



The Salhouse
Saga

Village Magazine and Newsletter



Winter 2021

Issue 114

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Front Cover picture: An autumnal sunset at Salhouse Broad.
Photo: David Hastings

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NEXT EDITION OF THE SAGA

An early reminder that the next edition of the Salhouse Saga will be in March 2022.

Copy date March 4th.

Salhouse Saga

Salhouse Saga is published three times per year. It is delivered free to all households in the Parish of Salhouse, and is produced entirely by volunteers, including editorial, publication and distribution. Printing is covered by the advertising revenue, and any surplus donated to local causes. An online version is also available at:

www.salhousepc.info/services&amenities

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

From the Editor

Dear Readers,

Since the last issue of SAGA, the summer has come and gone, although you may not have noticed, given the cold and dull weather, particularly during the school holidays. But to compensate, the autumn has been mild and sunny.

This issue of the Salhouse Saga sees many of our local clubs and groups reporting the resumption of their activities after having been shut down for many months, and sending positive reports for the future. Sadly though some, most notably Salhouse WI, have ceased to function.

We have the return of the Saga Quiz on page 8, some new information from Wroxham Library on page 26, and some exciting news from the Parish Tree Steward about tree planting on page 50.

History is a Salhouse Saga tradition, and we have articles of historical interest on pages 34 and 48. With the Climate Change conference ongoing, we have some advice about going green on page 44.

This issue of Saga will be distributed on or around the weekend of Remembrance Sunday, so it is appropriate that on page 42 we are remembering those from Salhouse who fell in World War 2.

We have recently seen the sad and unexpected passing of Ann Prestwood, whose husband Malcolm edited this magazine until recently. Ann's contribution to village life over more than 40 years cannot be understated and her influence has impacted many people and organisations in Salhouse, not least this magazine. She will be greatly missed and we are pleased to include a Tribute from her son and daughter on page 30.

News from the Hoveton and Wroxham Medical Centre on page 14 reminds us that we can expect our Covid booster jab in the coming months. PLEASE REMEMBER, COVID HAS NOT GONE AWAY, SO CONTINUE TO TAKE SENSIBLE PRECAUTIONS, IN THE ABSENCE OF ANY FURTHER RESTRICTIONS.

Colin McCormick Editor

Newspaper Deliveries

Rackheath Post Office have announced that they are to cease delivering newspapers to Salhouse.

Fortunately, **Steve McDonald News**, of 27 Witard Road, Thorpe Saint Andrew, are willing to take on new customers in Salhouse.

They can be contacted on **01603 437579**

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.

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.

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Village Website: due to the retirement of the Webmaster and the software being no longer supported, the **salhousevillage.org** website is not live, but it may still be found by some search engines. We have no control over this.

For current Village information, please go to: **www.salhousepc.info**

From The Parish Council

We have seen the clocks change and the nights drawing in, however your Parish Council is still working hard for your Community.

At the Recreation Ground two new **picnic benches** have been installed, along with further signage and soon a new noticeboard for showing information on how to book the Multi-Use Games Area (including the floodlighting) and other relevant information.

The recent weather has seen the regular **flooding** occur in the village. The Parish Council is in constant communication with the relevant authorities to try to resolve these issues, but we need your help. If you see standing water (that which does not disappear within 2 hours) or regular flooding we would be grateful if you could take photographs or video and send them to us with the details (location/day/time). This is really important for us to feed back to Norfolk County Council (NCC) Highways who are the department responsible. Incidents of flooding can be reported on a dedicated NCC and Norfolk Strategic Flood Alliance telephone number **0344 800 8013** or by visiting www.norfolk.gov.uk/flooding.

Further improvements have been made to **Footpath 14** (Hall Drive to Station Road) adjacent to High Oaks Equestrian stables. This should improve underfoot conditions on this section of path.

Norfolk County Council are responsible for all Highways issues (potholes, flooding, trees, road signs & posts, surface dressing). To report an issue visit: www.norfolk.gov.uk/roads-and-transport/roads/report-a-problem

In the next week or so you should see the **village sign** reinstated after being taken away for restoration work. It should be looking shiny and new.

As Remembrance Sunday approaches you may have seen the **War Memorial** outside All Saints Church on Bell Lane has had a good clean and re-lettering work carried out, some overhanging branches have also been removed to help maintain the memorial. There are also works scheduled to straighten the memorial as over the years it has gradually started to lean. The Parish Council was successful in obtaining a grant of £500 from the Heritage Fund at Broadland District Council towards the cost of this project, which we are sure you will agree is essential to preserve this important Grade II listed structure.

A new **defibrillator** is soon to be installed at the pavilion at the Recreation Ground. This is a joint project funded 50/50 with the Parish Council and **Salhouse Rovers Football Club**. The defibrillator will be available for all users of the Recreation Ground.

The Parish Council is looking for **one or two volunteers** to help with regular checks to the two defibrillators on Lower Street (Jubilee Hall & Upper Street/ Lower Street Green Triangle). The checks are conducted weekly and recorded on a central system, but only take a few minutes to complete. If you would be able to assist with this **valuable service**, please contact the Parish Clerk.

The Parish Council also hope in the New Year to arrange a community **defibrillator training** session. Please let us know if you would like to register your interest.

You may be aware about the Greater Anglia planning application to take down the **Salhouse Railway Station building** and install two new shelters. This application has now been approved as a lawful development, and although there are no dates given for when this may happen the Parish Council is in contact with Greater Anglia to request involvement in any designs.

Do you have any thoughts on the Parish Council trying to invest monies into saving the building as opposed to the construction of the two new proposed shelters? Or, do you have any ideas for how the building might be found a new use? If so, please contact the Parish Clerk.

We have been made aware that Taylor Wimpey will be holding a public consultation in the New Year about the **North Rackheath Masterplan**. We would urge you to attend this consultation and give your views as up to 500 homes may be built within the Salhouse parish boundary as part of this development. There is no formal planning application as yet, but limited information is available at:

<https://consultwithyou.co.uk/taylorwimpey/rackheath/proposed#nav>

or <https://www.taylorwimpey.co.uk/new-homes/norwich/land-north-of-rackheath>

Salhouse Parish will soon have a new **Police Beat Manager** – but unfortunately, their name has not yet been announced. If you need assistance, dial 101 and ask for the Safer Neighbourhoods Team for Salhouse.

There are 3 **Parish Council vacancies** which can be co-opted. If you would like to find out more information about how you can make a contribution to your community or to apply, details can be found at www.salhousepc.info

Finally, the Parish Council wish you all a Merry Christmas and Best Wishes for 2022.

Robert Cooper

Chairman

Parish Council contact details on next page.

