

# Elmham News

JUNE 2023

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## A Sizzling Coronation Lunch

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## EDITORIAL

We hope you all enjoyed the Coronation celebrations and weren't we lucky with the weather on Sunday? If you were at the Big Lunch, check out the photos!

We were saddened to learn of the passing of Mr Gerald Marsh at the age of 93. He was a true character in the village and will always be remembered for his Bingo calling and for his performances with "the bones". He could play these at the drop of a hat and we remember many fun nights in the Memorial Hall egging him on to play; though some of us remember his talent using spoons. He was a proud long term Standard Bearer of the British Legion and paraded the flag on many occasions. He is sorely missed, and our sincere condolences go to his family.

Our readers may be interested to learn that we intend to produce a few articles about our village facilities especially after learning of the family that were here for

almost three years before they found the Diamond Jubilee Village Green!!

Our thanks for donations go to Carol and Buttons on The Heath.

## VISIT TO THE CIRCUS

I have just read the final paragraph of the item written for Elmham News last year, when I said I would look forward to the circus coming back next year. Well it did come back and I'm glad to say there were full houses for each show.

The children (of all ages) were entertained by Clown and Grandma in the Ring, and all around the Big Top, with the addition of flashing torches.

The action, colour and jazzy music combined with the antics of Clown and Grandma....and superb acrobatics of Zoe and her hoops and trapeze routine, was really brilliant. I hesitate to think what

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

**Volume 46, No 5, June 2023**

**DONATIONS APPRECIATED**

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versions of her routine would be practical at home! !

I can't even keep a hula hoop going twice - and as for trailing a yo – yo !.....well not a chance!

*Eileen Bent*

## **NORTH ELMHAM PARISH COUNCIL MEETING**

**WEDNESDAY 5TH APRIL 2023**

The following information is taken from the Draft PC minutes and may be expanded where the Editors feel more explanation is necessary. 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. B. Gee, Mr. P. Grainger, Mrs. A. Keeble, Mr. J. Labouchere, Mr. N. Markwell, Mr. M. Rayner and Mr. C. Smith

**Also in attendance:** Mr. K. Webb (Clerk), Mr. B. Borrett (County and District Councillors), Mr. G. Bambridge (District Councillor) and four parishioners.

**Apologies for absence:** None

### **Public Participation**

The following matters were raised:-

a) A parishioner from a nearby village was concerned with the extra housing planned for Fakenham and the recent sewage problems in the town. The standard of water from taps was considered very poor and undrinkable. Mr. Bambridge suggested that contact should be made with the Environment Agency who have recently had a new chief officer appointed. Strong opposition to a new town being proposed near North Elmham was expressed.

b) A parishioner asked why he hadn't received a copy of the Stewardship Agreement for the area which adjoins his land. Mr. Fitzalan Howard stated that it had been explained, on at least three occasions in recent times, that a copy of the agreement could be obtained from Brown and Co (Abigail Maynard) who have permission to release it to the parishioner requesting it. It is hoped that this advice will now finally be taken.

### **Updated Information and Matters Arising**

**Update on Affordable Housing Scheme**  
Nothing to report.

### **Land Management Matters**

**Village Green:** Mr. Gee reported that, following work, the pipe can now be seen.

**Cathedral Ruins:** Mrs. Keeble said that new fencing has been installed. The seat near the Ruins has been reversed into and it needs replacing as the concrete on both sides is broken. We are aware of the availability of Charles III Coronation seats (four seater) at a cost of £799. Mr. Markwell proposed that one be purchased and this was seconded by Mr. Smith. All in favour except for one abstention.

**Cathedral Meadows:** The Stewardship Agreement has been extended for a further five years as previously agreed.

**Broom Green:** Mr. Labouchere reiterated that the pond will need attention this year and he will meet Mr. Cook on site in the not too distant future.

**Bridleway on disused railway line and other railway linked matters:** Mr. Rayner had checked the large stone and it appears that it had been dragged from the undergrowth and had not fallen from the bridge. It will be removed in the near future.

### **Allotments**

Mr. Phillips said that all plots are occupied and there is a waiting list.

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## **Highway Matters**

Mr. Grainger said that Highways had advised that the situation with the Eastgate Street drain had been resolved.

## **Pavilion and Playing Field**

Mr. Smith reported that the new mains situation had been finalised. The renewal contract with CGM for 2023 has been agreed. The Football Club has asked for one roll of the pitch to be carried out and the Clerk will approach the contactors to establish whether this can be done.

## **Call for Sites Update – Breckland Council**

Mr. Rayner reported on the meeting held at the Pavilion on 31st March and attended by George Freeman M.P. CANT has been restarted and thanks were expressed to Messrs Borrett and Bambridge who, in addition to Mr. Freeman, expressed strong objections to the proposition of a new town or village on the site near North Elmham. Every home in the village and surrounding parishes is to receive a leaflet with the key question being number 13. The request is that this should be answered “No”. Mr. Borrett stressed that the key item is the “Issues and Options” as there is no other alternative site. The principle of a new town needs to be removed.

## **Pavilion Funding**

There is currently one source of funding for new village halls and that is the National Lottery. Mr. Labouchere mentioned that the Public Works Loan Board is still offering loans at relatively low interest rates. Mr. Bambridge said that when an application is made it is important to include everything that is needed.

## **King’s Coronation Celebrations**

Arrangements are proceeding as planned. An advert is to be placed in Elmham News.

## **Archive Group Records**

Mr. Smith has visited Mrs. Woodhouse and viewed the material to be archived.

He is confident that it can be housed in the Institute building with some purpose built wardrobes/cupboards (probably three) needed. Mr. Smith is to obtain some quotations.

## **Report from County/District Councillor**

Mr. Bambridge and Mr. Borrett answered questions and gave their views on the proposal for the curiously named “Railway Village”. They are both completely opposed to it and will continue to press the matter at Breckland Council. The Local Plan and forthcoming local elections were also discussed.

## **To Consider Planning Applications and Determinations**

### **Applications**

3PL/2023/-0282/O – outline planning permission with all matters reserved for proposed dwelling and redevelopment of existing dwelling – William Seaman (Yaxham) Ltd – 55 Eastgate Street.

Land off Holt Road – discharge of conditions 8,16,17 and 23 on 3DC/2023/0077/DOC.

3PL/2023/0359/LB and 3PL/2023/0358/HOU – replacement of sealed unit wooden framed window panes, repair of external timbers to dormer windows, repainting of woodwork and repointing of selected brickwork at front of house – Mr. Philip Hall – Wellesley House, 61 Holt Road.

### **Determinations**

3PL/2022/0763/F – Brookside Farm, 74 Holt Road – re-positioning of Plot 12’s garage – permission granted.

### **Correspondence**

1) CPRE Countryside Voices magazine for Spring and Summer, 2023

2) CPRE 2023 Members’ Guide

3) CGM Grounds Maintenance Contract for 2023 – this was formally agreed with all members in favour (proposed by Mr. Rayner and seconded by Mr. Smith).



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4) Rural Payments Agency Countryside Stewardship Mid Tier and Wildlife Offers open for applications

5) Rural Payments Agency Countryside Stewardship and Environmental Stewardship schemes open for 2023 claims

### **Any Other Matters**

The circus is returning to the village in the last week in April.

### **Next Meeting**

Wednesday, 10th May 2023 at 7.30 p.m.  
(Annual Meeting of the Parish Council)

Wednesday, 24th May 2023 at 7.30 p.m.  
(Annual Parish Meeting)

## **THE CORONATION ON TV**

I admit I love pageantry and history, so this was a feast for my eyes and mind. My cat had me up early so I watched it all to the end! Here are a few random thoughts, in no particular order:

- I loved that eight girls from a Belfast choir were included with the Abbey choir.
- Many couples entered the Abbey holding hands.
- Rishi had learned his reading
- How did everyone stand so still during the ceremony ?
- The four bishops were most solicitous
- The music and the choir were uplifting
- Charles looked so serious
- The screen placed around the King was absolutely beautiful
- All those fabulous horses and uniforms
- The precision and execution of manoeuvres
- The streets lined with volunteers

- The undeterred crowds lining the route then surging down The Mall towards the Palace
- The roar of the troops in the Palace Gardens

*Meg White*

## **MAY PARISH COUNCIL MINUTES**

There are no Parish Council minutes for the May meetings in this edition as they have not been received.

