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OCTOBER 2020

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Editorial

The clocks go back on October 25th at 2.00 am . It hardly seems that long since the clocks gave us an extra hour on March 29th, so where has the time gone? If like us you have been thro' self isolating, a determination to do something but actually there's no real hurry, tackling all the things you would do when you had time, well how much did you do? Time seems to be fluid and difficult to pin down as in, was it only last week when I did so and so, or was it three weeks ago? Things appeared to be about to get back to a "new normal", whatever that means to you, when we have been hit with the rule of 6! And... perhaps more measures to come? Still, as they said years ago, "Mustn't grumble" and we have been fortunate to live in a fairly Covid clear area. Let's keep a troshin with masks to hand and a smile behind the mask!

The surgery has put out a notice on its Facebook page regarding the flu jabs, so to help those not able to access Facebook, here it is.

Those who are eligible, ie OVER 65 (and children) need to ring the surgery after 11.00 am to book an appointment at Swanton Morley. This site has been chosen because of its accessibility for wheelchairs and has a safe and separate entrance and exit.

Our sincere thanks for the donations received from the two anons on Station Road, Tracey and Bob Dewing, Gill King and Ted and Betty Williams. You are helping us to keep producing and distributing the Elmham News for free in these uncertain times.

North Elmham community website www.elmham.org.uk

PLEASE NOTE: Submission deadline for articles to be included in the NOVEMBER edition is 14TH OCTOBER 2020. Please email your article to each of the editors listed below asap before the deadline.

Volume 43, No 9, October 2020

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Going on a Bear Hunt?

My name is Debbie Coull and I have been a Childminder in the village of North Elmham for over 16 years I work from home (well known locally as “Madhouse”) and usually have a small team of helpers and many children but with these strange new circumstances of a pandemic it has meant I have been faced with many new issues.

I have remained open working for key worker children so they can continue to carry out their essential jobs. The children in setting have been busy making pictures, writing letters, making cakes for both the NHS and those in the village, organising a raffle and lots of day to day efforts to spread some joy, like many other people around the country pulling together and staying in touch.

To keep a connection with the children in setting I have tried to look for different ways to support them. Regular new zoom meetings have been a weekly routine for all our children/parents and staff to see each other and do some fun activities including dress up and making slime!

The children in setting all enjoy the book *Going on a Bear Hunt*. Our village has a real community spirit and for an outdoor activity for children to do with parents and an opportunity to connect with the natural world (I like to push outdoor play), I came up with the idea of a Teddy Bear Hunt in the local woods. Having several cuddly toys available to me it was easy to set up and with the children helping to label and hide them it has been a collective effort. With Facebook being a source to both find more toys and let people know about the walk locally. The children can have fresh air, exercise and the woods allows social distance and to explore freely. It's not just the children who enjoy it too, I have heard whispers the walkers with dogs often return home with a cuddly toy too! With young children it's all about

hugs so what better than a soft toy, to find and take home.

We go on a weekly walk to the woods with the children to take further supplies and it is just magical to see the children's faces when they spot a teddy. The children smiles never fade no matter how many times they visit.

The response has been amazing, Elmham News reported it, parents have told me it's a regular walk and it makes me feel proud to work with young children and in a great village community.

Debbie

Flu Vaccine

This information has been taken from the NHS website:

<https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/>

Those currently eligible are :

- Adults 65 and over
- People with certain medical conditions(including children in at risk groups from 6 months of age)
- Pregnant women
- People living with someone who is at high risk (on the NHS shielded patient list)
- Children aged 2–3 years on 31st August 2020
- Children in primary school
- Children in year 7 of secondary school
- Frontline health or social care workers.

Later in the year, the vaccine may be given to people aged 50–64. More information will be available later in the autumn.

However, if you are 50–64 and in an at-risk group, you should not delay having your flu vaccine.

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Dear Editors

To follow on from your article on bonfires in the September edition of the Elmham News, I would like to add that we live at the Worthing end of the village and are surrounded by selfish, inconsiderate 'people' who continuously burn the garden waste and other rubbish.

My husband suffers from a rare lung condition which leaves his lungs badly scarred, which in turn makes him very breathless.

Due to Covid 19 we have had to shield after lockdown.

His main pleasure has been enjoying our garden and making things in his workshop but because these people mostly always have their fires on dry, sunny days he has had to sit indoors with all the windows closed, which was on many occasions, as obviously the smoke affects his breathing even more!

To all of those who are responsible for restricting our lives even more so, I ask you to have a little thought and respect for not only us but all your neighbours!

You could always take your rubbish to the recycling centre as we do !!!

A disgruntled reader.

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- download the FREE Spydus app to check out books on your smartphone
- download eBooks, audio books, newspapers and magazines by visiting www.norfolk.gov.uk/libraries

We've made some changes to keep you safe, so:

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Memories, Part One

As one of the older residents in the village, I have been asked to point out the changes I have seen over the last 80 plus years in the village. Now at 91 I am happy to be able to record this (but I do not like getting emails offering me Funeral plans!).

Anyway getting back to my memories starting at the north end of the village at the top of Pound Hill there was an old clay lump thatched cottage on the park side occupied then by a Mrs Bartell and her son, when she passed away her son moved out and the cottage was demolished. On the other side of the road stood two more cottages with their front doors on the edge of the road these had been empty for some time and these were demolished for safety reasons. Behind those cottages Captain James, who lived in the Shettles, erected a garage and petrol station, later to be taken over by Mr Round and his son. This was later demolished, and a bungalow was built in its place. Further along on the same side were gardens for nearby residents, these were bought by Mitford & Launditch Rural district council. They erected a terrace of four agricultural cottages, these were built during the last war by J H Neal Builder. I worked on those; this was my first job after leaving school. Further on near the entrance to the park stood a pump with a 100 foot well that supplied drinking water for most of the nearby residents, the pump is sadly gone but the well is still there.

On the other side of the road in the first of the row of cottages was a Mr Blackburn who ran a plumbing business, next to a very sharp bend was a shop and general store on the park side, the proprietors where Mr & Mrs Bouttel. On The next bend on the north side was a large house, this was the vicarage, the Reverend Townsend lived there. This high wall on the roadside ran up to the then public house the George & Dragon. Later on, the Chapel ruins were taken over by English

Heritage and gates where installed for a public entrance, the George was closed and became a private residence.

Down Church Lane the Parish Council owned a field that had part of it as allotments for parishioners, the school had a plot there during the war. This was later to become our Millennium Wood planted of course in the year 2000.

The triangular piece of land where the rose garden and our fine village sign now stand was during the war, a collecting dump for scrap iron to help the war effort.

Coming down the hill past the church and cemetery a new cemetery was opened I believe in the early thirties. Next was a wooden ex-army hut that was used by the Memorial Institute later to be replaced with a brick building joining the main building this was built by Bunnings of Gressenhall. Coming down the hill, next was a row of cottages called Coffin Row, these were later demolished and a row of homes for elderly people with a communal room was built. These also were demolished and Flag Ship Housing built houses. Next to the farm buildings was a shop that opened as a Fish and Chip shop by a Mr & Mrs Rawlings later taken over by Mr & Mrs Shales.