Salhouse Parish Council

Chair: Robert Cooper
Vice Chair: Colin McCormick
Councillors: Nick Ball Julie Redburn
Martin Nudd Andrew Peachment
Steve Jarvis Lynn Yallop
Tree Steward: James Cleaver Tree Adviser: Ian Flatters

All correspondence should be addressed to the Clerk

Parish Clerk & Responsible Financial Officer:

Mrs Sarah Martin
Spinners Cottage, 18a Honing Row, Worstead, Norfolk NR28 9RH
Phone: **01692 535775** (voicemail available)
Email: **clerk.salhousepc@gmail.com**
For more information, go to our Website: **www.salhousepc.info**

2021-22 Parish Council Meetings

Monday 8th November 2021	Monday 10th January 2022
Monday 13th December 2021	Monday 14th February 2022
	Monday 14th March 2022

Future dates: to be confirmed. Meetings will normally be held on the second Monday of each month at Salhouse Jubilee Hall, unless advised otherwise

Commemorative Plaque

The Parish Council has received on behalf of the Parish a blue Commemorative Plaque which was commissioned and produced by the Norfolk Lieutenancy to commemorate the Community's resilience in the year of the pandemic. We hope to place it in a prominent position in Salhouse to recognise the hard work and coming together of the Parish. The Wording reads:



**“TO COMMEMORATE OUR COMMUNITY’S RESILIENCE IN
THE YEAR OF THE PANDEMIC 2020-2021”**





Holiday Bible Club Christmas Special!

Monday 20th December

10.00am - 2.00pm

Lunch provided

Ages 4-12

Bible stories, games, crafts, songs

Join in the Christmas fun!
Chapel Loke, Salhouse NR13 6AZ

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Questions?

call Jane 01603 720 576

 SALHOUSE
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 Greetings
ISLAND

KEV'S BRAIN BUSTER—THE SAGA QUIZ



The theme of this month's fun quiz is all Animal Related

The following Animal themed songs were hits for which bands?

1. I Am The Walrus (1967)
2. Apeman (1970)
3. Love Cats (1983)
4. Tiger Feet (1974)
5. Nellie The Elephant (1982)

The following are collective nouns for which Animals?

6. Tower
7. Crash
8. Sloth
9. Clowder
10. Family

Animal General Knowledge

11. What is the name of Boris Johnson's dog
12. Mozzarella cheese is made from the milk of which animal?
13. How many muscles are there in each cat's ear - 4, 8, 16 or 32?
14. The film 'The Lion King' is set on which continent?
15. What's the only bird that can fly backwards and upside down?
16. Great apes were the first non-humans to be given what?
17. Name the unfortunate doomed alpaca with Bovine TB?
18. What is the more common name for a Sea Parrot?
19. The largest fish in the ocean is known as what?
20. Which big cat is unable to withdraw its claws?

Answers on Page 71

Anglia

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Formed over fourteen years ago, Team Salhouse has been helping to improve the look of our village. Some of the things we have achieved in that time are:

- Creating flowerbeds to bring a splash of summer and winter colour
- Maintaining the grass areas at the roundabout
- Planting spring bulbs and wild flowers around the village
- Erecting conservation boards by the village ponds with information on the flora and fauna
- Installing 5 bench seats made from recycled plastic
- Regularly Spring cleaning the road signs and finger boards
- Maintaining the verge alongside the trod at the playing field
- Regularly litter picking around the footpaths, playing field, railway station and lanes

We are a small, friendly team but are always keen to have more helpers, so if you can spare an hour or two from time to time ring:
01603 721201 and speak to Malcolm.

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Update from your County and District Councillors

Fran Whymark and Martin Murrell

At this time of year it is particularly important to start thinking about keeping our homes warm and trying to save some money on our bills. At <https://www.southnorfolkandbroadland.gov.uk/help-stay-existing-home/saving-energy-home> you can get advice to help you reduce your energy bills, improving insulation, heating and using renewable energy. You can sign up for the Norfolk Energy Switch (where you will have the opportunity to potentially benefit from a cheaper tariff); Solar Together Norfolk (where you can register an interest in buying solar panels and potentially benefit from cheaper installation) and Norfolk Warm Homes.

Norfolk Warm Homes aims to help residents live in warmer homes, while enjoying lower energy bills. If you are living in a cold home, struggling with high energy bills (or if you know of someone who is) we are here to help. If you are a homeowner you can get help if you are on a low income or benefits, particularly if you live in a home with a low energy rating. We can offer free advice, insulation, even complete heating systems if you are eligible. If you are renting your landlord could be eligible for a grant up to £5000 towards making your home more comfortable for you. For more information go to www.norfolkwarmhomes.org.uk or call 01603 430103.

Norfolk County Council (NCC) Public Health team have just launched MiQuit to help pregnant women quit smoking, improving the health of themselves and their baby. Stopping smoking can reduce the risk of: complications in pregnancy and birth; stillbirth; underweight babies; sudden infant death syndrome (SIDS), also known as cot death. Children born to smokers are more likely to develop asthma and other serious illnesses. You can sign up on your mobile phone at www.justonenorfolk.nhs.uk/miquit.

Autism: 'If you've met one person with autism, you've met one person with autism'. NCC have been supporting the Norfolk Autism Partnership (NAP) to develop free E-Learning. NAP is a partnership of autistic people, their parents, carers and those with an interest in autism living in Norfolk. The E-Learning was developed to be shared, to spread awareness and understanding of autism around Norfolk and beyond! During our lifetime we will all either live with, know, or come in contact with someone with autism. Understanding their autism will help you and them to communicate better. Take a look at the website: <https://www.norfolkautismpartnership.org.uk/autism-awareness/> to access free training and lots more information.

At the last Broadland District Council (BDC) meeting Chief Inspector Chris Harvey gave an update about crime in Broadland. In the whole of August there was one house burglary and one car stolen but there were 160 calls for domestic abuse.

We are pleased to report that there is a new Domestic Abuse Act which gives a clear definition and recognises children as victims. Domestic abuse is not just physical violence it is often emotional, controlling or coercive, or economic abuse (something which has only just been recognised). If you are at immediate risk of harm call 999. If you cannot speak just listen and tap the handset, if prompted press 55. You will then be transferred to the police who will know it is an emergency. For more information www.norfolk.gov.uk/safety/domestic-abuse/how-to-get-help/get-help-now BDC, NCC and the Office of the Police and Crime Commissioner for Norfolk are currently developing a strategy to put better support in place for men and women who experience domestic abuse which will launch in January 2022.

See Something-Hear Something-Say Something - whether it's a child or adult. Call NCC on 0344 800 8020 to raise a concern or 999 in an emergency.

Finally, it was good to see the Salhouse Community Tree Nursery <https://www.facebook.com/salhousecommunitytreenursery/> on the NCC One Million Trees website: <https://www.norfolk.gov.uk/what-we-do-and-how-we-work/campaigns/1-million-trees-for-norfolk/get-involved/community-projects-and-events>. Great to see that the community is working together to make Salhouse an even nicer place to live.

Take care of yourself and each other.

