

Elmham News

MARCH 2021

OUR VILLAGE COMMUNITY MAGAZINE



Then there was snow!
see pages 14–15

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Editorial

This sums up our feelings at the moment:-

Whatever shall we write about?
We really cannot say
We hope we'll think of something soon
To spur us on our way.
It surely would be quite a blow
To feel that evermore
We'd really try and 'have a go'.
As we have done before.
Begone such thoughts, for until then
We'll go from strength to strength.
And yet more rubbish we will pen.
Whatever be the length!

Apologies to our dear Rosa Riley for altering it very slightly, but we know she would understand. Whatever she was writing about, it always made us grin.

Sincere thanks to the Sheils of Oak Avenue for their donation.

STOP PRESS: Whoever stole the roses from Bru Webb's grave? Shame on you!

Calling All Gardeners

Sadly, once again, there will not be a Fete at Elmham House this May. Last year we had a plant stall opposite the church to sell off all the plants which we had collected for last year's fete and it was a great success and raised around £500, thanks to everyone bringing their spare seedlings and plants of all sorts.

We are planning to have the stall again this spring, raising some money to share between the church and another charity (yet to be decided). So please can you sow a few extra seeds or pot up those spare seedlings that one always seems to have; and anything from your garden that needs a new home, so we will have as much to sell as possible. That would be wonderful, thank you.

Tish 668678

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

Volume 44, No 2, March 2021

DONATIONS APPRECIATED

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North Elmham Parish Council Meeting

Wednesday 3rd February (via Zoom)

The following information is taken from the draft minutes. 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, Miss A. Ferris, Mr. T. Fitzalan Howard, Mr. P. Grainger, Mrs. A. Keeble, Mr. J. Labouchere, Mr. M. Rayner and Mr. C. Smith

Also in Attendance: Mr. B. Gee and Mr. N. Markwell (both co-opted at the start of the meeting), Mr. K. Webb (Clerk) and Mr. Borrett (until 8.00 pm) – District and County Councillor.

Co-option of new members

Mr. Gee and Mr. Markwell were both co-opted on to the Parish Council. Mr. Gee was proposed by Mr. Fitzalan Howard and seconded by Mr. Phillips. All in favour. Mr. Markwell was also proposed by Mr. Fitzalan Howard and seconded by Mr. Phillips. All in favour. Both were welcomed to the Parish Council by the Chairman.

Report from Mr. B. Borrett (County and District Councillor)

a) The recent December has been the wettest since 1929 with widespread flooding across Norfolk. Lord Dannatt is to chair a Flood Forum, the Norfolk Strategic Flooding Alliance (NSFA), a Norfolk wide body aimed at achieving improvements in the prevailing situation which has 36 organisations with flooding responsibilities. The body will report directly to Norfolk County Council's Cabinet and hopefully give communities affected by flooding a much more powerful voice going forward.

b) The County Council budget is not yet set but there will be money for Norfolk rights of way

later in the year. A recent local paper item featured the high rate of deaths in Care Homes. Staff are to be compensated if unable to work due to sickness and they will also be encouraged to work in one home, thus reducing the rate of transmission. Staff are being tested twice a week and residents once per week.

Mr. Grainger asked the process for reporting flood issues. Mr. Borrett said that they should be referred to him.

Mr. Labouchere was concerned that the local Norfolk coronavirus figures seemed to be worse than the rest of the country. Mr. Borrett said that as we are further away from London than, for example, Suffolk and Essex, the Norfolk figures tend to lag behind by as much as ten days.

Land Management Matters

Village Green: With regard to a previous query in respect of a possible footpath from Oak Avenue to Spencers Close, Mr. Smith suggested a plastic mesh path laid on a grass surface. He will obtain a quotation for the cost. Dog bins are currently being emptied, as normal.

Cathedral Meadows: Two years ago, a rotation period of three years was agreed regarding hedge cutting. After consultation with the contractor, Mr. Fitzalan Howard has recommended that, because of the disruption caused by the weather over the last two years, some "catching up" needs to be carried out. To comply with the higher level environmental stewardship agreement, the hedges have to be cut in January or February. The hedge cutting window closes on 1st March and the work will be completed before that date, subject to it being dry enough to get on the land. It is considered that the hedges need flailing this year. The exception is the middle hedge which is very large. This has not been cut for at least six years and is now swamping the livestock fencing. A sub-contracted tracked shear is to be

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used to reduce the hedge height to its original level so that it can be managed with a cheaper tractor flail in future. The contractor's recommendation is, in future, for a third of the work to be done each year. The quotation for the required work is as follows:-

- (i) Reduction of the large middle hedge to its original height, using a 360 tracked machine with shear and round up debris for burning - £2.80/m x 260m - £728 + VAT.
- (ii) Top and side-up with a flail the second and third year hedge growth from all internal field hedges and tidy woody growth and suckers coming through the ground at the field edge before 1st March - £36 per hour + VAT (estimated time between 20 and 30 hours).

Millennium Wood (and Jubilee Wood): The contractor has some tree supports and an invoice is to be submitted for two items. Ten more angle irons are needed at a cost of £20 per post (i.e. £200, in total).

Bridleway on Disused Railway Line and other Railway Linked Matters: Mr. Phillips had received a telephone call from a rambler who advised that he had been unable to proceed between County School and the arch at Broom Green. This is an annual problem that has occurred for many years. Cattle are encouraged to go on the bridleway by the farmer which results in the land being churned up and becoming impassable. The continued presence of the cows also prevents walking along this route. Mr. Phillips is to write to the parishioner who raised the matter to explain the difficulties.

The Chairman reported that Charles Robinson, Chairman of the Mid Norfolk Railway, had advised that the concrete bridge, to the east of the church, had been condemned. It is the intention to fence off the area to prevent pedestrians proceeding. Mr. Robinson has obtained a quotation for the work which will take

about two weeks. The Railway Company has an obligation to allow pedestrians and horse riders access to move from the bridge northwards to County School at all times. The fence will be opened at both ends so that people can walk without having to pass through the water. The bridge is not to be replaced.

Allotments: Mr. Phillips reported that the final plot is to be let in the near future. The hired digger has successfully levelled the track.

Street Lights: Mr. Fitzalan Howard reported that the two lights previously causing problems are now working satisfactorily.

Highway Matters

The path across the green seems to be in the process of being washed away. This is a Highways' responsibility and Mr. Grainger has logged the issue with Norfolk County Council. The drains are working but are not able to cope with the excessive amount of water that has been produced. Extra drains may be needed.

Pavilion and Playing Field

The base is now down for the new seat which has arrived. All junior football leagues have been cancelled for this season. It is envisaged that there will be senior and junior football teams next season, playing regularly on both Saturdays and Sundays. In view of the numerous difficulties experienced with Longham Sunday FC over the past few months, the Clerk recommended that any future requests for hiring facilities from this club should be firmly declined.

The Police and Crime Commissioner Election is to take place on 6th May, 2021. A hiring fee of £210 has been agreed.

Youth Club Facilities

Mr. Fitzalan Howard reported that he has made contact with the Funding Officer of the Lottery Youth Council. He is to meet with her in the near future with a view to obtaining some help and advice.

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Online Banking

This matter is proceeding and the Clerk stressed the importance of implementing procedures which satisfy the current statutory regulations. The replication of the present payment by cheque system would be preferable but, at this moment in time, it is not certain whether Barclays Bank's internet payment system can provide this. The Clerk is to contact the Bank with the aim of getting information, in writing, regarding the action that we will need to take. Advice is also to be sought from the Norfolk Association of Local Councils (NALC) and/or Norfolk Parish Training and Support (NPT&S). It is anticipated that the situation will be clarified in time for members to confirm agreement to an appropriate course of action at the next meeting in March.

Affordable Housing Update

Mr. Rayner had forwarded an updating report to members prior to the meeting. Following the decision to select Broadland Housing as the preferred supplier of any exception housing scheme, the following matters were discussed and, where appropriate, duly decided.

