

# Elmham News

MARCH 2023

**OUR AWARD WINNING VILLAGE MAGAZINE**



**Unusual pedestrians  
spotted in Eastgate Street**  
page 5

**FREE MAGAZINE: DONATIONS WELCOME**



## 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](http://www.sandcwindows.co.uk)

## **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**



## **Elmham News**

To advertise in the Elmham News please  
contact Martin Phillips

Email: [martin.s.phillips@btopenworld.com](mailto:martin.s.phillips@btopenworld.com)

Tel: 01362 668409

## EDITORIAL

This month we are mindful of the dreadful events in Turkey and Syria following the earthquake. As we write, the news is reporting 35,000 people have lost their lives which is devastating. We are sure you will share with us our thoughts and sympathies. If you would like to donate to the DEC Appeal please visit [dec.org.uk](http://dec.org.uk). We must all feel so grateful for the lives we have here.

Elmham News Committee held their AGM in February and our long standing Chairman, Bob Fletcher, decided to hand over the reigns. Bob not only Chaired the committee but also coordinated distribution until recently. We are very grateful for all his efforts over the years. Bob was presented with a bottle of his favourite tippie to enjoy! He will continue as one of our deliverers. Caroline Payne had kindly agreed to take on the role of Chairman for one year. The rest of the team will carry on regardless!

We have received many kind words of congratulations for our recent Award, please see page 17 for a sample of these.

We are very sad to announce the recent death of Chris Werrell, a long-time Elmham News deliverer at County School and we offer condolences to his loving family.

Thanks for donation from Anon, Orchard Close.

## WARNING TO ALL OUR ADVERTISERS

Martin was approached by one of you to query the text he had received regarding payment for his account. It was from Elmham Parish Directory. This has nothing whatsoever to do with Elmham News and would appear to be a scam. Please ignore.

**North Elmham community  
website [www.elmham.org.uk](http://www.elmham.org.uk)**

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

**Volume 46, No 2, March 2023**

**DONATIONS APPRECIATED**

### EDITORS

|                 |                |  |              |
|-----------------|----------------|--|--------------|
| Chris Hill      | Editor         | <a href="mailto:laine.hill@icloud.com">laine.hill@icloud.com</a>               | 01362 667028 |
| Caroline Payne  | Editor & Chair | <a href="mailto:carolinejpayne@hotmail.co.uk">carolinejpayne@hotmail.co.uk</a> | 01362 668704 |
| Meg White       | Editor         | <a href="mailto:megandnigel@gmail.com">megandnigel@gmail.com</a>               | 01362 668302 |
| Janet Woodhouse | Editor         | <a href="mailto:robert.woodhouse2@gmail.com">robert.woodhouse2@gmail.com</a>   | 01362 668525 |

### ADVERTISING

|                 |                         |  |              |
|-----------------|-------------------------|--|--------------|
| Martin Phillips | Advertising & Treasurer | <a href="mailto:martin.s.phillips@btopenworld.com">martin.s.phillips@btopenworld.com</a> | 01362 668409 |
|-----------------|-------------------------|--|--------------|

### PRODUCTION & DISTRIBUTION

|              |                          |  |              |
|--------------|--------------------------|--|--------------|
| Sarah Felton | Magazine Layout & Design | <a href="mailto:sarahfelton@yahoo.com">sarahfelton@yahoo.com</a> |              |
| Chris Hill   | Distribution             | <a href="mailto:laine.hill@icloud.com">laine.hill@icloud.com</a> | 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.

# **Charles Seaman**

**Interior/Exterior Painter and Decorator**

**Domestic and Small Business Work Undertaken**

**Highly Competitive Rates**

Telephone: **01362 688309** 2 Bell Close, Bawdeswell, Dereham, Norfolk

## **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](mailto: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**

## GARDENING CLUB

The first meeting this year of the Gardening Club took place on Thursday 26th January in the Memorial Hall, when the Club held its AGM. The committee were re-elected along with Chairman Ray Norman. He thanked the committee for their help and support. The past year had been very successful with a mixture of activities such as the annual dinner, a range of interesting garden related visiting speakers at monthly meetings, a coach trip to Cambridge Botanical Gardens, and the excitement and great success of the Annual Gardening Show being held once again after a lapse of three years thanks to the Covid epidemic.

After the formal AGM business, it was social time and great fun was had with teams battling their brains against Ray and his quiz. Successful winners were Colin and his team.

The next meeting of the Gardening Club will be on THURSDAY 24th MARCH in the Memorial Hall, North Elmham at 7.30pm when Andrew Sankey will give a talk to members entitled "A Year in the life of a Cottage Garden."

There will be refreshments and a raffle. New members are always welcome. Why not come and join us.

*Ann Ferris*

## NORTH ELMHAM PARISH COUNCIL MEETING

### WEDNESDAY 1ST FEBRUARY

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.

## OFF TO PASTURES NEW

This recent interesting photo shows two Swiss Valais rams, owned by Josh Hill, on the right and accompanied by Alex Walpole, being walked down Eastgate Street to their new pasture behind the Fish and Chip Shop.

No doubt you may have seen several programmes including this charming breed recently on TV, especially on "This Farming Life" where we met "wee Elfie" the orphan lamb who thought she was a puppy!

Thank you Peter, for this unusual photo.

**Councillors Present Were:** Mrs. J. Borgnis (Chairman), Mr. M. Phillips, Miss A. Ferris, Mr. T. Fitzalan Howard, Mr. P. Grainger, Mrs. A. Keeble, Mr. J. Labouchere, Mr. M. Rayner and Mr. C. Smith

**Also in Attendance:** Mr. K. Webb (Clerk) and three parishioners.

**Apologies for Absence:** Mr. B. Gee, Mr. N. Markwell and Mr. G. Bambridge (District Councillor).

### Public Participation

The following matters were raised:

The drain at the station end of Eastgate Street is blocked. Mr. Grainger is to advise Highways and Mr. Labouchere will speak to the Drainage Board (Mr. George)

Some disapproval was expressed at the naming of the new development – Boars Hill. The issue will be brought to the attention of the developers. Alternative suggestions were Basil's Meadow or Basil's Place.

The Archive Group has a lot of material. Drawers and cupboards are needed

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**



Pre-school Group

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



**The Bell**  
BRISLEY



With the Autumn and Winter months upon us...

It's time to snuggle up and gather with friends and family....Our Christmas, New Year's Eve & plans for January 2023 are on our website & on posters in the pub. Any questions, feel free to give us a call.

Recently we put together a project called Local Voices, the aim of the project being to preserve our local heritage. A part of the project is to have portraits of people in our community painted by a talented local art group as well as anecdotal voice recordings. If anyone is interested in taking part, we'd be delighted to hear from you. Please email or call Laura at the pub to arrange this.

**www.thebrisleybell.co.uk 01362 705 024**

for storage purposes with perhaps the Institute being used to house the records. Mr. Fitzalan Howard suggested that the records be put on line so that they were readily accessible for all and that the Archive Group could hold discussions with Norfolk Archive Office. The matter will be discussed further at the next meeting when detailed information will be given regarding the amount of material, i.e. measurements to be provided of storage capacity required.

Delight was expressed by all that Elmham News had won a national competition in which it was judged to be the best A5 magazine out of 450 entries, a truly wonderful achievement and a fantastic effort by everyone involved.

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

#### **Land Management Matters**

**Village Green:** The new dog waste bin has been received and duly erected. Trees have been cut near the power lines.

**Cathedral Ruins:** The railings placed around the tower are back in place.

**Cathedral Meadows:** Brown and Co recommend that the Stewardship Agreement be extended for a further five years. The necessary forms have been submitted.

#### **Bridleway on Disused Railway Line and Other Railway Linked Matters**

Mr. Rayner had received a reply to the query as to why the path notices are still referring to "permissive". The Railway Company is checking with their solicitors. Signs without the word "permissive" have been made and are ready to be installed.

#### **Allotments**

A skip was hired to enable rubbish to be moved and, as a result, the area is much tidier than before. Some work is to be carried out on the water system.

### **Street Lights**

Work on the light in Eastgate Street has commenced. Breckland Council needed to do some drainage work in Pump Street so the work has been delayed but is due to start on 3rd February.

### **Highway Matters**

The bollard near the Surgery has been reinstated. Mr. Paul Carr is preparing a Community Speedwatch flier to go in Elmham News. There are nine volunteers and activities should commence by the end of February. Sincere thanks were expressed for Mr. Carr's efforts.

Mr. Grainger reported that investigations into the serious accidents last year have not yet been completed. Drivers were breath tested but, according to the police report, alcohol was not involved.

The drain issue on Eastgate Street is to be raised with Highways.

The possibility of extending the 30 mph limit southwards was mentioned. If the affordable housing scheme proceeds, the boundary is likely to be moved back.