Fran Whymark

07907163123

County Councillor for the Wroxham Division

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

Broadland District Councillor for the Wroxham Ward

Portfolio Holder for Housing and Wellbeing

Email: cllr.Fran.Whymark@southnorfolkandbroadland.gov.uk



Cllr Fran Whymark



@CllrFran

Martin Murrell

07958 393059

Broadland District Councillor for the Wroxham Ward

Email: cllr.Martin.Murrell@southnorfolkandbroadland.gov.uk



Health Matters – **November 2021**

*An occasional update from
Hoveton & Wroxham Medical Centre*



Covid Vaccination Programme – are you Vaccinated?

We still have about 14% of our eligible patients that have not received a Covid vaccination; that's over 1000 patients. We are still offering first and second doses alongside our third dose/booster vaccinations at **Hoveton Village Hall**. The boosters are for over-fifties and our more vulnerable patients. A Pfizer dose is given 6-months after your 2nd dose with priority being much the same as with the first and second doses, so starting with care homes, 80+, and clinically extremely vulnerable. Also, the severely immunosuppressed will be offered a 3rd dose. Like last time, **we will call you or look out for our appointment text on your phone.**

Flu Clinics

Equally important is your flu jab this year. These are being provided at the Practice so, for your flu jab, **please call to book** your jab as soon as you can.

Wonderful Covid Vaccination Volunteers!

On Saturday 4th September, the wonderful volunteers who have provided such loyal support to the local vaccination site at Hoveton Village Hall were invited to a Thank You Tea Party (with Prosecco!). The event was hosted brilliantly by Wendy, Camilla and her team at the Hotel Wroxham. Delicious food and a glorious location made the perfect setting for Dr Satish Singh (the Primary Care Network Director) to thank the volunteers on behalf of patients, carers and the GPs and staff at Acle, Blofield, Brundall, Hoveton & Wroxham, Ludham and Stalham Staithe. There is no doubt that the volunteers have made the Covid vaccination operation more efficient and safer, and a more cheerful experience for everyone involved.

Face-to-Face Appointments

There is currently widespread media coverage of face-to-face (F2F) appointments. Looking at August, 60% of our GP and nurse practitioner appointments were F2F; the national average. As well as being convenient for many of our patients, the use of telephone appointments is a way to help us manage the post-Covid-19 surge in requests for health care in general practice. Also, our patient list size has grown by 500 (6%) this year. Rest assured that both our receptionists and all clinicians are acutely aware of symptoms that immediately call for a F2F. Importantly too, we are still managing the risk of Covid infection because an outbreak among the staff could close the Centre very quickly.

Please help our reception team arrange the best appointment for you. There has been some verbal abuse directed at our team in recent weeks which you'll agree is intolerable.

Why does my Prescription last only 28-Days?

There is a sensitive matter that has recently come to the fore, which is the annoyance of some patients that medicines are prescribed for only 28-days at a time. A GP can, if clinically appropriate, provide patients with a prescription for more than 28-days. However, the policy across general practice is not to do so because there is a significant problem of wastage across the NHS, and a problem of patients not completing their prescribed course of medicines, and many medicines have a short shelf life. The 28-day cycle does attract an additional prescription charge for some patients, but this goes directly to the NHS to fund the every-growing cost of medicines.

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From the Rectory

Dear Friends

Look who's coming!

What do the next few weeks hold for you? As we look ahead to the days running up to Christmas and New Year, most of us have a good idea of what we are going to do and who we will see. And yet, there are always surprises – some pleasant and some that we would rather not experience. As much as we plan ahead life is full of uncertainties.

There was a great deal of uncertainty surrounding the birth of Jesus, particularly for Mary and Joseph. And yet one thing was certain, the baby to be born would be unlike any other. The season of Advent helps us to look forward to Christmas and the celebration of Jesus coming to earth. However, there is another 'coming' that Advent reminds us of: Jesus' second coming to earth - and the Bible assures us that his second coming will not be so private and quiet. We know that when Jesus returns he will reign in splendour as King of Kings, that 'every eye shall see him' (Rev 1:7) and 'at his name every knee will bow' (Phil 2:10). Christmas should help us not only look back to the historical events of Jesus' birth but enable us to look forward to his promised second coming.

Our God is alive and well, he is the God of the future as well as of the past. As we look ahead into the unknown, we can do so with confidence because we know that God's plan is not yet fully unfolded. There is still more to come. Each one of us is caught up into his marvellous plan. May that give us a sense of anticipation and ADVENTure, as we trust him for all that is to come and celebrate the season!

May I wish you a very happy Christmas and every blessing for the New Year.

Yours in Christ

Darleen

All Saints' Church—Services and Information

Carols and Christmas Services

5 th December	Carols Round the Tree, 6pm at Rackheath
12 th December	Carols by Candlelight, 3.30pm at Witton
19 th December	Carol Service, 11am at Salhouse
Christmas Eve	Sheep Service, 3pm at Rackheath Carols and Crib, 5pm at Lt Plumstead Holy Communion, 7.30pm at Salhouse.
Christmas Day	Family Holy Communion, 9.30am at Witton.

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 cannot attend 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

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 daily between 10am and 3pm



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Saturday: 09:00 – 13:00

Sunday: CLOSED

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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.

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Money Matters ...

A regular report for our readers by

Edward Matless

*at Clear View Financial Consultants
Burgh Road, Aylsham 01263 734859
Station Road, Hoveton 01603 273590*



What is Inflation and What Does it Mean For You?

There has been much talk over recent weeks about the significant increase in the UK's inflation rate. The rate of inflation, according to the Bank of England's latest figures, is currently sitting at 3.2% (as of 13/10/2021) and this puts it considerably above the target set for the bank of England of 2%. But what does this actually mean for you and how can you reduce its impact?

What is Inflation?

Inflation is a measure of how much the prices of goods and services e.g. food and public transport, have gone up over time. The most common way of calculating inflation is by comparing the cost of things today, against how much they would have cost you one year ago. An example of this would be that if a year ago a loaf of bread cost £1, and over the last year inflation has risen by 5%, then cost of that same loaf of bread today would now cost £1.05.

What Impact Does This Have Over The Longer-Term For You?

Inflation can have a huge impact on the cost of living over the longer-term and can drastically affect how hard your savings work for you. For example, if an individual in the year 2000 purchased a set list of items and services worth £100, then to be able to purchase those same items in the year 2020, that individual would need £172.13 in their pocket instead (figures obtained using the Bank of England's own inflation calculator on the 13/10/21). This works out to be an inflation rate of approximately 2.8% pa.

So, if your income and savings have not been increasing by at least this figure over the same time period then your ability to afford the things you desire will have diminished. Therefore, one question that people should be asking themselves is 'is my money being negatively impacted by inflation if it is left sitting where it currently is?'. The answer to this I am sure for many will be yes.

Can You Do Anything To Reduce The Impact Of Inflation?

