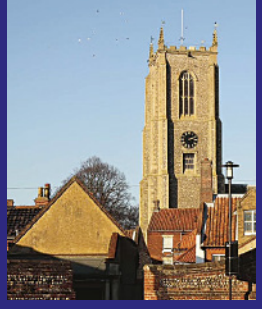
FAKENHAM PARISH CHURCH

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October 2024

THE BEACON

Church and Community Magazine



* Reflection * Become a citizen scientist
* Happy Birthday Stepping Stones! * Pet Service
* Harvest Festival * New businesses * Let's meet
* Town Talk * Community Archive
* Christmas Tree Festival fast approaches

Church Contact Details

www.fakenhamparishchurch.org.uk

Rector
Revd Tracy Jessop
The Rectory, 21 Gladstone Road
Fakenham NR21 9BZ 01328 862268
Email: rector@fakenhamparishchurch.org.uk
Or: admin@fakenhamparishchurch.org.uk

Licensed Lay Ministers:
Elaine Burbidge 01328 851848 – Fakenham
Amanda Sands 07789 225011 – Fulmodeston

Church Wardens
Roger Burbidge 01328 851848 – Fakenham
Alison Harding 01328 864685 – Fakenham
Andrew Lee 01328 878870 – Fulmodeston

Safeguarding Officer:
Anne Peppitt 01328 878355
Email: anne.peppitt23@gmail.com

Parish Prayers

6 Oct Wensum Grange: Brick Kiln Road, Farm Drive.
All involved with transport.

13 Oct Industrial Estates
Doctors, nurses and accident and emergency services.

20 Oct New developments.
All who work on or in the sea and those who support them

27 Oct Church Lanes, Red Lion Court, Lichfield Street, Rosemary Terrace.
Bible Society, United Nations & peace.

From the Parish Registers

Baptisms
1.9.24 Dolly Burnett
6.10.24 Nicholas Andrews
6.10.24 Callum Seppings

Cover pic:
Fakenham church tower
by Revd Tracy Jessop

"No, we don't have a password or PIN number. Tell him to come right in!"



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Beacon Content
Audrey Sharp
aes22@btinternet.com

Advertising
Dee Jackson
deejackson@btinternet.com

Beacon Distribution
Alison Harding
fakenhambeacon@gmail.com

Reflection – Revd Joy Elkins



If we have learnt anything from the last few years of Covid, surely it is not to take what we have for granted. Yet, caught up in the pressures of daily life, I suspect that we often do.

During October, two services will be held in the parish church which have thanksgiving at their heart, the Pets' Service and Harvest Festival. Opportunities to acknowledge what we have: the companionship and loyalty of our pets, the earth's bounty (plentiful compared to many in our world) and to be grateful. Details below.

I'm writing this at the end of a month in which, as a nation, we have been trying to come to terms with, not only another senseless knife attack, but the appalling violence that followed. Yet we also saw the heartening response of the people who turned out to help clear up, make repairs and reach out to others. Every community has its problems, its tensions. But there is also so much good, whether it's neighbour caring for neighbour, or local groups and schemes, which often rely on volunteers. Crime and violence make headlines, quiet good deeds most often go unsung. Living in a town like Fakenham in a beautiful area it is too easy to become complacent about what we have. Yet, if we don't value the good things in our communities and do our best to uphold and support them, we will lose them. So, with thanksgiving in mind, let's look around us, acknowledge the things we value in our community and do what we can to uphold and contribute to them. And just as we are grateful to those who grow our food, so we must give thanks for those who work to make our communities what they are.

A Prayer for Fakenham

Lord, we thank you for everything that makes Fakenham a community:

the people who live and work here, our businesses and organisations, and all those who serve us in so many ways.

We pray that you will help each of us to own our community, and to contribute to its life in whatever way we can, however small.

Please show us the way, Lord, to make our community a place where needs are met, good neighbourliness reigns, newcomers are made welcome, and everyone can feel loved, valued and included.

