

An Invitation to the

EATON SUMMER PROGRAMME

**This is a local event for everyone in
Eaton, so please come and join us
August 2018**

Why not make the month of August an enjoyable and uplifting experience by participating in our wide variety of Summer Programme events? In 2018 we are offering activities which have become firm favourites over the years and also some new speakers and events. We are lucky in that both Eaton parish churches support and contribute to the Summer Programme and make their church buildings available for our activities, and event organisers give their services free; so why not come and join in the fun.

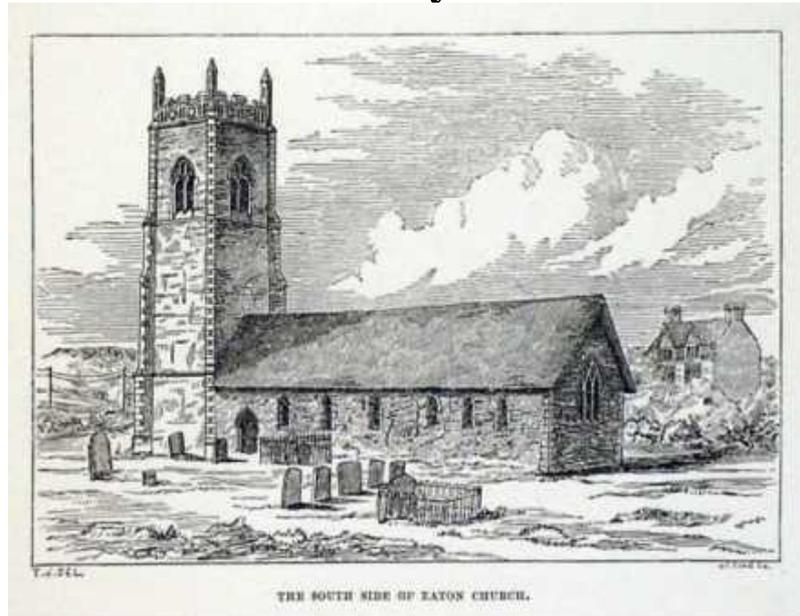
The Summer Programme this year is being run by Neil Rout, John Thurman, Ruth Vaughan and Lavinia Bailey

**PLEASE REGISTER FOR ALL EVENTS YOU WISH TO
ATTEND (DETAILS ON PAGES 9/11)**

**For queries only please contact Ruth Vaughan
Tel. 01603 504849, email: ruth_vaughan@btinternet.com**

**Registration forms (see p 11) must be returned c/o the
Parishes Office**

A Brief History of Eaton



(Picture by permission of Norfolk Museums Service)

In Saxon times the manor of Eaton belonged to the King but in 1106 Henry I gifted it to Bishop Herbert de Losinga, to help fund his vision of a Benedictine Cathedral and monastery in Norwich. From then on Eaton belonged to the Prior and Convent and, later, to the Dean and Chapter.

The Domesday Book records a Saxon church in Eaton in 1086 which was probably built of wood. Its roof has been thatched since the Middle Ages. The tower was added in the fifteenth century.

The first priests of Eaton were rectors. When Roger Luvel, its last rector, died in 1204 the monks became its corporate rectors and appointed vicars (substitutes) to care for the parish's spiritual needs. Jeffry de Boton was the first known vicar of St Andrew's, instituted around 1308.

For centuries Eaton was a poor parish. In the early eighteenth century it not only qualified for Queen Anne's Bounty, originally granted to livings with a yearly value of less than £10, but its vicars also needed more than one parish to supplement their income.

This situation changed radically during the 19th century, when the population in the northern end of the parish exploded. This resulted in the building of a chapel of ease (Christ Church). When the southern part of the parish also grew during the 20th century a light and airy extension was added to the original village church.

