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NOVEMBER 2025

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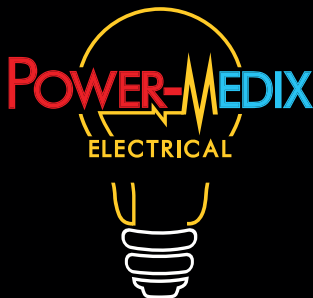
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EDITORIAL

Sarah couldn't resist using the fabulous photo from the Countrysiders as our cover this month. We all wish we could join in; they have such fun.

This month's Editorial seems to be a long list of reminders, so here is the first.

After many years of collecting wastepaper, M. White's are no longer having a waste collection bin on the Pavilion car park, so newspapers etc need to go in your black recycling bin. Such a shame as the parish used to be paid for the amount and we remember encouraging everyone to use that bin which raised money for the parish. How time's change.

Second reminder is for the Memorial Hall. Due to preparations for the Pantomime, Beauty and the Beast in January, the stage is out of bounds. Can't wait to see the panto. Tickets are now on sale see page 12 for more information. The last panto in January 2020 sold out so don't leave it to late to book your seats!

Third reminder is for Surgery closures. Wed 12th November 12.00–6.00 pm. Keep an eye out for them so you don't make a wasted trip.

Final reminder is for Elmham News content. As usual we are combining December and January's magazines into one, so next month we need your articles, notices, photos etc for both months in by 14th November please.

Thank you to the Walking Group for remembering us at their Charity Soup Lunch. We are most grateful and are sure that the other charity "Smile Train" will also be pleased.

NEXT DEADLINE: 14TH NOVEMBER

We welcome contributions from everyone in the village. Please share your stories, events, club activities and heartfelt tributes to loved ones with us. Your participation is crucial in making the Elmham News a true reflection of our village. Please email your article to each of the Editors.

VOLUME 48: ISSUE 10

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GARDENING CLUB

In September we welcomed Jane Steward as our speaker to talk about Medlars. Most of us had vaguely heard the name but were totally ignorant about them but we were about to be educated in the nicest possible way by the charming Jane.

The medlar is a very old fruit probably from around the Black or Caspian Sea and was probably brought over here by the Romans. Henry VIII was a huge fan, so they were a high class fruit and much sought after.

It is a first cousin of the Quince, also a much-underrated fruit and is usually grafted onto the hardy stock of the hawthorn.

Jane and her husband moved to Norfolk with a young medlar tree (a wedding present) to a rural property and her love affair began. She started her business, "The Eastgate Larder" selling jelly and chutneys in 2016 and now has the National Collection of Medlars consisting of 115 trees.

The fruit looks unusual and has acquired some odd names over the centuries, small and brown – cul de chien in French!

We were all offered a taste of raw medlar, with mixed reactions depending on taste buds.

Medlar Jelly is best eaten with cheese, and her spicy chutney could be eaten with meats etc. Many members took jars home with them as gifts.

Jane chose an exquisite rose called "Eyes for You" as the Flower of the Month which was brought by Dawn.

Our October meeting will have been the story of "Essence" of Stanfield which makes preserves, chutneys etc. Another opportunity to taste before buying.

Our November meeting on Thursday 27th will be our Christmas Social when we invite members to bring a small plate of food and a wrapped packet of seeds. Fear not, we will provide the wine. Looking forward to seeing everyone.

Meg White

Ps. If anyone wants to have a crack at Medlar Jelly, Tish Moore has fruit in abundance call 668678!

WIVES PLUS ALL

At the October meeting, Gloria our Chairlady, welcomed Laura Reeves, a volunteer Educational Speaker from "Cats Protection" who gave an illustrated talk, about 'Cats Protection'. She told us how it evolved and the work it undertakes in taking in cats and kittens that are in need of finding new homes, from the ones where the owners have passed away to the ones that are strays and have no home – they are then rehomed to loving homes giving them a second chance. A very interesting and enlightening talk and the Club was pleased to hand Laura a donation for the Dereham Adoption centre based at Longham, and members gave blankets and food for the cats.

Our next meeting will be on Thursday 13th November when we look forward to a return visit of Chris Bell, BBC Senior Meteorologist/Weatherquest. Chris this time will be showing a video "Storm Chasing in the Great Plains of the USA".

There will be a raffle and refreshments
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SCHOOL NEWS

Woodland Room - Nursery

The children have been busy engaging and exploring their new environment, especially the mud kitchen. We have been discovering the signs of Autumn by observing the changing colours of the trees, identifying different shapes, and going on conker and acorn hunts. The children have created their own owls out of playdough and even tried their hands at some sewing. They have worked collaboratively to help create our very own scarecrow mouse which will be proudly displayed at Pensthorpe Park. We will be holding an open day 6th of November 1pm to 2pm, please do all come along and see us.

Acorn Class - Year R, 1 and 2

Acorns have been busy investigating and spotting the signs of Autumn. One of our



favourite activities was using our conker tuff tray, we explored in so many creative ways, from making conker jewellery and practising our counting skills, to experimenting with painting using conkers. These activities helped us use our imaginations while also building on our maths and art skills.



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APPROVED CLEARVIEW STOCKIST

In science, we have been learning all about the human body. We began by looking closely at the external parts of our bodies, and we are now beginning to think about what's inside too. The children have been full of questions and curiosity, making this a very exciting topic to explore together. In RE, we have been learning about churches, identifying the different parts and thinking about their importance in the community. To celebrate the season of harvest, we worked as a class to create our very own harvest poem. Everyone contributed ideas, and the final piece was a beautiful reflection of what harvest means to us. We were so proud to share our poem at the Harvest Festival.

Oak Class - Year 3, 4, 5, 6

Oak have been working extremely hard during the last month. We have been learning all about the Vikings and Anglo Saxons in our history. We even spent time linking this to our art work and the class made wonderful long boats. Our English lessons have been focused on writing for emotion. The work Oak class has produced has been so thoughtful - pulling on heart strings with each sentence. Some members in Oak Class have been nominated as 'Values Leaders' this year and they have taken to their roles across the school brilliantly. They have supported lunchtimes, the library, settling in children in Acorns and setting the high standard which shines through their everyday work.

