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APRIL 2020

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Editorial

As we sat down tonight to write this Editorial for April, our Prime Minister was addressing the nation advising us of new restrictions on social contact.

Things are moving so swiftly that by the time you actually get your April News, bearing in mind, many of our deliverers fall into the mature category, the national situation will have changed beyond all recognition. Even in the days during and following the war, we had rules and ration books and people following them, but most of the population today haven't got a clue.

If, in the coming days, weeks and months, you find yourself in need of help for shopping, collecting medicines or even walking the dog, there will be an information leaflet circulated which you can use. A volunteer group will have been established to help those with no

immediate friends or family. Details of this group are on the next pages.

We feel it worth mentioning, that with the lack of events and possible changes in social distancing measures implemented by the government it is unlikely that there will be any Elmham News in May. However, we hope to resume as soon as possible so let us know how you coped with self-isolation and lack of toilet rolls!!

Of course please check with the group concerned if events mentioned are to go ahead, everything is subject to change.

Our thanks for donations go to Friends and Neighbours and Marigold Merkel.

**North Elmham community
website www.elmham.org.uk**

PLEASE NOTE: If we have a June edition then the deadline will be 14TH MAY 2020. Please email your article to each of the editors listed below asap before the deadline.

Volume 43, No 3, April 2020

DONATIONS APPRECIATED

EDITORS

Chris Hill	Editor	laine.hill@icloud.com	01362 667028
Caroline Payne	Editor	carolinejpayne@hotmail.co.uk	01362 668704
Meg White	Editor	megandnigel2@btinternet.com	01362 668302
Janet Woodhouse	Editor	robert.woodhouse2@gmail.com	01362 668525

ADVERTISING

Martin Phillips	Advertising/Treasurer	martin.s.phillips@btopenworld.com	01362 668409
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PRODUCTION & DISTRIBUTION

Sarah Felton	Magazine Layout & Design	sarahefelton@yahoo.com	01362 667206
Bob Fletcher	Distribution (and Chairman)	Beverley, Nr Church, NR20 5JU	01362 668514
Jeannette Fletcher	Member	Beverley, Nr Church, NR20 5JU	01362 668514
Brian Wheeler	Member	21 Cathedral Drive, NR20 5JH	01362 668621

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Due to the Corvid-19 outbreak and government social distancing advice no groups are meeting during April, church services are suspended, the Fashion Show in April, Church Fete in May and Flower Festival in June have all been postponed and the mobile library has been suspended. The next Parish Council meeting is currently scheduled for Wednesday 1st April at 7.30 pm in the Pavilion, but this is subject to change.



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Are you self-isolating, but have no support?

Information for Those Who Require Volunteer Help

The purpose is to provide support to those who are having to self-isolate in North Elmham and who have no family or friends nearby who can help.

- If you need help with simple tasks such as posting letters or buying simple groceries, please call David Fairbairn-Day on 07398 758421 between 10AM and 5PM ONLY. You may have to leave a message and if so, please state your name, address, phone number and your request. Someone will be in contact with you as soon as possible.
- David will then contact a volunteer who will be in touch to see what you need, how they can help and when they can help. You will then deal with this volunteer directly.
- If you require food shopping, please have a list ready to give the volunteer. Requests cannot be really specific (eg a particular brand of sausages), and the volunteer will tell you when they are able to shop and bring it to you. If items are not available, the volunteer will try and get as close as possible, but if not, they won't buy it. You cannot reject any purchases, it's not a supermarket delivery service!
- Shopping will be left on the doorstep, with the receipt in the bag/box and the volunteer knocks/rings on the door and steps back at least two metres. When you collect the shopping, leave the money for the shopping in a suitable container (eg envelope) and go inside. The volunteer then collects the money and leaves.

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- Please adhere to all NHS advice on hygiene at all times.
- Remember that people are volunteers, so please be patient and understand that not all your requests may be able to be done, or in the time you wish them to.

For Help Contact

David Fairbairn-Day, Cornerways House, North Elmham.

Email – dfd2308@gmail.com

Message and phone – 07398 758421

If you are able to volunteer please contact David or go to the facebook page Self Isolation North Elmham (SINE)

Other Useful Numbers & Information

For queries about symptoms and latest advice if you think you have the virus, in the first instance use the NHS 111 online coronavirus service at 111.nhs.uk If you do not have internet access, dial NHS Direct on 111.

There is a daily update by the government which will be shown on national news. In addition, the government is launching an extensive advertising campaign on how to stay safe and self-isolate during the coronavirus outbreak, so look out for these.

For village businesses, please check their websites or facebook pages for their latest position.

Elmham Surgery now has very limited access, so please check with them how your medical appointments/conditions are to be dealt with.

We hope this is helpful in this difficult time.



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Eastgate Street Planned Closure

Norfolk County Council have just announced that their Highways Department will be closing Eastgate Street to through traffic for the week commencing 6th April. The plan was that the closure would coincide with the school holiday so that school bus runs would not be dislocated, but as schools are closed anyway that timing is not now relevant. The purpose of the closure is to make very necessary improvements to car parking at the top end of Eastgate Street where the road is so narrow and parking needs are greatest. Lets hope that this work will make a real difference.

Please remember that access to the street will still be possible from the bottom end by the station.

Peter Wade-Martins

North Elmham Parish Council Meeting

5th February 2020

The following information is taken from the official PC minutes which are issued by the Clerk once ratified by councillors at the subsequent meeting. The full official minutes can be viewed in the Post Office and on the Community website, once approved.

Councillors Present Were: Mrs. J. Borgnis (Chairman), Mr. M. Phillips, Mr. T. Fitzalan Howard, Mr. P. Grainger, Mr. M. Rayner and Dr. P. Wade-Martins.

Also in Attendance: Mr. K. Webb (Clerk) and eight parishioners

Apologies for Absence: Mr. J. Brown, Mr. J. Labouchere, Mr. C. Smith and Mr. G. Bambridge (District Councillor).

