

Elmham News

JUNE 2023

OUR AWARD WINNING VILLAGE MAGAZINE



A Sizzling Coronation Lunch

FREE MAGAZINE: DONATIONS WELCOME

R P Pest Control & Environmental Services

Helping you put your pests out of business
YOUR FRIENDLY LOCAL PEST CONTROLLER
 Wasps, Rats, Mice, Moles, Rabbits, Pigeons
 and most Insects Controlled

CALL RICHARD
 RSPH Qualified, Fully Insured
 North Elmham, Dereham, Norfolk

Tel: 01362 667138

Mob: 07583076214



Improve, Don't Move!

Maximise the value of your home.

- SPACE-SAVING - MAXIMISE YOUR GARAGE HEADROOM
- SECURITY-ENABLED AUTO-LOCKING SYSTEM
- CHOICE OF 21 COLOURS TO MATCH YOUR HOME
- REMOVAL AND RECYCLING OF YOUR OLD DOOR
- DEDICATED AFTER-CARE TEAM

GAROLLA 01362 790 028

ROLLER SHUTTER DOORS



LINES OPEN 7 DAYS A WEEK

www.garolla.co.uk



BESPOKE ELECTRIC DOORS MANUFACTURED IN THE UK

FREE FITTING
 PAYMENT ON
 INSTALLATION



PRICED EXAMPLE **£895**
 COMPACT • UP TO 2.4M

GAROLLA ★ PREMIUM
 Increased Security • Double Insulation
 One-Touch Close



PRICED EXAMPLE **£1,990**
 PREMIUM • 3.4M • ANTHRACITE

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**

EDITORS

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

ADVERTISING

Martin Phillips	Advertising & Treasurer	martin.s.phillips@btopenworld.com	01362 668409
-----------------	-------------------------	-----------------------------------	--------------

PRODUCTION & DISTRIBUTION

Sarah Felton	Magazine Layout & Design	sarahfelton@yahoo.com	
Chris Hill	Distribution	laine.hill@icloud.com	01362 667028

OTHER MEMBERS

Bob Fletcher	Committee Member	Beverley, Nr Church, NR20 5JU	01362 668514
Brian Wheeler	Committee Member	21 Cathedral Drive, NR20 5JH	01362 668621

DISCLAIMER

The views expressed in the Elmham News are often those of individual contributors and might not necessarily be shared by the joint editors. Whilst the editors and committee of the Elmham News accept advertisements in good faith, the credibility of the contents is the sole responsibility of the advertiser.



S&C Window Repairs

taking the pane out of damaged windows

Local independent business - Free estimates

Repairs to double glazed windows, doors and conservatories

Steamed up windows, broken handles, hinges, replacement gasket,
plus cat flaps, door panels and more.

01603 520136 or 0800 1601932

sandcwindows@gmail.com www.sandcwindows.co.uk

WILLIE WESTON of BLAKENEY

Fresh locally caught fish, shellfish, pates & more

You can find me at Fakenham

Near the Red Lion on Thursdays 7.00am to 2.00pm and

Near HSBC on Saturdays 8.00am to 2.00pm

Please phone your orders to 01263 740910

or visit The Fish Shop, 5A Westgate Street, Blakeney

Computers@home

01362 698872/851872

07768086272

Email: nijel@clara.net

Sales, Service & Repairs
Computers New and Secondhand
Internet & Software problems
Repairs to printers, Scanners,
Copiers & Fax machines
Daytime, Evenings & Weekends

Alison Watson

Beauty Treatments & Foot Health Practitioner

(S.A.C. Dip. FHP)

(College Guild of Graduates Register)

Facials, Waxing, Manicures/Pedicures, Tinting, Lash Extensions,
Shellac Nails, Ear Piercing

Toenail Trimming, Corns, Callus & Fungal Infections

For Appointments, Please Ring: **01362 668419**

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.

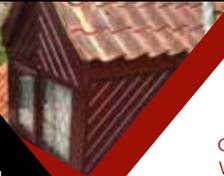
Cathedral Meadows: The Stewardship Agreement has been extended for a further five years as previously agreed.

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.



Your local building & property maintenance service. Over 25 years professional building experience.

Building Repairs
Joinery / Carpentry
Bathrooms / Kitchens
New Roofs / Roof Repairs
Extensions / Alterations
Conversions / Renovations
Windows / Conservatories
Traditional Norfolk Flint Work
General Property Maintenance

07881 957032
info@roosbuild.co.uk



RICHARD ROOS
Building & Maintenance

01362 470543
www.roosbuild.co.uk



www.fourpawsnorfolk.co.uk 

07469 766 331 

Please call to book an appointment

Corners Nursery, Fakenham Rd, Hoe, Dereham NR20 4HA

Dog Grooming At Great Prices!!

