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The Salhouse



News and Information for the Parish of Salhouse



Spring 2021

Issue 112

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Front page picture: New adventure play equipment, Salhouse Broad, installed February 2021
Photo: Steve Piper

Contents

Local & Village Reports

From the Parish Council.....	4
Team Salhouse.....	10
District Councillors Report.....	12
County/District Councillors Report.....	15
Salhouse Broad Ranger.....	18
From the Rectory	23
Salhouse United Charities.....	27
From the Broads Authority	32
From the Farm	36
Salhouse Baptist Church.....	39
Beavers & Cubs	42
Scouts.....	43
Salhouse Primary School.....	44
Book Club	49
Gardening Club.....	50
Wroxham Flower Club.....	50
Salhouse Bell Reading Group	51
Jubilee Hall Committee	55
Tree Warden.....	56
Community Speedwatch.....	57
Rainbows.....	61
1st Brownies.....	62
2nd Brownies.....	63
Afternoon Tea & Mardle	64
Salhouse Evening WI.....	64

Information

Parish Councillors/Meetings.....	16
All Saints Church Services & Info.....	24
Baptist Church Services & Info	25
Village Information.....	34-35
Useful Contacts List.....	66
Advertisers Index.....	68

Others

Editorial.....	2
Witness Request.....	2
Health Matters.....	6
Outdoors in Spring	20
Salhouse History	28
On Your Bike	40
CPRE Norfolk Awards 2021.....	46
Save a Tonne in 21!.....	47
Letter from Salhouse.....	48
CPRE -A Plan for Greater Norwich.....	51
Walking in Norfolk.....	57

Salhouse Matters

In this Spring issue of SAGA, we are trying to look ahead and so we have some articles from contributors hoping to encourage us to get out and about following the long winter of lockdown.

There's an article on '10 things to look out for in Springtime', and another about how to prepare your bike for the new season. The Ranger is hoping to welcome us back to Salhouse Broad, with news of some new equipment and improvements there. We also have an update about what's going on down on the Farm.

The Head Teacher of Salhouse School and the leaders of our youth groups are all looking forward to better times ahead.

WHATEVER YOU DO, PLEASE CONTINUE TO FOLLOW THE COVID GUIDELINES UNTIL WE GET THE 'ALL CLEAR'.

SALHOUSE SAGA MAGAZINE

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Editor's views are not necessarily those of the contributors. No liability will be accepted for any loss resulting from error or omission

From the Editor

Dear Readers,

This is my first issue of Saga as Editor. I have to thank Malcolm Prestwood for his nearly 20 years' stint in the editor's role. The Saga has been going nearly 37 years, since 1984, when it was founded by the late Sheila Bullers, and during that time there have been only three previous editors.

The important role of advertising manager has been taken on by Richard Flatters, and Pauline Garner will continue to manage distribution. The magazine will continue to be produced three times per year, and I have no plans to change the format. If it ain't broke, don't fix it.

The magazine will continue to be free and supported entirely by advertising. We will do everything we can to retain our advertisers and to encourage our contributors to continue submitting their material.

Which brings me to the current issue, the third to be produced under Covid restrictions. Many of our regular contributors feel they have little to report because their groups are not active. But, in these unusual times, we all need a bit of news input more than ever, so I have tried to encourage everyone to chip in with even a short message to say that they are still around and looking forward to better times ahead. Between now and the next issue of Saga, in July, the situation may well have changed for the better.

In the meantime, we've got some special articles in this issue featuring activities that we can all continue to do during Lockdown.

Colin McCormick *Editor*

Witness Required for Motorbike Accident 9th March 2020 on Norwich/Wroxham Road

On the 9th of March 2020 about 7.45 am I was riding to work from Salhouse on the Norwich to Wroxham Road and had a motorbike accident due to my front brakes engaging without warning.

Thankfully no other vehicles were involved. All traffic stopped and two kind souls offered help to me, a gentleman driving towards Norwich and a lady driving toward Wroxham. I would sincerely like to thank them both for their assistance.

They both saw what happened but in my shocked state I forgot to get their details as witnesses. I am pursuing a claim through the courts for injuries sustained and vehicle damage. Any testimony from an independent witness will aid my case so please contact me if you are one of the two people who helped me that day or if anyone else saw what happened, do not hesitate in getting in touch.

Many thanks,
Jason Smyth

smythjason1970@gmail.com
07946 762834

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From The Parish Council

The Parish Council has not met in person but has been ‘meeting’ by Zoom for over a year now. In general, this has worked well. At the time of writing, there is some uncertainty what will happen in May, because the legal exception that enabled councils to meet remotely expires on 7th May, but the ‘roadmap’ out of lockdown does not permit indoor meetings until 17th May at the earliest. No doubt the government will sort this anomaly out in due course.

The MUGA at the playing field, which was completed last year, has so far been closed for longer than it has been open as a result of Covid lockdown rules but hopefully it will be allowed to re-open on 29th March.

Over the winter, there have been some successful projects completed utilising the Highways’ Parish Partnership scheme, most notably the long-awaited ‘trod’ path along a significant part of Norwich Road, and another short section of ‘trod’ near the parish boundary on the ‘Hills and Holes’, connecting two sections of rural footpath on the circular walk route enabling walkers to navigate this section in greater safety. As part of the same programme, there have also been drop kerbs installed at junctions around Cheyney Avenue to help wheelchair and buggy users. This is a really useful project, not before time.

There are other issues, unfortunately, where the Parish Council’s powers are strictly limited. One example of this is the recent flooding which has occurred in various locations around the village. Another example is the parking issues which arise in connection with Salhouse Broad and around the school. These often involve discussions with more than one ‘stakeholder’. We can maintain pressure on them, but ultimately we cannot force them to act. Highways have refused to consider parking restrictions in the village, and, contrary to popular opinion, the Parish Council does not have any power to implement them ourselves.

Likewise with speed limits, the Parish Council was successful in securing a speed reduction to 40mph on Norwich Road, but a request to Highways to consider a 30mph limit on Vicarage Road was refused. We are also having a discussion with the County Council about whose responsibility it is to replace the fence by the pond at Bell Corner.

Two of the ‘walking map’ boards have been removed temporarily; these will be replaced when the woodwork has been refurbished due to water damage.

We continue to receive complaints about dog fouling in various locations. We have recently had some new red bins installed, at the Parish Council’s expense, so please clean up after your dog.

I’d like to give some thanks to our volunteers in the village, most notably Team Salhouse, the Salhouse Good Neighbours Scheme, the Friends of Salhouse Broad and the tree planting volunteers led by our Tree Warden.

And not least, of course, our own Parish Councillors who put in a lot of hours unpaid.

Last year we acquired two additional defibrillators, but we haven't done a new poster yet that shows all three locations. These are a different make and model to the original one, and when the lockdown permits, we will be arranging a training course which anyone can attend free of charge.



The Green, Lower St.



Jubilee Hall



Station Road

Finally, I am pleased to report that there has been a 0% increase in the Parish Precept (the part of your Council Tax that pays for the Parish Council) for the coming year.

Robert Cooper

Chairman

Handy Andy



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Health Matters –February-March 2021

*An occasional update from
Hoveton & Wroxham Medical Centre.*

Covid Vaccination Programme—an update

In collaboration with five other practices in our area, we have been operating our Covid vaccination clinics since 15 January. By 16 February we have managed to deliver over 10,000 vaccinations!

The Hoveton Village Hall has proven to be an excellent venue to host our clinics and the feedback from patients and carers has been positive. We do get occasional IT problems that slow us down but generally we manage to avoid queues and get people through and away very efficiently. Even a couple of blizzards haven't stopped us.

You may be aware of the Government's prioritisation system where the over 50s have been divided into 9 Cohorts. With a few exceptions we have completed cohorts 1 - 4 and are now vaccinating the over 65s and those defined as clinically vulnerable.

Some details follow:

Cohorts:

1. Care Homes
2. 80 and over
3. 75 and over
4. 70 and over plus Clinically *Extremely Vulnerable* / those shielding.
5. 65 and over
6. 16 to 64 Clinically Vulnerable
See this list >>>>
7. 60 and over
8. 55 and over
9. 50 and over

Clinically Vulnerable / those with underlying health conditions:

- chronic respiratory disease, including chronic obstructive pulmonary disease (COPD), cystic fibrosis and severe asthma
- chronic heart disease (and vascular disease)
- chronic kidney disease
- chronic liver disease
- chronic neurological disease including epilepsy
- Down's syndrome
- severe and profound learning disability
- diabetes
- solid organ, bone marrow and stem cell transplant recipients
- people with specific cancers
- immunosuppression due to disease or treatment
- asplenia and splenic dysfunction
- morbid obesity
- severe mental illness

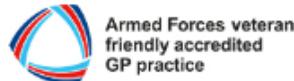


Health Matters (cont)

We are now booking for **Cohorts 5 and 6**. Increasingly we are integrating our operations within the mass vaccination centres. These are currently in North Walsham and the City's Castle Quarter. You may have been written to by the NHS offering you options. The choice is yours where you wish to have your vaccine but we do offer free parking!

Booking Appointments. We are working our way through our lists and will contact eligible patients as quickly as we can. Please do not call the surgery because it delays our unwell patients from accessing our normal services. We have a separate team booking patients for vaccination. If you do have a particular clinical question regarding your vaccination, you can contact the Surgery through our website. We will soon be calling patients back for their second dose at the 12 week point.

Business as usual. We remain open and we are here to help you, just as we did during the first wave in the spring last year. However, we do rely on the continued cooperation from our staff, patients and carers to keep infection risks to an absolute minimum.



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You can access this service via

www.norfolk.police.uk/services/police-connect

and register online. You will be given options on which updates you wish to receive, as well as any special interest such as rural, river or business updates. Registration should only take a couple of minutes.

Mobile Post Office van at the Jubilee Hall

A mobile Post Office is parked in the Jubilee Hall car park every Wednesday afternoon from 12.30 to 1.30pm. It provides a range of PO services including stamps and cash.

TEAM SALHOUSE and the Easter Bunny

looking
forward
to Spring



"Proud of our Village"

already collected several bags of discarded cans and bottles from around Salhouse as well as cleaning the new information boards.

Hopefully he will be able to carry on the good work and bring some much needed youth to the Team.

We are always looking for volunteers, young or not so young, to help us keep the village looking trim so, if you have an occasional hour to spare and don't mind getting a little bit grubby, we would be pleased to hear from you.

Please phone Malcolm on 721201.

In the meantime, please keep yourselves safe by following official guidelines and look forward to the Spring and then to the easing of restrictions.

Team Salhouse has been around for over 12 years now and have helped with several projects around the village in that time.

The Team Salhouse volunteers have carried on during the lockdown, individually maintaining the flowerbeds and picking up litter.

We were pleased to have a young lad helping out as part of his Duke of Edinburgh Award submission and he has



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Update from your Broadland District Councillors

Dear Salhouse Residents,

I hope that you are all keeping safe and well during the current pandemic.

