

Elmham News

JULY 2023

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EDITORIAL

We hope those of you who came to the Garden Fete and Dog Show at Elmham House enjoy looking at the photos showing everyone enjoying themselves in the sunshine. A truly old fashioned afternoon in the country.

Take a look at the Quiz about Elmham, hopefully it will stir some memories for long term villagers and introduce a few new things for newcomers. With the influx of new homes all around, perhaps we can introduce interesting facts about their new home.

We were appalled to read in the Parish Council minutes about the continuing vandalism of the storm shelter on the Jubilee Green. Thankfully, a parish councillor, Mr Gee stepped in to sort it out. It took a long time and lots of hard work from the Playing Field Committee to raise the enormous sum of money to fund the project. It makes you wonder why we bothered!

Another reminder about Elmham's Annual Gardening Show on August 5th which is not just for members but for anyone who fancies entering, just for the fun of it. Please read the Gardening Club offering for more details on how to obtain a schedule – it's not too late.

Our thanks for a donation from Anon Station Road. We are always grateful for any donation, of any amount so that we can go on producing our magazine.

Have a good July and we hope the weather stays good (fingers crossed).

FOUND

An address book has been left in Elmham Post Office (early May) with a picture of Loch Lomond on the front. Marion has tried to trace the owner but without success.

If you know of someone who may be the owner or who knows the owner, please contact the Post Office.

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

Volume 46, No 6, July 2023

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GARDENING CLUB

In May, we welcomed Sarah Hammond from English Peonies at Knapton near North Walsham, to talk to us about her business and to give advice on the growing of peonies. She had taken over the growing of them from her mother in law, so served an apprenticeship with her. She supplies peonies for weddings, and special occasions and ships them all over the UK as well as selling them locally.

She was devastated to tell us that she had been unable to bring us any peonies as the inclement weather meant they were not ready to pick! The buds need to feel like marshmallow before being picked, so that they will open.

Peonies have a long history and Kew recorded them in 1789 but they were used for medicinal purposes around 200BC.

Today, as well as making beautiful floral decorations, Sarah sells her white ones to a factory in the North West of England where it is put into gin to make a floral gin.

Sarah chose Dawn's offering of a rose called "Eyes For You" (pictured above), as our Flower of the Month.

In June, we will have visited Peter Beales Roses for tea and a tour through their lovely rose beds.

In July we are visiting Tudor Lodging at Castle Acre for a tour and tea! Please travel with friends but be there for a 6.30 pm start.

May we remind you that the Annual Garden Show is on Saturday 5th August. Schedules are available from Ann Keeble 668 216 or can be downloaded from the Community Website www.elmham.org you can find it under the Elmham News link.

Meg White



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FRUIT PICKING

If you lived here in Elmham from the summers of the early 1950's up to the late 1960's, you would have known where to go to earn a few extra shillings to supplement the family finances for school uniforms, or shoes for school in September. If you were a mum at home, with a bike, you could take your pick of where to go! You would have known what fruit was ripe first and where was the best 'well paying' farm to cycle to.

Out would come the Thermos flask and battered tin for sandwiches, pump up the tyres and off you would go.

Here in the village, there was always the blackcurrant season from June onwards, at Air Vice Marshall Don's estate. The field of currants stretched from the side of the wood near the present footpath, across to the new line of trees today (actually, the footpath in the 50's and 60's went through the wood in a wavy line, the present footpath was made much later).

Everyone had lightweight baskets to fill – sorry can't remember the weight you were supposed to put into the basket. When weighed if you were overweight some of the currants would be taken out and given back to you in an empty basket as a starter for the next one. All the pickers had to be finished by 4pm as the lorry came to transport the currants to Tunstead. I believe they went to a Ribena factory somewhere near Great Yarmouth.

Later on, the estate grew blackberries for a number of seasons instead of blackcurrants. When Mr Robin Don took over the running of the estate after the death of his father, being a Master of Wine, he had a Vineyard planted opposite the dovecote and also in front of the church.

If you didn't mind a bike ride, Gorgate Hall also had blackcurrants, later to be picked by machine, but in the 50's/60's it was all done by hand. I can also remember sometime in the 1950's as a young teenager biking there to pick French beans,

a back breaking job as you had to bend over all the time you were picking them.

Whilst at Billingford, the Parfitt family had strawberries to be picked. Fine, if not too squishy, then you had the straw which was around the plants to wipe your hands on and clean them. Wherever you might be picking soft fruit, if the fruit was handled too much or squeezed you were always told in no uncertain terms not to do it again!!

If you fancied biking to Bintree, the Howard family had gooseberries earlier in the season... gooseberry bushes are cruel, and will grab you if you are not careful and rip you to shreds!

If you were a regular summer picker of soft fruit and you suddenly get a whiff of strawberries or blackcurrants you are immediately taken back to those fruit fields and a different era all together.

Most of the workforces were women, the only time they were working whilst being mum at home. They all worked very hard, were wonderful workers – but if you quietly walked down the rows the gossip was wonderful. As a child you learned alot... most of which you couldn't understand!!

A youngster in the 50's.

BRISLEY AND NORTH ELMHAM CRICKET CLUB

The season got into full swing over the last month as the Social team played their first two Friday evening fixtures as always with a good crowd watching the cricket and enjoying the BBQ. A loss to an Adie Greef XI was followed by a victory over Dereham Hockey Club XI both by similar margins. The Ladies team completed their well -attended midweek coaching sessions lead by Norfolk's Steve Goldsmith and were due to play their first League game on June 16th.

Meanwhile the Saturday team has now climbed to the top of Division 2 West, leading by 16 points despite having one



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game abandoned when in a winning situation. They have proceeded by default into Round 2 of the T20 Competition where they were due to host top Division 1 side Saham Toney.

May 20 v Swaffham 2 (A) League
B&NE 356-4 Swaffham 106. B&NE won by 250 runs

With Callum Futter leading the Saturday team for the first time, his decision to bat first paid off as the B&NE batters demolished the bowling attack, Ollie Jaggard leading the way with 124 ably supported by opener Josh Hall (80) and a very swift 85 from Abdul Ali. With Sinclair and Ali removing the first 5 home batsmen for just 9 runs, the home side did show resilience in reaching a hundred, but B&NE maintained their unbeaten start to the season.

Premier Seeds MoM Ollie Jaggard for his 124 including 7 fours and 6 sixes.

May 27 v Drayton (H) League
B&NE 199-7 Drayton 163 B&NE won by 36 runs

The visitors' bowling attack proved potent early on and B&NE were reduced to 56-6 before a game-changing stand of 143 between Ollie Hall and Billy Fordham (71no), Hall falling for 80 off the final ball as the home side just missed out on a 5th batting point. That man Fordham then destroyed the Drayton middle order and Ali (3-13) mopped up the tail. Still unbeaten.

Premier seeds MoM Billy Fordham for his unbeaten 71 and 4-24.

June 3 v Fakenham B (A) League
Fakenham B 185 B&NE 186-5. Won by 5 wickets.

2 wickets each for Ali, Sinclair, Futter and Fordham plus 2 run-outs as Fakenham set a challenging target. A patient start by the openers then accelerated as Ollie Jaggard (57) joined Josh Hall (70) to take the visitors to within 13 runs of victory with only 1 wicket down. A brief wobble did not prevent B&NE from maintaining their unbeaten record with 5 overs to spare.

Premier Seeds MoM Josh Hall for his 70 runs.