Given the low savings rates available at the moment, many people are instead seeking alternatives in order to make their money work harder for them. For many people this has increased their focus on investing. This is because investments offer a greater prospect of growth in real terms when compared to deposit accounts. As always however it should be noted that the value of investments can go down as well as up and an investor may get back less than the amount invested, making it important to seek appropriate advice from people that are qualified to give it. If you therefore feel that such a discussion would be beneficial to you then please don't hesitate to contact me for a **FREE INITIAL CONSULTATION** to discuss your options.

This short article in no way should be taken by readers as advice.

Edward Matless can be contacted on either of the above headline numbers or via email at support@smithifa.co.uk

ClearView Financial Consultants is a trading name of Martin Smith Independent Financial Adviser Ltd, a company registered in England under number 11439150 and authorised and regulated by the Financial Conduct Authority under number 944677.

WROXHAM FLOWER CLUB -



Dates for your Diaries:

At: Church Room, Norwich Road, Wroxham at 7.30 pm
(normally the second Wednesday of the month)

8th December - Brenda Tubb is going to give us a Christmassy display, amusingly called, 'More Bloomin' Flowers".
The December meeting is a lovely prelude to Christmas with the raffle of flower arrangements and Christmas refreshments.

As usual we do not hold a meeting in January

9th February - Elizabeth Robertson's arrangements - "Me, My Family and Other Animals"

9th March - Flower Club Workshop

We look forward to meeting everyone old and new. Please give me a ring if you would like to talk about a visit and I'll be happy to help.

Rosie Howell 07539 764196.

~



SALHOUSE BAPTIST CHURCH

Sunday Worship
11.00 am and 5.30 pm

Bible Study and Prayer Meeting
Wednesday 7.30 pm

- - - - -
Outdoor Carol Service
Saturday 18th December
4.00pm followed by soup
and refreshments

Holiday Bible Club
Christmas Special 2021
Monday 20th December
10.00am - 2.00pm

See details on page 7

Girls' Group and Youth group:
Please see details on website
salhousebaptistchurch.com

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

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

~

Christmas in the balance?

At the time of writing, I've no idea how our Christmas plans may turn out. Remember this time last year? "Tier 4" meant no reunions for many, and then the five-day Christmas shrank to just a single day. And in the coming weeks, who can tell if there'll be enough lorry drivers or turkey pluckers?

In the face of all this uncertainty, we're desperate for something sure, something predictable. Stable, if you like.

He entered this world as a baby in a stable, but it didn't start there. The first half of the Bible predicts his coming, giving a sense of expectation for so many but one that doesn't result in cancellation and disappointment.

Jesus Christ is none other than God come to this earth, but outwardly looking like you and me. The Bible gives a brief account of the next 30 years or so of his life which align with the historical writers of that period. Many think of his birth at Christmas, but the Biblical record is relatively brief. It's all four gospel writers that detail his death and resurrection, what you might think of at Easter, because it is that which gives significance to this nativity event. We read that this was the very specific purpose for which he came into this world.

Why? What is the point? And does it matter? These are essential questions and demand an answer. We read in the Bible that the result of our sin is death. It's that serious. We learn that it was his death that alone could pay the price for the sins of his people. It's a debt we can't pay ourselves. It's only by trusting him for the forgiveness of our own sins that we may enjoy acceptance and peace with God.

Whatever might be missing this Christmas, or has to be rearranged, this cannot be changed. It is the most important matter. Vital, in fact. And the offer to trust in Jesus Christ cannot be withdrawn.

Perhaps the events of the past couple of years or so has prompted you to think, to ask questions. What is life all about? If you would like to know more, we're having an outside Carol Service in the Chapel grounds. It planned for 4pm, Saturday 18th December. Come and find out for yourself.

We meet each Sunday and you would be very welcome. Don't wait for Christmas. You can't come too soon, but you can leave it too late.

See the church website or our Facebook page for more details, or get in touch to speak further.

Simon Gay

Salhouse Baptist Church

J NEWTON GROUNDWORKS

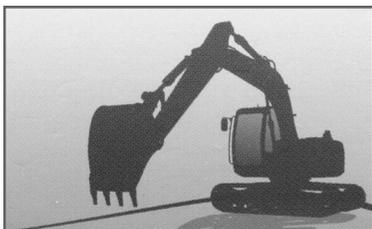
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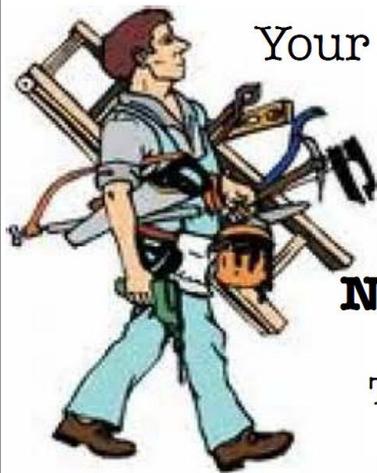
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Salhouse United Charities – a little Christmas help?

Rising food and fuel costs are very much in the news and this could possibly continue for a while yet. For those on a limited budget, Christmas especially can be a real struggle. If you are receiving benefits or living on just a state pension, Salhouse United Charities would like to help by giving a Christmas hamper. If you would like to be considered, or you know someone who you think should be considered, please get in touch with your name, address and the number of people in your household before the 26th November.

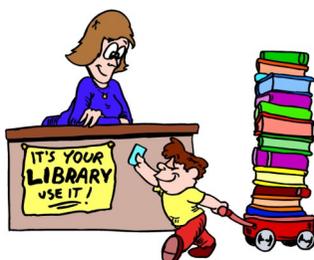
For those who are in need at any time of the year, irrespective of age, provided you live within the village, as is always the case, do make your request known in confidence and your situation will be considered seriously.

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 Platin.



Wroxham Library



We have now re-opened and look forward to welcoming you back! We are gradually reintroducing our usual activities, check our Facebook page or call the Library on 01603 782560 for updates. Below are some of the events and services we offer.

Thinking of starting up or growing your own business? As a local Business and IP Centre, we have free access to a wide range of business resources at Wroxham Library. Find out more at: www.norfolk.gov.uk/bipcnorfolk

From Monday 1st November, we will stop automatically renewing items borrowed from us and will be asking you to renew or return your own items again. This will allow you and other Library users to have the widest possible range of options available when you visit one of our libraries. However, we will not be reintroducing overdue charges at the same time, to give you some time to get back into the habit of managing your Library loans. If you want to manually renew an item, from 1st November you can use a Library kiosk, visit www.norfolk.gov.uk/libraries, phone 0344 800 8020 or ask a member of staff. If you want to return an item then there is no need to wait until 1st November. Please use the drop box or self-service kiosks at your local Library.

Our **Bounce and Rhyme** sessions take place on Wednesday at 10.30am. There is now no need to book a place as they are operating on a drop-in basis, however spaces are still limited.