Amen

The Revd Joy Elkins





Churches around Fakenham welcome *you* in October

Parish Church Upper Market Place, Fakenham NR21 9DY

Sun 6	10am Parish Communion
Sun 13	8am Holy Communion (BCP)
	10am Pet Blessing Service
	6.30pm Choral Evensong
Sun 20	10am Harvest Festival Communion with a collection for the Mid-Norfolk Foodbank
Sun 27	10am Parish Communion

Other Services
Every Thursday 9.30am Market Day Holy Communion (a short, said service)
Every Monday *(except Bank Holidays)* 9.45am Stepping Stones for pre-school children with a grown-up.

Salvation Army Oak Street, Fakenham.
Every Sunday morning at 10.15 am

Methodist Church Chapel Lane, Sculthorpe. NR21 9QB
Morning service of worship 11am each Sunday

Fakenham Baptist Community Church
All Sundays in Oct 10:30 am-12:00 pm at the Community Centre, Oak Street, Fakenham.

St Anthony RC Church Wells Road, Fakenham.
Sunday Vigil Mass every Saturday at 6.00pm
Sunday Mass at 10.45am and Tues-Fri at 10.00am

Orthodox Church of the Holy Transfiguration, Scarborough Road, Gt Walsingham
Every Sunday morning 10.00am Hours 10.30am Liturgy.

Holy Trinity, Hempton *Contact: The Revd Dr Harri Williams SSC, harri1985@gmail.com*
Sunday Mass at 9.30am. Wednesday Mass at 9.30am.

We continue to pray for peace for all the people of Gaza, Israel and throughout the middle east at this time.
We continue to pray for peace for the people of Ukraine.
"God of peace and justice, we pray for the laying down of weapons in every place of war. We pray for all those who fear tomorrow, that you would hold and protect them".

Let's meet . . . John Mullins, retired engineer and Church Fabric Officer



John leads the fabric committee, the team who help keep the church building in shape, and he does quite a bit of the physical work too. He was born in Shrewsbury, the youngest of four, leaving school at 15. A week later he started at a local engineering firm, and at 16, became an apprentice there. Following that, he set about acquiring the many qualifications to make him a project engineer. He worked at Rolls Royce in his home town. They moved on so he left Shrewsbury, which upset his family but for him was the start of an adventure. He went to work for Borg Warner in Letchworth before becoming project engineer in 1976, at Perkins Diesel Engines, based in Peterborough. His work in overseas projects took him to South Africa and Poland and other European countries. He was one of a team of 20, having direct contact with the customers, and prepared to go anywhere.

John met his late wife Irene at the Music Hall in Shrewsbury in 1962, dancing to Acker Bilk and his clarinet music. They married in June 1963 and had a son and daughter and nine grandchildren. Very sadly Irene died in 2020, when the world was in lockdown, after a long and happy marriage.

When did you and Irene move to Fakenham?
We used to have holidays in Fakenham, starting in 2010, in a caravan we parked on the racecourse. We made the decision and moved here in 2016.

What is underrated in Fakenham?
All its amenities, like the racecourse and its weekly market and auction.

Were you the first engineer in the family?
Yes. My mum and dad had a market stall and the whole family picked fruit and vegetables prior to the Saturday market.

Was that your father's full-time job?
My father and his three brothers were all gardeners. He trained at the horticultural gardens on Tresco in the Isles of Scilly and went on to become Percy Thrower's gardener. He was invited by him to look after his nursery in Shrewsbury.

Your earliest memory?
My father picking me up and putting me to bed. A later memory was of GIs in a nearby army base which was created to prepare for the D-Day landings. After the war the Americans left their vehicles behind, and they were used by the forestry men in Shrewsbury.

If there was something you could change about yourself, what would it be?
I rush about too much. I'd like to take more time over things. I think it stems from my growing up in the 40s and 50s.

Your pet hate?
Lots of verges and walkways around Fakenham being overgrown.

Who was a great influence in your life?
My wife Irene. She came from a close-knit family of nine and she created a loving atmosphere.

Your biggest decision?
Irene and I were trapped by the tide on a beach in Lanzarote, and we made the decision to remain there all night, there being no way of safely getting back. It was 2pm the next day when the tide went out and we were both cold.

Your greatest strength?
Hopefully, achieving the goals I set for myself.

How has your religious faith shaped your and Irene's lives?
Irene and I were part of the pastoral team in our last church. We helped run the marriage preparation group. Irene ran the youth club as part of that group. Our Pastoral roles helped us to meet other people and some became members of the church.