Fully trained - City & Guilds - Fully insured studio - First aid trained - All breeds and sizes welcome



We are a registered OFSTED independent preschool offering flexible childcare for children aged 2-5yrs in a light airy free flow setting. Before/after school and holiday club for children 5-12 years. 10% Discount for North Elmham Primary School children.

If you would like to come and view or enrol your child, then please contact northelmhamadmin@scribblespreschoolgroup.co.uk or alternatively call 01362 668638

ZINKA'S HELP AT HOME

Carework
Cleaning/Hoovering/Ironing
Shopping/Meal Preparation
Fully Insured/Current DBS
Years of experience in care work

Tel: 01362 667074
Mob: 07742075156



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).



The Norfolk Sweep

*Friendly, Professional Service • Fully Insured
All Types of Chimney / Flues Swept*



Anthony Walden

01362 680189

www.thenorfolksweep.co.uk



JOHN COLES

ELECTRICIAN

**PROPERTY ALTERATION/
MAINTENANCE**

All electrical work

And building work, plumbing &
carpentry

All aspects of kitchen, utility & bathroom
refit

(incl mobility & access solutions)

Garden landscaping

Happy to advise, discuss work/provide
prices

Public liability insurance + references

01362 692249 or 07919 593391

Find us on Facebook

Your satisfaction is our reputation

Friendly, reliable family business



FIRING SQUAD WOODBURNERS

Comprehensive stock to view at our
showroom on The West Raynham Business Park

01328 838 665

e-mail: firingsquadwoodburners@yahoo.com

www.firingsquadwoodburners.com

APPROVED CLEARVIEW STOCKIST

The new annual amount is £4,559.47, an increase of 9.0% on 2022.

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 7.30 pm 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 or at the door. The choir returns later this year with an extra special programme of concerts to celebrate its 50th anniversary.

Mot, Service and Repair Centre

Full Workshop Facilities

NRG

- Servicing And Repairs To All Makes (Norwich road garage)
- Fully automated MOT testing
- Vehicle Diagnostics- Engine Management, ABS, SRS And A/C
- Air conditioning- Servicing and Repairs
- Tyres supplied and fitted at competitive prices
- Free collection and delivery (in Local area)
- Competitive prices- ring for a quote or pop in

NORWICH ROAD GARAGE

43 Norwich Road, Dereham, NR20 3AS

Tel: 01362 692237 or 07900994749

(Next to the fire station)

Proprietor: Derek Jarrett (30 Years Experience)



FAKENHAM & DISTRICT FUNERAL SERVICES LTD.

INDEPENDENT FAMILY FUNERAL DIRECTORS

Emma Duggan & Beau Elliott

*'Helping others at a time when it's
most needed.'*

TEL:01328 838838

(24hr emergency)

WEASENHAM MANOR, FAKENHAM ROAD,
WEASENHAM PE32 2TF



Golden Charter 
Independent Way Funeral Plans

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 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,



**NON STOP 24 HOUR DJ SESSION OVER THE WEEKEND OF
17TH / 18TH JUNE OFFERING TUNES GALORE WITH
REFRESHMENTS
AKA
MIDSUMMER MADNESS**



Who:- DJ BIGGIE

When:- Midday June 17th to Midday June 18th

Where:- The Garage, The Cottage, Harpers Green, Brisley

**Why:- To raise funds for the restoration Project of
St Bartholomew's Church, Brisley**

**All genres being played from ABBA to ZZ Top
with so much more on offer from classical, one hit wonders, country and
western, jazz, ska / reggae, covers, icons i.e. Bowie, Beatles, Stones etc...**



**Requests and timetable of playlists please email
DJ BIGGIE at jimbiggie6161@outlook.com.
(Latest time for requests 10th June)**

**PRICES AS FOLLOWS:-£10 PER ADULT
£5 PER CHILD
(5-16 YRS)
(UNDER 5 FREE)
ALL PRICES ALLOW FOR RE-ENTRY**



**TEA / COFFEE AND CAKE AVAILABLE SATURDAY AFTERNOON
BBQ AVAILABLE SATURDAY EVENING
SAUSAGE / BACON ROLLS AVAILABLE SUNDAY MORNING
(ONCE AGAIN PROCEEDS GOING TO THE RESTORATION FUND)
PLEASE BRING YOUR OWN ALCOHOL**

**FOR THOSE DIE-HARD MUSIC FANS THERE ARE A FEW CAMPING PITCHES
THESE WILL NEED TO BE BOOKED IN ADVANCE BY CALLING 07850 088275
FOR INFORMATION AND COST**

**IF YOU ARE UNABLE TO ATTEND THE EVENT BUT WOULD LIKE TO DONATE
THEN JUST GO TO MY JUSTGIVING PAGE AT:**

<https://www.justgiving.com/crowdfunding/stbartholomewsbrisley>

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"

Hempton Memorial Hall
Hempton, Fakenham NR21 7LG

Members £40 Annual Sub Visitors £8

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!

