

Appendix

Reports of groups and organisations active in the Parish Churches of Hellesdon 2017

This PCC felt it most appropriate to ask individual team leaders to provide reports on the achievement and performance of the group activities within the parish. These are presented in this report in alphabetical order.

As a PCC we give thanks for the work of our three congregations in the delivery of the aims of this parish.

NOTE: This PCC has asked individuals to submit reports to show the activities and achievements of the Parish throughout the year. Consequently the views expressed within this report are not necessarily those of the PCC and they appear in unedited form.

Charitable organisations

Christian Aid

Once more a big thank you to all of you who have helped to support the work of this organisation during 2017. The main emphasis is during Christian Aid Week during May when our small but enthusiastic band of helpers distribute envelopes door to door. This raises awareness as the charity's message is delivered. The financial collection is made up in 3 ways – the collected envelopes from the street deliveries £388.50, the Frugal lunch held in St Mary's community room £150 (thanks to Audrey Pollard for her assistance here) and church collections £490 This makes a total contribution of £1028.50.

This year Christian Aid week falls on Sunday 13th May to Saturday 19th May – any additional helpers for envelope drops and collections would be welcomed – It can be a pleasant evening walk on a warm May evening! Please see me if you can help.

Andrew Alder

The Children's Society box collections at St Mary's

Box holder continue to give generously despite increased demands on their finances and so far I have banked £175 so far this year. Grateful thanks to all our supporters. Last year the Society worked with 18,000 vulnerable children and young people, bringing life changing support. This includes helping families trapped in poverty and debt, providing support to young carers and combating child sexual exploitation. The kindness and compassion shown by box holders in donating enables us to make it possible for these children to escape from potentially harmful surroundings and lead the happier lives they deserve.

Rosaleen Bolton

Traidcraft

The Traidcraft stall continues to run twice monthly and is well supported by the congregations of St Mary's and St Paul's. We continue to provide basic groceries throughout the year and supply cards and gifts for Christmas and Easter. There are a few people in the local community who also make independent orders. Any profit made goes to general church funds. The Spring Big Brew event of 2017 raised £115 and Big Brew of 2018 raised £146 (match funded by the government). We have also run stalls at Friends of St Mary's events and a Fairtrade games and information session was organised for the Brownies at St Paul's Church earlier in the year. During 2017 the value of Traidcraft purchases is £1775, which provided £300.87 profit for church funds.

Many thanks for all the support.

Lou and Kevin O'Grady

Children, family and young people's groups

Caterpillars and Butterflies

This year at Caterpillars and Butterflies has been a joy. We have covered many different topics with craft and have had stable numbers of families, around 16 individuals. We have also managed to bank regular amounts from donations each half term, minus expenses for tea/coffee etc.

We have however lost Joy to employment, leaving me to run playgroup with the support of members of the parish. The support from these volunteers is invaluable and allows me to continue in the supportive roles/work and that we do.

Bex Toft

ENYP

PCC has been supporting ENYP, which stands for Equipping Nurturing Young People, in their work with young people in Hellesdon and they have provided this report:



Marlpit Youth Club

Marlpit Youth Club is delivered on the Marlpit estate (part of the Hellesdon Parish) from the Marlpit Community Centre on Hellesdon Road. It runs from 6pm to 7.30pm on a Friday evening, fortnightly. The club continues to be popular with over 70 children on the register and session attendance usually around 30.

The youth club caters for young people aged 8-14, and operates using ENYP's established 180° model. One of the benefits of the youth club being held at the Marlpit Community Centre is that we are able to benefit from the use of the Multi-Use Games Area (MUGA), so we can also provide a range of outdoor sports activities. Inside the Centre young people are free to choose which activities they would like to do during the session. There is a range of games equipment, e.g. table tennis and pool, as well as board games and organised craft. We also offer a craft/cooking activity each session for example; 'smoothie making', 'canvas painting', or cooking. On a typical session the team includes 3 youth workers, at least one or two adult volunteers, and then 'young leaders' who we encourage to take on responsible roles within our clubs and programmes to develop their leadership skills.

