



# The Round

Editor: Swan Cottage, Lamas - 01603 279576  
email: rozroselamas@outlook.com



## Diary - July 2026

6<sup>th</sup> 7.30pm  
9<sup>th</sup> 7.00pm  
11<sup>th</sup> 10.00am  
12<sup>th</sup> 11.00am  
13<sup>th</sup> 7.30pm  
14<sup>th</sup> 2.00pm

Buxton & District Photographic Club, Buxton V Hall  
Buxton & District W.I., Buxton Village Hall  
Crafters Club, Lamas Village Hall  
Buxton Preschool Family Fun Day, Buxton Village Hall  
Buxton with Lamas Parish Council, Buxton V Hall  
Jubilee Café, Buxton Village Hall

### Last day for copy for August/September Round

20<sup>th</sup> 7.30pm  
26<sup>th</sup> 10.00am

Buxton & District Photographic Club, Buxton V Hall  
Buxton Church Coffee Morning

### Events in other places nearby:

8<sup>th</sup> 7.00pm  
11<sup>th</sup> 10.00am  
2.00pm  
28<sup>th</sup> 1.45pm  
31<sup>st</sup> 7.00pm

Aylsham Flower Club, Aylsham Town Hall  
Marsham Church Coffee Morning  
Summer Concert, Stratton Strawless Village Hall  
Aylsham u3a, Aylsham Town Hall  
Frettenham Film Night, Frettenham Village Hall

## Lammas Day Saturday August 1st



Spit-roast lamb, plus other BBQ  
vegetarian food cooked  
separately!

In the garden of Lammas Manor from 5pm.

Aiming to serve at 6-ish

Raising money for St Andrew's Church, Lamas

### Lammas Day

An ancient celebration in which people  
baked a loaf of bread from the first  
harvest of wheat.

So enter the Best Lammas Loaf  
contest - bring it on the day - £2!



### Cocktail Bar!

Beer, wines, soft drinks

Cash only

Some Lammas  
fund raising  
wheezes!



Hurry - tickets are limited:

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Help us to build our involvement in the community and develop the future of our school.

We really value the input from our group of brilliant Governors at Buxton Primary School, and currently have a vacancy for a new co-opted (community) Governor to come and be a key part of our school. Could this be you?

Being a school Governor is an excellent way to get involved in the local community, learn new skills and meet new people. Our Governing Body are a pro-active group of volunteers who support the Headteacher and her Senior Leadership Team, with the leadership and management of the school.

Being a Governor both supports and challenges the school. Governors undertake their responsibilities with diligence, integrity and rigor. Our Governing Body are a mixed team, some parents, some staff and some members of our community. From finance to site management, staffing to pupil welfare to curriculum development, every Governor is guaranteed to broaden their skills and knowledge in some way. Free training is available to build personal skills and boost self-confidence.

Anyone aged 18 or over, who can attend an average of two meetings a term should consider applying. You don't need to have any special qualifications - just a real desire to help your local school.

We really appreciate your time and support and look forward to meeting you soon.

To express interest and for more information and an application form, please contact one of:

Kelly Hall, our Clerk: [office@buxton.norfolk.sch.uk](mailto:office@buxton.norfolk.sch.uk)

Kathryn Corder, our Chair of Governors: [chairofgov@buxton.norfolk.sch.uk](mailto:chairofgov@buxton.norfolk.sch.uk)

Jules Stops, our Headteacher: [head@buxton.norfolk.sch.uk](mailto:head@buxton.norfolk.sch.uk)

School telephone number: 01603 279357

## Buxton & District Women's Institute News



In June Buxton WI members, along with our guests from Coltishall, Aylsham and Spixworth WI's, were enthralled by Andrew Sankey's presentation on "The History of the Cottage Garden". We were also joined by Kim Reynolds, the new Chair of Norfolk Federation of WI's. We were surprised to hear where so many common sayings came from such as "pot luck". Afterwards Gail Armstrong, our delegate to the National Federation WI Annual Meeting, gave her report on the speakers and resolutions this year.

On **Thursday 9<sup>th</sup> July** our speaker will be **Juyna Lewis** talking about "**Norfolk's Indian Princess**". We meet at **Buxton Village Hall**, and visitors are always welcome, free of charge, refreshments provided. There will also be a bric-a-brac stall.

