

An Invitation to the

EATON SUMMER PROGRAMME

**This is a local event for everyone in
Eaton, so please come and join us
August 2019**

Why not make the month of August an enjoyable and uplifting experience by participating in our wide variety of Summer Programme events? In 2019 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 10/11)**

**PLEASE NOTE: IT IS NOT POSSIBLE TO ACKNOWLEDGE
ALL APPLICATIONS. YOU WILL ONLY BE CONTACTED IF
YOU CANNOT ATTEND YOUR CHOSEN ACTIVITY -
OTHERWISE PLEASE ASSUME ACCEPTANCE.**

**For any registration 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**

THE MALAWI DAY

Saturday 17th August, 10.00-4.00
St Andrew's Church Hall

A presentation by the Nantongwe Family

10.00 Assemble for coffee
1.00 Buffet Lunch
3.30 Afternoon Tea

MALAWI THE COUNTRY

History, Geography, Population, Tribes, Languages, Politics, Culture

THE STORY - 2000 – 2019

Frances' first visit

THE VILLAGE

Changes which have taken place

THE FUTURE

The project: to build and equip a village meeting place which will enable many activities, especially educational, to take place.

FUNDING REQUIRED

Tickets £25 per head available from Neil Rout (tel. 259385)
neilrout@yahoo.co.uk (email contact preferred).

This is a rare opportunity to have direct and personal contact with a village in Malawi. Every penny/pound raised will be used to support the project.

DISPLAY OF PHOTOGRAPHS OF NORFOLK CHURCHES

2nd – 18th August at Christ Church

An important in-depth photographic look at a selection of Norfolk's lovely medieval churches by renowned local photographer Mike Trendell.

Eaton Summer Programme – August 2019

1. **Holiday at Home – first group (max 20)** **Thursday 1st, 10.00-3.30**
St Andrew’s Church Hall
A day for the senior members of Eaton led by Sheila Nunney with the theme of ‘Caledonian Capers’. Coffee, lunch, tea and cake and various activities and entertainment, all for the nominal charge of £5 on the day. Please notify if you have any dietary requirements. (*See also Item 3 below*).

2. **Evening Ramble (max 25)** **Thursday 1st, 5.45-8.15**
Meet in St Andrew’s Car Park at 5.45
Denise Back will lead the Evening Ramble. Meet at 5.45 in St Andrew’s car park to organise car lifts to the starting point. The walk will be about three miles, returning to St Andrew’s car park at approximately 8.15. Please indicate if you are prepared to drive to the starting point. **If you have to withdraw after registering please inform Ruth Vaughan so that a person on the waiting list can replace you.**

3. **Holiday at Home – second group (max 20)** **Friday 2nd, 10.00-3.30**
St Andrew’s Church Hall
See Item 1 for details. When registering please indicate which of the two days you could do, indicating your first choice.

4. **Stained Glass (max 5 people)** **Saturday 3rd, 2.00-3.30**
103 Ber Street
This session will be a rare opportunity to see a demonstration of the many skills involved in working with stained glass for domestic and commercial purposes. The session will be led by the staff of Trinity Stained Glass Company based at 103 Ber Street in Norwich, to whom we are most grateful.

5. **An Indian Meal (max 40)** **Saturday 3rd 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.**

6. **Remarkable Women who inspired children: Enid Blyton**
Monday 5th, 10.00-12 noon, Christ Church
 An iconic figure who produced over 700 books and inspired many children to read in the twentieth century, and who still appears in the top ten list of the most popular children's authors. Carol Morgan will be looking at possible reasons for this.
7. **God and Science: Harmony not Rivalry** **Monday 5th, 7.30**
Christ Church
 The Revd Dr Patrick Richmond argues that science and belief in God need not be in competition and that God provides an explanation for why there is a lawful, comprehensible cosmos and consciousness at all.
8. **A Basket of Delights (min 10, max 15)** **Tuesday 6th, 2.30 - 4.30**
Christ Church
 Carole Richmond will make a basket arrangement and show how to condition plant material and use it in either a modern or traditional way with flowers. A list of materials required will be given when you sign up. Floral sundries (eg Oasis pads) will be available.
9. **Croquet in the Park** **Wednesday 7th, 10 – 12.00, Eaton Park**
 Norwich Croquet Club invites you to come and try your hand at Golf Croquet on their lawn at Eaton Park (inside the hedge beside the Boating Lake – look for the white pavilion). This is a simple version, very easy to pick up, with a game lasting about thirty minutes. There will be a fee of £5 to cover the cost of the lawns and refreshments etc. Equipment and instruction provided. Please wear flat shoes. The formal session will end at noon, but the lawns will remain available for anyone who would like to stay on and play till 2pm.
10. **Nothing Lost on the Journey** **Wednesday 7th, 10.30**
Christ Church
 How a Brazilian lass ended up in England via Tanzania. How God moves in mysterious ways His wonders to perform. The fascinating story of the new Curate at Christ Church, Shawn Tomlinson.
11. **'Style Tips and Tricks'** **Thursday 8th, 10.00-11.30**
St Andrew's Church Hall
 A presentation by Chrissi Rix from the Style Show boutique, looking at colour and shape, followed by a mini fashion show.

