Marham Matters

Inside this Issue: Regulars Heavens Above News SSAFA Features Lightning II to be Based at Marham

IX(B) Sqn Homecoming Parade
Personnel from marched through the streets of Downham Market for their homecoming parade.

Do Your Bit for RAFA!
RAFA Fundraising Opportunities 2013

RAF Marham Aviation Heritage Centre Opening
The occasion was supported by the local community, RAF personnel and industry partners.

Once Upon a Time...
There Were Some Very Kind-Hearted Children in West Lynn

www.marhammattersonline.co.uk

The official publication of Royal Air Force Marham Issue 4, 2013 £Free
Welcome to another edition of Marham Matters.

Easter seems a long time ago now, but we hope you all had a good time and managed to get out and enjoy the local area. This month we cover 661 Sqn’s homecoming parade in Downham Market, where the community flocked to see the Squadron parade through the town and collect their Herrick medals. The Secretary of State for Defence also came to the Station to announce the decision to base the Lightning at RAF Marham. That’s what he said, visit page 19. As normal in the centre pages we concentrate on Community Support topics and we introduce the new Team in the IVS-RAFCA Partnership. The partnership progresses towards the end of its second year and on community Support topics and we concentrate on everything from entertainment to the centre pages we concentrate on Community Support topics and we introduce the new Team in the IVS-RAFCA Partnership. The partnership progresses towards the end of its second year and on community Support topics and we concentrate on everything from entertainment to the centre pages we concentrate on Community Support topics and we introduce the new Team in the IVS-RAFCA Partnership. The partnership progresses towards the end of its second year and on community Support topics and we concentrate on everything from entertainment to the centre pages we concentrate on Community Support topics and we introduce the new Team in the IVS-RAFCA Partnership. The partnership progresses towards the end of its second year and on community Support topics and we concentrate on everything from entertainment to the centre pages we concentrate on Community Support topics and we introduce the new Team in the IVS-RAFCA Partnership. The partnership progresses towards the end of its second year and on community Support topics and we concentrate on everything from entertainment to the centre pages we concentrate on Community Support topics and we introduce the new Team in the IVS-RAFCA Partnership. The partnership progresses towards the end of its second year and on community Support topics and we concentrate on everything from entertainment to the centre pages we concentrate on Community Support topics and we introduce the new Team in the IVS-RAFCA Partnership. The partnership progresses towards the end of its second year and on community Support topics and we concentrate on everything from entertainment to the centre pages we concentrate on Community Support topics and we introduce the new Team in the IVS-RAFCA Partnership. The partnership progresses towards the end of its second year and on community Support topics and we concentrate on everything from entertainment to the centre pages we concentrate on Community Support topics and we introduce the new Team in the IVS-RAFCA Partnership. The partnership progresses towards the end of its second year and on community Support topics and we concentrate on everything from entertainment to the centre pages we concentrate on Community Support topics and we introduce the new Team in the IVS-RAFCA Partnership. The partnership progresses towards the end of its second year and on community Support topics and we concentrate on everything from entertainment to the centre pages we concentrate on Community Support topics and we introduce the new Team in the IVS-RAFCA Partnership. The partnership progresses towards the end of its second year and on community Support topics and we concentrate on everything from entertainment to the centre pages we concentrate on Community Support topics and we introduce the new Team in the IVS-RAFCA Partnership. The partnership progresses towards the end of its second year and on community Support topics and we concentrate on everything from entertainment to the centre pages we concentrate on Community Support topics and we introduce the new Team in the IVS-RAFCA Partnership. The partnership progresses towards the end of its second year and on community Support topics and we concentrate on everything from entertainment to the centre pages we concentrate on Community Support topics and we introduce the new Team in the IVS-RAFCA Partnership. The partnership progresses towards the end of its second year and on community Support topics and we concentrate on everything from entertainment to the centre pages we concentrate on Community Support topics and we introduce the IVS-RAFCA Partnership. The partnership progresses towards the end of its second year and on community Support topics and we concentrate on everything from entertainment to the centre pages we concentrate on Community Support topics and we introduce the IVS-RAFCA Partnership. The partnership progresses towards the end of its second year and on community Support topics and we concentrate on everything from entertainment to the centre pages we concentrate on Community Support topics and we introduce the IVS-RAFCA Partnership. The partnership progresses towards the end of its second year and on community Support topics and we concentrate on everything from entertainment to the centre pages we concentrate on Community Support topics and we introduce the IVS-RAFCA Partnership. The partnership progresses towards the end of its second year and on community Support topics and we concentrate on everything from entertainment to the centre pages we concentrate on Community Support topics and we introduce the IVS-RAFCA Partnership. The partnership progresses towards the end of its second year and on community Support topics and we concentrate on everything from entertainment to the centre pages we concentrate on Community Support topics and we introduce the IVS-RAFCA Partnership. The partnership progresses towards the end of its second year and on community Support topics and we concentrate on everything from entertainment to the centre pages we concentrate on Community Support topics and we introduce the IVS-RAFCA Partnership. The partnership progresses towards the end of its second year and on community Support topics and we concentrate on everything from entertainment to the centre pages we concentrate on Community Support topics and we introduce the IVS-RAFCA Partnership. The partnership progresses towards the end of its second year and on community Support topics and we concentrate on everything from entertainment to the centre pages we concentrate on Community Support topics and we introduce the IVS-RAFCA Partnership. The partnership progresses towards the end of its second year and on community Support topics and we concentrate on everything from entertainment to the centre pages we concentrate on Community Support topics and we introduce the IVS-RAFCA Partnership. The partnership progresses towards the end of its second year and on community Support topics and we concentrate on everything from entertainment to the centre pages we concentrate on Community Support topics and we introduce the IVS-RAFCA Partnership. The partnership progresses towards the end of its second year and on community Support topics and we concentrate on everything from entertainment to the centre pages we concentrate on Community Support topics and we introduce the IVS-RAFCA Partnership. The partnership progresses towards the end of its second year and on community Support topics and we concentrate on everything from entertainment to the centre pages we concentrate on Community Support topics and we introduce the IVS-RAFCA Partnership. The partnership progresses towards the end of its second year and on community Support topics and we concentrate on everything from entertainment to the centre pages we concentrate on Community Support topics and we introduce the IVS-RAFCA Partnership. The partnership progresses towards the end of its second year and on community Support topics and we concentrate on everything from entertainment to the centre pages we concentrate on Community Support topics and we introduce the IVS-RAFCA Partnership. The partnership progresses towards the end of its second year and on community Support topics and we concentrate on everything from entertainment to the centre pages we concentrate on Community Support topics and we introduce the IVS-RAFCA Partnership. The partnership progresses towards the end of its second year and on community Support topics and we concentrate on everything from entertainment to the centre pages we concentrate on Community Support topics and we introduce the IVS-RAFCA Partnership. The partnership progresses towards the end of its second year and on community Support topics and we concentrate on everything from entertainment to the centre pages we concentrate on Community Support topics and we introduce the IVS-RAFCA Partnership. The partnership progresses towards the end of its second year and on community Support topics and we concentrate on everything from entertainment to the centre pages we concentrate on Community Support topics and we introduce the IVS-RAFCA Partnership. The partnership progresses towards the end of its second year and on community Support topics and we concentrate on everything from entertainment to the centre pages we concentrate on Community Support topics and we introduce the IVS-RAFCA Partnership. The partnership progresses towards the end of its second year and on community Support topics and we concentrate on everything from entertainment to the centre pages we concentrate on Community Support topics and we introduce the IVS-RAFCA Partnership. The partnership progresses towards the end of its second year and on community Support topics and we concentrate on everything from entertainment to the centre pages we concentrate on Community Support topics and we introduce the IVS-RAFCA Partnership. The partnership progresses towards the end of its second year and on community Support topics and we concentrate on everything from entertainment to the centre pages we concentrate on Community Support topics and we introduce the IVS-RAFCA Partnership. The partnership progresses towards the end of its second year and on community Support topics and we concentrate on everything from entertainment to the centre pages we concentrate on Community Support topics and we introduce the IVS-RAFCA Partnership. The partnership progresses towards the end of its second year and on community Support topics and we concentrate on everything from entertainment to the centre pages we concentrate on Community Support topics and we introduce the IVS-RAFCA Partnership. The partnership progresses towards the end of its second year and on community Support topics and we concentrate on everything from entertainment to the centre pages we concentrate on Community Support topics and we introduce the IVS-RAFCA Partnership. The partnership progresses towards the end of its second year and on community Support topics and we concentrate on everything from entertainment to the centre pages we concentrate on Community Support topics and we introduce the IVS-RAFCA Partnership. The partnership progresses towards the end of its second year and on community Support topics and we concentrate on everything from entertainment to
RegULARS | STATION COMMANDER’S FOREWORD