**Bolwick Hall, Marham** – we have a guided tour of the gardens booked on **Tuesday 21<sup>st</sup> July at 3 p.m.** The gardens were reputedly planned by Humphrey Repton and include a walled garden and roses. The tour will be about an hour and a quarter, followed by cold drinks – cost £10. We have a few spare places if anyone would like to join us – please contact Vereen on 01603 279457 or 0786 7927338 ([vereen.marcer@gmail.com](mailto:vereen.marcer@gmail.com)).

## Attention all Gardeners!



Would you like the opportunity to grow, and share in, a variety of vegetables? All seeds, plants and tools will be provided along with tea/coffee and biscuits. Compost bins have already been set up, raised beds laid out, and there is a water supply.

We have been approached by Chris, the manager of a residential care home for seven adults with learning difficulties. It is on Shortthorn Road, Stratton Strawless, near Hevingham. He is looking for volunteers to help plan, and work on, their new kitchen garden project.

It is envisaged that a small team of, say, eight volunteers would each need to give around two hours a fortnight, on a rota basis, and participation is flexible.

For further details please contact:  
Chris Thompson  
[chris@caradonhealth-care.co.uk](mailto:chris@caradonhealth-care.co.uk)  
Tel: 01603 551135

### Jubilee Café

**2<sup>nd</sup> Tuesday monthly**  
**2 – 4 pm at Buxton Village Hall**



The next opening of the Café is on  
**14<sup>th</sup> July**  
Come along for friendship, company and a chat  
All welcome!  
No membership fee, just a donation plate to cover expenses



Monthly meetings are held on 4<sup>th</sup> Tuesday from 1.30pm in Aylsham Town Hall

The guest speaker on July 28<sup>th</sup> will be  
Mr George Phillips on  
The Air Ambulance.  
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## From the Vicar

It has been over a year since I arrived in the Bure valley and that I wrote my first letter for this magazine. What a year! And how time is flying by!



This year has been a busy one – getting my head around serving seven churches and their communities, getting to know both the church congregation and some of you in our various communities. It has been a pleasure.

It has not been without its difficulties and struggles; I left my home in Sussex, family and close friends, and have had to start again. I am called to this post, and that is a joy and sometimes hard at the same time.

God once called Jeremiah to lead, and God called him as a young boy to be a prophet. God reminded him that he knew him even before he was born, he knew all about him, his strengths, his weaknesses, how he would respond to life and what he would do – everything. Jeremiah was astounded that he should be chosen, and he had a stutter and could not speak well in front of people. He was called by God to do a job, and God said that he would be with him all the way.

Later on in the story, after many years, many years of trial and upheaval, God spoke to Jeremiah again, and said; “For surely, I know the plans I have for you, plans for your welfare, and not for harm, to give you a future and a hope. “call to me and come and pray to me, I will hear you”.

This was a reminder for Jeremiah, when all around him seemed very hard, and everything seemed as if it were pressing in. His people at the time were in exile, refugees in another country, taken into slavery. It hadn't been an easy time and God was there with him by his side.

Like Jeremiah, I too was not sure of my future, but I chose to listen and come, and to see what God had in store for me. I have been so blessed, with support and friendship and a purpose in God's calling.

Many of us are worried about our own lives, the life of the nations, and so many things that seem uncertain. But my faith in God does indeed give me a hope and a light for the future.

It's never going to be all wine and roses! But God knows and sees all that goes on, and he is always by our sides.

Sometimes, it feels as though you are on your own and God seems far away, but we can be reassured that God is listening to us, to the cry of our hearts.

So, a HUGE thank you to all of you for putting up with me thus far, and for being a supportive and accepting and loving community. God is at work in us too, to provide all those things we need every day, and to show that hope is always there, in each of us, spurring us on to be better people. It is in this small everyday attitude and way we live together that brings us closer to God's calling for us all.

My hope and prayer for you all in this summer, is that you will enjoy the sunshine and the rain!! Together, and that you may find your calling, and know God with you in every step.

Reverend Sally



## Home Groups & Life Groups

What are they?! Well, these are small, usually mid-week groups that meet regularly to pray, study and discuss things in the bible, and to generally get to know each other better, and to help each other explore and grow in our Christian life together.