Eaton Summer Programme - August 2018

1. □ **A Very Remarkable Monarch** **Wednesday 1st, 2.30-3.45**
Christ Church

For Canon Ivan Bailey, King James I, survivor of the Gunpowder Plot, is a man undervalued - as are other colourful characters who combined with him against the odds to give us the Bible associated with his name.
2. □ **Scrabble** **Thursday 2nd, 2.30 - 4.30, Red Lion, Eaton**

Words, words, words! Learn more to score more! Everyone plays three games of 40 minutes each. Afternoon tea will be provided at the end of the afternoon.
3. □ **Stained Glass (2 sessions, max 5 people each)** **Saturdays 4th and 11th**
2.00 - 3.30, 103 Ber Street

These two sessions will be rare opportunities to see a demonstration of the many skills involved in working with stained glass for domestic and commercial purposes. The sessions will be led by the staff of Trinity Stained Glass Company based at 103 Ber Street in Norwich, to whom we are most grateful. *Please sign up for only one session.*
4. □ **An Indian Meal (max 40)** **Saturday 4th, 7.00 -10.00**
St Andrew's Church Hall

Valli Rao and her team will serve a home-cooked Indian meal for £25, including a glass of wine. Bookings must be made direct to Valli (ask at St Andrew's or Christ Church or in the Parishes Office). Cheques should be made payable to K R Bethapudy. All profit will go to charities. **Normal registration NOT required.**
5. □ **Yoga with Maria (max 5)** **Monday 6th**
St Andrew's Church Hall

The Summer Programme offers a free taster session for over-50s on the following dates: **Mondays 6th, 13th and 20th at 10.00 and 11.15, and on Wednesdays 8th, 15th, 22nd and 29th at 10.00.** Please register and *indicate clearly* the time and date of the **ONE** class you wish to join. Both men and women welcome.
6. □ **Beading for Pleasure** **Monday 6th, 2.30 - 3.30**
St Andrew's Church Hall

Olive Lunn will give an informal talk about her hobby of beading and will show examples of jewellery, baubles and ornaments.

- 12. □ Holiday at Home - second group (max 20)** **Friday 10th, 10.00-3.30**
St Andrew's Church Hall

See Item 10 for details. When registering please indicate which of the two days you could do, indicating your first choice.

- 13. □ Favourite Songs to Sing** **Friday 10th August, 7.30 -9.30**
St Andrew's Church

After the hugely successful 'An Evening at the Musicals' Margaret Smith this year asks for suggestions of songs to sing - sacred or secular, the choice is yours - and she will fit your favourites into a programme. Register in the usual way and then contact Margaret direct with your favourite songs (453010, margarethj.smith@btinternet.com)

- 14. □ Annual Pilgrimage (max 20)** **Saturday 11th, 9.00**
St Andrew's Car Park

This year we will be travelling to churches in West Norfolk, returning in the afternoon. Details will be circulated to those who have been allocated places. Please indicate if you are prepared to use your car and can offer lifts.

- 15. □ An Introduction to Qigong** **Saturday 11th, 11.00 -12.30**
St Andrew's Church Hall

The gentle movements of Qigong form the powerful basis of Tai Chi releasing tension and creating a calm mind and deeply relaxed body. Feel calm, feel energised, glow with health! Suitable for adults of any age and physical ability. Jasmine Hastings will lead this free taster session.

- 16. □ Stained Glass (2 sessions, max 5 people each) Saturday 11th 2.00 - 3.30**
103 Ber Street

(see item 3 above). Please sign up for only one session.

- 17. □ A Stroll in Eaton Park** **Sunday 12th, 2.30 - 4.00**

An opportunity for those not wanting to ramble too far, this is a chance to meet, walk, talk and enjoy refreshments in our splendid local park. Meet by the Crazy Golf ticket office at the Colman Road end of the park at 2.30.