FROM HEAD TO FOOT – FOR ALL YOUR ACHES AND PAINS

Nailcare, ingrown toenails
Diabetic feet
Verrucas
Fungal nails
Skincare

Massage
Joint mobilisation
Exercise
Electrotherapy
Posture management
Taping

Flat feet
Knee and hip pain
Plantar fasciitis
Achilles problems
Shin splints
Orthotics

Chiropody and Podiatry

Dereham Podiatry Practice
www.dereham-podiatry-practice.co.uk
01362 698932



Physiotherapy (chartered)

Rachael Hood BSc, PgDip, CSP.
www.equiphysique.co.uk
07507 870878



Gait and Biomechanics

Suzanne Clipson BSc, MRCPod.
www.bloomfield-clinic.co.uk
01362 698932



AT THE BLOOMFIELD CLINIC ON THE
THEATRE STREET CAR PARK IN DEREHAM



MORPHYR THYME

Bookkeepers and Management Accountants

Specialists in QuickBooks Online

Assisting small businesses with the transition
to Making Tax Digital



01362 350330



info@morphry-thyme.co.uk



@morphrythyme

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

Michael Cummings, HCPC Registered, D.Pod.M., M.Ch.S.,
Chiropodist/Podiatrist,

DEREHAM CLINIC: 1 QUEBEC STREET, DEREHAM, NR19 5DJ

TELEPHONE: 01603 926969

Website: www.sprowstonchiropody.co.uk

THE GARROD PARTNERSHIP LIMITED
BUILDING MANAGEMENT

The Garrod Partnership is a well established building management company specialising in providing tailor-made building solutions no matter what your job requirements.

Please get in touch to discuss your ideas.

Terry Garrod – 07771757499

Matt Barwell – 07585191010

terry@garrodpartnership.co.uk

www.thegarrodpartnership.com



- Nick Long -

DOT, DVSA, ADI, DIA, MSA

NORTH ELMHAM BASED
DRIVING INSTRUCTOR
BOTH MANUAL &
AUTOMATIC TUITION

DRIVING STANDARDS AGENCY (DEPARTMENT of TRANSPORT)
APPROVED DRIVING INSTRUCTOR

Tel: 01362 668468

Mobile : 07786390275

Kay Barker Fine Art

NEW: The Art Studio, North Elmham

Art Courses for all Ages and Abilities
Times and days to suit

Art for Sale, Art Commissions

Email: kaybarkerfineart@gmail.com

Telephone: 01362 667050

Visit the website www.kaybarkerfineart.co.uk





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 Princess 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!



FAKENHAM
PREPRESS SOLUTIONS

DESIGN / PRINT & WEB

7AM-4PM | MON-FRI

www.fakprepress.co.uk

☎ 01328 855783 ✉ tris@fakprepress.co.uk

Furry Dogmother's
DOG GROOMING



**Dog Grooming Salon in
North Elmham**

The Salon is fitted with a Hydrobath,
Airconditioning and water softner.

Only quality products used and
one dog in salon at a time.

City and Guilds Qualified, Fully
Insured, Dog first aid Trained.

All Dogs Welcomed

Orchard House, Pump Street,
North Elmham, Dereham
NR205LS

Please Call Barbara on
07389809941

To book an appointment

ACHIEVE THE LAWN YOU HAVE ALWAYS WANTED...

**Weed Free, Deep Green
& Moss Controlled**

- 5 treatments a year
- Solid / hollow tining
- Scarification
- Lawn renovation
- Weed control
- Overseeding
- Moss control
- No contract



For a **FREE** No Obligation
Quote and Lawn Analysis

Call: 01362 652 812

Email: anglia@greensleeves-uk.com



Extra pair of hands

Painting - Plastering - Basic plumbing/elec
General DIY - Lawn Cutting - Strimming
Chainsawing - Log Splitting - Jetwashing
Mole catching.

Or just an
extra pair of hands !

Hardworking - Fair priced - Trustworthy

Contact Nick with any questions
Email : onlockdown80@gmail.com
Tel ; 07923 161684



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

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.



Got a flat tyre at home, work or roadside?

Call Doorstep Tyre Fitting Ltd
07984 804679

- Same day service
- Covering the whole of Norfolk
- Emergency or regular tyre change
- Fully mobile independent tyre company
- **We do not carry out puncture repairs, investigate slow leaks or just replace valves**



Contact Joanne Pennells today to book your free market appraisal



Chilterns

Sales & Lettings

01603 801020 - 07568608998

joanne.pennells@chilterns.co



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

GRESSENHALL
FARM AND
WORKHOUSE



A Great Day Out on your Doorstep!