Bure Valley Groups are starting soon.

We have two in Badersfield - one on a Wednesday evening, (starting very soon) and the second to start in September on a Monday afternoon. The third, also starting in September, in Buxton in the evenings. If you would like any more information please contact Rev. Sally.

## Crafters Club

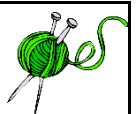
MEET UP at Lammas Village Hall  
2<sup>nd</sup> Saturday of each month ~  
10am-12.30pm



**Next meeting 11<sup>th</sup> July**

Any queries please  
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| Wednesday | Lunch 11.45 – 1.30 | Tea 4.45 – 7.30 |
| Thursday  | Lunch 11.45 – 1.30 | Tea 4.45 – 7.30 |
| Friday    | Lunch 11.45 – 1.30 | Tea 4.30 – 8.00 |
| Saturday  | Lunch 11.45 – 1.30 | Tea 4.30 – 8.00 |
| Sunday    | Closed             | Closed          |

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*A patient group member of Coltishall Medical Practice has asked if such articles on health matters could be included in The Round, as they are in Coltishall Marpit and Spixworth Parish News. I would welcome your feedback on whether you would like more of these. Ed.*

### **Calm Your Mind, Protect Your Heart**

July often feels like one of the busiest months of the year. School events, holidays approaching, work pressures, family commitments, and the general pace of modern life can all leave us feeling stretched.

A certain amount of stress is a normal part of life. In small doses, stress can even be helpful both in motivating us to act as well as responding to challenges. But when stress becomes constant and unrelenting, it begins to affect both mind and body.

As part of this year's Lifestyle Medicine series, this month we are focusing on stress management, because learning how to calm the mind is not simply about feeling better emotionally. It also helps protect our physical health.

### **What Does Stress Do to the Body?**

When we are under stress, the body releases hormones such as adrenaline and cortisol. In the short term, this is helpful. But over time, chronic stress can contribute to **High blood pressure, Poor sleep, Anxiety and low mood, Increased inflammation, Weight gain, Reduced immunity, Fatigue and burnout.**

Many patients are surprised to discover how closely stress affects physical symptoms such as headaches, stomach problems, muscle tension and even chest discomfort.

### **We Cannot Remove All Stress, But We Can Respond Differently**

Modern life will always bring pressures, but small daily habits can help our nervous system recover and reset.

Some simple strategies include:

#### **Movement Helps**

Regular movement is one of the best ways to reduce stress hormones. A walk outdoors, gardening, stretching or gentle exercise can all help calm the mind.

#### **Slow Down the Noise**

We live in a world of constant notifications, news updates and information overload. Giving yourself permission to step away from screens for periods of the day can be surprisingly restorative.

#### **Prioritise Rest and Sleep**

Stress and poor sleep often fuel each other. Protecting time to unwind in the evening, reducing caffeine late in the day, and keeping regular routines can help improve both.

#### **Connection Matters**

Talking to someone you trust, a friend, family member, neighbour or faith community, can lighten emotional burdens enormously. We are not meant to carry everything alone.

### **Spend Time Outdoors**

Nature has a calming effect on the mind. We are fortunate to have beautiful countryside, riverside walks and green spaces nearby. Even 15–20 minutes outdoors can improve mood and reduce stress levels.

### **A Gentle Reminder**

Many people are very good at caring for others but poor at caring for themselves. Looking after your own wellbeing is not selfish. It is essential.

Sometimes the healthiest thing we can do is pause, breathe, rest, and simplify.

### **Calm Mind Challenge**

For the next four weeks, try one of the following:

- ☐ Take a 20-minute walk outdoors three times a week
- ☐ Set aside 10 minutes daily without screens or devices
- ☐ Practise slow breathing or quiet reflection each evening
- ☐ Reconnect with someone you trust and have a meaningful conversation

Small habits, practised consistently, can make a remarkable difference.

Stress may be part of life but being overwhelmed does not have to be.

And as always, if stress, anxiety or low mood are becoming difficult to manage, please do speak to your doctor. Support is available.