During the terms the sessions focus on a range of topics to help support young people's development. In past year these have included 'responsibility' and we got the children to think about various things they are responsible for. We discussed what they needed to do with these responsibilities and how they can act best through these responsibilities. We also had a term looking at 'holistic health' where each session focused on a different aspect of health, such as mental and physical and we did activities that supported our discussions. We were able to have some really good honest conversations with the children. In the current term the focus is 'Mission' and how young people can serve their community by sharing food. We will be looking at reasons why we should serve our community and the importance of selflessness through the term.

We have a group of young leaders who come and help, and they lead the discussions, the craft and engage with the children. They are crucial to the clubs as they have a unique way of engaging with the young people and can bring fresh ideas to the discussions.

Bridging the Gap at Heather Avenue Infant School

Bridging the Gap aims to 'bridge the gap' between the generations. The group consists of older members of the community and children in primary school. It shares memories, gets to know each other and forms relationships. The sessions include discussing memorabilia items, games, drinks, snacks and crafts. The sessions were run at Heather Avenue Infant school every Tuesday after school in the spring term in 2017.

The sessions are led by ENYP's Children's Worker with support from members of the congregation from the Hellesdon Churches. The sessions in 2017 focused around the topic of 'Celebrations' looking specifically at fashion, food, songs, meals, and festivals. We had food tasting, fashion shows, dance offs and many more fun activities. To aid our discussions we asked both the children and adults to bring in items related to the topic each week and we looked through those as well as the items I provided. This enabled engaging discussion and allowed both generations to learn about the other,

and feedback from the generations working together was really positive and encouraging.

Equip

ENYP has also delivered our 'EQUIP' holiday clubs at the Marlpit Community Centre during the school holidays throughout the year catering for 32 children each day for those in primary school (aged 5-11). These days include a range of arts, games, sports and help us to provide consistent activities throughout the year.

Grassroots

ENYP's grassroots project has undertaken work in the community to transform the area through simple acts of kindness, e.g. gardening, rubbish removal, litter picking and social action projects. Young people have been part of these projects.

Schools work

ENYP has a regular presence in Valley Primary School delivering assemblies and supporting children to read. Consistent contact and engagement with the School has helped us to build relationships in the community and to engage new children and young people in provision in the area.

Family activity mornings at St Paul's

Our programme for 2017 began with us completing our sessions on Bible Hero's. We looked at Paul, New Testament Women, Jesus and how we can be Hero's for Jesus. We then moved into exploring "Stories" Jesus told: the parable of the Lost Sheep, coin and son, the sower and the mustard seed and the good Samaritan, before finishing the year with "Angels" and those they visited in terms of the Christmas story. Through this we were able to complete display boards in both our churches with samples of the various angel crafts the children and their parents completed. The families that come continue to enjoy the dedicated time with their children and with the adults who support the work and I would like to express my thanks to Andrew and Angela Cossey, Felicity Chapman, Margaret Abbott, Rachel Graham, Monica Harrington, Ruth and Andrew Alder for all their support of this ministry during the year.

Rev Louise Alder

Rock Solid

Rock Solid closed in the summer of 2017. The church family who supported the youth club faithfully with prayers and funding since it opened in June 2005, shared a Sunday celebration of its successes. We were blessed with some of the young people who had attended from the earliest days, now hard-working graduates and hard-working Mums with babes in arms.

Started by John and Marie in 2004, Rock Solid's ethos was always to offer a youth club with an explicitly Christian focus, although welcoming non-Christian members. By and large, the majority of our young people were from non-church backgrounds. The original format was for a fast paced programme of fun activity games with short teaching / discussion sessions based around a weekly theme.

One of the delights of working with young people was to witness their growing understanding of 'What Jesus would say' to weekly topics such as bullying, self-worth, use of money.

Just as young people ebbed and flowed through the doors over the years, so did the club leaders. Doris Keeble was our oldest leader, attending on a weekly basis aged

94. We had many young people who took on the role of youth leader, and Alice, Emily, Molly and Sammy were supporting up to the date the doors closed. John and Marie's commitment included making weekends available for special activities at Horstead Centre, and occasional Saturday specials. In later years as the club relaxed and altered its format to suit the 'ageing' members (our youngsters now 15 to 18 and older), John and Marie introduced some young leaders to Spring Harvest. How wonderful that the annual excursion continues. To paraphrase Paul: one will plant the seed, another will water it – but God will make it grow.