Open every day until 29 October

Find out what's on at:
www.museums.norfolk.gov.uk/gressenhall
Gressenhall Dereham NR20 4DR

Free admission with a Norfolk Museums Pass



Supported by
ARTS COUNCIL
ENGLAND



Made possible with
Heritage
Fund



**Field available in Elmham
for grazing of horses
(or cattle)**

**About 3 acres
Fenced**

**For further information or to
arrange a viewing please contact
Charlotte on 07903 550221**

**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. Producing and distributing the magazine comes with costs and we raise revenue through adverts from local businesses. However, can we just ask that if we display a full or half page poster advertising your charity event that you consider making a donation from the proceeds towards these costs. That way we will be able to continue to help promote village events.

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.

Come & Join us for T@2

<p><i>Wednesday</i> <i>10th May</i> <i>14th June</i> <i>12th July</i></p> <p><i>Bring yourself, a friend and a neighbour</i></p> <p><i>Like a lift? Call Tish</i> <i>01362 668 678</i> <i>Any questions? Call Jo</i> <i>07796 493495</i></p>		<p><i>Afternoon tea from 2~4pm</i> <i>cake, sandwiches, savouries & music!</i> <i>At the North Elmham Institute on 2nd Wednesday of the month</i></p> <p><i>All costs covered by St Mary's Church</i></p>
--	--	---



Main sponsor of North Elmham football club!



Specialists in Aluminium & uPVC Glazing, & Conservatory Roof Replacements.



Energy Saving Conservatory Roof Replacements.



Contemporary and Heritage Window Replacements.



Composite, Aluminium & PVC Entrance Doors.



Aluminium Bi-fold, Sliding and Corner Doors.



PVC Flush Window



Aluminium Heritage Doors



Conservatory Warm Roof



Slate Warm Roof



Heritage PVC Windows



Internal Warm Roof

E: support@habify.co.uk

T: 01603 905 080

www.habify.co.uk

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

Sat 1st July	Mid Norfolk Singers	St Mary's Church	7.30 pm
--------------	---------------------	------------------	---------

Please remember, we can only print dates that YOU give us.

King's Head Hotel

North Elmham, NR20 5JB

Ac



**LARGE BEER
GARDEN**
at rear of hotel
with kids play area

**OPEN 7 DAYS
A WEEK**

FOOD SERVED

**MONDAY TO
SATURDAY
12.00 NOON
& 6.00 PM TO**

**SUNDAY
12.00 NOON**

**Book your table online:
kingsheadnorhelmham.co.uk**

Call: 01362 668856



accommodation • Bar • Restaurant • Beer Garden



SET LUNCH MENU

2 COURSES £ 15.00 *PER PERSON*

3 COURSES £ 20.00 *PER PERSON*

SERVED MONDAY – THURSDAY

** EXCLUDING BANK HOLIDAYS **

12NOON – 2:30PM

YS

D

TO 2.30PM

9.00PM

TO 5.00PM

FISH FRY-DAY

2 HADDOCK & CHIPS

£26.00

SERVED FRIDAYS

12:00PM – 2:30PM

&

6:00PM – 9:00PM



DID YOU KNOW?

We offer a wide range of treatments and services you may not have tried yet..

- Chiropractic
- Deep Tissue & Sports Massage
- Relaxation & Pregnancy Massage
- Reflexology
- Therapeutic Facials
- Neals Yard Treatments
- Tailored Health Guides
- Free 30 Minute Assessments

VISIT US ONLINE OR CALL US
TO DISCOVER MORE

www.creativechiro.co.uk
info@creativechiro.co.uk
01328 854325



Creative Chiro, Pensthorpe Natural Park, Fakenham Road, Fakenham, Norfolk, NR21 OLN.

MASTER CHIMNEY SWEEP

NVQ QUALIFIED CHIMNEY ENGINEER



- All Chimneys, flues and appliances swept
- Certificates issued
- CCTV chimney surveys
- Bird/rain guards / Anti down-draft cowl supplied and fitted
- Stove servicing and maintenance



Established 1995

CALL D THOMPSON CHIMNEYS LTD

01328 851081

www.the-sweep.co.uk



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

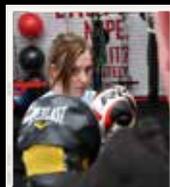


FG PERSONAL TRAINING

CHANGE YOUR GAME...



☎ 07884 979656 ✉ tim@fgpersonaltraining.co.uk
Bilney Road, Gressenhall NR20 4EG



Littleproud & Son Independent Family Funeral Directors



**NEWLY OPENED
FUNERAL HOME IN DEREHAM**

Tel: 01362 695458 (24hrs)
South Green, Dereham, NR19 1PU

Tel: 01760 440269 (24hrs)
Hale Road, Bradenham, IP25 7RA

- Personally supervised by the Littleproud family & dedicated staff
- Traditional & Bespoke Funerals at an affordable cost
- Horse Drawn Funerals
- Pre-Paid Funeral Planning
- Memorial Consultants
- Modern Jaguar Fleet



"Our family taking care of your family"



www.littleproud-funerals.co.uk

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.