June 10 v Hockwold (H) League
B&NE 150 Hockwold 53 B&NE won by 97 runs

Another solid start from the B&NE openers was followed by a mini collapse to 55-5 before Futter (35) and Fordham (25) steadied the ship and the home side stuttered to what seemed an under par score which was quickly put into context as the visitors subsided first to 27-6 and then to 53 all out, one batsman on his own contributing half the runs.

Premier Seeds MoM Callum Futter for his 35 runs and 5-35

Mark Ballman Chair



The poster features a light blue border. At the top left, there are three triangular bunting flags: a red one with white polka dots, a pink and white striped one, and a yellow one with black wavy lines. The title 'Summer Pimm's & Music Afternoon' is written in a red, cursive-style font. Below the title, the text 'Come and join us on Sunday 27th August from 2pm-5pm in the Memorial Hall garden and you will be served with a delicious afternoon tea with cake and a chilled glass of Pimm's.' is in a simple black font. Underneath, it says 'Music will be provided by the amazing 'Peddar's Way' - a collective mix of music for you to sit back and enjoy!'. The ticket information '£5 a ticket (12's and under are free with a ticketed adult).' follows. 'Families welcome.' is written next. Ticket availability is listed as 'Tickets available from Colin Smith 668585 and Theresa Gower 668589.' The final line states 'All proceeds to go to the Memorial Hall'. On the right side, there is a detailed illustration of a glass jar of Pimm's drink, filled with pink liquid, ice cubes, and strawberries, with a red and white striped straw sticking out of the top.

**Summer Pimm's
& Music Afternoon**

Come and join us on Sunday 27th August from 2pm-5pm in the Memorial Hall garden and you will be served with a delicious afternoon tea with cake and a chilled glass of Pimm's.

Music will be provided by the amazing 'Peddar's Way' - a collective mix of music for you to sit back and enjoy!

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GERALD SHANTON MARSH

2 MAY 1930 – 22 APRIL 2023

Gerald was born here in North Elmham to Daisy May and Robert Marsh where they lived on the High Street. He had two older brothers, Kenneth and Raymond. He attended the local school and then went on to Crown Road in Dereham, leaving school at 14 to take up an apprenticeship in the building trade with Potter Bros of Dereham.

In October 1950 he joined The Royal Army Service Corps. George VI was still King when he left on HMT Empire Windrush for service in the Middle East. He served as a Baker 2nd Class for the duration of his National Service.

He often told us of the story of when he went up on deck to a small area they used for R&R between shifts and forgot to use any suncream. Returning below deck some hours later, his colleagues laughed so much as he was like a lobster. He returned home on HMT Empire Ken by which time Queen Elizabeth II was on the throne. He was discharged from the Army on 24 October 1952 and resumed work for Potters. As small children, we can remember him being picked up and dropped off in the evening by their red van.

Dad joined the Royal British Legion in 1948 and he was the Group 6 Standard Bearer for about 64 years. He had the same pair of shoes that he used only on parade and they had to shine!! On many occasions, for about 10 years I was honoured to carry the Women's Section Standard alongside my Dad. We always had a little competition to see who had the shiniest shoes, and I am sorry to say Dad, that on many occasions, it was me! The one occasion that stands out for me was when we both carried the Standards in the service that is held at the Menin Gate in Ypres each evening. That was a very proud day for us both. He was a much respected member of the



Legion and when Dad ended his career carrying the Standard, my brother Andrew followed in his footsteps.

Dad played bowls for as long as I can remember. He loved getting out on the Green and playing with his buddies.

Andrew proudly remembers playing with him in a Pairs Competition at Blakeney which they won.

He was very well known for playing the bones and was an accomplished performer, even making it onto YouTube following a performance at an Old Comrades Evening in the Institute. He would take his bones with him and cheekily pretend that he wasn't going

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	Will Swan 07818 786424

to play them, all the while waiting to be asked up on stage where he would give a sterling performance well into his 80's.

He was known to pedal his bicycle down Church Hill very fast, as he was sure he could make the 30 mph sign flash. Sadly, he never made it although it wasn't for the lack of trying, knowing Dad.

As soon as Spring arrived, Dad would be seen around the village in his shorts, surgical stockings and sandals. Since his passing, many people have said they will miss that sight!

Over many years, my dad belonged to the Royal British Legion and Elmham Institute Bowls Club, where he was also groundsman for many years.

He mowed the grass in the Cathedral Ruins. He was a Church Warden and caretaker of the Memorial Institute. He belonged to the Photographic Club and the Horticultural Club. At the Annual Flower Festivals he could be seen directing traffic in his fluorescent jacket.

He played snooker in the Memorial Hall on a Friday with his pals. My son, Matthew

fondly remembers going with grandad and playing along with him and his friends. He was known for treading the boards when the Elmham Players were in existence.

He must hold the title of Elmham's Oldest Paperboy as he used to deliver papers for Pam and Steve who owned the village shop, until he was about 82.

For many years he had a allotment on Dereham Road and he spent many happy hours tending his fruit and veg. I remember abundances of gooseberries and rhubarb. I am pretty certain that over the years, most of the allotment holders had a piece of his lovely rhubarb plant. He always took part in the Horticultural Annual Show, whether it was carrots or onions, he didn't mind if he didn't win, it was the taking part that mattered to him.

These are just some jottings about a life well lived, we will miss him. If anyone has any photos of Gerald that I can copy, please contact Carole on 07725 751612 or thewestburys@yahoo.co.uk.

Carole Westbury

HONEY

It's the time of the year when the bee keeper will start extracting honey from his/her hives. The honey in the hive is in a section called a "super". In the supers are frames of flat sheets of wax. The bees draw out their tiny cells from this base. These are tilted at 15 degrees to the horizontal to hold the honey. When these cells are filled the bees cap the cells with a layer of wax. However, they will not cap the cells until the moisture content in the honey is below 20% as honey with a higher moisture content will not keep and will ferment. This is why the beekeeper will only remove fully or almost fully capped frames from the hive. Fermented honey was used by monks in the Middle Ages to

produce mead. Mead and ales were safer to drink than water!!

The beekeeper removes the frames and has to de-cap all the frames before putting them in a centrifugal drum to spin out the honey. It is then filtered and put into jars. This is then termed "Raw Honey". All honey will granulate over time. It is dependent on the food source the bees are feeding on. Oil seed rape honey granulates quite quickly due to the glucose content of the pollen. In large scale honey production, the honey is pasteurised, and heat treated to keep it in a liquid state.

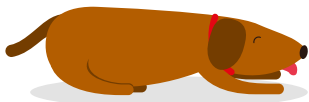
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Heat Stroke In Dogs

Heat Stroke Kills Dogs

Every year our emergency vets treat hundreds of heat stroke cases and, heartbreakingly, some end in tragedy. Many are a result of owners exercising their dogs between 8am and 8pm when temperatures can be at their peak.

Heat-related illnesses are almost always preventable, but it's critical to know when dogs are at risk. Our handy guide shows when it's safe for your dog outside.



OUTDOOR TEMPERATURE

32+°C

Heat stroke is a major risk regardless of condition, size or breed.

10/10
Risk rating

28-31°C

Dangerous for all, but life-threatening for larger breeds and puppies as well as dogs who are flat-faced or obese.

9/10
Risk rating

24-27°C

Extreme caution should be taken as most dogs, particularly those who are large, obese, flat-faced and very young, will find these temperatures very uncomfortable.

8/10
Risk rating

20-23°C

Even at this temperature dogs are at risk of getting heat stroke if exercised too rigorously, or suffering from an underlying condition such as obesity or breathing difficulties.