Station Commander’s Foreword

May is my favourite month of the year and we are already seeing a welcome move away from the wind, rain and seasonally low temperatures that seemed to hang around for longer than we had hoped and expected.

April was a busy month. It was great to see IX(B) Squadron march through Downham Market on their return from Afghanistan – a tricky bit of drill executed brilliantly, with the band providing final polish to the occasion. As a past Officer Commanding IX(B) Squadron and Station Commander at RAF Marham, Air Vice-Marshal Bagwell was delighted to hand out the well-deserved medals. Another Air Vice-Marshal, Peter Ewen, kindly opened the RAF Marham Heritage Centre mid-month. The Centre made an instant impact and will continue to do so as it becomes a permanent feature of the Station. I would heartily encourage you to visit the facility when you have a spare hour or so.

The most significant Station event in April was arguably the announcement by the Secretary of State for Defence that RAF Marham had been selected as the UK base for Lightning II. It was all the more special by the Rt Hon Philip Hammond making the announcement in person. Thank-you to everyone that made the short but important visit so slick.

By the time that you read this I hope that II(AC) and IX(B) Squadrons are back to flying operations at Marham – it has been a quiet few weeks with all of our Squadrons away! II(AC) Squadron’s short notice deployment to the Middle East took them away over Easter and IX(B) Squadron were of course away for Christmas. I hope that you have had time with family and friends since your return. Please also keep 31 Squadron and 3FP Wing in your thoughts as they carry out their hard work in increasing temperatures abroad.

So, May will be as busy as ever. Thank-you to you all for your continued support to all our activity at RAF Marham. Have an excellent month!

Gp Cpt DJE Cooper

April was a busy month. It was great to see IX(B) Squadron march through Downham Market on their return from Afghanistan – a tricky bit of drill executed brilliantly, with the band providing final polish to the occasion. As a past Officer Commanding IX(B) Squadron and Station Commander at RAF Marham, Air Vice-Marshal Bagwell was delighted to hand out the well-deserved medals. Another Air Vice-Marshal, Peter Ewen, kindly opened the RAF Marham Heritage Centre mid-month. The Centre made an instant impact and will continue to do so as it becomes a permanent feature of the Station. I would heartily encourage you to visit the facility when you have a spare hour or so.

The most significant Station event in April was arguably the announcement by the Secretary of State for Defence that RAF Marham had been selected as the UK base for Lightning II…

The official fuel consumption figures in mpg (l/100km) for the Renault range are: Twingo 27.7 (4.9) – 38.5 (3.6); Extra Urban 47.9 (5.4) – 94.2 (2.6); Clio 36.7 (7.7) – 69.9 (3.2). The official CO2 emissions for the range are 116-152g/km. Figures include delivery charge (where applicable), RTO VAT, 12 months’ Government licensed fuel tax and a £1000 vehicle purchase incentive offered by vehicle suppliers only. The recommended list price of £14,535 for RENAULT TWINGO is based on MRRP (£12,495) plus option packs. All offers are subject to availability and while stocks last. Effect of car tax rises and changes in green tax bandings may have an influence on the MRRP. Choice of options and accessory pack may vary. Further details are available from participating dealers. RENAULT TWINGO with MRRP of £11,995 may be available at £14,145 including £2,150 vehicle purchase incentive and £1000 delivery charge. Offer ends 31 March 2014.
Who do you turn to when life is tough? A family member, a loved one, a close friend, or maybe someone who is not part of your everyday life - who can be supportive in an objective way?

Are those closest to you the ones you always turn to, or are your friends people who can be of help without being too involved in your life? It's when life is difficult and challenging that people most need a friend, and sometimes more poignantly, it's during those times that they discover who their friends really are.

In these days of social media and constant electronic communication it is easy to lose sight of what true friendship is about. Apparently the average number of friends a person has on Facebook is 138, and the average 22 year old has 1,000 plus friends. Before we get too depressed by these statistics - in the words of a famous song writer, 'It's nice to be important (and popular), but it's more important to be nice, (rather than popular).'

Are friends to be collected and acquired in the same way that someone might collect items as part of a hobby? or are they to be valued and nurtured? Is less, more in this instance? Is it about the quality and the depth of our friendships that matter more than simply how many people we might class as friends?

So, if on balance it doesn't really matter how many people we can count as true friends. What is friendship about? In the Christian tradition, there is a song sung which is entitled, 'When I needed a neighbour were you there, were you there?' You may even remember singing it in a school assembly in your youth.

Based on a story in the New Testament in The Bible, the song reminds the reader or hearer that friendship and neighbourliness are very closely related. The deepest and most close friendships are about being there for someone in good times and tough times as well. Might this be the test of true friendship? It's not all about being a friend, but receiving friendship too when we need that support and help and knowing that someone is there standing alongside us, even without asking.

No matter how strong and independent we feel we are, there are always times in our lives when those few valued close friends are needed to support and care, and it's important to remember that there are those that require our friendships in their time of need too.