Harvest Festival

Our school recently came together to celebrate the Harvest Festival. Children and staff joined in the spirit of giving by donating a wide range of food items.

As part of the celebration, some of our pupils shared thoughtful reflections on the meaning and importance of Harvest, reminding us all to appreciate

what we have and to be thankful. Acorn Class delighted everyone with a beautiful harvest poem they had written themselves. We then joined together to sing our harvest song.

World Mental Health Day

To mark World Mental Health Day, our school came together to focus on wellbeing and the importance of looking after our minds. Throughout the day, pupils took part in a variety of calming and creative activities designed to promote mindfulness and self-care. Classes enjoyed a peaceful mindfulness walk, taking time to appreciate nature and reflect on their surroundings.

We also explored art activities as a way to express emotions and encourage relaxation, followed by dedicated reflection time where pupils shared their thoughts and feelings about what helps them stay positive. It was a wonderful opportunity for everyone to pause, reconnect, and celebrate the importance of mental health.

Cathedral Trip

Children in Oak class visited the Norwich Cathedral. We learnt about the Benedictine Monks who lived at there until the Reformation and the dissolution of the monastery in 1538. We learnt about the pattern of life for Benedictine Monks, the seven sacred spaces and the rule of St Benedict. We look forward to welcoming the staff from the Cathedral for a school visit, which presents an opportunity to further enrich our learning.

Lunch Time Club

Active Education has been joining us each week during lunch time, encouraging team sports and playground games. The children from all year groups participate in some lunch time activities.

CLUBS & ORGANISATIONS



GROUP

Archive Group
Art 4 All Norfolk
Bowls - Institute
Bowls - King's Head
Brisley & North Elmham Cricket Club
Countryriders
Elmham Football Club
Elmham News
Elmham Surgery Patient Participation
Elmham Tennis Club
Friends of North Elmham School
Gardening Club
Guides
Knit and Natter
NELS (North Elmham Living Sustainably)
North Elmham Netball Trailblazers
Reading Group
Royal British Legion
Sewing for Pleasure
SINE (Help)
Snooker Mon & Fri
Snooker Wed
Tea@Two
The May Singers
Walking Football
Walking Group
Wensum Valley Birdwatching Society
Wensum Valley Miniature Railway
Wives + All
Yoga
Young Farmers

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Ella Jeary, ejeary23@gmail.com

Reception Open Day

Is your child starting Reception in September 2026? Do you know someone who has a child starting school? We're excited to invite you to our Reception Open Day on Wednesday 5th November, 9:30am-10:30am or 4pm-5pm. Come and see what makes our school a warm, welcoming, and inspiring place for young learners to begin their educational journey.

Nursery - Woodland Room - Open Day

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To find out more about either of our Open Days or to book a visit, please contact the school office.

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COUNTY SCHOOL STATION

County School Station has had a slightly slower season this year, as major changes to the main Mid-Norfolk Railway catering arrangements were being completed at Dereham. With these now in place, and a volunteer team keen to get things running smoothly, we hope that the Tea Room will be opening more reliably in 2026!

Despite the temporary setback caused by these changes, we've had an otherwise excellent season - welcoming many new and returning faces - many of whom have enjoyed a ride on the Wensum Valley Miniature Railway. An exciting donation, now on display at the station, has been the original design drawings for "North Elmham's New Station (County School)" - showing the layout of the track and signals for the junction. The station platform border garden has also become a delight, thanks to our volunteers, who have replanted much of the bed, created an art installation using wood from a fallen apple tree, an impressive "bug hotel" and replaced the edging bricks - protecting the surface of the platform from erosion and tidying the location! Work is also happening on our Victorian railway carriage, which is now protected from the elements by a period-style roof.

At the moment we're in the middle of our orchard harvest in what has turned out to be a bit of a Mast Year. The Station Orchard is a working orchard, with the fruit being pressed for juice that is bottled and sold to raise important funds for our charity. A percentage of the crop is allowed to drop - providing food for animals that live on the site as they prepare for the winter months. We're happy for people to take some of these windfalls for their own, personal, use - but do ask people not to pick any of the crop from the trees! We are also looking into expanding the orchard in the coming years, with both hard and soft fruit being

grown for sale. If anyone would be keen on joining our team and helping with this, they'd be very welcome!

There has also been a lot of interest in, and support for, our 'Back To School' appeal, which is part of the ongoing efforts being made to restore the railway line between County School, Elmham and Dereham to regular passenger use.

The first phase of this scheme aims to raise £30,000 to complete some essential work at the County School end of the line. This includes replacing the missing track in the old Wroxham bay platform and moving the Tea Room into new accommodation in a suitable railway vehicle that will be parked on this track, in addition to making some more improvements to the footpath that will be retained alongside the restored line. To date, we have raised over £22,000 towards this, and work is due to start in the very near future.

There will also be work resuming at the old North Elmham station site, where the existing track layout is to be simplified, with spare material removed, ready for future developments. A temporary level crossing gate, which will serve until we complete planned level crossing work at this site, is also intended to be provided to replace the damaged one on the southern side of the crossing.

Richard Cullen
Volunteer Station Master, County School

PANTO HELP

Does anyone have a free-standing clothes rail for the panto costumes to use for the performances in January 2026 please?

Does anyone have four dining room chairs (cottage type) for us to use in the panto production please?

If you can help, please contact me,
Theresa Gower 07504 310019.

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ARCHIVE QUIZ ANSWERS

1. Next door in The White House and prior to that in Rackham House opposite Spencers Close
2. Parker's – Reg had electrical items and repaired shoes. Often sat outside the shop.
3. It was a coaching inn where the teams of horses were changed
4. Reverend Ward
5. Coffin Row
6. Past the school going up Church Hill on the right, just before The Paddocks
7. Newspapers, accumulators and cycles. Guess what an accumulator was for.
8. Spencer Lowe, who claimed to have never left the village.
9. Mickelover Ltd
10. Now called Scrag End, on the LHS going to towards Dereham on Holt Road before the turn into Eastgate St.