6/10
Risk rating

16-19°C

Generally safe to exercise dogs at all times of day, although keep a close eye on large, obese and flat-faced breeds.

4/10
Risk rating

12-15°C

No evidence of heat stroke risk so enjoy your walk.

1/10
Risk rating

Be prepared this summer.
Save your pet emergency
service number now.
vets-now.com/summer

FOR THE DOG WALKERS OF NORTH ELMHAM

A great pleasure of living in the parish is the abundance of beautiful walks. However, as we are seeing daytime temperatures increase, as does the risk to dogs being walked in the heat.

It has been disheartening to see dogs being walked throughout the day, even when temperatures have been reaching the high 20's. As a vet living in the village, I strongly urge those walking dogs during the heat of the day to please stop immediately; walking early in the morning and in the evening when the heat and tarmac is cooler is important to ensure you do not unnecessarily expose your dog to the risk of heat stroke (a condition, every year, vets see dogs die because of) and painful burning blisters on the pads suffered from contact with the hot tarmac.

No dog ever died from missing a walk, but many, every year, die from being walked in the heat. PLEASE think before grabbing that lead.

Ed's Note: We found this handy poster (opposite) on the internet to refer to when the temperature gauge starts to rise.

COUNTRYSIDERS

NORFOLK YOUNG FARMERS NEED YOUR HELP!

Our Countrysider's clubs are back up and running! Our 10 senior clubs are thriving and we have successfully reopened 3 of our Countrysider's Clubs. North Elmham, Harleston and Wymondham all have very enthusiastic children that are keen to learn about Rural life, Farming and what Young Farmers has to offer being part of the largest rural youth organisation in the country.

Currently at North Elmham we have members ranging from 10–16 years that are all very committed to their Club

and attend County Competitions and meetings held for them. However, we are currently looking to expand our volunteer resource as in previous years to run the Club with support from the County Federation. Members of North Elmham YFC have been helping where they can but obviously, we require continued commitment from outside to make this club the success the members deserve it to be. So, if you know of anyone or you yourself are looking to take on a Leader Role for North Elmham Countrysider's we require 2 leaders, and any helpers would also be very much appreciated but parents have been great in offering help when needed.

The Club meet every other Monday (excluding bank holidays and school holidays) and the meetings are mainly held at the Memorial Hall, North Elmham where we will host talks, prepare for competitions, or just have fun! We also have Farm Visits which local Farmers who have kindly given their free time to not only talk about what they do, but get the members involved as much as they can while learning. We also have meetings with North Elmham YFC, which is great for the members to see how it's done, and they love asking them lots of questions!!

The roles require 2 and half hours every other week and preparation time. Full support, DBS checks and training are provided by us at the County office, all we require are enthusiasm, commitment, and fun to Lead and help such a great bunch of children on their YFC journey.

Please do contact the County office on 01603 748931 or email office@norfolkyfc.co.uk with any further questions, we look forward to hearing from you.

Norfolk Young Farmers and Countrysiders'

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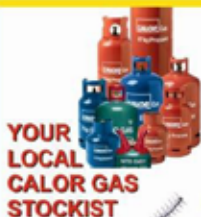


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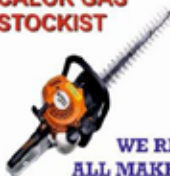
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NORTH ELMHAM GARDEN FETE





THE SUN SHONE AND THE BAND PLAYED ON

The Garden Fete in the grounds of Elmham House is one of the Elmham calendar spectacles and 2023 was no exception. As it was the first to be held since Covid, it was all the more appreciated. The weather was perfect and about 700 adults flocked in, arriving on foot, by car or enjoying the vintage bus ride. Once inside, there were all the usual attractions with plenty of games for adults as well as children. Both the bouncy castle and the jousting were as popular as ever with youngsters, while others tried their skill at beanbag throwing, pétanque, splat the rat, the coconut shy and guessing the contents of the socks on the washing line. The dogs showed off their skills in the show ring, although there were fewer entrants than in the past. The book, plants, and bric-a-brac stalls did a roaring trade. There was plenty to eat and drink with a choice from the BBQ, the Pimm's and beer and refreshment tents, as well as strawberries and ice cream. For those who wanted just to sit and take in the joyful atmosphere, there was a gentle musical accompaniment from Whiskey and Soda. The profits of the day amount to £6,200

with 20% going to community initiatives such as T@2 and the Church Larder which is becoming increasingly important to many families, and 80% to maintaining the fabric of the church. The organisers and the Parochial Church Council are very grateful to our many sponsors and all those who helped in any way to make the day a success.

On a beautiful evening a few days after the Fete, Tom and Jo opened their garden yet again and provided refreshments for the helpers. Tom took the opportunity of announcing that the time had come for Jo and himself to withdraw from the active running of the Fete. They would be happy to open the garden and ensure that the beautiful surroundings that make the Fete so popular would continue to be available, but it was up to a new group to take over the organising and running of the many the aspects of the event. A new (and younger) team is already emerging and anyone else who would like to join the organisers please do get in touch with Susanna (scwmartins@btinternet.com, 01362 668435) and she will ensure that you are kept in the loop when preparations for the next Fete get under way.

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NORTH ELMHAM PARISH COUNCIL ANNUAL MEETING

WEDNESDAY 10TH MAY 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.

Pre-Meeting Business: None

Public Participation: None

Those Councillors Present Were: Mrs. J. Borgnis (Chairman), Mr. M. Phillips, Miss A. Ferris, Mr. T. Fitzalan Howard, Mr. B. Gee, Mr. P. Grainger, Mr. J. Labouchere, Mr. N. Markwell and Mr. C. Smith

Also in Attendance: Mr. K. Webb (Clerk) and Mr. G. Bambridge (District Councillor).

Election of Chair

One nomination as follows:

Mrs. J. Borgnis (nominated by Mr. Labouchere and seconded by Miss Ferris). All in favour.

Election of Vice Chair

One nomination as follows:

Mr. M. Phillips (nominated by Mr. Fitzalan Howard and seconded by Mr. Markwell). All in favour.

Apologies for absence: Mrs. A. Keeble and Mr. M. Rayner

Updated Information and Matters Arising

Land Management Matters

Village Green: The grass has been cut today. A quotation of £3.8K + VAT has been obtained to carry out the necessary work on the trees. Two other quotations are to be obtained. The annual RoSPA inspection is to take place in June. One item possibly requires attention before

the visit. Mr. Phillips will discuss the matter with NGF Play Ltd.

Cathedral Ruins: The cost of a Charles III seat (three seater) is £1,038. Mr. Fitzalan Howard proposed that one be purchased and this was seconded by Mr. Markwell. All in favour.

Broom Green: Mr. Labouchere advised it is planned for the pond to receive attention during the last week in June with, hopefully, the necessary machinery being supplied by Messrs. Goff and Cook.

Bridleway on Disused Railway Line and Other Railway Linked Matters: The footpath and Church Lane bridge are to be temporarily closed to enable the necessary work to be carried out. The permissive signs have been removed and replaced by signs referring to the word "lineside".

Prince William Wood: Mr. Markwell has identified five dead trees which are well hidden.

Church Meadow: Mr. Fitzalan Howard said that the north side of the church is very damp. The original intention was for a trench to be dug which would turn right to the graveyard. After consideration, it is proposed to dig a trench across Church Meadow with a pipe to be taken to the edge of Jubilee Wood where there is a ditch. All were in favour of this course of action.