During May, there are going to be a few changes in the Chaplaincy team at Marham. Padre Philip Corrigan, who joined the team in July 2011, will be moving to Northolt and Padre Martin Sheldon will be joining the team from Brize Norton. We thank Padre Philip for his wise words and caring and encouraging ministry and wish him well in his new posting. Padre Martin is a keen cricketer and will no doubt be doing some recruiting for the summer matches. We wish him well as he settles here with his family.

So far the Sqn have lifted over 9,500 tonnes! Base Support Wing who are 'competing' with the Sqn are making progress albeit not quite as fast as the Sqn... yet.

The Sqn is planning to collectively lift 31,000 tonnes (31 million kilograms) to raise money for two worthwhile causes, Scotty's Little Soldiers and the Tapping House Hospice in Norfolk. Donations can be made online through www.bmcharity.com/31000tonnes and www.justgiving.com/31000tonnes or by texting LIFT88 to 70707 (UK only) for the two respective charities.

Squadron Update

31 Sqn, the ‘Goldstars’ currently on their third detachment to Afghanistan are making good progress with their 31,000 tonnes challenge!

So far the Sqn have lifted over 9,500 tonnes! Base Support Wing who are ‘competing’ with the Sqn are making progress albeit not quite as fast as the Sqn... yet.

The Sqn is planning to collectively lift 31,000 tonnes (31 million kilograms) to raise money for two worthwhile causes, Scotty’s Little Soldiers and the Tapping House Hospice in Norfolk. Donations can be made online through www.bmcharity.com/31000tonnes and www.justgiving.com/31000tonnes or by texting LIFT88 to 70707 (UK only) for the two respective charities.
The Squadron returned back from Afghanistan on 13th March 2013 after serving a four month deployment in support of Operation HERRICK providing Close Air Support and Tactical Reconnaissance to UK and Coalition Forces. The responsibility taken on by the Squadron was no small task when you consider the size of the area of operations. Afghanistan has a landmass of 647,500 square kilometres, slightly larger than Spain and Portugal combined. The terrain is just as impressive; ranging from vast open deserts to mountain peaks of up to 7,485m. Over IX(B) Squadron’s tour of duty they also had to battle thick wet mud, sandstorms, extreme thunderstorms and deep freezing conditions while at the same time maintaining morale over the Christmas period. This was done thanks in no small part to the care packages and best wishes sent from home - friends, family and well wishers all played a big part in keeping up spirits.

A typical sortie could consist of searching for Improvised Explosive Devices (IEDs), route sweeping ahead of friendly convoys or providing over-watch of helicopter landing sites, ground forces and tracking suspicious vehicles. In addition to this pre-planned tasking IX(B) Squadron provided over 1400 hours of ground alert in order to scramble in support of friendly forces ‘in contact’ with enemy forces. Once in the overhead crews would use various escalatory levels of force in order to deter insurgent forces. The tactics include flying low and fast over the insurgents; conveying the message, that overwhelming force is in the area and convincing the enemy to withdraw. If the enemy fail to take heed then escalatory measures may be required. Using force is a last resort, but if force is required the Tornado is well equipped with precision weapons such as the Dual Mode Seeker Brimstone missile, the Paveway IV bomb or the 27mm Mauser Cannon.

Of course none of the sorties could even have left the ground without support from all the other trades that combine to make IX(B) Squadron so successful on operations. The engineers fixed and readied jets, working 12-hour shifts in the face of a challenging Afghan winter. Safety equipment personnel ensured the crews’ flying equipment worked in spite of all the dust. The administrative staff provided welfare support to Squadron members and family alike, whilst intelligence and operations staff provided timely support information. On top of their primary duties, all personnel were responsible for force protection and ensuring the base remained safe.

Officer Commanding No IX(B) Squadron, Wing commander Andy Turk said: “All personnel on parade today have served their country with boundless energy and immense professionalism in order to ensure a better life for the people of Afghanistan.”

Wing Commander Andy Turk
The ISS-RAFCRL Partnership

As the Super CRL partnership progresses towards the end of its second year, a lot has happened in all outlets in the recent past.

ISS are proud to support 31 Sqn in their bid to raise £11,000 by lifting 31,000 tonnes whilst on their current deployment in Afghanistan, during a recent Top of The Range sponsored night in Louis’ Bar. Entertainment and £200 was raised by the bar staff to show their support. The “Funny Fokkers” is definitely a night to remember. Comic Relief saw in excess of £300 being raised. The Armed Forces Pay Review Board 2013, in accordance with the recommendations of the Armed Forces Pay Review Board 2013, the Classic Choclate Demonstrations have raised a further £100, to organiser SAC(T) Dave Russell to get their bid to raise £31,000 by lifting 31,000 tonnes whilst on their current deployment in Afghanistan.

The comedians performing at Marham have come on leaps and bounds in the short time we have been attending the course. The “Funny Fokkers” is definitely a night to remember. Comic Relief saw in excess of £300 being raised. The Armed Forces Pay Review Board 2013, in accordance with the recommendations of the Armed Forces Pay Review Board 2013, the Classic Choclate Demonstrations have raised a further £100, to organiser SAC(T) Dave Russell to get their bid to raise £31,000 by lifting 31,000 tonnes whilst on their current deployment in Afghanistan.

The ISS-RAFCRL partnership has brought the children closer to their Dads and everyone has enjoyed this quality time together, enhancing communications and trying new things.

The ISS-RAFCRL partnership has brought the children closer to their Dads and everyone has enjoyed this quality time together, enhancing communications and trying new things.

Concerning the Armed Forces Pay Review Board 2013, there is a range of options, with a few Healthy Eating options. The RETAIL Choice prices have been increased by less than 5%, and in accordance with the recommendations of the Armed Forces Pay Review Board 2013, the Classic Chocolates have been reduced in price in line with the Daily Food Charge. A comprehensive list of options & prices can be found on our ISS-RAFCRL website at www.iss-rafcrl.co.uk.

To tempt you for the future, the Funny Fokkers, Comedy tour will be performing in the Grafton Club on Wednesday 19th May. Tickets are priced at £6.00 of which £1.00 goes to RAFA and there will be a free promotional drink or food. To date the tour has been received exceptionally well.

The comedians performing at Marham have come on leaps and bounds in the short time we have been attending the course. The “Funny Fokkers” is definitely a night to remember. Comic Relief saw in excess of £300 being raised. The Armed Forces Pay Review Board 2013, in accordance with the recommendations of the Armed Forces Pay Review Board 2013, the Classic Choclate Demonstrations have raised a further £100, to organiser SAC(T) Dave Russell to get their bid to raise £31,000 by lifting 31,000 tonnes whilst on their current deployment in Afghanistan.

The ISS-RAFCRL partnership has brought the children closer to their Dads and everyone has enjoyed this quality time together, enhancing communications and trying new things.