12. **Desert Island Discs (1)** **Thursday 8th, 2.30**
St Andrew's Church
Margaret Smith will share eight pieces of music which mean a lot to her, in the Desert Island Disc format.
13. **Make your Mark** **Friday 9th, 2.30-4.00**
St Andrew's Church Hall
A lively talk from Alison Smith, with lots of practical tips on how to create a good personal archive from all your photos, documents and objects – ensuring that you hand on what *really* matters.
14. **An Introduction to Qigong** **Saturday 10th, 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.
15. **Annual Pilgrimage (max 20)** **Saturday 10th, 9.00**
St Andrew's Car Park
This year we will be travelling to churches in North East 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.
16. **Remarkable Women who inspired children – Jill Pirrie** **Monday 12th, 10-12 noon, Christ Church**
A Suffolk Middle School teacher who, in Ted Hughes' words, achieved 'extraordinary success in the teaching of written English', with her pupils winning national acclaim in the W H Smith Young Writers' Competition. Carol Morgan will be looking at her techniques and some of her pupils' work.
17. **Painting Demonstration in Oils and Watercolour - Monday 12th, 2.00-4.00** **St Andrew's Church Hall**
Experienced painters, Cheryl Frenneaux and Maureen Blandford will be prepared to talk as they work. Registration NOT required. Stay for all or part of the afternoon.

- 18. Scrabble** **Monday 12th, 2.00 – 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. Bring your own Scrabble board and tiles.
- 19. The Vicar's Trip to Israel** **Tuesday 13th, 10.00**
Christ Church
The Revd Dr Patrick Richmond shows pictures and offers comments on his trip to Israel this year with the Anglo-Israel Association, which gave insights into the Bible, archaeology and current events.
- 20. Beading for Pleasure** **Tuesday 13th, 2.30 – 3.30**
Christ Church
Another chance to hear Olive Lunn's informal talk about her hobby of beading and see examples of jewellery, baubles and ornaments.
- 21. Getting to the bottom of GCSE Sociology** **Tuesday 13th, 2.30**
St Andrew's Church Hall
Frances Nantongwe, a teacher of Sociology at Reepham High School, will talk about the challenges of the new GCSE course, including school diversity, the functions of education and marketisation of schools. If you're interested in education then this is a must!
- 22. Desert Island Discs (2)** **Wednesday 14th, 2.30**
Christ Church
Colin Way will share his love of music using the Desert Island Disc format of selecting eight pieces of music which have given him so much pleasure over the years.
- 23. Old Man Noah Had an Ark...** **Thursday 15th, 2.30-3.45**
St Andrew's Church
An amiable voyage of discovery skippered by Canon Ivan Bailey exploring the truth of one of the world's best-loved and most enduring stories.
- 24. No need to put your feet up for Couching!** **Friday 16th, 10-11.30**
St Andrew's Church Hall
Janice Hales will demonstrate the Couching stitch to achieve a simple design to make a small decorative panel. Only one stitch to conquer! Fabric and thread provided – bring your own scissors.