### **Pavilion and Playing Field**

Mr. Smith reported that most of the lights had been done. The defibrillator and cabinet are due to be received within the next few days. North Elmham Football Club is about to make a payment shortly for the hire of facilities. The local elections are due to take place on 4th May, 2023 and the District Council has been advised of a charge of £240 for the hire of the pavilion.

### **Brookside Development update**

It has been reported that the development is to be renamed Boars Hill.

### **Defibrillators**

The defibrillator is awaited. Volunteers to be trained will be contacted when it arrives.



# The Norfolk Sweep

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



**Anthony Walden**  
**01362 680189**  
**[www.thenorfolksweep.co.uk](http://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](mailto:firingsquadwoodburners@yahoo.com)  
[www.firingsquadwoodburners.com](http://www.firingsquadwoodburners.com)

**APPROVED CLEARVIEW STOCKIST**



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

A start date has still not been announced for the consultation. Mr. Rayner has formulated a draft response which is to be submitted after the final questionnaire is received. The importance of question 13 was stressed and there are two key areas – new settlements and settlement boundary

issues with implications for affordable housing schemes. Mr. Rayner was thanked for his excellent work on this highly important matter and he will prepare a piece for Elmham News.

George Freeman M.P. has replied to our letter but hasn't confirmed that he will speak out against the curiously named "Railway Village". He will be asked to do so in a further letter to be drafted by Mr. Rayner. There have only been two responses to the suggestion of 22nd February as a meeting for CANT. The Chairman will chase those who have not replied.

## **Pavilion Funding**

Norfolk F.A. have indicated that grants of up to £25K may be available and have requested further information, including size of areas. Mr. Grainger is to prepare a plan illustrating what is required and this will be submitted for consideration. A professional plan will be drawn up at a later date, if needed.

## **Police Community Resolution for Criminal Damage Incident**

Mr. Gee is to contact the young person responsible for this crime with a view to arranging the next piece of work to be carried out.

## **King's Coronation Celebrations**

The Coronation weekend is to be from 6th to 8th May. Mr. Smith felt that the Playing Field should be used rather than the Village Green with a barbecue provisionally booked and the suggestion being for everyone to receive a free

burger. The intention is for music to be provided by two bands. It is also hoped that the Football Club will get involved. It was felt that the 70th Jubilee celebrations received a generally poor response although the inclement weather may have played a part. The fireworks were well attended. Mr. Smith is to investigate the possibility of obtaining grant finance.

The contract with Biffa is to be examined in May as it is understood that Breckland Council currently provides a more cost effective alternative.

## **Planning Applications and Determinations**

### **Applications**

T1 – Ash – Fell at Field View, Pump Street.  
Unsteady tree with wet rot fungus –  
TRE/2023/0002/TCA

### **Determinations**

Mr. and Mrs. Robson – demolition of existing structure and erection of side/rear extension, alterations and widening of access – 3PL/2022/1324/HOU – 7 Eastgate Street – approved.

### **Correspondence**

- 1) Police Safer Neighbourhood Team – next meeting 24/5/23
- 2) Details of the photo ID needed to vote in the May elections.

### **Any Other Matters (For Information Only)**

The Clerk reminded all that the local elections are due to take place on 4th May and those wishing to stand will need to follow the procedures for submitting the necessary documentation.

### **Agenda items for next meeting:**

Archive Group records.

### **Next Meeting**

Wednesday, 1st March 2023 at 7.30 p.m.

## 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



## BEAUTIFUL MORNINGS

The early morning walkers, joggers and dog walkers have witnessed beautiful sunrises during January and February. The sun rising in the early morning mist has been breathtaking. *Sarah Felton*

## BRECKLAND LOCAL PLAN CONSULTATION

Just a brief update this month, as at the time of writing (13th February) the Breckland DC Issues & Options Consultation has not been started. However, by the time of publication it is likely this will have begun and will run for eight weeks. Once we know the final details of questions about potential new towns, I will put out another update in next month's Elmham News.

*Michael Rayner, Councillor & Planning Lead, North Elmham Parish Council*

## FREE TO A GOOD HOME

Dyson Ball Vacuum Cleaner with attachments.

Call June and John 668666

## CHARITY LUNCH

A Charity Lunch will take place at the Eastgate Centre on Wednesday 22nd March, at 12.00 noon for 12.30pm running until 3.00pm.

The purpose of the lunch is to raise funds for North Elmham Church Larder and the Village School Gardening Project.

We will be offering a range of homemade soups, cakes and bread rolls - gluten free options will also be available. Acoustic music, singing and poetry will be offered from friends and supporters.

Do join us, there is no fixed charge, but all donations will be most welcome.

However, since numbers are limited, please contact Jenny Cunningham by 15th March, either by telephone on 668224 or email [jennycunningham@mac.com](mailto:jennycunningham@mac.com).

## 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           |
| 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                       |
| 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             |
| 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            |

## JOHN CALEY

John was born at Station Farm, North Elmham on 20th September 1940. He went to North Elmham Primary School where his mother, Gladys Caley, was a teacher, before going onto Hammonds Grammar School at Swaffham, travelling there daily by train from Elmham Station. His father Frank was the local coalman and farmed land around the railway station.

Upon leaving school, John went to work in Ipswich, and studied at night school to become an Industrial Chemist, and he worked for several different companies in that field.

John met and married Priscilla and they went on to have two children together: James and Joanne where they lived in Shotley and then in Bentley, Suffolk.

Time went by and life changed, and he met and went on to marry Heather in 1977. At this time, he worked for Fisons Fertiliser. Their son, Nicholas was born 1978 and John moved the family back to North Elmham in 1981 from Ipswich.

John continued his work for several small companies and then decided to start up "Station Farm Organics" making composts for gardens and then went onto making Charcoal in the woods behind their house.

He sold them to businesses in various places both locally and around the country. The charcoal kilns are still there in the woods to this day – a little overgrown and decrepit! but nevertheless still there.

In his spare time, John loved golf playing at Wensum Valley and would spend many hours there.

He also loved his sailing holidays in the Caribbean having always been a keen sailor, at one time ferrying yachts from one port to another.



John also volunteered at the Jubilee Sailing Trust, sailing the tall ships. This Trust specialises in helping disabled people to sail the tall ships, and on many occasions, he held the prestigious role of Watch Leader.

Sadly, his hobbies stopped when his memory began to fail him.

Heather would then take him to Merle Body Day Centre in Swaffham two days a week for a time, before health dictated that he spent his last years in the care of The Paddocks home in Swaffham.

An intelligent, much loved husband, father and grandfather.

His funeral at Cromer Crematorium was well attended by family and friends. Emma Duggan conducted the moving, yet uplifting service on a bright, cold morning in late January. People then went back to Station Farm where Heather and her daughters had laid on a delightful lunch.

# 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](http://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

GRESSENHALL  
FARM AND  
WORKHOUSE



## A Great Day Out on your Doorstep!

Re-opens for 2023 on Monday 13 March

Find out what's on at:

[www.museums.norfolk.gov.uk/gressenhall](http://www.museums.norfolk.gov.uk/gressenhall)

Gressenhall Dereham NR20 4DR

Free  
admission  
with a Norfolk  
Museums  
Pass





## A NEW ROAD

We don't have many named roads here in Elmham, but did you know they haven't always had the name we recognise today.

Eastgate Street in the not so distant past was called Low Street, at least the last few hundred yards towards the old railway station had that name.

The main road through the village which we call the High Street, used to be called Chapel Street, and Church Street. Chapel Street was obviously named after the Congregational chapel which stood almost opposite Spencer's Close. Church Street started somewhere near the school and continued up past the church.

Pump Street began where the public pump, near the phone box stands and continues down the Pound Hill. We have written about the Pound in the past in the News, a part of our history long gone.

Years ago, it would have been an 'event' to see a new house being built in the village. Until the early 1900's, most of the houses here would have been thatched with reeds as the building material for the roofs. Now there are just two still in existence.

However, after the First World War, new houses were needed for troops coming home to live and local councils had to provide them. Our first council houses were built opposite the Green Field alongside the present road as were the houses alongside the road at Broom Green in the 1920's and 30's. Orchard Close also built by Breckland, just off Eastgate Street in the 1950's.

The biggest complex of private housing was built in the 1960's, early '70's and is Cathedral Drive with its associated other small roads and finally Wensum Drive followed. These estates had local names for their roads.

However, did you know there is a complex of houses being built, up to 25

on Brookside Farm, near the school? This is going to have a public car park and a walk way with a bridge over the stream (the Town Beck) and into the school playground. It is hoped children coming to school by car will use the car park and walk over the bridge to school. These houses will have its own road off the High Street.

We were wondering what the name of this estate would be—the land belonged to Basil Myhill who farmed it, and it was always called Brookside. Brookside would have been the obvious choice we thought! Now we know it is to be called Boars Hill.