What do you like spending money on?
Looking back, I loved buying records in the 1950s, when music shops had a real buzz.

What concerns you about modern life?
Misinterpretations on social media.

How might your children describe you?
As being fairly reliable. We all like keeping in touch, and my daughter and son-in-law are coming to Tresco with me this year. It was a favourite holiday haunt of Irene and I, because my dad talked so fondly of it.

What do you no longer worry about?
Getting old.

Any advice to pass on?
To young people: learn as much as you can.

Lessons that life has taught you in general?
To be able to compromise.

And with money?
Use what you have carefully.

Is there a person you admire?
Yes – Lily Savage aka Paul O'Grady. I miss Paul's Sunday afternoon radio programme, when he with Malcom would entertain us with his lovely humour and wit. I respected Paul for his huge contributions to the care of dogs

What did you learn from your parents?
Thrift.

Where would you like to visit that you haven't been to?
Japan in the springtime.

A luxury on a desert island?
A nice pair of jeans.

Your reading taste?
Biographies mostly, to know what people have done.

And music?
The music to that great film, *The Mission* by Ennio Morricone.

How would you like to be remembered?
I'd just like to be remembered.

Kay Hathway

Can you deliver The Beacon?

We need deliverers in the following areas – you don't need to live there!
Waterfield Avenue and
Smith's Lane area of Norwich Road.

All help appreciated!
Thank you!

Fakenham Library Book Launch

Wed Oct 16 @ 2pm

Poet, James Knox Whittet will launch his memoir *Circles of Light* about his upbringing on Islay in the Inner Hebrides.
Poems and Gaelic music and extracts from the memoir.
All are welcome.
Free event



All Souls Commemoration Service

Sun 3 Nov at 4pm

A service to remember someone close to you who has died.
We invite all families we have cared for in our funeral ministry this year, but all are welcome.
Names of loved ones will be read out in this moving service, candles are lit, and we commend those we love to God.

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The story of a hymn: *Tell out my soul the greatness of the Lord*

Timothy Dudley-Smith, arguably the greatest hymn writer of the 20th century, died recently, aged 97. Educated at Pembroke College and Ridley Hall, Cambridge, Dudley-Smith served the Church of England since his ordination in 1950. He was a former Archdeacon of Norwich and then Bishop of Thetford and prolific hymn writer. Early in his career, he worked in an outreach position in a youth club in Bermondsey. Whilst there, he took some boys to hear Billy Graham, and he was himself inspired, becoming the editor of Crusade, the new magazine of the Evangelical Alliance. He wrote around 450 hymns, but *Tell out my soul*, written in 1961 in Blackheath, might be the most well-known. It is set to the tune *Woodlands*, written by Walter Greatorex in 1916. He was prompted to write it after reading an interpretation of the *Magnificat* in the recently published *New English Bible*, which he had been sent to review, which began with the lines, 'Tell out My Soul, the Greatness of the Lord'. (The original *Magnificat*, a song of praise by Mary, mother of Jesus, starts, 'My Soul Does Magnify the Lord'.) This reading was enough for him to write the four verses of the hymn. He never wrote melodies for his hymns, claiming to be non-musical. John Betjeman commented that this hymn was one that would 'truly last.'

Sources: Hymnary Alliance, Christopher Idle, The i Newspaper, The Guardian

Tell out my soul, the greatness of the Lord!
Unnumbered blessings, give my spirit voice,
Tender to me, the promise of his word,
In God my Saviour shall my heart rejoice.

Tell out my soul, the greatness of his might!
Powers and dominions lay their glory by,
Proud hearts and stubborn wills are put to flight,
The hungry fed, the humble lifted high.

Kay Hathway

Town Council news

High Street revival

By now I hope that readers of the *Beacon* will have had the chance to see the new shops in town. Claire Howard the jeweller and Sarah Pearce the upholsterer on the Upper Market, Pat Brown with the Extraordinary Hat Company in Norwich Street opposite Shane Hyde the new picture framer above Venetia's Yarn Shop. There are also new stalls on the Charter Market, and we wish lots of luck to them all. Support your local businesses!