- a) A piece is to be placed in Elmham News and it was agreed that this should be produced by Broadland Housing but with the proviso that the Parish Council approves a draft in advance.
- b) A key consideration for the housing need survey is whether to only consider housing need within North Elmham or to also include immediately adjoining parishes. North Elmham has a relatively large number of nine adjoining parishes; Gateley, Horningtoft, Brisley, Beetley, Hoe, Billingford, Bintree, Twyford and Guist. It was agreed by all to limit the survey to North Elmham.
- c) Broadland Housing is to obtain a list of residents from Breckland Council.
- d) Any other suggestions are to be made to Mr. Rayner within the next week.

- e) A site is needed and one just outside the settlement boundary would be permitted.

Finance

Mr. Phillips presented the monthly Management Financial Report for the first ten months of the current year. This had been circulated to members in advance and was broadly in line with expectations.

Clerk's Annual Review

Owing to the coronavirus crisis, it had not been possible to carry out a formal performance appraisal. A one point raise on the salary scale, resulting in an increase of 47p per hour had been agreed. Proposed by Mr. Phillips and seconded by Mrs. Keeble. All in favour. The next review will take place in December, 2021.

Red Telephone Box Offer

An enquiry had been received from Wendling Parish Council asking whether we would be prepared to sell them one of our red telephone boxes. All agreed that they should be retained and members will consider appropriate uses for them.

Police and Crime Commissioner's Q&A Session Report

The meeting was chaired by John Pennell (Director, NALC) and Russell Reeve. Present were PC Paula Gilluley (Police Community Engagement Officer) and about six council representatives. The meeting was attended by the Chairman, Mrs Borgnis, who reported as follows:

Lorne Green (PCC) commenced the discussion by saying that Norfolk Police does very well – it is efficient and fit for purpose – even though it faces enormous challenges.

Simon Bailey (CC) commented that everyone is facing personal and professional challenges that they have never faced before. Norfolk Police have excelled, by placing ongoing legitimacy at the heart of what they do. They have not been the subject of any negative national



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media stories and have obtained amazing support from the community and the PCC.

Superintendent Lou Provart then presented crime figures/performance data for the last five years. The only categories which saw an increase were violence against the person and drug offences. All other categories saw a significant fall.

I (Mrs Borgnis) was asked to put the following question:

Our parish council was encouraged to buy and install two Speed Awareness Monitors in order that the data gathered could be forwarded to the police. The hope was that they would use this data to take action to ensure compliance with speed limits. This has not happened. What is the reason?

A: Superintendent Lou Provart responded by discussing the effectiveness of SAMs. He had been a behavioural scientist and is a proponent of ‘nudge theory’ as an effective tool. He said that the monitors play an important part in creating ‘social proofing’ and driving down poor behaviour. He said that the police look first at the most problematical areas, such as rat runs, but said that there is no one single answer. He spoke about co-opting roads policing teams and local beat teams but their emphasis is on community engagement, hence their previous recommendation that parish councils set up community speed watch schemes.

The police are also encouraging the use of special constables, but that they are not as visible as they would want.

Questions from other parishes:

Q: The panel was asked about the policing of motocross riding, especially at weekends.

A: The police call these riders ‘green laners’ and they have recruited four additional quad bike special constables who are tasked to carry out targeted patrols. Green laning is not always illegal.

Q: It was reported that social media posts encourage people to visit Norfolk as the police do not enforce the current lockdown rules. What is the response to this?

A: The Chief Constable confirmed that their response is very clear and that they are being very robust. 600 fixed penalty notices have been handed out and they are not ‘going soft’ on people who are breaking the rules.

Q: What can be done about littering?

A: This is a question for the local authority.

Risk Management

Di Dann had offered to again carry out the annual internal audit for the current year for the same price, £90, as last year. This was agreed by all members.

Planning Applications and Determinations

Applications

(i) Mr Gavin Redwood – variation of conditions on 3PL/2017/0361/F condition 2 (relocation of units 6-8) and condition 4 (raise slab height by 300mm) – 3PL/2021/0050/VAR – Granary Buildings, Eastgate Street – no objections.

(ii) Mr. Gray – proposed side and rear extension incorporating existing garage – 3PL/2021/0130/HOU – 7 Oak Avenue – no objections.

Determinations

(i) Mr and Mrs Skinner – new dormer windows, replace all windows and doors and new balcony areas – 3PL/2020/1414/HOU – The Millers Cottage, Billingford Road – approved.

(ii) Garrod Developments Ltd – single storey rear extension together with roof alterations, new side porch and detached garage (amended description) – 3PL/2020/1122/HOU – 36 Station Road – approved.

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A letter had been received from Breckland Council advising that they are currently investigating an alleged breach (unauthorised development) at Janninesa Farm, NR20 5HF.

Correspondence

E-mail from parishioner regarding the possibility of an all-weather footpath between Oak Avenue and Spencer Close

Next Meeting:

Wednesday, 3rd March at 7.30 p.m. (Zoom)

Don't Lose Your Way

Last year the "Ramblers" started a campaign to save many miles of footpaths that could be lost forever if they are not identified and added to the "Definitive Map" of rights of way. There is a cut-off date of 1st January 2026 for registering these paths.

This means that we would no longer have a right to follow paths, that local people may have walked for many years, even centuries. If they are not registered as public rights of way by that time, they would not be included on the "Definitive Map".

The Ramblers organisation has estimated that this might lead to as much as 1,199 miles of pathways being lost in Norfolk alone.

If you link to www.ramblers.org.uk or just type "don't lose your way ramblers" your search engine and you will find lots more information about the campaign.

The Ramblers have organised, with assistance from The National Library of Scotland, a digitised map of the whole of the UK giving access not just to up to date maps, but also a whole array of historical maps, which you can then use to help in finding old, unregistered pathways. These old maps are not just interesting for finding old forgotten paths, but also the historic changes to your local area.

I found maps of North Elmham going back to 1881, when it was a very different place, well connected by rail much more than by road.

Why not give it a go, who knows what you might find?

Jenny Cunningham

Good Samaritans

We have heard that some of Mr Goff's tractor drivers have been out and about, in the village clearing the roads and making it safe for all of us.

We can't remember the last time we had falls of snow which fell here in the week beginning 8th February, very pretty in the sunlight but difficult for driving or walking on uncleared roads.

Our grateful thanks to Mr Goff and his men.

Whilst walking down the Heath Road a while ago we saw several piles of cans on the side of the road.

They looked as though they had been deliberately placed there. Not having bags with us to bring them home and put in the recycling bin we thought we would come back later and clear up.

We did... and all the cans had gone!

A week or so later we heard that some walkers who regularly come to Elmham to walk always have a bag with them and they had very kindly collected the cans and taken them away.

They may never see this but how heartwarming to hear of a story like this.

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





We Don't Often Have Enough Snow

On the morning of 10th February, I was getting up at 7.30am and I pulled back the curtains and was amazed to see two young boys pulling their sledges along behind them both looking very purposeful. I presumed they were going up to the Ruins, hoping to be the first there, just hope it was unlocked.

This sent me into a reverie about childhood days here in the village in the late 1940's, early '50's.

At that time the Ruins were out of bounds, they were being excavated by the Ministry of Works, until this time there had been no gate to get in anyway. This was when the gate was instated next to the George and Dragon.

I seem to remember if we wanted a bit of a slope to slide down we would all go into the Park and go to the old roadway.....if you look over the Park wall you can see a thick belt of trees only about 50 yards away. This was the original road through the village, stopped being used at the time of the Enclosure Act in the 1830's. Locals called it 'Walsingham Way' as it was the route pilgrims would take on their way to Walsingham.



Most of us didn't have a proper sledge, we would take old plastic bags, big ones, or a sheet of corrugated iron to sit on and charge down the slopes. I can't imagine thinking today that that would have been fun, but we enjoyed it! Just wish someone had a photograph of it.

