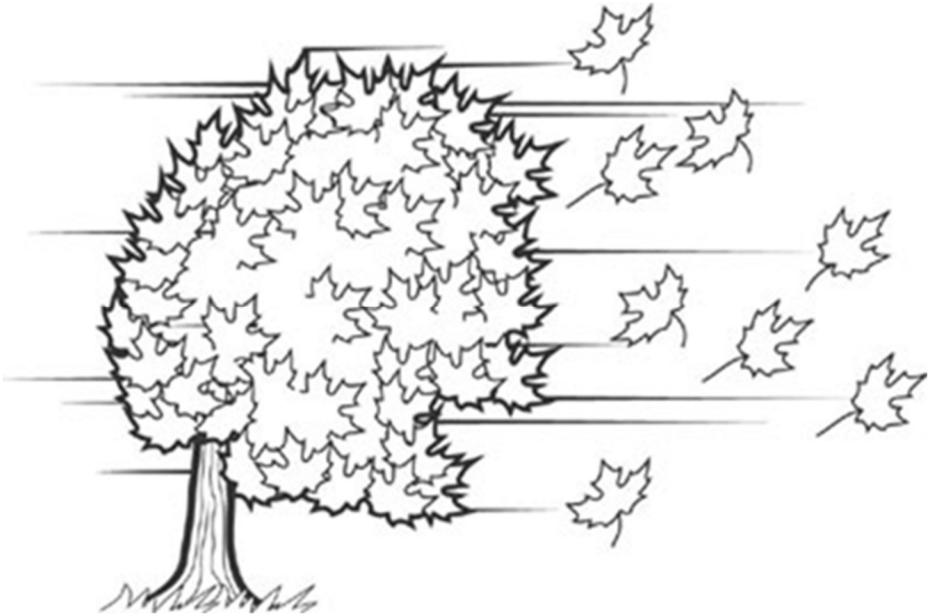


# CRATFIELD NEWS

November

2020



## **WELCOME**

A very warm welcome to Steve and Pam who have recently moved into No. 4 School Corner. We hope they will be happy with us here in Cratfield.

## **NEXT TIME YOU FORGET AUNTIE MABEL'S BIRTHDAY**

If you've ever found yourself needing a card to send to a friend or family member and have had to drive out to a local shop, look no further than Cratfield's Pam Brown. Pam, who lives at Ashlea on Bell Green, has passed the time during lockdown making greetings card from dried, pressed flowers and her own flower designs. At £1.50 they come with an envelope and in a cellophane wrapper. As well as being original and fresh, they could save you a journey. Those who are new to the village may know Pam's house as it's where the free Bramley apples are put out at the bottom of the drive. Pam can be contacted on 01986 798751

## **SOMETHING TO MAKE YOU SMILE! Thoughts of an older person**

Remember that we old folk are worth a fortune, with silver in our hair, gold in our teeth, stones in our kidneys, lead in our feet and gas in our stomachs. While I have grown a little older I have become quite a frivolous old gal, having two gentlemen with me all the time; Will Power helps me to get out of bed and Arthur Ritis never leaves me alone.

The vicar came to see me the other day and said that at my age I should be thinking about the hereafter. I told him I do that all the time, no matter where I am, in the sitting room, in the study, in the kitchen or upstairs, I always ask myself, "What am I here after?"

Pam Brown

## **CHURCHYARD CLEARANCE**

**Saturday November 14<sup>th</sup>**, weather permitting. Social distancing no problem unless Covid restrictions have changed by then.

**10.00am-ish** bring your own tools, the usual strimmers, secateurs etc and sustenance!

## Exercise – Magic or Myth

As we slide in and out of various forms of lockdown across the country one of the relative exceptions to the stay indoors rule is 'exercise'. Generally, even in a severe lockdown, allowance is made for an hour of physical activity a day; indeed, it is advised. But is this just the ineptly named nanny-state or is it sensible advice? I have always advocated physical activity as beneficial, but as with all things medical we have to ask ourselves - "Where is the evidence?"

My interest in Sports Medicine over the years has led me to attend several American College of Sports Medicine Annual Conferences. Now these are huge events, attended by thousands and with 4 or 6 different lectures or workshops happening simultaneously, so I always had to choose which to attend at any one time. It was at one of these conferences that I chose to listen to Dr. Stephen Blair talking about the outcomes of a large study on the benefits of exercise, officially entitled 'Influences of Cardio-respiratory fitness and other precursors on cardiovascular disease and all-cause mortality in men and women.