One of the biggest things shaping the local area until 2038 is the Greater Norwich Local Plan (GNLP) and it is undergoing the Regulation 19 consultation. This will affect Salhouse for one plot put forward along Norwich Road near the roundabout, GNLP0188:



This must not be looked at in isolation as there were many other plots put forward which have been precluded for various planning conditions.

If you have any comments please go to www.gnlp.org.uk

With the current pandemic, the Help Hub team at Broadland District Council (BDC) have extended their hours to 7 days a week until 10:00pm and can be contacted on 01603 430431.

There is a £500 Test and Trace isolation payment which can be claimed by those who have been told to self-isolate and will lose income as a result

With the increase in job losses a new employment project "Work 4 All" has been tasked with assisting residents in partnership with Job Centre Plus in assisting with barriers to employment and wider support needs. Any referrals through Liam Pickering 01508 533684

With the lockdowns and self-isolation, a new "Broadly Brew" virtual social gathering has been introduced for anyone on the "Broadly Active" pathway offering advice, guidance, support and general chat. To sign up

for Broadly Active please use the following link:

https://www.broadland.gov.uk/info/200172/keeping_fit_and_active/122/broadly_active_-_exercise_referral_scheme

The Community at Heart Lottery run by BDC has now been established and is supporting good causes. Tickets cost £1 and when supporters buy a ticket they will be able to choose where they want their money to go – 50% of ticket sales will go to the person's nominated good cause and 10% will go into a community fund run by Broadland District Council to benefit local good causes. The remaining 40% will go towards the prize money. There will be a weekly draw with a jackpot of £25,000 for a matching sequence of six numbers. The other prizes available are £2,000, £250, £25 or three free tickets.

In February, the Broadland Youth Advisory Board (YAB) made a presentation to the BDC Wellbeing Panel focusing on their achievements in the "Norfolk Youth Against Bullying Conference" and with the focus for 2021 "Recipe for Happiness" to help support young people's emotional and physical wellbeing – can we work together to do this?

Cllr Martin Murrell

District Councillor for the Wroxham Ward

email: cllr.martin.murrell@broadland.gov.uk or tel: 07788663664



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County & District Councillor's Report

I am pleased to share good news about Covid-19. As of 4th March nearly half of adults in Norfolk had received their first vaccination and rates are dropping rapidly. Schools are re-opening and I hope that some semblance of normality will return soon.

Norfolk County Council continues supporting vulnerable residents with the Winter Support Scheme and the Norfolk Assistance Scheme. Call 0344 8008020, Monday to Friday 9 AM to 5 PM or go to www.norfolk.gov.uk/care-support-and-health/health-and-wellbeing/adults-health/coronavirus/community-support-for-people-at-home for more information.

I am very aware of the impact coronavirus is having upon people and their mental health. I am pleased that it is generally recognised that we need to support people who are lonely and having difficulties with their mental health. Support is available.

Wellbeing Norfolk and Waveney have regular online events to support our residents, including virtual quizzes and coffee mornings. More information at www.wellbeinghands.co.uk/norfolk/ or follow them on Facebook or Twitter. Every Mind Matters has a 24/7 helpline at 0808 1963494 or www.everymindmatters.co.uk. There is specialist support for 11-25 year olds at www.kooth.com.

In May there will be a new Police and Crime Commissioner for Norfolk and changes at County Hall. All 84 Norfolk County Divisions will be holding elections. This could lead to changes at the County Council. I will be standing again, hoping to once again represent the Wroxham Division.

If you are 18 or over on Thursday 6th May 2021 you can register to vote. This only takes five minutes and can be completed online at www.gov.uk/register-to-vote. To register for a postal vote go to www.gov.uk/government/publications/apply-for-a-postal-vote, anyone can apply and you don't need to give a reason. Alternatively, you can ring Broadland District Council on (01603) 430483 or email election.services@broadland.gov.uk.

NCC will be investing over £9m to provide 181 supported housing places for people with disabilities, helping them live independent lives. This is alongside the £30m for Extra Care Living for older people and £120m to build new schools for children with Special Educational Needs and Disabilities. Additionally £2m is being invested to tackle flooding and Lord Dannatt is heading a Taskforce to make this happen.

I look forward to better times ahead, for everyone. Take care.

Fran Whymark

County and District Councillor for the Wroxham Division/Ward

Email: fran.whymark.clr@norfolk.gov.uk

Tel: 07907163123



Cllr Fran Whymark



@CllrFran

Salhouse Parish Council

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Colin McCormick	Vice Chair
Nick Ball	
Martin Nudd	
Steve Jarvis	
Julie Redburn	
Andrew Peachment	
Lynn Yallop	
Tree Warden	James Cleaver
(Salhousetreewarden@gmail.com)	
Tree Adviser	Ian Flatters
Footpath Warden	Nick Ball

**Parish Clerk
& Responsible Finance Officer**

**Sarah Martin
Spinners Cottage,
18a Honing Row,
Worstead
Norfolk
NR28 9RH**

**01692 535775
clerk.salhousepc@gmail.com**

All correspondence should be addressed to the Clerk

For further details see the Parish Council information website at
www.salhousepc.info

2021 Parish Council Meetings

Next Meeting:

Monday 12th April (*Virtual*)

Annual Parish Meeting - 17th May

Provisional dates:

Monday 10th May

Monday 14th June

Monday 12th July

Monday 13th September

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From The Salhouse Broad Ranger

I hope this finds you all safe and well.

As you may well be aware, this winter at Salhouse Broad, we closed the car park and permissive path for a couple of weeks in order to get some essential maintenance done. I thought I would take this opportunity to let you know what went on.

Firstly, we had some leaning alder trees taken out at the car park. I realise, no one wants to see trees removed, but they were frequently failing (3 had failed just in the past year, one resulting in a live electricity cable landing on the footpath), plus they were growing very big; up to 28 metres tall. We will of course do some replanting in the future, which will be more suitable to the location.

We then had the ditches re dug, culverts added and cleared of debris. It's a job that hasn't been done for around 40 years, so it was a big job that needed doing and the water is now flowing well, helping to drain the land around.

We were hoping to do some repairs to the footpath shortly after, however there was so much rain and then snow, that the ground was too wet to work. We will endeavour to sort the muddiest bits when conditions allow.

We were also hoping to fix the Wherry Cut boardwalk, but the water levels were too high to be able to do anything. As soon as the water levels drop enough, we will have another look at it. We did however, manage to fix the other broken bits of boardwalk, thanks to our volunteers for help with that.

You may have noticed at the far end of the Broad, the old play equipment has been removed, we intend to keep this as a nice quiet area. As you walk up through the bluebell woods, you exit where the new play area has been erected. The new play equipment seems to be well received so far with children enjoying the scramble net, the climbing wall and the hidden monkey bars. The play equipment was funded by Friends of Salhouse Broad with help from Love the Broads. Friends of Salhouse Broad (FoSB) had raised money over the years with events like the Easter Egg Hunt and Halloween Horror Hunt. However, the

future does not look bright for FoSB, the numbers have dwindled over the years down to just 2 people and unless more people get involved, they may cease to be. They would love to raise more money to add a slide to the new equipment, so if you're interested in getting involved with Friends, please contact me.

If the roadmap dates set out by the Government remain the same, our canoe hire will be open from 29th March and our campsite from 17th May. So, if you're looking for a local break, please give us a look. We have the brilliant Hungry Otter returning for another season, plus we have some other food vendors popping up here across the season. We will see the return of the Nippy Chippy, the Station Smokehouse will be making a few appearances, plus Monzu pizza, Fat Teds and Blush Brothers. Follow us on Facebook or Instagram to get the latest event information and dates.

Our rangers will be on site more regularly from the Easter holidays, so if you have any questions or comments, please let them know, alternatively, you can contact me on the details below. We hope to see you down at Salhouse Broad this season and whatever happens we wish you good health and happiness.

Kelly Banthorpe,
theranger@salhousebroad.org.uk

Salhouse Broad Ranger
01603 722775



Outdoors in Spring – 10 Things to Look Out for and Enjoy



March 20th is the official start of Spring and brings warmer weather and longer days. Studies have shown that spending just twenty minutes in nature can boost your mood, restore your ability to focus and reduce feelings of anxiety. Walking has become an important part of everyone's routine recently, as we move into spring here are a few things to look out for.

1 **Daffodils** start appearing in February with their bold yellow flowers bringing cheer to all and are the first signs of Spring for many. Dwarf daffodils are ideal for pots and popular with gardeners, particularly 'Tête-à-Tête' with its small yellow flowers and 'Minnow' which is beautifully scented. Later, white petal 'Pheasant's Eye' will appear in April to May. These are one of the most scented and look good naturalising in grass.

2 **Spring Blossom** is a welcome sight of colour after frosty winter months. The Japanese welcome blossom with their traditional 'Hanami', (flower viewing). Goat Willow's yellow catkins will stand out in March and April. It's often found in damp woodland or near streams and ditches.

In our hedgerows, white Blackthorn blossoms start appearing in March, followed by the fragrant pinkish-white flowers of Hawthorn (often known as 'May') in April and May. Creamy Elderflower clusters appear in late May and June. These can be used to make cordials and sparkling wines.

Not only beautiful to look at, blossom supports a variety of insects, bees and wildlife, and the trees also provide fruits for birds and mammals to eat later in the year.

As well as hedgerows, blossom will also appear in gardens, particularly cherry, apple, pear, plum and damson, depending on what has been planted. See what you can spot.

3 **Bluebells** are vital to keeping woodland ecosystems going. Bees, butterflies and hoverflies are all attracted to their striking blue and purple colours which herald the next stages of spring.

It is against the law to intentionally pick, uproot or destroy bluebells. They are delicate and easily damaged, especially if they're trodden on. Damage can prevent the leaves from photosynthesizing, causing the plant to die back. Bluebells take between five and seven years to get established, so minor

damage can have long-lasting impact. Help to look after the bluebells by watching where you tread, and sticking to marked pathways.

4 **Celandines**. With their bright yellow flowers Lesser Celandines can be seen from early spring in the woods, hedge-banks and damp bare ground. Greater Celandines often grow nearer houses and under walls, befitting their former use as a medicinal herb.

5 **Skylark** is a small brownish bird, and its song is simply beautiful. Larks can be heard on open farmlands, soaring upwards, singing their burbling, watery song all the while. Sometimes they go so high that you can barely see them, but can still be heard. Birdsong can be a delightful sound to hear, suggesting a feeling of calm and safety.

6 **Ducklings** are already well developed when they hatch, spending only a day in the nest. After this they can swim and feed themselves, following their mothers to food that is safe to eat. The ponds and the Broad are good places to see them. It's recommended to feed ducks (and swans and geese) with vegetables, grain or specialist food if possible. Please don't feed them bread as too much is not good for them.

7 **Lambs** are one of the first and most eagerly awaited signs of spring. See how many you can spot on your regular walks. Keep dogs on leads, as the stress of being chased can kill a sheep or cause them to miscarry their lambs.

8 **Brown Hares**. If you are very lucky, you might see two hares 'boxing'. This is most likely a female warding off the advances of a male, not two males fighting.