Knowing Basil, we knew he did keep a few pigs along with bullocks and he also had a cattle truck for taking farmers' livestock to market. But Boars Hill—we found it very hard to accept the name. So, one of the Editors rang Neil Binks, the Managing Director for Orchard Homes asking how he had come up with that name.

He explained! He said he had contacted Breckland Planning Department with various names, none of which were accepted by the council. He said Breckland were very difficult to deal with, far harder than other local councils.

He told us he had a list of about 20 names altogether which once again were turned down. He understands that the fire, police and ambulance services must be able to find property easily and quickly, hence the turning down of his names. He said he had suggested Brookside but was told there was another property in the vicinity with that name, so it was a no go!

As the farm had always in the past been known as Brookside we assumed it would retain that name.

So, as he knew Basil had kept pigs he came up with the name of Boar's Hill for the new estate.

*Editors*

## 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](http://www.dereham-podiatry-practice.co.uk)  
01362 698932



### Physiotherapy (chartered)

**Rachael Hood BSc, PgDip, CSP.**  
[www.equiphysique.co.uk](http://www.equiphysique.co.uk)  
07507 870878

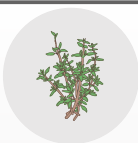


### Gait and Biomechanics

**Suzanne Clipson BSc, MRCPod.**  
[www.bloomfield-clinic.co.uk](http://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](mailto:info@morphry-thyme.co.uk)



[@morphrythyme](https://www.facebook.com/morphrythyme)



## DEAR EDITORS

Congratulations to the "Magnificent Seven", as displayed on February's Elmham News! ...and of course, to all of the others who played a part in the recent achievement!

To come first in a competition of 450 competitors can be little more than a dream!? But it has happened, so very well done to everyone.

Having lived in Elmham since before the "birth" of Elmham News, it's interesting to remember how it has developed. Yes, I recall the ancient Gestener machine in the Church Vestry and some of the problems it created.

Committee members, past and present, have worked hard over the years, persevering to produce the excellent publication we get today.

It's so well presented and full of information and items of local interest, all of which clearly appealed to the judges.

Perhaps the 'icing on the cake'... was the part played by Clan Press, producing the glossy, coloured magazine that we can all enjoy today! Well done to everyone involved!

*Arthur Smith*

Here are a just a few more congratulations from well wishers:

Congratulations on winning the National Parish Magazine award – what a fantastic achievement.

*Dave Appleton*

Many, many congratulations from Wives Plus All and The Gardening Club.

*Ann Ferris*

I was so pleased to read the news of the success of Elmham News in the national competition. It is doubtless a well-deserved boost to you all to know that you are doing a 'good job'.

Many years ago, having been responsible for a scout magazine (I think quarterly), I have a small idea of how the cyclical nature of the process never seems to stop!

You are all to be very warmly congratulated - my hope is that it encourages you all in the future. Keep up the splendid work.

*Dr Richard Baker*

Many congratulations on the National award- well deserved.

*Paul Carr Speedwatch*

Many congratulations to you all for your richly deserved award!

*Geraldine Leeder, Tennis Club.*

Martin told me the news yesterday about your fantastic (and very well deserved) award... many congratulations. It is fine recognition of all the hard work and dedication you all put into the EN month after month. Well done.

*Jennie Borgnis*

Thank you also to the many people who took the time to ring and email to offer congratulations and to those we met out and about who also offered their best wishes. One most unexpected call came from Mike Wyatt in his care home, he said "I always knew we could do it!" and he was right, we did!

We will continue to try to do our best.

## EASTER PRIZE BINGO

**In aid of Cystic Fibrosis Trust**

**Monday 27th March**

**North Elmham Memorial Hall**

**Eyes down 7.30 pm**

### THE CYSTIC FIBROSIS BINGO IS BACK

Following an enforced break because of Covid, I am pleased to say that the Cystic

**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](http://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](mailto:terry@garrodpartnership.co.uk)

[www.thegarrodpartnership.com](http://www.thegarrodpartnership.com)



**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](mailto:kaybarkerfineart@gmail.com)**

**Telephone: 01362 667050**

**Visit the website [www.kaybarkerfineart.co.uk](http://www.kaybarkerfineart.co.uk)**



Fibrosis Prize Bingo is coming back to Elmham in March 2023!

I have booked the North Elmham Memorial Hall for Monday 27th March with eyes down at 7.30 p.m.

Various prizes have been received so far, including various days out in Norfolk, tickets to Fakenham Races, a photo sitting in Norwich, bottles of wine, lots of Easter Eggs and much, much more.

Look forward to seeing you there.

*Sharon Moore*

**Ed's note:** Sharon has been fundraising for Cystic Fibrosis over the last three years and has raised an amazing £64,102 so far. She would love to hit the £75,000 mark, so do go along and support her.

## KNIT AND NATTER

As we opened the pavilion door for our February meeting, we found two very nice electricians at work with all their gear. I did suggest that they got their knitting out and joined us, but, strangely enough,

they cleared up and disappeared very quickly. Having settled we spent some time discussing our plans for the future Summer Garden Fête, and what interesting things we could produce by then.

The national "warm bag" scheme must be coming to an end soon, but we still have two large black bags filled with hats, gloves, scarves etc to take to the collection point. The North Elmham group certainly does it's bit. Will we be asked to knit for the earthquake victims we wonder?

It was nice to welcome a new person to our group, like many of our other village groups, we are looking to attract new members in order to remain viable. Sign of the times I guess, although we can still find charities who are grateful for our items.

Next meeting in the pavilion (without the electricians) will be on March 7th at 2.00 pm.

*Eileen Cotterill 668380.*

The pressure of the cost of living is hitting everyone, with prices on almost all goods and services on the rise. The cost of printing our prize-winning magazine is no exception and we have been doing our best to ensure that income from advertising is balanced with the increasing costs of production to enable Elmham News to continue to be a free-of-charge publication, delivered 11 months of the year to the 780 households in Elmham, Worthing and Billingford.

We are therefore very grateful for ad hoc cash donations from several villagers over the last year, which have

helped to offset our costs. Please keep them coming, no matter how small, by passing them to Meg White at 2 Cathedral Drive.

**Elmham  
News**

**DONATIONS WELCOME**

*Funny 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

 **Greensleeves**  
 Lawn Treatment Experts

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

**Call: 01362 652 812**

Email: [anglia@greensleeves-uk.com](mailto: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](mailto:onlockdown80@gmail.com)  
 Tel : 07923 161684



## IN DECEMBER 1977

### Arrival of First Elmham News

Meg and Bob were both on the Steering Committee for the News. Delving through the December 1977 edition of our local news we found...

Meg, Mike Vincent and Roger Virgo were the original Editors.

Contributions for the monthly magazine were asked both from individuals and organisations and pieces of general interest. The Elmham News was asking for ideas and sketches for the cover.

There were Christmas greetings from the Bishop of Norwich and also from our Vicar, the Reverend Albert Derisley.

The Methodist Chapel was still going strong, services were on Sunday evenings.

Doctor Earle retired, a very well-liked doctor with a loud voice. If you went to verify if you were pregnant... the whole waiting room knew at the same time as you!! Only three doctors then.

Here is a list of most of the organisations in the village at that time, sadly many have fallen by the wayside now.

|                |                        |
|----------------|------------------------|
| Mother's Union | Friends and Neighbours |
| Playgroup      | Mother & Toddler Group |
| WI             | Brownies               |
| Cubs           | Scouts                 |
| Youth Club     | Young Farmers          |
| Social Club    | Whist Club             |

We hope the Elmham News is still a popular magazine to land on everyone's doormat.

*Janet Woodhouse*



## 45 YEARS OF SERVICE

Recently the Elmham News team presented Meg White with a bouquet of flowers in recognition of her 45 years of service to the magazine... thank you Meg for all your hard work and dedication.

## FAKENHAM & DISTRICT FLOWER CLUB

Tuesday 7th March 2023

"Special Event Floristry"

With Nicholas Godfrey-Cole

Hempton Memorial Hall  
Hempton, Fakenham NR21 7LG

Members £40 Annual Sub Visitors £8

More details : Jackie on 01328 851933



**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



Contact Joanne  
Pennells today to  
book your free  
market appraisal

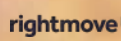


**Chilterns**

Sales & Lettings

01603 801020 - 07568608998

[joanne.pennells@chilterns.co](mailto:joanne.pennells@chilterns.co)





## HONEY BEES – IN WINTER

A beehive is made up of a brood chamber and supers. The brood chamber is at the bottom and the supers are stacked above. This is where the honey is stored.

The queen, the largest bee in the colony, lays eggs in the cells in the brood box and the young bees are reared here. A queen excluder is placed above the brood box to prevent the queen from entering the supers as she is too large to get through the bars of the excluder. This prevents her from laying eggs amongst the honey.