- 18. □ Are your eyes bigger than your belly?** **Tuesday 14th, 2.30 - 4.00**
St Andrew's Church Hall
 Professor Peter Wilde from the Food and Health Programme at the Norwich Research Park will give us the benefit of his clinical knowledge and research on healthy eating and explain the science behind controlling digestion and reducing appetite.
- 19. □ Yoga with Maria for Men (max 15, min 10)** **Wednesday 15th**
St Andrew's Church Hall, 11.15 - 12.15
 This is a new activity for men over 50 years old to stretch, tone and relax. GENTLEMEN, this is a rare opportunity - not to be missed!
- 20. □ Arrows, Wolfs and Wuffings:** **Wednesday 15th, 2.30 - 3.45**
Finding St Edmund in East Anglian churches - St Andrew's Church Hall
 Dr Rebecca Pinner is a local resident and medieval history lecturer at UEA and has recently published a major reference book on The Cult of St Edmund in Medieval East Anglia.
- 21. □ Morning Ramble (max 18)** **Thursday 16th, 9.30am**
Meet in St Andrew's Car Park for 9.30 start
 Richard Holcombe will lead a four to five mile walk in the Norfolk countryside. We drive to the start and then walk until lunch-time and buy lunch at a pub. You will need appropriate footwear (boots or strong trainers) and waterproof clothing depending on the weather forecast. Car owners are asked to bring their cars to the Church car park as we may need to share lifts. **Registration is essential because numbers are restricted.** If you have to withdraw after registering please inform Ruth Vaughan so that a person on the waiting list can replace you.
- 22. □ Become a Dementia Friend Today! Thursday 16th August, 3.30 - 4.30**
Christ Church
 A friendly interactive session to increase your understanding of dementia and think about the small things that you can do to make a difference to people who live with dementia in your community.
- 23. □ Mobiles** **Friday 17th, 10.00-11.30, St Andrew's Church Hall**
 A demonstration of how to create mobiles from fabrics using simple shapes and basic stitches. Janice Hales will encourage everyone to be really creative!

- 24. □ Open Day for the Cringleford and Eaton Horticultural Society**
Saturday 18th, 2.00-5.00pm, St Andrew's Church Hall
FULL DETAILS ON PAGE 10 - REGISTRATION NOT REQUIRED
- 25. □ From Sledge-hammer to Targeted Missiles Monday 20th, 10.30 - 11.30**
Christ Church
 Jennie Wimperis, a retired consultant haematologist, will describe the changes in cancer treatment as a result of research. This will be of great interest to many people - not to be missed.
- 26. □ Visit to the John Innes Historical Library Collection (max 20)**
Monday 20th, 2.30 - 4.00 at the John Innes Centre, Colney Lane
 An opportunity to see this fascinating collection of books and botanical illustrations dating back 400 years which is not normally open to the public. Warning: it is necessary to climb a flight of stairs. Also, it is suggested that visitors have warm clothing available as the collection is kept in a cool, air-conditioned environment.
- 27. □ Changes in Family Life since the 1950s** **Tuesday 21st, 10.00-11.30**
St Andrew's Church Hall
 This session will be led by a teacher of 'A' level Sociology who will outline some of the key sociological research and changes in legislation and culture in recent times which are covered in the 'A' level syllabus. This will be a fascinating insight for those of us born before, during or soon after the 1939-45 war.
- 28. □ Napoleon 'en famille'** **Tuesday 21st, 2.30 - 3.30**
St Andrew's Church Hall
 Romaine Bailey will give a light-hearted and illustrated presentation as to how Napoleon had clear ideas on controlling Europe but whose family was another matter.
- 29. □ Bowling at the Norfolk Bowling Club Wednesday 22nd, 10.00-12 noon**
Norwich Bowling Club, Unthank Road
 Ever thought you would like to try your hand at indoor bowling? If so then here's your chance. The Norfolk Bowling Club is kindly offering you the opportunity from 10.00 - 12 noon. No previous experience is needed - just come along with smooth-soled flat shoes or stockinged feet. Bowls will be available and basic tuition given. All ages (above 11 years) welcome. Cost £2 per head.
Registration is essential.

- 30. □ Eaton CAMEO Holiday Special** **Wednesday 22, 2.30 - 4.30**
St Andrew's Church Hall
 A time to beat loneliness - join a friendly group to recall some special places and share happy memories of past summer holidays.
- 31. □ Dance/Extend with Patsy (min 8, max 18)** **Wednesday 22nd,**
12.00 - 1 pm, St Andrew's Church Hall
 As part of the Summer Programme Patsy Martin will be offering a free taster session of her dance/extend exercise class. A fun class for both men and women.
- 32. □ Create a New Board Game** **Thursday 23rd 2.30 - 4.30**
Christ Church
 A chance to try something entirely different. The theme will be scriptural but all the rules and regulations will be established as the project develops. Look forward to working as a team and enjoy the challenge.
- 33. □ What to do in a Medical Emergency (max 20) Friday 24th, 10.00 -12 noon**
St Andrew's Church Hall
 One never knows when it might be you who is faced with a serious life-threatening situation. This session will give you some help and more confidence to cope should it ever happen. Chris Rout will lead this session.
- 34. □ The Art of Water-colour Painting** **Monday 27th, 2.30 - 4.30**
St Andrew's Church Hall
 Maureen Blandford will demonstrate and explain the skills and techniques of water-colour painting. Drop in any time during the afternoon but please register your intention to do so.
- 35. □ Eaton Across the Ages - a time for all Tuesday 28th, 10.30 - 12 noon**
St Andrew's Church Hall
 Vivien Humber will present an interesting and informative canter through the history of the Parish of Eaton from Saxon to more recent times.
- 36. □ Count-Up** **Tuesday 28th, 2.30 - 4.00**
Christ Church
 A version of Countdown where everyone in the group scores in every game. An afternoon to enjoy.

