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ST.FAITHS JOURNAL





August / September 2021



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SWIMMING BOOKINGS: CENTRE/WEDNESDAY 7.00 - 8.00 P.M. MEMBERSHIP: DELLA MATTHEWSON Tel: 897183 EDITED BY: CHRISTINE QUINTON Tel: 898120

USEFUL TELEPHONE NUMBERS

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JOURNAL E-MAIL: sfjournalmail@gmail.com

CENTRE WEBSITE: www.sfcentre.co.uk

JOURNAL ORIGINATED BY MARGARET RIVERS CENTRE CHAIRMAN 1978 TO DECEMBER 2000 COLIN QUINTON



ST FAITHS CENTRE CHARITY REGISTRATION NO 276225

Opening hours and availability of the Centre facilities is completely dependant on the Government Guidelines and can change at very short notice so for up to date information please visit the website

The Lounge Bar is now open
WEDNESDAY
THURSDAY
fRIDAY
SATURDAY
evenings from 7.30 pm to 10.30 pm

The bar has been made safe with hand sanitisers, barriers and screens and hand sanitisers are available in ALL public areas.

THE POOL TABLE AND GAMING MACHINES HAVE BEEN RETURNED TO THE LOUNGE BAR

We are now accepting cash payments but would prefer card payments and in particular contactless whenever possible



For more details Ring Dave on Norwich 890111

Music in the BAR 8pm till Late



SATURDAY 11th SEPTEMBER



SATURDAY 9th OCTOBER



Members Free - Non Members £2

The following facilities are available to members

SPORTS HALL

Badminton can be booked in the usual manner on the booking sheet in the hall

SNOOKER ROOM

Both tables are now available and can be booked using the diary in that room

TOKENS

Please contact Della Matthewson on 01603 897183 who can only accept cash payments or obtain your tokens from the bar on a Wednesday, Thursday, Friday or Saturday evening

SWIMMING POOL

The Sauna is now available for use and the changing rooms opposite are open

For bookings or queries

Bruce can be contacted on bruce@flickers.org.uk or

TEXTS ONLY on 07732 227124

MAINTENANCE DAY

Committee Members Christine, David Rivers, Neil, Peter, Carole and Bruce were joined by David Razzell. Terry Flood, Fiona and David and managed to get an incredible amount of cleaning and clearing up done to the outside areas of the Centre.

The Committees' sincere thanks go most especially to the non-committee members for all their help and hard work

In September we are hoping to replenish the bark in the woods when, once again, any help will be greatly appreciated

The date will be published on our Website

* * *

VOLUNTEER GROUNDSMAN REQUIRED

If anyone has time on their hands and enjoys working outside we need help to keep the car park areas clean and tidy and do any gardening

If you are interested please contact our Secretary

* * *

ADDITIONAL BAR STAFF WANTED

This is paid casual work and further details can be obtained from Christine Quinton on 01603 898120

QUIZ EVENING

SATURDAY 31st JULY 7.30 pm for an 8.00 pm start

PLEASE GO TO OUR WEBSITE AT

www.sfcentre.co.uk

FOR INFORMATION ABOUT THIS EVENT

* * *

MUSIC NIGHTS ARE BACK!

The first of these is on

SATURDAY 11th SEPTEMBER with a BLUES BROTHERS TRIBUTE

We hope to see you all there

* * *

PLEASE NOTE NEXT JOURNAL COPYDATE

FRIDAY 17th SEPTEMBER

for October/November Issue



ST FAITHS PARISH CHURCH OF ST MARY AND ST ANDREW

The Church of England and the Methodist Church Worshipping & Working Together

I am hoping that when you read this that summer might have arrived, and that you are enjoying some sunshine. Many of you, I'm sure, will be looking forward to taking a holiday and having a break from your normal daily routine, even though it might not be as far away as you might like. This time of year is always a good time to stop what you are doing and recharge your batteries. I was able to get away recently for a week, and I can tell you that I really appreciated being able to completely switch off and concentrate on simply being, catching up on sleep, and reading as well as doing a bit of walking and exploring. It is so good to re-connect with ourselves and to re-connect with our creator too. Everything else seems to fall into perspective and we find we have the strength and stamina to be able to deal with whatever life throws at us.