Jester Stained Glass



Individual and Unique

Modern and Traditional

Leaded Stained Glass
Panels Undertaken

Tel-01603 873143

CAMERON REID OSTEOPATH

SPORTS THERAPIST

Treatment For:

Back & Neck Pain

Sports Injuries

Headaches/migraine

Whiplash



30 years experience

Treatment suitable for all ages

45 Norwich Road Dereham

Tel: 01362 696079 07810 310045

reception@cameronreid.com

Park Physiotherapy

Leys Farm, Hockering NR20 3JE

www.parkphysiotherapy.co.uk

Chartered Physiotherapists Registered with the Health Care Professions Council

Muscle & joint problems;
Headaches; Sports injuries
Neck and Arm pain; Arthritis
Dizziness; Back Pain
Neurological problems: Stroke,
Head Injury, Parkinsons, MS

01603 881184

- Inspection & Testing
- Maintenance
- Fault-finding
- Installation

07895 523398

info@power-medix.co.uk

www.power-medix.co.uk



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, phone 668431 or message me via Twitter at @ElmhamMeadows).

Dave Appleton





Lou Goldsmith

Psychotherapeutic Integrative Counsellor

BSc (Hons) UKCP Accredited.

Individual Counselling- £60

Couples- £90

Face to face therapy in Reepham /zoom /telephone.

15 years experience working with a diversity of presentations within Mind charity/NHS/Private practice.

Contact-07539274876/louise.counsellingservices@yahoo.co.uk

Website- lougoldsmithcounsellingservices.com

Aquanique Plumbing



- All plumbing work - big or small
- Full bathroom & kitchen installations
(planning/design and supplying available)
- Emergency call outs
- Free quotations

Matthew Reardon

Mob: 07432 853481 Tel: 01603 872698

E: info@aquaniqueplumbing.co.uk

W: www.aquaniqueplumbing.co.uk



ELMHAM GROUP OF PRACTICES USEFUL INFO

www.elmhamsurgery.com

Surgery Opening Hours

Elmham Surgery: 01362 668215

Mon, Tue, Thurs & Fri 8.30 am–6.30 pm
Wed 8.30 am–6.00 pm

Swanton Morley. 01362 638100

Mon–Fri 8.30 am–6.00 pm

Elmham and Swanton Morley New Dispensary Opening Hours

Mon, Tue, Thurs & Fri 8.30 am–12.00 pm
2.00 pm–6.30 pm
Weds 8.30 am–12.00 pm
2.00 pm–6.00 pm

When we are closed

If you contact the Surgery outside normal hours and you require urgent medical attention, your call will automatically be transferred to the Out-of-Hours Service. Alternatively, you can call 111, the NHS service for when the problem is less urgent than 999.

In a genuine emergency you should call 999 and ask for an ambulance. Chest pains and / or shortness of breath constitute as an emergency.

Appointments

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.

- Urgent problems – Please contact the Surgery from 8.30 am

- 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.

Tests & Results

Please call after 2.00 pm to enquire about your test results as our reception staff will have more time to deal with your request.

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.

GP Partners: Dr Simon Carroll Dr Alice Griffiths-Jones Dr Robert Spooner Dr Abigail Brun

GPs: Dr Victoria Lawrence Dr Charlotte Carvell Dr Tarandeep Dhanjal Dr Dovile Garaleviciene

WORZELS ROOFING

ROOFER TILER / SLATER

NEW, OLD WORK REPAIRS

07990 972381/01760 755024

WWW.WORZELSROOFING.CO.UK

**Over 15 Yrs experience: No job too small
Free estimates: Competitive prices**

ELMHAM MEMORIAL HALL

Available for Hire

LARGE HALL

With stage area and serving hatch

Ideally suitable for Wedding Receptions and Theatrical Productions

SMALL HALL

With Snooker Table, Darts and Short Mat Bowls equipment

**Both Halls with access to rear garden area (suitable for summer functions) and
Well equipped kitchen. Crockery and cutlery available.
Performing Rights and Public Entertainment Licences**

Registered with Breckland District Council under Betting & Lotteries Act

Reasonable Hire Rates

Bookings 01362 668580

Elmham Memorial Hall is Registered Charity – No 304020

PILATES CLASSES

BODY CONTROL PILATES

Pilates is a form of exercise which targets deep postural muscles, building strength from the inside out and re-balancing your body. It is suitable for all ages and all bodies and plays a key role in many injury rehabilitation programmes.

Beetley Village Hall 9.30 am and 11.00 am on Wednesdays

Toftwood Methodist Church, Toftwood, Dereham -

6.00 pm and 7.30 pm on Wednesdays and

6.15 pm (beginners) and 7.30 pm on Fridays.

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

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

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

MID NORFOLK SINGERS SUMMER CONCERT

AESOP'S FABLES AND ANIMALS LARGE AND SMALL!!