Snowball fights were good fun too I recall, not when the ball went down the back of the neck though.

Sometime in the early 1950's, I think probably about 1953, we had a very long spell of hard frosts and plenty of snow.

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The lake in the Park froze over and there was lots of skating for the brave folk in the village. You had to be brave because the surface wasn't very flat, it was a bit rippled! As my father worked for Air Vice Marshall Don whose land it was, I was always hanging around and Mrs Don lent me a pair of skates which fitted me. I thought I was the Bees knees, actually I am sure the skates were Victorian but it didn't matter. I spent hours pushing a fold up chair around the lake, I don't think I ever let go!

Happy Days. What can you add to it?

Janet Woodhouse

Census 2021

Sunday 21 March 2021

The census helps us understand what our society needs now and what it's likely to need in the future. The information it collects helps plan and fund services in your area. This could include transport, education and healthcare.

Charities also use census information to help get the funding they need. Businesses use it to decide where to set up, which creates job opportunities.

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Moving the Census Online

Census 2021 will be the first digital-first census. It's easy to do and can be done on any device. You'll get an access code from us at the Office for National Statistics. Simply go online and enter the code into our secure website to get started. We'll be in contact nearer the time to let you know what you need to do.

Help Available

We're aiming to make it easy for everyone to take part in Census 2021. But, if you need help, we've got it covered. We'll have an online help area and offer help by phone, webchat, email, social media or text message.

If you can't get online or need help completing the census online, there'll be Census Support Centres across England and Wales. We'll also have guidance in a range of languages and accessible formats.

[census.gov.uk](https://www.census.gov.uk)

Gardening Club

March is a good month for moving, dividing perennials and sowing hardy annuals. If the weather is mild, they can be sown directly into the soil so an area that has a few hours of sunlight, this will help them germinate.

Snap off daffodils heads -you need to leave the foliage because the plants need the nutrients from its leaves as this helps next year's flowers; as for snowdrops lift and divide clumps now while they are still green.

Start dahlias tubers into growth by planting them into pots ready to be planted outside once frosts have passed.

Gooseberries produce most of their fruit on side shoots from stems that are at least two years old. Prune these side shoots back to three buds now to encourage more fruit this summer. Prune any stems that are crossing to create an open centre that will help air to circulate and reduce the risk of mildew.

Now is the time to prune blueberries to keep them productive, Old stems will not crop as heavily as young shoots so prune out a third of these on established plants, remove any dead or damaged wood and shorten the most vigorous shoots to stop them getting too large.



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Did you know rhubarb makes a good pesticide .Soak the leaves in water for three weeks and spray this on plants affected by whitefly or blackfly.

Looking forward to April when the garden really comes alive after winter.

Take care

Ray

This Time Last Year

March 2020



Elmham News
MARCH 2020
OUR VILLAGE COMMUNITY MAGAZINE

A magnificent display
To see where they are go to page 25

Jane Heaton, Breckland Council’s Housing Enabling Officer advised that the village may well be able to have a small exception site on land that would not normally get planning permission. People were needed to form a management committee.

We know now that the parking scheme on Eastgate Street was well in the pipeline and so far looks successful, well done to everyone who was involved in it.

Highways response time for reported faults, was now many months.

Tree felling by the MNR was discussed and Mr Hugh Coggles, Breckland Tree Officer told them that no further trees were to be felled without his say so.

It was hoped that County School Station would soon be much more of a visitor attraction while still maintaining its unique old world charm.

The village school was in need of more Governors – was it successful?

We had a wonderful photograph of the snowdrops in the wood, wonder if they will be as good this coming year.

Who is Max? We know he was a regular visitor in school. He has four legs and a tail – what a lovely idea for him to listen to children reading in school.

Our March magazine advertised many events and activities such as the church Fashion Show. Sadly, this was one of many that didnt go ahead because of covid-19 Another year perhaps?

PS Still don’t know what an exception site is?

RIP

We were sad to learn of the deaths of Chris Nobes and William Pilch. Our sympathy goes to their families and friends.

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The Railway Line Footpath

Breckland Buys and Later Sells the Railway Station and the Line

Following Lord Beeching's 1963 Report on the future of the railways, the passenger service through North Elmham closed in 1964. The freight service continued until the last train with 500 tons of grain from the Seaman's grain depot in the station yard left for Port Leven in Scotland on 19th January 1989. Soon after the closure, the line from the buffers north of the station up to the Yarrow Crossing, including County School Station, was bought by Breckland Council as part of an initiative to protect and conserve this unspoilt section of the Wensum Valley. At the time, I was chairman of the Parish Council and in close touch with Breckland's Conservation Officer who

was instrumental in ensuring the project was a success. County School station was repaired and converted into a heritage centre with displays on the history of the railway and County School. The station was re-opened in 1990 by John Timpson, the broadcaster, with George Kerrison as past chairman and myself as current chairman at a ceremony on 15th June 1990. The line became a footpath for the public to enjoy, and a tearoom and a picnic area were created at the station. This unspoilt part of the Wensum Valley with the station at its centre was additionally protected by being made into a Conservation Area, separate from the Conservation Area already around the village

In 1991 the Great Eastern Railway Company (1989) Ltd, as the railway company was then called, approached Breckland about buying the line to extend its operations from North Elmham station up to County School. I have had the

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impression that Breckland were unhappy about being asked to sell it all so soon after their repairs and conservation work was all completed. A key issue during the protracted negotiations which followed was Breckland's determination that the line was to remain a public footpath. The progress of these negotiations can be followed in the minutes of Breckland's Recreation and Tourism Committee from 1991 which are held in the Norfolk Record Office. Detailed drawings were prepared showing a footpath route, but they were never converted into reality. The negotiations were long and difficult, The principle point about the footpath was, however, finally settled in the sale documents of 2003 where the railway company were, and still are, required to:

"at all times permit the public to pass and repass ... over and along the property by such route ... as shall be approved in writing by the Transferor." (ie Breckland Council)

There was nothing to say where the footpath had to run, and that was left to be settled in further discussions and to be covered by a further written agreement with Breckland. The key requirement was that the line was to remain a public footpath, although it was never formally designated a Public Footpath pending a joint decision about the exact route. The purchase price was reduced by the amount the District Valuer calculated it would cost the railway company to install a footpath alongside an active railway line. But the railway never did construct the path and the route is still not settled. I always wonder what happened to Breckland's excellent heritage displays in the station?

The Current Situation

Almost 20 years have passed, and the railway company has not yet formally constructed a footpath, and for most of its length the public just walk on the track bed. However, in recent years the company has erected signs claiming that the footpath is a "permissive path",



which certainly it is not. A permissive path is one which the public can only use at the discretion of the owner and access can be refused at any time, while (under the terms of the sale) the public have an absolute right to pass and repass along the line on a route to be agreed. The railway company has been asked more than once to remove these signs, but they are still there for all to see at County School Station.

The situation gets worse. Along the section of the line immediately south of County School the rail track has been fenced off requiring the public to walk on the east side of the embankment at meadow level. This is a hazardous and slippery route at the best of times, and it is often under water and impassable in winter (see photo above). This is right beside a deep water-filled ditch (invisible in the water during flooding) without there being any barrier to stop people falling in in wet weather. The only safe route is along the rail track, and when you walk along the rail track and reach County School station there is a new

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red notice telling you that you are now liable to pay a penalty of £1,000 (see photo on page 21).

It was not long ago that the railway company started felling trees along the railway line even though the trees were protected within the Wensum Valley Conservation Area. That was thankfully stopped by Breckland, but not before some fine oaks were lost. It is difficult to believe that the railway company did not know these trees were protected.

And now the station picnic area, which I and my family have used for many years, has been closed and padlocked, and separate red sign has been screwed onto that gate threatening a further penalty of £1,000. The footpath, which did run through the picnic area, has been diverted to the west. I doubt very much that the railway company obtained the written agreement of Breckland before doing that and the diverted path may therefore be illegal. The footpath has been diverted so that work can begin on constructing a miniature railway with its own station. This could in the longer term have significant tourism implications and it is likely that there would need to be a new car park. Has any planning consent been obtained for the miniature railway and that station, and a car park, I do just wonder?