Like many of you I have missed meeting up with family members over the last eighteen months, so am looking forward to doing that very soon and catching up properly rather than just over Zoom. It will be good to laugh together and enjoy each other's company once again. So much has happened that we need to share and talk about together. I hope you have that opportunity too.

We only have to look around us to see that, whoever we are and wherever we live, we do have plenty to celebrate and to thank God for: our life, our health, our family, our friends, our home, regular food on our table, clean water to drink, the chance to go away if we feel like it and so on

We have so much that more than two-thirds of the population of our world

doesn't have. Do we really appreciate it? Do we remember to thank God

for his many blessings? Do we even take time to appreciate those things?

Looking back to this time last year, I wonder if those things we really

enjoyed then – especially in our gardens – are as special to us now. Or

perhaps we have grown so accustomed to them they hold less appeal and

we need to look elsewhere for pleasure?

Why not spend some time this summer, to take notice of all the things you

have and simply be – be in the presence of your heavenly Father, thank

him for his abundant love for you and enjoy the wonders of his creation

by which you are surrounded. You will be amazed at just how much you

have been blessed with when you add it all up. If that isn't something to

celebrate, then I don't know what is! Our churches are now open again

every day for private prayer, so why not pop in and enjoy a few quiet

moments.

Have a wonderful summer and enjoy some time to yourself, but wherever

you go and whatever you do, please continue to be cautious and stay safe.

This pandemic isn't over yet and we still need to look after ourselves and

one another.

With my prayers and good wishes

Rosemary Maskell

Tel: 01603 898258 email: rhmaskell@gmail.com

11

The Parish of Horsham, Spixworth & Crostwick Church Services

August

1st	8am 10am	Holy Communion Morning Worship	Spixworth St Faiths
8th	10am	Holy Communion	Spixworth
15th	10am	Holy Communion	St Faiths
22nd	8am 10am	Holy Communion Morning Worship	St Faiths Spixworth
29th	10am	All-Age Worship	Spixworth

September

5th	8am	Holy Communion	Spixworth
	10am	Morning Worship	St Faiths
12th	10am	Holy Communion	Spixworth
19th	10am	Holy Communion	St Faiths
25th	8am	Holy Communion	St Faiths
	10am	Harvest Festival	Spixworth

Please note that the St Faiths' Festival will be on 2nd /3rdOctober.

Although many Covid rules are being relaxed, we will do our best to keep our churches safe places to be. Hand sanitising and the wearing of masks will continue.

Hopefully we shall soon be able to sing hymns again.

Church Fete



Saturday 31 July, 2~4pm
The Rectory Gardens, Buxton Road
Spixworth



Tea tent, Barbecue, Books, Bric-a-brac, Cakes Games & Plant stall, etc

Grand Draw! 1st Prize £100 cash

To buy a book of tickets in advance ring 01603 898190
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Call us on 0750 696 7280

Dear Friends and Neighbours

In the last issue of this Journal it was mentioned that an Open Meeting, to discuss Good Neighbours, was planned to be held on the 22nd June 2021. However this was cancelled when the Government decided to modify the RoadMap.

In light of the current advice, we have now rescheduled that Open Meeting to 19:00 on Tuesday 10th Aug.2021 in Margaret's Room at the St Faith's Centre.

The meeting will review the number of supporters the scheme has and therefore its viability. It will also discuss what volunteers are happy to do and what they are not content to do when helping others.

If you can please come along that evening or if you can not, please register your interest in the scheme by calling the number above (or below)

Once again we ask for any new colleagues to come along and offer their help to help others.

It needs to be stressed that without new helpers the scheme's future is threatened.

Our telephone is still manned so call

0750 696 7280



HORSHAM & NEWTON ST FAITHS PARISH COUNCIL

Chairman Vice Chairman Clerk Mr Rodney Cushing Mrs Melanie Rodgers Mr Jim Graves Tel:07850 756490 Tel:01603 893512 Tel:01603 898621

e-mail: parishcouncil@jimgravesltd.co.uk

Persistent complaints about cycling on the public footpath between Newton Street and Mill Street have continued and residents are reminded that it is **ILLEGAL** to cycle along this route which is for pedestrians only. It is also an offence not to clear up dog-fouling.

The first invoices on the new electricity supply contract for the street lighting have been received and show that with the conversion to LED lanterns the cost is now 43% of the previous rate and will save around £2,500/year. Long term maintenance costs will also be reduced.