FAKENHAM CHORAL SOCIETY

Christmas Concert

Fakenham Choral Society's popular Christmas Concert will take place in Fakenham Parish Church on Saturday 13th December at 5.30pm. The concert will include Benjamin Britten's Saint Nicolas and Vivaldi's short and lively Magnificat, together with other festive music performed by the choir and the chance for audience participation in some familiar and well-loved carols.

Although the Britten and the Vivaldi have contrasting styles, both have strong associations with Christmas. The Magnificat uses Mary's words of praise that she would be the mother of Jesus.

St. Nicolas famously became the Santa Claus much celebrated in Europe, and better known to us as Father Christmas. Britten's work tells the life story of St. Nicolas through a series of vivid episodes. It begins with his miraculous birth, described as an answer to prayer, followed by his early devotion to God. The narrative continues with his calming of a storm during a journey to Palestine, his appointment as Bishop of Myra, and the legendary rescue of the "pickled boys." It concludes with his imprisonment and a celebration of his long life filled with piety and miraculous deeds.

The concert is free entry on a first come first serve basis with doors opening at 4.45pm. Once church capacity is reached we will have to turn people away. There will be a retiring collection at the end.

During the interval there will be wine and soft drinks to purchase and free mince pies to enjoy.

Fakenham Choral Society welcomes you to join them for a wonderful and traditional start to the Christmas celebrations.

Date: Saturday 13th December

Time: 5.30 pm (doors open at 4.45 pm)

Venue: Fakenham Parish Church

Further information:

www.fakenhamchoralsociety.org/forthcoming-1

BRISLEY CINEMA

Friday 14th November

The Penguin Lessons with Steve Coogan

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ELMHAM & MATTISHALL DIVISION PARISH REPORT

The following are the main headings in the October report which can be read in full on the Community website.

1. Norfolk County Council Invites Communities to Grow Greener with Discounted Tree Packs
2. The Local Plan is coming to the Cabinet meeting on Monday 20th October. If it is agreed, then the next stage of Consultation will begin on 31st October for 6 weeks until the 12th December. All Parish Councils will be contacted and emailed details of the Consultation and how to get involved.

I do urge everyone to have a look at what is proposed because now is the best time to influence the Plan before it goes off to the Planning Inspectorate for adoption next year.

3. Start the new school year with the Safe School Run Pledge.
4. Strong progress in transforming SEND education in Norfolk
5. Councils launch package to support staff at Lotus Cars

Contact: bill.borrett@hotmail.co.uk

OCTOBER PARISH COUNCIL MINUTES

There are no Parish Council minutes for the October meeting in this edition as they had not been received in time.

The next meeting of the Parish Council will be on Wednesday 5th November at 7.30pm in the Pavilion. Parishioners are always encouraged to attend.

KNIT AND NATTER

We were very organised this month. Due to the large amount of lovely, donated wool, we had plenty to work with, so many knee blankets and other suitable items had been knitted for the local care homes, hospitals etc. Bearing that in mind, we needed as many items as possible for our tables at the Christmas drop in morning on November 15th. We found time to knit blankets for the representatives of the Cats Protection League, who was to speak at the Wives Plus All meeting this month. These two bags of items were received gratefully. We all felt this was a good way of using wool which was not of the best quality.

By the way, it is our 13th birthday party this month, and I'm sure there will be some celebratory cake!

Next meeting 2nd December 2 til 4 pm at the Pavilion.

Eileen Cotterill 01362 668380

NORTH ELMHAM HISTORY WALK

Are you new to the village?

Would you like to know how it looked in the past?

Then join an informal walk led by Susanna Wade Martins, which will be illustrated afterwards with photos from the Village Archive and collected by the Archive Group.

Meet by the telephone box at the top of Church Hill; 1.30 pm on 2nd November, followed by tea at the Eastgate Centre.

Donations towards the work of the Archive Group.



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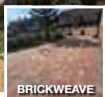
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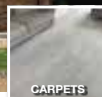
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NELS

A green new years resolution that stuck

In 2020 I set myself a challenge - buy all my clothes second hand for the year. Little did I know that within weeks, heading to the shops would be off the cards anyway. But lockdown or not, that resolution changed how I shop for good.

It was the year I discovered Vinted. The app that made hunting for pre-loved clothes easy, genuinely fun, and yes - a bit addictive (watch out for that algorithm).

I sailed through that year-long challenge. My star find was a silky high-end dress for £30 that I wore to three weddings before I sold it on for... £30.

As this became my new norm I found myself less and less tempted by new things and began buying a lot less in general. I also sold items myself and now spend very little on clothes per year.

Why does this matter?

The fashion industry pumps out 10% of global carbon emissions - more than international flights and shipping combined. Making one cotton t-shirt guzzles 2,700 litres of water - that's what you'd drink over two and a half years. A shocking £140 million worth of clothes end up in UK landfills each year.

Yes, there's a carbon cost to posting parcels around the country. But the emissions are tiny compared to manufacturing something new, shipping it from overseas, and trucking it to a warehouse.

Buying second hand keeps cash circulating between real people instead of flowing straight to corporate pockets. It's the circular economy in action. Though let's be honest - Vinted (a tech company worth billions) takes a slice of every sale. Still, the bulk goes to whoever's clearing out their wardrobe.

Charity shops? Obviously brilliant. Your money supports good causes and nothing beats a proper rummage. But finding exactly what you need, in your size, isn't always easy.

My tried-and-tested tips

Stick with brands you know. If you're a reliable size 12 in M&S, buy M&S. Takes the guesswork out.

Go looser for experimental buys. It's less risky to try something more fun with oversized jumpers, baggy tees, open cardigans etc.

Patience pays off. Favourite items you like and the app learns your taste. You'll spot bargains before they shoot up in price. Don't be shy about making cheeky offers either.

Avoid dodgy photos. Blurry pictures and bad lighting hide a multitude of sins.

Zoom right in. Check for bobbling, stains, and wear - even on items marked "very good condition". People's standards vary wildly.

Shop in reverse. Browse regular shops for styles you like, then search for them on Vinted at a fraction of the price.