Concerning the Armed Forces Pay Review Board 2013, there is a range of options, with a few Healthy Eating options. The RETAIL Choice prices have been increased by less than 5%, and in accordance with the recommendations of the Armed Forces Pay Review Board 2013, the Classic Chocolates have been reduced in price in line with the Daily Food Charge. A comprehensive list of options & prices can be found on our ISS-RAFCRL website at www.iss-rafcrl.co.uk.

The ISS-RAFCRL partnership has brought the children closer to their Dads and everyone has enjoyed this quality time together, enhancing communications and trying new things.

Concerning the Armed Forces Pay Review Board 2013, there is a range of options, with a few Healthy Eating options. The RETAIL Choice prices have been increased by less than 5%, and in accordance with the recommendations of the Armed Forces Pay Review Board 2013, the Classic Chocolates have been reduced in price in line with the Daily Food Charge. A comprehensive list of options & prices can be found on our ISS-RAFCRL website at www.iss-rafcrl.co.uk.

Contact the ISS-RAFCRL Office on 01366 315 065 for more information.

Here are some of the comments from the Dads:

- “The most fun I have had since GCSE Art”
- “Great to spend some quality time one to one with my son”
- “My son has come on leaps and bounds in the short time we have been attending the course”
- “Excellent opportunities not to be missed”
- “The best way to spend a Saturday morning”
- “My children and I really enjoyed this course and would like to do more of the same”

Dads R Us at Marham Library 2013

Well, what a time we have had! Marham Library recently hosted ‘Dads R Us,’ a group which aims to give Dads and their children quality time combined with fun activities.

Adult Education Family Learning ran a ten week course of fun and communication, which included celebrating Australia day, making specialist gifts for Mums on Mother’s day, designing and making dinosaur and mammoth puppets, exploring textures of clay and having fun with facs, and carrying out science fun activities together.

To this end, a lot has happened in all outlets in the recent past.

For more information contact the ISS-RAFCRL Office on 01366 315 065 for more information.

At present April 18th saw the refresh of the PAYD menu, and along with it changes brought about by customer feedback to demonstrate the “You said – We listened” policy of ISS. There are 11 new or amended menus throughout the Classic & Retail options, with 7 new Healthy Eating options. The Retail Choice prices have been increased by less than 5%, and in accordance with the recommendations of the Armed Forces Pay Review Board 2013, the Classic Choclate Demonstrations have been reduced in price in line with the Daily Food Charge. A comprehensive list of options & prices can be found on our ISS-RAFCRL website at www.iss-rafcrl.co.uk.

Contact the ISS-RAFCRL Office on 01366 315 065 for more information.

Here are some of the comments from the Dads:

- “The most fun I have had since GCSE Art”
- “Great to spend some quality time one to one with my son”
- “My son has come on leaps and bounds in the short time we have been attending the course”
- “Excellent opportunities not to be missed”
- “The best way to spend a Saturday morning”
- “My children and I really enjoyed this course and would like to do more of the same”

Well, what a time we have had! Marham Library recently hosted ‘Dads R Us,’ a group which aims to give Dads and their children quality time combined with fun activities.

Contact the ISS-RAFCRL Office on 01366 315 065 for more information.

Here are some of the comments from the Dads:

- “The most fun I have had since GCSE Art”
- “Great to spend some quality time one to one with my son”
- “My son has come on leaps and bounds in the short time we have been attending the course”
- “Excellent opportunities not to be missed”
- “The best way to spend a Saturday morning”
- “My children and I really enjoyed this course and would like to do more of the same”

Well, what a time we have had! Marham Library recently hosted ‘Dads R Us,’ a group which aims to give Dads and their children quality time combined with fun activities.

Contact the ISS-RAFCRL Office on 01366 315 065 for more information.

Here are some of the comments from the Dads:

- “The most fun I have had since GCSE Art”
- “Great to spend some quality time one to one with my son”
- “My son has come on leaps and bounds in the short time we have been attending the course”
- “Excellent opportunities not to be missed”
- “The best way to spend a Saturday morning”
- “My children and I really enjoyed this course and would like to do more of the same”

Well, what a time we have had! Marham Library recently hosted ‘Dads R Us,’ a group which aims to give Dads and their children quality time combined with fun activities.

Contact the ISS-RAFCRL Office on 01366 315 065 for more information.

Here are some of the comments from the Dads:

- “The most fun I have had since GCSE Art”
- “Great to spend some quality time one to one with my son”
- “My son has come on leaps and bounds in the short time we have been attending the course”
- “Excellent opportunities not to be missed”
- “The best way to spend a Saturday morning”
- “My children and I really enjoyed this course and would like to do more of the same”

Well, what a time we have had! Marham Library recently hosted ‘Dads R Us,’ a group which aims to give Dads and their children quality time combined with fun activities.
The New RAF Marham Community Support Team

‘Deliver Battle Winning Air Power for Current and Future Operations’

COMMUNITY SUPPORT SQUADRON

COMMUNITY SUPPORT WEBSITE
www.marhamhub.co.uk

HIV INFORMATION
Natalie Warner,
Tel: (01760) 446121 or (01760) 337261 ext: 7425
Email: MRM-CSSHIVe@mod.uk

SCSO
Flt Sgt Terry Norman,
Tel: (01760) 446052,
on base 95951 6052
email: MRM-cSSScSo@mod.uk

OC CSF
Flt Lt Gary Walker,
Tel: (01760) 337261 ext: 7158
email: MRM-cSSoccSF@mod.uk

COMMUNITY DEVELOPMENT
Rita Broomfield,
Tel: (01760) 337261 ext: 7158

SAFER NEIGHBOURHOOD TEAM, WATLINGTON
Tel: 0845 456 4567 or 101

MODERN HOUSING SOLUTIONS (MHS)
Help Desk,
Tel: 0800 707 6000 Option 4

HOUSING ALLOCATION SERVICE CENTRE (HASC)
Tel: 0800 169 6322 / 94510 8000
email: DIoopsAccn-HASCTeam2@mod.uk

MARHAM LODGES
Bookings,
Tel: Community Support Hub or 07500 446116

SSAFA
Tom Smith,
Tel: (01760) 446051 ext: 6851
Lt Smith,
Tel: (01760) 446900 Ext: 6800

SSAFA VOLUNTEER CO-ORDINATOR
Tel: 07984 908622

OC PSF
Flt Lt Joanna Chubb,
Tel: (01760) 446136 ext: 7489

YOUTH WORKER
Angela Caley,
Tel: 07500 446136 CS Hub
Email: angela.caley@4children.org.uk

Sew Inn
Encouraging everyone to dry sewing!
Large selection of clothing fabrics. Burda, Simplicity & Butterick patterns in stock. Extensive range of haberdashery items. Alterations & repairs to clothes undertaken. Sewing Machine Sales & Service. Having trouble finding clothes you like, or that fit? We make garments to order from any of our fabrics.
1 Lynn Road
Downham Market
(by the traffic lights)
Telephone: 01366 387147
Open: 9am to 5.30pm
closed Wed & Sun

20% OFF ANY SERVICE AT JOHNSON CLEANERS, DOWNHAM MARKET
Johnson Cleaners, the UK’s No. 1. Cleaners are able to provide a Dry Cleaning Service for virtually all items of clothing, whether everyday wear or specialist garments such as wedding dresses or formal wear. You can also have your household items cleaned from curtains, sheets and rugs and as an added service, Johnsons also offer an alterations & repair service by highly experienced staff.
Enjoy the convenience of our services and so much more.....
- DRY CLEANING
- LAUNDRY & IRONING
- ALTERATIONS AND REPAIRS
- SUEDE & LEATHER CLEANING
- SHOE CLEANING

Why not call in to one of the Johnsons branches and take up our special offer of 20% off any service.
Johnson Cleaners, 4 Market Place, Downham Market, Norfolk
**Airplay News**

**EASTER ACTIVITIES**
Over 40 youngsters took part in the Easter activities organised for 8-18 year olds, both at the Youth Centre and off site. Activities included an Easter egg hunt, Football Coaching and a Cinema trip.