The beekeeper provides the bees with a wooden frame and a flat sheet of wax. The bees construct cells on the flat sheet. The cells are constructed at 15 degrees from the horizontal to contain the honey. The photos show a new frame and one which the bees have worked on.

The beehive is made up of a queen who is the mother of all the hive and worker bees who are all girls. The male bees are called drones whose only task is to fertilise other queen bees. I often imagine that drones spend their time learning to fly upside down and backwards to occupy their time. By the way, the girls do get their own back on the drones as in the autumn they kick out all the drones to die as they do not want them consuming valuable food during the winter.

This time of the year the bees are in the hive. They survive in clusters around the brood frames. This is where the young larvae are developing. By this time the beekeeper has removed the honey supers to leave only the brood box where the bees will maintain a temperature of over 25°C. This is necessary for the young larvae to survive. The queen does not lay many eggs at this time of the year but must lay a few to maintain the strength of the hive.



In early December the beekeeper uses chemicals to control a parasite that sucks the blood of the honey bee. This is called Varroa. We chose this time when the amount of capped brood is at its lowest as when the queen lays an egg in a cell the varroa mite can lay up to six eggs in the cell before the cell is capped with wax. We cannot kill the varroa inside the capped cells so the less cells with young bees in the better. When the larva hatches out several varroa mites come with it which will attach themselves to healthy bees. Varroa mites also carry other viruses that cause the bees to have damaged wings which means they cannot fly and quickly die.

On warm sunny days the bees will emerge from the hive to collect water which they need to help break down the honey stored in the brood chamber for winter food. Also, for cleansing flights as the hive is kept exceptionally clean. Adding to this is their use of propolis which they collect

# Community Speed Watch

**NORTH ELMHAM GROUP**

## MARCH LAUNCH CONFIRMED

We have obtained approval from the Police for the CSW to operate at four different locations in the village. Initially, we are concentrating on Holt Road. Stage 2 will address other areas of concern within the village.

Permanent signs will be placed at either ends of the village.

The Group comprises 9 volunteers who all live in the village. Training has been completed in February.

Please support this important community initiative.

If you would like to be involved or want further information, please contact the group's organiser Paul Carr at [carrpaulus@aol.com](mailto:carrpaulus@aol.com).



**PLEASE DRIVE CAREFULLY**



*The Community Speed Watch (CSW) initiative allows members of the community to address the issue of speeding by becoming actively involved in road safety, monitoring speeds at safe locations with speed detection equipment.*

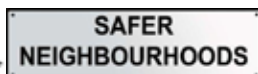
*The aim of the CSW initiative is to address the problem of speeding through a partnership of the police, the local community, parish councils and other partners.*

*The aim of the initiative is NOT to catch as many speeding drivers as possible.*

*It is to reduce speed in areas of concern, make drivers aware that excessive speed is socially unacceptable, educate drivers about the dangers of speeding and address concerns from local residents about cars speeding through their neighbourhoods.*

*Police forces across the country implementing Community Speed Watch can show a reduction in overall average speeds and a significant reduction in drivers travelling well above the speed limit.*

## Together we can make a difference



**NORFOLK**  
CONSTABULARY  
Our Priority is You



from trees and plants. It has bacterial properties which helps to keep the hive sterile as they use the propolis to fill any holes or spaces in the hive. Unfortunately, this can hinder the removal of the honey frames at a later date as propolis is the equivalent of superglue!

March is the beginning of increased activity by both the queen, laying more eggs, and the worker bees, collecting pollen from early flowers and catkins.

More of this another time.

The ever learning beekeeper.

## **NORTH ELMHAM TENNIS CLUB**

### **Five Members Receive LTA Honours**

It's another bumper year for North Elmham Tennis Club, with five members recognised in the 2023 Norfolk LTA Awards.

Andrew Parsons, our treasurer, has been named The Cathie Sabin Volunteer of the Year for his many roles at North Elmham over the past 15 years, including our recent LED light and court resurfacing projects.

Additionally, our Club President Lynda Denmead, Geraldine Leeder, Linda Smith and Jim Biggie have received Lifetime Achievement Awards for their outstanding voluntary contributions to the Club and the local community.

As part of a small group, the four helped to raise £130,000 for the construction of the pavilion and hard-court facility we all enjoy today, between 1995 and the Club's reopening in 2002. Geraldine and Jim were committee members until 1989, when the grass-court venue closed. All four continue to give up their time for the Club.

They were presented their richly deserved awards at the Norfolk LTA AGM on Tuesday, 28 February at Easton.

The Club was also shortlisted for the 2023 Norfolk Tennis Club of the Year award, but narrowly missed out this time to the county's newest venue, Loddon Tennis Club, that was established in early 2022.

### **Tuesday Junior Coaching**

Group tennis coaching is underway on Tuesdays at North Elmham Tennis Club. LTA Level 3 coach Jonathan Lindner provides fun, technical sessions for children ages 4+. Sign up online at <https://www.northelmhamtennisclub.co.uk/Coaching>.

Ages 4-7: 3:45-4:30pm

Ages 8-9: 4:30-5:30pm

Ages 10+: 5:30-6:30pm

*James Buddell*

**Ed's Note:** Many congratulations to you all. Enjoy the feelings. We too know how delighted you all are!

## **WHAT'S ON LOCALLY**

### **BRISLEY VILLAGE CINEMA**

#### **Friday 17th March**

Fisherman's Friends: One and All  
Showing at 7.30 pm, doors open 7.00 pm  
Tickets £4.

Bar, ice cream and hot drinks available

Register interest or confirm to book with Dpearson1954@yahoo or message 07816139926

#### **Six Nations Rugby**

##### **Sat 11th March: England v France**

Kick off 4.45 pm, doors open 4.00 pm  
Pizza Roma on site from 5.00 pm

##### **18th March: Ireland v England**

Kick off 5.00pm doors open 4.00 pm  
Food to be confirmed.

Free admission for both matches.  
Licensed bar.



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](mailto:support@habify.co.uk)

T: 01603 905 080

[www.habify.co.uk](http://www.habify.co.uk)

## FAKENHAM CHORAL SOCIETY

### Handel's 'Samson' Saturday 25th March

After their hugely successful Christmas concert, Fakenham Choral Society delves deep into the story of Samson, from his betrayal by Delilah to his dramatic demolition of the temple. Composed by Handel immediately after 'Messiah', 'Samson' is just as compelling and lyrical, concluding with the scintillating aria 'Let the bright seraphim'. With orchestra and professional soloists, Rosamund Walton, Tabitha Reynolds, Dan Bartlette and Simon Crookall, this promises to be one of the choir's most memorable performances.

Led by Musical Director, Mark Jones, the concert will take place at Fakenham Parish Church on Saturday 25th March at 7.00 pm. Tickets are £12 (under 16s free), and can be purchased either by calling 01485 544335, via the website

[www.fakenhamchoralsociety.org](http://www.fakenhamchoralsociety.org) or on the door. So do come along for an unforgettable evening.

### WALKERS ARE WELCOME

Dereham Walkers are Welcome is a not for profit organisation

Our September walk was most enjoyable; perfect weather and friendly chat.

We meet on the first Friday of each month to complete a short walk of up to four miles.

There is also a programme of longer walks and one town walk planned for later in the year.

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

## DATES TO REMEMBER: MARCH

|          |  |  |                         |
|----------|--|--|-------------------------|
| Wed 1st  | Mobile Library visit<br>Parish Council Meeting | The Heath to Orchard Close<br>Pavilion | 2.30–5.20 pm<br>7.30 pm |
| Tue 7th  | Knit and Natter                                | Pavilion                               | 2.00 pm                 |
| Wed 8th  | Tea @Two                                       | Memorial Hall                          | 2.00 pm                 |
| Thu 9th  | Wives + All PACT talk                          | Memorial Hall                          | 7.30 pm                 |
| Wed 22nd | Charity Lunch                                  | Eastgate Centre                        | 12.00 for 12.30 pm      |
| Thu 23rd | Gardening Club                                 | Memorial Hall                          | 7.30 pm                 |
| Fri 24th | Spring Quiz                                    | Memorial Hall                          | 7.00 for 7.30 pm        |
| Sat 25th | Jumble   | Eastgate Centre                        | 10.00 am–1.00 pm        |
| Wed 29th | Mobile Library visit                           | The Heath to Orchard Close             | 2.30–5.20 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:**  
[kingsheadnorthelmham.co.uk](http://kingsheadnorthelmham.co.uk)

