

An Invitation to the

EATON SUMMER PROGRAMME

**This is a local event for everyone in
Eaton, so please come and join us
August 2017**

Why not make the month of August an enjoyable and uplifting experience by participating in our wide variety of Summer Programme events? In 2017 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.

Also enclosed with this brochure are details of:

Eaton Parishes Garden Party – Saturday 10th June

**Eaton Village Residents Association Scarecrow Festival
15th–16th July**

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 6/7)**

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

Eaton Summer Programme – August 2017

1. **The Amazing Martin Luther** **Tuesday 1st, 2.30–4.00pm, Christ Church**
October 31st marks the 500th anniversary of the day in 1517 when a German monk posted some papers for the Pope on the door of a church in Wittenberg. As well as his own – incredibly – he turned the whole life of Europe upside down and leaves a legacy that still touches ours. Ivan Bailey explains all.
2. **Holiday at Home – first group (Max 20)** **Wednesday 2nd, 10.00–3.30pm**
St Andrew’s Church Hall
A day for the senior members of Eaton led by Sheila Nunney with the theme of ‘A Magic Carpet Ride’. 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 4 below*).
3. **Croquet in the Park** **Wednesday 2nd, 10am–12 noon**
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). 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.
4. **Holiday at Home – second group (Max 20)** **Thursday 3rd, 10am–3.30pm**
St Andrew’s Church Hall
See Item 2 above for details. When registering please indicate which of the two days you could do, indicating your first choice.
5. **Tips for first-time Gardeners** **Thursday 3rd, 7.00–8.30pm**
Meet in St Andrew’s Car Park
A chance to visit three very different gardens to gain ideas.
6. **The John Innes Institute** **Friday 4th, 10.30–12 noon**
St Andrew’s Church Hall
Dr Anne Edwards from the John Innes Institute will talk about the distinguished history and the present work of this world class research centre on our doorstep. She will also say something about her work on Ash Dieback Disease.
7. **You may have to save a life – find out how! (Max 20)**
Saturday 5th, 10am-12noon, St Andrew’s Church Hall
Chris Rout, an experienced paramedic and tutor, will demonstrate and give opportunities to practise techniques which are essential in cases of emergency.
8. **An Indian Meal (Max 40)** **Saturday 5th, 7.00-10.00pm**
St Andrew’s Church Hall
Valli Rao and her team will serve a home-cooked Indian meal for £20, including a glass of wine. Bookings must be made direct to Valli (503297) who now lives at 31 Parsons Mead, NR4 6PG. Cheques should be made payable to K R Bethapudy. All profit will go to charities. **Normal registration NOT required.**

**9. A Divided Life - A E Housman (Session 1) Monday 7th, 10am-12 noon
Christ Church**

Housman was both an erudite classical scholar and a poet creating popular and accessible verse. These two facets of his character and life did not always sit easily with each other. In our 2 sessions led by Carol Morgan we will explore and discuss some of his well-known and lesser-known poems.

**10. Watercolour Painting Monday 7th, 2.00–4.00pm
St Andrew's Church Hall**

There will be an exhibition of the works of artists in the Norfolk Watercolour Circle at various times in the week and an opportunity to see one of the artists at work on the Monday afternoon.

**11. A Thousand Years of Art in English Parish Churches
Monday 7th, 7.30-9.00pm, St Andrew's Church Hall**

Another chance to see and enjoy Mike Trendell's brilliant photography.

**12. Visit to Ryrie Court Tuesday 8th, 10.15–11.30 am
Ryrie Court, Unthank Road**

The residents of Ryrie Court Sheltered Housing Complex enjoy meeting visitors from Eaton. Do join us for the short monthly service and refreshments afterwards.

**13. The History of Anaesthesia Tuesday 8th, 2.30-3.30pm
Christ Church**

David Nunn, a consultant anaesthetist, will talk to us about this field of medicine.

**14. Bowling at the Norfolk Bowling Club Wednesday 9th, 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.**

**15. A Life Living on St Helena Thursday 10th, 2.00-3.30pm
St Andrew's Church Hall**

Cilla McDaniel now lives in Eaton but her home is the remote island of St Helena, often unknown by fellow British citizens. This introduction to the island will include a brief overview of the geographical location, historical perspective and the striking volcanic landscape.

**16. Evening Ramble (Max 25) Thursday 10th, 6.00–8.00pm
Meet in St Andrew's Car Park at 5.45pm**

A walk of about three miles will be led by Denise Back. If you have to withdraw after registering please inform Ruth Vaughan so that someone on the waiting list can replace you.