Public Participation

- Street light number 18 in Eastgate Street is surrounded by trees and bushes. As such, no light is reaching the road. Mr. Fitzalan Howard is to inspect.
- One parishioner thought any attempt to stop large lorries coming through the village was ridiculous. It was also felt that there was no need to spend money on road signs or notice boards and the most recent build-out had been a mistake.
- A letter of concern had been received regarding the new proposed miniature railway. The Chairman and Mr. Rayner are to have a meeting with Messrs Robinson and Cullen on the morning of 8th February. They are to start at County School and will walk the length of the track. There had been previous agreements with the railway, but it was uncertain exactly how far the model rail line is going. A parishioner had enquired but had not received a response.

Land Management Matters

Village Green: The Chairman is to chase progress with the new tree

Cathedral Ruins: The new hedge along the north side is establishing well and the property looks in good order.

Cathedral Meadows: A final draft of the information panel was approved by members subject to some minor corrections. Dr. Wade-Martins reported that there is likely to be a significant cost in replacing some of the original fencing, but the scale of the work will be assessed after the hedges have been cut. That is due to take place before the end of February.

Millennium Wood: Hedges will be cut back on the perimeter with an estimated cost of about £300.

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Prince William Wood: The following action was agreed:-

Fire break-Mr. Fitzalan Howard has inspected. An area is to be kept clear.

Rubbish bin-A rubbish bin has been installed.

New dog bin-A new bin has to be on Highways land so a suggested position is opposite the entrance on the other side of the road. The entrance is, however, owned by Breckland Council so could be an option.

Fence-A quotation has been obtained and a decision on how to proceed will be made in due course.

The tree stumps and the overhanging branches have been dealt with.

Street Lights: A problem with light number 7 has been rectified. Light number 18 will be inspected.

Highway Matters

Dr Wade-Martins reported that with the Parish Partnership Bid 2020/21 we await the NCC decision on our three bids for next year.

Eastgate Street parking: At a further site meeting the residents decided not to remove their hedges but to cut them back to the main stems to maximise the parking area available. The road will need to be closed, except for residents and all residents will be notified. At the time of the meeting the timing for the work had not been confirmed but, during the meeting, an email came in to PWM as follows: "Planned start date is 6th April allowing two weeks (excluding Easter) for the work, pending approval of the road closure."

Speed traps on Station Road: We now understand that if local residents would like to set up a Community Speedwatch Scheme for Station Road, and if that

team records 11 examples of speeding in a month, then the police will follow that by setting up their own speed traps. It was agreed that the Parish Council will ask Station Road residents if they would like to set up such a Community Speedwatch team.

Access to a resident's driveway opposite the Holt Road buildout: Still no progress although PWM has reminded the Highways Engineers again and the resident concerned has asked our County Councillor to take up the issue for her. She feels that at least one kerb on each side of her driveway needs to be lowered to make her access safe.

Overhanging trees at the east end of Eastgate Street: The farmer that afternoon had sent a message to say that he had cut back the overhanging branches. Mr Fitzalan Howard offered to check and notify the Clerk.

Reporting Highways faults.

- (a) The "North Elmham" sign on Brisley Road now has two new legs replacing the old ones that had rotted through.
- (b) The poor tarmac surface under the Broom Green arch which we reported a year or more ago has been replaced and the road where it frequently floods has been raised.

Leaves on streets and pavements: No action to be taken.

Large puddle hole at the Station Road letter box: We have now filled the hole with two loads of road planings. A local resident is pleased she can post a letter without getting her feet wet!

New gateway: A new 10ft gateway has been made into the hedge on the north side of the Worthing Turn on the Billingford Road, apparently without planning consent. This is a potentially hazardous highways issue and the matter

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will be reported to Breckland as the planning authority.

Mr. Grainger had received SAM2 data and it is apparent that the build-out is having a positive impact in reducing the speed of traffic. The results so far have been very encouraging and will be reported in Elmham News after clarification and further analysis. Thanks, were expressed to Messrs Braybrook and Fletcher for all their work with SAM2.

Eastgate Centre

A new Committee representative will be needed at some stage.

Pavilion and Playing Field – Play Area

Anglian Water are due to visit on 12th February to hopefully resolve the problem previously identified.

Allotments

One allotment has been let in the past week with the prospect of another one being let next week.

Volunteers

The new litter bin near the church has been placed between the notice board and the dog bin.

Website

Advice has been sought on the website accessibility requirements. It seems that some adjustments will be needed although it is not completely clear what action will have to be taken. Further enquiries will be made to determine the best way forward.

Pump at the North End of the Village

A quotation of £3,490 had been obtained to replace the pump. It was generally felt that this was far too high and, as such, no further action will be taken.

Junior Football Coaching

Nothing to report. Attempts will be made to reactivate the group in September.

Footpath on Railway Line

A letter had been sent to Mr. Cullen, Station Master, County School Station, Mid-Norfolk Railway but there had been no response. There is to be a meeting on February 8th.

Brookside Development

It had been decided that the first two barns are to be left as they are for bats. The wall is to remain in order to mark the boundary.

Visit to Recycling Centre

A visit had been made on the morning of 5th February to Costessey by the Chairman, Dr. Wade-Martins, Mr. Fitzalan Howard and Mr. Rayner. All agreed that it had been very interesting. Thanks were given to Dr. Wade-Martins for making the arrangements.

Maintenance of Parish Seats

Work is to be carried out during the summer.

Anti-social Behaviour Deterrent

Mr. Fitzalan Howard asked if we should request parental involvement and Mr. Grainger wondered if we should consider installing CCTV cameras with four or five costing in the region of £3K. It was agreed to leave the matter for now but to continue to monitor for the next few months. The position will be looked at again in September.

Additional Affordable Housing Update

Three Housing Associations have been identified and it was agreed to invite all three to separate discussions. A suitable date is to be identified.

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Sports, Social and Community Facilities Review

A report had been submitted by Messrs Grainger and Rayner. The initial intention is to collate details about current activities in the village with information about existing facilities and what they provide. The list will be distributed to members. The key questions will be what is being offered, what may need to be offered and is there anything preventing progress.