Coming towards the school the Beck, this acted as an overflow to the lake which supplied water to the hall pumped by a Ram, the church hill side of the beck before the school stood a large hut replacing a brick building this at the time is where Mr Runcie our village hairdresser for men. In the 50s he was employed at the Watts Navel Training School as a hairdresser.

The school was for both sexes the girls and infants play ground was next to the Beck, it was divided from the boys by a tall wall with just a door to give staff access, the playgrounds were gravel and the toilet block for girls and boys stood back to back at the bottom of the playgrounds. These consisted of seats with buckets

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below for the girls and the boys also had a urinal consisting of a tarred surface with a trough that emptied in to a holding tank, a Mr Millet was employed to empty the buckets and tank and he had to push the tank on wheels up to the allotments pit. One of the classrooms was turned into a kitchen later on to provide hot meals for the children, when mains water came to the village a new classroom and toilets was built. In the 60s the meadows at the bottom of the playgrounds were purchased and fine new classrooms were built also a large playing field.

Moving on past the teacher's house and the farmhouse called Corner Ways was farmland owned by Mr Fred Nicholson. This was purchased by Oram Builders and was developed and named Manor Park (now Cathedral Drive), the other side of the road was a small piece of land owned by Mr Don next to the White House, part of which Mr George Kerrison kept chickens on. This was lent to the school during the war for the schoolboys to grow vegetables.

Norman Lowe

Litter and Dog Mess

In recent months it has been noticed that more litter is being discarded in areas around the village. This is a reminder and request from the Parish Council for everyone to please play their part in keeping the village clean and tidy.

Litter bins are provided in several locations and so it really is unacceptable for litter to be left for "others" to clear up after you. Areas of particular concern include the playing field and the village green where rubbish is left by the skateboard area, the children's play area and the storm shelter.

The willingness for volunteers to constantly have to clear litter is wearing thin, so if you want to maintain the

beautiful village we are lucky enough to have, please do your part to help us keep it clean.

Instances of dog mess are also being found and all parishioners are reminded that not only can heavy fines be levied on selfish dog owners, but also how would you feel if your child or grandchild inadvertently comes into contact with it? Again there are a number of dog mess bins provided around the village so please use them.

We want to encourage full use and enjoyment of our open spaces, so please, please, please play your part in enabling us to have a safe and clean environment to enjoy.

North Elmham Parish Council

Congratulations

Ron and Olive Harrison celebrated their 60th Wedding Anniversary on the 17th September, being married at Billingford church in 1960.

They have lived locally all this time, 10 years at Billingford and then in 1970 they moved to The Bungalow, Station Road, Elmham where they spent 40 very happy years. In 2010 they moved into their new bungalow next door in Station Road where they are still living.

Ron and Olive have one son, Anthony, daughter-in-law Claire and granddaughter Mia, who live in West Yorkshire.

They were delighted and proud to receive a congratulatory card from Her Majesty Queen Elizabeth.

Olive says 'Haven't we been truly blessed'.

We agree Olive, you certainly have been blessed.

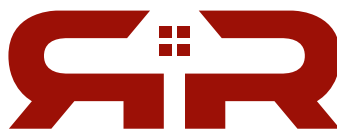
Note: For many years Olive ran the fish and chip shop on Station Road, always with a smile and a chirpy quip.



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Gardening Club

Our family holidays for years have been in Cornwall, but this year, due to present day events like a lot of people we stayed at home. It was over a morning coffee that thoughts of previous holidays came to mind and for me the Lost Gardens of Heligan is one you must visit if in Cornwall (photo above).

The history of this magical place is interesting, like many large estates. This was owned by the Tremayne family at the outbreak of WW1, the workforce signed up to fight in the trenches but sadly like so many, few returned.

The garden was then left and lost to overgrowth for decades and was not discovered until the 1990s when it became Europe's largest garden restoration project to date.

Over the last 30 years, its 200 acres has been brought back to the Victorian

productive and pleasurable gardens and in my opinion, the subtropical valley gardens with bamboo tunnels, tree ferns and banana trees with streams, waterfalls and ponds meandering down a steep natural ravine. To find these mature specimens untouched must have been amazing.

The productive gardens which include a walled and kitchen garden grow up to 300 varieties of mostly heritage vegetable, fruit, herbs and salads, are tended by their own staff and a team of volunteers, which are harvested and incorporated into daily lunch meals served in their tearoom/cafe.

Other gardens to view are Formal Flower, Italian, New Zealand, Jungle, Wildflower Meadow, and a Woodland Walk and holds the National collections of rhododendrons and camellias so there is something to please everyone who visits.

This month's image is from club members June and John Ford (see overleaf).

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What is it and its name?

Keep well

Ray

Parish Council September Meeting

Minutes of the meeting held on 9th September were not available before we went to print. The full official minutes can be viewed in the Post Office and on the community website, once approved.

Dear Editors

The letter below should have been printed in the September News. We apologise for the omission. Due to this error we have invited Peter Wade-Martins to respond.

I am writing in response to a letter from Peter Wade -Martins published in the August Edition of the Elmham News. I was disappointed that he did not include in his

list of achievements of the Parish Council over the last 40 years of his service, the upgrading of the parish street lighting to LED technology. The Parish Council has benefitted immensely from the significant reduction in its annual energy costs and maintenance. Being involved with Peter Braybrook and Martin Phillips in the planning and execution of this project I am sure they would agree, it was worthy of a mention. I would also add the fact that this village no longer contributes to light pollution at night thanks to this technology.

Norman Clarke

Norman Clarke is quite right to point out that the list of Parish Council achievements since the 1970s missed out the new LED streetlights. Norman had a hand in this, and they should have been included.

The new lights have been a success in that they have greatly reduced both the energy we use and the maintenance costs. But each one does focus on a smaller area which reduces their overall effectiveness a little and this can create dark areas. But without moving all the lamp posts that was unavoidable. Anyway, sorry Norman and thank you for your fully justified correction.

Peter Wade-Martins.

Back to School

A little girl had just finished her first week of school. Asked how she got on by her grandma, she said" I'm just wasting my time. I can't read, I can't write and they won't let me talk!"

On the first day of school, the new child handed a note to the teacher from his mother. The note read" The opinions expressed by my son are not necessarily those of his parents."

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Hen Rescue

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BHWT have not been able to do any collections from the battery farms during the pandemic but in early September they re-started their good work once more.

I have two older hens (age 7 and 4) and decided to take advantage of the September delivery. Hens were being

taken from a north London factory to a collection point at a farm near Bishops Stortford. I set off early with my two banana boxes to collect the 4 hens I had ordered. It was a good time to have them I felt. They arrive with very few feathers and by Winter they would be well clothed to cope with the colder weather. They survived the two-hour journey and were quickly settled in to their new home, although I had to keep my two existing hens in a separate run. My older girlies were slightly put out by their arrival!

It's easy to train a chicken to the essential words – breakfast, corn, bed. Within two weeks they were responding and their world had suddenly opened up to the delights of not just food but grass, sunshine, bugs and the blissful dust bath. People keep asking what am I going to call them? Difficult one, as they all look the same, although they will have different characters, I have no doubt. The easiest solution is just to call them “the girls”.