L to R: Claire Howard, Pat Brown, Shane Hyde, Sarah Pearce. Photos by Audrey Sharp.

National news

With a new government, there may be a change in spending priorities and that will have an effect on us in Fakenham. Readers may also have read that the local paper reported that spending for the FLASH project is 'under review'. According to North Norfolk District Council (as of 30 August) there has been no news at all – not even of a review, so we wait and hope that, as the old saying goes, no news is good news. Our MP, Jerome Mayhew, has launched a petition in support of the swimming pool funding. Signing it can do no harm at all. If you have access to the internet, you can sign online at: *Fakenham Swimming Pool Petition | Jerome Mayhew*

You could also write to him at the House of Commons if you prefer a more traditional approach. Needless to say, the town council is in full support of the FLASH project as it will bring much needed facilities to the town as it grows. Work commences on the new A148 roundabout (to facilitate the Northern Extension to the town) this autumn, so watch out for road closures and diversions.

Fakenham Town Council Community Engagement Survey

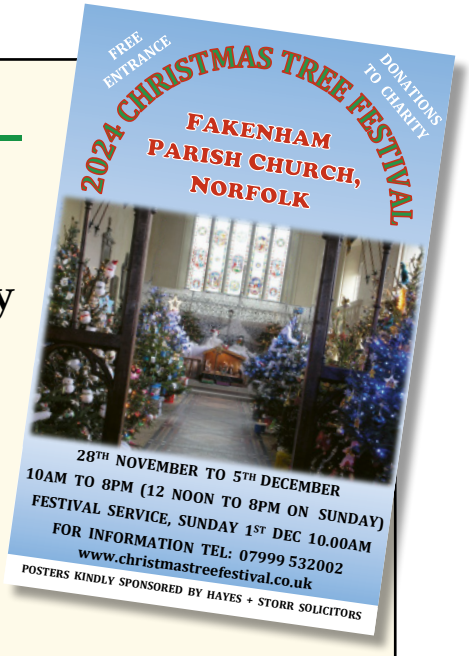
We would welcome your views on topics which will help inform our 5-year strategic plan as well as how we work with our partners in Local Authorities to support the services they provide.

Hard copies of the survey can be found at various community locations around town, or online at www.FakenhamTownCouncil.gov.uk and on our social media or by scanning:



Angela Glynn – Chairman, Fakenham Town Council

Christmas Tree Festival update – we need your help!



Open 28th Nov – 5th Dec. 10am – 8pm daily
Festival Service Sunday 1st Dec. 10am

Come and see us at the Festival desk every Thursday in church 10.30 – 11.30, where we can answer any questions, and receive your offers of help and donations of tombola prizes.

Your help is always appreciated. Thank you!

Christmas Tree Festival – hot cakes!

Here is an easy recipe for Christmas cakes, which sell like "hot cakes" at the Christmas Tree Festival. If you'd like to make one to support the festival, do have a go!





Makes 1 large or 4 small cakes.

Ingredients:

6 oz margarine
6 oz soft brown sugar
4 eggs
8 oz plain flour
1 tablespoon black treacle (optional)
½ lemon rind grated
1 tsp mixed spice
1 lb 14 oz mixed fruit with peel
2 oz cherries
2 oz ground almonds.





Method:

Cream sugar & marge. Add beaten eggs alternately with flour, spice & rind mixed. Mix in remaining ingredients.

Grease & line 8 in deep square tin or two 1 lb loaf tins with baking parchment/grease proof paper.

Cook gas mark 2, 350°F, 150°C for approx 2-2½ hours for large cake or approx 1½ hours for small cakes. Test in centre with a metal skewer which will come out clean if cake is cooked. Cool in tins. Cut large cake into 4 or small cakes into 2.

Marzipan & ice ready to bring to church on Sat. November 23rd at 10 a.m. for wrapping.

Thank you!

Margaret Simpson

Christ Church, Fulmodeston

We have plenty to give thanks for this month: our wonderful pets who keep us sane, ensure we maintain a healthy step-count level and give us someone to look after; and, after a season which all farmers and gardeners can only describe as 'challenging' (just where did all the bees and other pollinators go, eh?) God's gift of a remarkably bountiful harvest. With so much unhappy and distressing news from so many corners being fed us practically daily let's all pause to think of the daily glories to which we are witness here.