37. □ **As it seems to me now!**

Wednesday 29th, 2.30 - 3.45
St Andrew's Church

We have invited Ivan Bailey to relate personal highlights from the past to the present and to beguile us with favourite readings and music. Who needs comedians when we have Ivan!

38. □ **Ways with Words**

Friday 31st, 10.30 - 11.30
Christ Church

Rachel Hore (aka Rachel Taylor) talks about her latest novel *Last Letter Home* and about teaching creative writing at the University of East Anglia.

39. □ **Thanksgiving Service Sunday 2nd September, 6.30, St Andrew's Church**

All are invited to this annual service which will be a Book of Common Prayer (BCP) Evensong, As residents of Eaton we have so much to be thankful for, so let's 'Rejoice and be Glad'!

NO NEED TO REGISTER FOR THIS

DISPLAY OF PHOTOGRAPHS OF NORFOLK CHURCHES

1st - 12th August at Christ Church

Enjoy Mike Trendell's excellent photography

REGISTRATION DETAILS

- Registration is open to anyone who lives in Eaton and to their family and friends. Registration is **free** but donations are usually requested to cover the cost of printing and venues, and to support the work undertaken in the different locations.
- You may register for as many events as you wish but **booking is by form only**- please return the form by 13 July.
- For the few events which have restricted numbers please apply early and then **contact Ruth Vaughan if you cannot attend**, as there will be a waiting list. Cancellation is not required for other events. **YOU CAN ASSUME ACCEPTANCE UNLESS YOU ARE NOTIFIED OTHERWISE AFTER THE CLOSING DATE OF 13 JULY.**

**OPEN DAY FOR THE CRINGLEFORD AND EATON
HORTICULTURAL SOCIETY**

‘SHOW WHAT WE GROW’



SATURDAY 18 AUGUST, 2.00 PM - 5.00 PM

ST ANDREW’S CHURCH HALL

ADMISSION FREE FOR EXHIBITORS

ENTRY FOR NON-EXHIBITORS £1

(Children under 16 free)

**Come along and enjoy the colourful display of
FLOWERS, FRUIT, VEGETABLES, HOME PRODUCE, ART,
PHOTOGRAPHY, HOBBIES AND CRAFTS, AND AN EXHIBITION BY
CRINGLEFORD ART CLUB**

**ALL CLASSES ARE OPEN TO MEMBERS AND NON-MEMBERS AND
THERE IS NO FEE TO EXHIBIT
(RHS and WI standards will not be used by the judges.)**

JUNIOR SECTION:

Flowers in a Jam Jar, Photograph of a Garden

REFRESHMENTS

AUCTION OF UNCLAIMED EXHIBITS AT 4.00PM

QUALITY RAFFLE TO BE DRAWN AT 4.30PM

**Please apply for a schedule of classes and an entry form to:
Peter Munday, 98 Newmarket Road, Cringleford NR4 6UD
Tel. 01603 454774, email petermunday17@btinternet.com**

Entry forms should be returned to Peter by 2pm on Wednesday 15 August

REGISTRATION FORM

Please return your form by 13 July to Ruth Vaughan
c/o the Parishes Office, 41 Church Lane, Eaton, NR4 6NW

Name (please print).....
Email address.....
Address
..... Tel. No

Ref. No.	Activity	Name(s) of attendee(s)
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We need these details so that we can contact you if an event has to be cancelled, and to help us prepare for numbers wishing to attend. Thank you.

**YOU CAN ASSUME ACCEPTANCE UNLESS YOU ARE NOTIFIED AFTER
THE CLOSING DATE OF 13 JULY.**