Highway Matters

The cracked manhole on Holt Road has been reported to Highways.

Pavilion and Playing Field

The kitchen has been subjected to PAT. There have recently been some problems on the Playing Field and, as a result, the police are to monitor the situation. A RoSPA inspection is to be carried out in June.

A communication has been received from the Walking Football Team (Mr. Mullany) who says that the pitch on which they play has been badly affected by bore holes made by rodents. He believes there is a

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high risk of injury through tripping up whilst playing. A request has been made for the Parish Council to examine the area in question. This has been done by the Chairman and Mr. Smith who were unable to locate any holes in the surface. The Clerk will write to Mr. Mullany to arrange a meeting to discuss the matter. Mr. Reeve, Chairman of the Football Club, will also be invited. The Chairman thanked Mr. Smith for all the arrangements and hard work in respect of the Coronation lunch.

Mr. Smith wished to place on record the Parish Council's appreciation for the assistance provided by Power-Medix Electrical Services regarding the installation of the defibrillator and a number of other matters.

Brookside Development Update

A resident has complained that the working on Saturdays has been going past the agreed deadline.

Call for Sites Update: Breckland Council

The Chairman said that a considerable number of forms opposing the "Railway Village" have been delivered to Breckland Council. Both Langham Parish Council and Fulmodeston Parish Council have declared their support for CANT.

Report from County/District Councillor

Mr. Bambridge reported that he had only heard one person speaking in favour of the curiously named "Railway Village". Both he and Mr. Borrett are opposing this proposal on principle and for a number of reasons including the nature of the existing roads and lack of infrastructure. Elsing and Brisley Parish Councils have announced that they are fully supporting the CANT campaign.

Planning Applications and Determinations

Applications

(i) TRE/2023/0120/TCA – need to fell dead cherry tree – Oakridge, 26 Eastgate Street – no objections.

(ii) 3PL/2023/0417/HOU – Field View, Pump Street – erection of orangery on existing side elevation and existing kitchen window to be converted to a door opening into the proposed orangery – no objections.

(iii) 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 – no comments.

Determinations

None

Next Meeting

Wednesday, 7th June 2023 at 7.30 p.m.

KATE WYATT

Dear friends of Kate Wyatt,

With great sadness, I am sorry to let you know that Kate Wyatt, my sister, died after a very short illness on Monday 5th June 2023 at the Queen Elizabeth Hospital, Kings Lynn.

Kate was staying in residential care in Fakenham while her kitchen was being remodelled to make it suitable for independent living in a wheelchair. On Sunday, 4th June, she became unwell and was taken to the QEH, where I visited her that night. I was assured that she suffered no pain. Sadly, she never saw the finished kitchen.

Over the last year, Kate had had various setbacks, not only with her health but also with the loss of her much-loved dog, Charlie.

A Committal will have been held at Breckland Crematorium at 13:00 on Thursday 29th June; later, at 15:00 there was a Service to Celebrate Kate's life at St Mary's North Elmham followed by a gathering at the Kings Head hotel in North Elmham.

John Figgures, Kate's brother



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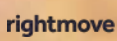


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ELMHAM IN 1826

In 1926, our Vicar, the Rev Ernest Townsend gave a talk to the members of the Elmham W.I, entitled 'A Hundred years ago'. I hope you will bear with me as I am copying a lot of the text from his talk over the next few months here in the News.

This talk was published as a booklet by A.F.Mason, Market Place, East Dereham and all profits were to be given to the North Elmham Churchyard Fund. I have no idea just what the booklet cost to buy or how many were sold.

The Rev Townsend was trying to present the appearance of Parish Life before the Enclosure Act was applied to Elmham (1829). He said 'in order to meet the great problem of finding food for a rapidly increasing population at a time when food from other countries was not imported and when England had practically to support her people – various acts were passed, whereby the large tracts of waste or common lands attached to the villages were enclosed and brought into cultivation.

The Enclosure of the Commons changed the whole appearance of the countryside and caused great dissatisfaction which is not to be wondered at seeing that it deprived the Cottagers of the immemorial privilege of pasture for their cow, donkey, geese etc".

'Let us now imagine ourselves as living in the year 1826. How marked are the changes that have since occurred!

As regard means of locomotion – there were no railways – no pedal bicycles much less motor cycles or motor cars, the waggon, the Pack and Saddle horse and the Mail Coach supplied the means of transit. Many people never left their own village – a trip to Norwich was an affair to be talked about! A visit to the seaside a rare event!! A visit to London an adventure!!!

There was no 1 1/2d. Postage – no Telegram – no daily Newspapers – no Free imports – no Free Education.

There was no machinery employed on the land, everything – sowing, reaping, threshing etc was done by hand.

There were no machine – made clothes or boots, no Tradesmen's carts from outside called with goods, no meat from abroad, no canned foods. Handicrafts and Cottage industries were carried on in each village which, if of considerable size as was ours, was practically a self-supporting community with Trades-men sufficient to supply its needs.

Intermarriage between those of the adjoining or of the same village was inevitable, and hence the marked clanship of the rural districts.'

NORTH ELMHAM PARISH COUNCIL MEETING

WEDNESDAY 7TH JUNE, 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.

Those 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. G. Bambridge (District Councillor) and one parishioner.

Apologies for absence: Mr. M. Phillips

Public Participation

A parishioner felt that there would be a number of advantages arising from planting fruit trees (apples, pears, etc)

in the bottom area of the Village Green. Amongst other things, it would encourage people (especially children) to eat more fruit. Mr. Fitzalan Howard thought this was an excellent idea but was concerned with the prospect of vandalism. The trees would probably require some form of protection. The proposal will be discussed at the next Parish Council meeting.

The increase in speeding vehicles (both residents and contractors) in Cathedral Drive was mentioned. The Chairman recommended that, where speed limits are clearly being broken, contact should be made with the police.

Updated Information and Matters Arising

Land Management Matters

Village Green: Mr. Gee reported that the storm shelter continues to be vandalised with wood ripped out and set fire to, rails removed and graffiti. This has become a weekly event with regular mending required. Mr. Gee proposed taking the

sides and seats out, together with placing a mushroom shaped object in the centre of the shelter. This was seconded by Mr. Grainger. All in favour.

Cathedral Ruins: The Charles III Coronation seat has been ordered. Unfortunately, the suppliers want full payment in advance and will not move from this position. Mr. Labouchere was against this payment method, a view supported by Mr. Grainger. All members were in agreement and the Chairman will make attempts to locate an alternative provider.

Broom Green: Digging in the pond is planned for 26th June.

Millennium Wood (and Jubilee Wood): The area has been well cut. A small tree needs to be cut down. A thinning exercise on Jubilee Wood will probably need to be undertaken next year.

Church Meadow: Mr. Fitzalan Howard said another plan had been put forward in respect of the church's damp problems. It is the intention to bore holes in random



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places but the chances of draining are negligible as the land is solid clay. Costings are being obtained for a pipe in a new trench. Quotations are also to be obtained for improved signs near the Ruins and along Church Lane.

Street Lights

Westcotec has given notice of three months to terminate their involvement with maintenance contracts covering street lights. The effective date will be 1st September, 2023 and, in the meantime, attempts will be made to find an alternative service provider. The Clerk has left a message with K. and M. Lighting Services of St. Ives, Cambridgeshire who already have relationships in this area of the country.

Highway Matters

The cracked manhole on Holt Road has been repaired by Telecoms who have put a temporary cover in place.