**Call: 01362 668856**



# accommodation • Bar • Restaurant • Beer Garden



YS  
D  
O  
TO 2.30PM  
O 9.00PM

TO 5.00PM



## BAR | RESTAURANT | HOTEL

### ◆ SMALLS ◆

|  |        |   |        |
|--|--------|---|--------|
| MIXED MARINATED OLIVES (Ve) (Gr)   | £ 4.50 | WARM BREAD, OLIVE OIL & BALSAMIC (Ve)                                     | £ 5.00 |
| TOASTED GARLIC CIABATTA (V)  | £ 5.00 | BEER BATTERED ONION RINGS (V)   | £ 4.00 |
| BREADED BRIE, RED ONION & CRANBERRY MARMALADE (V)                              | £ 7.00 | CRISPY PANKO CHICKEN FILLETS, PICKLED VEGETABLES & KATSU CURRY MAYONNAISE | £ 8.00 |
| PORK CRANBERRY & PISTACHIO TERRINE, SPICED ONION MARMALADE & GRANARY TOAST (N) | £ 8.00 | NACHOS, NACHO CHEESE SAUCE & TOMATO SALSA (Gr) (V) (VeO)                  | £ 7.00 |
| CARAMELISED PARSNIP SOUP & BREAD (Ve) (GrO)                                    | £ 7.00 |   |        |

### ◆ CHIPS & FRIES ◆

|   |        |  |        |
|---|--------|--|--------|
| FRIES TOPPED WITH BBQ PULLED PORK, SPRING ONION, CHEDDAR & MOZZARELLA | £ 7.50 | FRIES TOPPED WITH, CRISPY HALLOUMI, SPRING ONION & SRIRACHA MAYONNAISE | £ 7.50 |
| CHUNKY CHIPS  | £ 4.00 | SKINNY FRIES   | £ 4.00 |

### ◆ MAINS ◆

|   |         |
|---|---------|
| 8OZ RIBEYE STEAK, CHUNKY CHIPS, ROAST TOMATO, FLAT MUSHROOM & CAFÉ DE PARIS BUTTER (GrO)              | £ 29.00 |
| HOMEMADE BEEF BURGER, BRIOCHE BUN, STREAKY BACON, CHEESE, BABY GEM, TOMATO, FRIES (GrO)               | £ 15.00 |
| GRILLED HALLOUMI, ROASTED PEPPER & MUSHROOM BURGER, BRIOCHE BUN, SIRACHA MAYO & FRIES (V) (GrO) (VeO) | £ 15.00 |
| BREADED CHICKEN BURGER, BRIOCHE BUN, KATSU MAYONNAISE, PICKLED VEGETABLES & FRIES                     | £ 16.00 |
| BEER BATTERED HADDOCK, CHUNKY CHIPS, CRUSHED PEAS & TARTARE SAUCE                                     | £ 16.00 |
| WILD MUSHROOM LINGUINE, SPINACH, CREAM & PARMESAN (V) (N)   | £ 15.00 |
| SLOW BRAISED BEEF, BLUE CHEESE HASH, KALE & ONION JUS   | £ 18.00 |
| BUTTERNUT SQUASH & CHESTNUT MUSHROOM NUT ROAST, MASH POTATO, KALE, ONION GRAVY (Ve)                   | £ 15.00 |
| FISH PLATTER, HADDOCK GOUJONS, SMOKED SALMON, WHITEBAIT, CRAYFISH, TARTARE SAUCE & BREAD              | £ 17.00 |
| PAN FRIED CHICKEN BREAST, GARLIC & LEEK MASH POTATO, WILD MUSHROOM & BACON FRICASSEE (Gr)             | £ 17.00 |
| PAN FRIED SEABASS, PARMENTIER POTATOES, RED ONION, OLIVES & SALSA VERDE                               | £ 18.00 |
| SLOW ROASTED PORK BELLY, SAGE & ONION ROSTI, BROCCOLI & GRAIN MUSTARD & CIDER SAUCE (Gr)              | £ 18.00 |

### ◆ SWEETS & CHEESE ◆

|  |         |
|--|---------|
| CHOCOLATE BROWNIE, CHOCOLATE SAUCE & HONEYCOMB ICE CREAM (GrO)                               | £ 7.00  |
| VANILLA CRÈME BRULÉE & SHORTBREAD (GrO)  | £ 7.00  |
| JANUARY PUDDING, BRANDY CUSTARD (V)  | £ 7.00  |
| CHOCOLATE & ORANGE BREAD & BUTTER PUDDING & CUSTARD  | £ 7.00  |
| STICKY TOFFEE PUDDING, TOFFEE SAUCE & VANILLA ICE CREAM                                      | £ 7.00  |
| RONALDO'S ICE-CREAM'S, CHOCOLATE, STRAWBERRY, VANILLA, HONEYCOMB, JACK DANIELS – PER SCOOP   | £ 2.50  |
| RONALDO'S RASPBERRY SORBET – PER SCOOP   | £ 2.50  |
| BRITISH CHEESE BOARD TO SHARE, FESTIVE ONION CHUTNEY, CELERY & A SELECTION OF CRACKERS (GrO) | £ 13.00 |

### Allergen Information

Here at The Kings Head Hotel, we take every possible step to ensure our diners have a pleasant experience. We pride ourselves in the fact that we take the utmost care when preparing your food and cooking your meals freshly to order. Some of our products may contain, nuts, gluten, eggs, crustaceans, milk, soya, etc. If you are or suspect you are allergic to any of these or other products, please inform a member of staff before you order, and we will be able to provide all the information you need.

N – NUTS

Gr / GrO – GLUTEN FREE OR

V – VEGETARIAN

VE / VEo – VEGAN OR VEGAN

GLUTEN FREE OPTION

OPTION

CHIPS, FRIES ARE NOT GLUTEN FREE



VISIT US ONLINE OR CALL US  
TO DISCOVER MORE

[www.creativechiro.co.uk](http://www.creativechiro.co.uk)  
[info@creativechiro.co.uk](mailto:info@creativechiro.co.uk)  
01328 854325



## 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

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](http://www.the-sweep.co.uk)**





## WVBS

By the end of 2022, WVBS was feeling back to normal, and we were able to mix and socialise with very little restraint. We celebrated with a very enjoyable Christmas party that included a photographic competition for the best bird photos taken in the Valley last year and a series of quizzes. Members brought plates of food for sharing and the standard was, as usual, very high. So now we have a full programme of events for 2023, and it is available on our website – [www.wvbs.co.uk](http://www.wvbs.co.uk). Do have a look at the site if you are interested. It includes useful information about bird-watching sites in the valley as well as reports of previous meetings and a way to report your own sightings for inclusion in the County records.

The last field trip of 2022 took us all the way to the Wildlife and Wetland Trust reserve at Welney, with a stop at Denver Sluice on the way. Here we were lucky to get several views of a Kingfisher, which finally perched on the metalwork of the sluice just in front of us. Across the road a flock of Yellowhammers delighted us, with Redwings and Redshanks also seen. In spite of the rain we headed off for Welney, where the big bonus is the visitor centre with views over Lady Fen and then the main hide which is heated! We were there for feeding time, when the visiting wild swans and waterfowl are fed grain in front of the hide. It's always fun to see, although the very high water levels meant there were not as many swans as usual. Nonetheless the Whooper swans and Pochards made a great spectacle, and we saw a good selection of waders by carefully examining the banks and edges. These included a Spotted Redshank, a good flock of Black-tailed Godwits and some Ringed Plover. Back over the bridge at

the visitor centre we mostly had some lunch and then looked out for the Short-eared Owls that seem to be regulars over the Fen. We weren't disappointed, and some members then headed for Methwold where a Great Grey Shrike could be seen.

We kicked off 2023 with the annual bird count in the Valley, and at this point I know that over 90 species were recorded in total. One of those species was Bewick's Swan, seen near Colkirk and an unusual visitor to this area. More details next time! Meanwhile here are our next few meetings – more information on the website.

### Outdoor Meetings

Everyone is welcome on these guided walks. See the website for meeting times and places. Sunday 26th February – Breydon Water. Saturday 25th March – Sculthorpe Moor

### Indoor Meetings

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

**16th February:** Nick Acheson on his biking birding.

**16th March:** Drew Lyness on the Mid-Yare Valley (Strumpshaw Fen and around).

## WIVES PLUS ALL

2023 meetings are to be held on the 2nd Thursday of the month commenced with the Wives AGM on Thursday 9th February at 7.30pm in the Memorial Hall. The committee were elected en bloc as was the Chair Person, Gloria Feeke. A vote of thanks by Gloria was given to all committee members with thanks also to Dawn and Chris and Colin for arranging refreshments and also June and John for enabling the raffles.

FG PERSONAL TRAINING

# GET **BACK** ON TRACK...



☎ 07884 979656 ✉ [tim@fgpersonaltraining.co.uk](mailto:tim@fgpersonaltraining.co.uk)  
Bilney Road, Gressenhall NR20 4EG



## TIM'S STARTER PACK

10 Personal  
Training Sessions  
Nutritional  
guidance  
Out of gym support  
Rewards

**£250**

## 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](http://www.littleproud-funerals.co.uk)



It was decided that a Bingo evening will be held on MONDAY 17th APRIL 2023. Donation of prizes for the Bingo will be gratefully received.