The next meeting of the Parish Council will be on Wednesday 7th June at 7.30pm in the Pavilion. Parishioners are always encouraged to attend.

## **FAKENHAM CHORAL SOCIETY SUMMER CONCERT**

Fakenham Choral Society draws its season to a close with John Rutter's delightful 'The sprig of thyme' teamed alongside the very best bits for choir from the greatest classical composers. Rutter's arrangements of traditional songs of the British Isles are beautiful in their simplicity. By contrast, expect a heady mix of your all-time favourites – extracts from Fauré and Mozart's Requiems, Haydn's 'Creation', Mendelssohn's 'Elijah', plus Handel's 'Zadok the Priest' and his unmistakable 'Hallelujah chorus'.

Led by choir musical director, Mark Jones, we guarantee you'll leave feeling uplifted and joyfully humming those iconic tunes. The concert takes place at 7pm on Saturday June 17th at St Nicholas church, Wells next the Sea. Tickets are £12 (under 16s free), and can be purchased by calling 01485 544335, via the website [www.fakenhamchoralsociety.org](http://www.fakenhamchoralsociety.org) or at the door. The choir returns later this year with an extra special programme of concerts to celebrate its 50th anniversary.

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## BRISLEY & NORTH ELMHAM CRICKET CLUB

Pictured: Brisley and North Elmham Squad with new shirts sponsored by Premier Seeds prior to their first League match of the season.

Coronation Day was of course significantly affected by poor weather and hardly any fixtures were completed across the region. B&NE were also denied the opportunity to maintain their winning start when the rain came as the home side looked set to post a large total. The gloomy conditions however did not deter a hardy group of members and supporters from attending both to watch the cricket and enjoy the coronation themed refreshments provided under the direction of Sophie Hall. Many thanks to all who provided cakes and salads, assisted with catering and cleaning and of course to those who supported the event.

The Chairman was mortified to learn of his seriously senior moment in last month's magazine when referring to the marriage of club member Ed Savage and introducing a mysterious bride named Jo! Apologies to the Savage family and especially to Mrs Megan Savage!

**April 29th v Reepham and Salle 2 (H)  
League B&NE 187-9 Reepham 42.  
B&NE won by 145 runs**

Something old, something new! A devastating opening bowling partnership of veteran Iain Sinclair (5-8) and new signing Abdul Ali (4-4) reduced the visitors to 13-9 before a last wicket flurry gained them a batting point. Earlier the Home team had stuttered to 53-5 on a typical early season wicket before new vice-skipper Callum Futter(51) aided by invaluable knocks from Dan Hall (24) and Billy Fordham (21) set a challenging and as it turned out winning target.

Premier Seeds MoM: Callum Futter for his 51 runs and 1-10

**May 6 v Snettisham A (H) League  
B&NE 190-4 Match abandoned**

A century opening partnership between Josh Hall (47) and James Harvey (58) was the highlight of the match and with Jaggard (28) and Ali (23no) picking up the pace, carnage threatened over the final overs but rain brought a premature end to proceedings.

Premier seeds MoM: James Harvey for his 58.

**May 13 v Sheringham A (A) League  
Sheringham 130-9 B&NE 131-4 . Won  
by 6 wickets.**

A chilly day by the sea saw the visitors maintain their unbeaten start against opponents who were also promoted last season. B&NE were a little disappointed not to secure maximum bowling points and themselves wobbled a little in reply but a winning partnership between Abdul Ali (59) and Olly Hall (39no) more or less saw them home.

Premier Seeds MoM: Abdul Ali for his 3-7 off 10 overs, a run-out and 59 runs.

*Mark Ballman  
Chair*

## DEREHAM WALKERS ARE WELCOME

Please come and join us for a walk in the local area. Our short walk of around four miles is always on the first Friday of the month. There is a programme of longer walks planned for 2023 as well as trialling walks of just two miles for those just beginning their walking experience.

For up-to-date information, please check our website <http://www.derehamwaw.org.uk/>, email Ken Hawkins: [ken-hawkins@tiscali.co.uk](mailto:ken-hawkins@tiscali.co.uk) or call him on 07505 426750.

## CLUBS AND ORGANISATIONS

This is a list of people who can be contacted if you would like to know more about any of the following:

Archive Group	Janet Woodhouse 01362 668525
Art4 All	Angie Redwood 07979 666197
Bowls - Institute	Tony Langford 01362 668854
Bowls - King's Head	Martin Phillips 01362 668409
Brisley & North Elmham Cricket Club	Mark Ballman 01362 668935
Elmham Football Club	Chris Reeve 07468 569699
Elmham Guides	Marion Morgan 01362 696221
Elmham News	Meg White 01362 668302
Elmham Surgery Patient Participation Group	Roger Thornley 01362 668804
Elmham Tennis Club	Geraldine Leeder northelmhamtennis@gmail.com
Friends of North Elmham School	Naomi Brien 07447 016620
Gardening Club	Ray Norman 01362 667226
Guides	Marian Morgan 01362 696221
Knit and Natter	Eileen Cotterill 01362 668380
North Elmham Trailblazers	Fliss von Christian 07787 161446
Reading Group	Eileen Church 01362 668330
Royal British Legion	Michael Aston 01362 668959 (Temporarily)
Sewing for Pleasure	Janet Woodhouse 01362 668525
SINE (Help)	David Fairbairn-Day 07398 758421(10-5)
Snooker Mon & Fri	Neil Page 01362 668296
Snooker Wed	Tim Smith 01362 668487
Tea@Two	Jo Fitzalan Howard 01362 668232
The May Singers	Tony Langford 01362 668854
Walking Football	Paul Carr carrpaulus@aol.com
Walking Group	Jenny Cunningham 01362 668224
Wensum Valley Birdwatching Society	Sue Gale publicity@wvbs.gmail.com
Wives + All	Gill King 01362 668530
Young Farmers	Steven Britton 07810 897792



## TRIBUTE TO GERALD MARSH

On behalf of the Bowls Club, we would like to express our condolences to the family of Gerald following his recent death. Gerald was a dear friend and member for many years. More recently he was Chairman and finally President of the club. Gerald was an integral part of village life and as far as our club was concerned, the term stalwart could have been invented for him.

He would always be available to help with work at the club and was an enthusiastic and accomplished player. Often playing as 'Skip', Gerald would be heard offering words of advice such as 'you're a bit narra' or 'you're narra as an old crow'. I don't think any of us knew what that meant but it was always a delight to hear this in his Norfolk accent.

Gerald liked a joke, and when he got started, there was no stopping him. At our annual dinner, Gerald was in his element. A few jokes (some a bit near to the knuckle) opened his cabaret slot. And then out came the bones which

Gerald would play joyfully to the musical accompaniment of Winifred Atwell on cd.

A few years ago I consulted Gerald about the history of the club when researching it for a magazine article. We looked at trophies, checked out old photos and Gerald casually mentioned that his involvement with the club commenced around 1950! That's an amazing record and I'm sure Gerald enjoyed playing as much as we appreciated his commitment and dedication. The photo, with Gerald on the right, was taken in 2013 with the Clifford King Cup which was won at County Hall.

*Tony Langford*

## SMALL IS ALSO BEAUTIFUL

We are all familiar with our iconic and imposing church building in a dominant position at the top of the hill. The height of the tower and the size of its medieval interior cannot fail to impress, but there are also many small fascinating details which it is easy to overlook amongst the grandeur.