Pavilion and Playing Field

At a recent meeting with Mr. Mullany, (North Elmham Walking Football), he confirmed that a split had occurred between North Elmham Football Club and the Walking Football Club. It was acknowledged that CGM are not satisfactorily meeting the terms of the contract and, as a result, the Clerk will contact them with a view to discussing possible termination (breach of clause 13). Mr. Smith mentioned that there was a person in the village prepared to take on the work. It was stressed that the contract should be advertised to give others an opportunity as it was important that best value was obtained. It was agreed by all to pay the first invoice received this year from CGM for £251.50.

Request for funding from North Elmham PCC

North Elmham Parochial Church Council runs a Church (Community) Larder which requires funding in the region of £3.5K per annum. The Parish Council provides an annual grant to the PCC.

There were mixed views on whether it was appropriate for the Parish Council to make a direct contribution to a Food Bank. It was mentioned that there are longstanding village charities that make donations to those in need. Mr. Smith proposed that the annual NEPCC grant should be increased to £1,200 (previously £1,000) and this was seconded by Mr. Grainger. It would be stressed that this sum should be used for the benefit of parishioners. All members were in favour, except Messrs Fitzalan Howard and Labouchere, who abstained having declared an interest as members of NE Parochial Church Council.

Report from County/District Councillor

Mr. Bambridge reported that the main focus recently had been on the Call for Sites. There is to be another meeting with George Freeman M.P. at the Memorial Hall on 23rd June. John Hoskins is to contact all local Parish Councils to make sure they are aware of the meeting. About 2,000 objections have been raised so far in respect of Question 13 and the curiously named "Railway Village". Mr. Bambridge said that, following the recent local elections, he is on the Planning Committee but is no longer in the Cabinet.

Approval for the Annual Governance and Accountability Return

The Clerk presented the Annual Accounts for the year ended 31st March, 2023 which had been circulated to members prior to the meeting. These showed income of £58,948 (£62,095), expenditure of £53,296 (£42,716) and Bank balances of £156,493 (£150,841).

AGAR documentation was presented for consideration, consisting of the Annual Audit Report (completed by Mr. G. Murray), the Annual Governance Statement and the Accounting Statements. Mr. Fitzalan Howard proposed that these be accepted, seconded by Mrs. Keeble, with all in favour. In addition, the Notice of Public Rights will be displayed for thirty working days in June and July



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(ensuring that the period covers the first ten days in July). The aforementioned papers will be displayed on the website accompanied by the Bank Reconciliation Report and the Explanation of Variances. Proposed by Mr. Fitzalan Howard and seconded by Mrs. Keeble. All in favour.

Planning Applications and Determinations

Applications

None

Determinations

i) TRE/2023/0120/TCA – need to fell dead cherry tree – Oakridge, 26 Eastgate Street – no objection.

ii) 3PL/2023/0359/LB – Mr. Philip Hall – Wellesley House, 61 Holt Road – replacement of sealed unit wooden framed window panes and various other repairs – approved.

iii) 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 – refused.

Any Other Matters (for information only)

The Clerk mentioned that he had suffered severe computer problems over the past two weeks or so following an unexpected power cut in the Fakenham area. With specialist help, the difficulties appear to be in the process of being overcome.

Agenda items for next meeting

Fruit trees

Next Meeting

Wednesday, 5th July 2023 at 7.30 p.m.

DATES TO REMEMBER: JULY

Sat 1st	MidNorfolk Singers	St Mary's North Elmham	7.30 pm
Tue 4th	Knit and Natter	Pavilion	2.00 pm
Wed 5th	Parish Council Meeting	Pavilion	7.30 pm
Wed 12th	Tea at Two	Memorial Hall	2.00 pm
Thu 13th	Wives + All	Visit Dale Farm	Arrive for 6.30 pm
Wed 19th	Sewing for Pleasure Mobile Library	Tumbleweed Eastgate St The Heath to Orchard Close	2.00 pm 2.30–5.20 pm
Fri 21st	End of term		
Sat 22nd	Music for a summer afternoon	St Mary's Church	2.00 pm
Thu 27th	Gardening Club Visit	Tudor Lodge Castle Acre	Be there for 6.30 pm
ADVANCE NOTICE FOR AUGUST			
Sat 5th	Annual Gardening Show	Memorial Hall	Viewing 2.00 pm Auction 3.30 pm
Sat 5th	Picnic at Bintree Mill	Need to book	Jenny 668224

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NORTH ELMHAM WILDLIFE

When is a fly not a fly? The word “fly” has a very specific meaning – it means any insect that belongs to the order Diptera. Insects are divided into several groups, known as orders, and one of those orders is Diptera, the flies. If an insect isn’t in Diptera, then whether it’s got fly in its name or not, it’s not really a fly. One of the defining characteristics of Diptera is that they only have one pair of wings – most other orders of insect have two pairs of wings (although the hindwings can be hidden or very small). This month I’m going to talk about some groups of insects whose names suggest they should be flies but they aren’t flies.

There are over 7,000 different species of fly in the UK. By contrast, the order Rhaphidioptera, or snakeflies, has just four British species. They all have an unusually elongated neck which gives the group their name but they’re really hard to find as they spend most of their time in the tree canopy. Occasionally, especially on windy days, you might be lucky enough to find one at lower levels but until recently I had not been so fortunate. They’ve been right at the top of my “most wanted” list and one breezy day recently I went out specifically searching for one, and to my great delight I managed to find one. Just four days later I was out again, this time not in the parish but not far away, and I found a second! They were both the same species, *Xanthostigma xanthostigma* (photo 1). Snakefly species don’t have widely-accepted English names though the author of one recently-published insect book has made some up – he calls this species Small Snakefly. It’s not actually all that small by insect standards but is the smallest of the four British snakeflies.

Another tiny order with just four species is Mecoptera, three of which are the scorpionflies. Two of these are common



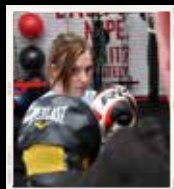
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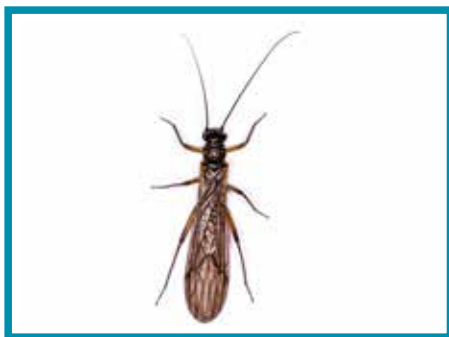
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around North Elmham including *Panorpa communis* which the same author mentioned above calls Common Scorpionfly (photo 2).

There are just three species of alderfly (Megaloptera) in the UK and you're only likely to find one of those, *Sialis lutaria* (or Common Alderfly) in North Elmham (photo 3). They're often seen in spring and early summer, usually close to water. I regularly find them along the railway footpath where it runs alongside a dyke.

Lacewings are a much smaller order compared to flies, but big enough to be split into several families. Of these two are 'flies that aren't flies' – the waxflies and the spongeflies. Spongeflies are small dark brown lacewings. Like alderflies these are usually found near water and there is only one species that you're likely to find in North Elmham, *Sisyra nigra* or Common Spongefly (photo 4). Waxflies don't really look anything like other lacewings being really tiny and covered in white powdery scales. One species I find regularly, often in numbers, is *Coniopteryx tineiformis* (photo 5). They're easy to recognise as waxflies but you need a microscope to tell the different species of waxfly apart from one another. Apart from me there's no-one else in Norfolk routinely identifying waxflies, so this means that North Elmham has far more records than anywhere else in the county, including three species that have never been identified anywhere else in Norfolk at all.