After waiting 30 years since the future of the footpath first became an issue with the Great Easter Railway Company, there is now some urgency because a formal agreement on the route of the path needs to be settled between the MNR and Breckland (and one hopes the Parish Council) before the deadline for the Definitive Map of footpaths is closed on 1st January 2026.

Will the miniature railway layout block any prospect of re-opening the line to the north as a part of the Norfolk Orbital Railway for which enthusiasts are buying up line as it becomes available in the Fakenham area? Have the different heritage railway interests been talking to each other?

What of the Future?

I am writing all this to make a plea through the pages of Elmham News for the railway company to start talking with the parish and stop doing its own thing as though the views and concerns of our community don't really matter. The Chairman of the railway company lives in the village, and surely now is the time for the company to start talking to our community about the future of this much-loved footpath? Meanwhile the railway company must take down its misleading signs and start talking with us.

Peter Wade-Martins

Taken from the Norfolk Chronicle

Saturday 18 February 1786

Last Monday a labouring man was digging in a piece of garden ground near the ruins of a Roman tower in the Parish of North Elmham, he found a curious and singular brazen vessel (and which by its great incrustation appears to have lain many ages).

By some appurtenances found therein, and which time had dismembered, it is thought to be one of the Roman perpetual lamps: a drawing or plate resembling it having been seen in Italy. Any person whom curiosity shall excite, may view the said vessel at the sign of the George and Dragon in North Elmham where it is left for the inspection of the curious. (Exactly as printed)

Sent to us by Norma Virgoe

Thankyou

George and Ann Shiel would like to say a huge thank you to everyone who has looked after us in this awful time. Thank you all.

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225g/8oz caster sugar, plus extra for sprinkling

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220g/7¾oz of self-raising flour

2 tsp baking powder

50g/1¾oz cocoa powder

For the Filling

4 tbsp apricot jam

300ml/10½ fl oz whipping cream, softly whipped

Method

1. Preheat the oven to 180c/160c Fan/Gas 4. Lightly butter two loose bottomed 20cm/8in tins and line the bases with

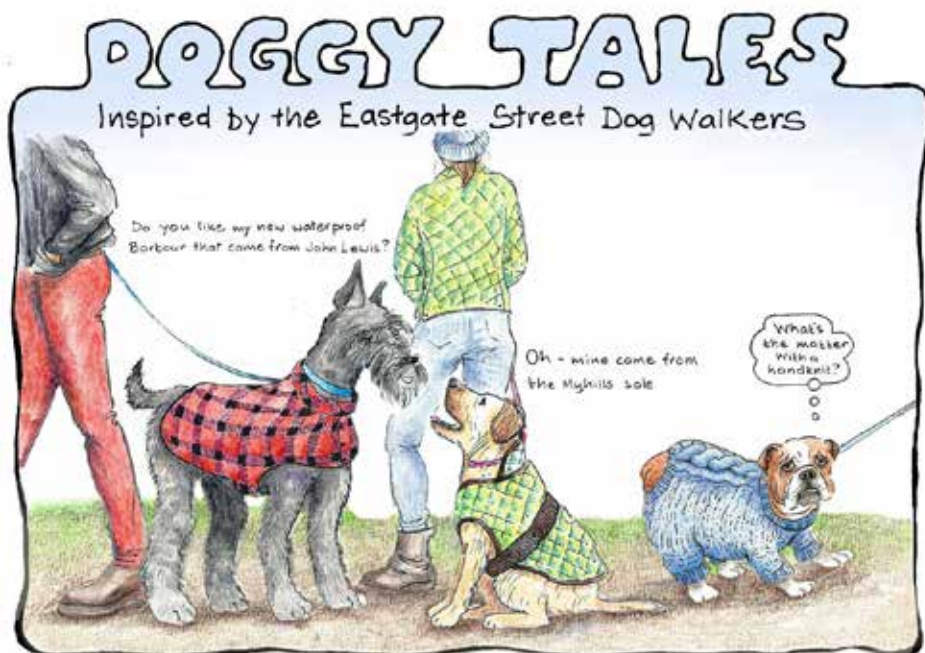
baking paper (if you haven't got loose bottom tins, use ordinary ones).

2. Put the butter, sugar, eggs, flour, baking powder and cocoa in a large bowl and beat for two minutes or until just blended. An electric mixer is best for this, but you can beat by hand using a wooden spoon.

3. Divide the mixture evenly between the tins. Level the surface using a spatula or the back of a spoon.

4. Bake for 25-30 minutes. The tops of the cakes should spring back when pressed lightly with a finger. Leave the cakes to cool in the tins for 5 minutes. Run a small palette knife around the edge of the tins, then carefully turn the cakes out onto a wire rack. Peel off the paper and leave to cool completely.

5. Choose the cake with the best top, then put the other cake top-down onto a serving plate. Spread with the jam and whipped cream, put the other cake on top (top upwards) and sprinkle with caster sugar to serve.



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A Prisoner on the Kwai

Sometime in December, the film 'The Bridge on the River Kwai' was shown on TV, complete with stirring music.

Someone had written about the film in the Daily Mail, and a gentleman from Scotland, Jack Ransom who had been 'Helping in Burma' in WW2 felt he had to write to the paper and try to put right the 'romantic' version of these brave men who were actually being tortured and cruelly treated, many of them from this part of our world.

Here is his letter printed in December in the Daily Mail.

Question: Was the film The Bridge on The River Quai mostly fiction?

'Further to the earlier answer, for 77 years the memory of Kami Sonkural camp has never left me. Aged 100, I may well be the last man standing of those who toiled on the railway.

The camp was a few miles from the Burma border at the Three Pagoda Pass. In addition to building embankments, we worked on a trestle bridge over a tributary of the Kwai at a camp called Nikki.

The Bridge on The River Kwai did not come close to depicting the horror of the place. If someone wants to make a true version, I'd gladly help as adviser.'

I wrote to this gentleman, though not knowing his address properly, the postman delivered it as they obviously knew who Jack Ransom was! Hats off to them.

I have previously written about some of the things Charlie Frost and Bill Garrod had told me about their time as prisoners of the Japanese. Charlie received the Military Medal for lobbing a grenade back at the Japanese whilst fighting in a Chinese graveyard. He told me many of the Japanese atrocities but always said he wouldn't tell me any of the worst excesses of his captors. I asked him if he talked

about his imprisonment when he came home. He said no, no one wanted to know.

I asked Bill Garrod if he still had nightmares about being a prisoner. He said the worst was hearing the screams of men who had ulcers on their legs and being held down whilst one of his mates scraped the ulcer out with a spoon! There were no medical supplies and prisoners were expendable.

To my great surprise Jack Ransom replied to me. Here is his letter which I found very interesting as it sounds similar to Charlie's story.

Dear Janet,

Thanks for your letter and wishes.

The Norfolks were part of the Anglian 18th Division as my Regiment and other infantry units were (look up 'WW2, 18th Division). The whole Division was committed to Malaya and therefore most of the workers on the railway were from it. My letter was followed up by a two-page article by a Mr Brocklebank later in the Mail.

After Dunkirk we were moved to Norfolk as the Government felt a possible invasion would come across the North Sea, and my unit was moved to Weybourne, then to Swanton Morley to cover with artillery fire the RAF Station there from possible parachutists. Later in 1941 we camouflaged for North Africa but diverted to the Far East.

The film for me was a travesty, life then was grim, horrible, miserable and for many without hope. Memories never leave me, those that I knew and survived have passed on so maybe I am the last man left who worked on the railway.

The BBC in the past paid tribute to 'The Railway Man', Ron Searle, Fergus Anckhorne and Jack Chalker so maybe when my time comes someone will have a kind word for me.