- 17. Stitch a Row (Max 15) Friday 11th, 10am-12noon
St Andrew's Church Hall**
Janice Hales will help you discover a stitch for yourself and use it in a particular way.
- 18. A Gliding Experience (Min 10 – Max 16) Friday 11th, Tibenham Airfield
2.00pm for an aero tow, 3.30pm for a winch tow**
Graham Parker has arranged another chance to enjoy the thrill of gliding. The cost per head of a winch tow is £18.50 and an aero tow is £49. Full details will be given to those who register.
- 19. To have but not to hold – the trouble with relationships Friday 11th
7.00–8.30pm, St Andrew's Church Hall**
Christine Bensley, the Senior Family Law Executive at Mills and Reeve, will give a succinct talk about marriage/relationship breakdown which will include information about the recognition of foreign marriages and divorce, divorce/separation, cohabittees, the effect of such a breakdown on children and the remedies open to parents and grandparents and a brief look at financial remedies.
- 20. Annual Pilgrimage (Max 20) Saturday 12th, 9.00am–4.00pm
Meet at 9.00am in St Andrew's Church Car Park**
This year we will be travelling to North Norfolk to visit four churches. Details will be circulated to those who have registered.
- 21. Qigong Saturday 12th 9.30-10.30am, St Andrew's Church Hall**
Gentle exercise based on traditional Chinese medicine to relax the body and calm the mind. Suitable for adults of any age and physical ability. Jasmine Hastings will lead this session.
- 22. A Divided Life - A E Housman (Session 2) Monday 14th, 10am –12 noon
Christ Church**
This is a continuation of Session 1 – please refer to Item 9 on page 3.
- 23. An Introduction to Mindfulness Monday 14th, 2.30-4.00pm
St Andrew's Church Hall**
Karen Pierce will provide an opportunity to sample the ancient practice of 'mindfulness' and learn of its present relevance.
- 24. Faith and Faces in the New World Monday 14th, 7.30-8.30pm
St Andrew's Church**
The Revd Phil Rodd brings a personal perspective of the people of Latin America and their faith, with reflections drawn from the music and art of that continent.
- 25. The Gentleman Genius Tuesday 15th, 2.30–3.30 pm
St Andrew's Church**
Sabine Baring-Gould's great 'Onward Christian Soldiers' is being dropped from modern hymnbooks as inappropriate. Ivan Bailey will present a vigorous defence of a delightful and versatile Victorian Squarson (*vicar and squire in his parish*) who also gave us 'Uncle Tom Cobley and All'.

- 26. How much do you know about your own jewellery?**
Tuesday 15th, 7.30–9.00pm, St Andrew’s Church Hall
Howard Zellely will give help and guidance about valuation, investment, insurance, maintenance and repairs. Bring along any pieces for which you would like some information.
- 27. Morning Ramble (Max 18)** **Wednesday 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.**
- 28. ‘I’m a photographer and I don’t shoot weddings’** **Thursday 17th**
2.30–4.00pm St Andrew’s Church
We see the results of commercial photography everywhere, often without really noticing. So, what is it like working as a commercial photographer? What do they do? What skills are involved? Meet local professional Joe Lenton and discover why he loves commercial photography (and doesn’t shoot weddings).
- 29. An Evening at the Musicals** **Thursday 17th, 7.30-9.00pm**
St Andrew’s Church
Come and join Scott Morrison and Margaret Smith and sing along to some of your favourite show tunes including music by Gilbert and Sullivan, Rodgers and Hammerstein and Andrew Lloyd Webber, to name but a few. Everyone welcome.
- 30. Open Day for the Cringleford and Eaton Horticultural Society**
Saturday 19th, 2.00-5.00pm, St Andrew’s Church Hall
FULL DETAILS ON FINAL PAGE – REGISTRATION NOT REQUIRED
- 31. Music to enjoy on a Sunday afternoon** **Sunday 20th, 2.30-4.00pm**
St Andrew’s Church
Claire MacArthur invites you to an informal afternoon of piano music and the chance to sing again some of the ‘old songs’.
- 32. Exploring the Yare Valley – the Talk** **Monday 21st, 2.30-4.00pm**
St Andrew’s Church Hall
John Thurman will talk about the hidden (and not so hidden) gems of the river valley between Eaton, Cringleford, UEA and Earlham. This area is rich in landscape, wildlife and architectural history.
- 33. Does morality make more sense with God?** **Monday 21st, 7.30-8.30pm**
Christ Church
The Revd Dr Patrick Richmond will explore some of the issues which this question raises.

34. **Yare Valley – the Walk (Max 15)** **Tuesday 22nd, 9.30am-12.30pm**
Meet in St Andrew’s Car Park
 John Thurman will lead a 4-5 mile walk lasting about two and a half hours, which includes a coffee stop. The talk and walk should be booked separately and walkers will gain a great deal more if they have been to the talk first.
35. **Creative Writing Workshop with novelist Rachel Hore (Max 15)** **Tuesday 22nd, 9.30-12.30, St Andrew’s Church Hall**
 Eaton resident Rachel Taylor asks that you bring pen and paper plus some small object that belongs to you that might have a story attached and be prepared to write some fiction.
36. **The future of the Press** **Wednesday 23rd, 10.30-12 noon**
Christ Church
 In a digital age, D J Taylor (novelist, critic and acclaimed biographer) examines the prospects for newspapers and magazines in the modern age.
37. **Scrabble** **Thursday 24th, 2.30-4.00pm, Christ Church**
 An opportunity to meet other scrabblers and maybe learn a few new words. Bring your own board if you have one. If you have never played before, this is your chance to learn.
38. **Flamenco Dances and Rhythms** **Friday 25th, 2.30-4.00pm**
St Andrew’s Church Hall
 An introduction and demonstration by Liz Lee and Ian Brooke with a range of live music. A chance to admire a professional dancer and expert flamenco guitarist, without necessarily getting to your feet and joining in!
39. **Thanksgiving Service** **Sunday 27th, 6.30 pm, Christ Church**
 All are warmly invited to this annual thanksgiving service. Registration not required.

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.**

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. Thank you.

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



SATURDAY 19 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 AND EATON ART CLUBS**

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.)

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 16
August.**