For this reason, a new Church Quiz leaflet has been created, available for visitors,



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both local and from far away, to take around the church and look for some of the smaller gems. Many illustrate the skill of medieval and later craftsmen and even show that some of them had perhaps a sense of cruel humour. The leaflet contains 12 pictures of easy-to-miss details and we think it will be fun for both children and adults to see how many they can find. If you are really stuck, the answers are on the back.

Please leave the leaflet at the back of the church when you leave for others to enjoy.

Thank you, Sue Ball for designing such an attractive leaflet.

*Susanna Wade-Martins (Fabric Officer)  
St Mary's Church*

## BUSY BEES

For the beekeeper, this is a very busy time. The hives should be inspected on a weekly basis to make sure the queen is laying. With the longer days and a more plentiful food supply she can lay up to 1000 eggs a day. It is also very important to check for queen cells as when a queen cell is sealed, the old queen could swarm with up to 75% of the workers. Not only does a swarm present problems for everyone but with most of the workers gone there is no honey produced by that hive.

### Worker Bee

The workers are all females and they hatch from the smallest cells in the hive. They hatch from the cell in approximately 21 days. The first 6–10 days is spent in general hive cleaning. The next phase in their lives is spent attending to the queen who they feed and preen as her only job is to lay eggs. Their next tasks include honey processing and wax production. They then take on the role of hive guard bees before finally becoming a flying worker bee and its life will end if its lucky to survive 8 weeks. It is said in its lifetime it will produce approximately a teaspoon

of honey. A worker has a barbed sting and will die if it uses its sting.

### Drones

Drones hatch from the next biggest cells. These are all male and are only produced in the spring and summer. The drones are ejected from the colony in the autumn as their primary role is to mate with new queens. As they play no part in food production the workers throw them out once their job is done for that year. Drones have no stings.

### Queens

The queen cell is the largest in the hive. The difference between a worker and a queen is the queen cell is filled with much more Royal Jelly which leads to accelerated growth. The queen produces a pheromone which informs the colony there is a viable queen in the colony and all is well. If she leaves the colony the bees quickly become agitated and will start preparations to produce a new queen.

In the next week or two the first of this season's honey will be capped and ready for removal. More of this another time!

*The ever learning Bee Keeper.*

## FAKENHAM & DISTRICT FLOWER CLUB

Tuesday 6th June 2023

"In House Designers"

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More details: Jackie on 01328 851933









## CORONATION BIG LUNCH

The weather forecast was so unsettled – cold and wet perhaps? Where would we shelter if it did rain? Would anyone come?

However, once a firm decision was made, plans for food and drink, gazebo, table and chairs were organised and a group of us met on the Playing Field, and we settled down. Lo and behold, the sun shone, people joined us in a big arc near the Pavilion. The Fakenham Ukes gave their usual heartening and cheering

performance; we ate and opened the wine. We then tapped our feet to the Three Up, Two down and watched the children play. The barbecue served the hungry who didn't bring picnics.

All in all, a splendid afternoon's entertainment. Thanks must go to Colin Smith who was everywhere, meeting and greeting and organising and compering the affair.

We are all very glad we went!

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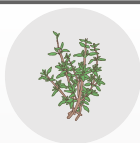


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## KNIT AND NATTER

At the time of writing, we are still working towards our knitting stall and game for the Garden Fete, but when you get to reading this, we will know, from previous experience, that, rain or shine, a good day will have been enjoyed by the many people who have supported us.

Here in the village, we have some exceptional knitters who, every time I issue an appeal for certain items, which are desperately needed by refugee and rescue centres, or care homes and hospital units respond. I am so grateful for their donations of items of such excellent workmanship. Even small baby garments, knitted socks, gloves, hand warmers, etc., not to mention shawls and blankets, all take time and dedication, to produce. We are in our 11th year now and I am happy to report that we are still coming up with a prolific amount of quality goods and are always open to more ideas and suggestions and members. Again, many thanks for the donations of wool.

Our next meeting is June 6th at 2 o'clock at the Pavilion.

*Eileen Cotterill 668380*

## LETTER TO THE EDITORS

Dear Reader,

I'm writing to the magazine to express my disappointment with a small element of youths causing destruction up at the skate ramp.

On Wednesday 3rd May, in the morning, I arrived at the tennis courts to begin a tennis session with a group for an inclusive tennis session, this is a session for adults with learning needs.

Before I got to the courts I noticed loads of litter (bottles, cans, sweet wrappers etc) strewn around the skate ramp, along with some pieces of wood (which appear

to have been broken off from something but not sure from where). I also noticed quite a few large flints scattered around the area, noticeably around the rubbish bin. Then when getting into the courts we found some wood (which matched the wood found at the ramp) a couple of branches and a green football.

If you happen to read this article and you are responsible, or you are the parents of these youths please stop or stop them causing this litter and destruction. It fills me with sadness that some people have so little regard for our facilities and even more importantly our planet. If the youth of today and their parents don't care, what future could we be facing?

I lived in North Elmham for just over 30 years and been a member of the tennis club since the 80's and over that time there have been bouts of the above happening, there always seems an element of a tiny minority that try to ruin it for the law abiding citizens of North Elmham.

I'm asking the culprits to stop this vandalism and be decent human beings and look after our facilities and our planet.

Thank you for taking the time to read this letter.

Regards

*Judy Biggie*

## KNIT AND NATTER

Feel good about yourself- knit for charity in your spare time. Wool, needles and patterns are provided.

Join us on the first Tuesday of the month in the Pavilion at 2.00 pm.

For more information call Eileen on 01362 668380

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## TRIP TO BUCKINGHAM PALACE GARDEN PARTY

On 9th May Sharon Moore and Bridget Leaver attended a Garden Party at Buckingham Palace. They were invited to attend because of the fundraising that they have done over the past 23 years for the Cystic Fibrosis Trust.

The Prince and Prince of Wales, Duke & Duchess of Edinburgh, Princess Royal and the Duke and Duchess of Gloucester were all in attendance.

Although Sharon and Bridget didn't get to speak and meet any of the Royal family, they were less than 5ft away from them and got some fantastic photographs.

There were around 8,000 guests at the garden party and Bridget and Sharon felt very honoured to have been invited.

## SCHOOL NEWS

### Whole School News

Thank you to all the parents/carers and friends of the school who came along to our charity event at the end of last term. The children really enjoyed a competitive game of Bingo and the atmosphere was fantastic! We had spent the morning preparing food for our guests - Sheep class made some delicious biscuits; Whales made a selection of sandwiches and Lions class made some yummy cupcakes. Lions class then took on the waiter/waitress roles to serve the other children and adults. We raised a fantastic amount which has been donated to Comic Relief!

Some of the Lions class recently attended T@2 in the village and a great time was had (and lots of cake was eaten) by all the children! Year 2 are very much looking forward to visiting next month, having heard the rumours of food!

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## Class News

**Sheep:** Sheep have been learning all about the Great Fire of London and have written some fantastic diaries inspired by Samuel Pepys. We have been amazed by the knowledge children have and their investigative skills finding out about the past. Children are very excited to receive a visit from Norfolk Fire Service soon! We loved celebrating the coronation of King Charles III and enjoyed a special lunch together in the hall where we decorated with bunting and the children all wore handmade crowns. We are also learning about sculpture in Art and are making some very intricate 3D birds out of paper and wire.

**Whales:** Whales class has recently returned from our fantastic residential trip to How Hill on the Broads. The children had a wonderful time dyke dipping, thatching, dissecting owl pellets, orienteering, visiting the woodland and broads habitats and bird watching on a boat trip down the River Ant to Barton Broad. The food was also fabulous and they all enjoyed playing in the wonderful gardens of How Hill House in the evening. Back at school, we have been learning more about animals and their habitats in science, which has linked well with what we learnt on our trip. We have also begun delving into the history of Roman Britain, and are looking forward to learning about the local hero Boudicca! We have also been lucky enough to have some drumming lessons delivered by Norfolk Music Hub and are well on our way to becoming fantastic Samba percussionists!