**CONCERT AND CURRY EVENING**
This was a huge success with over 50 people attending from the 54N community. The young people had themselves prided and it was a great event.

**COOKERY CLUB!**
On Thursday 25th May we will be starting a new Cookery Club and “Stir Krazy”. Running from 4pm to 5:30pm. The club will teach the young people the basics of cooking, and will give them more confidence in the kitchen! The Club will run for five sessions, from Thursday 25th April till 2nd May for 8 year olds – Year 6 only. (Year 7 will have their turn after May Half Term) Pre-booking is required due to the nature of the Club, with payment for the five sessions beforehand. No pre-booking required just turn up!

**INTERNET WORKSHOP FOR PARENTS**
Is your child using the Internet?
If the answer is yes, then you’re invited to our “Safe Parents” Guide to the Internet on Thursday 2nd May from 7pm to 8:30pm. It’s free, there’ll be refreshments and it will be a great way to find out about some of the things your child is doing online, the risks, and ways to keep them safe online. All resources will be from

**AIRPLAY Events…**

**Upcoming Events…**

---

**Costa Coffee**
Derby and Swaffham
Costa Coffee are offering 10% discount with your Armed Forces Discount Card.

**Norfolk Family Mediation Service**
Changes introduced to the legal aid system on the 1st April 2013 have resulted in legal aid being withdrawn from most matrimonial disputes apart from mediation, which is seen as the ideal route to assist in resolving family disputes.

Family Mediation is intended as a safe and confidential process to help separating and divorced couples to take positive and practical decisions on issues such as contact with children, finances and property matters, each suited to their own unique situations. Mediation therefore gives a step by step way of thinking through the options.

To assist those here at RAF Marham who may be seeking mediation, Community Support have therefore arranged for the Norfolk Family Mediation Service to hold confidential surgeries at the Hub, starting on the 2nd May. On the 2nd May, the intention being to hold a surgery every two weeks, on the 1st and last Tuesdays of each month.

If you would like to book an appointment to see a Counselor feel free to contact Angela Caley at the Live on 0144 742 742.

---

**Community Support to Assist Recycling**
All of the RAF Community living in SFA will be aware that from the beginning of April a new recycling system was introduced with households now being responsible for recycling all food waste.

The council has reported that it is very pleased with how many people have involved in the service with over 200 tonnes having been collected in the first two weeks that it has been running. All the waste is turned into industrial grade oil for use, rather than being sent to landfill so a big thank you to each and every one of you that has participated.

However, the waste is collected in newly provided food waste caddies which must be lined with a specially designed degradable bag. Although a supply of bags was provided when the caddies were first issued, householders are responsible for purchasing their own bags in the future. These bag are available from the local convenience store, the Co-op, the Off Licence, the News Agent, the Spar and the Thrift Shop at RAF Marham. The bags are on sale through the RAF Community Support. They can also be bought at any local supermarket or Local Indigo Dyslexia Service.

---

**Open Day**
Wednesday 22nd May, drop in any time from 10am till 3:30pm

For all RAF Marham personnel and their families. Find out about courses, qualifications and careers.

Chat to visiting staff from Colleges, Universities, Open University, professional organisations, Training companies, Job Centre Plus, Career Transition Partnership, Indigo Dyslexia Service.

Families welcome, treats for the children.

---

**For further details contact:**
The Learning Centre on 785 7979 or 7976.

The Learning Centre is part of FOS (opposite the Grafton Club and small Spar shop). Take that first small step.

---

---

**1st RAF Marham Brownies**
The Brownies finished off their Chocolate Challenge just before Easter with all the girls receiving a badge for the work that they had done.

The last meeting finished off with a promise ceremony for Holly, Paige, Ella and Evie. Welcome to the pack girls.

---

**Community Support to the RAF Marham Library**

Changes are taking place in the Station Library, with our losing, after years of good service, Sam West the Station Librarian on the 22nd May.

Although Sam is not being replaced, it is hoped to continue the library service with voluntary assistance although for a short period it will be open by appointment only through Community Support.

Any courses booked to be held in the library will continue as normal. However, it is hoped that this will be a temporary arrangement for a very limited period while a team of volunteer librarians is formed to allow the library to function as normal. In this respect we are actively currently seeking volunteers who may be interested in helping out. Anybody who is interested please contact Flt Lt Gary Walker in Community Support for more details.

---

**ART WORKSHOPS**
As part of Airplay’s Creative Arts programme we will be starting some Art Workshops on Wednesday 24th April for all 8-18 year olds, running up until the end of the Summer Term in July. We have an excellent Art Tutor coming in to do all sorts of exciting Art with the young people, including Wall Art, for the Youth Centre! Sessions will run from 7pm to 9pm and will cost just £1 a session. Members don’t have to come for the whole session to join in. No pre-booking required just turn up!

---

**CONCERT AND CURRY EVENING**
There was a huge success with over 50 people attending from the 54N community. The young people had themselves prided and it was a great event.
Charity Haircut

The work of the Deployed Families Welfare Fund has been given a massive boost thanks to a Charity Haircut at Marham.

OC TDF Fit Lt Ann-Marie Noble, who has been receiving treatment for cervical cancer offered to have her head shaved for charity. ’I wanted something good to come out of my illness and what better way than to make sure one of our Station charities got the benefit of this,’ commented Ann-Marie. Originally diagnosed last year, she has recently learned that the cancer is now more advanced than originally thought and sadly, her current treatment would have resulted in her losing her long blonde hair.

Over £1,200 was raised on the day at the Charity Haircut from donations and a coffee and cake stall. Ann-Marie said, ‘I just want to say a big thank you to everyone who came along and supported me on the day, and to those who donated cakes and who have given so generously for this important work among the deployed families on Station.’

Ann-Marie, who is currently undergoing treatment at Addenbrookes Hospital, is hoping that her situation will raise awareness of the importance of regular health checks especially among female Service Personnel.