BHWT ask for a donation of £4 per hen and you need to be registered with them before you can apply for any rescues. Collection points do come up into Norfolk – near Kings Lynn in fact.

You don't need too many things for your new pets just a hen house and a 6-foot-high sturdy chicken wire fence with the bottom of the fence having been dug into the ground. You need to clean them out regularly. I use a shavings bedding for my girls. I give them pellets and corn, lots of fresh water and they will virtually eat any kitchen scraps. Make sure you take out from your run, at night, any leftover food.

What do you get in return – there is a big feel good factor with rescuing any animal. You will have lovely new laid eggs and a great deal of fun.

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Photo: “Coming out of the hen house”.

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Parish Council Meetings Public Participation

North Elmham Parish Council continues to hold its meetings virtually via Zoom. This action follows instructions and guidance received from the Government, Norfolk County Council, Breckland Council and the National Association of Local Councils. Copies of the minutes of these meetings can be found in the usual places which includes the website.

If anyone wishes to virtually attend meetings, please contact the Chairman at jennie@bornis.co.uk or the Clerk at northelmhampc@hotmail.co.uk for details.

The October meeting will be held on Wednesday 7th.

Keeping Your River Healthy and Clean

In a series of articles Norfolk Rivers Trust will provide advice to help maintain the health of our globally rare chalk streams and lowland rivers in Norfolk. In times of drought and hot weather it is especially important because of the wildlife our rivers support. Endangered white clawed crayfish, brown trout, eels, and water voles are just a few of the iconic species at risk in Norfolk and you can do your bit to help protect them.

Water use and pollution: East Anglia is one of the driest regions in the country and water security is becoming increasingly compromised due to excessive abstraction and water waste as well as increasingly long dry spells. While we have a large proportion of agricultural land use, most of the water abstracted in East Anglia is actually for domestic consumption. The average person uses 140 litres of water per day so by reducing water use in your home you can directly reduce the impact on Norfolk's rivers. Reducing the use of

cleaning products and chemicals around the home will help reduce the chemical load in our rivers and maintain a healthier stream. Checking your septic tank regularly can also reduce pollution in our rivers. If you see any sewerage, pollution or chemical damage in a river please report it to the Environment Agency on 0800 80 70 60 as soon as possible.

If you are a landowner with riparian land and would like to talk to us about restoration and rewilding please do get in touch with us at Norfolk Rivers Trust. We offer a wide range of services including surveys, restoration and management advice. Email info@norfolkriverstrust.org

Dear Editors

The letter below should have been printed in the September News. We apologise for the omission.

Eileen Bent in the last issue correctly pointed out that she has been asking for too long for the kerbs to either side of her driveway opposite the buildout on Holt Road to be lowered. The problem is that it is not within the powers of the Parish Council to alter kerbs. That can only be done by County Highways. I did ask our Highways engineer three times to look into the matter. But, with the County Council having its budgets cut, each engineer has had to cover a much greater area, and these engineers are, quite frankly, over-stretched.

Then came the Covid lockdown. Since then it has been almost impossible to have even simple jobs done, like clearing blocked drains. Now that life is beginning to return to some sort of normal, I hope my successor, who should take responsibility for Highways at the August Parish Council meeting, will be able to organise a meeting between Eileen and an engineer to sort out her problem for her.

Peter Wade-Martins

Michael Cummings, *HCPC Registered, D.Pod.M., M.Ch.S.*,

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London Marathon Is Coming to North Elmham!

Due to the pandemic the 40th London Marathon is going to be a virtual race this year. On the 4th October I will be starting and (hopefully!) finishing the 26.2 miles here in North Elmham.

As when I ran the London Marathon in 2018, I will be supporting The Miscarraige Association to help enable them to give support to people like me who have suffered with baby loss. The most amazing thing I found was just how common it was and how people were too afraid to talk, often suffering in silence alone for years.

This year will be so much different to 2018 though. The announcement of the new race plan only came a few weeks back, so there has been very little training completed. It's not going to be an exciting trip to the capital and meeting up with other runners getting ready to embark on the challenge together. There will be no flat route, no endless water stations, no pacemakers, no other runners or

thousands and thousands of people lining the streets cheering with every step taken. These are the people that actually get you to the end!

My target is to raise at least £262, that's £10 for every mile. I know times are exceptionally tough at the moment for so many people, but I would be so grateful if you could spare anything to support me. I would also love to see some socially distanced friendly faces on the day. The full route will be posted on my fundraising page soon- <https://uk.virginmoneygiving.com/BevMarshall>

Thank you!

Bev Marshall

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Hempton Recycling Centre

9th–11th October

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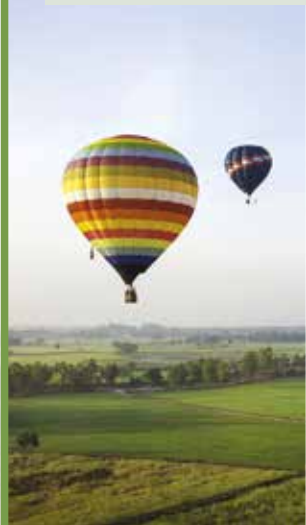
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Elmham Surgery

Throughout the past months we have tried to keep everyone regularly updated on the activity of the Practice. Covid-19 has presented multiple challenges to everybody and continues to do so at this knife-edged moment of balancing everyone returning to work, schools & universities in a world experiencing a global pandemic.

Throughout the pandemic the Surgeries have never closed, nor have we ever stopped providing any healthcare to our patients. However, care delivery is sometimes different and maintaining a smooth running service is a constant challenge, which we work as a team to overcome.

There are some areas which we recognise as being frustrating to our patients and I will try to address these individually.

Why can we not access the Surgery or come to see someone?

People rarely see 'behind the scenes' in any healthcare setting. Whilst every shop, school or business actively prevents people with any symptoms of illness from entering the premises, a clinician's work consists of regular contact with people who are the most unwell. The Doctors and Nurses have to see the sickest and most vulnerable patients, keeping each patient, and themselves, safe.

One of the main ways of controlling this is ensuring we know who is entering the building, when and in which area they are seen in, keeping people separated and safe. We phone people to discuss their symptoms mainly because we can often offer advice and treatment without needing to see everyone, and to co-ordinate the logistics of those that we need to see and physically examine.

We know that each patient we see may potentially have Coronavirus. The risk to the Surgery of an outbreak is staff sickness, the need for isolation and disruption to that service. There is a risk of potential closure of the Practice in the event of an outbreak. We continue to wear full PPE when seeing everyone, we socially distance around the workplace even wearing masks in our offices and we work remotely at times to keep all our patients and staff as safe as possible.

Booking Appointments

- General appointments

We are currently working to 'same day' appointments. Reception will ask for details so they can ensure we get the right person for your care.

There aren't any 'traditional' appointment times, you will be added to the list and a clinician will call you that day.

If you need to be seen you will be asked to attend the surgery after a telephone consultation.

- Planned Care

This is includes:

Chronic Illness Management

- INR tests
- Blood Tests
- Baby Immunisations
- Cervical Screening
- Larcs (coil fitting and implants)
- Medication Reviews

Reception will be glad to clarify if you have any questions.