Aesop's Fables Chilcott
The Cat Duet Rossini
The Gnu Flanders and Swan
and many others!

SATURDAY 1ST JULY 7.30

St MARY'S CHURCH NORTH ELMHAM

Tickets £10 (Under 18's free)

From: info@midnorfolksingers.org.uk or
choir members or call 07930822979
or on the door.

Guitar and Music Tuition **Beginners to Advanced**

Classical, Jazz, Folk, Pop and Rock, Bass Guitar

Jazz Improvising - any instrument.

Qualified teacher and professional musician

Peter Wild LTCL

Tel. 01362 668558 (North Elmham)

Hendry & Sons Funeral Directors



Private Chapels of Rest

Members of the N.A.F.D.

Station Road, Foulsham, Dereham, Norfolk

Telephone: 01362 683249

North Elmham Childminders

Registered with OFSTED. rating **GOOD**, and a team of assistants offering flexible childcare in a friendly, nurturing and stimulating environment.

Please contact us to enquire about vacancies and arrange a visit on **01362 668 951**

ANT'S CARPETS

Carpet and vinyl supplied and fitted

Free measures, estimates and planning

All work guaranteed – Home selection service available

Wet room flooring supplied and fitted

Customers own carpet and vinyl fitted

Mobile: 07919273107 Tel: 01362 667747

THE RIFFITS

60'S/70'S/80'S LIVE MUSIC



**Saturday 17th June 7.30pm
Memorial Hall, North Elmham**

£5 per head

Bring your own drinks and nibbles

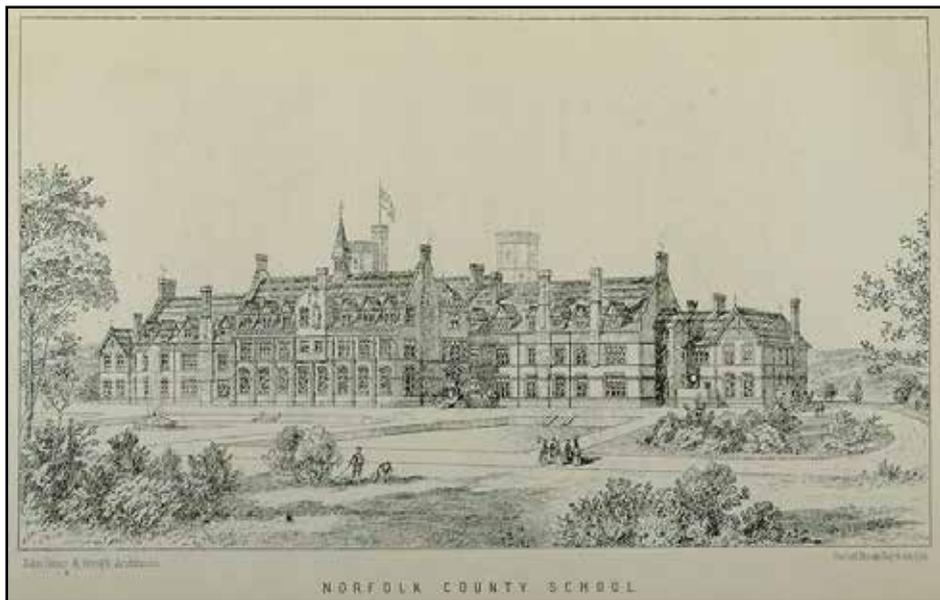
Tickets available from:

Colin Smith 01362 668 585

Theresa Gower 01362 668589

**Tickets also available on the door
(Booking is preferable)**

Proceeds for the Memorial Institute Village Hall



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

WALKING FOOTBALL

Everyone welcome at North Elmham Playing Field

Sundays at 9.00am

Wednesdays at 7.30 pm
at Northgate High School, Dereham

Fun, friendship and fitness

First session free

Call Paul on 07562 276765

North Elmham WFC is a Walking Football Association Affiliated Club

**BUTCHER
ANDREWS**
Solicitors

For advice you can trust

**COMMERCIAL PROPERTY
RESIDENTIAL PROPERTY
MATRIMONIAL & FAMILY
WILLS & TRUSTS
PROBATE**

**COMPANY COMMERCIAL
DISPUTE RESOLUTION
EMPLOYMENT
POWERS OF ATTORNEY**

1 Old Post Office Street, Fakenham, Norfolk NR21 9BL
01328 863131

Also at: 15 Market Place, Holt, Norfolk NR25 6BE
01263 712023

www.butcherandrews.co.uk

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

Family (2 adults + 2 or more children): £150

Students (18+, in full-time education): £25

Juniors Aged 12–17: £15

Juniors Aged 11 and under: Free

Parents (of children involved in coaching): £15



SILVERTONES

PRESENT

'SONGS FOR A SUMMER EVENING'