I am pleased you have explored the history of the Norfolk lads; believe me they were heroes and their families should



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be forever proud of them. I am, with good wishes for 2021.

A very old veteran, Jack Ransom (The Scottish Cockney).

Jack Ransom's address in the paper was Largs, Ayrshire. I put a tiny message on the envelope pleading with the posties to deliver the letter to Mr Ransom.

They did, so I wrote and thanked them!

Janet Woodhouse

Meg's Note: This jogged my memories of someone I met who was a caterer in 1950's. He was (or had been) well over 6 feet tall but had returned from his captivity, 6 stone and shrunken.

His wife said he had never said anything about his time in the camps or what happened on the railway. It had taken years for him to learn to smile and relax.

Thankyou

I live on Orchard Close and find driving down the hill to Eastgate Street a little scary during the icy weather and the recent snowfall.

I just wanted to say how much I appreciate the kind person who sprinkled the salt on to the road during this time. It really did make a massive difference on my morning drive to work.

Jo

Would your dog like to appear in Doggy Tales? If so, please send a photo and tell us about him/her to: berry@sunhouse.plus.com +: adamspauline173@gmail.com



RIP

Our parents Charlie and Joan Frost lived on Orchard Close and their neighbour Chris Nobes, who died suddenly on 28th January, was a wonderful, caring, friend to them both. He kept an eye on them and often fetched medication and groceries for them both.

Since Charlie died Chris always did a lot for Joan, taking her to the hairdressers and doing her shopping. When she moved to Badgers Wood Care Home at Drayton Chris used to visit her regularly.

Altogether he was a wonderful friend.

Irene and Michael



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Wildlife at the Cathedral Meadows

I love snow so I've really enjoyed seeing the meadows covered in a thick white blanket this month. Trudging through drifts nearly up to my knees has been a joy, but there is always in the back of my mind a slight sense of guilt that while I'm out enjoying myself the birds and other wildlife are often really struggling to survive. The most vulnerable birds are those that feed on the ground, suddenly finding that they can't reach their food through the snow and ice. On the first day of deep snow, I noticed that there were tiny patches of bare earth at the base of trees where it was sheltered from the snow, especially where those trees were growing on a slope like along the railway. Dunnocks (photo1), Robins (photo2), Blackbirds and Song Thrushes were desperately homing in on these little patches and turning leaves over in search of food. You could tell they were focused on finding food because normally these birds fly off as soon as you get close to them but now, I could almost walk up to them and they would carry on feeding. The following night there was more snowfall and now even these little islands of opportunity were covered in snow. Hard times turned into impossible



times and yet miraculously, many of them somehow manage to survive.

Wading birds like Lapwings and Snipe probe the ground for food and these can be particularly hard-hit by severe weather. Snipe are declining but locally it seems to have been a good winter for them. The weather will often force them to feed in different areas, and the flooded field just below the meadows proved to be attractive to them. Not only was it possible to watch several Snipe feeding in here, but also Lapwings, Pied Wagtails and unusually high numbers of Meadow Pipits. Another bird related to Snipe, the Woodcock, prefers the cover of woodland. Woodcocks breed in Norfolk but in winter they're joined by birds from the Continent. When it's cold there, more come here and we've seen this during the recent cold snap. I've only seen a couple locally, but one gave me a lovely view as it flew low over my head at the meadows. Just a shame I wasn't quick enough with the camera!

Barnacle Geese (photo 3) are striking black-and-white geese that winter in large numbers in northern England and Scotland, with just a few making it this far south to Norfolk. It's another species that can arrive here in larger numbers than usual when the weather is poor on the Continent so it's tempting to think that a flock of 53 Barnacle Geese that flew south over the meadows during the snowy weather might have been a group of birds displaced from the Continent, especially as there were other flocks seen moving elsewhere in the county. But there could be a less exotic explanation: there is a feral flock of Barnacle Geese, descendants of birds that escaped from captivity, that commutes between Pensthorpe and the Holkham area, and there is another feral population on the east coast (mainly in Suffolk). The Pensthorpe birds don't usually come this far down the valley, but perhaps these struggled to find suitable

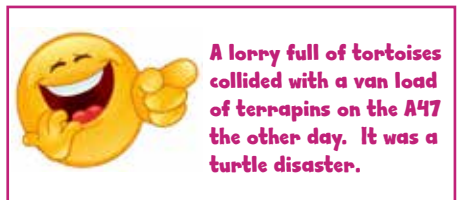


feeding grounds in the snow and went a bit further in search of less snowy fields.

You might think that our smaller wildlife, like insects, would suffer particularly badly in a severe winter, but that's not always the case. Those that over-winter as adults can go into an inactive state of torpor, a sort of hibernation, and survive very extreme temperatures while others will spend the winter as pupae, and only emerge as adult insects when it's warmer in the spring. The cold weather can even benefit some species as they may be less likely to be affected by certain diseases that thrive in milder winters. So there really is no need to feel guilty for enjoying the snow.

Why not come along to the meadows yourself and see what you can find. Let us know what you see: email [appleton.dave@googlemail.com](mailto: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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6.00 pm and 7.30 pm on Wednesdays and

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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



Scribbles Pre-school

We have had an unexpected start to our 18 months at North Elmham however hopefully we are heading back to some sort of normality!

We would like to thank all of our supportive parents, carers and friends in the village and surrounding areas.

We are a small independently owned preschool, catering for children from 2 years, we are open 7.30am–5pm Monday to Friday, 51 weeks of the year and are looking forward to resuming our brilliant holiday club and before/after school club!

We have a lovely bright free flow setting full of plants and are a hygge accredited centre, which means we follow a Scandinavian approach to child led learning, focusing on nature and following a Wanderlust Nature Study to our development in an all natural setting.

Outside we have a fantastic dome which really gives us a wow factor, a beautiful wooden pirate ship which our children chose when we opened - we allowed

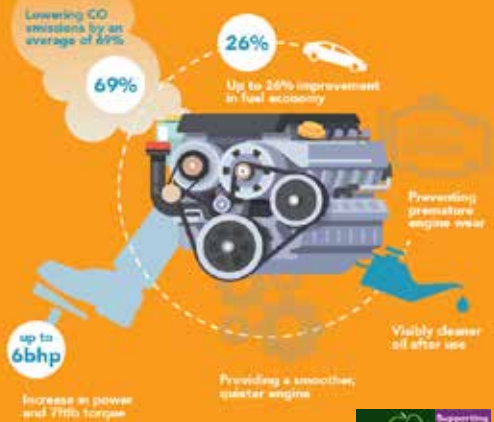


them to pick their own resources !! There is also a painting wall, allotment area and a brilliant woodland kitchen! We have our resident squirrels, robins and cat that we like to watch daily!

We are proud supporters of North Elmham U8's Football Team and are looking forward to being part of the community more once the pandemic has settled.

For more information, please ring us on 01362 668638 or visit our facebook page - Scribbles Preschool Group - North Elmham or our website www.scribblespre-schoolgroup.co.uk where you will find information about both our wonderful settings.

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Wellesley House

Because we have seen property which is always there, we forget that perhaps there is history in that building. That is the case with the house opposite the school.

Wellesley House hasn't always been a house. In the 1700's, it was thatched and a pub, then it became a row of houses and finally at the end of the 1960's it became one building again. The clock had come full circle.

Here is a very shortened history of this house given to the Archive Group by the Massey family who will shortly be leaving Elmham for pastures new.

The following was written to the Masseys by Bill Rhodes, son of Cyril and Betty Rhodes who had lived in the house until both of them died. Betty was an artist and she turned the garage at the end of the house into a studio.

Bill said, "I have a small folder of information my father found on the history of the house. It includes a tracing of a picture of the back of the house when it was thatched. There is a record of the land being sold in 1722, and the house in 1728. At that time, it was a pub commonly known by the sign of the 'Great A'.

At some time in the first half of the 19th Century it was converted into four cottages and when it was sold in 1912, one of the cottages had an association with Arthur Charles Wellesley, Duke of Wellington.