Money is still being collected for this Fund and can be passed directly to Accounts Flt or TDF or the chaplaincy centre.

HOW TO FIND US... Located in the refurbished Louis Barrack foyer (K141), shown on the large screen in a relaxed, comfortably seated atmosphere.

Opening times
Sunday 12noon open at 2pm and the film starts at 2.30pm
Monday 12noon open at 7pm and the film starts at 7.30pm

No membership is required. A small donation of £1 per person would be gratefully received upon entry, to help maintain this service.

Full details of all films can be obtained by contacting: Narborough Garage, Main Road, Narborough PE32 1TE
Tel: 01760 444359

Narborough Garage, Main Road, Narborough PE32 1TE
Open: Tues: 7-4    Wed 7-4    Thurs 7-5    Fri 7-5    Sat 7-3

Innisfree Trading Estate, Bawsey, King’s Lynn, Norfolk PE32 1EX
Tel: 01553 772241

BACO COMPAK (NORFOLK) LTD
Call Gary or Denise 01366 324307
Mobile 01366 502150
Website www.baco-compak.com

WASTE DISPOSAL

For all your fresh, smoked & shellfish, visit your local friendly fishmonger!

OPEN: Tues 7-4 Wed 7-4 Thurs 7-5 Fri 7-5 Sat 7-3

Visit our doll’s counter for a selection of British cheeses, Italian olives, ham on the bone and patés.

AUSTIN FIELDS, KING’S LYNN
Tel: 01553 772241

SPECTRUM FINANCIAL PLANNING

Independent Financial Advice for all your financial needs
Contact Peter Oakley, AIFP Tel: 01553 752007
Chartered Financial Planners
www.specfinplanning.co.uk
Address: 5 Gardiner Road, Walken, King’s Lynn, PE32 3EB A Spectrum Financial Planning is authorised and regulated by the Financial Services Authority.

LITTLE OAKS PRESCHOOL AND HOLIDAY CLUB

01366 502150
Website: www.littleoakspreschool2002.co.uk

School Terms Time: children aged 2 to 5
Holiday clubs for 2 - 6 year olds
10 hrs a week funded places for children aged 3 & 4
6 Weekly hot meals provided

Pre-School Manager: Debbie Sammons, 47 Wretton Road, Stoke Ferry, Tel: 01366 502150
Email: littleoakspreschool2002@yahoo.co.uk

Taxis Up to 8 seats
Minibuses 8-16 & 21 seats
Get around safely and book early to avoid disappointment

BISHOPS TRAVEL

Wish all at RAF Marham a merry Christmas and a happy New Year
Call Gary or Denise 01366 324307
Mobile 07767 304684     07789 724366

43 high-quality mini buses

Spectacular value for money

A warm, friendly welcome is waiting for you!

Four trained staff WAG, MG2, MG3, MG4 five seated
Specialised Minibus for disabled
Open 365 days a year
Book early for School Term Time: children aged 2 to 5

For all your fresh, smoked & shellfish,

A warm, friendly welcome is waiting for you!

BACO COMPAK (NORFOLK) LTD
Call Gary or Denise 01366 324307
Mobile 01366 502150
Website www.baco-compak.com

Waste Disposal

For all your fresh, smoked & shellfish, visit your local friendly fishmonger!

OPEN: Tues 7-4 Wed 7-4 Thurs 7-5 Fri 7-5 Sat 7-3

Visit our doll’s counter for a selection of British cheeses, Italian olives, ham on the bone and patés.

AUSTIN FIELDS, KING’S LYNN
Tel: 01553 772241

SPECTRUM FINANCIAL PLANNING

Independent Financial Advice for all your financial needs
Contact Peter Oakley, AIFP Tel: 01553 752007
Chartered Financial Planners
www.specfinplanning.co.uk
Address: 5 Gardiner Road, Walken, King’s Lynn, PE32 3EB A Spectrum Financial Planning is authorised and regulated by the Financial Services Authority.

LITTLE OAKS PRESCHOOL AND HOLIDAY CLUB

01366 502150
Website: www.littleoakspreschool2002.co.uk

School Terms Time: children aged 2 to 5
Holiday clubs for 2 - 6 year olds
10 hrs a week funded places for children aged 3 & 4
6 Weekly hot meals provided

Pre-School Manager: Debbie Sammons, 47 Wretton Road, Stoke Ferry, Tel: 01366 502150
Email: littleoakspreschool2002@yahoo.co.uk

Taxis Up to 8 seats
Minibuses 8-16 & 21 seats
Get around safely and book early to avoid disappointment

BISHOPS TRAVEL

Wish all at RAF Marham a merry Christmas and a happy New Year
Call Gary or Denise 01366 324307
Mobile 07767 304684     07789 724366

43 high-quality mini buses

Spectacular value for money

A warm, friendly welcome is waiting for you!

Four trained staff WAG, MG2, MG3, MG4 five seated
Specialised Minibus for disabled
Open 365 days a year
Book early for School Term Time: children aged 2 to 5

For all your fresh, smoked & shellfish,
Lightning II to be Based at RAF Marham

The new cutting edge Lightning II stealth fighter aircraft will be based at RAF Marham, the Defence Secretary Philip Hammond has announced last month.

The Lightning II is the most advanced jet our Armed Forces have ever operated and the decision to base it from RAF Marham has secured the future of the base. The decision will also mean new investment and infrastructure to make RAF Marham the Main Operating Base for the aircraft.

Lightning II will be jointly operated by the Royal Air Force and the Royal Navy and will operate from the Navy’s new Queen Elizabeth Class aircraft carriers as well as Marham.

The Defence Secretary visited RAF Marham to view the facilities and talk to personnel ahead of the announcement.

Speaking from RAF Marham, Defence Secretary Philip Hammond said: “This is the next step in the restructuring of the Armed Forces, providing them with the world’s most capable combat aircraft. Basing the new Lightning II at RAF Marham makes strategic sense and best use of the resources available to secure the future of one of the UK’s most operationally-experienced bases. The Lightning II is the most advanced jet our Armed Forces have ever operated, and carries on the tradition of the Harrier, while having far greater range, payload and defensive capability. Now the decision has been taken, we can start the planning and infrastructure investment required for RAF Marham’s future.”

RAF Marham Station Commander Group Captain David Cooper said: “I am delighted that the Secretary of State today announced that Royal Air Force Marham is selected as the Lightning II Base. This is excellent news for my personnel, for the local community and region, and for the Royal Air Force and UK Defence.”
The event was supported by people from the local community, Royal Air Force Marham personnel and industry partners who have donated time and funds to the project. The Centre will initially be open to visit by appointment only, and on the last Saturday of every month between 9am and 4pm. However, it is hoped that opening hours will increase over the coming months.

Appointments to visit the Centre can be made by calling 07717 426961 during office hours.

The aim of the curator, Wo Roberts, is to provide a fitting tribute to all ex and serving members of Royal Air Force Marham. In addition, to create a lasting historical legacy as Royal Air Force Marham is the last remaining operational airbase in Norfolk.