Songs from shows old and new and some you may not have heard

In aid of the Alzheimer's Society

Hosted by Lakeside Pilgrims Bowls Club

Saturday 22nd July at Bawdeswell Village Hall, NR20 4RU
7 for 7.30pm

Tickets cost £7.50 including a glass of wine or soft drink
Raffle and Ticket Draw

Tickets are available from

Cyril Janes - Tel: 07966 169806 or Email: cyriljanes@btinternet.com



Joanne Medler Hypnotherapy

ACCPH Registered Hypnotherapist, NPL & EFT Practitioner in North Elmham

Helping people overcome various life issues. Contact me to see how Hypnotherapy may be able to help you

Tel: 07766 870145 Joannemedlerhypnotherapy@gmail.com
www.joannemedlerhypnotherapy.com

Tina Barnes MCFHP MAFHP

Foot Health Professional

Professional treatment in the comfort of your own home

We specialise in treatment for:

Corns Ingrown toe nails Fungal infection Toe orthotics
Callus Nail deformities Diabetic foot assessment

For a private consultation & appointment:

Tel: 01362 668348 - Mobile: 07833 511353

Help at Hand

Peter Cross



phone/fax: 01362 861024

mobile: 07796550189

All jobs considered

Gardens/Driveways restructured and designed
Brickweave/Patios/Pathways/Carparks/Borders/Edging etc
(All materials & aggregates can be delivered and surplus
cleared away)

Complete Self-Sufficient Service

Authorised  Engineer



Oil Boiler Servicing
and Breakdown
Repairs

Assured Boiler Care Ltd



Power Flushing
Existing Heating
Systems

Oil Tank Replacement

For further details, Contact David Rowe on

01328 700500 or 07900 060940

20% Off the cost of Power flushing for limited time only

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



Could you unlock cash from your home for a better retirement?

If you're 55 or over and own your own home, it could hold the key to securing a more comfortable future.

For Qualified, Free, Impartial Advice Call

01362 853477 or 07799 206970

How would you spend your tax-free cash?

- ✓ Home Improvements
- ✓ Gift to family
- ✓ Paying off existing mortgages
- ✓ Emergency funds
- ✓ Holiday of a lifetime
- ✓ Pay off debts/loans

We Do Not Charge Any Broker Fee

www.elmhamfinancial.co.uk
enquiry@elmhamfinancial.co.uk
5 The Old Eagle, Dereham, Norfolk, NR19 2AP

Elmham Financial is authorised and regulated by the Financial Conduct Authority. Entering into a lifetime mortgage (or any other form of equity release) will reduce the amount of inheritance you can leave behind. It may also affect your tax position and entitlement to means-tested benefits.

WHITE PINE



TREE WORKS • LANDSCAPE



For all your :

Tree works

Fencing

Landscaping

Please call Martin

07795350990

DKC PLUMBING

Oil Boiler Specialists

- Oil Fired Boiler Servicing
- Boiler Breakdowns
- Boiler Repairs
- Oil Tank Repairs
- Radiator Power Flush
- General Plumbing
- Heating Systems
- Domestic & Commercial

Out Of Hours
call outs
available

Fully insured

rated people

Google
facebook

Yell.com



95% of all
breakdowns
fixed within
the first
hour!!



Call today for a quote

07375 995 198

www.dkcpumbing.co.uk

07564 704365

OLIVER.JAGGARD@ICLOUD.COM



JAGGARD SWEEPS

CERTIFIED BY floodtech
UK

CHIMNEY SWEEPS
CCTV SURVEILLANCE
STOVE REPAIR AND SERVICE
COWL REMOVAL
COWL INSTALL
SMOKE TESTING
CARBON MONOXIDE ALARM INSTALL



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.

From roots to shoots.....

Ravencroft Tree Services

01362 684291

Est. 1992

www.ravencrofttrees.co.uk

Est. 1992 Richard Ravencroft BSc(Hons)Arb. MICFor.



MEMORIALS

H Brett & Son

Monumental Masons – Craftsmen in stone

Call for our Brochure or
visit our SHOWROOM and WORKSHOPS

Home Visits can be arranged
Also Fireplaces, House Names etc

75 NORWICH ROAD, WATTON NORFOLK IP25 6DH
Tel: 01953 881501



BROADLAND LIFTING SERVICES

A division of TV & Theatre Services

WE HAVE MOVED TO NEW PREMISES

Come and see us at Horningtoft

Tel: 01328 701909, Fax: 01328 700876

e-mail: joe@tvandtheatreservices.com

Unit 10 Whissonsett Road, Horningtoft, Dereham NR20 5DJ

LOGS READY TO BURN



KINDLING AND LOG NETS AVAILABLE

MARK 07766 223438

Eastgate Centre

North Elmham

Large Hall; Kitchen;

Cloakrooms;

off road parking

Available for bookings

For rates please contact:

01362 668245

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

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

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

This Month's Photo Contributors

Our thanks go to everyone below who submitted 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

North Elmham Parish Council

Chair: Jennie Borgnis

Vice Chair: Martin Phillips

Clerk: Kevin J Webb

01328 855046

northelmhampc@hotmail.co.uk

Group Leader ✓

Group Member ●

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

Finance & Administration

Eastgate Centre Trustees

Elmham Charities Trustees

Allotments (Annie Mary Smith Charity)

Village Facilities

Broom Green, Pound, Millennium Wood

Cathedral Meadows

Cathedral Ruins

Prince William Wood & Tree Warden

Recreation & Sporting Facilities

Playing Field / Pavilion

Village Green

Footpath Warden

Services & Other

Highways

Planning

Street Lighting

Environment & Maintenance

Railway Liaison

Website

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.

