



FANFARE



Trefoil Guild

Norfolk

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Our new Swaffham Trefoil Guild make their promise on the beach.



Chair's report

This summer has been a very busy one, especially for those Trefoil members who also play an active part in the movement. Pack holidays, camps and sleep overs in various venues have taken place, included our own Trefoil sleep over at Patteson Lodge as part of the ARC Museum celebrations. Guilds have been out and about around the county exploring the Broads, museums, towns and villages. Guilds have also continued to

support the East Anglia Air Ambulance by knitting hats and teddies and visiting their headquarters to learn how to give first aid in an emergency.

Many of you were able to go to the Annual Review at the Willow Centre and enjoyed the walks, the craft activities and the campfire singing. Thanks to everyone who helped with these, as well as with the displays and refreshments. Thanks also to those who helped the ARC team with different tasks, it was a great help to them. We also enjoyed learning about Heather Simpson's Topaz trip to Thailand. I hope other Norfolk Trefoil members will follow in her footsteps – Wendy Fisher from Kings Lynn Guild will probably be in Lesotho with Topaz when you read this!

This summer we welcomed a new Norfolk Trefoil Guild– Swaffham. Congratulations to all of its members. We are also starting another new Guild, a flexible Guild supporting the ARC. Find out more on page 12. Enjoy all the Christmas festivities your Guild is arranging and Happy Christmas – when it comes!

Frances

St Benets Trefoil Guild.

We gave a donation to Caister , which is an independent lifeboat station , and as a result our Guild name should be on the hull of their new lifeboat !

Ann Russell.



Patteson Lodge Day and ARC celebrations



The Archive Centre at Patteson Lodge recently celebrated achieving museum status by hosting a weekend of

activities, including cooking 1940's style, learning about the History of Hautbois with the help of knitted mice and looking at the



fantastic archives owned by the ARC.

Many Norfolk Trefoil members enjoyed this event and some stayed on and cooked dampers, played parachute

games and ended the evening with a camp fire. Some then stayed overnight to be ready to supervise activities the next day. An example of great teamwork in true Guiding spirit.

Frances.



Kings' Lynn Trefoil Guild.

Back in June, 30 Trefoil Guild Members from across Norfolk joined the large congregation at Downham Methodist church to celebrate Barbara Foster's life. It was a joyful service, but singing Daylight Taps, as Barbara wished, was a difficult moment as we remembered our friend.

At our June meeting, Jean was at last able to show us how to sew Norfolk Buttons. It was fun but the results were mixed!

The sun shone for our July outing to the RSPCA Wildlife Centre at East Winch, which meant that some of the creatures they rescue and care for were reluctant to show themselves, although the seals were happy to splash about in their pools. Our excellent guide, Evangelos, explained that 3,000 wild creatures a year are treated at the Centre, which is one of only 4 in the UK. The Centre is housed in an old farm and its Great Barn now contains rows of cages, an operating theatre and recovery rooms for hoglets and small birds. Evangelos reminded us how creatures can be injured by fishing lines and nets, plastic rings and discarded food tins and how we can make our gardens hedgehog friendly. He warned of the danger of trying to get too close to seals which will bite and scratch if provoked. The Centre relies on donations to carry out this vital work. Old newspapers and towels are very useful and can be left in special bins near the entrance. The shop, selling lovely gifts plus cards, paintings and bird seed helps their finances and they are very welcoming to visitors.

Wendy Fisher invited us to a tea party in her garden in August to raise money for her TOPAZ trip to Lesotho. We enjoyed tea and cake....and more cake....and tried our hands at the Cotton Reel game and fitting marbles into a flower-pot using a spoon. Not as simple as it sounds, but good fun.

Carol Edwards' Voyage Award

From Scotland to swimming, from sequence dancing to speaking Spanish, Carol's journey for her Gold Voyage Award covered a wide and interesting span, culminating in the presentation of her Badge and Certificate on Friday 20 September when Frances Hardy joined us at Jimmy's Field campsite at Snettisham.



Learning to swim with her head under water was probably the most difficult skill Carol learned. For other challenges Carol acknowledged the help of our local U3A group who helped with skills like learning Spanish and sequence dancing.

Carol completed her Bronze Award in 2019 and her Silver award in October 2020. During lockdown she learned to crochet and used that ability to raise funds at our Trefoil Coffee Party and for her daughter's Brownie unit in Wales.

For the 'Explore My World' part of the challenge Carol tried narrow-boating – a peaceful world of slow travel, fascinating wildlife and industrial heritage. Learning Spanish helped when visiting relatives in Spain and sequence dancing continues to keep her fit.

Alongside these challenges, she was District Commissioner for King's Lynn North and organised a Thinking Day gathering working with a team setting up craft activities for the District's Rainbows, Brownies and Guides.

Well done, Carol!

Jennifer Watts and Helen Brittain.