Females can produce three to four litters of two to four young (known as leverets) a year. They do not have burrows, but shelter in 'forms', which are shallow depressions in the ground or grass. Hares are thought to have been introduced into the UK in Roman times (or possibly even earlier).

9 **Butterflies**. Another sign that spring has arrived. First are the bright yellow green Brimstone, followed by the Orange-Tip butterfly and then the Large White and Small White butterflies, (known as 'Cabbage Whites'). You may also see the orange ragged winged Comma.

As the days warm up, Red Admirals and Painted Lady butterflies migrate from Southern Europe and North Africa, arriving in late spring/early summer.

10 **Nocturnal animals**. If you are out and about at night, you may see hedgehogs and bats as they start to come out of hibernation in late spring. Tawny owls give the familiar 'too-wit-tuwoo' call and you may be lucky to see a Barn Owl hunting for small mammals over the fields.

Sarah Oldfield

J NEWTON GROUNDWORKS

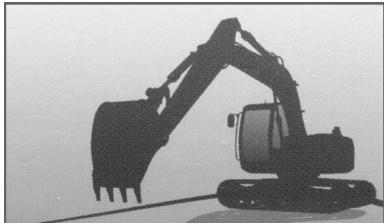
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Jamie Newton

jimbob13@hotmail.co.uk

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Thursdays

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7.30 to 9pm

*Post Covid @

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From the Rectory

Dear Friends,

March and April always seem like a bright months. Spring is sprung, the weather begins to warm, and we have moved out of the dullness and gloom of winter. Buds start to open, the spring flowers bloom, birds sing, lambs are in the fields the days lengthen and everywhere seems fresh. New life and hope is all around us. After what has been a hard and gloomy year we perhaps need the hope of spring more than ever.

This year we celebrate Easter in April, and on Easter Sunday we will again remember how from the gloom and despair of the Crucifixion, Christ rose from the tomb. An event full of hope. An event which shows us that out of the most hopeless situations, when all seems lost there is still hope, and that is good news for us all.

There is no doubt that crucifixion was a cruel and painful death. Thousands of people were put to death in this barbaric way. Crucifixions were part of the daily entertainment in Jerusalem. Death on a cross was slow and painful; it wasn't something that anyone would survive.

When they took Jesus down from the cross he was physically dead just like those around him, and on that day, it seemed to the disciples that this was the end. Gloom and despair spread among them. All he had stood for, all he had told them seemly gone, their friend gone from them. We see this gloom in Mary Magdalene as she stands weeping at the tomb all hope gone. But then when she is at her lowest the resurrected Jesus appears to Mary at the tomb, and her sorrow turns to joy.

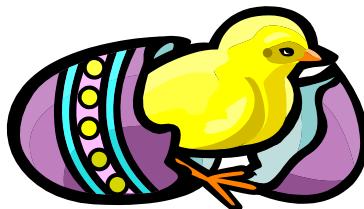
So too does ours, for what Jesus began in dying for us on the cross he completes in rising from the tomb and conquering death. Through him each one of us is given the hope of new and eternal life.

May you know the hope of Christ this Easter.

Yours in Christ

Darleen

P.S. It's no coincidence that we have eggs at Easter, with their promise of new life.



Easter Services in the Benefice

1st April Maundy Thursday 7pm Holy Communion at Rackheath

2nd April Good Friday 10am Liturgy for Good Friday at Rackheath

3rd April Easter Eve 7.30pm Lighting of the Easter Fire at Ranworth

4th April Easter Day 11am Holy Communion at Salhouse

Regular Services in The Bittern Benefice

All Sunday services are held at 11am and rotate around the Benefice. Please see the Church noticeboard for up to date details.

Salhouse Church is open for quiet prayer on Wednesdays between 10am and 3pm.

Witton Church is open for quiet prayer on Saturdays between 10am and 3pm

As always, Darleen is available to visit at home or in hospital (subject to Covid 19 restrictions), whether you are ill, recovering, or just want to see someone, please telephone. Communion at home can be arranged for those who because of illness or frailty again please telephone.

Enquires for Baptisms, Thanksgiving services, Weddings and Services of Blessing after a Civil Marriage are always welcome please telephone or email.

On the sad occasion of a bereavement please contact Darleen or ask the Undertaker to do so to arrange a service in Church or at the Crematorium.

Rector: Revd Darleen Plattin, The Rectory, 56 Green Lane West, Rackheath, NR13 6PG. Tel: 01603 720966.

Email: darleenplattin@btinternet.com

Annual Church Meetings 2021

The Annual Vestry meeting will take place at Salhouse Church at 12noon on Sunday 25th April. This is a very short meeting to which anyone in the parish is invited. At this meeting we elect the Churchwardens.

The Annual Parochial Church meeting will take place at Rackheath church at 7.30pm on Wednesday 28th April. At this meeting the PCC is elected, and the annual reports and accounts presented. This is an open meeting, but only those on the church electoral roll are eligible to vote or contribute to the business of the meeting.

Could you write for the SAGA?

We are always looking for articles of village interest for the Saga.

If you could write something or suggest items that you would like to see covered please contact the Editor.

No experience necessary!

Details are on page 1 of this magazine.

Advertise your business locally in the Salhouse SAGA

If you would like to advertise your business in the magazine please contact Richard Flatters

Telephone: 07 55 22 33 527
flatters798@btinternet.com

SALHOUSE BAPTIST CHURCH

Sunday Worship
11.00 am and 5.30 pm

Bible Study and Prayer Meeting
Wednesday 7.30 pm

We're following Government guidelines for Covid-19 as we meet in the building; you're welcome to join us!

Holiday Bible Club 2021
Monday 29th March – Thursday 1st
April 10.00 – 11.00am
See details on **page 38**
Register by 26th March

Girls' Group ages 10+,
contact us for more details.

Check out our website and find us on Facebook too!



Pastor: Simon Gay
10 Upper Street,
Salhouse NR13 6RZ

(t) 01603 720576
(e) salhousebaptists@tiscali.co.uk
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Salhouse United Charities

How Computers replaced Coal

We have become accustomed to hearing much about how the Covid pandemic is affecting so many groups of people, and schools are very much in the news. Many will appreciate that it cannot be easy – both at home and for those at school trying to keep things going.

But think for a moment of some of the detail. Lessons via Zoom sounds easy enough. After all, nearly all of us have become overnight experts in the technology. But imagine a household with more than one child. Ordinarily each will almost certainly be in a different class, with separate teachers and lessons, and some will have siblings at the High School.

Quite apart from the challenge for parents and carers who have never taught in their lives, thrown in at the deep end, they're handling a logistical nightmare: which child can have online access to a particular time slot for a set lesson and who has to miss out?

And spare a thought for the teachers. School timetables are normally developed and refined over years, and suddenly its all been thrown in the air. Staff members get ready to deliver a lesson but have no idea who will be there until the moment it starts.

How has it been for the village school? Head teacher, Mrs Church, with teaching staff, liaised with families to identify the devices needed to support home learning.

And that is where Salhouse United Charities came in. The school called on the charity, which traces its roots back to Victorian times when it was formed to provide coal for those in need. Except instead of coal in the late 1800's, it's computers that were needed in early 2021. The charity stepped in and provided the number requested which made an immediate difference to families who may, for example, have been using a mobile phone or sharing a single device and proving a barrier to learning.

Perhaps you weren't aware of Salhouse United Charities, a charity meeting the needs of the village for over 200 years? Our charitable aims are to help those in financial need provided they live within the boundaries of the village. Maybe you, or someone you know would benefit? Perhaps it's transport for a vital medical appointment that is causing difficulty? Assistance with books or equipment for further education? Or simply a necessary need that cannot be met without some hardship.

Simply contact the charity in confidence and your situation will be considered seriously. The Victorians probably didn't anticipate computers when they saw the need for coal, but the aim is precisely the same: meeting the needs of those in the community. If you're in need, do as Mrs Church and staff at the school did, get in touch.

The contact point for Salhouse United Charities is Mrs Pauline Garner, telephone number 721201.

The trustees of Salhouse United Charities are: Mr Martin Murrell (Chair), Mr Simon Gay (Vice-chair), Mrs Pauline Garner (Secretary), Mr Robert Cooper & Rev Darleen Plattin.

Salhouse History

The Duke of Norfolk's Missing Land

A few years ago, whilst carrying out research at the Norfolk Heritage Centre, I was idly looking at their holdings on Salhouse when I noticed an entry to do with the lease or re-lease of land in our village to John Corbett by Thomas Howard, the Duke of Norfolk in 1553. (otherwise known as file NAS 1/1/23/Wroxham/7).

The Duke of Norfolk is one of those Tudor magnates who plays a big role in Tudor history, with his two nieces Anne Boleyn and Catherine Howard both queens of Henry VIII and his constant machinations at court, which led to the downfall of Thomas Cromwell in 1540. His attempt to dominate Henry via Catherine ended tragically with her execution in 1542. Howard was subsequently committed to the Tower in 1546 with his son after the latter offended the King by claiming the right to display the heraldry of Edward the Confessor on his coat of arms, escaping execution only by Henry's death in January 1547. Remaining in prison under Henry's son, Edward VI, he secured freedom in 1553 with the accession of Queen Mary.

Our document concerns the lease of foldcourse land to John Corbett and his successors, a piece of land in the village then called "Overfoldgate". Foldcourses were land where the landowner could pasture their flock of sheep to the exclusion of others livestock, and the growth of the cloth industry after the 1520s had led the Norfolk gentry to turn a large amount of formerly common and shared grazing land into these. Naturally this led to a great deal of resentment by ordinary folk, many of whom lost grazing rights on land that had been available for generations. This ultimately was one reason leading to the outbreak of Kett's Rebellion in 1549.

Our document is just four years after that, so it ties neatly into these tensions (and indeed, sixty or so years later, Salhouse villagers brought John Corbett's son Miles to court for allowing his flocks to encroach on common grazing land so they lasted a while). It also ties into the Rebellion via John Corbett, a rising and ambitious Norwich lawyer whose dovecote at Sprowston - a former monastic asset - had been attacked by Kett's rebels (lawyers were then viewed as avaricious and no friend to the common folk). Indeed, Corbett's manor at Woodbastwick was also attacked - which is how we know Kett's Rebellion probably touched Salhouse as the way to the manor was most likely via our village.

But where was "Overfoldgate"? I think the name gives a clue - 'over' signifying elevated land, and 'gate' Danish for a way or road (presumably leading into it or from which it diverged). To my mind that places it in three possible places - the current grazing land to the right of The Loke, one of the fields on undulating terrain just beyond the Broad on the way to Woodbastwick, or land around the "burial path" from the Church to Upper Street. Given the 1589 map

of the parish shows land owned by the Corbetts in the east of the parish, my personal preference is that it was one of the first two options, possibly the second given the Corbett's also had a link to Woodbastwick.

Wherever it was, you can imagine disgruntled locals of the time grumbling about the fencing or other signs of exclusion going up - less land for the rest of the villagers to pasture their sheep or cattle to get by year on year. But after the brutal suppression of Kett's Rebellion, there would be no more uprisings and the law book became their friend. Going into the seventeenth century, the stereotype of the litigious Norfolk peasant, reading law books whilst ploughing, became established.