Book one 60 or 120 minute session per day on a Computer, please contact the Library on 01603 782560 for more information.

Return items through the drop box or self-service kiosks.

Download the FREE Spydus app to check out books on your smartphone.

Download eBooks, audio books, newspapers and magazines by visiting:
www.norfolk.gov.uk/libraries

Use our self-service Baby Weigh Scales on request.

Family History – Use our free access to Find My Past any time the Library is open. Drop-in on Wednesday and Friday evenings between 4.30pm and 6.30pm to get advice from Diane, our family and local history expert. Please contact the Library first to confirm the sessions are running on 01603 782560.

Borrow our **Grab and Go** children’s book bags for families.

Housebound Library Service

If you are unable to get out to the Library to get your library books, we can bring them to you! Call the Library on 01603 782560 for further details.

We’ve made some changes to keep you safe, so

- there is no ‘Open Library’ access
- please bring your Library Card with you or join in the Library or online
- you may use the Test and Trace app
- we welcome the wearing of face coverings
- we encourage you to keep a respectful distance from other people
- hand sanitiser is available to use on the way in and out of the Library
- surfaces and computers will be regularly wiped down

Our Opening hours are as follows, though please check for updates on our Facebook and Webpages.

- Monday: Closed
- Tuesday: 10 - 7
- Wednesday: 10- 7
- Thursday: 10-7
- Friday: 10-7
- Saturday: 10- 4
- Sunday: Closed

Visit our Facebook page <https://www.facebook.com/wroxhamlibraryofficial> for updates on events and activities.
www.norfolk.gov.uk/libraries

Wroxham Library, Norfolk Library and Information Service

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NOW OPEN



Everyone has mental health whether it is good or poor, but hardly anyone talks about it. Many of us, when suffering with poor mental health issues, turn to the Doctor for pills hoping this will help. However, there is a simpler option out there, exercise!

Exercise is the most underutilised tool to help combat mental health illnesses. It has been proven that doing physical exercise releases cortisol, the hormone which helps you to manage stress. It gives your brain something to focus on, helping reduce anxiety and racing thoughts. Physical exercise can be whatever you enjoy getting you moving. Dog walking, climbing, dancing, skiing, lifting weights, circus skills, the list goes on. Don't overthink it, find something you enjoy and go out and do it. The more you enjoy it, the more you will want to do it. It will no longer be a chore and the better you will become at it. As you become more proficient and successful in whatever physical exercise you do; your confidence will grow, and you will have a better self-image of yourself.

Of course, there are physical benefits for doing physical exercise as well. Improving strength and endurance will help to lower blood pressure, improve mobility, increase VO2 max, bone density, decrease fat stores, to name just a few. Doing all this exercise will energise you for the day. It releases endorphins which make you feel good, pumped, ready to take the day on in a positive way! It then helps you sleep as you are tired, ready to unwind and recover from your physical exercise session.

When you are suffering from poor mental health it can be very daunting to start a new activity, however doing so can change your life. There is a great deal of information on the internet which can help you; *Mind*, the mental health charity is just one of the wonderful places you can turn to for help.

Here at *Fitness at The Street* (Wood Green Industrial Estate, Salhouse) we understand this and have created a welcoming, community feel gym, where everyone is welcome, supported and works to their own abilities. Steve, Kim and Ryan are more than happy to show you the gym and answer any queries you may have. Please DO reach out, we are here to help you.

Contact us at fitnessatthestreet@gmail.com or phone us on [07399354737](tel:07399354737)

Ann Prestwood, 1945 -2021, *Tribute to a People's Person*



Mum was born in Caistor, Lincolnshire, in 1945. Along with her twin sister, Ruth, she followed a similar career to her parents into teaching. Having trained in Guildford and Eastbourne she returned to Lincolnshire to teach Needlework, as it was known then, at a technical college. In the mid 1960's she met Dad and they were married just before Christmas in 1969, which became the start of a life of travel through Dad's work. Immediately after Christmas 69 they left the UK for a year on the island of Java in Indonesia taking in Hong Kong and Singapore by way of a honeymoon. Life in Java was spent 'up country' and hence fairly basic at that time, but Mum quickly adapted and enjoyed this new life and international friendships whilst visiting locations of interest and historic sites.

Returning to the UK in 1971 they set up home in New Malden, Surrey, where Mum continued to teach and became a regular attendee at the local church and the start of her association with local groups and clubs as well as part time selling sewing machines in Harrods. Mark was born here but in 1974 they moved to Horsham, Sussex, to a larger house and nearer the countryside. However, in 1975 they were on the move again, this time to a posting on Bahrain Island in the Arabian Gulf. They spent 4 years there where Mum lived the expatriate lifestyle making many new friends with whom she still corresponded thereafter. Rachel was born there in 1977 making our family complete and after two more years of fun in the sun we returned to the UK again in 1979, this time to set up home in Salhouse.

Life settled into a more regular pattern of schooling and a restart of Mum's desire for more involvement with the local church and village activities. Also, as in her childhood, camping became a family activity with the acquisition of a green VW Campervan which was well known around the village as Mum's car and the WI taxi! Having settled into home life in Salhouse we were once again, in 1983, on the move for Dad's work, this time to Singapore for 3 years. Mum loved being there, the climate, the lifestyle and the joy of living in a beautiful garden city with its history and proud people. Again, she made many lifelong friendships and

enjoyed life to the full through these and joining ladies' groups involved with local historic tours and a range of activities including Chinese Brush Painting. For the family Singapore was idyllic, with good schooling, competitive swimming, fun weekends, clubs and all the benefits of expatriate life which included trips to Malaysia and Indonesia.

All too soon we returned to Salhouse in 1986, where Mum again picked up her associations with the local church and activity groups. This included time as a governor at Salhouse School and 'supply' teaching at Broadland and Acle High. Mum was very much a people's person and avidly promoted the benefits of maintaining local village activities. She always said that joining WI was the best thing ever for which she held various positions during her membership. This included representation at the national AGM and reporting back to local villages. Mum was always a keen helper or organiser for any local activities from church flower festivals through school events, coffee mornings and other such fund-raising activities. During this time we progressed through school, university and into working life. Holidays were spent caravanning mainly around the UK and in France where we visited Mums lifelong 'French Sister', Maryse, whom she first met as a 'pen friend' at the age of 15.

When Dad retired in 2001, Mum continued her local and church activities as well as the joy of our marriages and arrival of three granddaughters of which she was immensely proud. Over the next 20 years she enjoyed a nostalgic trip back to Singapore and their annual Motorhome journeys within Europe. This included a recent trip to Sherwood Forest and Derbyshire in July where Mum continued to cycle and walk despite beginning to feel the strains of an impending heart condition, sadly resulting in her untimely passing on the 10th September this year.