New information panel

All agreed to proceed with the new panel as previously detailed.

Planning Applications and Determinations

Determinations

Heydon Properties Ltd – erection of 3 bay garage and change of use of land to residential curtilage at Threshing Barn, Worthing Road – (3PL/2019/1036/F) - approved

Mr. and Mrs. Grainger– erection of a new dwelling at the Post Office, 62 Holt Road – (3PL/2019/1527/F) - withdrawn

Church Bells Like or Love Them?

In August 2018 a peal was rung at church in memory of Nicholas Gould who died on the 27th August 1918, aged 25. He was an Elmham lad, but was living and working somewhere in Ryburgh when he enlisted.

Ryburgh has a hardworking historical group and all of their military who died during World War One are researched and a peal was being rung for each one of them on the anniversary of their deaths. I went to the church with drinks and something to eat for the ringers, as I knew three hours is a long time to be ringing a full peal. Concentrating and keeping

time on a hot day is strenuous and as it happened they were all dripping by the time they had finished.

There was a visitor in church, Chris Richmond, who just happened to be passing and thought he'd pop in. We chatted and he said he was very interested in churches and their history and had recently taken up the art of bell ringing – campanology. Little did I know he would be back two years later to listen and record each bell and its sound. He has a plan to record the sound of every bell in churches in the County. Some churches have ten bells, some eight, some six, and so on. We have eight bells. They are of differing ages but all were taken out of the bell chamber and were recast in 1962.

I have subsequently found the history of the bells written by our longest serving Vicar, the Rev Ernest Townsend in the Parish Magazine, June 1941.

'In 1744, saw the arrival of six new bells with inscriptions on them all. Following on two more bells were added, cast in 1757 by Joseph Mallows, Bell Founder of East Dereham. In order to create two more bells purchases of forty three cwt nineteen pounds, consisting of some other bells including one from Longham church, as well as metal from various sources, were made and with the addition of the old bells of Elmham, sent to Dereham'.

All the bells had inscriptions on them. Very sadly at times the bells had to be recast and all these inscriptions are lost.

The 6th bell had the following inscription 'We rise like larks, sing as we fly, with notes that seem to reach the sky'.

The 7th bell had a different inscription 'The hills, the vales, the towns, all around, shall echo with a pleasant sound'.

What a shame these inscriptions have gone!

JW

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I spent three years in North London, training to be a primary school teacher and quickly made lifelong friends with three other girls also doing the same course. We lived in the same digs for a year and rented a couple of flats for our third year.

We were very close and helped each other with problems, boyfriends, work to be finished quickly (don't think our lecturers and tutors ever realised that many times our written work was done collectively!)

We all married and had families, and shared our news, usually at Christmas time.

However, there is no golden rule that we would all live to a grand old age. Very sadly the first of us four girls died six years ago after years of dialysis and cancer. Cynthia lived in the Fens but came to the Queen Elizabeth Hospital at Kings Lynn for her treatment and I would sometimes go and sit with her when she was 'hooked' up for five or six hours at a time. Then we'd have a good catch up.

Now very sadly another one of us has died. Maureen was diagnosed only eighteen months ago with Parkinson's Disease. Talking to her at Christmas time she sounded terribly tired but was more upbeat than she had been in the autumn. Before her illness she and her husband had hoped to do a lot of walking when

they sold their house which was a B and B. Sadly now too late.

I was devastated to hear of her death and since then I've done a lot of remembering. Maureen was dark and petite and in the early '60's had a beehive hairdo, with a lot of backcombing and hair spray.

When we were living in digs we always had a cooked breakfast and Maureen hated cooked eggs. She'd wrap hers up and toss it behind the sofa then remove later. One day she forgot and the landlady's dog found it.....Maureen was mortified.

Funny isn't it that when you are young you never think of your demise, a good thing really, life is for living, not worrying about the distant future.

However, losing long time good friends does make you more aware of life and the fragility of it all. Best we make the most of what we hope we have left.

Janet Woodhouse

North Elmham Institute & Broom Green Bowls Club

The 2019 Season came to an end in October, firstly with a well-attended AGM, followed a week later by our end of season dinner held at the King's Head.

The beginning of December saw our major fundraiser of the year being organised by Fay. Bingo at the Institute was a great success, with a big thank you going to Fay, who put in so much time and effort. The prizes were beautifully dressed for Christmas which must have taken hours of preparation. A big thank you also goes to President Gerald for calling and to all who helped on the evening making the fundraiser such a success.

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Our green keepers have been very busy throughout this very wet winter repairing and making improvements to the bowls green, and now the new season is almost upon us. We hope to play in three Leagues this year, the Elmham and Fakenham Leagues playing evening matches and Age UK matches played in the afternoon. But we wait and see!

When we are able to get back together again we would love to welcome new members so if you would like to have a game of bowls or indeed learn to play and enjoy social banter please contact me Pat Walton on 01362 691705.

Pat Walton, Hon Secretary

Knit and Natter

This month's meeting took place as usual in the very busy Tea Post, but thanks to the hard working staff, we at last, got onto one table, to work together as a group. Lots of items had been knitted including a whole bag of baby blankets for the hospital, some pairs of lovely slippers, and some cardigans for older children. 24 teddy bears appeared, which will be given out as prizes in our game at the North Elmham Fete in May, should it go ahead. We now only need 24 more, so get knitting ladies.

By sheer coincidence, I was speaking to a lady customer, having tea in the Tea Post, who had asked me about our group and what we did. She then went on to tell me of her elderly relative, who, on Valentine's Day, had begun a short respite visit to a local care home in Dereham, and how touched she was to find, on her pillow, one of our Valentine hearts with chocolates inside. It was a lovely feed back to hear how much our work is appreciated.

On the following Thursday evening, at the Wives Plus All meeting, we were able

to present our own cheque to Mr Tony Grover of the Norfolk Blood Bikes, who had given a talk about the voluntary excellent work they do.

After our appeal for more donated wool, we were very pleased to accept a large bag full of brightly coloured, small balls of new wool, which are exactly right for our "Colour My World" display in the church in June. Thank you so much to that special North Elmham lady for thinking of us.