James Watts

A Snapshot in Time

Someone recently sent the editor of Saga an old photograph album that they had bought at an auction. It originally belonged to a former Salhouse resident Norah Hubbard, who lived with her parents and sister at no.1 Hall Cottages, Hall Drive, in the 1930s. We don't believe there are any relatives of Norah still living in Salhouse, but would be very interested to find out if there are.



According to the caption, this photo shows Norah (right) and her sister Iris, then aged 17 and 15, dressed for Easter Sunday at Salhouse Church, 1934.

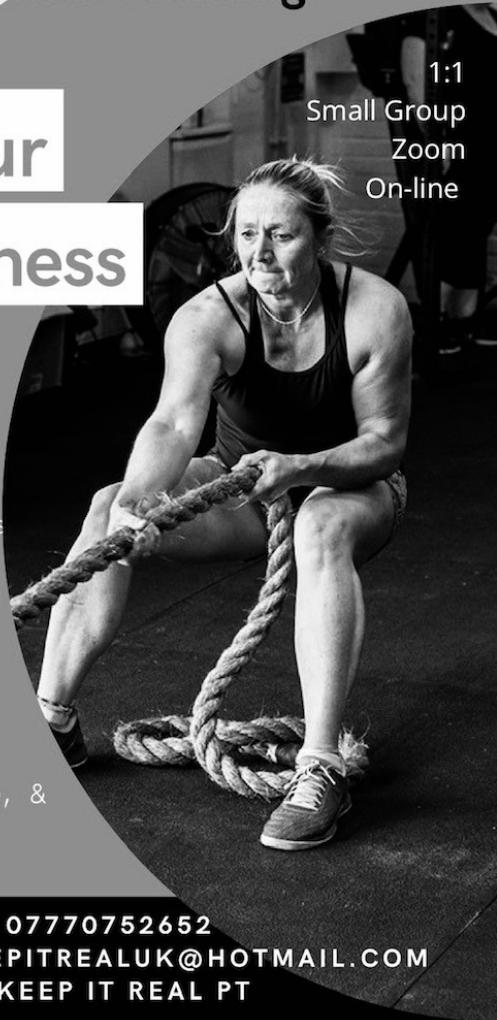
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No job too small

From the Broads Authority

2021 is set to be a busy staycation season fuelled by a winter in lockdown. For many, the easing of lockdown and warming weather will present opportunities to get reacquainted with nature, the great outdoors, and the Broads: our doorstep wonder.

During the quieter winter period, the local Ranger, Operations and Maintenance teams at the Broads Authority have been out on the upper Bure repairing moorings at Wroxham, Cockshoot and Ranworth and completing bank restoration works on river stretches near Salhouse and Hoveton Great Broads, and on the upper reaches of the Bure near Belaugh and Coltishall, where clearance of overhanging trees improves navigation. As March turns to April, we are preparing for the return of our Broadland visitors.

For any of you venturing down to Salhouse Broad on a hot summer's day last year, you will have appreciated how busy the Broads was, with many first-time boaters being welcomed to our waterways. In light of this and with our aim directed strongly at safety, new Assistant Ranger posts have been created, increasing the patrolling in an effort to maintain a presence and improve safety on the water. A selection of 'how to' boating videos will also help to acquaint visitors with their boats and improve handling skills.

One increasing trend noticed last year was the number of people taking up paddle sports, which we hope to see more of this year as it is great to see new people making the most of the delights of the Broads. It is worth a reminder that all craft on the navigable areas of the Broads require either to be registered with the Broads Authority and an appropriate toll paid, or for users to be covered by a British Canoeing membership. For those new to boating, more information can be found on the 'Boating' section of our website.

As safety is paramount and we hope to see all users of the waterways engaging in a responsible manner, we would like to issue a reminder that we really don't encourage wild swimming in the Broads. In recent years it has been a popular activity in our local waters but hasn't always been enjoyed safely. I won't dwell on the legend of the Salhouse sea lamprey (worth looking up on your favourite search engine), or the leeches that cling to submerged tree roots waiting for a passing fish (or leg), but cold-water shock and whirring boat propellers are a real danger. Please think twice about entering the murky depths, and consider organised swimming events with appropriate safety measures. You can find more information at www.broads-authority.gov.uk.

So, as the grebes begin their courtship rituals, flicking their heads at their partner as if doing their hair in the mirror (don't mention the lockdown haircut), the local Broads Authority Upper Bure Ranger team look forward to seeing you out and about this year. If we're moored up, please do come and say hello, and for youngsters wearing their life jackets, there may even be a 'competent crew' otter safety sticker with your name on it!

Tobi Radcliffe

Broads Authority Ranger



hello@corastudios.com / 07929 414011 / www.corastudios.com

SALHOUSE CLUBS & GROUPS



PLAYGROUP

Salhouse Stay & Play

Thursday 9.30 -11.30am
Birth - 5 years

Term Time Only

Call Marie 01603 721340
or visit us on Facebook

Guides (1st Salhouse)

Monday 6.30 pm - 8.00 pm

W.I. Evening

2nd Monday of month
7.30pm

Pat Barnes: 01603 720466

BEE BOP

Sensory Music & Dance

Birth - 5 years
Tuesdays
9.30 - 10.30am

Brownies

(1st Salhouse)

Tuesday 5.30 pm - 7.00 pm
Mrs S Shorten:
01603 720450

Brownies

(2nd Salhouse)

Tuesday 3.30 pm - 5.00 pm
Natalie Archer:
01603 927166
2ndsalhousebrownies@gmail.com

Rainbows

Tuesdays 3.45pm

Cubs

Wednesday 6.00 - 7.30pm
Contact:

Jackie Rose:
01603 712520

Beavers

Wednesday 4.45 - 5.45pm
Contact Tracey Hayton:
01692 630047

Scouts

Thursday 7.00 pm—9.00 pm
Simon Hill
salhousescouttroupe@gmail.com

Yoga

Thursday 1pm
hi@hesteryoga.co.uk

Ping Pong (*table tennis*)

Tuesdays 1 - 3pm
£2.00pp incl refreshments
Contact
Keith Richings: 01603 721962
kcrichings@tiscali.co.uk

Pilates

Tuesdays 7.30-9.30pm
Trudy Kemp: 01603 712973

Afternoon Tea & Mardle

Every 3rd Wednesday of the month, 2 - 4pm
Tea, Coffee, Cakes
All Welcome,
Julie Bendy 01603 721037

Broadland Youth Choir

Friday 4.30 pm - 6.0 pm
Mrs C Tims: 01603 721912
Monday (except 2nd Monday in month) 7.45-9pm

Doctors Surgery

Unless there is a specific notice on the door of the Jubilee Hall, the Doctor will be in attendance.
Monday 2.30 - 3 pm

Gardening Club

AT SALHOUSE SCHOOL
3rd Tuesday of the month
7.30pm
Nick Taylor : 01603 720165



OTHER VILLAGE CONTACTS

Salhouse Broad

Ranger: Kelly Banthorpe:
01603 722775
E-mail:
theranger@salhousebroad.org.uk

Salhouse VC Primary School

Headteacher: Mrs J Church:
01603 720402

Friends of Salhouse School (FOSS)

Contact: Kirsty Sewell:
07834 895 634

JUBILEE HALL

For Bookings see Village Events column

Jubilee Hall (Admin only)

Martin Carney: 07808 097924

Jubilee Hall: 01603 722803



VILLAGE RETAIL

Mobile Post Office

Jubilee Hall Car Park
Wednesdays 12.30—1.30pm

Prima Rosa: 01603 927580

1st Impressions

Hairdresser: 01603
722063

The Bell Inn: 01603 720220

The Lodge Inn: 01603 782828

Salhouse Garden Centre:
01603 722250

PARISH NOTICE BOARDS

Right hand section is open to public to post A5 size notices.



USEFUL REFERENCE DETAILS

Parish Council

Parish Clerk
Sarah Martin
Spinners Cottage
18a Honing Row,
Worstead,
Norfolk NR28 9RH
Tel: 01692 535775
clerk.salhousepc@gmail.com

District Councillors

Martin Murrell:
07788 663664
cllr.martin.murrell@broadland.gov.uk

Fran Whymark:
07907163123
cllr.fran.whymark@broadland.gov.uk

Norfolk County Councillor

Fran Whymark:
07907163123
fran.whymark.cllr@norfolk.gov.uk

Hoveton & Wroxham Medical Centre
01603 782155
Out of Hours—111

All Saints Church

Rector
Darleen Plattin
01603 720966
Email:
darleenplattin@btinternet.com

Church Warden
Mr Jonathan Tolhurst:
01603 721736



EMERGENCY NUMBERS

POLICE

Dial 999 for emergencies
NON EMERGENCY 101
Sean Phillips
The BEAT manager at
Thorpe St Andrew
Safer Neighbourhood
Team
Otherwise call Police H.Q.:
01953 424242
then be routed to appropriate
department.

GAS ESCAPE

Ring Freephone
0800 111 999

WATER OR SEWAGE

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08457 145 145

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01603 286286

SALHOUSE ROVERS FC DETAILS



Recreation Ground,
Thieves Lane, Salhouse

CONTACT:

CHAIRMAN
Jim Blyth: 07788125888



VILLAGE EVENTS

These take place at the Jubilee Hall unless otherwise specified

JUBILEE HALL BOOKINGS

Contact : Pat Barnes
01603 720466
Bookings taken
Mon - Fri: 9am - 6pm
Sat: 9am - 12noon

The Jubilee Hall is currently closed due to Coronavirus restrictions

Therefore the information shown on these pages reflects the activities pre lockdown which hopefully will continue after.

PLEASE DO NOT ATTEND ANY EVENT WITHOUT CHECKING WITH THE ORGANISER



MOBILE LIBRARY SERVICE

The Mobile Library visits Salhouse on Tuesdays every 4 weeks at the following locations and times

**3.55/4.15 Cheyney Ave,
outside 81**

4.20/4.40 Farman Close, No2

From the Farm

My name is Alistair Mackenzie and I am a local farmer farming land to the North of the village. We currently operate a mixed farm growing arable crops such as barley, sugar beet and root vegetables and also home to an ever increasing livestock enterprise comprising of sheep and cattle.

With all our wheat, barley and rye planted in the autumn, winter on the farm is generally spent keeping off the land as much as possible and focusing our attention on estate maintenance, machinery servicing and livestock duties.



The highlight for us all this time of year is the calving time for our herd of cows. The farm has a small commercial herd of black and white Hereford cattle alongside the Salhouse herd of British White cattle. Calving for 2021 was scheduled to begin on January 8th but one of our new heifers called Woodbastwick Clootie decided she couldn't wait for motherhood any longer and surprised me with a beautiful bull calf on the last day of 2020. I only had to wait another five days for another surprise arrival in the form of a heifer calf from Salhouse Helen. We have had a steady stream of calves ever since. The cattle always like to keep us on our toes particularly at calving time with a new arrival never far away.