Warm wishes,

**Dr Olumide Ayodele**

GP Partner

Coltishall & Spixworth Surgeries



### **Frettenham Village Hall Film Night**

Only £5 per person

On Friday 31<sup>st</sup> July we are showing  
**Hamnet (2025 12A (Period Drama))**

Starring Jessie Buckley and Paul Mescal

Based on the novel by Maggie O'Farrell, who co-wrote the screenplay. William Shakespeare (Paul Mescal), a young Latin tutor, falls in love with the free-spirited Agnes (Jessie Buckley) and marries her despite his parents' disapproval; in due course as a dramatist, leaving his family in Stratford. During his absence young Hamnet (Jacob Jupe) falls sick with the plague and dies before his father arrives home.

Later, Agnes journeys to London to watch her husband's latest play, Hamlet.

7.30pm – doors open 45 minutes beforehand.

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## ***From our Nature Correspondent***

July 2026

Summer is always my busiest time of the year, as I'm sure it is for many of you. I have extra circus work alongside my normal job and many more commitments for meeting family, friends or attending different events, and this is fabulous! I love to be busy. However it can make it difficult to spend time in nature, which is a shame as nature is so abundant at this time of year.

Some of my favourite flowers like campion, honeysuckle and ox-eye-daisies are flowering, freshly emerged damselflies flit along the riverbanks and certain species like swifts and swallows are only here for the summer. This can leave me feeling as though I'm missing out on wildlife sightings and, with this in mind I thought I would share a few quick ways to interact with nature that can fit in between busy summer schedules!

Perhaps the easiest way to connect with nature is to study the plant world. Woodlands, gardens and meadows are full of verdant greenery in the summer. Even the verges by roadsides and pathways will be awash with different species if you pause for a moment to notice them. A great way to quickly immerse yourself in nature is to find a plant you don't recognise, take a photo and identify it when you have a free moment. Or if there is a plant you already know, you can look up one fact about it. The latter has been hugely beneficial to me recently as I discovered that ground ivy – an unassuming little herb, with purple flowers, that grows in verges – actually has many medicinal properties, and a beautiful flavour, similar to mint, but with a gentler, more earthy taste.



Another way to connect with plants is to hug a tree. People often dismiss this activity, but there are scientific studies surrounding why it's beneficial. Trees release chemicals called phytoncides to protect themselves from pests and decay. When you are close to them and breathe in this compound it helps to boost your immune system and lower stress hormones. You can also measure a tree's age in hugs! An average adult arm span is about 1.5m so if you count how many times your arms fit

around a tree trunk you can calculate its width. If you find out the growth factor of that species of tree you can get a good estimate of the tree's age without so much as a tape measure! [www.calculator.uk.com/agriculture-farming/tree-age-calculator](http://www.calculator.uk.com/agriculture-farming/tree-age-calculator) has a list of the growth factors for many UK tree species.

Connecting with animals is more difficult on a busy schedule as they don't stay in one place! However, taking advantage of the wildlife that you are lucky enough to see is its own privilege. As a nature enthusiast I am always on the lookout for something I've never seen before but recently I have been reminding myself to appreciate familiar sightings. A glimpse of the long looping flight of a heron against a sunset, the bright red wings of a fresh peacock butterfly, the excitable chattering of sparrows and the elated screeching of swifts, all bring little moments of beauty and calm into our lives.



Alongside appreciating the wildlife that you find outside, planting nectar-giving flowers, or hanging a bird feeder, in view of your window provides great opportunities for observing wildlife while you're working indoors. Even when we are too busy to properly appreciate it, the natural world provides for us in so many small ways, whether through the calming medicine of plants, or the joy of observing species in their natural habitats.

*Breagha Folland is a freelance writer with a passion for the environment, philosophy and fantasy fiction. Contact her at: [breaghafolland@myphone.coop](mailto:breaghafolland@myphone.coop) to share your favourite ways to connect with nature.*

### **Aylsham and District Flower Club**

Our July meeting is on Wednesday 8th at Aylsham Town Hall, 7pm for a 7-30pm start.

Our demonstrator will be Naomi Wells, and her demonstration title is "Miss Cullimore"

There will be tea and coffee on arrival, the "Flower of the Month" competition, the sales table and a raffle for the arrangements.

Please come and join us for fun, friendship and flowers, visitors are always welcome, £8.

We look forward to seeing you then.