One of my favourite groups of insects are mayflies, delicate insects with two or three long tails. Hundreds can emerge all at the same time on a warm spring or summer day but they don't survive as adults for very long. Some species don't even last a whole night and after a particularly big emergence their dead bodies in the morning can cover the surface of water. Such a die-off might sound awful but this is a natural part of their life-cycle – they emerge as adults, moult almost



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straight away, mate, lay eggs and die, all in a matter of hours. That's how they're designed – they don't feed as adults because they don't need to. One of the common species is Pond Olive (photo 6).

Another group of flies that aren't flies is the stoneflies. These very elongate insects are usually found close to water. Norfolk isn't the best county for stoneflies as many of them like fast-running rocky rivers and streams but there are a handful of lowland species that live here. I've only found two of them in North Elmham so far including *Nemoura dubitans* (it hasn't got an English name yet) (photo 7).

Caddisflies are elongate brown or blackish insects that can be confused with moths but they're covered in hairs not scales. I've found about 75-80 species in North Elmham so far. Some are tiny (the "micro caddisflies" like *Ithytrichia lamellaris*, photo 8) are 3-4 mm long whereas others (like *Phryganea grandis*, photo 9) are quite big with wingspans of up to about 6 cm. Most caddisflies don't have English names.

Whiteflies are tiny white insects which are in the same group of insects as aphids (some of which are sometimes called greenflies or blackflies). They're in the same order as bugs and leafhoppers among other things. There isn't much information available about how to identify the different species, or even which ones occur in the UK, but I think the one in photo 10 is probably one called Honeysuckle Whitefly. This one was in Bintree Wood, but most of the whiteflies I see are on kale that my wife brings home from the allotment.

Barkflies are another group of poorly-recorded species. They are in the same order as lice (including headlice) but most of them are winged and look quite different from the lice that make our scalps itch. One attractive species that is very common in North Elmham is *Graphopsocus cruciatus* (photo 11), recently dubbed "Blotched Barklouse".





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The order Hymenoptera includes bees, wasps, ants and, more relevant for this piece, sawflies. Hymenoptera is probably the biggest and most diverse group of animals in the world, though based on the species known to science that position is topped by beetles with a whopping 400,000 different species described – a quarter of all known animal species on the planet. Sawflies are pretty diverse, some being confusable with wasps (but never with a narrow waist) and others looking more like flies. The first sawfly I photographed was at Bawdeswell Heath in 2014 (photo 12) and I didn't identify it until recently when I was going through my sawfly records for a friend who was doing a review of the status and distribution of all the sawflies in the UK. It was a species called *Arge metallica*, known in the literature as Irish – not British. My friend has now unearthed five old British records but none since 1927. Mine was, in his words, as "rare as rocking horse poops". There are some very similar species that you're more likely to find in North Elmham.

I can think of three more types of "flies that aren't flies", but I don't think anyone would confuse these with true flies: dragonflies, damselflies (which are dainty dragonflies) and of course butterflies.

Do get in touch if you have seen any wildlife in North Elmham – I enjoy hearing your news. This month Janice got in touch about a Sparrowhawk in her garden which reminded me of one that I saw in my garden recently (photo 13). Even better, George and Ann Keeble saw a bird on their garden feeder that turned out to be a Serin. Similar to Siskin, Serin is a small yellow finch that is very common in southern Europe but is a rare visitor to the UK. One or two get seen in Norfolk most years, but usually at the coast so finding one in North Elmham is amazing! Thankfully George got a photo (photo 14) which nicely documents this rare migrant. It was only seen very briefly – I



wonder if it visited anyone else's garden? Let me know if you saw it, or if you have anything interesting to share (email appleton.dave@googlemail.com, phone 668431 or message me via Twitter at @ElmhamMeadows).

Dave Appleton

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KNIT AND NATTER

I guess, as in many of the articles in this edition of the magazine, we are pleased to report, that our Knit and Natter participation in the North Elmham garden fete, was a great success all round. For very little financial outlay, but an enormous amount of voluntary knitting time, a good selection of knitted goods was available on our tables, so we were able to give a good donation to the church appeal. Our thanks go to all our customers who bought from our table or played our game. We ourselves had a very enjoyable and profitable day. The children queued for our little knitted bags and hair bands, whilst the owls and busy bees just flew off our branches.

We appreciate how much work the committee had to put into this day to make it a success, and we hope, with more new support, this can remain a day to be



enjoyed by all for some years to come. Many thanks to you all.

Next meeting Tuesday July 4th in the Pavilion, 2 til 4 pm.

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ROYAL BRITISH LEGION

The branch held its meeting on Thursday 1st June at 8.00pm at the Kings Head hotel. After the exhortation, a minutes silence was observed for the sad passing of Gerald Marsh, our long standing member and standard bearer. The minutes of the last meeting were read and signed off.

Mike Aston stated that he had consulted committee members and members and he had decided to withdraw his resignation. In view of Gerald's sad passing, he has commissioned another memorial from Toby Winterbourn, our local blacksmith, which will be for Gerald. He has also spoken to our local vicar Sally Kimmis, who will dedicate both memorials for Gerald and Bryan on Remembrance Sunday after the church service. This will take place at the Memorial Hall where refreshments will be available. Further details will be posted in future news as we do not hold a meeting in August.

Our next meeting will also be our AGM this will be on Thursday 7th September at the Kings Head. Again if anybody is interested in joining the legion particularly new residents please contact myself or any other committee members or please turn up at the meeting, all welcome.

Mike Aston, Branch Sec

SURGERY ADVANCED PATIENT NOTICE

Elmham surgery will be closed on Tuesday 4th July from 12 noon for staff training.

Telephone calls will be redirected to the out of hours service who deal with any emergencies.

For appointments and enquiries, reception phone lines will be open from 8.30 am the following day.

Please be aware you will not be able to collect any prescriptions after 12 noon until the following day from 8.30 am.

Thank you.

OUR CHURCHYARDS

Many people comment on the peace and solace they find when they visit our churchyards, whether to remember a loved-one who is buried there, or simply to sit a while in reflection.

Mowing churchyards in the summer months is clearly essential and we are grateful to all those who mow and, in other ways, work hard to keep the churchyards looking beautiful, including leaving some areas 'wild' for the benefit of our local flora and fauna.

**Elmham
News**
DONATIONS WELCOME

It is our goal to keep everyone informed and connected through news, updates and information. To ensure that everyone in our community can access this information we distribute the Elmham News for free. We raise revenue through adverts from local businesses, however this doesn't fully cover the costs of producing and distributing the magazine.

We love to include all of the charity event adverts in the magazine but would you please consider making a donation from the proceeds towards the Elmham News. That way we will be about to continue to help promote village events.

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FREE ENTRY WITH RETIRING COLLECTION

We have noticed over the last couple of years that some graves are hampering maintenance and mowing and would like to remind people of some key points in the Diocesan Regulations:

- Kerbs, railings, fencing and chippings are prohibited.
- Objects such as statues, toys, wind chimes, windmills, photographs and candles are also prohibited. These will be removed and the family advised either directly or by a notice on the grave, including how to arrange collection.
- Bulbs and small annual plants can be planted in the soil of the grave (directly, or in a removable sunken container). It is the family's responsibility to keep this tidy and the PCC retains the right to mow over any planting that becomes unsightly.