Sheringham Trefoil Guild.

My first thoughts when I heard about the 5 day holiday to Corton was that it was too close to home, the trips out would be to places I already knew and I didn't fancy sharing a chalet with a complete stranger. I emailed the invite to a trefoil friend from Essex, who agreed to share and we decided to "do our own thing"!

The plan was to meet at the Region Day at Thetford and then go on to Corton. At this time we were a group of 4. Best laid plans etc. meant that the group was reduced to two, with me arriving on the Monday and my friend arriving on the Tuesday.

Very excited but nervous, I arrived to join over 200 Trefoil members at the Corton Holiday Village. The event was organized by LaSer Trefoil Guild. The chalets were not available until 3 pm so



time was spent exploring the venue and it's situation on the East Anglian Coast.

Case unpacked and table for 4 booked for meals, I arrived in the dining area, found the table and awaited the arrival of my dinning companions. Everyone around was engaged in chatter and laughter and I began to think that I too should have delayed my arrival.

Twenty minutes later my dining companions arrived and from that moment, a friendship was born. Liz and Janet were from South Africa and we hit it off immediately. We explored the local area together, visiting Oulton Broad and on the Bure Valley Railway. This came about after a chat about “bucket lists” when we discovered that Janet was a keen steam railway enthusiast and had a list of railways to visit around the world—Bure Valley Railway now has a tick!

What a great few days of fun, dancing, laughter and a promise to meet up again next year... The Poppy line is top of the list!!

Join Trefoil and make new friends, I was told! How true that has proved to be!

Thank you LaSer for a wonderful few days! **Valerie Webber.**

South Trefoil Guild

For our September meeting we had a very interesting talk from Fiona McGregor with her guide dog Vinnie. She is grateful for her involvement in Guiding



and included stories of those adventures. We made a donation to Harleston Guide dogs for which she was very grateful.

We also painted

stones to help Rosedale Funeral Home celebrate their 20th Anniversary which is culminating in a community mandala art project.

Linda Yaxley.



Norwich Trefoil Guild

We have had a varied and exciting summer.

In **May**, Sarah Kendall, a Nutritionist, came to talk to us about what we eat and how to improve our nutrition. We learned that we need to eat a colourful plateful of food, at least thirty different plants a week, and to drink, drink, drink! BUT mostly water.



In **June**, nineteen of our members met at the recently restored Walled Garden in Little Plumstead. With a very interesting talk on the history of the site. We wandered the gardens including a recently built Victorian style summer house and a sensory garden.

On a warm, sunny morning in **June**, some of us had a walk at Marston Marsh. Much of the walk took us along by the river.

After our walk we met up with other members of our Trefoil group in the pub and we all enjoyed an excellent lunch together.



July took us to Keswick Campsite for our meeting. This year we met in the late afternoon and had a delicious 'Tea' of sandwiches, scones and cakes. Some played Boules, others Skittles or Hoop-la, but mostly we sat and



talked and caught up on each other's news. A very relaxing enjoyable time. We also enrolled Evelyn, Alison and Julie into our Trefoil Guild.

On a hot sunny day in **July** fifteen of us had a bus pass outing to Wroxham. After a coffee by the River, we boarded the boat and had a leisurely ride, past luxurious houses, through Wroxham Broad, along the winding river to Salhouse Broad where we turned for our return. Back on dry land some returned home, while eleven of us went for lunch at The King's Head.

In **August** our monthly meeting started in The Octagon, at Saint Peter Mancroft Church. It was a beautiful, warm, sunny evening.

From the Octagon we could each choose to follow one of three trails:

1. The Signs Trail, led by Janet, following signs of buildings and pavements in the St Giles area of the city.
2. The Clocks Trail – led by Carol – looking for clocks of all ages around the city centre.
3. The Shoe Trail – led by Janis – inside the St Peter Mancroft Church, highlighting awareness of abuse.

We all returned to The Octagon for coffee, news and taps.

Carol Smith.



Dereham Trefoil Guild

'Trefoiling' on the Great Ouse

'Motivated' to try a water activity with friends and to support a

local charity

D e r e h a m

T r e f o i l

i n v e s t i g a t e d

t h e B a d e n

P o w e l l

P r o j e c t i n

K i n g ' s L y n n .

T h e B a d e n

P o w e l l i s t h e



only double ended shellfish smack of her type still in existence; double ended to make it easier to handle on the sandbanks of the Wash. Baden Powell was the first boat built by Walter Workfolk at Friars Boatyard in King's Lynn in 1900 and was named after Baden Powell, Britain's Boer war hero and later founder of the Scouting movement.

Volunteers from King's Lynn Workfolk Boat Trust spent 10 years restoring and rebuilding the vessel and have given it a new life - a passenger vessel.



As passengers we climbed down into the hold of the boat so that the huge sails could be raised over our heads.