**Lions:** Lions have had a super busy term and our SUPER Year 6 have just completed their SATs where they all showed a very mature attitude to the tricky tests. They are now very excited to go on their residential to Horstead Mill at the end of term. In class, we have been learning about Crime and Punishment through the ages as well as continuing our learning

around the Himalayas, Mount Everest and India in English and Geography. Also, in Art we have been creating zines based on Mount Everest and have enjoyed learning printing techniques to create monotypes.

## How can you keep in touch?

Check out our website for the latest updates [www.northelmhamschool.com](http://www.northelmhamschool.com)

## Do you have Facebook?

If you search and like the page 'North Elmham Primary School' the latest class posts from the website are uploaded directly to our school page!

## GARDENING CLUB

Our April Speaker was Ken Abel, a well-known national grower of incredible Pelargoniums. Safe to say, he has won more medals for his plants than all of the audience have had hot dinners!

He gave us valuable hints and insight in how to grow pelargoniums for showing and his photographs of specimens were incredible. His hints on how to take cuttings and which compost he used were all very useful, so we will all be using Levington's Compost with John Innes No 3 (Clover) and only watering from the bottom for 15 minutes!

He brought a good selection of plants for us to buy and needless had none left to take home. He was thanked most warmly by Chairman Ray and well applauded by his audience.

Ray informed us that the visit organised for 27th July had to be cancelled but an alternative visit to Tudor Lodging, Castle Acre, PE32 2AN has been arranged for the same price of £10. Please remember to book with Ray.

The Flower of the Month was won by Dawn with a beautiful maroon frilly tulip.



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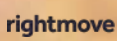


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June's visit will be to Peter Beales of Attleborough and includes a guided tour and refreshments. The price of £20 includes the coach and the tour and the first pickup point will be 1.15 pm at Cathedral Drive. Everyone going has been sent the full list of pickups.

*Meg White*

## **FRIENDS OF NORTH ELMHAM SCHOOL**

This month we have started to make progress on the 'Pamela Neeve' garden at the school, the children are keen to get involved and the committee have been making plans to get the Garden up and running! We know we are too late to get planting this season but we hope to get it in tip-top shape ready for the Autumn term... there's lots to be done and we are still looking for help!

On June 4th we are opening up the school gates for the families and the community to come and help us to get a big load of the work underway. If you are free and would like to come and help, then please send me an email or give me a call - all welcome! We will be at the school from 9am-1pm and again ask if you have any equipment you would like to donate then this would be greatly appreciated. Please bring along your gardening gloves and spade/forks on the day to get stuck in!

This month we have started to make some purchases of some much needed outdoor equipment for the children. I know that many of the children will be happy with these new purchases!

On the school grounds we have a 'Rag Bank' that is open for the whole community to use. Each time it is filled we receive a donation towards FONES which helps the school so please feel free to pop

by and donate any unwanted clothes/textiles/shoes.

We hope to see you on the 4th June

*Naomi - Chairperson FONES*

*Call: 07447016620*

*Email: FONES-chairperson@hotmail.com*

## **MY JOURNEY WITH BREAST CANCER**

Having passed the magical age of 70, I am no longer automatically invited to attend a three yearly mammogram. Covid played its part and after my husband told me he had seen a poster at the surgery about mammogram appointments, I realised it was four and a half years since my last one so I made a routine appointment for 30th January. A week later the letter arrived inviting me back for more tests. Not all women who are called back will receive a cancer diagnosis but on 9th February, after a second mammogram, an ultrasound and a biopsy I was told I definitely had breast cancer. On 14th February, as well as receiving a beautiful bunch of roses, I also had an appointment to see the surgeon. He examined me again and confirmed I had a small tumour which should be removed, and the likelihood was I would need follow up treatment of radiotherapy and hormone tablets. Strangely, I felt very lucky the cancer had been detected in the early stages and this feeling has stayed with me throughout my journey so far.

Wednesday 15th March, just six weeks after my first mammogram, was the day of my surgery. During a day procedure the tumour was removed and a biopsy of the lymph nodes was taken.

For the next three weeks I took things easy, but I did the exercises as advised by the hospital and I took short walks. I felt very tired, I still feel tired, and rested frequently during the day. I have had



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## Elmham News

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very little discomfort and have been lucky enough not to need any painkillers. I developed a swelling close to the site of the surgery and after a call from our surgery to the hospital I was given an appointment for a checkup two weeks earlier than planned. The swelling was confirmed to be a Seroma, a collection of fluid which will be absorbed back into the body in time. The surgeon was then able to give me the results from the surgery. The good news was the tumour had been successfully removed and the lymph nodes were clear. I need a short course of radiotherapy and I will take hormone tablets for the next 5 years and have annual check ups.

As I write this, I am waiting for my five day course of radiotherapy to begin on 17th May.

I am so grateful to the amazing staff at the hospital, to our surgery and to all the follow up calls and support from specialist cancer nurses. There is a massive network of help and support, and contact details are made available to all patients.

My friends, family and particularly my husband, have all given me invaluable support and have helped to keep me feeling positive and have held my hand each step of the way.

So, ladies, when you receive the invitation to have a mammogram, please attend. If you are over 70, please request your 3 yearly mammogram. The vast majority of you will be fine but if, like me, you do receive a cancer diagnosis, then thank your lucky stars it has been detected and you have the opportunity to receive the treatment you need.

*Geraldine Leeder*

**Eds note:** Thank you for this enlightening account and hope it will reassure anyone who is to have a mammogram.

Meg did the same in 2000, though missed her first appointment and debated whether to make another. Good job she did, as she went through exactly what you had, though they called it a Lumpectomy – charming name! Still clear today, 23 years later.

*Wednesday*  
10th May  
14th June  
12th July

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## NORTH ELMHAM SCHOOL HOUSE AND LAND CHARITY

Are you under 25 years of age? If so, were you a pupil at North Elmham School? Do you need financial assistance to help you gain further qualifications to enable you to undertake higher education or to develop non-academic skills?

If your answer is yes to these questions, the North Elmham School House and Land Charity may be able to help you.

To apply write to:-

Clerk to the School House & Land Charity, Mrs C Payne, 84 Eastgate Street, North Elmham, Dereham, Norfolk, NR20 5HF by 31st July. Unfortunately, the Trustees are unable to consider applications after the closing date.

All applications will be carefully considered by the trustees and a reply will be sent.

The Charity assisted eleven students last year with grants to help them with their education.

## CLERK WANTED

Recently retired, time on your hands, like to be part of the community? The North Elmham School House and Land Charity is looking for a Clerk to carry out the administrative duties on a voluntary basis.

This charity allocates money to successful students on an annual basis. You must be computer literate and have access to a computer to carry out on-line banking and complete the annual returns to the Charity Commission. You will keep simple accounts and need to write to students who apply for a grant.

If this interests you, why not ring the current Clerk, Caroline Payne for more details. 01362 668 704

## DATES TO REMEMBER: JUNE

Sun 4th	Help for School	School garden planning etc	9.00 am–1.00 pm
Tue 6th	Knit and Natter	Pavilion	2.00 pm
Wed 7th	Sewing for Pleasure Parish Council Meeting	Tumbleweed Eastgate St Pavilion	2.00 pm 7.30 pm
Thu 8th	Wives + All	Memorial Hall	7.00 pm
Wed 14th	Tea at Two	Memorial Hall	2.00 pm
Sat 17th	The Riffits - Live Music	Memorial Hall	7.30 pm
Wed 21st	Sewing for Pleasure Mobile Library	Tumbleweed Eastgate St The Heath to Orchard Close	2.00 pm 2.30–5.20 pm
Thu 22nd	Gardening Club Visit	Peter Beales Roses	Departing 1.15 pm from Cathedral Drive and onwards

### ADVANCE NOTICE

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## NORTH ELMHAM WILDLIFE

The diversity of colour among our wildlife is extraordinary, but it's fair to say that some colours are better represented than others. Most of our mammals are brown or grey, though in varying shades, and there are so many brown birds that they even have a slightly derogatory collective term, "little brown jobs". Moths have an amazing variety of colours and patterns, yet brown is still the predominant colour. Of the thousands of different beetles we have, there must be more that are either brown or black than all of the rest put together. But while browns and blacks might dominate, most groups of animals have plenty of more colourful representatives as well. The whole colour palette is well represented in our natural world with red, yellow, green, whites, pink, orange, purple and everything in between. One colour is less common than all the others though – blue. Even among the groups of animals that show the greatest diversity in colour, blue is a relatively rare colour. So this month I'm going to showcase some examples of blue in our wildlife.