Wreaths or cut flowers may be laid direct on any grave or in any vase incorporated into the base of the memorial. The PCC will remove any wilted flowers and wreaths (e.g. Christmas) once they become unsightly.

No artificial flowers – other than “silk” flowers, i.e. polyester/cotton mixture. The PCC retains the right to remove other artificial flowers without notice.

- Finally, the maintenance of the memorial is the responsibility of the family. Occasionally, graves sink, which may cause the memorial to lean. The PCC has no responsibility over these matters, or indeed, storm or other damage.

These Regulations may sound prohibitive, but they are in place to ensure that our churchyards continue to be beautiful places of peace and solace for generations to come.

Yours, in Christ,

Revd Sally
Rector, Heart of Norfolk Benefice

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1. Our church is the church of Saint ?
2. What was the walled enclosure used for, as you go out of the village towards Guist?
3. Why were the houses near the present PO called Lake View?
4. Which famous actor was born at Watts Naval Training School?
5. How many thatched houses are in the village today?
6. Where was the butcher's shop in the past? The present name is a clue.
7. Where did John Timpson live here in Elmham before he became a TV and Radio reporter?
8. When we had a village 'Bobby' where did he live?

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9. Why was there a pump at the Kings Head pub?
10. There were in the past, 2 bakeries in the village. Where were they?
11. What is the correct name for the Memorial Hall?
12. What is the name for the new development near the school?
13. Where did our railway lines go to and from?
14. Where was the PO for many years before its present site?
15. There is a house in the village with no windows, nor chimney – where is it and what is its name?
16. The hump backed bridge on the old Billingford road was a beacon for daring boys in the 1940's and 50's— what did the boys do?
17. What happened to the bridge?
See above.
18. Where is there another cemetery in the village?
19. What organisation was responsible for Watts Naval Training School.
20. The Railway Arms is not the original name for the pub on the Billingford road. What was the pub originally called?

Answers at the back of the magazine.

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?

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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.

MORE FROM THE ARCHIVES

Here are some strange jottings I stumbled across whilst on the net. They came from Norfolk Annals – A Chronological Record of Remarkable Events in the 19th Century, Vol.2, Charles Mackie (Not sure of the actual year for any of these).

April 17th Advert. Bear Baiting

Henry Garrard respectfully informs the Public that there will be a Bear Baiting in a meadow belonging to the Ferry Farm House, Great Yarmouth on Monday next, the 19th inst in the afternoon.

Admission 1/6 to be returned in liquor.

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31st May

A fire occurred at Swanton paper mill, a great part of which was destroyed, with all the paper.

The damage was estimated at £4.00.

Whatever year this was £4.00 does not seem a lot !

26th June

On Wednesday the 30th inst, a main of cocks will be fought at Aylsham, between the gentlemen of Suffolk and the gentlemen of Norfolk, for 10 guineas a battle.

A main was a battle between fighting cocks.

4th June

This week the West Norfolk Militia marched from Thetford and Dereham, to Colchester Barracks, to which place the East Norfolks have received orders to march next week.

SCHOOL NEWS

Whole School News

FONES plus some children and parents have recently made some improvements to our school garden. The whole garden has been thoroughly weeded and the old frames pulled down. Thank you so much to everyone who helped with this!

Class News

Sheep: Sheep class has begun an exciting term, learning about changing seasons and wild weather! We are charting the weather and expecting some thunderstorms very soon! In History we are learning about Black History and the US Civil Rights Movement. Children have been really inspired by the stories of two amazing women from history - Harriet Tubman and Rosa Parks. We are enjoying

lots of athletics outside and looking forward to Sports Day. This week we will visit Amazona Zoo in Cromer and we are very excited to see some fascinating animals up close!

Whales: Whales class has begun this term by looking at poetry in English. They have been writing poetry about colour, using lots of similes and metaphors, and we have been very impressed by their creativity. In science, we are studying light and shadow a perfect time of year to do this with the sunny weather! In history, we continue to learn about the Roman occupation of Britain, and in geography, we are continuing our learning about Europe by doing a case study of Italy and comparing it with the UK. We are also lucky to continue with our drumming lessons from the Norfolk Music Hub, and we are now Samba percussion experts!

Lions: Lions had a busy start to the term with a trip to London for Year 5. We visited the Houses of Parliament, Greenwich Park and took a trip down the Thames where we saw Tower Bridge and the London eye. Back in class we are looking at shape in Maths, poems in English, Globalisation in Geography and continuing our topic of Crime and Punishment in History. In Science and PSHE we are going to be focussing on our bodies and how these might change as we get older. Outside in PE we are loving learning about cricket and are all very excited for Sports Day!

How can you keep in touch?

Check out our website for the latest updates 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!



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**NORTH ELMHAM
NORFOLK**

WIVES PLUS ALL

On the 8th June in the Memorial Hall, North Elmham members were given an illustrated slide talk by Jane Rose-Land, BSc Nutritional Medicine, BANT, CNHC on "Supporting health and well-being throughout life with a tasty & wonderful diet". Jane gave information on the new Well-being Emporium & Clinic situated at Chapel Yard, Albert Street, Holt, NR35 6HG.

Dr. Sally Moorcroft is the Clinical Lead at Chapel Yard and along with her Medical Degree she has further training as a Medical Herbalist, in Medical Homeopathy, Nutrition, Functional Medicine with the Institute of Functional Medicine and Bio Identical Hormone Therapy training with the Marion Gluck Clinic, London.

Dr. Sally feels she offers a truly integrative holistic approach to health. Members each received leaflet information and a booklet entitled "Dr. Sally Botanicals" which outlines that with her 20 years of clinical practice as a medical doctor and medical herbalist she has been fascinated by the beneficial effects of herbs on the body and mind throughout her career.

Dr. Sally has developed a wonderful range of herbal formulations based on her knowledge of nourishing and supportive helpful actions, and the formulations she has used in her busy clinic. Botanical products are made in Botanicals own dispensary in Lincolnshire using the highest grade organic and biodynamic herbs.

She has a special interest in women's health, menopause, gut health and psychology. She uses a food as a Medicine approach adding in nutritional supplements, herbal medicine or botanicals, homeopathy, bio-identical hormone therapy, natural desiccated thyroid therapy, mindfulness and coaching, thus working holistically together with a client to create a highly tailored and

personalised health plan with such issues a client may have with fatigue, brain fog, anxiety, depression, headaches, migraines, pain, allergies, skin problems, joint aches and pains, infertility, hair loss, digestive disorders, bloating, constipation, diarrhoea, poor immunity, memory issues, weight gain or loss, recurrent or chronic conditions.

Common conditions seen in Dr. Sally's Functional Medicine Clinics are Autoimmune conditions and allergies, Burnout and Fatigue, Inflammatory Conditions, Food Intolerances and Digestive Issues and Endometriosis. Jane had brought samples of botanical recipe finger food and a herbal tea with her for members to taste, and she hoped that if they were in Holt anytime, they would be made welcome at Chapel Yard Organics. Thanks to Jane for an interesting talk to members

For our next month's meeting on THURSDAY 13th JULY Wives Plus All are venturing out into the big outdoors with an evening visit to Dale Farm Gardens, Sandy Lane, Dereham, NR19 2EA, travelling by car to ARRIVE at 6.30pm. The cost is £10.00 per head to include tea & cake. There is some parking at Dale Farm but otherwise park free at the Co-op across the road. Dale Farm is part of the Norfolk National Gardens Scheme.