His team followed 32,000 people over 19 years, monitoring health, recording illness, noting existing medical conditions and all related to the level of physical activity undertaken. I'll keep it simple, but he grouped his findings in relation to 'risk factors' for health and these were – high blood pressure, raised cholesterol (blood fats), smoking, abnormal ECG (heart trace), general long standing illnesses and level of physical activity taken.

Obviously, there was a lot of detail in the study and the outcomes were very clear but the simple summary was – 'It is better to have one or two risk factors but be at least moderately physically active, than to have none of these risks factors but to take little or no regular exercise.' Also 'low level fitness is a strong predictor for both heart disease and all-cause mortality.' There are now numerous studies confirming the benefits of exercise both on physical and mental health, its impact in reducing or controlling the 'bad' effects of other illnesses such as diabetes and its positive effect in reducing the chances of getting many other diseases including many types of cancer. So – it really does make a huge difference to your current and future health to be physically active. I have heard it rightly said that if there was a pill which provided the benefits of regular exercise then everyone would be taking it.

Paul Marfleet

## GHOSTS OF EMPIRE

In the 1960's The Persian Gulf was still a "British Lake", patrolled by the Royal Navy from the Bahrain naval base. The British Army had troops garrisoned in Bahrain, Aden and Dhofar in South Oman and were fighting wars against insurgents in the last two. Bahrain was home to an RAF base, along with Aden, Salalah., Masirah and Sharjah. There was also a locally enlisted British-officered regiment, the Trucial Oman Scouts, in what is today the UAE. Each Arab state had a British Political Agent (today reinvented as Ambassadors) under the overall supervision of the British Political Resident in Bahrain. They acted as principle advisers to the various sheikhs to keep them on the "straight and narrow" – still a residue of the Raj to whose Viceroy the Political Resident had at one time reported. None of these places were colonies, but they often seemed like it.

Often on our patrols we would be asked to "look in" on these tiny states. I was privileged to attend the daily Majlis of the Ruler of Ras al Kheimah, a former haunt of pirates, ruled by a tall, dark-bearded man with a great hook nose, looking like Blackbeard! I visited the Sultan of Oman's navy, at that time a single large wooden Arab dhow skippered by a former RN officer, who sported a red beard! And I watched camel caravans setting out from Buraimi oasis across the Empty Quarter.

On one occasion, HMS Wiston was sent to pay a courtesy call on the Political Agent at Abu Dhabi, one Archie Lamb, an old school deep Arab specialists the likes of whom (in those days) were ornaments of the Foreign Office. We were to seek his views on the state of smuggling, and maritime matters generally in the Trucial states, and especially in Abu Dhabi, which (thanks to plentiful oil fields) already boasted the highest *per capita* income in the world; albeit the whole state income was the personal property of the Sheikh.

The PA promptly invited the new Captain<sup>1</sup> and me to dinner, which required full white mess kit – a tall order in a small minesweeper with only rudimentary laundry arrangements. At twilight, we anchored off Abu Dhabi, then a small town, of mainly adobe houses, the only significant and solid buildings being the Sheikh's palace and the Political Agency. There was, of course, no port. At the appointed hour we embarked in our small (and wet) rubber inflatable sea boat, dressed in bathing trunks with our mess kit in polythene bags, and headed the mile to shore. Fortunately it was dark as we had to wade the last few yards, our bags on our heads, and then, on the beach, change into our mess kit. Once at the Agency, looking as smart as circumstances allowed, we were welcomed into another world by liveried Somali servants and shown into the Political Agent's "Presence" among a small gathering of the local notable Brits - not an Abu Dhabian in sight. After formal cocktails, we sat down to a dinner party of about 14 and enjoyed a roast dinner with all the trimmings (and extravagant wine) worthy of the best of Simpsons in the Strand. It was an evening that conjured up W Somerset Maughan's

<sup>1</sup>To see the explanation of there being a new Captain, see last months story.

descriptions of colonial life in Malaya and Borneo in the years between the wars.

When dinner was over, and the Queen's health had been drunk (in excellent port), we beat a retreat to the beach, struggled back into our bathing trunks, and repeated in the reverse order our earlier journey. We arrived like drowned rats, and attempted to recover our dignity in our working uniform. Then we slipped off into the night and back to our patrol.