The increasing numbers of livestock on the farm are a big part of our drive to farm the land in a more sustainable and ethical manner. We are striving to reduce our reliance and usage of artificial fertilizers and utilizing the livestock to reduce our use of pesticide products on our crops. The native British White cows perform various roles within this system from generating natural manure

all year round to grazing sensitive pastures alongside Salhouse Broad and also grazing cover crops and green manure crops established as part of our focus on soil health. The sheep also help to perform key roles in this grazing system through the winter. This system also provides us with fantastic beef and lamb produce grown naturally and sustainably and marketed locally.

As a farmer it would be remiss of me not to moan about the weather! We have had a very wet winter which has contributed hugely to the flooding seen in various locations around the village in the last few months which seemed to hit a peak on Christmas Eve. I imagine there were a lot of children anticipating a canoe in their Christmas stocking this year! February has been a very strange month with another blast from the 'Beast from the East' which was followed by a period of very mild weather recently. We went from a snow covered farm yard to dust blowing in around 48 hours. This mild and dry weather has allowed us to begin spring operations in earnest with a big push in the last ten days to get our spring planted cereals all planted and begin applying fertilizer to kick start some spring growth on our established autumn crops. We just cross our fingers now and hope Mother Nature doesn't have a sting in her tail for more adverse weather so our crops can get away to the best start possible.

The coming months will see an increase in operational activities on the land with root vegetable crops all being planted and further management of cereal crops throughout the spring. We will also finish calving the last few cows and with spring grass growth now underway and the pastures drying up underfoot we will be able to return the cows to grass with their new calves getting their first taste of fresh grass which is a very exciting time for them all. Seeing all the calves skipping around fresh pastures for the first time is always a good reminder of how lucky we are to live where we do. The lambs currently grazing cover crops are slowly eating their way around the farm and will finish eating their last field of cover crops in the next few weeks.

Off the farm, the highlight of my recent weeks has been the end of the dreaded home school that has taken over at home in recent months. Trying to persuade a very stubborn six year old that mum and dad were taking over as teacher for a few months has been a challenge. Luckily Salhouse School proved to be ahead of the game as always and provided fantastic online learning facilities and support every step of the way which we were extremely grateful for!

I hope a farm update has been useful for all that enjoy Salhouse village and the countryside as much as we do on the farm!

Best wishes

Alistair Mackenzie

SBC SALHOUSE BAPTIST CHURCH HBC@SBC [f](#)

Monday 29th March – Thursday 1st April 2021

Joseph: A picture of Jesus

Stories Craft
Singing Cooking Puzzles
Games Ages 4 – 12

Register to join us on Zoom each day at 10am.
You will receive all the ingredients you need for
a fun-packed week of activities as we look at
the life of Joseph in the Bible.
Salhousebaptistchurch.com

www.maestramary.altervista.org

Salhouse Baptist Church

Hope!

What does Easter mean to you? Anticipation. Better prospects. Hope!

Perhaps you're thinking of the weather with spring coming and the expectation of summer months. Flowers, bulbs, early shoots, birds nesting all pointing to new life. And Covid, perhaps the prospect of hope there too?

It is a time of hope, but the message of hope is also for something far greater.

It was at this time around 2,000 years ago that a man died. A man attested by history, born around 5BC, and killed on a Friday – we call it Good Friday – around 30-something years of age. We know a little about his life on this earth as recorded in the four gospels of the Bible: Matthew, Mark, Luke and John. His trial was unjust and his death brutal. The Roman method of torture through crucifixion was grim and the result predictable. If that was it, there would be nothing remarkable, nothing exceptional, simply one of many such cases at that time. It would disappear into the oblivion of history and today you would know nothing of the case. But this was no ordinary man. The Bible tells us that various people came to the tomb on the Sunday morning, the 3rd day following his death. Around 36 hours had elapsed but the tomb, guarded by Roman soldiers, was found to be empty. A body stolen, perhaps?

The resurrection of Jesus Christ was confirmed by many people, hundreds of them we are told in the Bible. Many of those who witnessed these things went on to give their lives for what they knew to be true. We hear much about misinformation and people caught up with conspiracy theories, but never on this scale. And the power of the Roman authorities and Jewish leaders could have squashed the embryonic Christian faith if it was all a fake.

But so what? What was the point? And where exactly is the hope in any of this?

The Bible tells us he 'died for our sins'. Here sounds the jarring note, the intrusion, for we also read that sin has led to death and has created the barrier between us and God. Not just for some, but for all, universally, each of us. We live in an age that craves equality, but this is an equality few have reckoned with. With souls that will never die, we come under the judgement of God, not for a while but for all eternity. And this is where the hope comes in: Jesus' death and resurrection means life everlasting for those who put their trust in him.

Death is inevitable, and none of us have needed the last 12 months to remind us of that, but this gives a certain and definite hope in the face of the inevitable. The key question is this: Is it your hope?

Good news isn't contained to one season of the year, or one section of society. Its for all, and every day. Each Sunday, Christians meet because it is the day of resurrection, the day of hope. What is your hope?

See the Church website or our Facebook page and join us any Sunday or get in touch to speak further.

Simon Gay

On Your Bike

Dave Gafford offers some tips for getting out and about

As we head out of Winter and hopefully Lockdown too, towards the welcoming warmth of Spring and a possible return to normality, it's time to get your bike ready for the road.

A few simple checks and maintenance tasks can prevent problems occurring later on, and you don't need to be very technically minded or have any expensive tools when it comes to the basics.

Clean It!

Firstly, and anyone who knows me when I say this (cue numerous pairs of eyes rolling), clean bikes work better than dirty ones. Road grit and mud combined with oil and grease is incredibly abrasive and increases wear significantly. It's not difficult to clean a bike, just fiddly and time consuming. Clean the frame first, (use hot soapy water or one of the purpose made products from a bike shop) before moving on to the more intricate parts of the bike (use a degreaser). I find a toothbrush is great for cleaning as long as you put it back in the bathroom before anyone notices it's gone! Scrape the sides of the jockey wheels on the rear derailleur and the gaps between the sprockets with a thin screwdriver or penknife.

Tyres

Start your check by examining the tyres for tread wear, cuts, abrasions to side walls and 'foreign bodies' - or, usually hawthorns. Squeeze any cuts and look for slivers of glass or little flints. Inflate to the correct pressure, as shown on the side wall of the tyre. Under-inflated tyres increase rolling resistance and punctures. Don't be tempted to patch a tube too many times – more than once and it's time to renew. When mending a puncture, don't forget to check carefully inside the tyre with your fingers. Go slowly as there may be a sharp object in there, just ready to puncture the tube when reassembled!

Wheels

Check rims for trueness, and that the brake blocks don't touch the tyre or rim as the wheel turns, (3mm lateral or vertical movement requires trueing). Squeeze spoke-pairs together looking for even spoke tension. Any loose spokes will need tightening but this is best left to an expert. The rims should be free of dents.

Brakes

Examine brake blocks & pads for wear. Blocks have a grooved construction – if the grooves have gone or they're worn unevenly, replace. The blocks should meet the rim evenly without touching the tyres, and bolts must be tightened. Disc pads should be renewed when the friction material is down to about 1mm.



Cables & Hoses

Inspect cables for damage to outers, and fraying to inners. Compensate for cable-stretch by adjusting barrel adjusters. Don't be tempted to turn the 'high' & 'low' stop screws on your derailleurs, these don't improve the shifting, they are there to stop the chain coming off the sprockets. Check hoses on hydraulic brakes for damage, and any joints for fluid leakage.

Chain

A well lubricated chain works best, but it's better to clean it first as new lubricant on top of old attracts dirt and increases wear. Chain cleaning devices are relatively inexpensive or, if you can remove the chain, soak it overnight in petrol or degreaser. When clean & dry, drop a little chain oil (not WD-40 spray or similar, it's too thin) onto each link as you turn the pedal backwards until you've gone all the way round. Wipe any excess off as this too will attract dirt. Eventually a chain will wear & stretch. A chain measuring tool costs as little as £3.50 . Replacing a worn chain will mean you'll get more life out of the rear sprockets, which can cost a great deal. Other moving parts on the bike can be lubricated with light oil or a maintenance spray.



Hub & Headset Bearings

Check headset (steering) bearings for play. Apply the front brake and rock the bike back & forth. If you can feel any clunking down below the handlebars, the bearings will need adjustment. Likewise, if there is any play in your wheel hub bearings (grab the top of the tyre and try for sideways movement) these too will need attention.

Quick Release Levers

Most modern bike wheels are secured by quick release levers rather than nuts. The levers should be folded firmly until they are in line with the front fork blade or the rear chain stay to prevent them snagging on things and becoming loose.

Handlebar Stem

Check that the handlebars and stem are tight by standing astride the front wheel and gripping it with your legs. There shouldn't be any movement of the bars.

And Finally

Lastly, check every bolt and nut is secure and don't forget to strap that helmet on before every ride. I guarantee the road is made of harder material than your head!



1st Salhouse Beavers & Cubs

Well, who would have thought that we would still be in Lockdown?

This past year has been challenging for the Scouting movement, with no face-to-face meetings which has hit the children hard. For older children in Scouts and Explorers, and their leaders, there have been online meetings which have worked well. Unfortunately, for the Beavers and Cubs online meetings have not gone as well as hoped and this is possibly down to the children having to be doing these types of meetings with school, so by the time the evening gets here then they have had enough, which we can't blame them.

Some of the Beavers and Cubs have been very busy at home working towards badges and have been keeping the leaders up to speed by sending in pictures and videos by email. All of the parents have access to their child's badge records and are able to see what needs to be done. This has helped the parents and children and also the leaders keep on top of badge work. This will continue even when we get back to face-to-face meetings.

Having moved into the digital world during lockdown we started using an electronic system which allows children's details to be updated by the leaders and also allows children to be moved on into other units within 1st Salhouse or onto units further afield. This has made it easier to transfer our Beavers up to Cubs even though we are not meeting physically, and Cubs up into Scouts. We are hopeful that when we start up meeting again that we can have a few ceremonies to celebrate the children moving up.

During the lockdown the leaders had a zoom meeting to discuss the way forward and it was agreed that we would move forward slowly and not rush into anything. One thing that did come up is that the Beaver and Cub units are seriously low on uniformed leaders. Looking ahead it looks like we will be unable to do any face-to-face meeting unless we can enlist the help of adults to become either full leaders or assistant leaders. We already use a parent help rota but this will not be enough to get the units up and running when we can start meeting face to face. So if there is anyone reading this that would like to give up some of their spare time to come and be a leader or assistant leader, then please see contact details below. The more people that can help means that the weekly commitment can be reduced and spread amongst everyone.

Both the Beaver and Cub units are currently full and we do run a waiting list so please feel free to contact Jackie Rose – jackierose@talktalk.net - who is our Group leader and also Cub leader and any Beaver enquiries can be directed to Tracey Hayton – 1stsalhousebeavers@gmx.co.uk.

That's all for this time and thanks for reading and stay safe.

Andrew Hayton (Assistant Cub Leader).