Ann Ferris



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The report praises how the children are happy and have great fun at my 'inclusive, caring childminder's home'. My setting was awarded a GOOD grade in all areas.

I am thrilled and would like to say a huge 'Well done' to my assistants, all our children and their families, whose efforts have contributed to this continuation of our success.

I am incredibly lucky to have my business in this village, with so many fun places for the children to explore, right on our doorstep.



I am also very lucky to have the valued support of the community.

A big thank you, to you all!

Debbie Coull

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 later in the year 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 www.derehamwaw.org.uk or contact Ken Hawkins by email: ken-hawkins@tiscali.co.uk or call him on 07505 426750.

ST MARY'S CHURCH

Dear friends

I am writing this letter, sitting outside my motorhome on a campsite in the Lake District experiencing a totally

different landscape to that of Norfolk. Magnificent mountains surround me, and I am reminded of the wonders of the natural world and creation. From the Genesis creation it should be noted that humankind was the last of God's creations, following all the other creatures that we share this world with, as if we might just have been an afterthought. If so perhaps he might be regretting this afterthought!

God gave us dominion over the natural world not for us to exploit all its riches, but to be shepherds of all creation.

I am currently reading "Silent Earth" by Dave Goulson. It is a treatise on the decline of the insect population around us. Those of us who are older may remember that in days gone by, at the end of a car journey, our windscreens and number plates needed to be cleared of insects, something not so prevalent now.

Some might say so what, but we have to remember that many insects play a vital part in the web of life. They act as

pollinators not just of flowers but also of many of the plants that feed us. One of the declines that most of us will know of is that of honeybees which of course affects those who enjoy the product they give us. It is our actions, such as the use of neo-nicotinoids, that are contributing to a rapid fall not just in numbers but also in species. In his book, Goulsen quote the biologist E. O. Wilson "If mankind were to become extinct, the world would regenerate back to a rich equilibrium but if insects were to vanish, the environment would collapse into chaos".

I hope you will be able to enjoy a wonderful summer and all its glory but please remember we are part of the natural world not its masters. We need to tread lightly on this earth considering the words of Jesus, "consider the flowers in the fields and the birds of the air" and pass on what is normal to us to our children and our children's children.

*Norman Johnson, Licensed Lay Minister
Heart of Norfolk Benefice*

WORTHING NEWS

Our Sunday Services for July on the 9th Holy Communion and 23rd Iona Morning Praise both starting at 10.30am. We hope you will be able to join us.

ADVANCE NOTICE

Sponsor forms coming soon for

The Norfolk Churches Trust
Sponsored Ride & Stride
Saturday 9th September

Our 40th Bike Ride!

This is the date that should be in everyone's diary whether you cycle, walk, ride, or whatever non-motorised means you use, or act as a 'sitter' at a church to give a welcome.

Please join us on the day and visit these unique buildings, and help to sustain what we are all proud to have around us.

Details & sponsor forms from:

Celia Daniel: 01362 668928,
c.daniel784@btinternet.com
"Blessing" (Millstream Cottages),
Church Road, Worthing, NR20 5HR

QUIZ ANSWERS

1. St Mary.
2. To impound stray animals – hence The Pound.
3. Used to be able to see the Lake on Elmham Estate.
4. Sir John Mills.
5. Two, one in Eastgate Street and one on Brisley Road.
6. On the left of main road before the junction with Eastgate Street going towards Dereham. Scragend.
7. Immediately next door to the Teapost in Windfall House.
8. On right hand side of Back Lane going towards Billingford – only house slightly set back.
9. To water the horses as it was a coaching inn.
10. One at the top of Eastgate Street on the left and the other, half way down on the right. Both are completely modernised now.
11. North Elmham War Memorial Institute (Institute means 'Coming Together').
12. Boar's Hill.
13. Went S to Norwich via Dereham or N to Wells-next-the-Sea.
14. Left hand side at the top of Eastgate Street where it meets the main Holt Road.

- | | |
|--|--|
| 15. Ice House on The Park near Elmham House | 18. At County School, there is a small cemetery used by Watts Naval Training School |
| 16. Dive off the bridge into the water below | 19. Dr Barnardos |
| 17. Demolished by blowing it but it took several attempts! | 20. Railway Tavern or colloquially – The Slip as the local workers used to slip out for a drink. |

Heart of Norfolk Group Services for July

2nd July – 4th Sunday after Trinity

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

9th July – 5th Sunday after Trinity

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

16th July – 6th Sunday after Trinity

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

Friday 21st July

6.30 pm	70th Anniversary of Bawdeswell All Saints' Church Service of Thanksgiving
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23rd July – 7th Sunday after Trinity

9.00 am	Guist	Holy Communion
10.30 am	Foulsham	Holy Communion
10.30 am	North Elmham	Morning Praise
10.30 am	Worthing	Iona Morning Praise

30th July – 8th Sunday after Trinity

10.30 am	Bawdeswell*	Holy Communion - outdoors
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*Services at Bawdeswell Church are also available on Zoom.
www.heartofnorfolkchurches.org.uk

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*To advertise in the Elmham News please contact
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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.

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[illegible]

Broom Green, Pound, Millennium Wood	✓					●			
Cathedral Meadows		✓			●				
Cathedral Ruins		●		✓					
Prince William Wood & Tree Warden		✓				●			●

Playing Field / Pavilion		●									✓
Village Green			●								✓
Footpath Warden	✓	●									

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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

Group website: elmhamsurgery.com

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Swanton Morley Surgery, Dereham Road - 01362 638100

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Weds 8.30 am–12.00 pm, 2.00 pm–6.00 pm

Other Useful Contacts

NHS Medical Help

Dial: 111

111 online: 111.nhs.uk

POLICE: Non Emergency Dial: 101 - EMERGENCY Dial: 999

Breckland District Councillors	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	Ms Victoria McConnell, Head Teacher	01362 668318
Chairman of School Governors	Robert Plant chairofgov@northelmham.norfolk.sch.uk	
Memorial Institute	Bookings: Ann Ferris p.ferris84@yahoo.com	01362 668580
Pavilion	Bookings: Ann Ferris p.ferris84@yahoo.com	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, 59, High Street, Dereham, NR19 1DZ - 01362 693184

Opening times: Mon–Fri 09:30–19:00, Sat 9:30–16:00, Sun 10.00–16.00 (Open Library access only)

Mobile Library calls in Elmham every 4 weeks

Anglian Water		0845 7145145
Dereham Leisure Centre		01362 693419
UK Power Networks	Power Cut (24 hours)	0800 31 63 105
Samaritans		116 123
Citizens Advice Bureau	www.ncab.org.uk	0800 144 8848

Clergy - All telephone numbers local code (01362)

Church of England	Reverend Sally Kimmis	heartofnorfolkrector@gmail.com	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	dereham@salvationarmy.org.uk	696341
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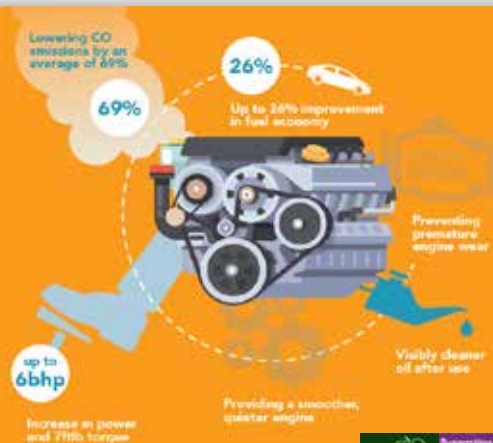
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