Buy ahead of the season. Want summer items? Start looking in Spring before prices shoot up and availability drops.

PS. This isn't an advert for Vinted (lol). Other pre-loved services are available. I am sharing my experience to perhaps inspire or encourage. Reducing my consumption has been really liberating - my wardrobe is smaller, tidier and it's easier to pick an outfit in the morning.

I'd love to hear what tips you have to share too.

Nicola Earle

North Elmham Living Sustainably (NELS)



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DEREHAM WALKERS ARE WELCOME

Please come and join us for a walk in the local area. We have two regular walks each month.

Our shortest, easiest walk of around two miles is on the second Tuesday of the month and a slightly longer one of around four miles is on the first Friday of the month.

Our next longer walk will be in January.

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

FORTHCOMING SALES

At St George's House, Church Lane, (next to the ruins).

7th November BOOK SALE 10am–2 pm

21st November JEWELLERY SALE 10am–2 pm

Everyone welcome

THANK YOU

I would like to say a massive thank you to everyone who have sent their love, cards, goodies etc and for visiting me during my recent five week stay in hospital.

Thanks also to our lovely friends who have supported Caroline during this time, keeping her fed and watered and being there for us both. Your support is greatly appreciated and means a lot to us.

Hoping to be out and about soon!

Julian Payne

WONDERFUL NEWS

Hello all Elmham News Editors, I thought you would like to know that after expenses, we raised £640 at the Annual Lunch of the Walking Group to be shared between Elmham News and the children's charity 'Smile Train'.

Best wishes Jenny and The Monday Walkers.

Eds Note: Thank you so much for the generous donation, we are all absolutely delighted.

NORTH ELMHAM INSTITUTE & BROOM GREEN BOWLS

North Elmham Institute and Broom Green Bowls Club members with the winners cup of the Elmham and District League Division One (photo). The Elmham Institute also won the North Division of the Age UK league, and were runners up in the final of the Aussie pairs KO cup.

Broom Green won promotion to Division One of the Dereham and District League losing only one game all season.

A very successful year.

Ray Norman





COUNTRYSIDERS

Wow, what a brilliant month we've had!

On the 21st of September, we took part in the Hunstanton Soapbox Derby. It was a fantastic day for everyone involved. Despite a very windy and chilly start when we arrived at 8:30am, the sun soon came out and the event got underway. We didn't place this year, but we had plenty of fun — and that's what Countrysiders is all about!

One of our meetings this month was butter making — and what a laugh it was! The hall was filled with chatting and laughter as the Countrysiders shook pots of cream until it split into butter and buttermilk. Once the butter was formed, it was washed in cold water, flavoured with garlic, salt, or chilli, and wrapped neatly in greaseproof paper tied with string. Everyone took some home, and we've since heard how delicious it was spread on toast for breakfast!

This week, we were delighted to welcome Jo Dafin and her team from Phoenix Rescue, who gave us a fascinating talk about their work with birds of prey. Jo introduced us to a Buzzard, an Eagle Owl, and a Frogmouth called Ethel — who, although not technically a bird of prey, was definitely the cutest!

Jo arrived apologising for being a few minutes late — she'd just taken in an injured Tawny Owl before setting off to see us. While we waited, we were treated to the wonderful sounds of a male and female Tawny Owl calling to each other from the trees nearby. We even watched them flying back and forth, giving us a beautiful display of nature in action.

Fact of the Day Did You Know?

A male tawny owl makes the familiar "twoo" call — a soft, wavering hoo-hoo — while the female responds with a sharp

"twit" or ke-wick. So that famous "twit twoo" sound is actually a duet! Isn't nature wonderful?

We've got lots of fun planned for the coming weeks:



Halloween Fun Night – 20th October



Seniors Tractor Run & Bonfire Party – 2nd November (see social media for details)



Team Building Activities



Talk on Farming in the USA – by a former Young Farmer

There's plenty to look forward to — see you all soon for more Countrysiders fun!

Wendy Cotterill

**CHRISTMAS
PRIZE
BINGO**

**NORTH ELMHAM
INSTITUTE HALL
NOVEMBER 24TH
EYES DOWN 7.30 P.M.
IN AID OF CYSTIC FIBROSIS
TRUST**

A festive illustration of Christmas decorations including red, purple, and blue baubles, gold stars, and green holly leaves on a red background with white snowflakes.



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The winds of war were blowing
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Our heads were buried deeper,
ever deeper in the sand.

We didn't wish to know it,
didn't want to understand

That the winds of war were
blowing all across the land.

Some warned that it could
happen, and time has proved
them right,

In spite of all our disbelief, the
time had come to fight.

Now many of our brave young
men lie buried in the sand

For the winds of war were
blowing all across the land.

Rosa Riley

*Rosa was a much loved member
of the community and wrote
poems for every occasion over
20 years, which we published in
Elmham News.*



DATES TO REMEMBER

Sun 2nd	Young Farmers Tractor Ride	Through village	
Mon 3rd	Countrysiders-Team Building	Memorial Hall	7.00–8.30 pm
Tue 4th	Knit and Natter Royal British Legion Meeting	Pavilion King's Head	2.00 pm 8.00 pm
Wed 5th	Mobile Library visits Parish Council	The Heath - Wensum Drive Pavilion	1.15–4.40 pm 7.30 pm
Fri 7th	Book Sale	St George's House	10.00am–2.00 pm
Sun 9th	Deadline for Samaritans Purse	Celia	
Wed 12th	Surgery Closed Tea at Two	Memorial Hall	12.00–6.00 pm 2.00 pm
Thurs 13th	Wives Plus All: Chris Bell	Memorial Hall	7.30 pm
Sat 15th	Christmas Pop up Shop	Eastgate Centre	10.00am–1.00 pm
Mon 17th	Countrysiders- USA talk	Memorial Hall	7.00–8.30 pm
Fri 21st	Jewellery Sale	St George's House	10.00am–2.00 pm
Mon 24th	Bingo for Cystic Fibrosis	Memorial Hall	7.30 pm
Thu 27th	Gardening Club Christmas Social	Memorial Hall	7.30 pm

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ELMHAM WILDLIFE



This month I am writing about a bird that I imagine everyone who reads this article will be familiar with, the Blackbird. I think most of you will recognise at least an adult male Blackbird, with its smart black plumage and bright yellowy-orange bill and eye-ring (photo 1).