It was an extraordinary evening, as if we'd been in a surreal time capsule taking us back to the Raj and the full British Empire, in the company of people who were still entirely comfortable with that way of life. Only one or two of them spoke Arabic. None appeared to have any local Abu Dhabi friends. None were in any hurry to return to the UK. They regarded the presence of British Forces, and the fact that most major public services in these Arab States were run by Brits as the natural order of things. It was unimaginable that in a couple of years Britain would withdraw from Aden, and a few years after that would announce her complete withdrawal from East of Suez and the Gulf although, as it turned out, not for very long.

## Jeremy Blackham

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I have another chunk of free space to fill so I will take the easy route out and add a load of memes (for the kids like!), but I could only find two (you'll need to find the other one yourself, it'll add to the fun!).



MICHAEL OLIVER

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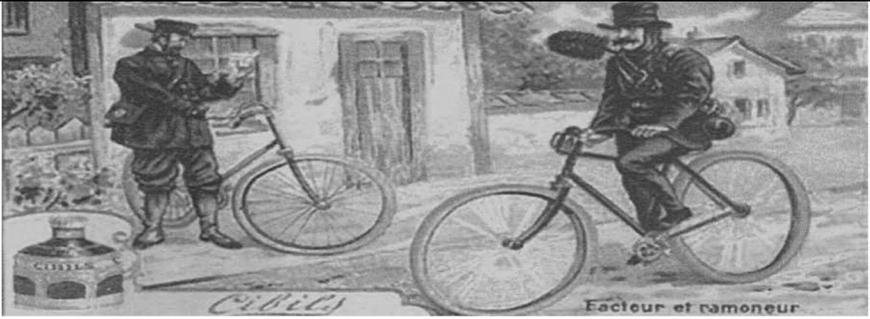
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## Stories from a Family Tree:

### Frederick Weight (1828 – 1901) - Episode 1

Chrissie Underwood (nee Weight) from Swan Green - and I – share ancestors from Gloucestershire. We are undoubtedly related – but despite taking both family trees back to 1560, we have yet to find our common link. Chrissie has a remarkable ancestor called Frederick Weight and, thanks to extensive records found on the Internet – which includes his memoirs - I can tell an abridged version here.

Like many Weights, Frederick was born in Stroud, Gloucestershire, living also in Cirencester, Cheltenham and Bristol. As young as 8, he showed great promise as a singer, but by the age of 10, he had started work, mixing mortar and carrying bricks etc. Other jobs included working as a plasterer, an errand boy for a doctor, general duties in a “Gentleman’s house” and working in a tobacco factory. He eventually settled at the iron works, working with his father – and, at this time, he started a 5 year courtship with Charlotte Burgum, whom he later married.

Music was very important to him and his siblings, and together they formed a musical ensemble. It was an industrious life, rising at 4.00am to practice for 2 hours, then leaving at 6.00am to start a 10 hour working day. Twice a week, he would go to “music meetings” after supper - walking 4 miles there and 4 miles back. Religion was also very important: he was a lead singer in the choir, and the Pastor preached ‘hell & damnation’ sermons!

By the age of 16, his father was out of work and Frederick was working 16 hours a day in a cotton factory: all his wages went towards supporting the family, “paying for the rent, some bread, a little bacon and a pack of potatoes each day.”

By 20, Frederick was out of work, “desirous of getting married”, restless and unhappy with the religion to which he belonged; one by one, his siblings went to hear – and then get baptised into – the Mormon Church. Frederick hesitated, but he and his siblings were invited to provide the music at a Mormon Conference in Newport, Wales. After his “intended” got herself baptised, Frederick – much to the distain of his previous church - also joined the Mormons.

Frederick says, “It was thought best that I leave England and go to America.” This may have been a mark of immense disapproval of his joining the Mormons – but he also says, “I wished to go.” A week before they left, he married Charlotte – both aged 21. “The night we left, I shall never forget. My father was just going up to bed as he had to go to work very early. He wished me Good-bye, as he would not see me in the morning, which was the last time I ever saw him.”

The first leg of their journey entailed taking a ‘pig boat’ from Bristol, around Wales, and on to Liverpool. There was no accommodation for passengers and some people had to go into the hold where the pigs were kept – eating, drinking and sleeping there, if they could. Frederick and Charlotte stayed on deck, but, he wrote, “As our vessel heaved, we heaved, so I asked one of the

sailors if my poor wife could have his berth – to which he consented for a half-crown. I put her to bed, but Oh! What a place. The bed reeked with filth, oil, grease, and such a horrible stench. This was the place where I had to put my new bride, after having paid such an outrageous price. I was with her all night, holding the slop basin for her, as she was vomiting constantly and so weak, she could not help herself. The vessel was pitching and the water rolling over us all night long. All around us were the other berths for the sailors, and they were coming in and out all night long, which was very unpleasant for us.”