Starting with birds, we are lucky that two of our commonest garden birds are blue, or at least have a substantial amount of blue in their plumage. Lucky, because in the family of tits (about 65 species worldwide) the vast majority are some variation of brown, black and white. Our Blue Tit (photo 1) is one of our prettiest birds and can be enjoyed by almost anyone who has space for a bird feeder in their garden. Great Tits' colours are dominated by their black-and-white head, yellow underparts and green back, but their wings and tail are distinctly blue too (photo 2). A few birds have blue-black plumage, often iridescent so that in some lights they look black but when the light catches them they look blue – like Rook and the upperparts of Swallow and House Martin. But truly blue birds are unusual and the only other one we're likely to encounter round North Elmham is the Kingfisher. Round here you're most likely



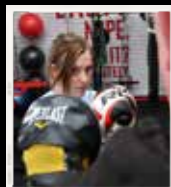
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to see these along the river or perhaps the dyke that runs alongside the railway, but they occasionally wander further – one flew over my garden in Eastgate Street once. I rarely get a chance to photograph them here so my picture (photo 3) is one I took up the road at Great Ryburgh a few years ago. Another common bird here, the Jay, is not predominantly blue but it has a striking blue patch in its wing (photo 4).

Butterflies are well known for being colourful but only one group of butterflies here is blue. There are two species of blue butterfly that you're likely to see round North Elmham –the Holly Blue and the Common Blue. The Holly Blue is the one most of us are likely to see in our gardens (there's one in my garden as I write) and is easily separated from Common Blue by its pale whitish blue underwings and broad black border to the blue upperwings (photo 5). Common Blue is more likely to be seen in open grassland, but sadly not nearly as abundantly as it used to be just a few years ago. Males have almost completely blue upperwings (photo 6) but their underwings are pale brown with black-and-white spots and a row of orange spots.

If you flick through a book on moths you might see more colour and variety than you expect, but you will struggle to find blue. There's one moth that has blue in its name, the Blue-bordered Carpet, but although it's quite a pretty moth its name is quite an exaggeration as the rear border to its wings has only the vaguest blueish tint (photo 7). One moth that does have true blue on it is the Clifden Nonpareil. It's sometimes called the Blue Underwing because its hindwing has a broad blue band across it. It's a huge and magnificent moth but it's not common. I was privileged to catch one in my garden in 2021 (photo 8) which was the best ever year for this normally rare species in Norfolk. Prior to 2019 this species was extremely rare but it appears to have colonised, though it remains to be seen if they have really established themselves here or if it was just a temporary colonisation.



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Many of our beetles are dark-coloured or black but some of these are quite metallic in colour with blue, purple or green reflections. I don't think there are any species that are matt blue – at least I can't think of any – but metallic blue-black beetles are relatively frequent. On some, like the Prussian Plate-jaw (photo 9) the upperparts are shiny blue-black, but few are so blue that you'd describe them as blue rather than blue-black. Perhaps the closest are a group of leaf beetles in the genus *Altica* (photo 10). There are several species that are really difficult to tell apart but I often see them in ditch-side vegetation along the footpath running between County School and the Cathedral Meadows. One of the common species feeds on Great Willowherb which grows plentifully along there.

Perhaps the group of insects where blue is least unusual is the dragonflies. Some of the larger hawkers have lots of blue spots on the body and on the largest dragonfly in Norfolk, the Emperor Dragonfly, males have a blue abdomen. Several of our commonest damselflies are mostly blue – especially the Azure Damselfly and very similar Common Blue Damselfly (photo 11). The Banded Demoiselle (pictured in last July's issue) can be abundant along the River Wensum and males have a blue-green body and a large blue-black patch in the wings.

Blue is a slightly commoner colour among our wildflowers. Bluebells are a favourite in ancient woodland and several species of forget-me-not and speedwell can be found easily round our village, such as the Water Forget-me-not (photo 12) that grows in the dyke beside the railway.

What have I missed? Have you seen or photographed any blue animals in North Elmham that I've not thought of? Let me know if you have! Get in touch if you have anything interesting to share (email [appleton.dave@googlemail.com](mailto:appleton.dave@googlemail.com), phone 668431 or message me via Twitter at @ElmhamMeadows).

*Dave Appleton*





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Same day appointments with a GP or Nurse Practitioner are available every morning from 8.30 am Monday to Friday, excluding Bank Holidays. We also have some pre-bookable appointments, some are released every day at 11.00 am, subject to availability. Patients will be offered either telephone or Face to Face Consultations, depending on the nature of their problem and they may be asked to submit a photograph if needed.

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- To book an appointment with a Practice Nurse or Health Care Assistant please contact the Surgery after 2.00 pm when our telephone lines are not so busy

### **How to Request a Home Visit**

If possible, please try to telephone reception before 10.00 am if you require a home visit.

You may only request a home visit if you are housebound or are too ill to visit the practice. The GP will only visit you at home if they think that your medical condition requires it and will also decide how urgently a visit is needed. We regret lack of transport is not a justifiable reason. You can be visited at home by a community nurse if you are referred by your GP.

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Note that the practice has a strict policy regarding confidentiality and data protection, and we will only release test results to the person to whom they relate unless that person has given prior permission or consent for the release of this data or they are not capable of understanding the results. Please allow 7 days for your test results to come back. It is your responsibility to check your results and to make an appointment to discuss them with your doctor if you are advised to do so.

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## 1953 CORONATION MEMORIES

My Uncle Bob was a member of the Magic Circle and an amateur Puppeteer and performed shows in Kingston upon Hull and area at weekends. He was booked for 3 shows on The Day and he, my auntie Sis and I duly entertained at two Street Parties in the afternoon and one in the evening in a big Church Hall. Just before we went off to work, I watched the 9" black and white TV Grandad had with great excitement. Thinking back, it was as big as an Ipad today.

My Auntie did the music, records of course, and she had to be absolutely accurate when putting the music on; I took the marionettes, which were about 2 foot 6 inches (78.2 cm), out of their padded bags, untwisted the strings and held them ready for Uncle Bob to use. His deft control of them made them very realistic but the one I remember most was the Skeleton which exploded into all the relevant bones as the music, "The leg bone's connected to the hip bone" etc was played. The audiences were always delighted, and we usually had encores which meant I had to have a spare marionette ready. I was 13 but felt very responsible for our performers as a twisted string in the wrong place could cause major havoc.

I had three Coronation teas that day and half a crown for my wages, but I was very content.

*Meg White*

I was nearly 9 when Queen Elizabeth was crowned in 1953 and we had a Public Holiday. Here in Elmham we met at the Playing Field which was called The Green Field then. It was a wet day, and we all got very wet!

Many of us were in Fancy Dress and we walked to the school for tea, but I cannot remember just what we were given to eat.



The highlight of the day for me was watching a Magician who had come to entertain us. I was mesmerised to see him with a jug of water which he poured into a bowl of water, and it all changed colour. I couldn't think how he did it and that is my abiding memory of the Coronation.

*Janet Woodhouse*

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## THE RISE OF NORFOLK COUNTY SCHOOL

Members of the Norfolk Agricultural Association meeting at Lynn were surprised and gratified by the offer of Edward, Prince of Wales, to lay the foundation stone of the new school at North Elmham. He would be at Sandringham at Easter and come to Elmham on Easter Monday 1873.