You probably also know or have noticed that not all Blackbirds are black. Females and young males are brown, though quite variable in the detail of their appearance. Typically their bills are duller, though these become more yellow as the young birds mature, and on some adult females (photo 2) it can be almost as bright as the adult males. Less mature birds tend to have darker bills (photo 3).



Younger juvenile Blackbirds tend to be paler below with a more speckled breast (photo 4), and these are sometimes mistaken for other species of thrush, especially Song Thrush (photo 5).

With around 5 million pairs breeding in the UK, Blackbirds are one of our commonest birds and easy to find in many different habitats including gardens. But this may not always be the case. The population of Blackbirds in southern England has crashed over the last few years and this has been linked to the Usutu virus. This virus was first detected in the UK in birds in London in 2020, and since then has spread across south-east England with cases from Dorset to Cambridgeshire. The virus has been in mainland Europe for 30 years and it's northward spread is linked to





climate change, as with a number of other tropical diseases some of which also affect humans.

The Usutu virus is carried by a species of mosquito that normally bites birds rather than humans (apparently it can also bite humans on occasion, but humans who are infected with the virus are often asymptomatic). Here in Norfolk our Blackbirds may already have started to be affected as a number of people have commented on how they seem to be declining, but it seems very likely that this decline will accelerate over the next few years. This doesn't mean we will lose all of our Blackbirds. For some of our declining species, extinction is inevitable, but I don't think that's the case with Blackbirds – at least not yet!

Most of our breeding Blackbirds are relatively sedentary, staying in the same area throughout the year, although a few migrate south or west to the Continent or Ireland. Millions more Blackbirds migrate to the UK for the winter, having bred in southern Scandinavia or in northwest Continental Europe. Lots of these winter here in Norfolk, but many more pass through Norfolk on their way to spend the winter elsewhere in the country, and then again on their return journey in spring.

Migrating thrushes are a feature of October and November (and, especially when prompted by cold weather on the Continent, later into the winter too). These include Redwings and Fieldfares which often come over in large flocks, but also Song Thrushes and Blackbirds which typically migrate in smaller groups or alone. They set off in the evening and migrate overnight, but depending on weather conditions (all along their journey) you can often see them



continuing their migration overhead in the mornings (photo 6). Those that pitch in can often be seen in small groups especially around hedgerows where they feed on berries (photo 7).

A similar but rarer thrush that often migrates through Norfolk is the Ring Ouzel. I've not found one in North Elmham yet, though I have seen one just outside in Billingford. They are similar to Blackbirds but have scalier plumage, silvery flight feathers and a variable white or pale band across their chest. Adult males are very distinctive, but young birds can be trickier. Sometimes Blackbirds also show a similar white area on their chest (photo 8) which can lead to them being misidentified as the scarcer species.

Come early spring, before the wintering birds have all departed, our resident Blackbirds will be beginning to sing to advertise their territories and attract a mate (photo 9). They have such a beautiful song and if they do decline significantly then they will be greatly missed if only for their singing. Contrary to the Beatles song "Blackbird" (which features Blackbird song) they don't usually sing "in the dead of night", but they are one of the first birds to sing in the morning, starting when it's only just beginning to get light.

Blackbirds are deeply embedded in our culture, for example did you know that the colly birds of the Twelve Days of Christmas referred to Blackbirds? Apparently 'colly' meant black as coal. You'll remember that the famous "Song of Sixpence" rhyme refers to "Four and twenty blackbirds baked in a pie" and maybe like me you thought that was quite an odd choice of meat to have in your pie. Well apparently the Blackbirds were actually placed in the top of a very large



pie after it had been baked, and when the dish was brought out to the dinner party the lid was removed so they flew out as a way of entertaining the guests.

Do you see as many Blackbirds as you used to? I would be interested to hear from you if you have noticed them more or less than you did in the past. I always appreciate hearing from you about the wildlife you've seen so please keep the reports coming. You can get in touch by emailing me at dave@googlemail.com or phoning me on 668431.

Dave Appleton



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BRISLEY AND NORTH ELMHAM CRICKET CLUB

And so, another cricket season has concluded and the winter repairs and maintenance starts. The first weekend of September was also the last weekend of cricket at Brisley. On Saturday 6 a Club side entertained for the third year in a row The Old Contemptibles, a side drawn from retired senior army offices and captained by Lord Dannatt with the hosts this year managing a narrow victory at last although this was more about playing and socialising than winning. The following day the Club held its Awards Evening preceded by a mixed interclub match which was very well attended and enjoyed by all present. In the absence of the holidaying Chair, senior Committee man and long-serving player Iain Sinclair presided over the presentations. After the captains had all spoken Lindsey Wood presented the signed bat and ball from the first ever Ladies Match to the Club and this now has pride of place in the Clubhouse. Thanks to Adam Mackay for providing, as always, an excellent BBQ.

Reflections on the season in brief:

First team will perhaps be disappointed with their season, but this is because of the outstanding successes of the previous two seasons. Yes, there were games that losses could have been wins but sometimes our Bazball version - BrisleyBall - strategy proved highly entertaining if not always effective. I am sure that like the England team we shall adapt and learn from the 2025. If we consider where we were 5 years ago, to finish 4th in Div1, reach the T20 semi-final and cause some upsets in the Hunts Cup before graciously allowing Mattishall to win, then it has been a great effort. The standard in Div 1 West is high.

Second team where the Chair spent most of his Saturdays umpiring, scoring and occasionally playing has again been great fun even if the win percentage is relatively unspectacular. Recruitment of new players has been good and Saturday breakfasts well attended. The standard in Div 4 West has been much higher than last season with some very good and ambitious teams. We shall be returning to Div 4 NE next season which will reduce the travelling for many of the team.

Brisley & North Elmham Cricket Club



Quiz night with Fish'n'Chip supper.