The atrocious sailing conditions continued until the third day, when it eased a little, but Charlotte was sick for the entire journey, until they docked in Liverpool 5 days later. The ship bound for America was not due to sail for 3 days, but they gained permission to stay onboard in the meantime.

They left Liverpool on 3<sup>rd</sup> September, 1849, on a vessel called the North American, together with about 700 other folk. By now, Charlotte was feeling much better, and the first week’s sailing was under fine weather... but then, the sea grew angry again: Frederick was sick for 7 days, and his wife was continuously ill. “We were locked down under the deck without any light and remained in this condition for two days and nights, with very little to eat or drink. The vessel rolled so much that we could get no rest, day or night. I shall never forget that time – seven hundred people all crowded together in a ship between decks and locked down with no light.”

On the third day, the weather abated and they were allowed out for some daylight and fresh air. “We ran into headwinds after this, which drove us back and off our course several hundred miles. We then got into the trade winds, making sailing very smooth; however, when we reached the West Indies, we were becalmed. The weather was very hot, melting the pitch on deck, and it poured over our beds. We remained becalmed for almost two weeks.”

The wind finally stirred... but it was the beginning of another almighty storm. “The sea rolled mountains high. The Captain thought we would surely go to the bottom. He stationed men at different ropes with axes to cut them away the moment he gave the word to let the mast go overboard: he thought his ship would be lost...”

...More next month!

Andrew Weight

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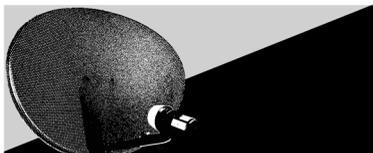
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## VILLAGE HALL UPDATE – NOVEMBER

### THE 2021 CRATFIELD CALENDAR

Many thanks to everyone who responded to the appeal in last month's magazine and on the village facebook page for any photos of 'Old Cratfield' – be it street scenes, parties and events, farming snap shots, houses and so on. We had a great response and quite a few evenings wading through all the photos sent in. After much deliberating we managed to select a wide range of photos that capture village life through the years and reflect the village and its history. As you know, we usually base the calendar on the winners from the photographic competition and as we have not been able to run that this year as a Village Hall event we are splitting the proceeds from the sale of the calendar with St Mary's Church.

Please note, we usually have a print run of around 100 - however with no Christmas Fairs to sell them at we are ordering a smaller print run of 50 and we anticipate them to sell out very quickly as we have already received a number of enquiries as to when it will be available to purchase.

So, if you fancy seeing what the Royal Wedding Party looked like outside The Poacher in 1981 (when it was painted blue) or have wondered what the church tower looks like inside, or how Father Christmas arrived at the Church in 2006 then reserve your copies as soon as possible via Rebecca Sannick on 01986 799006 – cost is £5 per calendar. Calendars will be available from the 1<sup>st</sup> week November on a first come first served basis, so order yours today!

### 100 CLUB – REMINDER

If you have not signed up for the 100 Club and still have the form sitting at home, don't forget for every month entered you could win either £15, £10 or £5 – just for an outlay of £1 a month – return your forms and monies ASAP to Heather Hargood, Vine Cottage, Bell Green. The 100 Club year runs from July 2020 to June 2021 and the winners for July, August, September and October will be announced shortly – it is £12 for the whole year.

If you have misplaced the form please place £12 in an envelopes with your name, address and contact number or email address on the front and place in the post box at Vine Cottage, Bell Green. The 100 Club is a great way to enter a small private lottery that benefits the Village Hall and also gives you a chance to win. Previous items purchased by the proceeds from the 100 Club for the Village Hall include picnic benches, decorating, dishwasher, tree benches and water heaters, all making it a more pleasant place for everyone who uses the hall.

### THE BIG CRATFIELD CHRISTMAS BRUNCH – Sunday 13<sup>th</sup> December at 11 AM

The decision was made unanimously at the last committee meeting to cancel all future events. However... with a lot of people visiting restaurants, pubs and cafe's and visiting friends and families at home we have noticed some village halls are also opening up for 'restaurant' style events. This is currently allowed - where everyone books a table and is seated with table service and we can observe the government guidelines as set out for cafes and restaurants and with booking via email we will have everyone's details for track and trace.