Wives Plus All next meeting will be on THURSDAY 9th MARCH 2023 at 7.30 pm in the Memorial Hall, North Elmham, when a talk will be given by George, co-founder of PACT Animal Sanctuary.

PACT would be pleased to receive donations of towels, bedding etc. for use at the Sanctuary.

There will be a raffle and refreshments. Please come along. ALL WELCOME.

*Ann Ferris*

## SANDERS WEDNESDAY BUS

### Service No. 23

#### North Elmham to Norwich

|                                |       |
|--------------------------------|-------|
| Bus shelter near playing field | 09.37 |
| Opposite Orchard Close         | 09.39 |
| Billingford - opp Festival Rd  | 09.41 |
| Norwich Castle Meadow          | 10.20 |
| Norwich Riverside Retail Park  | 10.30 |

#### Norwich to North Elmham

|                                |       |
|--------------------------------|-------|
| Norwich Riverside Retail Park  | 13.10 |
| Norwich Castle Meadow          | 13.20 |
| Billingford - opp Festival Rd  | 13.54 |
| Opposite Orchard Close         | 13.56 |
| Bus Shelter near playing field | 13.58 |



**T@2**

Join us for  
Afternoon Tea  
from 2-4pm Cake,  
Sandwiches, savouries  
and music!

At the North Elmham  
Memorial Hall

8th February  
8th March  
12th April

All costs covered by  
St Mary's Church

**T@2**

2nd  
Wednesday  
of the  
Month

Everyone  
Welcome

## 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](http://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](mailto:info@power-medix.co.uk)

[www.power-medix.co.uk](http://www.power-medix.co.uk)



# Spring QUIZ

Friday 24th March

Memorial Hall, North Elmham

7.00pm for 7.30pm

Teams of 6 or less

£5.00 per head

Bring your own drink

Tea & coffee available

Raffle

To book a table call: 01362 66 85 85

or email: [p.ferris84@yahoo.com](mailto:p.ferris84@yahoo.com)

In aid of North Elmham Memorial Hall





## 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](http://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](mailto:info@aquaniqueplumbing.co.uk)

W: [www.aquaniqueplumbing.co.uk](http://www.aquaniqueplumbing.co.uk)



## NORTH ELMHAM WILDLIFE

This month I've picked a topic that cuts across many different types of wildlife – **signs of early spring**. I don't know what the weather will be like by the time you come to read this, but if it doesn't already feel like spring is on its way, then you'll no doubt be looking forward to when it does.

Spring is an exciting time of year for so many reasons, migrant birds arriving, resident birds and other animals becoming more vocal and active as they prepare for breeding, insects emerging, flowers blooming and so on. 'Early' spring narrows things down a bit – today I'm going to focus on the first signs of spring, not the whole season. When is early spring? Well, if you define spring as section of our calendar then early spring is probably March, but of course the natural world doesn't follow our rules and isn't so easily defined. Take Great Spotted Woodpeckers for example (photo 1). Their territorial drumming marks the beginning of their breeding season. It peaks in April and is, I would argue, a sign of spring. But on a fine day you can hear them drumming in December and then increasingly through January, February and March. Early spring for Great Spotted Woodpeckers is probably December to February. Other signs of early spring in resident breeding birds include a change in behaviour for Long-tailed Tits (photo 2) – no longer roaming around in large flocks as they have been through the winter and instead now forming pair bonds ready for the breeding season.

The changes many birdwatchers look forward to in spring are the arrivals of migrants that haven't been around during the winter. The earliest to arrive, like Chiffchaff and Blackcap, haven't come far – a few may even spend the winter locally – but among the first to arrive from overseas is the Sand Martin. I don't



# 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](mailto:info@pilatesnorfolk.com) or visit [www.pilatesnorfolk.com](http://www.pilatesnorfolk.com)



see these very often in North Elmham but another common hirundine (that's the family name for all of the martins and swallows) is arriving increasingly early. The Swallow never used to appear before late April, but climate change is bringing their arrival dates forward and it's no longer exceptional to see one in March. Unfortunately, they're declining at the same time, so although we may find them earlier, we aren't seeing as many as we used to. The saying goes, "One swallow doesn't make a summer" but the speed at which we're destroying the insects they depend on it may not be long before no swallows make a summer. The Swallow shown here (photo 3) was one of a breeding pair watched from my study window in Eastgate Street in 2016 – I haven't seen a pair here for a few years now though fortunately they haven't completely vanished from our village yet.

A few pairs of Oystercatcher (photo 4) breed around the parish but they aren't present over winter. Typically they arrive at their inland breeding locations in February so these certainly qualify as early spring arrivals. Lapwings will also be returning to their breeding fields at around the same time.

Early spring is when some of our reptiles and amphibians start to become active too. If you have a garden pond you may well notice Common Frogs spawning in March. The dyke alongside the railway footpath is another good place to see frogspawn, sometimes covering whole sections of the dyke (photo 5). The adult frogs dive beneath the surface when you approach but when they're very active, or if you wait patiently, you can see their heads above the water (photo 6). There can be lots of Common Toads here at the same time – I counted 60 one day in March and I'm sure I only saw a fraction of them.



## **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**



Perhaps the most obvious of our insects to appear in early spring are our butterflies. Typically the first to appear in March (if not before when it's really warm and sunny) are Brimstone (photo 7), Peacock, Small Tortoiseshell and Comma. You might also see bumblebees flying on sunny days – the first ones to fly are often Buff-tailed Bumblebee but other species flying in early spring include Common Carder Bee, Garden Bumblebee and Early Bumblebee (photo 8).

There are lots of other insects starting to fly in early spring. Among the common moths one of the most spectacular species flying in early spring is the Oak Beauty (photo 9). Yellow Horned is another one (photo 10), a little more localised – I only occasionally catch them in my garden but they can be very numerous in woodland round here. The “horns” in its name are its antennae, though I would describe them as orangey-red rather than yellow. Another smart moth that starts flying in March is the Water Carpet (photo 11). There are of course many more species – the diversity in moths is far greater than in butterflies.

I could write about all sorts of other insects and invertebrates that start appearing in early March, but I only have so much space and it would be remiss of me not to mention some plants. For some people spring flowers, whether they be garden flowers or wildflowers, epitomise spring. Some might choose willow catkins (“pussy willow”) but If I was to pick one flower that represents early spring I think it would be the Primrose (photo 12), though like the drumming Great Spotted Woodpeckers I started this piece with, they can start to appear as early as December. Sweet Violet is another, slightly more subtle, wildflower that is characteristic of early spring and can sometimes appear as early as December. It comes in a number of colour forms but



**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](http://www.butcherandrews.co.uk)**

the common ones are purple-blue (photo 13) or white.

As spring begins to appear there is no better time to get out and enjoy the wildlife around our parish. Do get in touch if you have anything interesting to share (email [appleton.dave@googlemail.com](mailto:appleton.dave@googlemail.com), phone 668431 or message me via Twitter at @ElmhamMeadows).

*Dave Appleton*



**THE EASTGATE CENTRE,  
EASTGATE STREET, NORTH ELMHAM**

**SATURDAY 25TH MARCH**

**10AM TIL 1**

# **Jumble Sale**

**CLOTHES, ACCESSORIES,  
BRIC A BRAC, BOOKS,  
TOMBOLA, REFRESHMENTS &  
LOTS MORE!**

**RAISING FUNDS FOR ELMHAM INSTITUTE & BROOM  
GREEN BOWLS CLUB**



## 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:*

|               |                          |                                 |                      |
|---------------|--------------------------|---------------------------------|----------------------|
| <b>Corns</b>  | <b>Ingrown toe nails</b> | <b>Fungal infection</b>         | <b>Toe orthotics</b> |
| <b>Callus</b> | <b>Nail deformities</b>  | <b>Diabetic foot assessment</b> |                      |

*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**



**Oil Boiler Servicing  
and Breakdown  
Repairs**

Authorised



Engineer

**Assured Boiler Care Ltd**



**Oil Tank Replacement**  
For further details, Contact David Rowe on



**Power Flushing  
Existing Heating  
Systems**

**01328 700500 or 07900 060940**

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

## CHOCOLATE AND BANANA CAKE

### Ingredients

100ml sunflower oil, plus extra to grease  
175g caster sugar  
175g self-raising flour  
½ tsp bicarbonate of soda  
4 tbsp cocoa powder  
100g chocolate chips or chunks  
175g very ripe bananas  
3 medium eggs, 2 separated  
50ml milk

### *For the topping*

100g milk chocolate  
100ml soured cream  
handful dried banana chips,  
roughly chopped

### Method

Heat oven to 160C/140C fan/gas 3.  
Grease and line a 2lb loaf tin with baking parchment (allow it to come above top of tin). Mix the sugar, flour, bicarb, cocoa and chocolate in a large bowl.