In summary we can safely say that Mum lived life to the full and tried to maintain a sense of community in the village. Many expressed their appreciation for Mum's welcome and promotion of the village activities when they first moved here. She was particularly well known for her greetings cards to her many friends commemorating all manner of occasions.

Rachel and Mark

As a final note to the passing of Ann, I would like to express my sincere thanks to everyone for their support, many cards and messages. Ann had a lot of friends in the village and beyond therefore I thank you all for attending the funeral service and wake as well as for the most generous donations to the selected charities. In particular, I also wish to thank Ann's friends from the Wroxham Flower Club who arranged and provided the magnificent display of flowers for the service.

My thanks also extend to the Church for the personal manner in which the service was prepared and conducted, including all that helped with arrangements. I am delighted to report that donations received both directly and via the website have almost reached £3000 apportioned between the East Anglian Air Ambulance and British Heart Foundation.

With thanks

Malcolm Prestwood



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Salhouse History

A LOST VILLAGE?

On August 25th 2021, the Eastern Evening News published details of a proposed Masterplan to replace the former USAAF Rackheath wartime Aerodrome with housing and more. The report also included an image taken in part of Muck Lane, duly renamed as such in the early 20th century, having previously been known as Dakenham Hall Lane. But who knows that one corner of the proposed development also lies in part of a long lost community, able to claim itself as a ‘lost village?’

Anyone living in or near Station Road in Salhouse, will be familiar with the name ‘Dakenham’ today. Dakenham Close is a turning off here, only a short distance from the main Norwich-Salhouse-Acle road. Several hundred yards later after passing under the railway bridge, opposite Salhouse railway station, stands Dakenham Hall and next door, Dakenham Farm. One part of the Hall building is now a separate dwelling, Dakenham Hall Cottage. How did a relatively modest cottage gain the grand title of a ‘Hall’? Could Dakenham have been a hamlet of either Rackheath or Salhouse? Or, was it once an actual place?



While working on a different project, I suddenly found mention of a former 'small community or settlement' called Dakenham, located near the Salhouse end of Rackheath. Recorded as "a possible Medieval to Post Medieval settlement" (AD 1066-1539 & 1450-1900 respectively) this would have spanned today's area between Dakenham Hall and Dakenham Close. Hence the five present-day turnings of Truman Close, Wood Green, Warren Green, Howlett's Loke and Dakenham Close, all leading off Station Road, would once have effectively been in Dakenham rather than in Rackheath or Salhouse as 'dictated' by more recent parish boundaries.

A late medieval or early post-medieval road known as Ravensgate Way once linking Norwich and Wroxham is shown as such, on Mousehold maps of 1585 and 1910. After leaving the city and passing the Lazar House, this road crossed Mousehold Heath, entering Rackheath in the vicinity of today's Sam Smith Way, near Eva Road. It then passed the southern side of Dakenham Hall after which both the settlement and an already established double trackway (the current Rackheath / Salhouse parish border) are thought to have joined the former Ravensgate Way, to continue towards the river crossing in Wroxham. Documents show several medieval tracks and hollow ways running from Norwich through Sprowston and on to Rackheath. But little trace now remains of three medieval routes of Ravensgate Way, Ranworth Way and Horning Ferry Way. In Roman times, yet another river crossing at Wayford led to a large Roman camp there, and was heavily used by those from the Roman site at Brampton, between Buxton and Aylsham.

At various times, archaeologists have surveyed the Dakenham area, concluding it's similar to sites mapped in Lincolnshire and elsewhere, so even a late Prehistoric to Roman period site (AD 43 to 409) is also possible. Several cropmarks discovered or seen from the air have also been found, further suggesting former activity in the area. In more recent times, Dakenham does not appear to be independently recorded in any census records.

Dakenham may no longer exist as a community, but it still remains on either side of the Parish Boundary as a small part of both Salhouse and Rackheath.

Chris Weston

SALHOUSE CLUBS & GROUPS



At the Jubilee Hall unless otherwise specified

Guides (1st Salhouse)

Monday 6.30 -8.00 pm

Brownies

(1st Salhouse)

Tuesday 5.30 - 7.00 pm

Contact: - Mrs S Shorten:
01603 720450

Brownies

(2nd Salhouse)

Tuesday 3.30 - 5.00 pm

Contact: - Natalie Archer:
01603 927166
2ndsalhousebrownies@g
mail.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 —9.00 pm

Contact: - Simon Hill
Salhousescouttroupe
@gmail.com

Ping Pong (table tennis)

Currently suspended. Will
resume in the Hall when
conditions allow.

Contact - Keith Richings:
01603 721962
kcrichings@tiscali.co.uk

Pilates

Tuesdays 7.30-9.30pm
Currently on ZOOM.

Will resume in the Hall
when conditions allow.
Contact: - Trudy Kemp:
01603 712973

Broadland Youth Choir

Friday 4.30 - 6.0 pm
Monday (except 2nd
Monday in month) 7.45-
9pm

Contact: - Mrs C. Tims:
01603 721912

Doctors Surgery

The Surgery at the Village
Hall has been suspended
indefinitely

Gardening Club at WOODBASTWICK VILLAGE HALL

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

DATES, TIMES
AND CONTACT
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PLEASE DO NOT
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CAN BE UPDATED



VILLAGE CONTACT NUMBERS

Hoveton & Wroxham Medical Centre

01603 782155
Out of Hours—111

All Saints Church Rector

Darleen Plattin
01603 720966
darleenplattin@btinternet.com

Church Warden

Linda Stone
01603 721298
linda.stone789@btinternet.com

Salhouse VC Primary School

Headteacher: Mrs J Church:
01603 720402

Friends of Salhouse School (FOSS)

Contact: Kirsty Sewell:
07834 895 634

Salhouse Broad

Ranger: Kelly Banthorpe:
01603 722775
theranger@salhousebroad.org.
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Jubilee Hall (Management)

Martin Carney: 07808 097924



MOBILE LIBRARY SERVICE

**The Mobile Library visits
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 website:www.salhousepc.info

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Martin Murrell:
 07958 393059
 cllr.martin.murrell@broadland.gov.uk
Fran Whymark:
 07907163123
 cllr.fran.whymark@broadland.gov.uk

County Councillor
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 07907163123
 fran.whymark.cllr@norfolk.gov.uk



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 Jim Blyth: 07788125888



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OUTDOOR
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Saturday December 4th
10am — 2pm

JUBILEE HALL
BOOKINGS
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01603 720466
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 Mon - Fri: 9am - 6pm
 Sat: 9am - 12noon

The Jubilee Hall is
now Open but still
operating under
reduced Covid
restrictions

PARISH NOTICE
BOARDS
 Right hand section is open to public to post notices(A5 size preferred)
 Left hand section for Parish Council notices only

From the Salhouse Broad Ranger



This year has been another busy year at Salhouse Broad and now is the time where we start to take stock of how the season has gone and start planning for the next.