The school was intended to provide an excellent education for middle class boys, particularly the sons of farmers. Its founder was Rev. Joseph Lloyd Brereton, Rector of Little Massingham.

When living in Devon, he had established the first County School, a boarding school, which provided a liberal and religious education for boys from families of moderate means.

Returning to Norfolk in 1867, he was approached by local landowners who proposed a County School in Norfolk.

Lord Leicester, Lord Lieutenant of Norfolk, offered to be its president.

Messrs John Gales & Gough, London architects, drew up plans. The builder, Robert Skipper of East Dereham, submitted an estimate of £800 for the work. He forecast that, in spite the wet weather, the building would be completed in the course of a year. In that, he was correct.

The weather on Easter Monday, 14 April 1873 was perfect, in contrast to the chilly and overcast skies of the previous days. At midday the Prince and Princess of Wales embarked on a special train at Wolferton Station accompanied by the Bishop of Norwich, the Earl of Leicester and many others. Disembarking at Elmham Station, the party was greeted by Lord and Lady Sondes.

Carriages drawn by four grey horses, took the guests through the village where Lord Sondes' gardener, Mr Smythe, had, according to the Norwich Mercury, transformed the village street 'into an avenue filled with foliage and blooms, rare

hothouse flowers, evergreens and a great number of flags suspended in festoons from poles erected on either side of the road'. Church bells rang out and a flag fluttered from the tower. The way was thickly lined with spectators.

A section of the 3rd Norfolk Volunteers provided a guard of honour for the royal party. Massed behind them was the band of the Norfolk Artillery Militia. Trustees of the project wearing red carnations in their coats formed a welcoming party. Their Highnesses were photographed by Mr Brunton of Dereham as a memorial of the occasion. The schoolboys and their masters were lined up in front of the foundation stone. The Norwich Mercury told its readers that the Princess 'frequently bowed in return for salutations' and the Prince 'shook hands very warmly with many noblemen and gentlemen he knew'.

Rev. Joseph Brereton said his aim was to raise the standard of education in Norfolk, reduce its costs and prepare boys for a well-informed and active life.

Prince Edward's said he was gratified to know that he, a landowner, was supporting a project primarily focussed on the agricultural community. He was handed a silver and ivory trowel and an ebony mallet by the architect. A glass bottle containing the aims of the school, names of the trustees, architects, builders and a copy of the day's Times newspaper, was placed in the cavity and the stone was lowered into place.

Lunch followed in a huge marquee decorated in scarlet and white. On leaving, the Prince and Princess made a brief stop at Elmham Hall and then returned to Sandringham.

The school, opened in July 1874, stood on an eminence in 35 acres with the River Wensum forming part of the boundary. The building of flint with red brick

dressings had a roof of red and black banded tiles. Large windows overlooked the surrounding countryside. On the ground floor, a large hall served as a meeting place. Galleries running round the first and second floors overlooked the hall and led to classrooms, a library, masters' common room, dormitories, kitchen, dining room and servants' quarters.

Fees were to be 40 guineas a year and the older boys would be prepared for university entrance or professional examinations, with tuition in English, Maths, French, Latin, Science, Greek, German and Drawing.

A substantial house for the Headmaster was situated to the north-east of the main building. The second master's house on the south-west of the site could also be used as an infirmary. In the grounds were cricket and rugby pitches, with boating on the Wensum and a large swimming pool on the riverbank.

Everything seemed to be in excellent order for the success of the school.

*Norma Virgoe*

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## TENNIS CLUB

### Quiz Night Social Success

An amazing £755 was raised on 28 April in the general knowledge quiz night at the North Elmham village hall. Over the next six months, the proceeds will go towards encouraging children from underprivileged backgrounds to get involved in tennis.

A massive thank you to quiz master Mark, Sandra Henderson and her wonderful family, Linda Smith, and all those who donated raffle prizes and made desserts.

Please make a note in your diaries that our next Quiz night will be on 24th November.

### Tennis Group Coaching

The Club continues to organise thoroughly rewarding weekly inclusive tennis sessions for local groups, led by Jonathan Lindner, Jim and Judy Biggie, and James Buddell.

Fun, technical and tactical sessions are also available on Mondays or Tuesdays for children ages 4+. Sign up at <https://www.northelmhamtennisclub.co.uk/Coaching>.

**Ages 4–7:** 3.45–4.30 pm

**Ages 8–9:** 4.30–5.30 pm

**Ages 10+:** 5.30–6.30 pm

**Ages 14–16:** (Mondays). 5–6.00 pm

### Join As A Member

Annual membership rates will stay fixed for the fifth year running. Anyone can join and make use of the tennis courts, which were resurfaced last year.

Adults: £70

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## WENSUM VALLEY BIRDWATCHING SOCIETY

Spring is always an exciting and busy time for birdwatchers. This year there is a full program of outdoor visits, starting at the end of March with a trip to Sculthorpe Moor nature reserve near Fakenham. Here the changeover of seasons was illustrated by the presence of Redwings – departing winter visitors – and a single Swallow, the first of the year for many. This very accessible reserve now includes an extensive Beaver enclosure, although the Beavers themselves are not seen by day, and a new hide overlooking a large scrape where Little Ringed Plovers, Redshank and Snipe could be seen. This looks very promising as a site for passage and resident waders in future. The group visit to Lackford Lakes in April got off to a wonderful start with excellent views of singing Nightingales. These elusive birds always present a challenge – you can stand in front of a bush where one is singing without being able to catch a glimpse! When we finally moved on, we went past the visitor centre to the viewing platform (6) where Sedge Warblers were singing. At the double decker hide (5) there were Teal, Tufted Duck, Oystercatcher and Cormorant along with nesting Canada Geese and Coots. A pair of Greylag Geese already had a brood of half a dozen goslings, while overhead a passing Marsh Harrier was seen carrying prey, so very likely it was breeding too. Ash Carr gave good views of female Blackcap, Marsh Tit, Coal Tit and a Nuthatch. Heading towards Steggall's Hide (12) past Plover Pool we heard and saw Cetti's Warblers as well as a Chiffchaff with a feather in its bill disappearing into low-growing vegetation by the path. We turned north to take the path to Fullers Mill Hide (8) where there was a Little Egret while at Bess's Hide (9) there were a couple of pairs of Little Grebes, lots of Black-headed Gulls and

two Hobbies overhead hawking insects. Early May brought a dawn chorus visit to Pensthorpe, a popular outing in spite of the early hour, that ended with a breakfast at the centre. Full accounts of indoor and outdoor meetings can be found on the website at WVBS.co.uk

### Future Events

**Outdoor Meetings:** Everyone is welcome on these guided walks. See the website for meeting times and places. Saturday 17th June – Wheatfen – Ted Ellis Trust. Sunday 23rd July – Winterton for Little Terns. There will also be an evening meeting for Nightjars – keep an eye on the website for details.

**Indoor Meetings:** These are all held at Great Witchingham Village Hall at 7.30 pm, and visitors are welcome for a small charge.

Thursday 15th June – Wildlife and Birds of Poland by Richard Bashford.

Thursday 20th July – Beeston Common – Its Management and Biodiversity by Francis Farrow

## WIVES PLUS ALL

On Thursday 11th May at their evening meeting, Wives Plus All were visited by Jenny, the owner of "Tofurei Vegan Cafe" which is situated in St. Gregory's Alley in Norwich.

Seven years ago, Jenny whose diet is Vegan, thought that as no one in the UK produced tofu as it was made in China and Germany, maybe she could start a business with the aim of making a difference in creating delicious Vegan servings of tofu in snacks and other dishes. Her business therefore began with a small cafe in Pottergate, Norwich where her staff served tofu, cakes and coffee during daytime and also made tofu at night. As time went by it became difficult to keep up with customer demand so the production side of her business moved to Lenwade. Jenny was then able to



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**NORTH ELMHAM  
NORFOLK**



luckily contact a Taiwanese Tofu Master who came over to the factory in Lenwade to teach her and the staff how to make tofu from locally grown soya beans. It is now from Lenwade where the City Cafe is stocked to feed customers, and wholesales are made. Although tofu appears to have a bad name, Jenny feels that Tofurei's tofu is a cut above the rest because it's handmade and fresh.