Wo Roberts said, “I hope that the Aviation Heritage Centre at RAF Marham will be a place which personnel who have served or have connections with RAF Marham and the community can visit, to learn, experience and relive the Unit’s achievements from its origins, through the present day and into the future.”

Senior Heritage Officer, AVM Ewen, added: “This heritage centre brings to life the great history of RAF Marham. Today, RAF Marham is a front line operational Tornado GR 4 base, delivering operational success in Afghanistan, Libya and ready to do so again wherever needed.”

Senior Heritage Officer, AVM Ewen

RAF Marham
Aviation Heritage Centre Opening

Last month saw Air Vice-Marshal (AVM) Peter Ewen, the Chief of Staff Support and Senior Heritage Officer, officially open the Royal Air Force Marham Aviation Heritage Centre, which has developed from a Station History Room to the Aviation Heritage Centre it is today, under the care and direction of Warrant Officer (WO) Steve Roberts.

Of course, we can do none of this on our own and I pay tribute to the local community and to our industrial partners that have supported this station throughout and will continue to do so in the future.

In the longer term the Centre aims to create an interactive learning facility by capturing, archiving and referencing every one of the 15,000 plus photographs and historic documents within the current collection, many of them are closely associated with life at Royal Air Force Marham and the surrounding area. Outside a Garden of Remembrance will provide a place to visit and sit in quiet contemplation remembering those who have served.

“ This heritage centre brings to life the great history of RAF Marham. Today, RAF Marham is a front line operational Tornado GR 4 base, delivering operational success in Afghanistan, Libya and ready to do so again wherever needed.”

Senior Heritage Officer, AVM Ewen

In the longer term the centre aims to create an interactive learning facility by capturing, archiving and referencing every one of the 15,000 plus photographs and historic documents within the current collection, many of them are closely associated with life at Royal Air Force Marham and the surrounding area. Outside a Garden of Remembrance will provide a place to visit and sit in quiet contemplation remembering those who have served.

Of course, we can do none of this on our own and I pay tribute to the local community and to our industrial partners that have supported this station throughout and will continue to do so in the future.

Royal Air Force Marham
Aviation Heritage Centre Opening

Last month saw Air Vice-Marshal (AVM) Peter Ewen, the Chief of Staff Support and Senior Heritage Officer, officially open the Royal Air Force Marham Aviation Heritage Centre, which has developed from a Station History Room to the Aviation Heritage Centre it is today, under the care and direction of Warrant Officer (WO) Steve Roberts.
MARHAM MATTERS
ISSUE 4, 2013

London Marathon 2013

Written by Jonathan Meadows

Have you ever watched an event like a marathon on the television and thought that it was something that you wanted to do but never got round to it? Or maybe you believed that it was too hard to get a place or was only for serious runners. That’s where I was till I received the phone call last year informing me that I had been awarded a golden bond entry for the 2013 Marathon in support of the RSPCA. How did I go from watching a golden bond entry for the 2013 Marathon in support of the RSPCA?...
8th to 10th May 2013

The Families Federation will be visiting RAF Marham

The purpose of the visit will be to meet both serving personnel and families in order to seek their views, for the subject for this years visit being Pay and Allowances and Quality of Life.

All those who wish to will be given the opportunity to meet the team and to pose their own questions or other bodies at the highest levels.

Today in its 60 year of operation, the RAF Families Federation (RAFF) has been asked to provide independent evidence again this year on a range of subjects to the Armed Forces Pay Review Body (AFPRB) the National Service, Defence Committee, the New Employment Model project team, and the Armed Forces Covenant Reference Group. To ensure that the views they represent on behalf of families is up-to-date accurate and balanced the RAFF need our support in developing and promoting their evidence-gathering activities both at local and their AFPRB website. The focus of their interactive evidence gathering activity will be on Pay, Allowances and Quality of Life and May will be around the subject of ‘leadership and pay’.

This survey will feed their independent report to the Armed Forces Pay Review Body (AFPRB) later this year. Questions will build on previous years’ exploration the indicators of a pay culture and will be used in the forthcoming consultation and pensions. They will also gather data on the evolution of pay issues such as; separations due to operational deployment, pensions and the need for ‘life’ without a career or after service. The AFPRB have confirmed the value of previous reports submitted by the RAF Families Federation and they have been asked to continue to support their efforts to inform the work of the AFPRB in 2013. The AFPRB have also acknowledged the unique opportunity for personnel and their families to provide feedback and to those of influence who are also empowered to make changes.

SSAFA

Soldiers, Sailors, Airmen & Families Association (SSAFA) Forces Help

They have been supporting the Forces and their families for over 125 years, making them one of Britain’s most trusted charities. Whether you are currently serving in the Forces or have served in the past, SSAFA can provide direct financial, practical and emotional support to you and your family. SSAFA’s network of volunteers and staff give experienced, non-judgemental and friendly advice, and provide practical services that cover a range of social, family and financial issues.

The purpose of the visit was to meet both serving personnel and families to provide direct feedback to the RAF Families Federation and they have been asked to provide independent evidence on a range of subjects under discussion which are used to inform MOD and other forces. SSAFA is taking this opportunity to meet the team and to provide feedback. All those who wish to will be given the opportunity to meet the team and to pose their own questions or other bodies at the highest levels.

The visit will be to the Armed Forces Pay Review Body (AFPRB) later this year on a range of subjects which is what you all know them as. The new SSAFA brand identity is much more than just a name change and a new logo. SSAFA have put “family” at the heart of the new identity and articulated a clear purpose, to provide “lifelong support for our Forces and their families.”

42F (King’s Lynn) Squadron Expedition to Iceland

A group of air cadets and staff from 42F (King’s Lynn) Squadron have just returned from a fantastic expedition to Iceland. The team consisted of Flt Lt Pauline Petch OC of 42F Kings Lynn Squadron who organised the weeklong trip to Iceland, Fg Off Chris Barrett and eight cadets. The visit comprised of cultural visits to museums, together with activities such as horse riding and swimming. However, the main purpose of the visit was to experience firsthand the harsh realities of life in such a desolate and icy conditions.

Längjökull is Iceland’s second largest and the one closest to Reykjavík. On the first day of the expedition the team met at the Trek base to check equipment and to fit skis and boots in addition to checking tents and briefing on the trek plan. Once everything was ready and prepared, a two hour scenic truck ride to the glacier followed, stopping along the way to see the Hraunfossar waterfalls. At about 700m above sea level skis were put on and the pulka attached for the first ski day up the west side of the glacier about 1,300 m above sea level. With the skiing and the sheer weight of the pulka this was very slow going. After about four hours skiing the first camp area was reached and the camp prepared for the first night on the glacier. Day two saw an early start with temperatures far below what we were used to by UK standards. Skiing began towards the top of the glacier and at midnight hursborg, a nicky sumbit protruding through the glacier at 1,300 metres above sea level, was passed. The team continued on until the light began to fade before setting up the second camp with views towards Þingvellir and southern Iceland. The third day began with icy snow falling and a complete white-out. All that could be seen was the tents - no horizon, sun or sky. This was to be a very challenging day. However by Day four the weather improved with bright sunlight glimmering on the snow and the crossing of Längjökull completed by descending all the way to the glacier edge on the eastern side, where were met by the transport that was to take us back to civilisation.