There will be NO meeting in April or until further notice. Keep safe and keep knitting. If anyone, even if you are not a member of our group, would like to knit items to occupy themselves, needs a pattern; please try Norfolk Knitters and Stitchers website.

Eileen Cotterill 668380

Friends & Neighbours Bingo

The BINGO that was arranged for Monday 20th April in the Memorial Hall has been postponed for the time being.



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Tennis Club

The year is flying by and throwing up lots of challenges! So, isn't it good to know the tennis club is thriving and is ready to welcome new and old members? Our Open day and membership renewal is postponed as well as all coaching and the planned Spring Clean. The following events may have to be cancelled but we will keep you informed on the website.

Fish and chip quiz night on 19th June, a Wooden Racquets tournament and a Pimms and Strawberries tournament.

When and if, we are able, we are planning to enter extra teams in two of the leagues so if you have always wanted to play competitive league tennis we need you to come along to the club sessions on Friday evenings and Sunday mornings and polish up your game after the present emergency has passed!

Let the captains know you are interested in playing in the teams and they will give you all the information you need.

The weather had a big impact on the winter league and three matches still have to be played. The team is in a good place and needs only one more win to gain promotion. Good luck in the next three matches!

Our website has all the information needed to book courts, coaching and details of how to play.

clubspark.lta.org.uk/NorthElmhamTC

Geraldine Leeder

Gardening Club

As with so many organisations, our March meeting was cancelled and the April one is also. We will keep members updated but until we meet again, please stay safe.

Parish Notes

February 1946, Price 2d

Our vicar for nearly 50 years, from 1898 until he resigned in 1946 because of ill health, was the Rev Ernest Townsend and he wrote each month the Parish notes, the Births, Deaths and Marriages within the Parish and if he had time as well as all the church news he wrote a lot of historical information about the village.

Many of these papers (they were only sheets of paper) were bound and he said they were all in the chest in the vestry in church. Elmham News was given one of these bound books a long time ago which is where I go to for historic information.

He went on to say 'In coming years these may be of some value for reference for they preserve records, not only of births, marriages, burials, but of many events occurring in Elmham during the past forty seven years as well as much information obtained from ancient parishioners long since passed, as well as much historic knowledge gained from many well informed visitors who have come to inspect the ruins, the church etc, as well as from knowledge acquired from books'.

'As regard information from old inhabitants there are notes on Elmham as it was, ere the Enclosure Act of 1829 made such great changes as for instance

- The making of the main road up the church hill instead of the original highway up Lawes Lane one parishioner told the writer she used to watch the coaches pass on their way from Wells to Dereham, stopping at the Kings Head to change horses. Lawes Lane was the old road from just past the school on the left, up through the Park and coming out very close to Nelson House. This was called the Walsingham Way .There



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was no wall alongside our present road at that time—it came later.

- Another informant who, as a boy worked in the old park when it was filled with deer, afterwards removed by the Earl of Leicester to Holkham.
- Of another who worked in the Clamp (brick) Yard off the Brisley Road, which bricks were highly esteemed. I think many of the buildings in the village were made from our local bricks as the Sondes family who lived at the old Hall had a 'building drive' to improve cottages in the village.
- Of another who was a passenger in the first train from Elmham to Fakenham.

Over 100 years ago times were very different. Most people were tied in one way or another to the land and their master, both for their living and their home. Very difficult for youngsters of today to understand.

Through the Decades

Quite recently the EDP published a book containing photographs from around the county in 1968. One of these features the new tennis courts beside the Pavilion in July 1968, but with no text.

Very sadly the photograph belongs to the EDP and because of copyright we can't publish it in the News. It shows two lads pushing the roller on the court with club members watching. I then realised I didn't really know the history of the club so I contacted Geraldine Newson for information. She said Judy Biggie had written in the News about the Club some time ago after talking to Betty Bidewell.

So here's hoping Judy won't mind me cribbing from her article which she wrote in April 2015.

Betty and Beattie Gay as young women used to play on Beatties' court on Station Road and sometimes even on the yard beside United Dairies buildings at the bottom of Eastgate Street, near the railway line. They just strung a piece of string across the yard on the concrete, and without markings just played.

A public meeting was called about setting up a Tennis Club in the village in 1947/48, by the Head Teacher at the school, Miss Dawson. Tennis was well known in the village at that time as there were a number of courts in the village.

This is where it gets a bit hazy. According to what Betty told Judy the Tennis Club used the court at the Shettles at the beginning and then moved to Lamberts Yard (Potters Yard previously)* which was just off Eastgate Street behind the bungalows at the top of the street. This was a hauliers yard with a number of outbuildings and the Courts were beyond these buildings on the edge of the meadow which had belonged to the Brewery.

The club started playing there in about 1955 and a photograph in the EDP publication is dated 18th July 1968 and shows the new courts on the Playing Field very near the road.

By the end of the 1980's the Playing Field courts weren't good enough for proper Home matches so the Club played at Litcham high School. This wasn't very satisfactory and the club closed until the early 1990's. After 7 years of many meetings and fundraising events and a successful Lottery bid the present courts were laid and as the saying goes ,the rest is history.

*We are not sure why the courts were behind Lambert's Yard. If you know this part of the Tennis Court's history, please let us know.

JW

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Photo: Ian McIntosh



Then & Now:

Elmham Station

Our railway line from Wymondham to the coast at Wells next the Sea opened 15th February 1857.

The line from Wymondham reached Dereham first, and then progressed up to the coast. Various railway companies were in their early existence at that time and sometimes only owned part of the lines which must have made life very difficult! This line became part of the Great Eastern Railway Line.

The old photograph of the station shows Elmham as a working station. It was extremely busy. Anything to do with agriculture was sent from the station by rail. Corn, sugar beet, live animals, all were sent on their way by train.

So too was milk which was processed at the dairy backing on to the railway line. A local firm of hauliers, collected the milk from the surrounding district and brought it here for the start of its journey to Ilford in Essex. The milk had to be tested in a laboratory before being allowed to go. This was done in the building where Art 4 All is held.