Services in October

Sunday 6 4pm Pets' Service (St Francis' Feast Day 4th October)

Sunday 13 11am Holy Communion *(Book of Common Prayer)*

Sunday 20 10am Holy Communion at Fakenham Parish Church

Sunday 27 4pm Harvest Evening Prayer

Carolyn Thomas-Coxhead

Life Events

We LOVE helping people with the special times in their lives. It's both a privilege and an honour to walk alongside you in these events.

If we can help you with life events - weddings, vow renewals, blessings after a civil ceremony, funerals, baptism/christening or a thanksgiving of any kind – then get in touch.

Your days are special and we can help you plan something that's unique for your occasion.

You can email us admin@fakenhamparishchurch.org.uk or call the Rector, Revd Tracy Jessop on 01328 862268 for an informal chat.



Baptism of Dolly, centre



Baptism of baby Noa



Wedding of Jack and Harriet

Photos by permission, the Revd Tracy Jessop

Old Fakenhamian – Don't be selfish!

This particular Old Fakenhamian has just entered her 70th decade and has two dependants who are heading towards their 80th decade. As a result, I have used our medical practice and our hospitals more in the last two years than in my whole life and have had, for both my loved ones and myself, excellent care.

Recently, Fakenham residents have received the *Summer Surgery Notes* which is put together by the Patient Participation Group. In the leaflet was a section called Wasted Appointments. I read this with dismay. From January to June the Practice offered 58,254 appointments of which 53,711 were face to face and the rest by phone. During this same period 1,840 appointments were DNA's (Did Not Attend) due to patients failing to contact the surgery to let them know that the appointment was no longer necessary. At a cost of £43 per appointment this cost the practice £79,120 – roughly £10 for every adult and child in Fakenham. Of course, sometimes there is no time to contact the surgery and cancel an appointment – a sudden rush to hospital or, alas a death. But that cannot happen in 1,840 cases. We often we hear the complaint that it is impossible to get an appointment with the surgery but certainly it would be easier to get an appointment if 1,840 were not lost during every six-month period

The surgery sends reminder texts 24 hours before the appointments which gives you option to cancel if you are unable to attend. Also, patients can phone the surgery on 01328 851321 and press option 1 for the Patient Partner Automated message system which allows you to leave a message to book, check, change or most significantly cancel your appointment. This system operates 24 hours a day and should it be necessary the practice will phone you back during its open hours. Finally, if you are registered with the online system 'Anima' you can cancel your appointment there. Anima is extremely efficient and easy to use – ask the surgery if you need help with this. And cancellations can be made via the NHS app.

Really, what more can our surgery do to encourage us to free up unneeded appointments so that they can be allotted to our fellow townspeople? And if the figures above are just for Fakenham, what can they be nationwide? It does not bear thinking about. During the pandemic we were clapping our NHS – maybe those people who do not bother cancelling an appointment were only clapping with one hand!

Gilly Foortse

Fakenham and District Community Archive

When browsing through the Archive, either online or at one of our meetings, people are often surprised to see how busy Oak Street used to be. At one time there was a butcher, baker, greengrocer, tailor, shoemaker, builder, carpenter, a school, three pubs, and two undertakers in this one street.

The photograph below, donated by Doug Watts, gives a good impression of this. Taken in 1961, from the vantage point of no. 55 opposite, what we can see of the traffic jam starts outside Lewis and Sons. As well as being a furnisher, at night the illuminated sign over the door here announced that it also housed an undertaker. Next to this we can see the yard of what was once the Star pub, whose landlord at the time was Mr. George Stubbs and further along stood Don Heppell's cake shop.

Once again, we're challenging you to identify the different makes of the cars. (We suspect they might be crammed together because it may have been market day).

If you would like to see any more of our huge collection of photos, videos, displays and scrapbooks you could come along to any one of our meetings that take place in church from 2.00 to 4.00 on the last Tuesday of every month. You could also have a look on our website, www.fakenhamcommunityarchive.weebly.com

Howard Young







Stepping Stones pre-school group is delighted to be celebrating its 20th anniversary this month. There will be a party to mark the special occasion on the Monday of half-term, 28 October beginning at 9.45am in the parish church.