In January this year as part of their BBC show the Hairy Bikers Dave Myers's and Si King travelled to the production unit at Lenwade to learn about tofu and how tasty it can be and when trying Tofurei's soysage rolls, pasties and cheesecake they were surprised how delicious these are. They then created their own tofu dish for their BBC Show and since Tofurei Vegan Cafe was featured on the show, Jenny's business has been booming.

Jenny brought delicious chocolate and also a Turkish delight tofu cheesecakes for members to sample and of course they were delicious. Thanks go to Jenny for giving an inspirational interesting talk on her soya bean tofu production and the Tofurei Vegan Cafe.

*Ann Ferris  
on behalf of Wives Plus All*

**PLEASE NOTE THE CHANGE OF DAY  
OF THE WIVES PLUS ALL  
JUNE MEETING**

THURSDAY 8th June  
Memorial Hall, North Elmham  
at 7.00 pm

Jane Rose-Land will give an illustrated  
talk on "supporting health and  
wellbeing throughout life with a tasty  
& wonderful diet"

Including tasters and recipes

There will also be refreshments  
available and also a raffle  
so please come along

## OUR WONDERFUL NHS

A very sincere 'thank you' to Dr Brun at the surgery and the A & E department at the Norfolk and Norwich Hospital.

I was feeling strange on Monday morning as I tried to walk, crashing into doors and walls, and then was sick three times during the next the afternoon. I was thinking this was some kind of bug and I would feel better the next day.

The next day it wasn't any better so thought I'd try and get an appointment with a doctor at the Surgery. I was fortunate and got an appointment for 4.30 that afternoon with Dr Brun.

She was courteous and kind. I thought to myself 'Why is she making me do all these movements?'...then she said, 'I think you should go to A and E, I think you have had a stroke! I didn't realise what she was saying, so I said' Right I'll go in the morning'. 'No' she said, 'go now!' Crumbs I thought, am I going to die very soon? Dr Brun said' Take this with you,(a piece of paper) and tell them when you get there what I have said, and you will be seen quickly. They will prioritise you and you will be fast tracked.'

It was 5.30pm when my son and I arrived at A and E, and it was quite busy. Now I can't remember the sequence of events which happened to me, but I remember having a scan, loads of blood tests and other tests which I have forgotten what they were for! Then I had the bombshell. I was told I had recently had a small stroke but had also had one in the past! I knew nothing about these two, strokes aren't what you think about when you are unwell.

But what I do remember was the way I was treated. All the staff were so polite and caring ,helpful and kind. As I was still wobbly on my feet, there was always someone with a steadying arm and encouraging remarks.

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The waiting room by 7pm was full as was the corridor outside so one of the nurses called out for escorts to leave their seats for new patients and wait near the side of the room. I expected half of the people where I was sitting with my son, would stand up. Only one did....my son. The rest continued to sit where they were!

All the way through these procedures everything was explained in detail, and I was reassured often. I was given medication to take home and had the choice of another scan later that evening or I could come back another day which was what I said I would do, as it was almost 9.30pm by then.

The next morning at 9.00am I had a phone call from a nurse who said she and a colleague would come to talk about mobility issues I might have.

Thank God for the NHS.

*Janet Woodhouse*

## ST MARY'S CHURCH

I do hope everyone enjoyed the Coronation weekend and was able to make the most of the extra Bank Holiday!

Much has been written and said about the Coronation Service at Westminster Abbey and I imagine we'll be talking about that day and the whole weekend for some time to come.

One thing that particularly struck me about the Service was that the very first words were spoken by a child, Samuel Strachan (Child of His Majesty's Chapel Royal). Samuel said:

"Your Majesty, as children of the kingdom of God we welcome you in the name of the King of kings."

To which King Charles replied:

"In his name and after his example I come not to be served but to serve."

The King went on to make a number of oaths and promises, not least to maintain the Laws of God and the true profession of the Gospel – as a faithful Protestant. But I want to dwell on the servant nature of his kingship.

We know that, as Prince of Wales, King Charles was tireless in his charitable work; he founded The Prince's Trust in 1976 to help vulnerable young people get their lives on track; he has pioneered apprenticeship schemes, giving people skills that will last their whole lives. I'm sure I am just scratching the surface here, but I have no doubt that King Charles will continue to use his privilege and position in service to God and his people, with Queen Camilla at his side.

To those of us who are involved in the ministry of the Church, we are reminded that all ministry is centred on the needs of those to whom we minister. We try to follow Jesus' example and, in so doing, lead people gently into his love and fellowship, which lasts for a life-time and beyond.

Yours, in Christ,

*Revd Sally*

## WORTHING NEWS

Before we close the month of May which saw some wonderful Coronation celebrations across our villages, in particular, Worthing's Bank Holiday Monday was quite buzzing! Being able to welcome over 75 adults and children to drop into St Margaret's and partake in our Annual Cream Tea Afternoon was stupendous.

Fortunately the rain stayed off for just the right amount of time and the sun came out for a while to allow our visitors to tuck into some scrummy cakes baked locally and also have some fun with our bumper raffle and win prizes.

Your generous donations for which we are so thankful, a total of £412 was raised and this will be put to excellent use adding to the Church Building Appeal for replacement heaters. We have a long way to go, but your continued support and that of our volunteers who help organise such events, is vital, a HUGE thank you to everyone that came and supported us.

### **No Mow May**

These past couple of years we have all been encouraged to hold off mowing our grassed areas to not only encourage the flowers to bloom but also to help our bees, butterflies and other pollinators take full advantage of the natural food on offer.

So hopefully, you have all taken a rest from cutting your lawns, and maybe taken the time to visit our wonderful church yard adorned with an abundance of flora seen mingling around and amongst the headstones of our departed loved ones.

Although, very soon we shall need to cut and maintain our church yard to respect those that lay to rest but also for safe access when taking a walk round.

We hope you are able to make a return visit soon and enjoy the peace and tranquil setting of our Church.

### **Services**

Our normal Sunday Services for June fall on the 11th Holy Communion Service and 25th Iona Service both starting at 10.30am followed by refreshments and a chat with the locals. We hope you are able to join us

## **MORE 2 LIFE CHRISTIAN FELLOWSHIP**

It has distressed me to see the level of violence in our local high schools recently. What has shocked me more is to see that some adults condone the beating up of pupils by their peers, with the added touch

of filming it as some kind of trophy to post on social media - creating 'entertainment' out of someone else's suffering.

Some of the comments by adults have been that they should be left to carry on beating someone up because that is 'life'. I was astonished by this comment. Violence only breeds violence. We can only look around the world to see that.

In scripture, we are told of many incidents of violence which escalates into greater violence. For Jacob, for example, it started with relatively petty incidents, but it grows through his children into full blown physical attacks and the deaths of a whole people. (Gen. 34).

There is an antidote to violence. We can choose a different path. We don't have to condone or partake in such behaviour. Jesus teaches a different way. Not a way of being a doormat, but teaching strength through love, grace, and mercy.

For those affected by these attacks, Jesus truly understands your pain. He too experienced humiliation and physical abuse at the hands of His contemporaries, being publicly beaten, falsely accused, and publicly executed in one of the most barbaric ways possible on the cross.

But thank God, He did not stay dead. There is hope. He is alive forever more. You can come to Him as one who 'gets it'. For the perpetrators, those directly or passively involved, you have a choice. You can choose a different path. Jesus can help you with that also.

If you would like us to introduce you to Him, get in touch:

Services are held weekly at 10.30am in homes - all are welcome!