Dispensary and Prescriptions

We have and are continuing to experience an unprecedented demand on the Dispensary Services. This is impacting both the waiting turnaround times and supplies



We must keep on protecting each other.



of medication. We are trying several methods to overcome the challenges of the dispensing of medications.

- Home and Remote Delivery

We have extended our medication home-delivery service and you may have seen the new van driving around the area. This is a free service and available to all and can be organised by:

- Contacting dispensary via telephone where we can update your delivery preference
- Email via our website
- Using the Online service choosing the collection point
- Write on your paper prescription request

Please note that you will need to be home to accept the delivery. If you work then it may be better for you to choose the remote service, which is where we drop off prescriptions to local shops and post offices as they may have later opening hours and weekend opening.

- Collection Times

Please, help us by allowing us at least 3 full days to prepare your medications. Please collect within 10 working days of your collection date as noted below.

| <i>Request date</i> | <i>Collection date from</i> |
|---------------------|-----------------------------|
| Monday | Friday |
| Tuesday | Monday |
| Wednesday | Tuesday |
| Thursday | Wednesday |
| Friday | Thursday |

Flu Season

We have now received delivery notice of all our jabs and can book everyone eligible for the flu immunisation into our clinics. These clinics are being held at Swanton Morley Surgery (and Toftwood Medical Centre); they will be

extremely well co-ordinated and safely allow all our patients access to the flu immunisation. It is extremely important as we move towards winter that you are immunised against flu, this year more than ever before.

In conclusion, stay safe and do all you can to prevent the spread of coronavirus. Wash your hands, wear a mask and keep social distances. We will continue to provide you with all your care needs and continually review and improve those areas that sometimes cause frustrations.

We appreciate any feedback and will continue our regular communication as to what we are doing and planning to keep everyone informed.

Andy Johnson
Clinical Manager

Ed's note: We are delighted to print the above piece from Elmham Surgery and hope that it may address some of the concerns that have been voiced to us. It is also on their Facebook page but as we pointed out, not everyone has access to the internet and not everyone on the internet wants to use Facebook but we do deliver a free copy to every house in Elmham.





New Eastgate Street Parking Scheme

My last act as I retire from the Parish Council has been to oversee for our council the construction of the new parking bays at the top end of Eastgate Street.

Over the years we have watched the gradual rise in the numbers of cars parked along the street until has it reached a point where buses could sometimes only just squeeze through past restriction at No. 26, and there was one notorious occasion when the school bus became firmly stuck. Some emergency vehicles would have found it very difficult to squeeze through. The obvious solution was to tarmac the muddy and untidy space on the south side of the street to increase parking capacity. This land is owned by Norfolk County Council, but when the Parish Council has in the past raised the matter the answer has always been the same. It would be too costly to surface the area to the standard Norfolk County Council would require.

Then, the County Council introduced a very useful Parish Partnership Scheme whereby if there was a pressing need for a highway improvement, parish councils could apply for 50% funding from the County if the Parish Council could find the rest. In the first year we used the fund to build a new footpath for allotment holders from the King's Head crossroads to the steps up to the allotments. In the second year we were more ambitious and installed the new buildout on Holt Road which has slowed down northbound traffic on the Post Office bend by about 10 mph. Last year we applied for the Eastgate Street Parking Scheme.

For each project the parish first has to ask the County Council's road engineer to cost the project, and when we did that, I could not believe our luck when the quoted figure was only £5,000. That must have

been a mistake, but we didn't argue, and we accepted their figure. We applied for 50% of £5,000 and were successful. The work was initially delayed so that it could take place during the spring school holiday in order not to disrupt school buses. Then, just as we were about to start all work was put on hold during the lockdown.

However, work did start on 24th August. In the announcement of the temporary road closure the County Council's information sheet said that the project was jointly funded by the county and parish councils, and the figure quoted was considerably more than the original one. So, we had a good deal.

By the time you read this the job will be finished and extra parking spaces will be available. Under Highway regulations the County Council is not allowed to mark out parking bays, but if residents take care in the way they position their vehicles the number of cars which can occupy these new spaces should significantly reduce the road congestion. I do hope so.

Retirement from the Council is an incredibly sad moment for me, and it will be up to my successor to organise the next three Parish Partnership schemes already agreed and paid for in 2020/21.

I will never forget how in 1971 five Elmham people were killed in one year in three quite separate local road accidents. They were all pedestrians and two of them were children. The Parish Council working with County Highways still has an important duty to do all it can to improve our road safety wherever possible.

Peter Wade-Martins

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| Salt & Pepper Squid & Confit Garlic Aioli £7 | Kentucky Fried Cauliflower Bites (V) (VE) £5 |
| Panko Coated Halloumi Chips, Sweet Chilli Dip (V) £7 | BBQ Pulled Jackfruit Nachos (V) (VE) (GF) £6 |
| Mozzarella, Tomato & Basil Pesto Brushetta (V) £6 | Crispy Breaded Whitebait & Lemon Mayo £6 |
| Grilled Halloumi, Orange & pomegranate salad (V) (GF) £6 | Chorizo & Cheddar Croquetas, Sriracha Mayo £7 |
| Beer Battered Haddock Goujons, Tartare Whip £7 | Black Pudding Scotch Egg, Mustard Aioli £7 |

Topped Fries

| |
|--|
| Cheddar, Mozzarella, Crispy Bacon & Garlic Mayo Topped Fries £6 |
| Crispy Halloumi, Spring Onion & Sweet Chilli Topped Fries (V) £6 |
| BBQ Pulled Jackfruit & Vegan Cheese Topped Fries (V) (VE) £6 |

Mains & Salads

| |
|---|
| Beer Battered Haddock, Chips, Crushed Peas & Tartare Whip £13 Or 2 for £20 |
| Homemade Beef Burger, Cheddar & Bacon, Toasted Bun, Lettuce, Tomato & Burger Sauce £8 |
| BBQ Pulled Jackfruit Burger, Toasted Bun, Lettuce & Tomato (V) (VE) £8 |
| Stone Fruit Salad- Sweet & Juicy Stone Fruit, Leafy Greens, Crushed Walnuts, & Honey Vinaigrette (V) (VE) (GF) £10 |

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Wildlife at the Cathedral Meadows



We are now well into autumn and that marks a changeover in the birdlife at the meadows. Most of our summer visitors have already departed for warmer climes while others are getting ready to go. One of our strongest migrants is the Swallow (photos 1 and 2) – they fly all the way to southern Africa and then back again in the spring – an amazing feat! In recent years Swallows have faced a fall in numbers because of the large-scale decline in insect abundance – Swallows eat insects, so fewer insects mean fewer Swallows. Consequently, we don't see as many Swallows through the summer as we once would have done, but during the last month there has been a small gathering of Swallows here at the meadows. It's quite common to see them flocking like this before they head off south on their migration. Just think – in a month or two these same birds will be hawking for insects in the company of Giraffes and Elephants.