In 1968 the row of four cottages was bought by Bill Garrod and turned back into one house."

Here follow notes taken by Roger Virgoe at Kent Record Office, from the Sondes Manuscripts. Roger who was teaching at the UEA and his family lived at Cornerways.

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25th March 1728

Sale by John Tombling of East Dereham, spurrier (a spur maker) heir of Roger Tombling of the same, deceased, to Peckover Uring of East Dereham, grocer, for £80.

The messuage or tenement built with houses, outhouses, gardens and alder carr (a waterlogged wooded terrain populated with alder trees) adjoining, and a meadow adjoining, totally about 1 acre and 2 roods, formerly in the tenure or occupancy of William Senkler and late in the possession of Thomas Smythe and now in the tenure of James Davison.

Between the meadow and the yard and orchard runs a common water course called Fletcher's Beck.

The land was purchased in August 1722 by Roger Tombling from Thomas Smyth and Jane his wife. Tombling by his will of 17th November 1723 bequeathed the property to John Tombling, with a rent charge to Elizabeth Tombling, his wife (She is dead by 1728)

14th June 1763

Sale by Peckover Uring of Woodbridge, a merchant, and Margaret his wife, to John Webster of East Dereham, surgeon, and Thomas Watts of the same, gentleman, for £1050 paid by Webster – of various properties and land in Dereham and also :

The messuage purchased in 1728 from Tombling, consisting of a dwelling house in North Elmham 'being a public house there and commonly called or known by the name or sign of the Great 'A' where James Davison now lives, with its outbuildings etc.

4th January 1796

Sale by Isaac Smith of Wisbech, gentleman to Richard Debenham of North Elmham, blacksmith for £220 .

22nd February 1802

Sale by Richard Kerrison to William Large of Bintry, gentleman, for £210. The premises as above, being in the occupation of Robert Rowe and Martin Coker.

18th March 1802

Will of William Large, grants to Anne, my wife, all my messuages (a dwelling house with outbuildings and land assigned to its use), tenements etc. in North Elmham for life, with reversion to James Large, my son, and the heirs of his body. (Will proved 28th November 1803.)

7th July 1803

James Large and his wife Anne break the entail created by his father, his mother now being dead.

2nd December 1815–3rd March 1820

James Large mortgages to Peter Johnson of North Elmham, baker for £200 all the premises now being in the occupation of John Kerrison, Trundle Leak, James Large and the widow Rowe.

10th October 1831

James Large of North Elmham, Yeoman, sells to the Honourable George J. Milles, all the premises, now being a messuage in four tenements, now in the occupation of James Farrow, William Wiseman, Thomas Tuck and James Large, with all houses, yards, gardens etc.

This is all of Roger's notes on the building opposite the school. There was no school there at that time.

The row of cottages remains in the ownership of the Milles Family until 1912. The Elmham estate was a vast machine with thousands of acres of land dotted around the locality and beyond. As well as land there were many farm buildings and houses too, within the County all belonging to the Estate. By the 1890's the Milles family were heading towards bankruptcy and so the Elmham estate was being sold off in dribs and drabs.

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Nearly every month there was an auction somewhere nearby. Eventually the mansion was sold off, all the timber in the Park was sold and the Milles family severed their connection with Elmham.

22nd February 1912

Conveyance by Earl Sondes and others to Henry Winter Kerrison. On payment by the purchaser (H.W.Kerrison) of £200 to the mortgagees, Duke of Wellington, and R. Malcolm, Lewis Arthur Earl Sondes and F.J.Hucklesby convey the property to the purchaser and his heirs, all those four brick and tile cartilages and outbuildings, pump and well of water and gardens thereto belonging, the whole containing one rood, six perches (1 rood 6 perches ¼ acre)

Henry Winter Kerrison died in 1960 and his wife was the sole executrix. She died in 1961 and her daughters were the executrices.

12th December 1968 the property was bought by W.A. Garrod from the remaining daughter of Henry and Edith Kerrison. It was Bill Garrod who named the house 'Wellesley House'.

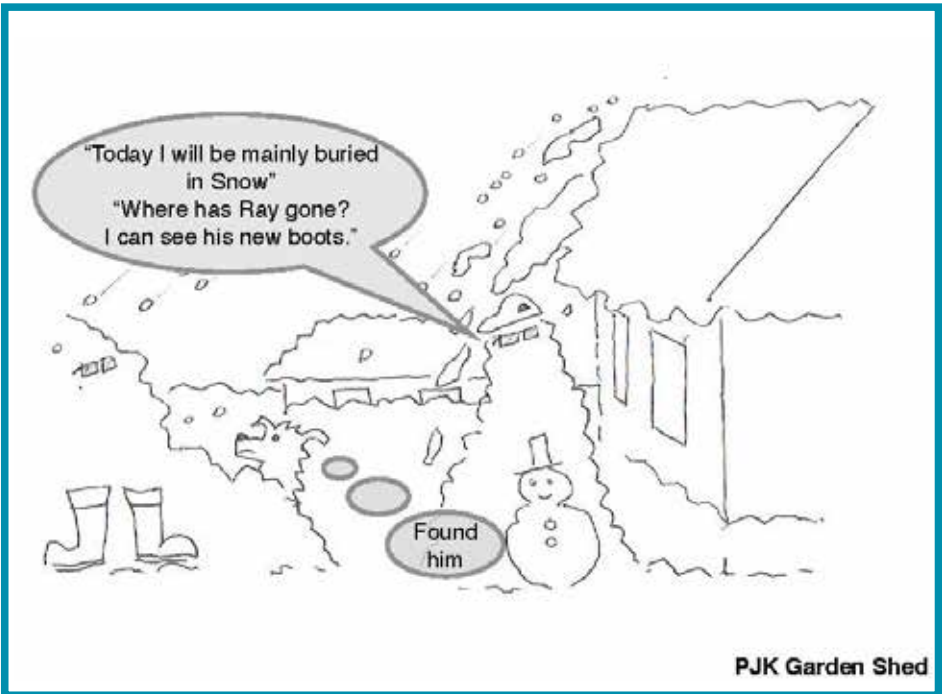
6th April 1981 the property was bought by C.E. Rhodes from W.A. Garrod, now called Wellesley House.

Dan and Kirsty Massey with their family moved into the house in May 2007. They have lived in Wellesley House for 14 years but have now sold the house and hope to be leaving in March/April.

Our grateful thanks to the Massey family for these notes about the house. I have copied this exactly as it is in front of me.

Trundle Leaka lovely name presumably Trundle is not his real name. I cannot find his burial in the churchyard, wonder where he lies?

Janet Woodhouse



PJK Garden Shed



North Elmham Primary School

Mental Health Week

It has been a busy half term with remote learning in place, we have had a great uptake with this. We offer a blended approach with live sessions, pre-recorded lessons and hard copy packs. The children really benefit from seeing one another on the screen in these lockdown days. Children's Mental Health Week took place this month and we hope you've all managed to join in with some of the activities associated with it. The theme of this year's Children's Mental Health Week was 'Express Yourself'. Across the Federation we set you the 'This Is Me' challenges and we were delighted to see so many of you taking part. Please head to our school website where you will find

videos and pictures of children completing the challenges at flourishfed.com

In school we particularly enjoyed 'Inside Out Day' run by an organisation called 'Now and Beyond'. The idea behind this was to wear one item of clothing inside out to remind people you never know how someone feels on the inside. And please remember it is not just the children's mental wellbeing that is important, it's yours too!

In lieu of the importance of mental wellbeing at all times, but especially now, Flourish Federation's sports partnership WNDSSP has launched a new Healthy, Happy, Active Project. This project is aimed at redressing the balance within the SSP to provide as much emphasis on school opportunities and solutions linked to Health and Happiness as much as activity.

We have also taken the opportunity to participate in the 'Five ways to wellbeing mental health project'. This is a whole school (Federation) well-being pilot project, which will begin in earnest after half term so more details will follow.