In addition to the Community Infrastructure Levy received in respect of the Manor Road development (mentioned in the past edition) Broadland District Council have confirmed that they have received substantial funds under section 106 of the planning permission which can be called upon by the Parish Council for future infrastructure projects over the next ten years.

Overhanging hedges continue to be a problem at this time of the year and residents are asked to take appropriate action to avoid inconvenience to passing pedestrians.

The Council have received a detailed report by a civil engineering consultant on the work carried out on the drive and park at Blind Lane cemetery and are taking advice on how to proceed in this matter.

Yours current Parish Council is :-

Raymond Browne (Chairman)

Rodney Cushing

Melanie Rodgers (Vice -chair)

Barry Coe

James Matthewson

Malcolm McDonnell

Rachel Scarff

Raymond Wilks

Stan Cutts Gail Hegarty 24 Waterloo Close

154 Manor Road

5 Norwich Road

9 Abbey Road

29 Waterloo Close

13 Beck Lane

19 Beck Lane

The Moyse, Mill Street

8 Blind Lane

1 Blind Lane

The Clerk to the Council is Jim Graves

3 Lawn Close Horsford Norwich NR10 3DJ Tel: 01603 898621

stfaithpc@gmail.com

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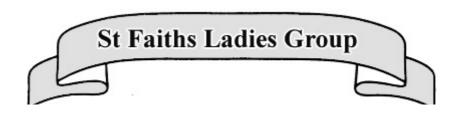
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Our meetings will; now be held on the

THIRD WEDNESDAY OF THE MONTH 2.00 pm - 4.00 pm

in the Mission Room, Horsham St Faith

Our first meeting will be on
Wednesday 18th August
and we look forward to seeing you all again
for this social get together with tea, coffee and biscuits

We are hoping that afternoon meetings will be easier for our members

This is a friendly, sociable group and we welcome new members.

Further information can be given by Mary Hewitt Tel: 01603 867140



Thomas Hunt



07850 532457



□ tom@hedgepiggardening.co.uk



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ST FAITHS OVER 65 CLUB

Meetings are held on the 2nd and 4th Wednesday in the month at the Mission Room and start at 2.00 p.m.

Our first meeting after the COVID lock-down is on Wednesday 28th July at 2.00 p.m.

There will be some safety measures in place so things will be a little different

If we all stick to the rules with any luck we shall soon be back to normal - whatever that will be!

LAUGHTER - THE BEST MEDICINE

A wealthy woman is so proud of a valuable antique vase that she decides to have her bedroom painted the same colour as the vase.

Several painters try to match the shade but none comes close enough to satisfy the eccentric woman.

Eventually a painter calls who is confident he can mix the proper colour. The woman is pleased with the result and the painter becomes famous.

Years later he retires and hands the decorating business over to his son.

The younger man says there is something he has always wanted to know

- how his father had got the walls to match the colour of the vase so perfectly.

His father explains it was easy - he had painted the vase!



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MY LITTLE FRIEND

Joan Squires

My little friend is very small - in fact it is minute

It also has a pretty little curl; which makes it look quite cute

So it really is amazing, indeed beyond belief

That something so diminutive can cause us so much grief

My little friend gets everywhere but I can guarantee

That nine times out of ten it is ... just where it should not be!

Who is my special little friend? Apostrophe's its name

And how we use it and abuse it is a crying shame

Each time I see shoe's at half price ... the tigers in its cage

Its 20 day's till New Years Eve, I want to scream with rage!

"It's just a punctuation mark!" some say with groans and sighs

But I am sure that many more will fully emphasise.

So if you see Apostrophe in the wrong place today Don't hesitate - communicate, report is straight away!

STRAWBERRIES

How to keep them fresh:



The trick is to keep berries cold and dry so they won't mold.

For the short term - arrange the berries (without washing or removing the stems) on a paper towel-lined tray and cover with plastic wrap; then refrigerate.

Before eating or using them, wash the berries under cool water and then remove stems.

Farmers Reveal Trick On How To Keep Strawberries Fresh For Weeks:

- 1. Make a solution out of vinegar and water (3 cups water to 1 cup white vinegar). ...
- 2. After they're completely dry, place them back in a container lined with paper towels.
- 3. Place the strawberries upright in rows.
- 4. Store in a refrigerator until you use them.