We are looking at holding a 'BIG BRUNCH' with booking essential via email and have provisionally pencilled in Sunday the 13<sup>th</sup> December at 11 AM, places are very limited and booking is essential on email to - [cratfieldvillagehall@gmail.com](mailto:cratfieldvillagehall@gmail.com).

Please email us with the names and contact numbers of everyone you will have on



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## Uncle Arthur's Diary

Now that media allows us to hear about/see world events more or less as they are happening. It is easy to forget that this really is a very recent 'advance'. We have got used to eye witness reports and, indeed, a seemingly never-ending analysis of a situation by a never-ending stream of 'experts'. It is not often, however, that we have the chance to experience a genuine report of a world-changing event from years ago. Please let us share one such experience with you - Caroline's late uncle, Arthur Steeds was a P.O.W. in Japan in the Second World War and he kept diaries about his time there. He tended to write in a very matter-of-fact way, as you can see from the following extract.

"Then one day in August we were astonished by a vast cumulus cloud which appeared from nowhere in the middle of a bright cloudless day, billowing up and up, so that it could not be mistaken for an ordinary towering cumulus, common though they are in the hot season. After a long while it disintegrated and there seemed to be a grey haze of cloud low down for a long long while. We went down to bathe that afternoon, and we speculated quite profitlessly on what it might have been. Our only guess was that a large munitions dump or factory had been bombed. We little realised that we had seen the cloud from the atomic bomb dropped 150 miles away on Nagasaki.

We heard nothing about the bomb at all, but rumours of great events pending on the 16<sup>th</sup> started to float up from the miners. We gave them no credence, experience from the earliest days in Japan having warned us about rumours. But on one particular day, August 15<sup>th</sup>, we did not see or hear a single plane; the silence seemed quite ominous to us, for raids on Kyushu had been daily, and patrol planes high above us had been seen constantly. The morning passed leaving us puzzled in our minds at the strangely charged atmosphere. Then, as the time drew on for the evening shift to get ready for the mine, the first fracture in the compact structure of the camp's routine appeared; the evening shift was not to go down! That evening the camp was oddly full for an ordinary working day; the returning shift came back wondering at not meeting their relief; we all sat and pondered and speculated after the evening roll call, which took place at the usual time but with a full camp to account for.

Morning of the 16<sup>th</sup> came, and no shifts were summoned to go down the mine; instead, Major Earle was called over to the office with Fullwood, our RAF interpreter. Then at last we heard the news – 'a truce had been ordered.' So, euphemistically, the Japanese told us of their shattering defeat and unconditional surrender."

Caroline and Paul Marfleet

## Rain

I am writing this on a wet, iron grey morning in October. So much rain has fallen everywhere this month. The gloomy weather matches the mood of the whole country as we prepare for a long winter in the shadow of the pandemic. Paul Verlaine evoked this feeling well:

### Il pleure dans mon cœur

*Paul Verlaine*

Il pleure dans mon cœur  
Comme il pleut sur la ville;  
Quelle est cette langueur  
Qui pénètre mon cœur?

### It rains in my heart

*Paul Verlaine*

It rains in my heart  
As it rains on the town;  
What melancholy  
Is this invading my heart?  
*(My translation)*

I don't apologise for beginning on a what might seem a gloomy note. Acknowledging the sad side of things can sometimes make you feel better. The Elizabethans knew all about melancholy. They fully realised its downside but at the same time valued it as presenting an opportunity to be thoughtful. Assuming a melancholy demeanour and moping around wearing a slouch hat and a suit of black clothes even became the height of fashion (centuries before teenage Goths thought they had invented the look). The Elizabethan writer Robert Burton in his **Anatomy of Melancholy** wrote brilliantly about the joys of listening to sad music:

***Many men are melancholy by hearing music, but it is a pleasing melancholy that it causeth; and therefore to such as are discontent, in woe, fear, sorrow or dejected, it is a most present remedy***

The soggy start to Autumn has had its upside too. Our garden has been gifted with giant brownish fungi which have the smell and texture of the armpits of the foulest Orc from **Lord of the Rings**.

The hawthorn berries have glistened on bristling green hedgerow like rubies in the rain. The stormy skies have often been ruffled and tousled, marbled with grey, blue and white – unreliable weather makes for scudding and everchanging skies. I have enjoyed these skies and loved seeing their reflections in every pond and puddle. Sometimes we revel in the rain. For every weary dog walker who sees rainy weather as a dreary trudge through mud there is a merry four-year-old, like our grandson, joyfully splashing in puddles with his bright blue wellies.