Thank you church family for your support across the years. Thanks be to God for the young people – may God bless them as they go forward in life.

Rock Solid team

St Mary's Sunday School

We met for Sunday School a couple of times during 2017 but I have continued to keep in contact with our only regular family throughout the year. They also attended Church for other services a couple of times during the year.

Debbie Cronk

Friends of St Mary's

During the past 12 months the Friends have received membership fees, gifts, donations and a sizeable legacy. We are extremely grateful to all those people for these generous gifts. We also acknowledge and thank all those who give of their time in support of those activities which help contribute towards the funds raised. Those activities have included the quiz & chips evening, a summer barbeque, Santa's Grotto and of course the holiday visits of Brothers Valentine & Gregory, our church mice who are always available to go on holiday with you at the drop of a hat for a small donation. The ongoing purpose of the Friends is to support the maintenance, repair, restoration and improvement of the fabric of St Mary's Church in Hellesdon.

Andrew Alder, PCC representative on the Friends Executive Committee.

Home Communions

Home communions continue to take place in the parish on either an individual or group basis.

Rev Louise Alder

House Groups

Middleton's Lane

We continued to meet regularly for most of last year, but with only four members. We lost another member of our group last summer, when Ian died unexpectedly. We looked at our situation after the summer holidays and decided that the group was not viable with only three people, but rather than give up, we approached the group at Sunny Grove to see if we could join them. They too were low in numbers, so we agreed to merge the two groups.

We have met regularly as one group since last September and this arrangement is working to the benefit of both groups.

The Middletons Lane Group therefore no longer exists, but is part of the Sunny Grove Group.

Bramwell Chapman

Sunny Grove

The Sunny Grove Home Group has continued to meet regularly through 2017. We undertook the parish lent and advent studies as a group and have done other studies using study guides or DVDs. We have also continued to watch some of the J John "Meeting the Canon" interviews which are very inspirational. We would recommend them to any other house groups who are interested in hearing of the faith experiences of a range of well-known Christians from across the world. In September, we decided to merge with Bram and Felicity Chapman's home group as both groups were quite small. This merger has been really beneficial as it has enabled a greater cross fertilisation of experience and thinking! For the time being the group continues to meet at Sunny Grove.

Martin and Rachael Graham

Waldemar Avenue

The home group at 19 Waldemar Avenue is a group of just four people but has not been meagre in its compass and depths of teaching from the Bible. We have explored:

- Tapes about the Holy Spirit
- Witnessing by Stuart Briscoe who is past Principal of Copernwray Bible School
- Looking into the book of Revelation
- Listening to a CD on Angels

Currently we are working through the Beatitudes with the aid of a profound book by R T Rendall who is an international Bible teacher. For an example of his teaching:- he takes three chapters to explain 'Our Father who art it heaven'

Of course we have a time of prayer, helped by news from Wosgowunon, before tea and buns and a reluctance to finish before 10 o'clock.

This is a valued evening.

Roy Murton

Knit and Natter Group at St Mary's

We continue to meet as a group twice monthly, first and third Wednesday at about 11am to about 12.45pm. We are fairly constant in number, with 8 or 9 attending most sessions.

We are always happy to welcome new knitters and are grateful to members of our congregations and their friends who send us teddies, sweaters and other items. If anyone wishes to knit sweaters, please note that the pattern has changed and now has a longer sleeve. We have copies of the pattern if anyone needs one.

Items are taken to the Wool Loft situated at Christchurch, new Catton and distributed to many countries. We take a very large bag of items each month.

The Africas, Syria, Eastern Europe, also in this country warm hats, gloves and scarves are given to seamen and young people leaving care. The Norfolk and Norwich hospital receives hats and blankets for new babies and hats for premature babies plus other garments which they receive with gratitude.

Monica Harrington

Ladies' Teas

A Ladies Tea was scheduled for Easter but due to a low number of sign ups it was decided that it wasn't viable to run, with this in mind and due to a number of conflicting commitments the pre-scheduled Teas for Harvest and December were

not offered. We have decided not to arrange Ladies Teas in 2018, hoping that a break will bring renewed interest in 2019.