Our volunteers as ever have done us proud, with Himalayan balsam continuing to impose its presence here; the volunteers have continued to fight against it resulting in the area from the reedbed along the path to the car park virtually eradicated of the invasive species. It really does show that persistence pays off.

Earlier in the year the play area at the far end of Salhouse Broad was removed and in its place our volunteers planted an oak sapling grown from an acorn that was collected here a few years back. It seems to be doing well and we look forward to seeing it grow in the years to come. The volunteers also sowed some wildflower seeds in the same area and have recently sowed some more, so we will look forward to seeing those coming up next year.

We sadly lost 2 of our volunteers this year as they set off to relocate to another part of the country. We wish Neil and Liz the best of luck. This does mean we will likely have an opening for volunteers in the Spring, so if you're interested in joining our Wednesday crew, please do get in touch.

Our long-standing volunteer Ranger John Oliver, whom we are extremely grateful for his hard work and contribution over the years has decided to retire. As a gift to Salhouse Broad he has donated the money to install a slide on the new play equipment. We realise that it can pose a challenge especially to younger children getting down once they get up top and a slide would be the perfect solution. We are now in the process of arranging this, which we hope will be installed by Springtime.



(Photo: Suzanne Fossey)

Another project we hope to be underway by Spring is the extension of the car park. We have submitted a planning application to the Broads Authority because of the ongoing pressure of the people parking on the road and in the village to visit the Broad. We want to ensure there is enough parking space on offer for our visitors without the need for them to spill out on the road and village. We hope residents of Salhouse will be supportive of this application.

We will now get back to our yearly maintenance schedule, get planning for next year and we look forward to seeing you at Salhouse Broad hopefully in the near future.

Kelly Banthorpe and the Salhouse Broad Ranger Team

01603 722775

www.salhousebroad.org.uk

theranger@salhousebroad.org.uk

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REMEMBERING THE HEROES OF WW2 ON SALHOUSE WAR MEMORIAL

In 2014, a wonderful book, entitled 'A Century Shall Not Age Them' was published, tracing the history of the nineteen Salhouse men from World War 1 whose names appear on the Salhouse War Memorial.

In order to try and similarly commemorate the five men who gave their lives in World War 2, I have done some basic research using the Commonwealth War Graves website and local census records.



Albert Blackburn

It has not been possible to find or definitively connect with anyone of this name from Salhouse. A possible match is Pte. Albert Blackburn 5835260 of 5th Battalion, Suffolk Regiment, who died 13th February 1942 during the defence of Singapore, aged 30. He is commemorated at the Singapore Memorial.

Robert Blackburn

Ordinary Seaman Robert James Blackburn JX518542, HMS Collingwood, Royal Navy, died 18th June 1943 aged 33. He was the son of Albert Blackburn, an insurance agent of Salhouse, and husband of Mrs Ruby Edith Blackburn of New Rackheath. His grandmother, Susannah Blackburn, was landlady of the Bell Inn before the First World War. He does not appear to have been related to Pte. Albert Blackburn, above.

HMS Collingwood was, and is to this day, not a ship but a Royal Naval training establishment near Fareham, Hampshire. In the early hours of 18th June 1943, a lone German bomber dropped two bombs on the base, one of which hit an accommodation hut, killing 33 young sailors and wounding 38 others. All were volunteers, and most were just 17 or 18 years old, many having been in the Navy for barely more than a

fortnight, although OS Blackburn was considerably older; perhaps he was an instructor. He is buried at Haslar Royal Naval Cemetery, Hampshire.

Robert Crisp

The Salhouse connection is not certain, but the most probable match is Private Robert Leslie Crisp 5769614, 2nd Battalion, Royal Norfolk Regiment. Unusually, his death, aged 31, is given a range of dates: between Friday 24th and Weds 29th May, 1940.

These dates cover the Norfolk Regiment's action to defend the rearguard of the British Expeditionary Force as they retreated towards Dunkirk. On 27th May 1940 the Norfolks were victims of the infamous Le Paradis massacre, when 97 captured men were killed in what was later declared a War Crime. However, Pte. Crisp is not listed as one of those killed in this incident; it seems likely therefore that he died during the fighting on 25th or 26th May, the day the evacuation of Dunkirk commenced. He is buried at Dunkirk Town Cemetery.

Desmond Sexbery

Ordinary Seaman Desmond Walter Sexbery C/JX 181923 served on HMS Galatea, Royal Navy. Born at Lowestoft, his family moved to Salhouse when his father got a job at St. Andrew's Hospital. He died on Monday 15th December 1941, aged 18 and he is commemorated at Chatham Naval Memorial.

HMS Galatea, an Arethusa class Light Cruiser, which earlier that year had taken part in the action to sink the Bismark, was torpedoed by the German U-boat U557 off Alexandria, Egypt at midnight on 14-15th December 1941. The ship capsized and sank in 3 minutes. 23 officers and 447 ratings were killed, with at least 150 survivors picked up by two British Destroyers.

George Smith

Sergeant-Pilot George Frederick Smith 1616583, Royal Airforce Volunteer Reserve, died on Thursday 10th May 1945, aged 22. He was the son of Robert William and Hannah Sarah Smith of Salhouse.

Sgt. Smith was flying a Spitfire from Egypt back to Britain when it is believed to have been struck by lightning over the Mediterranean. Sadly, his death came two days after VE Day, when hostilities had ceased in Europe. He is commemorated at Alamein Memorial, Egypt.

Editor

It Is Easy Being Green



Climate Change has been at the top of the news agenda, especially with COP26, and rightly so. If you are able to go online there is no end of advice as to what needs to happen, and how we can help. Limiting global warming to 1.5 °C will effectively save our planet, anything over this will bring dire consequences for us all. There are real challenges to meeting the target, and we must rely on governments doing the big stuff. The good news is that living a greener existence is a positive thing - better air quality, cleaner rivers, more green spaces, more biodiversity and direct benefits for our own mental and physical health and well being. There are many things that are easy for us to do now, and these will make a big difference.

Top of many peoples list is an electric car - expensive to buy, but cheap to run. Many things are like this - you can go green and save, providing you can afford to invest up front. It is worth looking out for grants that can help - for instance replacing your gas boiler with a heat pump will, from next April, attract a £5,000 grant reducing the installation cost you have to find to £3,000 (according to Octopus Energy).

A great way to save money as well as the planet is to use less energy - switch off lights and appliances where not needed, put in more insulation and seal draughts, and switch down the thermostat. Some things are more difficult - if you have an open fire or wood burner try not to use it, and if you must, only burn the least polluting fuel such as dried seasoned timber (coal and unseasoned wood are all bad, and may soon become unavailable).

One of the major causes of climate change is food waste. There 10 million tonnes lost in the whole process from growing to eating in the UK alone, most of which occurs before it reaches our plates. If we can waste less once we have purchased foodstuffs this really makes a huge

difference. And where you can, always buy vegetables, fruit and as many other things as possible that are not in single use and non recyclable plastic packaging. And avoid goods that have travelled to the UK by air as well. The very best option is to eat local foods in season, coupled with the consumption of less meat. On that subject there are some great vegetarian restaurants in Norwich that are worth a try - you may be surprised.