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As our summer visitors depart, the winter visitors start to arrive. Meadow Pipits have appeared recently – some of these streaky brown birds that feed on the ground do spend the summer in Norfolk, but not here – the ones we see have probably come from a bit further away. They're hard to see on the ground at the meadows – most of my views have been of birds flying over, identified by their jerky flight and high-pitched "ist" calls. Not all of our birds migrate and one that's with us for the whole year is the Nuthatch (photo 3). I usually see or hear them in the big mature trees like those around the chapel ruins or along the railway, but one day recently I was chatting to the farmer and one landed on the telegraph wire across the track almost above our heads. It sat there calling away for several minutes and gave us both a chance to have a good look at it. One of my favourite birds!

The Ivy flowers are coming out now and these are an excellent source of food for insects. I wrote about Ivy Bees (photo 4) last year, a species that has only very recently colonised the UK, and these are out again now. Butterflies such as Red Admirals and Commas use the Ivy too. The Comma (photo 5) has a distinctive ragged appearance to its orange wings. There will soon be plenty of moths on the Ivy at night-time but my recent moth-recording efforts have been using lights to attract them instead. My last attempt was a little disappointing but still produced a handful of colourful species like Centre-barred Sallow, Green Carpet and Brimstone Moth. I also caught a Wax Moth (photo 6) which is an unusual species in that its caterpillars live in beehives and feed on honeycomb.

Why not come along to the meadows and see what wildlife you can find? Let us know what you see: email appleton.dave@googlemail.com or phone 668431. You can also follow us on Twitter at @ElmhamMeadows or see our recent tweets on the Parish Council website (www.elmham.org.uk/cathedral-meadows/).

Dave Appleton



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Wives Plus All

We are sorry to have to say that our proposed Bingo booked for 12th October has been cancelled, also the October meeting. Our November meeting with Martyn Shults, which we were all looking forward to immensely, has been postponed until June next year.

Let's hope that things will be better in 2021. Keep well and stay safe.

Gloria, Sheila and Gill

School News

A Message From Ms Jones

We have started our new term with the 'new normal' where we stay in our class bubbles. We welcome all our new families who have joined us, new members of staff and our dear new Reception children.

We have focused on the 5 R's (one a day) for our first week back whilst implementing our Recovery Curriculum. They are Routines, Relationships, Retrieve, Recap, and Review. We have introduced some positive changes. For example, we now offer outdoor learning provision as part of our curriculum offer which we call 'welly days'. Children will engage in forest school type learning experiences and enjoy what the great outdoors has to offer. We look forward to building dens, making sculptures and enjoying hot chocolate around the campfire circle.

We have renamed our school house teams after pioneering women to Florence Nightingale, Harriet Tubman, Frida Kahlo and Emmeline Pankhurst. Children are learning about them currently and because we promote a love of books and stories, all our classes have a wow reading area for children to enjoy.

Whilst we are learning to live through this pandemic we know we must take care

of ourselves, of one another and simply share kindness. It is important to be kind because kindness can build more, and more people will be less angry, mean, and gloomy while spreading more happiness and joy. It can also help others in need. One more thing, kindness is important because people who are having a rough time and are struggling, it can help. We have spaces in our wonderfully nurturing school and we welcome you to make enquiries. Please do email or phone the school office for more information.

Sheep Class - Reception and Year One

Last week, we welcomed the new Reception children to Sheep class, along with the returning Year 1s, and what a time we've had so far! The children have met their new class mascot, Woolly the Sheep, and he's been helping children to settle in and get to know our lovely classroom and fabulous outdoor area. Woolly even gets to go home every weekend

with a child who has shown that they understand our class rules (aka 'Woolly's Rules')! The children are all loving our new domestic roleplay room, complete with a bedroom, sitting room and fully-equipped kitchen/diner, and we definitely have some budding chefs on our hands!

We have also made our own playdough, done some splatter painting, drawn self-portraits, read lots of new books, done some calming yoga, had our first fun-filled PE session with Premier Sports, and had our first 'Welly Day' on Friday. We have also been playing some fun circle-time games and talking about how we feel having come back to school after lockdown. We're so proud of how well the children have settled back into school routines and are looking forward to lots of fun outdoor learning over the coming weeks.

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Whales Class - Year 2, Year 3 and Year 4

During our first week back we have worked hard to settle back into our class and establish our 'new normal'. Our learning has been based around our Recovery Curriculum, where we spent time reflecting on the lockdown and discussing our shared experiences. Our class has worked hard to establish new routines and relationships. We shared stories such as 'Here we are' and 'Dear Greenpeace' to write poems and letters. We have enjoyed circle times, mindfulness activities, making whale origami with kindness messages and our own memory jars. We are looking forward to using our brand new reading area with our comfy sofa and our teepee which we use as a quiet, reflective space.

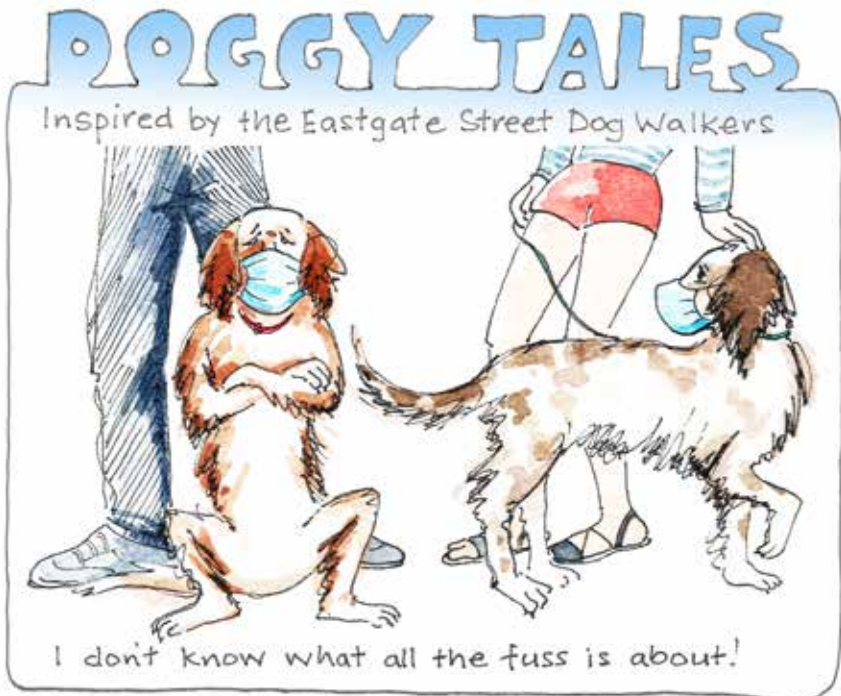
Lions Class - Year 4, Year 5 and Year 6

The children have loved being back at school after a long absence. We have

been doing activities this week that have helped the children return to their routines. We have established our class values and have worked hard as teams as we have built and re-built relationships. Our particular highlights of the week have been creating silly stories, river crossing with our teams and researching our new house team names. We are excited to use our new 'Minecraft' themed reading corner.

Doggy Tales

We want to thank Terry Hylton and Pauline Adams for the fabulous cartoon (below) that they have created. We love it and hope this is the first in a long series.