At Brisley Village Hall on Saturday 22nd November 2025

Doors open 6pm

Quiz begins at 7pm

Teams of 6 to 8

Ticket Price £16 to include supper or £8 without food

Book your tickets now by Calling Dave on 07816 139926 or Lindsay on 07389 831550

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NORTH ELMHAM

CHRISTMAS POP UP SHOP

Saturday 15 November

10 am to 1 pm

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Games, Gifts, Raffle, Refreshments

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The Ladies too have recruited new players and finished a creditable 3rd in their pool after a flying start to their season.

Saturday 1sts Batter of the Year:

Abdul Ali

Saturday 1sts Bowler of the Year:

Tom Donnelly

Saturday 1sts Players Player of the Year:

Ollie Hall

Ladies Batter of the Year:

Tor George

Ladies Bowler of the Year:

Sophie Hall

Ladies Players Player of the Year:

Ellie Longworth

Saturday 2nds Batter of the Year:

Phil Bend

Saturday 2nds Bowler of the Year:

Phil Bend

Saturday 2nds Players Player of the Year:

Phil Bend

Club Young Player of the Year:

Mollie Burton

Committee Player of the Year:

Adrian Cottey

Club Person of the Year:

Rob Drew

The following week we began repairing and preparing the wickets which have all been scarified, loamed and re-seeded with excellent results already showing. Work has also been done on clearing out and tidying up the clubhouse and storage areas while plans are in place for the replacement of windows and doors to increase safety and the possible installation of showers which is a criterion for acceptance into the Norfolk Cricket Alliance.

Although the sporting action has commenced its winter break, plenty of social occasions which help contribute to Club Funds are on the calendar. The Second Team has already had a very enjoyable celebration meal at The Kings Head with 16 players and family in attendance. Upcoming dates include a visit to the Black Schuck Distillery , one of the Club sponsors, and a Quiz night at Brisley Village Hall.

Mark Ballman



WELL DONE

Congratulations to David Labouchere, son of John and Mary Labouchere, who recently competed in the 2025 Ironman Wales Championships—an *extreme* triathlon consisting of a 2-mile swim in open water (off Cardiff), a 120 mile cycle ride followed by a Marathon! David came first in the mens 60–64 category. Well done to David, not bad for a 62 year old!

Standing next to him holding her trophy aloft is Sue Van Huyssteen who won the Ladies 60–64 category.

Ed's note: Phew. Wonder what he would have done when he was 32?.

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NORTH ELMHAM YOUNG FARMERS

The Young Farmers year is now well underway, we have had some fantastic meetings including a tour of the West Raynham Veterans Centre (our charity for the year), Lazer tag at Quazar and a tour of Bunnings muck spreaders. We love to get out and visit local businesses that provide for farming and the local area.

We are hosting a tractor and classics road run on the 2nd of November which will pass through the centre of North Elmham followed by a fireworks display at the Longham White Horse. All information on this event is on the poster below.

If you think young farmers might be for you; we meet Wednesdays at 7.30pm at The Kings Head (or see our socials for more information on where to find us!) open to ages 15–28. You don't have to be a farmer to be a young farmer! @northhelmhamyfc.

ROYAL BRITISH LEGION

This year, a new county Poppy Appeal organiser, voiced their concern that the main concentration on collections would be in the towns, and it was feared that this and several other villages around would not have any poppy boxes, however Ian Taylor has agreed to step out of retirement for the year, and poppy boxes will be around at certain outlets.

Just a reminder that Remembrance Sunday is the 9th of November, at St Mary's. I would mention the Remembrance Day at Whitwell is Saturday the 8th of November, this is quite a moving service, as this is held beside the platform where the old track was which carried military personnel into war, many of which never returned.

Our next meeting will be at The Kings Head 4th November at 8pm.

Mike Aston Branch Sec



When: Sunday 2nd November

Where:
Starting: The Longham white horse NR19 2RD
Mid point: The West Raynham veterans Center NR21 7PL
Ending at: The Longham white horse
With a firework display and bonfire party

Prices:
Tractor Run& Bonfire party – £10pp
All passengers at tractor Run – £5pp
Bonfire party only – £5pp
Under 10s free at Bonfire party

Food trucks will be available
At the bonfire evening
&
Refreshments at our mail
way point

Meeting at the start point for 1pm.
For a 2pm leave.
Bonfire party to begin at 6pm.

Elmham Group Of Practices Newsletter



Why can't I get an appointment?

- In the month of **September** a total of **151** patients failed to attend their appointments which could have been offered to other patients.
- This has cost the NHS **£34,520** so far this year in missed appointments.



Anima is live

From the 20th of October 2025, we're live with Anima, which has now replaced AccuRx.

You can still access the service through our website as usual. However, please note that the online form has a new look and may include some different and detailed questions.

Our triage doctors review a high volume of requests every day. To make sure we can help you as quickly and accurately as possible, please include clear and detailed information about what you need when submitting your request:

We suggest you take your time when completing the form. to ensure all sections are completed with as much accurate information as possible.

Opening times Elmham site

From 1st of October 2025 in line with the NHS guidelines, the surgery is accessible from 08:00am until 18:30pm by the following methods:

- Online triage for both medical, medication and admirative requests
- Telephone
- Walk in enquiries

There are no changes to the opening times for Swanton Morley.

Please go to our website to find the link "You and your General Practice"

Requesting of medication that is not on repeat

We would like to inform you that we can no longer accept any written requests or notes added to your repeat slip for new medication. Going forward any medication that is not on your repeat prescription must be either:

- Requested via the NHS app, in the add notes section.
- Online triage form selecting the medication review section which can be found on our website.
- This change has been made to ensure, your request is directed to the correct clinician
- Your request is handled promptly and safely, and confirm that all requests come directly from you.

SURGERY CLOSURE

Wednesday 12th November From 12:00–18:00

The Surgery will be closed for Staff training from 12 noon. Telephone lines will be redirected to the out of hours service who will deal with any emergencies.

For general appointments and enquiries, contact the surgery before 12:00 or the next day.

Please be aware you will not be able to collect any prescriptions after 12:00 noon until we re-open the next day

Thank you.

Elmham Group of Practices.