The final three days of the trip were spent visiting Blue Lagoon, trying out Icelandic Horse Riding and visiting the National Museum of Iceland, before it became necessary to say cheers to what had been the experience of a lifetime and heading on back to the positively balmy temperatures of the UK.

There are no words that can summarise the sense of adventure that the team experienced. It was definitely the trip of a lifetime and all team members returned with renewed sense of enthusiasm for this visit more than lived up to the Corps motto - ‘Venture Adventure’ and that of 42F King’s Lynn Squadron ‘Determined to Achieve.’

Thai Chicken & Cashew Nut Salad

Recipe By SAC Rooney, Junior Rank Mess

SSAFA FORCES HELP NEWS

SSAFA FORCES HELP NEWS

INGREDIENTS

• 100g chicken fillets, cut into thin strips
• 1 tablespoon oil
• 1 lettuce chopped
• 1 green pepper
• 4 red pepper, cut into thin strips
• 6 mint leaves, torn
• 20g coriander leaves
• 20g toasted cashew nuts

METHOD

1. Dressing: combine all ingredients in a mixing bowl.
2. Heat oil in a wok or frying pan.
3. Stir fry chicken for 3-4 minutes or until cooked through. Remove from pan.
4. Combine the chicken with the dressing while still warm and toss with the lettuce, spring onion, mint, red pepper, coriander and cashew nuts.
5. Serve immediately.

Thai Chicken & Cashew Nut Salad

SSAFA FORCES HELP NEWS

Page dimensions: 1190.5x841.9

ISSUE 4, 2013

Airmen & Families Association (SSAFA) Forces Help

The Soldiers, Sailors, Airmen and Families Association (SSAFA) Forces Help is one of the UK’s leading Armed Forces Charities.

For our Forces and their families.

DID YOU KNOW SSAFA MARHAM HAVE...

• its own Personal Support & Social Work Service: Tom Smith and Liz Smith are based at SSAFA’s office, near the main SPAR outside camp. They can be contacted on 01760 446051 or 446900
• its own team of SSAFA Community volunteers who regularly support SSAFA’s role in a more focused and succinct manner especially those external to the armed forces. SSAFA needed to communicate its role in a more focused and succinct manner so that they could reach more clients and supporters. So, SSAFA is taking its first step forward with new branding, and to help make their purpose clear has added a descriptive strap line explaining exactly what they do!
• As of the 18th April 2013, the Soldiers, Sailors, Airmen and Families Association - Forces Help, will simply refer to themselves as “SSAFA”. No need to explain what SSAFA stands for, they are now “SSAFA”, which is what we have now become. The new SSAFA brand identity is much more than just a name change and a new logo. SSAFA have put “family” at the heart of the new identity and articulated a clear purpose, to provide “lifelong support for our Forces and their families.”

Great British Bake Off Sale on 2nd May 2013 from 08:00 till 12:00 located at Oasis Lounge within the Church by the main gate.

- Sweet & Savoury Treats
- the Quirkary, on a £10 worth! Jnr. Half
- Home-made pork biscuits on sale too

All funds raised by SSAFA Marham stay within the RAF Marham community.

Are you interested in helping out and joining the SSAFA Marham team? We need volunteers to act as committee members and volunteers to help with practical help and support.

4. Airmen & Families Association (SSAFA) versed on workings of their local charity and the services they provide.

- If you would like to support the SSAFA Marham please call 01760 446051 or 446900 or email info@ssafa.org.uk

Hounds for Heroes

www.marhammattersonline.co.uk

“Deliver Battle Winning Air Power for Current and Future Operations”
Henchman’s
GAMES • TOYS • CRAFT • PUZZLES & MORE

SNAKE-OIL SATURDAY
SAT 11TH MAY 2013
COME TO HENCHMAN’S AND HAVE FUN PLAYING
THIS MENSA AWARD WINNING PARTY GAME
(FOR AGES 10+)

OPEN 9.30-4.30
2 Lynn Street, Swaffham PE37 7AX (opposite ASDA)
MONDAY-SATURDAY
www.henchmans.com 07881461865

Anglia Computer Solutions
www.angliacomputersolutions.co.uk
PC & Laptop - Sales, Repairs & Upgrades - Business Support - Web Design & Hosting -

PC’s
Reconditioned - From £95
New PCs - From £399
Custom PC’s Built to Order

PC & Laptop Repair Centres
Swaffham
Wymondham
Downham Market

Laptops
Reconditioned - From £129
New laptops - From £249

Home & Business
Onsite Visits

Websites
Brochure websites - From £195
Business sites - From £499

Computer problems? We have the solution...

King’s Lynn Corn Exchange
MAY & JUNE SHOW HIGHLIGHTS

One Night Of Elvis
Friday 7 June

Horrible Histories
Friday 24 – Sunday 26 May

Shaolin Warriors
Saturday 8 June

Dancing Queen
Sunday 30 June

The Drifters
Sunday 19 May

BIG GIRLS DON’T CRY
Featuring the Lads
& The Four Seasons
Friday 31 May

Box Office: 01553 764864
www.kingslyncornexchange.co.uk
@kclcornexchange
King’s Lynn Corn Exchange

King’s Lynn Corn Exchange
King’s Lynn & West Norfolk
Drive away a **Brand New Kia Sportage**

For under **£186 per month** with a **£1,000 EMG finance deposit contribution**

**Finance example for Kia Sportage 1.6 GDi:**
- **Cash price:** £17,305
- **EMG finance deposit contribution:** £1,000
- **Customer deposit:** £3,000
- **Total payable:** £18,305
- **36 x monthly payments:** £185.04
- **Total payment:** £6,627.55
- **Representative APR:** 4.9%

**Fuel consumption figures in mpg (l/100km) for the Kia Sportage range are:**
- Urban: 26.6 (10.6) – 47.1 (6.6)
- Extra Urban: 41.5 (6.8) – 58.9 (4.8)
- Combined: 34.4 (8.2) – 54.3 (4.2)

**CO2 emissions are 195 - 125 g/km.**

See your local dealer at visit EMG.co.uk for full warranty terms and exclusions. If finance example shown is based on 6000 miles. Excess mileage will be charged at the rate of 14.9p per mile plus VAT. For the first 5000 miles, and at twice that rate thereafter. Vehicles shown are for illustration purposes only. These offers supersede all previously advertised offers and are subject to availability. Prices correct at time of going to press. Licensed credit brokers. Written details available on request. Finance is subject to status. EMG.