1st Salhouse Scouts

Scouts like many youth groups have been on a bit of a rollercoaster of late. As periods of full lockdown, to limited numbers and back to lockdown again have passed us by, the Salhouse Scout Troop has remained away from face-to-face meetings keeping the health of our members, their families and the group leaders in mind at all times.

Behind the scenes there has been a lot of work going on from the Scouts Association, District, and the 1st Salhouse Group preparing for a return to face-to-face scouting. During the time over lockdowns Al Spaul and myself, Simon Hill, have progressed through the process and training to take over leadership of the Troop from Gunner who was Acting Scout Leader. In January we were appointed to our new roles with Gunner remaining with the Troop for another year as Section Assistant while we continue our training and get to know the ropes, and knots!

The time away from Scouting has not stopped our members aging! We are happy to welcome no less than 8 new members moving up from the Salhouse Cubs pack and we now have a total of 17 Scouts in the Troop which is fantastic news, we are so proud of our members sticking with us through these tough times and they are all as keen to return as we are.

As Easter draws closer we have a number of activities to keep the Scouts busy at home from knot tying to model making and a home campout planned for over the Easter break.

With a return to Scouting on the horizon we are very excited to get back, would you like to join us? Adults too, we are a flexible volunteering provider, weekly, monthly, or occasional, we would love to hear from you!

Simon Hill – Scout Leader

Al Spaul – Assistant Scout Leader

Colin 'Gunner' Begley - Section Assistant

salhousescoutroup@gmail.com



Salhouse VC Primary School



Thank You to all the Children at Salhouse Primary School

We have always known that our children are capable of extraordinary things. Each and every one of them are super stars through our eyes.

The potential for greatness lies in each of them. They can do and be what they dream of.

As adults, we cannot change the fact that they will face challenges, disappointments and difficulties in their lives. What we can do is give them the skills, knowledge, understanding and values to face those challenges, manage those disappointments and overcome those difficulties. We can help build their resilience.

This year many of our children have faced challenges, disappointments and difficulties that few of us faced at their age. We are so proud of how resilient they have been. It can feel heart breaking when you know children are struggling or missing out on things they want. This year they may have missed family, friends, teachers, school, birthday celebrations, trips, clubs and so much more. At times they may have struggled. Even the most resilient of warriors struggle at times!

We have huge trust in their capability to cope. They will be okay. They will bounce back.

As they all return to school once more, they don't need high pressure and stress to 'catch up'. What they need is to continue their learning journeys in an environment where there is time and space to play and be creative. That is what we seek to offer at Salhouse Primary.

I would like to think that everyone in our community takes time to reflect on what this year has been like through the eyes of a child and to do what they can to make the world a little less wobbly for the our children.

They have indeed been extraordinary. We have much to learn from them.

Julie Church
Executive Headteacher





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Looking after the countryside, improving life for Norfolk communities and helping deal with climate change are all things where we need action. And every other year, the CPRE Norfolk Awards celebrate those who are doing just that.

We are CPRE Norfolk, the countryside charity, working for a countryside that's rich in nature, accessible to everyone and which plays a crucial role in responding to the climate emergency.

The 2021 CPRE Norfolk Awards has a range of categories and we are looking for projects carried out by local groups, local organisations (such as parish councils), and those in the private and commercial sector. We are also particularly keen to recognise activities that involve young people.

Entry categories:

- Rural Living (for projects that improve the sustainability of rural living, such as reducing energy, carbon, water use in rural communities);
- Countryside Champions (for projects that enhance wildlife, landscapes, or improve countryside access);
- Digging Deep (for businesses, local authorities and parish councils that are putting something back to benefit the environment or landscape);
- Good Lighting Design (to recognise schemes which keep light pollution impacts to a minimum in the rural countryside). We will give award certificates for sensitive lighting schemes that do not spoil this important asset (this is not a competitive category).

And size does not matter especially where initiatives can be replicated throughout the county.

Entries can be made between February 1st and May 28th 2021

Download an application form and information leaflet from:

www.cprenorfolk.org.uk/awards-2021

You can also read about our past winning projects there. We hope it will be possible to hold a live awards event on September 16th, but if this is not possible, we will recognise winners at a virtual event.

The 2021 CPRE Norfolk Awards have been generously sponsored by Brunswick Investment Management

<https://brunswickim.com/>



Save a Tonne in 21!

Chris Dady considers why and how we should reduce our carbon emissions.

We are often reminded that we have to do something urgently about climate change, by reducing the amount of carbon released into our atmosphere. But what does this mean for us as individuals and families?

In the UK the average person's 'carbon footprint' is over 12 tonnes every year. That compares to a world average of something around 4 tonnes. For us to be able to limit climate change to 1½ degrees, we need to produce no more than 2 tonnes each per year. If we hit a 2 degree change in temperature it is considered certain that life as we know it today will not survive - and that includes us - and the thermometer is already on its way there.

Looking at it another way, the weight of carbon we are individually responsible for is equal to the weight of almost 18 cows each year, and we need it to be around 3 cows before 2050. Making this change within the next 20 years is a real challenge, but one we have to achieve.

It would be great if there was some magic bullet to deal with the problem, rather like the vaccination programme to help overcome the pandemic. This is not on the horizon at the moment, so It is too much of a risk to hope a technological solution will be found in time. Getting on with reducing carbon emissions therefore remains our top priority.

For us individually it means doing far more than just buying an electric car. We have to reduce miles driven, and avoid taking flights. Food wise we have to move away from animal products to a locally produced vegetarian based diet. Our homes have to become 100% renewable. We also have to reduce our consumption of goods, return to a far more make do and mend approach, and do all we can to avoid things that have travelled great distances and contain climate damaging products such as peat.

This all sounds very dramatic, and change will not happen overnight. The best thing we can do now is to understand our own contribution, and seeing what changes we can start to make, before we have no choice. If you search for Giki Earth or Pawprint on your computer you can find out what your contribution is, and how you can reduce it. It is a bit like a smart meter helping you save energy.

Best of all, if there is a young person in the house (or you have a young relative or friend nearby) get them to become your household's carbon monitor - it is in their best interest to cut your (and their) carbon footprint, and you will save money at the same time. Why not try to save a Tonne in 21!

Letter from Salhouse – Jean Bishop shares a personal account of the Covid Lockdown in England in a letter to her daughter and granddaughters in Tasmania, Australia

Today (2nd Feb.2021) was a wonderful example of the effect of Lockdown in Norwich. I drove in to visit the optician. Saturday morning and no queues. Over 900 spaces in the multi storey carpark in the middle of town so I parked right by the one-way exit. On the short walk from there the streets were empty of vehicles and very few people. It was a ghost town. Many shops given up and windows empty. The optimistic ones have left clothing etc. in the windows which adds a bit of colour to the generally grey colour.

Boots Opticians was alone in being brightly lit but only one other client. We were masked and used antiseptic handwash and I have finally got new glasses!

Then I walked through to the Market where there was a pleasant hum of people chatting and laughing as we used the only stalls open, namely, fish, meat, fruit and veg. Got some lovely fresh plaice at great expense and some crab. I passed a newsagents which was empty so got a paper. As I pottered down one of the Lanes on my way back to the carpark there was a wonderful aroma of freshly ground coffee from a small stall. So tempting as no cafes are open at all.

This time Lockdown is much more depressing for everyone: been there, done that: and of course, it is winter with dark evenings, far too much rain so very wet, flooded, muddy walks and waterlogged gardens so no gardening. Talking to friends of our age group we have all slowed down, getting up later and less incentive to turn out draws and cupboards, garages and sheds, which we all did first time round, meaning long queues at the “tip” when open.

On the other hand we are reading and talking about books we have read, TV we have watched, entertainment we have streamed etc.. Radio 3, the music programme, is an essential and I have just worked out how to use BBC Sounds which Toby (Grandson) put on my tablet in August: last time we saw the family. Those of us with families are trying desperately to find a way to connect and help from afar. Home schooling is a real problem for so many and we are all worried about the lasting effect of the lack of formal education on this generation. An attempt at playing a card game on Zoom with the children was a total disaster!

Because we are only allowed out once a day for local exercise, and possibly meeting for a walk with one other person, our lives revolve around home and garden. But we are so lucky in that we have a lovely home, with space and comforts and of course we are not alone. At times

we feel so useless but we must keep well to save the hospital beds. The NHS is under such pressure and I don't know how they keep going. I fear there will be so many mental health problems when it is all over.

Housework is so time consuming but we try to keep the cobwebs under control. Cooking is important so that the daily evening meal is worth sitting down for and here Pa is experimenting more with Delia. This week I have been doing some Nigella: an absolutely delicious Bitter Orange Tart using Seville oranges, and a chicken dish which I am going to send to Polly and you: dead easy and definitely to be repeated.

Needless to say Dad is keeping his brain occupied with on-line Spanish, clarinet and "choir", the latter not a good idea. He is also competing with my "Codeword"! I am keeping in touch with friends, especially those on their own. Always about an hour on the phone but so important.

This is all because you asked what it was like living through Covid here in Salhouse, and I think this will be my definitive "essay". As you can see it is not all bad and we have to keep optimistic. The "down" moments come unexpectedly but we can see so many signs of positivity now. And a good laugh is still top priority.

It is such a relief to know you are all well and that Tasmania has more or less escaped the worst aspects of this pandemic. ***Why didn't we all shut down our borders like you?***

With love, as ever, from us both to you all,

Mum/Grandma xxxxxxxxxxxx

Salhouse Book Club

Due to the continued lockdown we have been unable to continue with our book club meetings

Our latest book was 'The Chalk Pit' by Elly Griffiths. Boiled human bones have been found in Norwich's web of underground tunnels. When Dr Ruth Galloway discovers they are recent - the boiling not the medieval curiosity she thought - DCI Nelson has a murder enquiry on his hands. In this book though she outdid herself, as she tackles the homeless, the danger, lack of awareness and sympathy that they endure daily.

I just love the way Elly Griffiths blends history and archaeology and some actual places into her narratives and everyone of us enjoyed this book.

Hopefully we can choose another good read when the library is able to open again.





Salthouse & District Gardening Club

I hope that all our members and their families are still keeping well and coping with the lockdown restrictions. I am sure that many of our members will by now have had their first 'jab' and are, like me, looking forward to getting some freedom again!

There is, unfortunately, very little that we can report since the Winter edition of Saga. As you will know, we had originally hoped that we might be able to restart our meetings in March this year but clearly this will not now be possible. We have always had our garden visits in June, July and August but we are not in a position to be able organise these this year, so it is looking increasingly likely that it will be at least September before we can realistically think about restarting the club.

At this stage we do not really know when, where and how we can practically restart, or what restrictions might be in place when we can. All we can say at this time is that, hopefully, when the next edition of Saga is published, we will be in a better position to know more exactly how we can move forward again.

At least there are now signs of Spring in our gardens, so, with daylight hours steadily increasing and temperatures rising, we should soon be able to get outside and enjoy gardening again.

For more information about the Gardening Club please contact

Nick Taylor (01603 720165).

Keep safe.