For more details please call 01328 701830  
Email: revree7@gmail.com or follow us on Facebook at more2lifeNE

*Pastor Anne-Marie Fewell*

## Heart of Norfolk Group Services for June

### 4th June – Trinity Sunday

9.30 am	Wood Norton	Morning Praise
10.30 am	Bawdeswell*	Holy Communion
10.30 am	North Elmham	Holy Communion
10.30 am	Stibbard	Holy Communion

### 11th June – Barnabas the Apostle

10.30 am	Bawdeswell*	The 10.30
10.30 am	Foulsham	Holy Communion
10.30 am	Stibbard	Morning Praise
10.30 am	Worthing	Holy Communion

### 18th June – 2nd Sunday after Trinity

10.30 am	Bawdeswell*	Word & Praise
10.30 am	North Elmham	Holy Communion (Iona)
10.30 am	Wood Norton	Holy Communion
4.00pm	Foulsham	Sung Evensong (Book of Common Prayer)

### 25th June – 3rd Sunday after Trinity

9.00 am	Guist	Holy Communion
10.30 am	Bawdeswell*	Word & Praise
10.30 am	Foulsham	Holy Communion
10.30 am	North Elmham	Morning Praise
10.30 am	Worthing	Iona Morning Praise

\*Services at Bawdeswell Church are also available on Zoom.

[www.heartofnorfolkchurches.org.uk](http://www.heartofnorfolkchurches.org.uk)



# ADVERTISERS INDEX

## Children

North Elmham Childminders .....	42
Scribbles Pre-school .....	6

## Eating Out/Eating In

Kings Head Hotel .....	30-31
Willie Weston (Fishmonger) .....	4

## Financial Services & Solicitors

Butcher Andrews Solicitors .....	46
Elmham Financial (Financial Planning) .....	50
Morphry Thyme (Bookkeeping & Accountants) ...	18

## Fitness, Health & Beauty

Alison Watson (Beauty & Podiatry) .....	4
Bloomfield Clinic (Podiatry & Physiotherapy) .....	18
Cameron Reid (Osteopathy) .....	36
Creative Chiropractic .....	32
Joanne Medler (Hypnotherapy) .....	48
Lou Goldsmith (Counselling) .....	38
Michael Cummings (Podiatry) .....	20
Park Physiotherapy .....	36
Pilates Norfolk .....	40
Tim at FG Personal Training .....	34
Tina Barnes (Podiatry) .....	48

## For The Home & Garden

Aquanique Plumbing .....	38
Ant's Carpets .....	42
Assured Boiler Care .....	48
DKC Plumbing & Oil Boiler Specialists .....	50
D Thompson Chimneys (Chimney Sweep) .....	32
Extra Pair of Hands (DIY/Garden/Decorating) .....	22
Firing Squad (Woodburners) .....	8
Garolla (Garage Doors) .....	2
Garrod Partnership (Building) .....	20
Greensleeves (Lawn Care) .....	22
Habify (Doors/Windows/Roof Replacements) .....	28
Help at Hand (Garden Maint) .....	48
Jaggard Sweeps (Chimney Sweep) .....	50
Jester Stained Glass .....	36
John Coles (Electrician/Property Maint) .....	8
The Norfolk Sweep (Chimney Sweep) .....	8
Power-Medix (Electrician) .....	36
R P Pest Control .....	2
Ravencroft Tree Services .....	52
Richard Roos (Property Maint) .....	6
S&C Window Repairs .....	4
Tree Work East .....	59
White Pine (Tree Maint/Fencing/Landscaping) .....	50
Worzels Roofing .....	40
Zinka' Help at Home .....	6

## Firewood

Mark Bane (prev MB Logs) .....	52
--------------------------------	----

## Funeral Directors

Fakenham & District Funeral Services .....	10
H Brett & Sons .....	52
Hendry & Sons .....	42
Littleproud & Son .....	34

## Holiday Accommodation

Kings Head Hotel .....	30-31
------------------------	-------

## Pets

Four Paws (Dog Grooming) .....	6
Furry Dogmother's (Dog Grooming) .....	22
Grazing Field (Charlotte) .....	26

## Tuition

Kay Barker Fine Art .....	20
Nick Long (Driving) .....	20
Peter Wild (Music) .....	42

## Vehicle Maintenance

Door Step Tyre Fitting .....	2
Norwich Road Garage .....	10
North Elmham Service Station .....	59 & 60

## Venue Hire

Eastgate Centre .....	52
Elmham Memorial Hall .....	40

## Other

Broadland Lifting Services .....	52
Chilterns Sales & Lettings (Estate Agents) .....	24
Clan Press .....	59
Computers@Home .....	4
Gressenhall Museum of Norfolk Life .....	26
Fakenham Prepress .....	22

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## This Month's Photo Contributors

Our thanks go to everyone below who submitted and gave permission for the images included this month.

COVER: Sarah Felton,  
PAGE 13: Mike Wyatt (April 2018 Elmham News)  
PAGE 16 & 17: Sarah Felton  
PAGE 21: Sharon Moore  
PAGES 33, 35 & 37: Dave Appleton  
PAGE 41: Janet Woodhouse  
PAGE 44: Norma Virgoe

**Chair:** Jennie Borgnis  
**Vice Chair:** Martin Phillips  
**Clerk:** Kevin J Webb  
01328 855046  
northelmhampc@hotmail.co.uk

**Group Leader** ✓  
**Group Member** ●

Meetings are normally held on the first Wednesday of the month and take place in the Pavilion, commencing at 7.30pm. 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 email the Editors (see front of magazine for contact details) and let us know, we are always on the lookout for new contributors.

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## Other Useful Contacts

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**111 online: [111.nhs.uk](http://111.nhs.uk)**

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Norfolk County Councillor	Bill Borrett	01362 860200
Member of Parliament	<a href="mailto:george.freeman.mp@parliament.uk">george.freeman.mp@parliament.uk</a>	01953 600617
North Elmham VC School	Ms Victoria McConnell, Head Teacher	01362 668318
Chairman of School Governors	Robert Plant <a href="mailto:chairofgov@northelmham.norfolk.sch.uk">chairofgov@northelmham.norfolk.sch.uk</a>	
Memorial Institute	Bookings: Ann Ferris <a href="mailto:p.ferris84@yahoo.com">p.ferris84@yahoo.com</a>	01362 668580
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Eastgate Centre	Heather Caley	01362 668245
Breckland Dog Warden	Confidential message or texts 07771 617417	01362 858500
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Community Website	<a href="http://www.elmham.org.uk">www.elmham.org.uk</a>	

Dereham Library, 59, High Street, Dereham, NR19 1DZ - 01362 693184

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Citizens Advice Bureau	<a href="http://www.ncab.org.uk">www.ncab.org.uk</a>	0800 144 8848

## Clergy - All telephone numbers local code (01362)

Church of England	Reverend Sally Kimmis	<a href="mailto:heartofnorfolkrector@gmail.com">heartofnorfolkrector@gmail.com</a>	668850
Roman Catholic	Father Jay T Magpuyo	35 London Rd, Dereham	694066
Methodist	Rev Betty Trinder	31 Trinity Close, Dereham	695582
Salvation Army	Major Diana Bennetts	<a href="mailto:dereham@salvationarmy.org.uk">dereham@salvationarmy.org.uk</a>	696341
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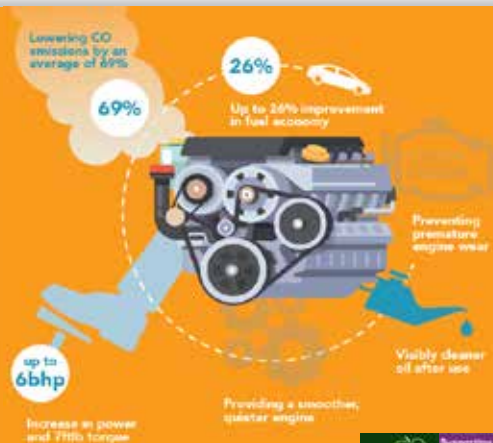
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