ST MARY'S CHURCH

Dear Friends,

Remember, remember...

I remember, as a child, going to Bonfire Night. In my memory, it was always very cold and hot tomato soup and hotdogs provided some welcome warmth and sustenance. I was thrilled to have a sparkler to wave around, making patterns in the dark night sky, as we waited for the firework display to begin. It all seemed very magical!

Of course, the story behind Bonfire Night tells a different story of treachery and treason. Perhaps the most significant thing is that we remember it (and the rhyme), even if we look back through rather rose-tinted glasses.

Remembrance has become a lasting theme throughout November. We begin the month with All Saints Day and All Souls Day, remembering not only the “red letter” Saints, but all those who have meant so much to us but now live on another shore.

It's a time to pause, give thanks for their lives and to cherish our memories.

Remembrance Sunday always falls on the second Sunday of November, the nearest Sunday to Armistice Day, 11th November. In 1919, the first official Armistice Day event was held in the grounds of Buckingham Palace, with a two-minute silence as a mark of respect for those who died in the war and those left behind. It was in 1921 that the Royal British Legion started selling poppies to raise funds for ex-servicemen.

It is a sad reflection on humanity that the so-called “war to end all wars” proved not to be so.

Today, as well as honouring British service personnel past and present, Remembrance Sunday is also an opportunity to reflect on conflicts around the world; the dreadful impact they have on so many lives; and to pray for lasting peace.

Before we know it, we will be celebrating Christmas, when we rejoice once more that Jesus, the Prince of Peace, came into the world as one of us. True peace comes not from the laying down of arms, but from a personal relationship with Jesus as Son of God and Light of the World.

Yours, in Christ,

Rev'd Sally



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WORTHING NEWS

CHRISTMAS IS COMING

As mentioned in our October piece, the deadline for The Samaritans Purse – Operation Christmas Child Shoebox – the deadline for getting Shoeboxes filled and back to Celia, ready for despatch is ideally **9 November**. Pick up a leaflet from Worthing Church. Please call 01362 668928 or email: c.daniel784@btinternet.com to arrange collection or if you have a query. Thank you.

Remembrance Sunday Service

9th November, 10.50 am

All visitors welcome

Building Appeal

A boost to our church building appeal is needed – can you please help?

Worthing Church are registered with EASYFUNDRAISING. This gives us all an opportunity to shop online choosing from over 8,000 retailers AT NO EXTRA COST TO YOURSELVES and retailers to donate direct to our cause.

For more information, all you need to do is sign up for your weekly shop to meet your home, personal, or business needs as required. Please use or click on the link below to take you direct to Worthing Church account, thank you.

www.easyfundraising.org.uk/causes/worthing-church-and-town-lands-charity/

The Spirit of Christmas! Wine & Beer Tasting Event

Saturday the 29th November from 3pm

Also with a Christmas Wreath & Festive Table Decorations demonstration, all with festive nibbles to try out!

T@2 - Afternoon Tea 2~4pm - T@2

*At the North Elmham Institute on 2nd Wednesday of the month
Bring yourself, a friend and a neighbour for cake, sandwiches, savouries & music!*

*Save the date 12th November, 10th December 2025
14th January, 11th February 2026*

*Any questions?
Call Jo
07796-
493495*

*All costs covered by
St Mary's Church*





Discover the NHS App - Free Support Session

We are holding an NHS App event on Monday, 24th of November 2025, between 10:00 - 12:00 to assist our patients with registrations, and guide you through using the NHS app.

The NHS app provides a simple and secure way to access a range of NHS services including:

- Viewing your clinical record
- Ordering repeat medication
- Booking or cancelling your GP appointments
- View test results
- and much more

The NHS App can be downloaded on your smartphone or tablet, and many services are also accessible via a web browser.

We would love to see as many of you as possible! Come along to learn more, get hands-on support, and help us spread the word about this useful tool.

We will also launch of our Annual Christmas Raffle (DRAWN 21st DEC GOOD LUCK!)

This is all in aid of our Church Building Appeal so come along to try out and taste a wide selection of fabulous wines, beers & champagne and get yourself prepared to celebrate and toast Christmas & the New Year with a bottle or two of your favourite tippie!!! Orders taken on the day for either a box(es) of 6 wines, boxes may be mixed etc., singles or make up a box with other guests.

Also, start planning your Christmas decorations, demonstration given by our own Worthing skilled and "Crafty" lady – orders taken so join us in church for this most jolly event and take part in our annual Christmas Raffle, Good luck!

Free Admission although donations would be welcome. Hope to see you all on the 29th.

ADVANCE NOTICE

Worthing Village Traditional Christmas Carol Singing on the 21st Dec – details to follow

Sunday Services

Our Sunday services will then be 2nd at 2.30pm Confirmation Service, 9th at 10.50am Remembrance and 16th at

10.30am Iona Morning Praise. We hope you are able to join us.

View facebook page: www.facebook.com/StMargaretsChurchworthing/ or www.facebook.com/heartofnorfolk

For further information about any of Worthing church events or services please contact Celia by telephone 01362 668928 or email: c.daniel784@btinternet.com

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CHURCH SERVICES



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2ND NOVEMBER – ALL SAINTS' DAY

9:30 am	Wood Norton	Morning Praise
10:30 am	North Elmham	Holy Communion with Baptism
10:30 am	Stibbard	Holy Communion
10:30 am	Bawdeswell	Word & Praise
2:30 pm	Worthing	Confirmation Service with Bishop Jane

9TH NOVEMBER – REMEMBRANCE SUNDAY

10:45 am	Stibbard All Saints + War Memorial (11:40 am)	
10:45 am	Bawdeswell All Saints	
10:50 am	North Elmham St Mary's	
10:50 am	Wood Norton All Saints	
10:50 am	Worthing St Margaret's	
2:00 pm	Guist War Memorial (St Andrew's churchyard), Act of Remembrance for the Fallen of Bintree, Guist and Twyford	

16TH NOVEMBER – 2ND SUNDAY BEFORE ADVENT

10:30 am	Wood Norton	Holy Communion
10:30 am	Worthing	Iona Morning Praise
10:30 am	Bawdeswell	The 10:30