Nick Taylor - Chairman



Wroxham Flower Club

The Wroxham Flower Club normally meets at Church Hall Wroxham, unless otherwise stated, on the 2nd Wednesday in the month at 7.30pm. New members always welcome.

The club committee have decided that under the present circumstances we will not meet as a club until September 2021 subject to government guidelines at that time.

The annual subscription will be next due again in November 2021

Further details

Rosemary Howell Tel: 01603 737762
or Club Chairperson Sue Lusted Tel: 01603 721410

SALHOUSE BELL READING GROUP



The Reading Group are still going strong though missing our usual meeting at The Bell, which takes place on the first Thursday of the month at 19.00. However, until this pesky lockdown is finally over we are enjoying meeting over Zoom on the first Friday of the month at 19.00 (except April due to Good Friday)

As you can imagine we have had a few difficulties along the way but we haven't missed a meeting and we have enjoyed all the books selected/recommended and lively discussion has taken place. Obviously not all of our choices meet with approval once read, but completion of the book is entirely up to the individual.

All our book selections are made by democratic decision, and these are the next five months' selections:-

9th April 2021 – Eleanor Oliphant is Completely Fine – Gail Honeyman

7th May 2021 – This is your Life – John O'Farrell

4th June 2021 – Hatters Castle – A. J. Cronin

2nd July 2021 – Black Swan Green – David Mitchell

6th August 2021 – The Midnight Library – Matt Haigh

If you would like to join us on Zoom please call **01603 720049**, asking for Julie, when your details can be taken to include you in our WhatsApp group or just join us at The Bell when it re-opens and restrictions are lifted.

Feel free to join us, we have a great time, and hopefully you could too.

A Plan for Greater Norwich

Every District Council is required to have a Local Plan, and Salhouse finds itself within the Greater Norwich Local Plan (GNLP) area, which includes Broadland, South Norfolk and Norwich. The current one runs to 2026, however a revised plan is currently in preparation for the period to 2038. CPRE (Norfolk) - the Countryside Charity - has been lobbying hard to make sure this new plan delivers what our area needs. At the time of writing there is a consultation on the draft plan's 'soundness', and we are making representations accordingly.

A key part of the GNLP relates to housing, and the requirement for sites to be allocated to meet the government's targets. In the current plan there are around 31,500 sites already allocated which have not yet been built. We expect to see a delivery shortfall of over 20,000 houses in the current plan's lifetime. The councils now want to add more new sites in the revised plan taking the allocation to over 40,000 new houses - that is almost building another Great Yarmouth in the area. Our response to this addition is that the current target is excessive, way beyond the number likely to be built, as well as not being focussed on the real need. On top of this allocation some 'unplanned' house building on individual and small sites will deliver around 4,500 additional houses over the period. We think it would make sense to include these in the allocation, as well as prioritising development of brownfield sites, such as Colman's, ahead of greenfield site development.

We are seeking inclusion of green corridors in the plan, linking Norwich to its hinterland. These would provide a network of routes for cycling, walking and wildlife. Taking an example, if you drive from Rackheath along the Salhouse Road to Norwich, you will see that there is no provision for this connectivity in the new developments taking place. If our proposed green corridors are included, the councils can then seek to give them long term protection under the Green Belt legislation.

There are a number of other concerns that we have previously raised outside the scope of this current consultation. For instance many sites are 'land banked' by investors, developers prefer to develop greenfield sites in rural areas, and history shows that simply allocating sites for housing does not get houses built - developers naturally only build when they know they can sell. Houses are being built to low efficiency standards too, and the provision of affordable social housing is way below where it needs to be.

Of real concern is that overall the plan does not meet the government's climate change objectives, particularly with the excessive house numbers, no real attempts to protect green spaces, the current low quality and sustainability of house building, as well as no mechanism to get development onto brownfield sites and near to facilities and transport hubs.

Parish Councils will be able to make their comments on the 'soundness' of the plan, and we will ask them to help us get our points made. Once the current consultation is complete a draft Local Plan will be submitted to the Secretary of State for the Department for Communities and Local Government. They will then appoint an independent Planning Inspector to undertake a 'public examination' of the draft Local Plan, with the potential for changes to be made before adoption.

Chris Dady—Chairman, Campaign to Protect Rural England (Norfolk)

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During these uncertain times, your local pharmacy team is still working hard to ensure that you get your much-needed medication. We also have plenty of winter season medicine in stock and if there is anything you need in particular, we will try our very best to obtain it for you. We look forward to seeing you at your LOCAL Community Pharmacy.

Conveniently located in Rackheath next to the shop/post office on Vera Road, we at Rackheath Pharmacy can take your regular prescription requests by telephone, email, by post or in person.

We provide many other services which include: Medication in Dosette Boxes/Trays - Blood Pressure Monitoring - Health Checks - Erectile Dysfunction - Emergency Contraception.

We also provide services to Care Homes and why not ask about our delivery service

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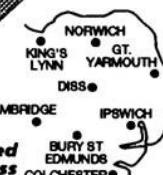
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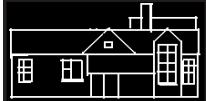
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Greetings from the Village Hall

Sadly, the Jubilee Hall has now been closed for a year. We were close to opening again towards the end of 2020, all the right procedures were in place ready to go, when the second lock down came into effect and we had to abandon our plans. On the plus side we are now all ready to go as and when we can open again, and we feel it is safe to do so.

Although we don't know when we can open our doors again it has made me think about the past, as next year is the twentieth anniversary of the Hall, which was opened by Louise Priest of BBC Radio Norfolk and her daughter Grace on the 19th October 2002. Our current hall replaced the previous wooden village hall which was built in 1949 in memory of the Salhouse villagers who went off to World War 2. This was situated on Mill Road, where Brian Cooper Court is now.

The original buildings of our village hall date back to 1844, when a school was built following an Act of Parliament of 1841 for the 'Conveyance and Endowment of Sites for Schools'. The land for the school was given by Mr Richard Ward, the local Squire of Salhouse Hall. It was officially opened by the Bishop of Norwich on 15th November 1844.

When opened the school consisted of just one classroom for 81 boys and girls, as well as a residence for the Master. It remained a school for over 130 years, being expanded over time to accommodate the growing number of children. Although the 'new' school opened in Cheyney Avenue in 1976, it was some time before the old school closed, finally shutting its doors in 1991. The building gradually fell into disrepair with rotting wooden fittings and a leaking roof.

A committee was formed at the end of 1996 to raise funds to restore the Old School – the committee going under the name of 'Salhouse 2000'. With the help of a grant of £240,000 from the National Lotteries Charity, along with money being raised from the sale of old hall site, donations and various fundraising events, building work started in the Spring of 2002.

Back to the present again and as soon as we can open the Hall again we will let you know, initially opening up to regular users and then out to the wider public when I hope the current vaccination programme allows us all to mingle sociably. If anyone has any ideas how to celebrate our 20th birthday next year, please feel free to get in touch and let me know.

Martin Carney Chairman – Salhouse Village Hall Committee

Visit our page on the village hall website <http://www.salhousevillage.org.uk>

Martin Carney (Chairman) on 07808 097924

If you would like to book the hall, then please call Pat, tel: 01603 720466
(Mon-Fri 9am – 6pm, Sat: 9am – 12noon)

Salhouse Tree Warden

Think Global, Act Local

Spring is here – an especially welcome sight after the winter lockdown. Spring also marks the end of the tree planting season which runs from October to March.

Within the Salhouse Parish, I am very pleased to write, this winter we have planted 27 trees at the playing field, 2 at Upper Street pond, 6 along footpath 14, a 0.20 acre mini-woodland of 39 trees, plus shrubs and 150 metres of new hedgerow with 30 trees. That's a total of 104 trees and 150m of hedgerow! Also, a local 850 tree fruit orchard has been planted by a private individual which will cover 0.35 ha when established.

In 2020 Boris Johnson announced 30,000 ha of trees are to be planted every year in the UK by 2025 as part of a new 10-point plan for a 'green industrial revolution'. If you relate that to our Salhouse Parish area, its 1.11 hectares per year, think of a football pitch length squared. When established, our 104 trees and 150m of hedgerow will cover about 0.22 hectares, plus the bonus 0.35ha means Salhouse met 50% of the target.

Sadly, the flip side is that many mature trees have been cut down for development and along railway margins. As a tree matures its value to nature increases exponentially – owls nest in hollows of old trees and bats roost in thick ivy growth.

The nursery has started with 20 registered volunteers and we hope to produce many precious trees and shrubs for planting winter 2021/22 throughout the Broadland Tree Warden Network.

Money does not grow on trees – shame – but more trees do. This winter I've realised that the limiting factor is not the number of trees, but the space to plant them. So, this is my call to you - the residents of Salhouse, to contact me if you would like to plant one tree or many. Maybe a rowan tree for the garden, a new hedgerow, mini-woodland, gapping up a hedgerow, community woodland, wildflower meadow or simply replacing a fallen tree. Every tree counts towards reversing the centuries of deforestation and habitat loss. England's forests of mighty oak helped build the British Empire, now it is time to repay our debt to nature. I can:

- Help you choose the right tree for your garden.
- Help you design your own mini-woodland.
- Apply on your behalf to the Woodland Trust's MOREwoods or MOREhedges schemes which can subsidise up to 75% of material costs (400 metres of hedge were successfully applied for last year).
- Help advise on how to protect a tree you are concerned about.

If you would like to discuss your ideas, share your endeavours, volunteer for the nursery or to help care for and water the recently planted trees, please get in touch. We have six months to make plans for planting next winter. Let's make history and plant trees.

Until then, stay safe.

James
salhousetreewarden@gmail.com

Speedwatch Volunteers Needed

Salhouse has a registered Community Speedwatch Service which operates on behalf of the Safety Camera Partnership between NCC and the Norfolk Constabulary. The service is carried out by a group of volunteers conducting roadside traffic speed observations on a random basis at approved locations on the roads within Salhouse Parish. The purpose is to curtail speeding and maintain safety on the village roads.

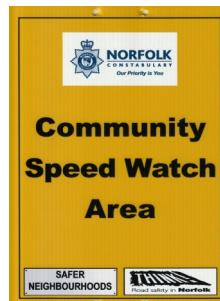
We are currently looking to recruit additional people to help with this service which typically involves about one hour per month at the most.

Now that the speed limit on Norwich Rd has been changed to 40mph we hope to include this in our area of activity and thus will be needing more assistance.

So if you can find time to help keep our village roads safe please contact:

Malcolm Prestwood on 01603 721110

or Steve Piper on 01603 720993



Walking in Norfolk?

Are you fed-up with doing the same old walks? Walking in Norfolk www.walkinginengland.co.uk/norfolk is the website for you!

With hundreds of walks to download and print, free, it also has books of walks, contact details for all the walking groups in the county and much more. Whether you want to walk on your own or with a group all the information is there in one place.

Walking in Norfolk (part of the Walking in England suite of websites (www.walkinginengland.co.uk) – one for each county in England) has brought it together in one place so whether you are walking from home, or away on holiday, you will be able to find a walk suitable for you.