We are now enjoying our slightly foreshortened summer season of Norfolk County Pétanque League games.

During these past difficult times we have missed the social side of our competitions as well as the competitiveness. It is so good to see our friends and acquaintances again.

Of course we all hope that nothing crops up to make matters worse once again.

If you have any questions about the game of Pétanque or the Wanderers St Faiths Pétanque Club itself, please call Michael on Norwich 890710.

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'CRY TO BE HEARD!'

Steve Foyster who has lived in Horsham St Faith for 22 years and is an active member of the parish church is launching his new book

'Cry to Be Heard! My Road to Recovery'

at the church of St Mary and St Andrew's, Horsham St Faith on

Friday 24th September from 2.30 pm to 4 pm.

On 16 May 1986 Steve Foyster jumped off the top of St Andrew's multi-storey car park in Norwich. Incredibly he survived this attempt to take his own life. His book is the story of the long, hard road to recovery for his battered body and his fragile mental health. Steve's humour and resilience shines through the narrative, as he battles through enormous physical challenges and faces up to the demons that drove him off the car park roof.

£2 from sales of the book on the day will be donated to the parish churches of St Faiths and Spixworth. £1 from every book sold is also being donated to Norfolk & Waveney MIND.

'Cry to Be Heard!' is published by Norwich publisher Paul Dickson www.pauldicksonbooks.co.uk



Camping Wordsearch



S S F E М В S S M 7 Т G Α G S Ν S R Х Ε O S S В Ν R

air mattress
animals
batteries
cabin
campfire
campsite
canoeing

chipmunk

compass flashlight hammock hiking insect repellent island kayak

lantern

marshmallow memories mosquitoes mountains nature outdoor cooking

raccoon

reservation

roasting sticks s'mores sleeping bag summer swimming tent trailer vacation







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Sun 1st Aug	Quilt Festival NEC		7am	£46
Mon 2 nd Aug	Derbyshire Lunch Canal Cruise Bakewell	&	7am	£60
Wed 4 th Aug	Joseph & The Amazing Technicolor Dreamcoat		8am	£80
	London Coach Only		8am	£28
Thurs 5th Aug	RHS Hyde Hall Flower Show		8am £3	8/£28 RHS
Fri 6th Aug	Jess Glynn Newmarket Nights		2pm	£80
Sat 7th Aug	London Zoo		8am	A£55 C£45
Sun 8th Aug	Sandringham Craft Fayre		9am £2	8 Child £18
Mon 9th Aug	Canterbury Day Out		7.30am	£36
Thurs 12th Aug	Newark Antiques Fayre		7am	£37
Sun 15th Aug	Memories of the Musicals & Lur	nch – Kil	worth F	House
			9am	£98
Sat 21st Aug	Woodstockwick – Elite Elton	12.30pr	n A £35	C £15
Sun 22 nd Aug	Woodstockwick – Abba Magic	12.30pr	mA £35	C £15
Thurs 26th Aug	Gardener's World Live		7.30am	£52
Fri 27th Aug	Kynren, Beamish & Whitby		7am	from £275
To Sun 29th Aug	3-day break – Half Board			
Sat 28th Aug	Newmarket Nights – McFly	tbc #	230 coad	ch only

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ALL EARTH	e r e r KIDS q	Fe
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10	11	12
BUS BUS	Dust Dust	CHESS
13	14	15
MOTHER	Lounge	gluttony greed gluttony ANGER pride anger greed sloth sony sloth of anger
16	17	18

Answers on Page 46

SUDOKU

There is just one simple rule to Sudoku. Each row, each column and each 3 x 3 box must contain the numbers 1 to 9.

EASY

7					3		6	4
		5	6	4				
2					1		3	
6	9		3					
		4				1		
					9		2	5
	2		1					3
				7	8	9		
1	8		5					7

FIENDISH

7	6	8			9		2	
				5				
3			6					
5		9	7			3		
6								7
		7			3	1		4
					8			6
				4				
	5		3			7	1	9

Answers on Page 46

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ST FAITHS SHORT MAT BOWLS CLUB

We normally play on Friday evenings and Tuesday afternoons in the Sports Hall at the Centre but are unable to do so at present For more information contact us at stfbowling@btinternet.com

ICENI ARCHERS

We meet every Sunday morning at St Faiths Centre, indoors in the Winter and outdoors in the Summer.