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The Wensum Hero

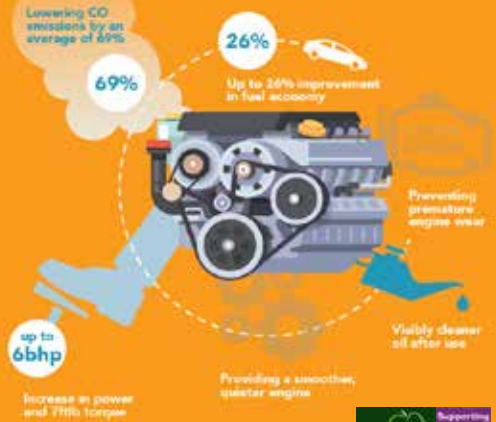
In Part Two, our intrepid heroes continue their quest. Will they succeed? Will the crew become mutinous? Will the boat spring a leak? Read on...

On the morrow we made a start at 9.30 am, unaccompanied by a single native. Opposite the Rectory grounds the river spreads out considerably and diminishes proportionately in depth. Once or twice we grounded, and whilst we were engaged in forcing our way slowly along an old man on the bank comforted us by saying we were attempting an impossibility. "Why I'm nigh eighty, and I never see a boat like that get over this shallow, and taint likely you will". We did get it over, however; and the venerable gentleman, putting us down as a set of obstinate, unreasonable beings, turned his back on us in disgust. The sail was set, and until we reached Lennard Bridge, we had a splendid sailing course through beautiful park like scenery. Several swans again preceded us in skirmishing order. One pair in particular seemed determined to out-go us. They paddled along in steady persistency for about twenty minutes, then with common consent they turned aside, and saluting us with a scream of defiance, dropped vanquished into the rear. Lennard Mill necessitated another landing. A young miller leaped with alacrity out of a window and gave us all the help we needed. The bridge was shot at 11 o'clock and for some distance our way lay through the grounds of Lord Canterbury. A gentleman wearing the colours of Trinity Hall hailed us from the bank, enquiring with some amazement where we came from and where we were going. Sailing was now out of the question. The river was narrow, and the overhanging trees frequently met and formed a gothic arch over our heads. Our progress was very slow, as

the dipping boughs frequently prevented us from rowing, and obliged us to drift carefully with the current. The officers were delighted with the pretty bits which almost every bend of the river disclosed, but the crew, sad to say, developed a most mutinous spirit. It was all very well, of course, he growled, for aesthetic gentlemen to admire and be satisfied with trees and meadows. It was proper they should; but his art education had been neglected, and in his opinion the finest views in the world were naught on an empty stomach. He should like some lunch, and so on. We ran the boat under an old willow, and, to the joy of the crew, lunch was served.

At Morton, we passed one of the prettiest village churches we have ever seen. Architecturally perhaps it was not much, but the ivy which covered it completely gave it a beauty which we should be glad to see possessed by more of our country churches. The schoolhouse, which was close at hand, was also remarkable. It was a red brick building, saved from being commonplace by its striking mullions, which appeared to be of terra cotta. After passing under a bridge we encountered a startling adventure. At a bend of the river, where the stream was only twelve yards wide, stood a cow, exactly in the middle of the water, prepared to dispute passage. A broken horn proclaimed her an old warrior, and the stumpy condition of her tail suggested she had lost the major portion of that appendage in some previous contest. As we approached, she maintained her post undismayed, or rather showed an inclination to advance and meet us at close quarters. The terrified crew called out that she was coming to board us. The Chief Officer seized an oar, and lustily splashing the water, gave vent to a series of most unearthly yells. Boo-ah! Get along! Would you, now! Yah! Yo-o-oh! The cow was

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beaten. Turning round, she flapped the stump of her tail in the Chief Officer's face, drenched him with the water sent up by her heels, and, with something as much like a bellow of dismay as we suppose a cow is capable of, she dashed up the bank and was seen no more.

For the next few miles, the voyage was most enjoyable. To the right rose some wooded hills, and from amongst the trees peeped the octagonal tower of a church, the name of which we could not learn. In some places the overarching trees prevented us from rowing; at other times we passed meadows where haymakers were busily employed. One group of haymakers made anxious enquiries about our health. Didn't we find it hot? They did, -very. A little beer, now, would be acceptable. Finding that the ship's stores could not relieve them (the crew energetically protested against any such thing), their interest flagged, and we were left alone. The river through Lord Stafford's estate was really glorious. It was at least twenty-five yards wide, and on either side forest trees clothed the steep shores and completely shut us in. The wind being in our favour, we sailed the whole of the way to Taverham, noticing upon the left bank the fine house of Mr. Micklethwaite. At Taverham we came to another mill, this time a paper mill, engaged in supplying paper for the Times, - not the Elmham Times, of course, but a miserable London daily paper, which, with unheard of effrontery, dubs itself THE Times, and thus tries (miserable failure) to ignore our own potent broadsheet. At 5 p.m. we passed Costessy village, and for the first time met a boat. The large mill a mile below the village threatened to be a final barrier. At first it appeared impossible to find a portage, but, as before, the miller's man accompanied by his subordinates, came to the rescue, and with a huge hammer instantly demolished

the railings which blocked our way. This time the stores were gladly produced, and well-earned refreshment was handed round. That miller's man had a warm heart and a fluent tongue. "Here's to your health gentlemen. My name's Joe Burgess. Everybody round here knows old Joe Burgess. I've been at the mill ever since 1840, and I've seen some changes. Hot weather and cold, I've been here almost night and day. Ah! In 1860. That was a winter. I've been here at night when it was cold enough to freeze your head off. Thank you, gentlemen, I don't mind if I do. (This had respect to the stone jar). Your good healths, once more gentlemen." – Genial Joe Burgess! We shall not forget you! May you live many more winters yet!

Our log is nearly finished. We rowed onwards for a mile or more, when the crew exclaimed in dismay that the stone jar had been left behind. It was too late to turn back, so with a sigh of regret we continued our way. Another mill had to be passed, and then we neared Norwich. The romance of the thing was over. We were amongst the haunts of men. Sportsmen three deep lined the banks, angling assiduously for imaginary minnows; pleasure boats passed and repassed us; and we became only one amongst many. Leaving the Wensum Hero at a waterside house called the Gibraltar, we took a fly and so to the Maid's Head in the good city of Norwich, where we slept as only men can sleep when they gain terra firma after encountering the dangers of the deep.

If space permitted, we could tell something of our return journey. Suffice it to say that on nearing Costessy Mill, we found our friend Joe Burgess awaiting us, jar in hand. It was empty. Joe's frugal soul feared that the contents would spoil if kept till our return, and so he sacrificed himself, and drank the beer to prevent it from becoming flat."

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

Notes

1. Elmham Mill was known as Norton's Mill in the 1800's when owned by generations of the Norton family.
2. Some place names differ in their spelling to those in current use.

Tony Langford

Ed's comments: Thank you Tony, we all really enjoyed reading this account and look forward to space to hear of the return of the mighty Wensum Hero. Hope our readers do too.

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Tel: 01362 667050

Apple and Sultana Cake

Ingredients

250g (8oz) sultanas

250g (8oz) cooking apples (peeled, cored and chopped)

150ml (1/4 pint) milk

185g (6oz) soft brown sugar.