Another advantage of living through what seems to be a perpetual wet Wednesday afternoon is the excuse it gives us to light our log fires early, stay in and indulge

ourselves with modern electronic entertainments. I have been surfing the internet for new recipes. I found a good one the other day for 'perfect roast chicken' on the BBC Goodfood website. This led me on to indulge in a small vice that I have, which is reading through the customer comments sections on websites. I find they can be rather entertaining. I was idly scrolling through the comments on the roast chicken recipe when I came upon this comment. If the weather had not been so miserable, I may never have seen it.

**Jan Rodak**

***i cooked this recipe for my girlfriend for dinner and it was delicious with the vegetables. After dinner my girlfriend told me that i will be a father, so what did i do? Well, i left her, went to Mexico and eating doritoes with salsa...***

**Nigel Cousins**

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Remembrance Sunday services will take place in each parish and will probably be outdoors where possible. As well as remembering the fallen at our special services on Remembrance Sunday we also remember this month, Guy Fawkes. We often forget that he and his fellow plotters were motivated by genuine grievances, but these were ignored because of what we should now call the terrorist plot to blow up the Houses of Parliament. Modern plotters should most definitely 'remember, remember the Fifth of November'. The cause of Roman Catholic emancipation was set back for two centuries because of public outrage.

Many churches hold Requiems on All Souls Day, November 2<sup>nd</sup>, during which the names of the congregation's loved ones are read out. In this benefice we carry out this act of remembrance in Laxfield Church 4pm 31<sup>st</sup> Oct and online. But it is not only we who remember those whom we love but see no longer, or all those who fought for their country. God remembers. The writer of Psalm 88 might say pessimistically 'I am... like the slain that lie in the grave, like those whom you remember no more, for they are cut off from your hand'. He had no concept of life beyond death. The thief on the cross, on the other hand, begged Jesus to remember him. He was saying more than he knew. We believe that God remembers, holds in his mind and heart for good, all his human creation living and departed, until the day when our souls and bodies are reunited.

David

THE ALL SOULS SERVICE WILL BE 4PM ON 31<sup>ST</sup> OCTOBER IN LAXFIELD CHURCH AND ON ZOOM ANYBODY WISHING TO JOIN THE ONLINE SERVICE CONTACT RON ORAMS.

## St. Mary's Church Services – November 2020

Sunday 8th	Sunday 15th	Sunday 22nd
<b>9.00am</b> Remembrance Service DB	<b>9.00am</b> Village Worship CM	<b>9.00am</b> Holy Communion DM
<b>Sidesperson</b> Andy Edmonds	<b>Sidesperson</b> Andy Edmonds	<b>Sidesperson</b> Don Peacock
<b>Reader</b> Peter Baker	<b>Reader</b> Don Peacock	<b>Reader</b> Mary Powell
Wisdom of Solomon 6:17-20 1 Thessalonians 4:13-end Matthew 25:1-13	Zephaniah 1:7, 12- end 1 Thessalonians 5:1-11 Matthew 25:14-30	Ezekiel 34:11-16 Ephesians 1:15- end Matthew 25:31- end

Our Remembrance Service is at 9.00am this year Please come and join us and remember your mask.

Thank you to anyone who dropped off some harvest produce. All has been given to the Waveney Food Bank

# DIRECTORY:

Doctor's Surgery	Fressingfield	01379 586 227
	Stradbroke	01379 384 220

## Local officers:

Church Rev. David Burrell		01986 798 136
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'The Vicarage, Noyes Avenue, Laxfield

[theparsnips@googlemail.com](mailto:theparsnips@googlemail.com)

## Church Wardens:

Andy Edmunds		01986 798523
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Lay Elder for Cratfield - Margaret Thompson		07906 509302
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Parish Council - Lotty Barbour		01986 798099
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PC Clerk Sally Chapman		01379 855486
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PC Website	<a href="http://www.cratfield.onesuffolk.net">www.cratfield.onesuffolk.net</a>	
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Neighbourhood Watch co-ordinator - Nick Eade		01986 798725
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## Village Hall:

Chair Person - Natalie Lloyd-Evans		01986 798790
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Vice Chair - Richard Turberville		01986 798346
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Bookings - Jo Nunn		01986 799181
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Laxfield School Head of School- Mrs Minns		01986 798344
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Nova Group - Heather Hargood		01986 798180
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All information must arrive by 20<sup>th</sup> of the month.

Advertising rates p/a: Full page £60; half page £30; quarter £20; eighth £10; directory £8; flyer £10.

Please contact Sue, Graham or Peter for more information