Another important commodity was coal which was brought by train, unloaded and

collected by the local coal merchants. So too was fish as there was a curing factory somewhere near the railway line where bacon was also cured in the early 1900's.

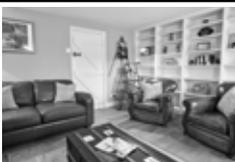
There were regular passenger trains running all day. Norwich was the end of the line one way and Wells the other but from Dereham there was a line to Swaffham and also there was a branch line which joined the main line at Broom Green and went on to Wroxham. As well as folk going to work school children also caught the train to Dereham and Swaffham.

The line closed to passengers on the 5th October 1964 and the freight trade especially from the Maltings at Ryburgh finished in the early 1980's.

A great shame the railway had gone. Once you had ridden on a steam train you would never forget the smell and the clickety clack of the wheels, diesel trains not so evocative.

Our second photograph is of the ticket office as it is today. Now it is a private house.

Janet Woodhouse



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Roof Saved From Collapse

Those who walk past the church regularly will have noticed that the end of the south aisle is now in scaffolding protected by corrugated iron, and work is now well under way to repair the roof over the vestry and organ chamber. This has involved stripping the lead back and rebuilding the flintwork along the top of the wall which had crumbled away. The ends of the roof braces were rotten and badly worm eaten. Left alone the whole roof would have collapsed within the next few years.

This work would not have been possible without the support of the people of Elmham and once it is complete, we can look forward to the next stage of improvements to this iconic building.

Susanna Wade-Martins, Churchwarden

VE Day Stories

This public holiday falls in May when the first May bank holiday will be moved to Friday the 8th May to remember the conflict and those people who were actively involved in WW1, perhaps fighting, or a prisoner, or doing their bit here at home. This will mark the 75th Anniversary of the end of World War II.

Do you know of anyone, perhaps a relative or friendly neighbour who talked about their time in the military in World War II who has told you some stories about his stint in the forces during the War.

We had nine men from Elmham who never returned, four of them were killed just after D-Day in the summer of 1944.

If you do know of someone could you persuade them to scribble it down for us to read in the News. Failing that would you or they please ring Janet Woodhouse who will gladly come and do the scribbling (Tel 01362 668525).



Coronavirus

Wash your hands with soap and water more often for 20 seconds

Use a tissue to turn off the tap.
Dry hands thoroughly.



1
Palm to palm



2
The backs of hands



3
In between the fingers



4
The back of the fingers



5
The thumbs



6
The tips of the fingers





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Wildlife at Cathedral Meadows

Last month I mentioned the talk in Hoe that I was going to give about the wildlife at the Cathedral Meadows. Unfortunately, this was postponed due to fears about Coronavirus, so I am sorry if anyone turned up for it and was disappointed. We are hoping to reschedule it for the autumn.

With the winter having been so mild there have been spring flowers out for a while now, but the last month has seen a more convincing display of spring: for example rather than just the odd Primrose here and there, a whole bank of them in all their glory. When the Parish Council bought the meadows in 1995 they reinstated former hedgerows and planted native shrubs like Blackthorn and Hawthorn. These were great choices as



both species are home to a rich diversity of insects which in turn provide a plentiful food source for the birds. The Blackthorn is blossoming now and soon it will give way to the even more luxuriant floral display of the Hawthorn.

Most of our birds sing mainly in the spring and at this time of year it's always a joy to hear the song of some of our resident birds like Wrens, Dunnocks, Blackbirds, Song and Mistle Thrushes, Chaffinches and Yellowhammers, all of which have been in good voice around the meadows recently. Soon they will be joined by migrants that have spent the winter further south – Chiffchaffs have already

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For further information regarding these classes or classes in Norwich, please contact Krystyna Doherty on 01362 695581.

Email: info@pilatesnorfolk.com or visit www.pilatesnorfolk.com

arrived after wintering closer to home while the more long-distance migrants that winter in Africa are yet to appear.

Long-tailed Tits can often be seen moving through the hedgerows, feeding in large flocks during the winter but forming pairs around this time of year. Another tit that can often be seen here is the Marsh Tit: less colourful than the more familiar Blue and Great Tits but just as characterful. 15-20 years ago we would have had to check them very carefully to tell if they were this species or the very similar Willow Tit, but sadly we don't have to worry about that identification challenge any more as Willow Tits have become extinct locally. Once very common, they suffered a dramatic decline in the 90s, finally disappearing from the Wensum Valley about 10 years ago. Bintree Wood was one of the last places they held on locally and I expect that birds from this population must have wandered to the meadows from time to time.



Follow us on Twitter at @ElmhamMeadows or else you can see our recent tweets on the Parish Council website (www.elmham.org.uk/cathedral-meadows/). Try visiting the meadows if you haven't already and see what wildlife you can find. Let us know how you get on: email appleton.dave@googlemail.com or phone 668431.

Dave Appleton

Mum's Place

There will be no Mum's Place meet ups in April as they all fall in the Easter Holidays! Subject to coronavirus developments we hope to be back on May 1st!

Join our facebook group at [mumsplacene](https://www.facebook.com/mumsplacene), email revree7@gmail.com or tel. 01362 668707 for details.

Wives Plus All

On Thursday 12th March the Wives Plus All met in the Memorial Hall, North Elmham and Mr. Tony Grover a SERV Volunteer Controller gave a very interesting and informative power point presentation talk to members on the Charity SERV - Service Emergency Response Volunteers - NORFOLK BLOOD BIKES. SERV is a National Charity which was founded by a lady named Margaret in her home in Surrey in 1960.

Norfolk Blood Bikes commenced with the inspiration of five bikers here in Norfolk in 2011 with the aim of supporting our hospitals: the Norfolk & Norwich : Queen Elizabeth, Kings Lynn: and James Paget, Great Yarmouth. Working tirelessly throughout weekends, bank holidays and overnight volunteer bikers cover the entire Norfolk county providing a vital transport

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H2SJP33678 11/19

service that saves hundreds of lives a year, by transporting blood products, platelets, samples, vaccines, and other life saving medical items to the hospitals.