25. **Understanding Dementia** **Friday 16th, 2.30**
St Andrew's Church Hall
Jill Noble from the Alzheimers' Society will lead an interactive session to increase understanding of Dementia and consider the variety of ways in which small things can make a difference to those with memory problems and other related matters.
26. **Come and Sing** **Friday 16th, 7.30pm**
St Andrew's Church
Come and sing – but the choice is yours! Suggestions of songs, sacred or secular to Margaret Smith as soon as possible (01603 453010) or email margarethsmith@btinternet.com. Register if you can, but it's not essential.
27. **Malawi Day** **Saturday 17th, 10.00-4.00**
St Andrew's Church Hall
A presentation by the Nantongwe Family – something very different!
See page 2.
28. **Traditional Hymns we love to sing** **Sunday 18th, 2.30**
St Andrew's Church
Claire MacArthur will give some background to a selection of favourite hymns and encourage us to sing them – an enjoyable Sunday afternoon!
29. **Visit to the John Innes Historical Library Collection (max 15)**
Monday 19th, 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.
30. **The Writing Life** **Tuesday 20th, 10.30**
St Andrew's Church Hall
In conversation with his wife and fellow local author, Rachel Hore, D J Taylor discusses the challenge of writing fiction and non-fiction – and how sometimes these very different mediums intersect.

31. A Singing Workshop (min 8)

Tuesday 20th, 2.00

St Andrew's Church

Meg Turpin, the Musical Director of the Norwich Community Choir, will lead a 90-minute singing session of rounds and simple two or three part harmony songs that can be learnt in one session. Singing together brings us into the moment, takes us out of our heads and into our hearts. Singing is simply the best way to build powerful bonds between people and create lasting communities.

32. Understanding Russia Today

Tuesday 20th, 2.30

St Andrew's Church Hall

When the Soviet Union broke up in 1991 and Russia became an independent country, the West assumed that the Cold War was over and that Russia would no longer be an enemy but a partner. However, perceptions of Russia have now changed. After its actions in Crimea, Syria, Salisbury and elsewhere, Russia is once again seen as an enemy. Why has Russia changed and why is it seemingly indifferent to Western opinion?

From 1991 to 1997 Michael Blackwell was an IMF economist working in the former Soviet republics. He has maintained a keen interest in Russia and regularly visits Moscow where his extended family includes Russians. This, and his knowledge of the language, gives him a good insight into contemporary Russia.

33. Nutrition and Brain Vitality

Wednesday 21st, 10.30

St Andrew's Church Hall

Anne-Marie Minihane is Professor of Nutrigenetics at the UEA Medical School and conducts research into how what we eat and drink can affect the health of our brains. She will explain that some important components of diet have a positive impact on cognition and that, along with other aspects of lifestyle, this can reduce the probability of dementia in old age.

34. Dance/Extend with Patsy (min 8, max 18) Wednesday 21st, 12.30-1.30

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 ladies.

35. **Morning Ramble (max 18)** **Thursday 22nd, 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.
36. **An Evening of Music with Scott Morrison** **Thursday 22nd, 7.30**
St Andrew's Church
Scott will play the piano – and maybe other instruments as well! Come and enjoy a varied programme – from Grieg to Gershwin and everything in between.
37. **The WEA – Adult Learning for All** **Friday 23rd, 10.00-12 noon**
St Andrew's Church Hall
A talk on 'Community Cohesion and the WEA'.
38. **Desert Island Discs (3) - A Researcher Remembers** **Friday 23rd, 2.30-3.30 St Andrew's Church**
Romaine Bailey will share her musical interest by a Desert Island Disc presentation. Romaine did a great deal of research for radio and TV programmes and books over the years.
39. **Georgian and Victorian Eaton and its People** **Tuesday 27th, 10.30**
Christ Church
The 19th century was a time of turbulence and change in the country and the city of Norwich; this talk by Vivien Humber looks at some of the 'movers and shakers' who lived and worked in Eaton.
40. **Bowling at the Norfolk Bowling Club** **Wednesday 28th, 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 stocking feet.
Bowls will be available and basic tuition given. All ages (above 11 years) welcome. Cost £2 per head. **Registration is essential.**

41. **Eaton CAMEO Holiday Special** **Wednesday 28th, 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.
42. **Maths Game** **Thursday 29th, 10.00-12 noon**
St Andrew’s Church Hall
 Come and have a go at the Maths-Merry-Go-Round organised by U3A Norwich Maths is Fun Group. You can bring a child/children to help you if you wish. This is a drop-in session so people can come along from the beginning till half an hour from the end.
43. **Open Day for the Cringleford and Eaton Horticultural Society**
Saturday 31 August, 2.00-5.00, St Andrew’s Church Hall
FULL DETAILS ON PAGE 12 – NO NEED TO REGISTER
44. **Thanksgiving Service** **Sunday 1st September, 6.30, Christ Church**
 All are invited to this annual service of Thanksgiving. **No need to register for this.**

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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 **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 31 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 28 August