375g (12oz) self raising flour

2 teaspoons mixed spice

Grated rind of one lemon

185g (6oz) butter (melted)

1 beaten egg

60g (2oz) demerara sugar

Method

Heat oven to 180C/Gas Mk 5/350F

Grease and line a 1 x 7" cake tin

Mix sultanas, apples and milk and leave to one side.

Mix together the brown sugar, flour, spice and lemon rind.

Gradually blend in the butter and egg.

Mix in the fruit mixture and beat well.

Turn into the prepared tin.

Sprinkle the demerara sugar over the top.

Bake in the preheated oven for approx 1 1/2 hours until firm to the touch.

Best kept for a day or two before eating.

I've made several apple cakes in the past but in my mind this is the nicest, so enjoy.

Julia

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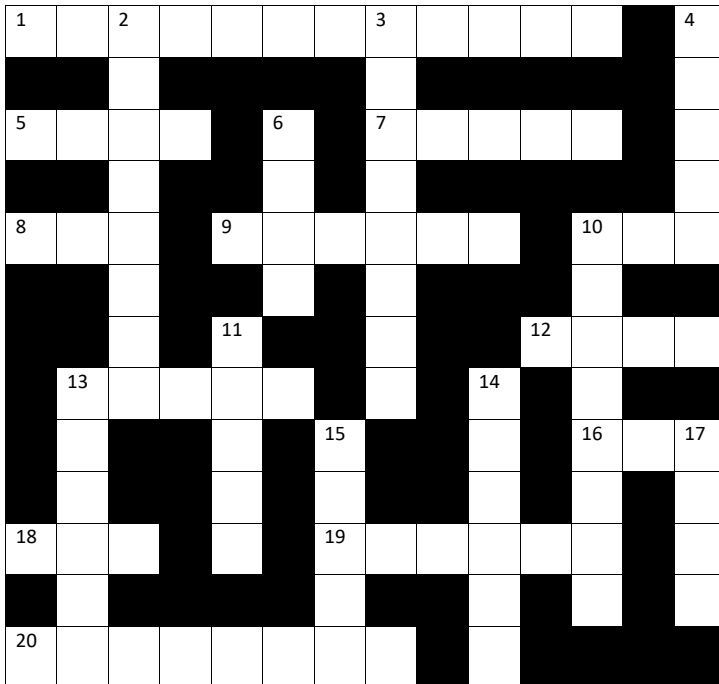
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07766 223438

Crossword

Thanks to Karen Bloomfield who sent this in for us to ponder over... time to get the kettle on then!



Across

1. NT property with famous "white room" garden (12)
5. Member of the corvid family (4)
7. (and 10 down) Norfolk ladybird (5,8)
8. Area to grow flowers in (3)
9. Norfolk heron (6)
10. Pollinator (3)
12. Apple variety (4)
13. Sap sucker (5)
16. Insect with over 10,000 known species (3)
18. Tree ravaged by disease in the 1960/1970's (3)
19. You wouldn't like the cuppa made with this weed (6)
20. Culinary herb (8)

Down

2. Galanthophiles delight (8)
3. National flower of Malaysia (8)
4. Essential ingredient of champagne (5)
6. Jack and the ---- stalk (4)
10. (and 7 across) Norfolk ladybird (5,8)
11. Late spring flowering shrub related to the olive tree (5)
13. Showy spring blooming shrub (6)
14. House ----- , summer visitor (6)
15. Flowering rhizome of latin american origin (5)
17. Welcome amphibian in the Hosta bed (4)

Answers next month!



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IF SOMEONE COLLAPSES FOLLOW THESE INSTRUCTIONS

D



DANGER ENSURE THE SCENE IS SAFE

FOR YOURSELF AND OTHERS. IF IT IS NOT SAFE OR YOU ARE UNCERTAIN CALL 999 AND WAIT FOR HELP TO ARRIVE



R

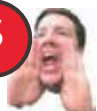


RESPONSE CHECK THE CASUALTY NEEDS HELP

CHECK RESPONSE BY **TALK AND TOUCH**.
SPEAK TO THE CASUALTY IN BOTH EARS, TAP COLLAR BONES. DO NOT SHAKE THEM!



S



SHOUT SHOUT FOR HELP

IF THE CASUALTY DOES NOT RESPOND, SHOUT FOR HELP.
DO NOT LEAVE THEM AT THIS STAGE. **DIAL 999 NOW!**



A



AIRWAY ENSURE AIRWAY IS OPEN AND CLEAR

OPEN THE AIRWAY BY LIFTING THE CASUALTY'S CHIN AND TILTING THEIR HEAD BACK. DO NOT PUT YOUR FINGERS IN THE CASUALTY'S MOUTH, YOU MAY PUSH AN OBSTRUCTION FURTHER DOWN.



B



BREATHING LOOK, LISTEN & FEEL FOR NORMAL BREATHING

KEEP THE HEAD TILTED BACK AND LISTEN FOR BREATHING & LOOK TO SEE IF THE CHEST IS MOVING FOR AT LEAST 10 SECONDS. IF THE CASUALTY IS NOT BREATHING NORMALLY OR YOU HAVE ANY DOUBT, **CALL 999!**



C



COMPRESSIONS NOT BREATHING NORMALLY? START COMPRESSIONS!

PLACE YOUR HANDS IN CENTRE OF THE CASUALTY'S CHEST AND PRESS DOWN HARD. JUST DO COMPRESSIONS. YOU CAN DO BREATHS IF YOU FEEL CONFIDENT - 2 BREATHS FOR EVERY 30 COMPRESSIONS - PUSH TWICE PER SECOND



D



DEFIBRILLATION GET SOMEONE TO FETCH A DEFIBRILLATOR

IF YOU ARE ALONE DO NOT LEAVE THE PATIENT, DO CHEST COMPRESSIONS AND WAIT FOR HELP TO ARRIVE, IF SOMEONE IS AVAILABLE SEND THEM TO GET YOUR NEAREST COMMUNITY DEFIBRILLATOR

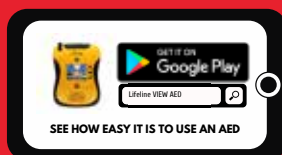


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More 2 Life Christian Fellowship

Extra! Extra!

Community Nativity Project!

We are going to be doing an online dress up nativity service this year and we need YOU to dress up as nativity characters, video yourselves, and submit to us for inclusion. Lines are minimal.

We could also use singers and musicians to record themselves doing carols.

The final version will go on YouTube so permissions will need to be granted if you wish for us to use your clip.

Get in touch for more information

Pastor Anne-Marie Fewell

Revree7@gmail.com

www.more2lifenorthelmham.com

<https://www.facebook.com/more2lifeNE>

Tel. 01362 668707

St Mary's Church

Church of the Future?

The experience of lock-down and not being able to use our church buildings for over four months has enabled us to reflect

on what it means to be Church, whilst we have been gathering virtually via Zoom.

For some, of course, church buildings are interesting places to visit and they tend to generate quite deep affection among local residents. For those of us who consider ourselves as part of the regular worshipping community, it's so much more than this.

"Church" is not really about our buildings, however much we love them; it's not about individual parishes and how they fit into the bigger scheme of things; it's not even about where or how we choose to worship. It's about God and sharing his love in our communities, and he must be our focus as we move forward.