We estimate that over 400 children have enjoyed Stepping Stones and more than 20,000 volunteer hours have been given by the team involved.

The group was started as a 'Pram Service': a short, informal service that included prayer, singing, and age-appropriate Biblical stories, followed by a snack and a drink. All provided free by the church for the benefit of young families in the community.

The main aim is to provide an opportunity for pre-school children to learn to socialise, as well as a place for grown-ups to meet and chew over the challenges of parenting in a safe, non-judgy space. The formula proved successful and the format is very similar today.

We hope that all those who have attended Stepping Stones since 2004 might want to come back and say hi, whatever their age and join us celebrating our birthday.

There will be a children's entertainer on hand, a chance to sing together and celebrate in style with a delicious birthday cake. There is no charge, come and have some fun on us.

For more details, contact admin@fakenhamparishchurch.org.uk, call 01328 862268 or pop into church on Monday morning 28th Oct from 9.45am.

October Walks with Fakenham Ramblers

Saturday walks start at 10.30am. Wednesday walks begin at 10am. Bring a packed lunch on Saturday walks which are generally over 6 miles. Otherwise, sturdy boots and waterproofs are all that's required. Please arrive ten minutes or so before the walk start time.

Please contact the walk leader for up-to-date walk information.

Date & Time	Venue	Grid Reference	Postcode	Distance	Walk Leader(s)
Saturday 5th Oct 10.30am	**Bintree** Park/meet at the church car park	OS 238/016234	**NR20 5NJ**	5.5 miles	**Jane & Dave** 07790 642185
Wednesday 9th Oct 10am	**Ringstead** Park/meet at small carpark by Ringstead Common	OS 132/722405	**PE36 5LQ**	6.5 miles	**Alison** 01328 712155
Saturday 19th Oct 10.30am	**Reepham – Figure of 8** Park/meet at Stimpson's Piece, Bartles Court	OS 238/101233	**NR10 4LL**	9 or 5 miles	**Barbara & Richard** 01328 862834
Wednesday 23rd Oct 10am	**Nelson & The Burnhams** Park/meet at Burnham Thorpe Church	OS 251/852418	**PE31 8FL**	5.3 miles	**Paul & Daniela** 07368 124000

Help protect the river Wensum: Join us in citizen science!



The river Wensum, a globally rare chalk river, is struggling with excessive nutrients from wastewater and agricultural and urban run-off.

Regular monitoring has revealed the impact of sewage works and septic tanks, often due to accidental contamination. Furthermore, the Water Framework Directive (WFD) classified the river Wensum Catchment as "moderate to poor" in water quality in 2019, highlighting the urgent need for further protection.

Making change

This is where local, passionate volunteers, like you – citizen scientists – play a vital role.

Through the CaSTCo (Catchment Systems Thinking Cooperative) project, we're exploring how citizen scientists can enhance freshwater monitoring. Here in Norfolk, the Norfolk Rivers Trust (NRT) and the Wensum Catchment Partnership (WCP) are focusing on the river Wensum and its tributaries, and we need your help.

Each week, our dedicated citizen scientists collect water samples from the Wensum, using standardised tools and training. They submit their findings through a user-friendly app, building a vital data set to inform and drive real change.

Join our movement

We all have a role to play in safeguarding our waterways. By becoming a volunteer citizen scientist, you can help create a healthier future for the Wensum and our local communities.

For further details and to sign up, please email Elle, our Citizen Science Officer at: elle@norfolkriverstrust.org

ST. ANDREW'S CHURCH, GREAT RYBURGH NR21 0EB

October Market

Sat 19 Oct 9.30 – 12 noon

Books, plants and gifts
Refreshments
www.standrewsgreatryburgh.org.uk
Free entry.