23RD NOVEMBER – CHRIST THE KING

10:30 am	Guist	Holy Communion
10:30 am	North Elmham	Morning Praise
10:30 am	Stibbard	Morning Praise
10:30 am	Bawdeswell	Holy Communion
10:30 am	Foulsham	Holy Communion

30TH NOVEMBER – ST ANDREW'S DAY/ ADVENT SUNDAY

10:30 am	Guist	Group Holy Communion – St Andrew
4:00 pm	Bawdeswell	Advent Carol Service with the Festival Choir

Services at Bawdeswell All Saints are available on Zoom: Meeting ID: 656 174 6525;
Passcode: TwKH7n

CONTACT DETAILS

Billingford, Bintree, Guestwick, Guist, North Elmham, Stibbard, Twyford, Wood Norton,
Worthing: Revd Sally Kimmis, 01362 668850, heartofnorfolkrector@gmail.com

Bawdeswell, Bylaugh, Elsing, Foulsham, Foxley, Lyng, Sparham, Themelthorpe:
Revd Richard Turk, 07721 035009, revdrichardrwv@gmail.com

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This Month's Photo Contributors

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

COVER: Wendy Cotterill
PAGE 7 & 11: North Elmham Primary School
PAGE 21: Ray Norman
PAGE 19: Susanna Wade-Martins
PAGE 22: Wendy Cotterill
PAGE 29–31: Dave Appleton
PAGE 35: David Labouchere
PAGE 47: wordsearch.com



NORTH ELMHAM PARISH COUNCIL

PARISH COUNCILLORS

Chair: Paul Grainger, 01362 667135

Vice Chair: Martin Phillips, 01362 668409

Ann Ferris, 01362 668580

Tom Fitzalan Howard, 07760 164515

Brian Gee, 01362 422799

Fraser Gillespie, 01362 422293

Ann Keeble, 01362 668216

Nick Markwell, 01362 668557

Michael Rayner, 01362 667859

Colin Smith, 01362 668585

Joe Sowinski, 07960 287528

PARISH CLERK

Kevin J Webb, 01328 855046

northelmhampc@hotmail.co.uk

MEETINGS

Held on 1st Wednesday of the month in the Pavilion at 7.30pm. All parishioners welcome. Public participation takes place at the beginning of each meeting. County and district councillors attend meetings whenever possible.

Between meetings specific matters for the Parish Council can be notified according to the list below.

VILLAGE FACILITIES

Allotments.....Martin Phillips

Broom Green & PoundTo be confirmed, contact Parish Clerk

Cathedral Meadows.....Tom Fitzalan Howard, Ann Keeble

Cathedral Ruins.....Ann Keeble, Tom Fitzalan Howard

Eastgate Centre.....Martin Phillips, Paul Grainger, Tom Fitzalan Howard

Millennium & Jubilee Wood.....Joe Sowinski

Playing Field & Pavilion.....Colin Smith, Ann Ferris

Prince William Wood.....Nick Markwell, Brian Gee

Village Green.....Colin Smith, Brian Gee

Footpath Warden.....Ann Ferris

SERVICES

Environment & Maintenance.....Martin Phillips

Highways.....Paul Grainger, Fraser Gillespie

Mid-Norfolk Railway Liaison.....Michael Rayner, Nick Markwell

Planning.....Michael Rayner, Martin Phillips

Street Lighting.....Tom Fitzalan Howard, Nick Markwell, Colin Smith

Tree Warden.....Tom Fitzalan Howard, Nick Markwell, Colin Smith

Website.....Martin Phillips

PARISH CHARITIES

There are a number of charities that make grants to individuals resident in the parish. Please consult the community website for information elmham.org.uk/parish-council/village-charities.

NORTH ELMHAM DIRECTORY

Elmham Surgery, Holt Rd - 01362 668215

Group website: elmhamsurgery.com

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

Swanton Morley Surgery, Dereham Road - 01362 638100

Surgery Opening Times Mon–Fri 8.30 am–6.00 pm

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

Other Useful Contacts

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111 online: 111.nhs.uk

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

Breckland District Councillors	Gordon Bambridge Bill Borrett	01603 881364 01362 860200
Norfolk County Councillor	Bill Borrett	01362 860200
Member of Parliament	george.freeman.mp@parliament.uk	01953 600617
Nth Elmham CEVA Primary Academy	Mrs Carol Jeary, Head Teacher	01362 668318
Chair of Governors	John Robson chairofgov@flourishfed.co.uk	
Memorial Institute	Bookings: Kayleigh, elmhammemorial@outlook.com	07595 637031
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
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Community Website	www.elmham.org.uk	

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

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UK Power Networks	Power Cut (24 hours)	0800 31 63 105
Samaritans		116 123
Citizens Advice Bureau	www.ncab.org.uk	0800 144 8848

Clergy - All telephone numbers local code (01362)

Church of England	Reverend Sally Kimmis Reverend Richard Turk	heartofnorfolkrector@gmail.com revdrichardnwv@gmail.com	668850 07721 035009
Roman Catholic	Father Jay T Magpuyo	35 London Rd, Dereham	694066
Methodist	Rev Betty Trinder	31 Trinity Close, Dereham	695582
Salvation Army	Major Diana Bennetts	dereham@salvationarmy.org.uk	696341

Church Wardens

Elmham	Michael Newey	668424
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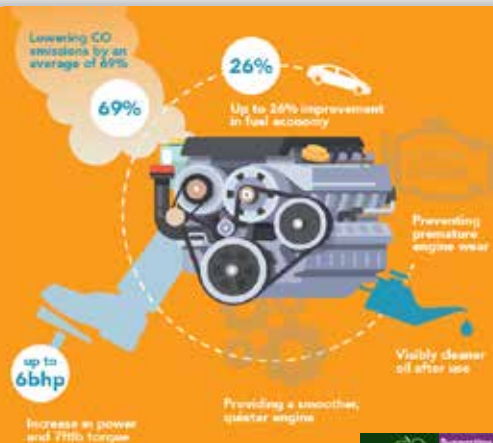
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