One thing we have experienced during our Zoom worship is much larger congregations: 50-60 people week-by-week. Coming together as a virtual community has been deeply rewarding and enjoyable, even though we couldn't sing together, which many of us missed enormously.

So, where do we go from here? What we are not going to do is to revert to the old 'normal' with tiny congregations struggling to keep their churches open.

So, how do we grow; how do we make progress? That is a question not just for us as individuals, but for our church communities; for the Heart of Norfolk Group as a whole. Growth often leads to new challenges; to fresh struggle and to deeper learning.

We are planning those big church occasions coming up: Harvest Festivals, Remembrance Sunday, Christmas services. We are having to plan based on current Covid-19 restrictions but hope and pray that we can welcome any who want to come. However, some of these services may have to be 'ticketed' events, to

manage social-distancing and the safety of all who attend.

Please do visit our website for up-to-date information as we move forward. www.heartofnorfolkchurches.org.uk

With my prayers and best wishes,

Revd Sally

Worthing News

Norfolk Churches Trust Sponsored Event

As in previous years, this annual event The Norfolk Churches Trust Bike, Stride, Car Event went ahead but for the first time on Saturday the 12th September, everyone needing to be mindful of the Covid-19 restrictions and ensure personal safety and respect social distancing. From the visitors we received at St Margaret's Church, everyone did well to tour our wonderful buildings covering several miles and remain comfortable travelling in the glorious sunshine that we had.

Due to the restrictions in place, it's quite likely participant numbers may be slightly down however, for those that still wish to donate to The Norfolk Churches Trust, for more information, please visit their website: <https://norfolkchurchestrust.org.uk/support-our-work/donate-now>

To those that visited Worthing a huge thank you to everyone, it was lovely meeting you all.

St Margaret's October Services

11th Holy Communion at 9.30am (at either Worthing, Twyford or Guist – to be confirmed). 25th Morning Praise at 11.00am - Worthing. We hope you can join us

Samaritan's Purse

With your help, we continue to develop Worthing & Heart of Norfolk Churches involvement with Samaritan's Purse and all that they do around the world. As in previous years, we aim to support as many children that are in desperate need by sending out your Christmas Boxes via "SAMARITANS PURSE." These gestures bring sheer joy to children who feel they are remembered and loved...

To get involved and for more details please visit the Benefice website: <https://www.heartofnorfolkchurches.org.uk> or contact: Celia Daniel tel: 01362 668928 / email: c.daniel784@btinternet.com

Deadline for getting these boxes to Celia for despatch is 8th November 2020.

Wine Tasting & Beer Sampling Event

Saturday 28th November

From 1.00 pm to 3.00 pm

*In aid of our Mission & Ministry Work,
also Church Building Appeal*

Come along to try out and taste a wide selection of fabulous wines, beers and champagne and get yourself prepared to celebrate and toast Christmas and the New Year with perhaps a bottle or two of your favourite tipples!!! Orders and payment taken on the day for either a box(es) of 6 wines, boxes may be mixed etc., or make up a box with other guests.

Join us at St Margaret's Church for this most jolly event, a small, suggested donation of £2.50 would be welcome. Hope to see you all on the 28th.

This event may be subject to Covid-19 Restrictions that may change!

Further details may be obtained from: Celia tel: 01362 668928 / email: c.daniel784@btinternet.com

Heart of Norfolk Churches Provisional Sunday Service Plan for October 2020

4th October

| | | |
|----------|--------------|----------------------|
| 9.30 am | North Elmham | Holy Communion |
| 9.30 am | Foulsham | Holy Communion |
| 10.00 am | Guestwick | Morning Prayer (BCP) |
| 10.30 am | Bawdeswell | Holy Communion |
| 11.00 am | Stibbard | Holy Communion |

11th October

| | | |
|----------|--------------|------------------|
| 9.30 am | Worthing | Holy Communion |
| 9.30 am | Foulsham | Family Communion |
| 9.30 am | North Elmham | Harvest Festival |
| 10.30 am | Bawdeswell | Harvest Praise |

18th October – St Luke

| | | |
|----------|--------------|-------------------|
| 9.30 am | North Elmham | Holy Communion |
| 10.30 am | Bawdeswell | All-Age Communion |
| 11.00 am | Wood Norton | Holy Communion |
| PM | Foulsham | Evensong |

25th October

| | | |
|----------|--------------|----------------|
| 9.30 am | North Elmham | Holy Communion |
| 9.30 am | Foulsham | Holy Communion |
| 10.30 am | Bawdeswell | Word & Praise |
| 11.00 am | Worthing | Morning Praise |

This Service Plan is provisional, as our church buildings continue to re-open for public worship. Please contact the HON Office on 01362 668850, or visit our website: www.heartofnorfolkchurches.org.uk for more information.

More2Life Christian Fellowship

(Member of Eastern Baptist Association)

Pastor Anne-Marie Fewell

Worship Sunday 10.30 am, Bible study Monday 2.00 pm
Meeting via internet, ring 01362 668707 if you wish to join us

On-line nativity now being planned, if you or your child(ren)
would like to take part please contact
Pastor Fewell on the above phone no.

See website: www.more2lifenorthernelmham.com

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| | |
|----------------------------------|-------|
| Hamptons | 36 |
| I B The Chippy | 30 |
| Kings Head Hotel | 28-29 |
| Wensum Valley Hotel | 34 |
| Willie Weston (Fishmonger) | 6 |

Financial & Legal

| | |
|--------------------------------------|----|
| Hinchliffe Financial Solutions | 22 |
|--------------------------------------|----|

Fitness, Health & Beauty

| | |
|---|----|
| Alison Watson (Beauty & Podiatry) | 6 |
| Brooklyn House (Dentist) | 32 |
| Cameron Reid (Osteopathy) | 34 |
| Creative Chiropractic | 12 |
| Joanne Medler (Hypnotherapy) | 14 |
| Michael Cummings (Podiatry) | 20 |
| Park Physiotherapy | 46 |
| Pilates Norfolk | 42 |
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|---|----|
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| Wensum Valley Hotel | 34 |

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| | |
|--------------------------------|----|
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| Four Paws (Dog Grooming) | 12 |

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| | |
|---------------------------|----|
| The Art Studio | 20 |
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| Nick Long (Driving) | 20 |
| Peter Wild (Music) | 10 |

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|----------------------------|----|
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| Elmham Memorial Hall | 18 |

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|---|----|
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| Broadland Lifting Services | 48 |
| Clan Press | 55 |
| Computers@Home | 4 |
| Fogg Off Norfolk (Anti-viral Fogging) | 22 |
| Hamish Niven Photography | 4 |
| In the Frame (Framing) | 44 |
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October Photo Contributors

Our thanks go to everyone below who submitted photos for inclusion this month.

Cover: Peter Wade-Martins, Page 17: British Hen Welfare Trust, Page 19: Ian McIntosh, Page 21: Bev Marshall, Page 26: Peter Wade-Martins, Page 31: Sarah Felton (top photo), Page 31 & 33: Dave Appleton

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Jennie Borgnis ☎ 668 952

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

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.

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 | Bookings | 01362 668580 |
| 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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