Details from 01328 829413

Quiz at The Gallow

Teams of up to six, £4 per person
Doors open 7.00pm. Start time 7.30pm
Food available from 5.30pm
(last orders 7.45pm)

Fri 22nd Nov – In aid of The Parish Church

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THE FAKENHAM SOCIETY

7:30pm Thursday 3rd October 2024
Wally Webb
40 Years of BBC Radio Norfolk

7:30pm Thursday 17th October 2024
Sue Parry
The Trial of the Detectives

7:30pm Thursday 31st October
Malcolm Pearson
Scam Awareness

See www.fakenhamsociety.org.uk

Town Talk *by Wayfarer*

I've enjoyed quite a few pilgrimages in my time, the principal one being to Santiago de Compostela in north-west Spain. The cathedral there is revered as the resting place of St. James the Elder, an apostle of Jesus. Thousands of people have undertaken this pilgrimage, starting either in France or the Pyrenees mountains which form a border between the two countries. Limited by time I covered the 500 miles or so from St. Jean Pied de Port by bike one summer during a break from my studies in London, first travelling by boat southwards from Southampton. The way itself is well marked and there are hostels en route, though I had a tent with me and preferred to camp out. One night when I heard passers-by whisper loudly: 'Es un peregrino', I was especially pleased that I had been recognised as such. Much closer to home, I've often biked, or occasionally walked, to visit the Shrine of Our Lady of Walsingham. This charming settlement has been a pilgrimage centre since the 11th century and continues to attract thousands of visitors from across this country and overseas. I like to step inside the Shrine, sit down and lose myself in all sorts of suppositions about its special attraction and the hold that Walsingham itself has exerted over such a long period. When Alison's mother was moved to a care home just nearby, my cycle trips in that direction became significantly more frequent to check in with her and also, to be honest, sup a pint around lunchtime at one of the local pubs. What could be nicer?

Wayfarer



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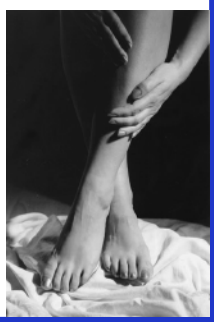
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Wed 9th Oct	RBL Poppy Factory & Kew	8am	£60
Thurs 10th Oct	Knitting & Stitching Show – Alexandra Palace	7.30am	£48
Sat 12th Oct	Knitting & Stitching Show – Alexandra Palace	7.30am	£48
Sat 19th Oct	Houses of Parliament & Churchill War Rooms	7.30am	from £68
Thurs 31st Oct	Creative Craft Show/Simply Christmas	8am	£50
Nov 2024			
Sat 2nd Nov	Battersea Park & Power Station	8am	£37
Sun 3rd Nov	Camden Market at Christmas	8am	£38
Thurs 14th Nov	Tina The Musical	8am	£82
Fri 15th Nov	Sandringham Xmas Food, Gift & Craft Fair	9.45am	£35
Sat 16th Nov	Motorcycle Live NEC	7.30am	£70
Sat 16th Nov	Freeport Braintree	8.30am	£35
Sun 17th Nov	Chatworth House & Xmas Market	7am	£75
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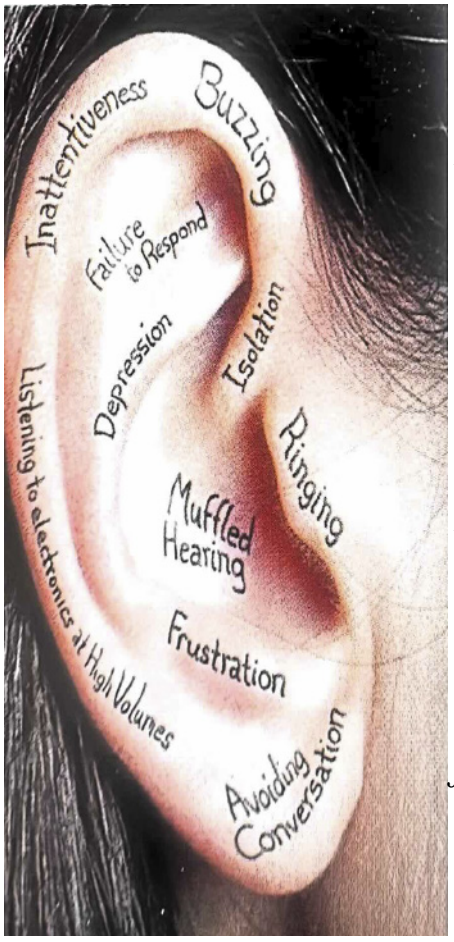
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