & Urgent Care Services (Including Emergency out of hours chemist)	Ring: 111 when it's less urgent than 999
Refuse Collection and Queries	Ring: 01508 533830
Harleston Information Plus	Ring: 01379 851917 Email: <a href="mailto:hip@harleston-norfolk.org.uk">hip@harleston-norfolk.org.uk</a>

# Glover Bros.

A FAMILY RUN M.O.T.  
& REPAIR GARAGE

- M.O.T's & Servicing
- 24 Hour Flat Bed Recovery
- Car Valeting
- Collection of Vehicles
- Body Work and Repairs
- Free Estimates

T: 01379 676284 (weekdays)

T: 01379 676730 (evening & weekends)

A: The Workshops, Rectory Rd,  
Tivetshall St Mary



Vehicle & Operator Services Agency



M.O.T.  
TESTING STATION

## Kitchen-Sense

Of Harleston



For Quality Fitted  
Kitchens and Appliances

Kitchen Sense - Common Sense

62 London Road, Harleston, IP20 9DZ

Tel: 01379 852592

Fax: 01379 854411

staff@kitchen-sense.co.uk

www.kitchen-sense.co.uk

We're by your side  
every step of the way



the  
good  
funeral  
guide.

- Home Visits
- Pre-paid Funeral Plans
- Funeral Finance
- Personal Touches
- Direct Cremation
- Bereavement Support Groups and Resources
- Affordable Choices

 **Rosedale**  
FUNERAL HOME

A family business, we believe it makes a difference

www.rosedalefuneralhome.co.uk

Serving Harleston, Diss and Eye

11 Exchange St, Harleston IP20 9AB

24hr Tel: 01379 853999

63 Victoria Road, Diss IP22 4JE

24hr Tel: 01379 640810

Also branches in Attleborough, Beccles,  
Bungay, Halesworth and Wymondham.

## Denny Holloway



### Bricklayer

Brick Work, General Building,  
Hard Landscaping etc

01379 853471 or 07939 144446