Norfolk Blood Bikes also work in partnership with the Human Milk Foundation from their Regional Milk Bank Hub, based at Hellesdon Hospital, which has a storage location for donor breast milk prior to treatment, as well as for treated milk ready to be issued to hospitals. All of the fleet riders who are both male and female must be experienced, over 30 years old and hold an advanced riding qualification and they undergo specialist training for handling products and route runs. The Charity's fleet consists of fourteen vehicles including two cars which are used to protect the Bikers safety in severe icy conditions. A driver must be over 25 years of age and receives the same specialist training.

There are eight steps to a volunteer's work:

1. Hospital calls Norfolk Blood Bikes Controller.
2. Controller dispatches Rider/Driver
3. Rider calls Controller and confirms collection and ETA at Hospital.
4. Controller calls Hospital & liaises with Biker & Hospital.
5. Biker delivers cargo to Hospital. 6. Hospital receives and signs for package
7. Rider calls Controller confirms delivery.
8. Rider refuels, returns home, phones Controller that they are ready for next call out.

The monthly running costs are £4,000. and income is from charity donations and sponsorship. In 2019 total call outs were 7,000 and counting and the Blood Bikes have saved the NHS £490,000.

Our photograph taken by Neil Page shows Mr. Glover receiving a cheque donation for the Norfolk Blood Bikes presented by Vice Chair Sheila Page which was from the proceeds of our 2019 Bingo. Also in the picture Mr. Glover received a cheque donation from Eileen Cotterill on behalf of North Elmham Knit and Natter group.

There will be NO meeting of Wives Plus All in April and possibly May. Please check with Gill King 668530.

Ann Ferris

Brisley Cinema

No cinema in April.

WVBS

Nick Acheson gave an alarming and impassioned talk about Conservation in Norfolk – Bringing the Wild Back into Our Lives. Nick currently works for Norfolk Wildlife Trust but has spent his life supporting a range of conservation organisations. He demonstrated the necessity of these organisations with a harrowing account of the loss of biodiversity, habitat loss and climate change which we all need to be aware of and speak out about. For example, since the postwar period, 75 thousand miles of hedgerows have been removed, 97% of wildflower meadows have been lost, 90% of farm ponds filled in, 83% of heathland lost, and Winter stubble is now rarely seen. He painted a gloomy picture, but he also presented his 6 point plan for urgently addressing the problem. These were:- Science (allowing scientific information to inform actions), Challenging Vested Interests, Cooperation (between conservation organisations and the farming community for example), Re-wilding/habitat recreation, Personal

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responsibility and Hope (he quoted Emily Dickinson). Longer report of this talk can be found on WVBS website under the Our Monthly Meetings header.

The North Norfolk Coast is worth a visit at any time of year, but in winter a field trip to Holkham is almost a tradition. It can be relied on to provide a wonderful selection of wildfowl and geese, that visit in their thousands every year, as well as some smaller visitors like Snow Buntings and Shore Larks. This year is no exception, and a group of 17 met in the village car park on a cold but bright day. Greenfinches glowed in the top branches of nearby trees as they made their way down Lady Anne's drive, always a welcome sight these days as their numbers are much reduced. A Red Kite flew over – by contrast a species that is currently doing well. The spectacle of Brent, Greylag and White-fronted Geese, surrounded by Wigeon and Teal did not disappoint. In the wet fields Lapwings, Curlews, Ruff, Redshanks and the odd Snipe were feeding, and Grey Partridges seemed unconcerned by the human visitor numbers. A search of the beach area brought a flock of around 50 Snow Buntings and a group of Skylarks and Meadow Pipits, but sadly the Shore Larks kept out of sight. Looking out to sea there were very large rafts of Common Scoter with just a few Velvets amongst them. Great Crested Grebe and Red-breasted Mergansers were also spotted along with a Red-throated Diver. After lunch a smaller group headed into Holkham Park, where Nuthatch, Treecreeper and Great Spotted Woodpecker were added to the list. On the lake were the usual species of ducks, including a few Pochard and over 300 Shovelers, but perhaps most appreciated by the group were the 12 Red Deer, sitting down, all with the most magnificent sets of antlers.

Indoor meetings are usually held on Thursday evenings at Great Witchingham Village Hall, Lenwade, at 7.30pm. Non members are welcome, for a small fee of £3.00 per meeting.

Proposed field trips:

Saturday 9th May – Dawn Chorus at Pensthorpe. (booking necessary for catering purposes).

All subject to change for more details and information see the website www.wvbs.co.uk or contact Sue Gale – wvbs.publicity@gmail.com

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The patient replied "In that case, I'll come back when you're sober".

.....
Man goes to the doctor's with a strawberry growing out of his head. The doctor says "I'll give you some cream to put on it".

.....
"Doc, I can't stop singing the green, green grass of home".

"That sounds like Tom Jones syndrome".

"Is it common?"

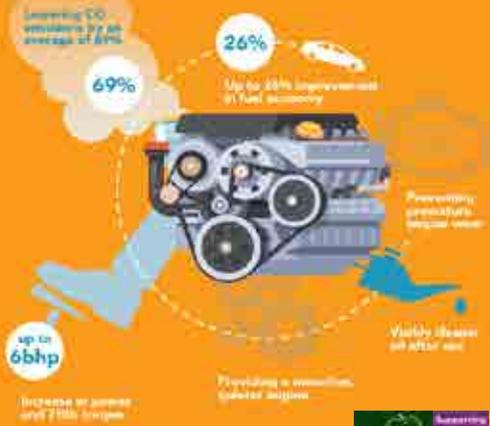
"It's not unusual".

.....
A man walked into the doctors, he said "I've hurt my arm in several places".

The doctor said "Well don't go there any more".

.....
"Doctor, I can't pronounce my 'Fs' and 'Ts". Well you can't say fairer than that".

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St Mary's Church

Coronavirus: Limiting the Spread

The Church of England has suspended all Sunday and weekday church services for the time-being. We are exploring alternative ways of 'meeting' and praying together and continuing to support our communities.