Rev Louise Alder and Margaret Abbott

Men's Breakfast

We meet bi-monthly at The Oaks, Cromer Road on a Saturday at 9am. We are a small group ranging from 4 to 12 people at each meeting, usually from St Paul's and St Mary's; friends are extremely welcome also.

Our aim is to build up a strong fellowship with each other in sharing interests we have in our daily lives. Basically it is men getting together, enjoying each other's company in conversation. We share the joys of life and things that concern us. 'It is good to talk', and it is surprising the different topics of conversation that we cover during our meal, also how much we learn from each other through our different interests. Getting to share thoughts, joyful or concerns of our hearts, is encouraging all of us in deeper friendship. Come and join us, you will be made very welcome. Sadly we lost one of our dear friends, Ian Bagley, in August. We were all deeply shocked at his death, Ian was a wonderful person, and an inspiration to us all. We miss him.

Alf Cossey

Mothers' Union Hellesdon Branch

We have enjoyed a year of interesting meetings and fellowship, in St Paul's Church, on the second Tuesday of the month at 2.30pm.

Visiting speakers have talked about 'Time Norfolk', 'Mothers' Union Enterprise', 'The Emmaus Project' and 'The Life of Edith Cavell'. We have watched a Sugar Craft demonstration and our members have shared their memories of 'St Valentine's Day' and 'Life before retirement'.

Our Easter Eucharist Service was taken by Rev. Louise Alder and our Harvest Service by Rev. Enid Jones-Blackett, when once again members donated generously to our Harvest Box, for the St Martin's Housing Trust.

Members and friends met at the home of Jo and Denys Holmes for our August Garden Party and we were entertained with a delightful selection of Christmas music, by the Hellesdon Community Choir, at our December meeting.

Sales at our monthly Bring and Buy stall have enabled us to give to both local and world-wide Mothers' Union charities, who need our support.

We keep in touch with our link group in Serrekunda, in the Gambia, and try to attend all Diocesan meetings and services.

The work of our members, the Committee and Treasurer is much appreciated and we hope the Branch will continue to flourish, as it has since 1911.

Jo Holmes

Music

Marlpit Community Choir

Marlpit Community Choir continues to meet each week during term time at Valley Primary Academy. Our numbers stay fairly constant. We sadly still lose a few members due to changing work commitments but have welcomed 4 new members in the last term. We enjoy some great singing, put on the occasional concert and share a lot of fun with plenty of new songs and party nights at the end of each term. Many of the choir have made really strong friendships and as well as singing our hearts out, we generally look out for each other too.

Lou O'Grady

Musical Notes from St Mary's

As usual, to start our report we give thanks to Tim, our fantastic organist and to Peter who covers when Tim is away.

Our loyal choir members, who give so freely of their time have, this year been plagued by the coughs and throat infections that seem to be doing the rounds.

We have been so pleased to welcome Rudy to the choir and also Paul and Rachael from St Paul's music group who joined us at the Carol Service.

Our alternating first Sunday Parish Holy Communion Services plus weddings and funerals have been an opportunity to lead congregations in their chosen music. We hope very much that Rachael and Paul will feel able to help us in some of our themed and occasional office services.

As this little report goes to press, our choir is preparing to lead the singing at Marilyn Holmes' Thanksgiving service. Marilyn so loved all things musical and we will take pride in singing the pieces that she has chosen to remember her and give thanks for her worship amongst us at St Marys.

Ginny Smith

St Paul's Worship Group

St Paul's worship group has 8 members at this present time. We pass around the leadership of worship each week. This makes the worship more varied and it's also linked to readings of the week where possible. Since the autumn we have had to use backing tracks due to illness.

The worship is usually but not exclusively more modern worship songs.

When we are at full complement, we use keyboard, drums and bass but add instruments when they become available.

The worship group feel privileged to have been asked if we would play at the wedding of one of singers, which we will do in 2018.