NORTH ELMHAM DIRECTORY

Elmham Surgery, Holt Rd - 01362 668215

Group website: elmhamsurgery.com

Surgery Opening Times Mon, Tue, Thur, Fri 8.30 am–6.30 pm, Wed 8.30 am–6.00 pm

Swanton Morley Surgery, Dereham Road - 01362 638100

Surgery Opening Times Mon–Fri 8.30 am–6.00 pm

Elmham and Swanton Morley Dispensary

Dispensary Opening Times Mon, Tue, Thur, Fri 8.30 am–12.00 pm, 2.00 pm–6.30 pm
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
More2Life	Anne-Marie Fewell		01328 701830

Church Wardens

Elmham	Michael Newey	668424
Worthing	Celia Daniel	668928



TREE WORK EAST Ltd

Tree Surgery & Maintenance
Stock fencing & Landscaping
www.treeworkeast.co.uk

"Call for a free quotation"

Horningtoft NR20 5DJ Established 2007

Office: 01328 700942

Mobile: 07876125301



E2m Public Liability Insurance

The complete printing solution
clanpress
www.clanpress.co.uk

- Long Run Litho Printing
- Short Run Digital Printing
- Large Format Poster Printing
- Brochures, Leaflets & Folders
- Roller Banners and X banners
- Outdoor & Indoor Signage
- Exhibition Displays
- Flyers and Postcards
- Business Stationery
- Parish Newsletters
- In-house Binding & Finishing
- Digital Asset Management
- Bespoke Online Ordering
- Web to Print
- Mailmerge
- Design

VISIT OUR NEW WEBSITE FOR MORE DETAILS

T. 01553 772737

E. info@clanpress.co.uk

W. www.clanpress.co.uk

I Dundee Court • Hamburg Way
King's Lynn • Norfolk • PE30 2ND

NORTH ELMHAM SERVICE STATION

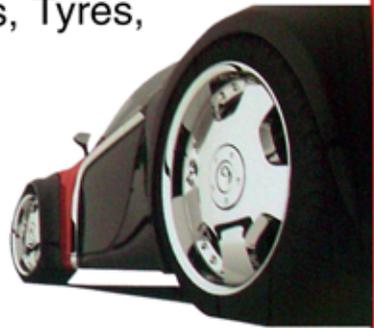
Servicing, MOTs, Diagnostics, Tyres,
Batteries, Exhausts
& Restorations

Mobil 1
SERVICE CENTRE

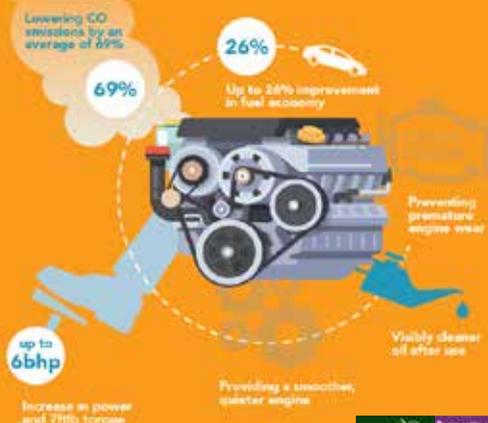
Monday - Friday 8:30am-5:00pm
Saturday 9:00am-12:00pm

Station Road, North Elmham, NR20 5HH

Tel: 01362 668226



Detox your engine



The UK's ONLY Multi Award Winning Engine Decontamination Treatment is now available here at North Elmham Service Station

You can enjoy **IMPROVED FUEL ECONOMY** and **RESTORE ENGINE PERFORMANCE** North Elmham Service Station now have The Multi Award Winning EDT Automotive Engine Decontamination System which has been purposely engineered to enhance both petrol and diesel engines



The ONLY Engine Decontamination Treatment available in the Dereham area

Ask one of our team on how an Engine Detox can save you money AND Improve your cars performance

Benefits Include :

- Increased Miles Per Gallon
- Drastically reduced exhaust emissions
- Prolonged engine life
- Reduced engine internal friction allowing smoother running
- More efficient oil flow around engine



**01362
668226**

**Station Road
North Elmham
Dereham
Norfolk
NR20 5HH**