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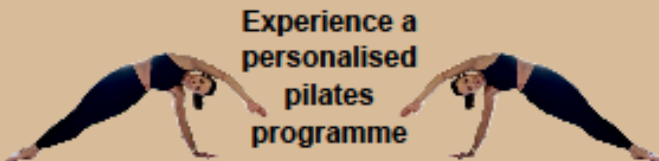
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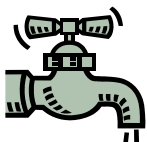
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| Church Services – July 2026                                   |             |                        |
|---------------------------------------------------------------|-------------|------------------------|
| <i>The services are correct at the time of going to print</i> |             |                        |
| Sunday 5 <sup>th</sup> July ~ Trinity 5                       |             |                        |
| 11.00am                                                       | Buxton      | Holy Communion         |
| 4.30pm                                                        | Lammas      | BCP Evening Prayer     |
| Sunday 12 <sup>th</sup> July ~ Trinity 6                      |             |                        |
| 9.30am                                                        | Burgh       | Holy Communion         |
| 11.00am                                                       | Badersfield | Iona Communion service |
| 4.30pm                                                        | Brampton    | BCP Holy Communion     |
| Sunday 19 <sup>th</sup> July ~ Trinity 7                      |             |                        |
| 9.30am                                                        | Lammas      | BCP Holy Communion     |
| 11.00am                                                       | Buxton      | Family Service         |
| 4.30pm                                                        | Oxnead      | BCP Evening Prayer     |
| Sunday 26 <sup>th</sup> July ~ Trinity 8                      |             |                        |
| 9.30am                                                        | Badersfield | Iona Communion service |
| 9.30am                                                        | Marsham     | Holy Communion         |
| 4.30pm                                                        | Brampton    | BCP Evening Prayer     |

Morning Prayer is said every Tuesday morning at 8.30am in Buxton Church

Mid-week services are held on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday monthly at St Andrews Church Buxton (4<sup>th</sup> Tuesday service will be followed by a community lunch)

## Buxton Floodlighting Sponsorship

### Sponsors for July

| W/C              | Remembering                                                 | Sponsored by             |
|------------------|-------------------------------------------------------------|--------------------------|
| 5 <sup>th</sup>  | Thinking of Ron                                             | Pearl Colman & Family    |
|                  | Remembering Ron Colman, a great churchman and a true friend | Clive and Liza Hamilton  |
|                  | Guy Tuck                                                    | Joy Tuck                 |
| 12 <sup>th</sup> | Remembering Sheila                                          | Rob and Tricia Bell      |
| 19 <sup>th</sup> | Celebrating Jessica's & Ben's Birthdays                     | Brian & Vereen Marcer    |
| 26 <sup>th</sup> | Our Mum, Winnie Finch                                       | Linda, Valerie and Julie |
|                  | Reggie Abbs                                                 | Pearl Colman & Family    |

If you would like to sponsor a week's floodlighting at St Andrew's Church, Buxton please contact Clive Hamilton on 279993 or email [clivegh@sky.com](mailto:clivegh@sky.com)

## Lammas Floodlighting Sponsorship

### Sponsors for July

| W/C              | Remembering                              | Sponsored by      |
|------------------|------------------------------------------|-------------------|
| 5 <sup>th</sup>  | Stuart Rust-Andrews                      | Jill Rust-Andrews |
| 12 <sup>th</sup> | Paul Harry Brown – Forever in our hearts | Mum and Dad       |
|                  | Mary Larwood                             | Jill Rust-Andrews |

If you would like to sponsor a week's floodlighting at St Andrew's Church, Lammas please contact Roz Rose on 279576 or email [roz@lamas.f9.co.uk](mailto:roz@lamas.f9.co.uk)

The dates quoted for floodlighting refer to the 'Week Commencing' date and not the actual event date. If you wish to cancel a donation, please let Clive or Roz know.



## Messy Church Special Days this summer

### Wednesday 22<sup>nd</sup> July 11am – 1pm

Join us again for fun activities at our next Messy church session - the theme this time is Food & Hospitality!

Come and get stuck in to some yummy delights – all found in our Bible stories

### Wednesday 19<sup>th</sup> August 11- 1pm

Come and celebrate Badersfield Messy Church turning 18yrs old!!

We are holding a Birthday celebration with many wonderful activities and a Birthday tea. All takes place at St. Edward's Church, Badersfield & funded by your donations