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1st & 2nd Salhouse Brownies

Salhouse Rainbows

The Rainbows were delighted to be able to attend the virtual showing of Jack and the Beanstalk at the village hall, there was lots of giggling, popcorn eating and sweet throwing (by the leaders!!) A fun morning was had by all!

This term the girls have been working on the Fruit and Veg Interest badge making smoothies, fruit kebabs, animal pictures from fruit and trying new fruit or veg for the first time. They also have made up their own fruit and veg songs.

We have also been working on the Time Traveller challenge badge which was designed by Girl Guiding Norfolk ARC.

“The Girlguiding Norfolk Archive Resource Centre – or ARC- is the first purpose-built Girlguiding archive in the UK. It holds a collection of more than 30,000 items from over a century of Girlguiding in Norfolk. Every single item is in the process of being preserved and catalogued by our incredible volunteers and cherished for future generations in museum-standard, temperature-controlled archives.” (taken from the website - www.girlguidingnorfolk.org.uk/arc-home/about-us)

As part of the challenge the girls have designed new uniforms for themselves and the leaders and had a meeting run by a volunteer from the ARC.

We are looking forward to completing this badge after Easter when we can return to face-to-face meetings outside.

Rainbows is great fun for children and adults alike!! Currently Salhouse Rainbows (aged 5-7) are in need of leaders/unit helpers. If you think this is something you may enjoy and would like to find out more then please contact Natalie on 07500 060818 or email:

2ndsalhousebrownies@gmail.com



Hello from 1st Salhouse Brownies.

As I write this we are still in lockdown but if things go according to plan we will shortly be following that “road map” to normality and hopefully resuming face to face meetings after Easter. The meetings will be a bit different to how they were, with adapted times, group sizes and activities to make sure we all keep safe and well but fingers crossed the weather will be kind to us to make things easier.

Meanwhile we have continued with our zoom meetings and I have managed to improve my IT skills (slightly!) so we have been able to use Power Point for some activities. The girls have completed the ‘Explore’ skills builder from the ‘Have Adventures’ theme of the Brownie Programme. They learnt how to read grid references, practiced keeping things dry and looking after their feet when going on a walk and discussed the Country Code and how to enjoy the countryside while respecting it and keeping it safe. They also discovered some of the unusual things you are allowed (or not) to take into America, Australia and India. We also made use of Power Point to learn about the Guiding Promise and the World Trefoil Badge for our World Thinking Day celebration.

At the start of the term the girls particularly enjoyed a Taskmaster activity when they were awarded points for completing various tasks in an allotted time. Some of the more amusing tasks included teabag throwing, eating biscuits without using their hands and seeing how many socks they could put on one foot.

Craft activities this term have included making Dragon twirlers and Ox bookmarks for Chinese New Year and over the next three weeks we will be making Mother’s Day gifts and Easter goodies.

Well that’s all for now, I look forward to telling you how the return to face to face meetings is progressing in the next edition.

Stay safe and well,

Brown Owl Shirley



2nd Salhouse Brownies

We managed to get together with the Brownies back in December for a virtual pantomime of Jack and the Beanstalk at the village hall. This was shown four times during the course of the day to the Rainbows, Brownies and Guides (groups of 15 at a time). A slight change to our usual Christmas disco which is usually enjoyed by around 100 Rainbows and Brownies but was nevertheless thoroughly enjoyed by all!

This term the Brownies have been working on their Be Well Skills Builder and Mindfulness interest badge. Activities have included learning about sleep, dancing, boxing moves and a Laughing Yoga session which was led by a guide leader from Cumbria!

We also celebrated World Thinking Day when the girls enjoyed a Thinking Day Task Master learning about the world centres and scavenger hunting items to make a trefoil emblem!

We are pleased to learn that we will be back meeting face to face after the Easter holidays, we will be outside so fingers crossed for dry weather on a Tuesday afternoon please!

Brownies is great fun for children and adults alike!! If you would like to find out more then please contact **Natalie** on 07500 060818 or email 2ndsalhousebrownies@gmail.com or you can register your interest at <https://www.girlguiding.org.uk/joinus>

The graphic features the Girlguiding logo with the tagline "WE DISCOVER, WE GROW" and "Girlguiding". It includes two photographs: one of three girls (two Rainbows and one Brownie) making hand gestures, and another of a Brownie wearing a yellow helmet. Text on the left for Rainbows says "Rainbows" with a rainbow icon, "For girls aged 5 to 7 (4 to 7 in Northern Ireland)", and "Rainbows learn by doing - they get their hands dirty, do sports, arts and crafts, and play games.". Text on the right for Brownies says "The fun starts here", "Brownies offers girls exciting opportunities take on new challenges, make brilliant friends and discover the world around them.", "Brownies", "For girls aged 7 to 10", and "and never stops...".

AFTERNOON TEA AND MARDLE



Dear Mardlers,

We've now had a full year without a Mardle but hope to be able to report more encouraging news over the next few months. All will depend on whatever restrictions are put in place regarding social events but we hope to be back as soon as it is safe and practical for us to do so.

We will keep you updated via the Saga magazine, notice boards and the village website.

We send our very best wishes to you all.

Jules and Chris

The Afternoon Tea and Mardle is normally held every 3rd Wednesday of the month between 2 and 4pm at Jubilee Hall.

It's an opportunity to meet up with old friends, make new ones and enjoy tea, homemade cakes and a raffle.

For further information please contact Jules Bendy on 721037



Unfortunately during the past year we have not been able to hold our meetings in the Village Hall due to Covid.

We are continually in touch with our Federation Office and look forward to the time when we can all meet up again and enjoy social evenings and outings.

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If you think the Charity can help, and you are resident in Salhouse, please ring 01603 721201. You will be treated in the strictest of confidence.

Useful Contacts List:

Broadland District Council Help Hub - for help with obtaining basic essentials, Covid-19 related help, money worries, isolation or loneliness, home issues including relationships - 01603 430431 also helphub@broadland.gov.uk

Business Support - if you or your business requires any Covid-19 support - 01603 980441 or business@broadland.gov.uk

Salhouse Good Neighbours Scheme - 07856 989351 or clg7317@gmail.com - village support to those without other means of assistance. Covid safeguards followed.

Carers Matters Norfolk - <https://carersmatternorfolk.org.uk> - 0800 083 1148 (Mon-Fri 9am to 8pm; Saturday 10am to 2pm; Sunday 10am to 2pm). For those with caring responsibilities.

Age UK Norfolk - telephone befriending and support for older people and their carers. 01603 787 111 - or phone advice line on 0300 500 1217 (Monday-Friday 10am to 4pm) or email advice@ageuknorfolk.org.uk. See website: ageuk.org.uk/norfolk

Samaritans - there for you, whatever you're going through. Call free on 116 123 or email jo@samaritans.org to receive a response within 24 hours. Letter writing and self-help app service also available.

You Are Not Alone (YANA) - support for those in farming or rural businesses. Call helpline 0300 323 0400 for confidential support or email help-line@yanahelp.org. See also <https://www.yanahelp.org>

Checkatrade - find a recommended tradesperson - <https://www.checkatrade.com>

MIND - mental health support - 0300 123 3393 or email info@mind.org.uk or text 86463. Info line provides an information and signposting service. Open 9am to 6pm, Monday to Friday (except for bank holidays).

SANE - support for people with mental health problems, their families and carers. Text or leave a message on 07984 967 708 or email support@sane.org.uk See sane.org.uk for Support Forum.

BEAT eating disorders - see eatingdisorders.org.uk - helpline: 0808 801 0677 / studentline: 0808 801 0811 / youthline: 0808 801 0711 - 365 days a year 9am to 8pm weekdays and 4pm-8pm weekends and bank holidays. One-to-one webchat also available.

BullyingUK - support against bullying for children and adults - 0808 800 2222 or bullying.co.uk

Switchboard LGBT+ Helpline - 0300 330 0630 - 10:00 - 22:00 every day or email chris@switchboard.lgbt. Webchat available daytimes.

The Bridge Plus+ - support for black and minority ethnic (BME) communities in Norfolk - 01603 617076 / 07717 220209 Monday-Thursday 10am-3pm or email office@bridgeplus.org.uk

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Advertisers Index

ARCHITECTS

Broadland Architects ----- 17

BUILDERS & SERVICES

C&N Construction ----- 26

J Newton Groundworks ----- 22

KSC Building & Renovation ----- 31

COMPUTER SERVICES

CORA Graphic Design ----- 33

CARE SERVICES

Lindsey's Companion Care ----- 3

DENTISTS

Dental Care Clinic..... Back Cover

DOMESTIC/REPAIRS & SERVICES

Andrew Brierton, Electrical repairs --- 58

Insideout Domestic Svcs.....Inner Back

ELECTRICAL

Critten Electrical ----- 11

Glen Rogers Electrical ----- 26

FINANCIAL SERVICES

Clear View Financial Services----- 59

FUNERAL SERVICES

John Gedge & Sons ----- 67

GARAGE/VEHICLE SERVICES

Howes Motor Services ----- 65

Max Bidwells Vehicle Repair ----- 14

Salhouse Service Centre ----- 17

Thorpe End Garage.....Inner Back

GARDENING/LANDSCAPING

G. Nicholls, Top Soil ----- 8

Salhouse Garden Centre ----- 7

Mower Doctor----- 67

Target Trees ----- 45

HAIRDRESSERS/BEAUTICIANS

1st Impressions, Hair & Beauty ----- 59

Katrina James (Hair & Beauty)----- 16

Louise Hair & Beauty ----- 58

Pure Beauty.....Inner Front

The Poppy Room, Pamper services - 14

FITNESS

Hesta Yoga----- 22

Keep It Real Personal Training.....30

HEALTH

Foot Health Professional ----- 8

HOME IMPROVEMENTS

Carl Piggott, Decorator ----- 54

Guy Hubbard - Double Glazing ----- 58

KENNELS/PETS

Abbey Pets Crematoria ----- 14

Mill Kennels----- 54

LEISURE/ENTERTAINMENT

Claire Carney, Floral/Balloons.Inner Back

Jump For Joy.....Inner Front

MUSIC TEACHERS/CHOIRS

Carole Tims Piano ----- 8

PLUMBING & HEATING SYSTEMS

Anglia Gas Services ----- 9

Bure Valley Woodburners----- 14

Norfolk Woodburners----- 8

Wroxham Heating J Middleton-----60

PROPERTY/MAINTENANCE

AAA Pest Control----- 3

Blockbuster Drains-----53

Handy Andy Odd Job Man----- 5

Platten Pest Control -----67

Rackheath Paving & Fencing -----26

PUBS AND RESTAURANTS,

The Bell Inn..... Back Cover

HOTELS AND ACCOMMODATION

Manor Barn House----- 11

The Old Barn B&B ----- 3

SHOPS

Prima Rosa..... Back Cover

Rackheath Pharmacy -----53

TELECOMMUNICATIONS

Telecoms Engineer ----- 11

WINDOW CLEANERS

Geordie's Window Cleaning -----54

The Window Cleaners -----11

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