Paul Corder

Open Doors

Thanks to a dedicated and committed team of helpers Open Doors continues to thrive, enabling a group of 30-40 over 50's to come together each week for coffee, cake and chat. Each Thursday St Paul's church is full of chatter and often a fair degree of laughter. We ensure that everyone has a regular printed sheet of dates as we have started to close at Easter and in the summer for a 2 week block ensuring that the "Team" get a refreshment break. We have had an Easter special with Hot Cross buns just before Easter, 2 weeks of Christmas Specials in December with "Treats", table quizzes and a small Christmas gift for everyone and birthday cards made by either Tina Corder or Marie Bridge continue to be popular with everyone.

Rev Louise Alder and Margaret Abbott

St Mary's Churchyard - Norfolk Wildlife Trust County Wildlife Action and Survey

I became a Volunteer Wildlife Surveyor with Norfolk County Wildlife Action in February 2017. The project is run by the Norfolk Wildlife Trust (NWT) and partly funded by the Heritage Lottery Fund and involves both churchyards and County Wildlife Sites. I attended a training workshop and a presentation. We were told to concentrate on flora but to note any animals we happened to see. NWT officers met the Vicar, the Churchwarden and me in St Mary's Churchyard on two occasions.

I visited the churchyard on more than twenty occasions between February and November and then compiled a report for the NWT. The results of the survey are: 115 flora species and 19 animal species. Total: 134 species. St Mary's has four of the six churchyard-dependant indicator species of ancient meadow or pasture, including the rare meadow saxifrage and lady's bedstraw. One maidenhair spleenwort (rare in Norfolk and noted on a south buttress of the church in 1994) now has eight offspring. There are 22 species of tree, including a rare contorted willow, three English yews and two Irish yews.

The project has 260 Volunteer Wildlife Surveyors, who have surveyed 84 churchyards and 59 County Wildlife Sites, worked for 10,000 hours and provided 25,000 records, which will be added to the Norfolk County Council Biodiversity Information Service database.

The NWT will contact us to suggest how we might improve conservation in the churchyard, thus building on the work of Brian and Beverley Cleland who were involved with the NWT, set up conservation areas and planted trees in the churchyard for many years.

Freda M. Wilkins-Jones

St Mary's Flowers

Our meetings are going well at the Church prior to events, thanks to Ginny and Louise for arranging these.

Weddings have been booked for 2018 also christenings.

We would like to enrol some more people to help decorate the Church with the flowers. No experience is needed if you have never arranged flowers before you could come and give some assistance when needed.

I would like to thank all members of the congregation for their generosity of donations, which without their help we would not have any flowers. Also I would like to thank the girls for their help in arranging the flowers.

We will be decorating the Church again for Easter by our happy band of arrangers.

Freda Lane

St Paul's Wives' Fellowship

Members and friends celebrated the New Year with a lunch at the Holiday Inn Hotel, but the rest of our meetings have been held in St Paul's Church on the first Wednesday of the month at 2pm.

Our talks at meetings have been varied and interesting. Subjects covered were 'The Norfolk County Library Service', 'Sheringham Little Theatre', 'A Turkish Adventure', 'Ethiopia's Historic Route', 'Catering Advice' and 'A Family Hero' with a more light-hearted Tea and Quiz afternoon and a Beetle Drive.

The Summer Garden Party at Audrey Pollard's home was another enjoyable gathering for us.

Then, in December, our Carol Service was taken by Reverend Louise, with a representative from the St Martin's Housing Trust speaking to us. As is our custom, we donated a very generous collection from to service and many boxes of mince pies to this charity. This has been our way of helping ever since the Norwich Night Shelter began.

Jo Holmes

The 3C's

Following the closure of the "Bake Group" it was felt that it would still be good to have some form of gathering for "Ladies who" and so "The 3C's" Craft, Cake and

Chat, began in October. We are a mix of ladies from St Mary's, St Paul's and the local community who come together on the 1st Thursday of the month in St Mary's Community Room. Some like to bring a cake, some get on with the craft they are working on at home and share their interest with others, some like to come just for the company and chat while others explore the contents of "The Box" where a selection of craft materials can be found. We had a fun December evening with mince pies and Christmas crafts – making cards and decorations exploring techniques some had never used before. I hope we can have an Easter evening. You do not need to be crafty to come and join the fun, we look forward to seeing you in the coming year.

Rev Louise Alder