For information about times of shooting and beginners courses please contact either:

Dave Back our Club Chairperson on 07720 670735 email: davedack2201@yahoo.co.uk or Philip Legood on 07880 703935 or visit our website: https://iceniarchers.co.uk

All enquiries welcome.

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MILES FOR MOMO

Mandy's year of fundraising for the Sheep

Thank you everyone who has taken an interest in my forthcoming Tunnel Ultra running race on 24th September and to those who have kindly sponsored me. Training is going well although it does get harder as I grow older, I am 55.

In May I completed two 50km ultra runs just 5 days apart and in June I completed the Norfolk 100km race where I was fortunate to receive a trophy as 3rd placed lady. My final big training event starts on 30th July and is called the 'Dead Man's Ultra'. The route goes around Norfolk and I will let you know in the next Journal how it went.

I am fundraising to help the Mirkwood Rest Home for Retired Sheep and I would love to raise some more pennies for them. It has been extremely hard to collect sponsorship because of Covid but if anyone would like to sponsor me donations can be posted through my letterbox at 17 Abbey Road, Horsham St Faith and every penny will go to help the rescued sheep.

My target race, the Tunnel Ultra, is one of the hardest in the UK and has never been finished by a female yet. It takes place in the Combe Down cycle tunnel in Somerset and involves running up and down the length of the tunnel 200 times within the 55-hour time limit. The total distance is over 200 miles. I will continue training hard and I'll do my absolute best to complete this 200 + mile race in the dark.

Thank you for your kind support ~ Mandy Foyster

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Hainford Village Hall, Hall Road, Hainford

Is your child ready for pre-school?

Are you looking for a happy and stimulating environment?

Week days term time 9.15pm- 12.15pm

Mondays and Wednesday 9:15pm-3:15pm

For children aged 2 to school age

Only £9.50 per session until Government funded

We can offer:

- A safe, secure and friendly environment
- Qualified, friendly and dedicated staff
- Play-based learning linked to the Early Years Foundation Stage (EYFS)
- · Support with toilet training
- Free no obligation introductory session
- OFSTED rating of 'Good'
- Good links with Hainford Primary Partnership School

For more information please call Pre-School Supervisor, Becky, on 07896202657 or email us at hainfordpreschool1@gmail.com

Take a look at our website www.hainfordpreschool.co.uk or find us on Facebook

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ST FAITHS CENTRE HIRE

FUNCTION ROOM WITH BAR - Tel: James Matthewson on 01603 897183 after 6pm please Available for Weddings, Parties, etc

MULTI-PURPOSE ROOM - Tel: James Matthewson on 897183 NO BAR – Tea & Coffee making facilities Available for Christenings, Birthday Parties, Funerals, etc £10 per hour but minimum payment of £30

MARGARET'S COMMITTEE MEETING ROOM

Available to members' non-profit making organisations free-of-charge

BADMINTON

Available to MEMBERS ONLY at a cost of £8.00 per hour **SNOOKER ROOM**

Available to MEMBERS ONLY at a cost of £4.00 per hour

Use of the Sports Hall and Snooker Room is by 'Tokens' available from the Bar
For regular users larger amounts of 'Tokens' can be purchased from Della Matthewson Tel:897183
Entry before 7.00 p.m. is by 'Membership Card'
To have your mambership card activated for the front door Contact David Rivers Tel: 890111

Bookings are to be made in the Diaries provided in the respective

Sports Hall/Snooker Room

LEISURE POOL WITH JACUZZI AND SAUNA

Private hire for MEMBERS ONLY at a cost of £12 per hour ALL users must be members and there has to be a minimum of two adults to comply with Health & Safety regulations Reductions available for long-term bookings

Bookings to be made at St Faiths Centre

Wednesday evenings 7.00 p.m. - 8.00 p.m

ST FAITHS OUTDOOR BOWLS CLUB

Blind Lane

Experienced or novice - all are very welcome
If you are interested please telephone

Janet on 01603 898419

DRAYTON RACING PIGEON CLUB

This Pigeon Club normally meets at the Centre on Friday evenings and can be contacted as follows:

Chairman: David Waller Tel: 01603 427732

Secretary: Stephen Fountain Tel: 01603 891689

STARLIGHT DANCE ACADEMY

Childrens' dance classes are held at the Centre in the new purpose built studio that was formally the Gym