Mash the bananas in a bowl and stir in the whole egg plus the 2 yolks, followed by the oil and milk. Beat the egg whites until stiff. Quickly stir the wet banana mixture into the dry ingredients, stir in a quarter of the egg whites to loosen the mixture, then gently fold in the rest. Gently scrape into the tin and bake for 1 hr 10-15 mins. Cool in the tin on a wire rack.

For the topping melt the chocolate and soured cream together in a heatproof bowl gently over a pan of just simmering water. Chill in the fridge until spreadable. Remove cake from tin, roughly swirl icing over and scatter with the banana chips.

## ROYAL BRITISH LEGION

We had our first meeting of the New Year on the 2nd February at The Kings Head Hotel at 8pm. 9 members attended, and the minutes of the last meeting were read and passed.

David Green said that the Union flag at The Memorial Institute was getting tatty and a new one should be bought to mark The Kings Coronation. This was agreed and Mike Aston said he would look into this, any donations towards this would be much appreciated, please contact any committee member.

Ian Taylor said that the Poppy Appeal fund for last year was £4500 so far.

This year it is the branches hope to be more involved in village occasions, and will be having a stall and tombola at the Garden Fete on the 21st May, with several other ideas for future events. Again we need new members to join us. We are in the process of thinking of a memorial to our late, long serving member Mr Bryan Tidnam, further details will be posted in the Elmham News in due course.

Our next meeting is 6th April

Well done to Elmham News for your award.

*Mike Aston Branch Sec.*

## NEW DISPENSARY OPENING HOURS

From Monday 6th March, the dispensary at the surgery will be closed between 12 noon and 2.00pm daily.

Opening times will be:

Monday to Friday 8.30 am–12.00 noon  
and then 2.00–6.30 pm



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](http://www.elmhamfinancial.co.uk)  
[enquiry@elmhamfinancial.co.uk](mailto: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.

**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**

## **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](http://www.dkcpumbing.co.uk)**

**07564 704365**

**OLIVER.JAGGARD@ICLOUD.COM**

**JAGGARD  
SWEEPS**



CERTIFIED BY **flogitech  
UK**

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



**NORTH ELMHAM  
NORFOLK**



## CONVERSING WITH THE PSALMS

A new monthly ecumenical study group open to all on the fourth Wednesday of the month.

1st meeting 22nd February in Stibbard Methodist Chapel starting at 2.30 pm

Each month we will discuss a chosen psalm, read from different versions of the Bible and comparing how the wording might change the sense. Tea and refreshments available.

More Info? Contact Norman on [nwjohnson@btinternet.com](mailto:nwjohnson@btinternet.com) or 01362683344

## ST MARY'S CHURCH

### A Month of Drama

Of March it is said "it comes in like a lion and goes out like a lamb." A very transitional month, hailing a move from winter to spring and bringing with it those much-needed longer days and stronger sunshine. However, it is also very variable, as noted by Charles Dickens; "it was one of those March days when the sun shines hot and the wind blows cold - when it is summer in the light and winter in the shade."

Despite the weather, we are greeted in March by a reawakening of the dawn chorus from the robin, song thrush and blackbird and the arrival of beautiful spring flowers such as primrose, camellia, and daphne. Of course, it is the flower of the month, the daffodil that gives us swathes of bright, golden yellow at the roadside and in our gardens and woodlands. Also known as the lent lily, this icon of optimism reminds us that during this month we are indeed in the holy season of lent. Traditionally a time to give something up until Easter. Perhaps a few weeks without chocolate, cake or

biscuits!?! Many do undertake this period of fasting as a sign of sacrifice and self-discipline. For Christians this represents Jesus Christ's sacrifice when he entered the desert to pray and fast for forty days before he died for us on the cross.

As we move through this month, we can look forward to celebrating the coming of a new season. With those longer days and the clocks springing forward an hour, summer really seems to be just around the corner. So too can we see March as a transition to our new church season of Easter, enabling us to celebrate the resurrection of Jesus Christ, a sign of re-birth, new life, and a promise of the good things to come.

Yours in Faith

*Colin Ferris*

*Authorised Worship Assistant  
Heart of Norfolk Benefice*

## MORE 2 LIFE

First of all, may I offer my congratulations to the amazing Elmham News team on their thoroughly well-deserved award! You are a fantastic, hardworking team, and we are grateful for all you do!

I've been reflecting recently on people coming together in times of tragedy; people who would previously not speak to their neighbour, or didn't get on with certain family members or work colleagues; or people with racial, cultural, or religious differences that caused division.

This month we have witnessed the tragic, overwhelming devastation in Turkey and Syria. An earthquake so big, and causing destruction on such a scale, that we can barely comprehend what the people there are going through, or the images we are seeing on our TV screens.

Yet in the midst of this devastation, we see glimmers of hope. People laying aside



From roots to shoots.....

## Ravencroft Tree Services

01362 684291

Est. 1992

[www.ravencrofttrees.co.uk](http://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](mailto:joe@tvandtheatreservices.com)**

**Unit 10 Whissonsett Road, Horningtoft, Dereham NR20 5DJ**

## Artfellows

**Complete the picture**

Picture Framing Studio

Fine Art Gallery

Exclusive Greeting Cards

5 Cattle Market Street, Fakenham

10.00am – 4.00pm Tuesday to Saturday

Tel: 01328 862000

## ZINKA'S HELP AT HOME

**Carework**

**Cleaning/Hoovering/Ironing**

**Shopping/M Meal Preparation**

**Fully Insured/Current DBS**

**Years of experience in care work**

**Tel: 01362 667074**

**Mob: 07742075156**

their differences and coming together in their grief to support, to comfort, to rescue; and to recover the dead. Humanity working together like this would almost be beautiful if it wasn't borne out of such deep pain and suffering. That communal joy, expressed when someone had been found alive against the odds regardless of colour or creed, producing tears of joy interspersed with tears of pain for those who didn't make it.

We may not be facing a tragedy like that in Turkey and Syria personally, but let's choose today to not wait for a tragedy to happen before laying aside any bitterness or hate towards others. Let's choose compassion. I finish with a prayer:

Dear Lord, we cannot begin to comprehend the tragedy in Turkey and Syria. We seek your compassion upon all those affected, those who lost their lives, and those who remain. We thank you for those who have given their time,

energy, and money to help those affected. We ask that you would help guide these resources to those areas who need it most, and that they may find hope in you. We ask these things in the name of our Lord Jesus Christ. Amen.

Every blessing,

Anne-Marie Fewell  
Pastor, More2Life Christian Fellowship



# Save the Date

## Elmham Garden Fete

### Sunday May 21st 2023

**PLEASE COME AND GET INVOLVED WITH HELPING US, WE ARE LOOKING FOR SOME ENTHUSIASTIC, ENERGETIC VOLUNTEERS TO HELP WITH PLANNING, SET UP AND HELP ON THE DAY. PLEASE CONTACT:**

**Julia 01362 668943 [julia.hardwick@btinternet.com](mailto:julia.hardwick@btinternet.com) or Susanna 01362 668435 or [scwmartins@btinternet.com](mailto:scwmartins@btinternet.com)**

**BRIC-A-BRAC - CAKES - BOOKS - PLANTS - RAFFLE - TOMBOLA - DOG SHOW - VOLUNTEERS!**

## Heart of Norfolk Group Services for March

### 5th March – 2nd Sunday of Lent

|          |              |                |
|----------|--------------|----------------|
| 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 |

### 12th March – 3rd Sunday of Lent

|          |            |                               |
|----------|------------|-------------------------------|
| 10.30 am | Bawdeswell | The 10.30                     |
| 10.30 am | Foulsham   | Holy Communion                |
| 10.30 am | Stibbard   | Morning Praise                |
| 11.30 am | Worthing   | Holy Communion and Lent Lunch |

### 19th March – Mothering Sunday

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

### 26th March – Passion Sunday

|          |              |                     |
|----------|--------------|---------------------|
| 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 |

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

# DISNEY ANIMATED MOVIES WORDSEARCH

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| T | O | N | A | A | M | R | R | C | E | L | L | A | O |
| O | I | A | I | E | B | N | D | N | R | O | S | P | C |
| I | H | L | K | O | B | A | N | I | S | R | R | E | I |
| A | C | A | O | D | R | L | E | S | E | O | A | T | N |
| N | C | D | O | I | O | U | I | R | L | B | C | E | D |
| S | O | D | B | N | T | M | B | E | U | I | A | R | E |
| D | N | I | E | O | H | T | M | T | C | N | C | P | R |
| E | I | N | L | S | E | A | A | S | R | H | F | A | E |
| L | P | T | G | A | R | R | B | N | E | O | O | N | L |
| G | M | L | N | U | B | Z | I | O | H | O | A | E | L |
| N | O | O | U | R | E | A | T | M | E | D | A | S | A |
| A | A | B | J | U | A | N | O | B | M | U | D | M | A |
| T | A | D | C | L | R | A | I | S | A | T | N | A | F |
| L | U | B | T | S | W | A | L | L | E | R | B | L | E |