It was a beautiful day and as we sailed up to the mouth of the Ouse, seeing King's Lynn from the water, we heard about King's Lynn's maritime history-fishing, trade and exploration.



The Baden Powell is run by a not for profit Trust and their regular trips take one and half to two hours. We thoroughly enjoyed our afternoon out and would recommend that you give it a 'go' too.

Check out trips at <https://floatourboat.co.uk/> to find out more.

Janet Leeson.

Thorpe District Trefoil Guild.

June's meeting was held at the Staithe in Ranworth, watching the boats, observing the birds and enjoying a delicious cream tea.

In July we were Motivated to, either visit the Aviation Museum at Horsford or enjoy the water at Whitlingham. The Air museum was fascinating and certainly provided lots of discussion and reminiscences.

August saw us enjoying the Vintage Broadsman boat trip from Wroxham. Sailing down the river, visiting Wroxham and Salhouse Broads, watching the other river users, observing the varied birdlife, including a close encounter with a nesting great grebe and being scrutinised by herons and a watchful cormorant and finally enjoying a game of guess the price of the various riverside properties. We are now planning to complete the rest of the Motivate Challenge.

Gill Ellis



Where guiding history comes alive!

Join a New **Norfolk Trefoil Guild**

We are starting up a new flexible Trefoil Guild to support the ARC, with its members helping either in person or

virtually. Those who can, will go to the ARC on a monthly basis and those who want to help, but can't make that

commitment, will join in Zoom meetings with Helen and undertake jobs remotely.

Everything we do will give our Norfolk Archive Centre help in a practical way.

Email arctrefoil-guild@gmail.com

to find out more and join. This Guild will be additional to your own Guild, but no extra census money will be needed. Join up to help Norfolk Archives – where all our Trefoil archives will end up eventually!



Patteson Lodge and ARC Museum Celebration Day Pictures by Ann Russell and Frances Hardy



Fleggs Trefoil Guild

Fleggs Guild have had a busy Summer with activities based on Motivate.

For WATER we went on Ross's Wildlife Boat Trip from Martham Boat Yard. This was a small boat which took us along Candle



Dyke to the end of Hickling Broad. With Ross's help we heard stories of the Broads and saw so much wildlife including a rare Great White Egret. It was a brilliant trip and one we would like to repeat in the Spring.

For LAND a group of us caught the bus from Acle to start our underground adventure in Norwich. This was with The Shoebox Enterprises (a Community Enterprise organisation) based in the



old Ponds shoe shop on Castle Meadow. The tour was led by a storyteller and historian. The journey took us down two flights of stairs to explore the layers of architecture dating from the 15th century hidden below Castle Meadow, between the market and the Norman Keep. It was fascinating trying to imagine the life of Norwich citizens many years ago. Later in the day we met up with the rest of the Guild at the White Horse pub in Upton for a meal and lots of chat.

Sue Hooper.

Hellesdon Trefoil Guild

Our members enjoyed a strawberry cream tea with cakes in July inviting members from local Guilds. Our aim was to raise money for The Big C as one of our members has used the



centre in recent times and it is our chosen charity for this year. We were delighted to raise about £400 so a great success and much enjoyed by members and visitors.

Our members also enjoyed the Anglia day in Thetford and the Norfolk Annual Review meeting friends old and new.



Our August annual outing was to the Broads on craft from the

Nancy Oldfield Trust enabling less able members to take advantage of the facilities. Two craft were used and 17 members thoroughly enjoyed sailing along through the peaceful countryside.

Mary Shepperd

Thorpe Trefoil Guild

A very well behaved assistance dog, Magnus, visited Thorpe Guild recently. Magnus specialises in helping children overcome their fear of dogs and also helps with reading in schools.

Gill Ellis



DATES FOR THE DIARY

February 2025	Snowdrop Walk and Coffee Morning	Keswick Campsite
March 29th	Norfolk Executive Meeting	Alec Bussey Centre
April 12th -13th	Hautbois Trefoil Activity weekend	Hautbois Coltishall
April 26th	Anglia Annual Review	Cedars Upper School, Leighton Buzzard
June 7th	National Annual Meeting	ICC Belfast
June 28th	Norfolk Executive Meeting	Alec Bussey Centre
July 26th	Norfolk Annual Review	Open Academy, Norwich
September 8th-12th	Anglia Holiday	Hautbois, Coltishall
September 15th - 20th	National Trefoil Walking Holiday	Ilam, Peak District
September 20 th – 27 th	Anglia Holiday	Our Chalet and Switzerland
September 27th	Norfolk Executive Meeting	Alec Bussey Centre

I was very touched to receive your card giving me support and strength at this time of loss. Thank you for your kind thoughts. The loss of a lifelong partner leaves a large gap in my life. I am grateful for the encouragement given by all my friends in Norfolk Trefoil Guilds.

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