This is a fast-moving situation, giving rise to a good deal of anxiety for many. If you would like us to include you or a loved-one in our prayers, or would welcome telephone contact if you are self-isolating, please contact me on 01362 668850 or at heartofnorfolkrector@gmail.com

As I write, further guidance is being issued, both by government and the church. All church meetings must be cancelled and business conducted via email. Christenings will be deferred, unless we are called to conduct emergency baptism. Wedding couples are being advised to postpone or have a ceremony with the minimal number of witnesses.

We await further guidance on funerals, but they are likely to be immediate family-only attending, with a thanksgiving service to be offered at a later date.

The Heart of Norfolk website www.heartofnorfolkchurches.org.uk will be regularly updated.

This is not where the church wants to be, as ministry is all about people and service, but we must all act responsibly to keep our communities safe and well. Please be assured of our prayers during this difficult time and take care.

Yours, in Christ,

Rev'd Sally

Worthing News

Coronavirus (COVID 19) – we are all very much aware of how this is affecting our daily life and will, it seems, continue to do so for some weeks and months to come.

It's likely there will be moments when we may feel anxious or fearful, perhaps not coping because of self-isolation or being ill yourself. Provided we follow the guidance from our health experts and the government, we can still sensibly help and support our neighbours in need.

St Margaret's Church – Worthing, although will NOT be holding any church services or events for the foreseeable future, we remain open to anyone who wants to take a moment for reflection or quiet prayer.

Worthing church yard was recently supported by fifteen men and women who are currently serving a probation period set by the justice system, they gave back to the community over four days their free time and skills. This spring, they undertook to clean up and cut the grass areas around the hedges and burial plots and general maintenance of ironwork etc. This service is carefully supervised by Officers from Sodexo and overall, they did a splendid job. Our grateful thanks to all those that made this happen including Hoe & Worthing Parish who kindly donated £325 to cover the costs of

fuel, the hire of a portalo, materials and refreshments.

More information about Sodexo: Sodexo Justice delivers prison and probation services, improving Social Value and aims to change lives for the better by reducing re-offending and risk of harm and improving the quality of life of those under our supervision and in our care.

<https://www.norfolksuffolkrc.co.uk/home/what-we-do/about-us.html>

More 2 Life Christian Fellowship

With all the fear and panic buying going on at the moment, and no idea how things will look when you get this magazine, I wonder what, if anything, you are afraid of? Are you afraid of the virus, of getting sick, of death? Are you afraid for your loved ones, that they may get it and die? Are you afraid of being in lockdown or isolation? Are you afraid you will run out of necessities or how you can be cared of? Are you afraid of being forgotten? Alone?

The Christian Scriptures gives us much cause for hope in the face of adversity. Psalm 46:1-2 says:

*'God is our refuge and strength,
an ever-present help in trouble.
Therefore we will not fear, though the
earth give way and the mountains fall
into the heart of the sea'*

In this time of uncertainty and fear, our prayer for you is this:

'May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.' Rom. 15:13

If you would like to know more about the hope that we have, please get in touch.

Pastor Anne-Marie Fewell
Revree7@gmail.com
Facebook: More2lifeNE
Tel. 01362 668707

Church Services

All services are suspended until further notice.

More2Life Christian Fellowship

Formerly Victory Villages Church
(Member of Eastern Baptist Association)

Pastor Anne-Marie Fewell

**Join us in worship Sunday 10.30am, Bible study Monday 2pm
Meeting in our homes (ring 01362 668008 or 668707 for venues)**

Mum's Place: not meeting in April, we hope to be back in May

See website: www.more2lifenorthelmham.com

Coronavirus

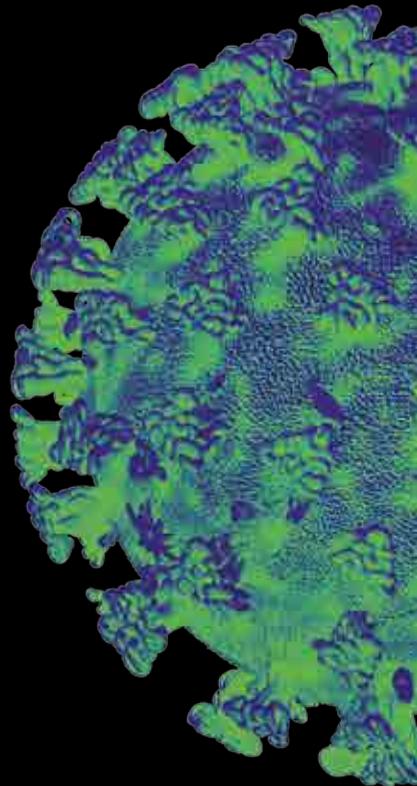
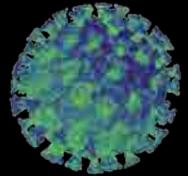
Isolate your household

Stay at home

If you or anyone in your household has a high temperature or a new and continuous cough – even if it's mild

- ✔ **Everyone in your household must stay at home** for 14 days and keep away from others.
- ✘ **DO NOT** go to your GP, hospital or pharmacy.
- ✔ **Go to NHS.UK** to check your symptoms and follow the specialist medical advice. Only call NHS 111 if you can't get online or your symptoms worsen.
- ✔ **Protect** older people and those with existing health conditions by avoiding contact.