WALL-E

PETER PAN

TARZAN

BAMBI

BROTHER BEAR

ROBIN HOOD

CARS

JUNGLE BOOK

PINOCCHIO

TANGLED

BOLT

MULAN

MONSTERS INC

CINDERELLA

ALADDIN

HERCULES

DUMBO

FANTASIA

DINOSAUR

# ADVERTISERS INDEX

## Children

|                                |    |
|--------------------------------|----|
| North Elmham Childminders..... | 40 |
| Scribbles Pre-school .....     | 6  |

## Eating Ou/Eating In & Days Out

|   |       |
|---|-------|
| Brisley Bell.....                           | 6     |
| Gressenhall Farm and Workhouse Museum ..... | 14    |
| Kings Head Hotel.....                       | 28–29 |
| Willie Weston (Fishmonger).....             | 4     |

## Financial Services & Solicitors

|   |    |
|---|----|
| Butcher Andrews Solicitors .....              | 42 |
| Elmham Financial (Financial Planning).....    | 46 |
| Morphry Thyme (Bookkeeping & Accountants) ... | 16 |

## Fitness, Health & Beauty

|   |    |
|---|----|
| Alison Watson (Beauty & Podiatry) .....           | 4  |
| Bloomfield Clinic (Podiatry & Physiotherapy)..... | 16 |
| Cameron Reid (Osteopathy) .....                   | 34 |
| Creative Chiropractic .....                       | 30 |
| Joanne Medler (Hypnotherapy).....                 | 44 |
| Lou Goldsmith (Counselling) .....                 | 36 |
| Michael Cummings (Podiatry).....                  | 18 |
| Park Physiotherapy.....                           | 34 |
| Pilates Norfolk.....                              | 38 |
| Tim at FG Personal Training.....                  | 32 |
| Tina Barnes (Podiatry) .....                      | 44 |

## For The Home & Garden

|   |    |
|---|----|
| Aquanique Plumbing.....                           | 36 |
| Ant's Carpets.....                                | 40 |
| Assured Boiler Care.....                          | 44 |
| Charles Seaman (Decorator).....                   | 4  |
| DKC Plumbing & Oil Boiler Specialists .....       | 46 |
| D Thompson Chimneys (Chimney Sweep).....          | 30 |
| Extra Pair of Hands (DIY/Garden/Decorating) ..... | 20 |
| Firing Squad (Woodburners) .....                  | 8  |
| Garolla (Garage Doors).....                       | 14 |
| Garrod Partnership (Building) .....               | 18 |
| Greensleeves (Lawn Care).....                     | 20 |
| Habify (Doors/Windows/Roof Replacements) .....    | 26 |
| Help at Hand (Garden Maint).....                  | 44 |
| Jaggard Sweeps (Chimney Sweep) .....              | 46 |
| Jester Stained Glass.....                         | 34 |
| John Coles (Electrician/Property Maint) .....     | 8  |
| The Norfolk Sweep (Chimney Sweep).....            | 8  |
| Power-Medix (Electrician).....                    | 34 |
| R P Pest Control.....                             | 2  |
| Ravencroft Tree Services .....                    | 48 |
| Richard Roos (Property Maint) .....               | 6  |
| S&C Window Repairs .....                          | 2  |
| Tree Work East.....                               | 55 |
| Worzels Roofing .....                             | 38 |
| Zinka' Help at Home .....                         | 48 |

## Firewood

|                               |    |
|-------------------------------|----|
| Mark Bane (prev MB Logs)..... | 46 |
|-------------------------------|----|

## Funeral Directors

|  |    |
|--|----|
| Fakenham & District Funeral Services ..... | 10 |
| H Brett & Sons .....                       | 48 |
| Hendry & Sons.....                         | 40 |
| Littleproud & Son .....                    | 32 |

## Holiday Accommodation

|                        |       |
|------------------------|-------|
| Kings Head Hotel ..... | 28–29 |
|------------------------|-------|

## Pets

|                                       |    |
|---------------------------------------|----|
| Four Paws (Dog Grooming) .....        | 6  |
| Furry Dogmother's (Dog Grooming)..... | 20 |

## Tuition

|                           |    |
|---------------------------|----|
| Kay Barker Fine Art.....  | 18 |
| Nick Long (Driving) ..... | 18 |
| Peter Wild (Music) .....  | 40 |

## Vehicle Maintenance

|                                   |         |
|-----------------------------------|---------|
| Door Step Tyre Fitting.....       | 22      |
| Norwich Road Garage.....          | 10      |
| North Elmham Service Station..... | 55 & 56 |

## Venue Hire

|                            |    |
|----------------------------|----|
| Eastgate Centre .....      | 46 |
| Elmham Memorial Hall ..... | 38 |

## Other

|  |    |
|--|----|
| Artfellows (Framing).....                        | 48 |
| Broadland Lifting Services .....                 | 48 |
| Chilterns Sales & Lettings (Estate Agents) ..... | 22 |
| Clan Press.....                                  | 55 |
| Computers@Home .....                             | 4  |
| Fakenham Prepress .....                          | 20 |

*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: Peter Wade-Martins,  
PAGE 11: Sarah Felton,  
PAGE 13: Heather Caley,  
PAGE 21: Sarah Felton  
PAGE 23: Vic Leeder  
PAGES 37, 39, 41 & 43: Dave Appleton

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

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

|   |                |         |            |         |                     |         |           |         |               |         |            |         |                 |         |               |         |                 |         |                |         |             |         |
|---|----------------|---------|------------|---------|---------------------|---------|-----------|---------|---------------|---------|------------|---------|-----------------|---------|---------------|---------|-----------------|---------|----------------|---------|-------------|---------|
| <b>Chair:</b> Jennie Borgnis<br><b>Vice Chair:</b> Martin Phillips<br><b>Clerk:</b> Kevin J Webb<br>01328 855046<br>northelmhampc@hotmail.co.uk<br><br><b>Group Leader</b> ✓<br><b>Group Member</b> ● | 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

Opening Times                      Mon Tue Wed Thur Fri                      08:30 - 18:30 (Wed 18:00)

## Swanton Morley Surgery - 01362 638100

Opening Times                      Mon Tue Wed Thur Fri                      08:30 - 18:00

## Doctors

|                  |                          |                      |                      |
|------------------|--------------------------|----------------------|----------------------|
| Dr Simon Carroll | Dr Alice Griffiths-Jones | Dr Victoria Lawrence |                      |
| Dr Abigail Brun  | Dr Robert Spooner        | Dr Charlotte Carvell | Dr Tarandeep Dhanjal |

## North Elmham Village Emergency Telephone System (VETS) - 01362 788700

NHS Direct                                      111

## POLICE Non Emergency - 101 - EMERGENCY - 999

|                               |  |                              |
|-------------------------------|--|------------------------------|
| Breckland District Councillor | Gordon Bambridge<br>Bill Borrett                   | 01603 880557<br>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 - 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      | Electricity - Emergency | 0800 7838838 |
| Samaritans             |                         | 116123       |
| Citizens Advice Bureau |                         | 01362 697776 |

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

|                   |                        |                                |              |
|-------------------|------------------------|--------------------------------|--------------|
| Church of England | Reverend Sally Kimmis  | heartofnorfolkrector@gmail.com | 668850       |
| Roman Catholic    | Father Brendan Moffatt | 35 London Rd, Dereham          | 694066       |
| Methodist         | Rev Betty Trinder      | 31 Trinity Close, Dereham      | 695582       |
| Salvation Army    | Major 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](http://www.treeworkeast.co.uk)

*"Call for a  
 free quotation"*

Horningtoft NR20 5DJ

Established 2007

Office: 01328 700942

Mobile: 07876125301



**City & Guilds**  
**NPTC**  
 Qualified



E2m Public  
 Liability Insurance

*The complete printing solution*  
**clanpress**  
[www.clanpress.co.uk](http://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](mailto:info@clanpress.co.uk)**

**W. [www.clanpress.co.uk](http://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

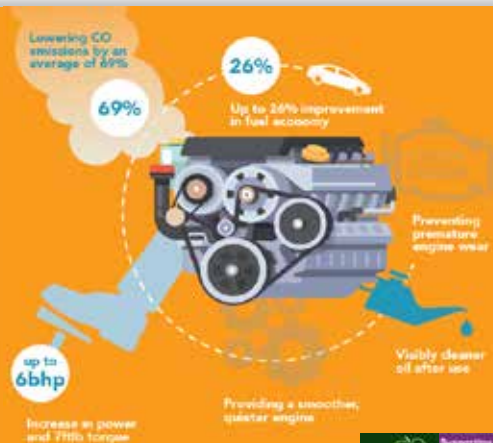
Monday - Friday 8:30am-5:00pm  
 Saturday 9:00am-12:00pm

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**