Wonderful Wednesday Wellbeing Welly Afternoons

The alliteration words will no doubt make you read this heading twice, sorry! That's ok though as it's really important you look after yourself and research tells us enjoying the great outdoors building nature into your everyday life can benefit both your mental and physical wellbeing. For example, doing things like growing food or flowers, exercising outdoors.

You can find the grid with how to activities on northelmhamschool.com/wellbeing-wednesday/

We have news of Reception applications for September 2021, please do feel free to give us a call or look at our site for more details. Should you be considering a place for your child you need to contact admissions on the Norfolk County Council website. Go to norfolk.gov.uk/admissions where you will find the relevant form. Happy Half Term everyone

Paula Jones (Executive Headteacher)

Remote Learning News

Sheep

What a lot we have been getting up to these past few weeks in Sheep class! Amongst many other things, we have been learning about fractions by halving and quartering anything we can get our hands on (with parents' permission of course!), learning how to take and edit photos of our toys using tablets, playing tricky word bingo, learning all about animal diets (many children have made their own bird feeders for the poor birds in the snow!), and we have become history detectives by interviewing our

elderly relatives and friends (over Zoom and Facetime) about what their childhood was like. We learnt that many of our grandparents didn't have inside toilets when they were our age - how strange!

Whales

We have been so busy in Whales class! We have been learning to compare numbers and developing our subtraction skills. We wrote a class story of the Stone Age Boy and then turned the story on its head to write our own versions of the adventure story. In History, we have been learning about the Stone Age and shared some of our learning through 'A day in the life of Grey Otter'. We used Google Maps to explore more about our local area and discovered more about our towns, city and county. We have been learning about body percussion and even had a go at the mambo cup challenge! Whales created the most magnificent Cave Art paintings, using different resources they have available at home. We love all things outdoors, so as well as our Wellbeing Wednesdays we also took our DT outdoors, we explored ways to make different structures including a tricky tripod structure.

Lions

Lions Class finished off the half term and enjoyed learning about things like mountains in Geography, and measurement in Maths as they had to go on a scavenger hunt to measure and weigh different items. They have all thoroughly enjoyed the snow, trying to make snowmen and finding the best sledging spots in the village.

The children have all put in so much effort (and had time for plenty of fun in the snow too!) and we wish them all a lovely half-term break!

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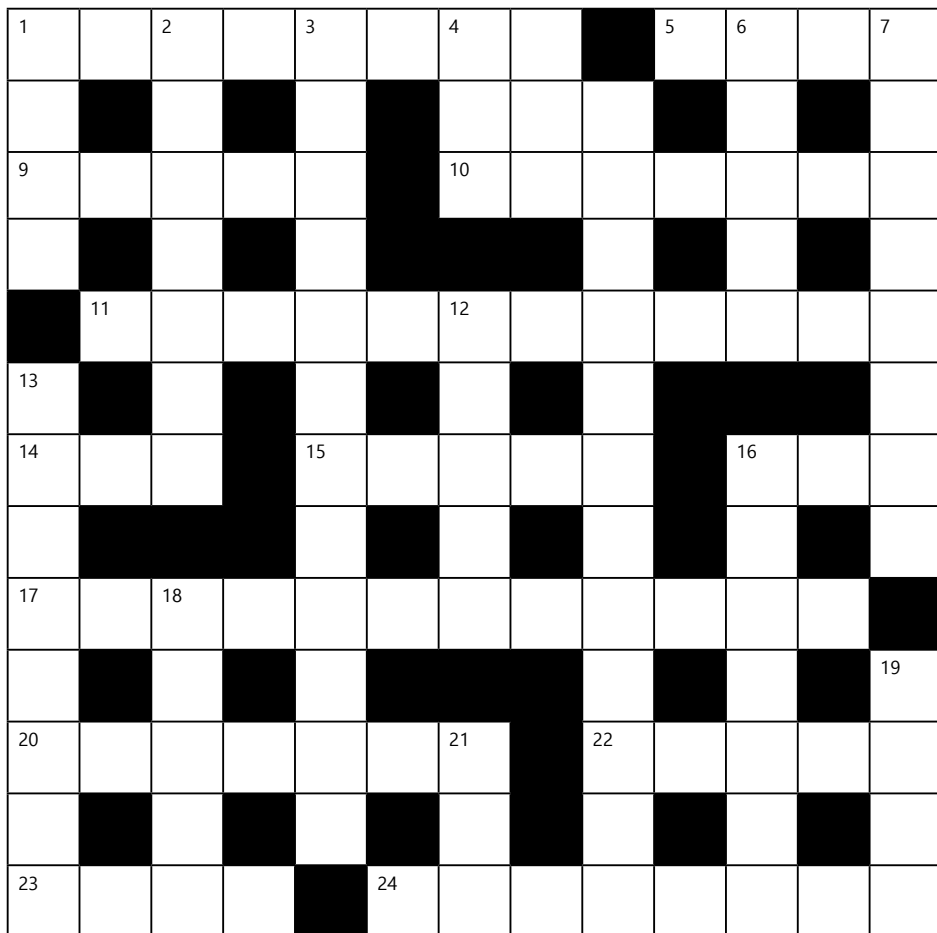
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Across

1. Any (8)
5. Bypass (4)
9. Graceful young woman (5)
10. A rich mine; big prize (7)
11. Developmental (12)
14. Blade for rowing boat (3)
15. Peak (5)
16. 19th Greek letter (3)
17. Strengthen; confirm (12)
20. Decline gradually (4-3)
22. Bitterly pungent (5)
23. Religious act (4)
24. Amicable (8)

Down

1. Stinging insect (4)
2. Finished (3,4)
3. Sensory system used by dolphins
4. Recede (3)
6. African country (5)
7. Egg-laying mammal (8)
8. Teach to accept a belief uncritically (12)
12. Connection; link (3-2)
13. Ponder (8)
16. Taught (7)
18. Amplify a signal (5)
19. Indolently (4)
21. Soft animal hair (3)

Answers on page 51



St Mary's Church

You may remember the book *Silent Spring* by Rachel Carson (USA), published way back in 1962. The book focused on the adverse environmental effects caused by the indiscriminate use of pesticides. It was massively influential on US environmental policy, leading ultimately to a nationwide ban on DDT for agricultural uses and the creation of the US Environmental Protection Agency.

I first came across *Silent Spring* whilst living in Devon during the Foot & Mouth outbreak among cattle in 2001. Nationwide, over six million cows and sheep were killed in the eventually successful attempt to halt the disease. The farms in Devon were certainly locked-down and silent that spring and for much of the year.

I am not a scientist, but what we are living through with COVID-19 feels very much like 2001, although the casualties are now our fellow human-beings, with the appalling statistics we hear on a daily basis. Some of those 'statistics' are our friends and loved-ones; we grieve their loss and pray for their eternal rest.

The thread which seems to run through both awful episodes seems to rest on how we care for the environment. In the rush for greater efficiency, have governments and businesses the world over enabled

nature to become distorted, destabilising the balance of creation?

Locally, the church community in the Heart of Norfolk Group is exploring how we can make our church buildings and churchyards more ecologically sustainable, with a target across the Church of England to become net-zero carbon by 2030.

There is a project called "Caring for God's acre" which supports groups caring for churchyards and burial grounds, encouraging refuge space for native wildlife. But we also need to start thinking about our church buildings – particularly the use of energy for heating and lighting. If you would like to contribute towards this work, we'd love to hear from you.

Yours, in Christ,

Revd Sally

caringforgodsacre.org.uk/

churchofengland.org/news-and-media/news-and-statements/general-synod-sets-2030-net-zero-carbon-target

More 2 Life Christian Fellowship

Water encompassed me to the point of death.

The great deep engulfed me,
Weeds were wrapped around my head.
I descended to the roots of
the mountains.

The earth with its bars was around
me forever,

But You have brought up my life from
the pit, O Lord my God.