Find out how to isolate your household at nhs.uk/coronavirus



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Advertisers Index

Eating Out & Eating In

Hamptons	17
I B The Chippy	20
Kings Head Hotel	26-27
Wensum Valley Hotel	30
Willie Weston (Fishmonger)	6

Financial & Legal

Blue Print (Mortgages & Insurance)	24
Hinchliffe Financial Solutions	36

Fitness, Health & Beauty

Alison Watson (Beauty & Podiatry)	43
Brooklyn House (Dentist)	32
Cameron Reid (Osteopathy)	30
Creative Chiropractic	4
Joanne Medler (Hypnotherapy)	14
Michael Cummings (Podiatry)	22
Norfolk Core Pilates	14
Park Physiotherapy	41
Pilates Norfolk	34
Tina Barnes (Podiatry)	41

For The Home & Garden

Adam Brown (Carpenter/Property Maint)	6
Adrian Nicholls (Handyman)	38
Ant's Carpets	44
Assured Boiler Care	18
B B Building Services	44
B B Landscaping	44
C & R Doubleday (Garden/Property Maint)	38
Charlies Seaman (Decorator)	12
D Thompsons Chimneys	42
Firing Squad (Woodburners)	8
G D Bathurst (Plumbing/Heating)	14
Garrod Partnership (Building)	22
Help at Hand (Garden Maint)	41
John Coles (Electrician/Property Maint)	8
The Norfolk Sweep	8
Philip Jacobs (Boiler Servicing)	10
R P Pest Control	36
Ravencroft Tree Services	34
Richard Roos (Property Maint)	32
T & D Adcock (Garden/Window Clean/Removals) ..	43
Tree Work East	51
Worzels Roofing	18
Yvonne Cleaning & Ironing	6

Firewood

M B Logs	42
----------------	----

Funeral Directors

Fakenham & District Funeral Services	16
H Brett & Sons	44
H H Aldiss (Co-op)	43
Hendry & Sons	10
Littleproud & Son	20

Holiday Accommodation

Kings Head Hotel	26-27
Rose Cottage Holiday Let	29
Wensum Valley Hotel	30

Pets

Forge Cottage Cattery	34
Four Paws (Dog Grooming)	32
From Your Own Home (Pet Sitting, Livestock)	44

Tuition

The Art Studio	22
LM Training	12
Nick Long (Driving)	22
Peter Wild (Music)	10

Vehicles

East Bilney Garage	52
Norwich Road Garage	16
Thurlow Nunn Dereham	2
North Elmham Service Station	40 & 51

Venue Hire

Eastgate Centre	42
Elmham Memorial Hall	18

Other

Artfellows (Framing)	6
Broadland Lifting Services	38
Clan Press	51
Computers@Home	12
Exclusively From Us (Gifts, Home Access.)	40
From Your Own Home (House Sitting, Nanny)	38
Gill Gaume Artist	6
In the Frame (Framing)	42
North Elmham Childminders	10
Romba Footwear	41

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Vice Chair: Martin Phillips

Clerk: Kevin J Webb

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northelmhampc@hotmail.co.uk

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Website

Meetings are normally held on the first Wednesday of the month in the Sports Pavilion, commencing at 7:30 pm. Parishioners are entitled to attend and are most welcome. Our County and District Councillor is also in attendance whenever possible. If, in between meetings, you wish to raise a specific matter for the attention of the Parish Council - please refer to the contact list above.

And finally...

Have you got something interesting you would like to say or think others might be interested in something you do - why not write to us (preferably by email) and let us know, we are always on the lookout for new contributors.

- just email the Editors, simple.

Jennie Borgnis	☎ 668 952								
Jimmy Brown	☎ 668 698								
Ann Ferris	☎ 668 580								
Tom Fitzalan Howard	☎ 668 232								
Paul Grainger	☎ 667 135								
John Labouchere	☎ 668 306								
Martin Phillips	☎ 668 409								
Michael Rayner	☎ 667 859								
Colin Smith	☎ 668 585								
Peter Wade-Martins	☎ 668 435								

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North Elmham Directory

Elmham Surgery - Holt Rd - 01362 668215

Opening Times Mon Tue Wed Thur Fri 08:30 - 18:30 (Wed 18:00)

Swanton Morley Surgery - 01362 638100

Opening Times Mon Tue Wed Thur Fri 08:30 - 18:00

Doctors

Dr Simon Carroll Dr Alice Griffiths-Jones Dr Robert Spooner
Dr Abigail Brun Dr Samita Mukhopadhyay Dr Victoria Lawrence

North Elmham Village Emergency Telephone System (VETS) - 01362 788700

NHS Direct 111

POLICE Non Emergency - 101 - EMERGENCY - 999

Breckland District Councillor	Gordon Bambridge Bill Borrett	01603 880557 01362 860200
Norfolk County Councillor	Bill Borrett	01362 860200
Member of Parliament	george.freeman.mp@parliament.uk	01953 600617
North Elmham VC School	Paula Jones, Executive Headteacher	01362 668318
Chairman of School Governors	Robert Plant chairofgov@northelmham.norfolk.sch.uk	
Memorial Institute	Pam Neve	01362 668325
Pavilion	Booking - 07789 724 430 or	01362 668698
Eastgate Centre	Heather Caley	01362 668245
Breckland Dog Warden	Confidential message or texts 07771 617417	01362 858500
London Express Tickets	Travel Centre	01362 694211
Sanders	Wednesdays to Norwich	01263 712800
Konect Bus		03300 539358
Community Website	www.elmham.org.uk	

Dereham Library - 01362 693184

Opening times: Mon Wed Thur; 9:15 - 17:00 - Tue Fri; 9:15 - 19:00 - Sat 9:15 - 16:00
Mobile Library calls in Elmham every 4 weeks

Anglian Water		0845 7145145
Dereham Leisure Centre		01362 693419
UK Power Networks	Electricity - Emergency	0800 7838838
Samaritans		116123
Citizens Advice Bureau		01362 697776

Clergy - All telephone numbers local code (01362)

Church of England	Reverend Sally Kimmis	heartofnorfolkrector@gmail.com	668850
Roman Catholic	Father Brendan Moffatt	35 London Rd, Dereham	694066
Methodist	Rev Betty Trinder	31 Trinity Close, Dereham	695582
Salvation Army	Major Palmer		696341
Baptist	Anne-Marie Fewell		668707

Church Wardens

Elmham	Susanna Wade-Martins	668435
Worthing	Celia Daniel	668928



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*Please visit renault.co.uk/configure for WLTP figures for any selected options. Your Renault Car is covered for the first of 100,000 miles or 5 years and applies to new cars (excluding Traffic Passenger) when ordered from 18 December 2019. For exclusions visit Renault.co.uk/warranty

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