For details contact starlightdance@hotmail.co.uk



DANCE CLASSES IN HORSHAM ST FAITH

BALLET, TAP, THEATRE CRAFT & ACRO





CONTACT FOR MORE INFO STARLIGHTDANCE@HOTMAIL.CO.UK

IDTA







Home: 01692 630633 Mobile: 07931765870

Email:gazza08@sky.com

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St. Faiths Centre

Manor Road, Horsham St. Faith, NR10 3LF



Menu 2021

Comfortable lounge bar available for private, daytime hire Situated next to the Crematorium Gardens of Remembrance We are happy to tailor our menus to suit your individual requirements

Menu 1 £8.50 per head

Tea, filter coffee (including refills) and biscuits

Selection of sandwiches (ham, beef, tuna mayo, egg mayo, cheese etc)

Sausage rolls, selection of pickles, cheese straws and crisps

Selection of homemade cakes - or scones served with clotted cream and conserves.

Menu 2 £9.50 per head

As menu 1 plus:

Assortment of Meat and Vegetarian Quiche slices

Scotch eggs

Menu 3 £10.50 per head

As menu 2 plus:

Chicken satays with Thai sweet chilli dip.

Locally sourced pork chipolatas with Chipotle sauce

Additional Menu choices - prices extra per person

Vegetable Samosas 80p Cheese and Pineapple on sticks 80p Pizza Slices 80p

Gala or Ascot Pork pie £1 Vegetarian Sausage Rolls 80p

Vegetable spring rolls 80p Cheese board £2

Supplied by Pottergate Pantry

Tel: 01603 630807 Monday – Friday 8am – 3pm, or Saturday 9am -12.30pm ask for Carl Or email: pottergatepantry@outlook.com

Please Note: We cannot cater for any wakes on Friday mornings. The room hire is included in the above prices for 2 hours from arrival, bar service is included for wakes over 40 guests, smaller parties incur a small surcharge

Please inform us of any dietary requirements at the time of booking

SIR RICHARDS OWN SCOUT GROUP



SCOUTS, CUBS & BEAVERS

For information please contact the Group Scout Leader Mike Gleeson at gsl@hsfscouts.org



ST FAITHS PRE-SCHOOL



Monday. Tuesday, Thursday & Friday 9 am - 12 noon & 12 noon - 3 pm £14.50 per session until nursery funded

Breakfast Club: Monday & Thursday 8 - 9 am

(£4 a session includes breakfast and drink)

After School Club: Monday & Thursday 3 - 3.30 pm

£2 a session includes snack and drink)

Good links to St Faiths C of E Primary School

Safe, secure and exciting environment in well equipped room Qualified, experienced and friendly staff. Strong links with parents Personalised learning, development and care to help children to get the best possible start in life

A broad and balanced curriculum of the Early Years Foundation Stage Employee Childcare Contributions accepted For further information and to book a place please contact

Mandy Clarke (Manager) 07763 178190

~ ~ ANSWERS TO DINGBATS ~ ~

1 All over the world 10 Man overboard

2 Children in need 11 Read all about it

3 Flat Iron 12 Cake mix

4 High Seas 13 Double decker bus

5 Peace be with you 14 Dust to dust

6 Round Robin 15 The game is up

7 Altar boy [Alter boy!!] 16 Maximum [Maxi Mum]

8 Double Cream 17 Room at the top

9 Forever and a day 18 A multitude of sins

~ ~ ANSWERS TO SUDOKU ~ ~

EASY

7	1	8	9	2	3	5	6	4
9	3	5	6	4	7	8	1	2
2	4	6	8	5	1	7	3	9
6	9	2	3	1	5	4	7	8
3	5	4	7	8	2	1	9	6
8	7	1	4	6	9	3	2	5
5	2	7	1	9	4	6	8	3
4	6	3	2	7	8	9	5	1
1	8	9	5	3	6	2	4	7

FIENDISH

7	6	8	4	3	9	5	2	1
4	9	1	8	5	2	6	7	3
3	2	5	6	7	1	9	4	8
5	1	9	7	8	4	3	6	2
6	4	3	2	1	5	8	9	7
2	8	7	9	6	3	1	5	4
1	7	2	5	9	8	4	3	6
9	3	6	1	4	7	2	8	5
8	5	4	3	2	6	7	1	9



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