While I was fainting away,

I remembered the Lord,

And my prayer came to You,
Into Your holy temple.

Jonah 2:5-7

As the coronavirus pandemic continues to bite and we wish there were more to talk about than vaccines, the latest number of cases, death tolls and new strains, we turn our thoughts to those who, during this time, are struggling with their mental health.

Some had mental health struggles before the pandemic hit, others will have entered into the world of mental health struggles as loved ones get sick and/or pass away. Some will have entered this world as jobs are lost, homes are under threat, or struggling with being forced into isolation away from family or friends.

The effects of mental health struggles can be devastating. It can feel like you are drowning in the midst of a turbulent sea and even simple tasks become impossible - like opening curtains or getting a drink.

Throughout scripture, different ones struggled with their mental wellbeing. If you are in such a place, reach out. Reach

out to the Lord, reach out to me, reach out to a family member or friend, or reach out to a mental health service such as Norfolk First Response which is open 24/7 on 0808 196 3494

Don't struggle alone.

Pastor Anne-Marie Fewell

Revree7@gmail.com
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Church Services in March (Heart of Norfolk Group)

We are continuing to plan for 'locked-down' Church, which means that Sunday services continue on Zoom at 10.30am.

The HON weekly e-bulletin publishes the service plan and Zoom links, along with other news and resources you may find helpful.

To subscribe visit: heartofnorfolkchurches.org.uk

or call/email the Benefice Office 01362 668850; heartofnorfolkchurches@gmail.com

March Schedule of Services

Sunday 7th March	10:30 am	3rd Sunday of Lent
Sunday 14th March	10:30 am	Mothering Sunday
Sunday 21st March	10:30 am	Passion Sunday
Sunday 28th March	10:30 am	Palm Sunday

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

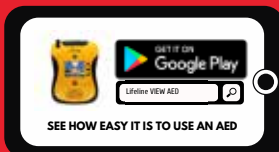


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Worthing News

Our Sunday Services for the month would normally fall on the 14th for Holy Communion and celebrating Mother's Day and again on the 28th of March for Morning prayer. However, until we know more and hear from Westminster, our services remain suspended. Remember, please continue to check our Benefice website heartofnorfolkchurches.org.uk for updates/changes to the calendar.

St Margaret's Church even in these extremely difficult times, we remain open each day between 9.30 am and 4.30 pm and hope this offers anyone dropping by, to just take in this tranquil space for a few moments to gather our thoughts and prayers.

Our Church events calendar in Worthing for 2021 is usually full. However, with the current Covid-19 restrictions, most, if not all, will result in not happening this year. Certainly, the Student Cross Pilgrimage & Diocese of Norwich Lent Appeal on Maundy Thursday has already been cancelled by the organisers and although we shall not hold our Lent Luncheon, you may still support the Diocese Lent Appeal, visit their website dofn.org/lentfor more information and to donate online.

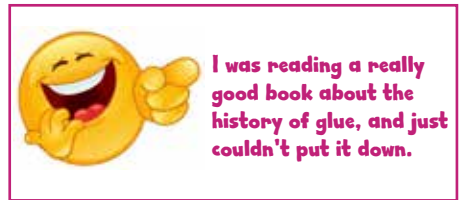
With regards to our Easter Sunday Duck Race, we aim to reformat this event in some way so that local children may still receive their Easter Eggs and our community continue to support the

fabric of St Margaret's. So please keep a watchful eye on this!

And finally, perhaps we can allow ourselves to ponder on such delights as having an afternoon cream tea. Clearly it would be lovely to enjoy a warm afternoon in May and not worry about our waist-lines, but we shall endeavour to keep you all up to date if this can go ahead in some way.

We are of course in exceedingly difficult times, but should anyone wish to kindly make a donation to St Margaret's Church for our mission and ministry work, please contact Celia via email: c.daniel784@btinternet.com or call into the church to pick up a gift aid envelope. Other ways of donating are currently be reviewed.

Our prayers and best wishes to you all, keep safe and well.



Across

- 1. Whatever 5. Skip 9. Sylph 10. Bonanza 11. Evolutionary 14. Oar 15. Crest 16. Tau 17. Substantiate
- 20. Drop off 22. Acrid 23. Rite 24. Friendly
- Down
- 1. Wasp 2. All over 3. Echo location 4. Ebb 6. Kenya 7. Platyus 8. Indocriate 12. Tie in 13. Consider
- 16. Tutored 18. Boost 19. Idly 21. Fur

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Richard Roos (Property Maint).....	18
S&C Window Repairs	33
Tree Work East.....	55
Worzels Roofing.....	24

Firewood

M B Logs.....	6
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Funeral Directors

Fakenham & District Funeral Services	16
H Brett & Sons	40
H H Aldiss (Co-op).....	42
Hendry & Sons.....	8
Littleproud & Son.....	26

Holiday Accommodation

Kings Head Hotel.....	28-29
Rose Cottage Holiday Let.....	42

Pets

Forge Cottage Cattery.....	36
Four Paws (Dog Grooming).....	18

Tuition

The Art Studio	20
LM Training	4
Nick Long (Driving)	20
Peter Wild (Music).....	8

Vehicles

East Bilney Garage.....	56
Norwich Road Garage.....	16
North Elmham Service Station.....	38 & 55

Venue Hire

Eastgate Centre	19
Elmham Memorial Hall	24

Other

Airport Chauffeurs.....	18
Artfellows (Framing).....	6
Broadland Lifting Services.....	42
Clan Press.....	55
Computers@Home.....	4
Fogg Off Norfolk (Anti-viral Fogging).....	18
Hamish Niven Photography.....	4
North Elmham Childminders.....	8
Romba Footwear.....	46

*To advertise in the Elmham News please contact
Martin Phillips: martin.s.phillips@btopenworld.com*

This Month's Photo Contributors

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

COVER: Charmaine Milns, PAGE 14: Sarah Felton (top left, middle left, bottom), Caroline Payne (top right), Dawn Marie Anderton (middle right), PAGE 15: Dawn Marie Anderton, PAGE 21: Peter Wade-Martins, PAGE 23: Peter Wade-Martins, PAGE 27: Terry Hylton & Pauline Adams (cartoon), PAGE 34 & 35: Dave Appleton, PAGE 37: Scribbles Preschool, PAGE 39: Archive Group Postcard, PAGE 43: Jonathan Kennedy (cartoon), PAGE 44: North Elmham School

North Elmham Parish Council

Chair: Jennie Borgnis

Vice Chair: Martin Phillips

Clerk: Kevin J Webb
01328 855046
northelmhampc@hotmail.co.uk

Group Leader ✓

Group Member ●

Finance & Administration

Eastgate Centre Trustees

Elmham Charities Trustees

Allotments (AMS)

Village Facilities

Broom Green, Pound, Millennium Wood

Cathedral Meadows

Cathedral Ruins

Prince William Wood & Tree Warden

Recreation & Sporting Facilities

Playing Field / Pavilion

Village Green

Footpath Warden

Services & Other

Highways

Planning

Street Lighting

Environment & Maintenance

Railway Liaison

Website

Jennie Borgnis	☎ 668 952																		
Ann Ferris	☎ 668 580																		
Tom Fitzalan Howard	☎ 668 232	✓																	
Brian Gee	☎ 422 799																		
Paul Grainger	☎ 667 135																		
Ann Keeble	☎ 668 216																		
John Labouchere	☎ 668 306																		
Nick Markwell	☎ 668 557																		
Martin Phillips	☎ 668 409																		
Michael Rayner	☎ 667 859																		
Colin Smith	☎ 668 585																		

Meetings are normally held on the first Wednesday of the month and due to covid-19 take place over Zoom, commencing at 7.30pm. Parishioners are entitled to attend and are most welcome, please contact the Chair or Clerk for access codes. 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 email the Editors (see front of magazine for contact details) and let us know, we are always on the lookout for new contributors.

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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*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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