Travel is a big issue. Every car journey avoided is a big help - perhaps walk, cycle or use the train or bus wherever you can. It is not as convenient as the car, but a very good way to do your bit. Air travel is to be avoided, which is a big ask as we have all become used to cheap air fares. You can still have a great holiday in the UK - or even just in Norfolk!

Buying things that are made to last and repairable is a great thing to do. The Teracube Buy-Me-Once smartphone for instance is made so every part can be replaced. When you cannot repair, reuse or repurpose (and this includes clothes) you may be able to pass on or sell the items locally through Freecycle, Gumtree and many other local sites. If you cannot do that, please take the trouble to recycle correctly.

Buying less is good, especially for our pockets. That applies to Christmas presents, many of which have a five minute appeal before being consigned to a cupboard or thrown out. Again buy things that will last, and for adults and teenagers perhaps a donation to plant a tree may be a very appropriate idea.

You can plant a tree in your garden too. And gardeners can all make a huge contribution by simply not buying any compost with peat in it (many people are appalled by deforestation, but did you know peat in the ground is equally important?) and never use pesticides.

None of this is difficult, and nor does it deprive us of what we are used to having. Every individual effort is worthwhile for us all now and our future generations. So simply look at making changes to help save the planet as a new adventure, and enjoy the benefits!

Chris Dady



1st Salhouse Beavers & Cubs

Well hello everyone and welcome to the 1st Salhouse Cubs and Beavers ramblings. I am sure you are all on the edge of your seats to find out what we have all been up to? Well wait no longer, here is a summary of what we have been up to.

Both Beavers and Cubs have finally returned back to face to face meetings, albeit with a few precautions for Covid in place.

The Beavers came back and had a wonderful games night to blow all the cobwebs away and let off some steam. They played a wide game in the village hall grounds called 'Hunt the Nut'. This was great fun for the children and involved some teamwork when children had found more nuts than they needed and could help the beavers who hadn't found any. Due to nearly a full set of new faces, Beavers made a badge with their name on to assist leaders learning their names. It's amazing how easy it is to forget the children's names when they first join. The Beavers also had a look at the garden box that they look after and decided what they were going to do with it on future meetings.

The following week the Beavers met down at the local woods and had an evening learning about campfires and cooking on them. They had a go at using a flint and steel to get a fire going and all managed to use one properly in the end. While in the woods they had a look around to see if they could find and identify any bugs. The Beavers joined other beaver colonies from the North Norfolk District at North Walsham for a Medieval day. Various events were laid on for the children to do and take part in and they had a go at archery and also saw someone demonstrate a full size bow and arrow and they were amazed at the distance that the arrows could go.

The Beavers over the following couple of weeks had been making towers out of marshmallows and spaghetti and making shelters out of newspapers and garden canes. The shelter building gets them ready for future life in cubs and scouts where they may need to make shelters to survive. The Beavers are now all gourmet cooks too after preparing mini pizzas from healthy ingredients.

Moving onto the Cubs now and they also started back with a games night to blow the cobwebs away. Cubs followed on with what the Beavers had been doing and had a shelter building night and woodland visit. Many events that the Cubs do are that little bit more involved than what the Beavers do so are just as challenging and fun for them.

Cubs had an evening trying to make catapults/trebuchet's from big lollipop sticks, rubber bands and wooden spoons. They had to try and see what design worked best and what ammunition worked best. The ammunition they had to use were, small marshmallows, maltesers and smarties. The Cubs worked out that the smarties were the best as they were solid and had the best weight to travel the furthest.

The Cubs had a visit from James Cleaver the Salhouse Tree Warden. He joined the Cubs at the playing field and they picked hawthorn berries to take back to the hall and extract the seeds so that they could be planted in order to produce more bushes for hedging in and around Salhouse. When back at the hall, James explained what he did and that he can supply tree saplings and hedge saplings to people in and around Salhouse to help sustain natural hedges and trees.

The older Cubs joined the Scouts at the Campsite at the back of Salhouse Broad for a fun packed day, climbing a mobile climbing wall, making a fire and preparing and cooking their lunch on it. They also practiced pioneering and knot tying, another essential scouting skill.

Both Cubs and Beavers had to cancel their last meeting before half term due to high numbers of children waiting for covid test results due to a rise in numbers at the local schools. This was a shame but brought home to everyone that we still need to be careful.

Both Beavers and Cubs are full at the moment and due to the units being full and the number of leaders and assistant leaders that are needed, we are looking for some volunteers to join the scouting movement and become assistant leaders to enable the units to run effectively and safely for all. We would like to welcome Celia, who has offered her help with the Beavers and hope that she will become a full assistant in the not too distant future. Unless we can get some extra people on board like Celia, then we will have to look at reducing the numbers of children that we can have each evening which may mean splitting the children into smaller groups and duplicating the events, meaning that the children will only do two weeks of different events each month as opposed to four. The more leaders we have the less each one has to do and evenings can be spread between everyone. If you are interested in helping out then please contact either Jackie Rose for Cubs or Tracey Hayton for Beavers, details below.

Cub enquiries to Jackie Rose – jackierose@talktalk.net .

Any Beaver enquiries can be directed to Tracey Hayton – 1stsalhousebeavers@gmx.co.uk

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

Andrew Hayton (Assistant Cub Leader).

Some Metal Detecting Finds in Salhouse

Or, How Did That Get There?

Some interesting finds from recent metal detecting: how some of these items found their way into a field in Salhouse is a mystery. Finds have included coins from the reigns of all British monarchs going back to King George II, brass buttons with various badges and designs, French coins, 19th century company tokens, and even an 1890's souvenir medal from the Earls Court Wheel (a Victorian precursor to the London Eye) But, no treasure and a lot of rusty nails.



(L) A brass button with the family crest of the Ward family of Salhouse Hall. This indicates that in the late 19th century the Squire was prosperous enough to employ liveried staff with uniforms bearing buttons manufactured by a London military button-maker.

(R) Penny from the reign of George III, 1807. The King's chin and prominent nose can clearly be seen in profile.



(L) French coin (a 'sou') from the reign of Emperor Napoleon III, 1861.

(R) Essex Regiment cap badge, World War II period.



EDITOR

NOTE: All the above finds were made on our own property. Metal detecting must never be carried out without the landowners permission, including public land owned by local councils. The only exception is on a beach below the high water line.





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From the Salhouse Tree Steward



Earlier this year I had the pleasure of meeting a nurseryman called Andrew who has over 20 years of experience growing trees. Now retired, he grows trees for fun and puts them on a stand at the front of his garden with a sign saying 'I'm free if you'll look after me', a sentiment I have copied for the Salhouse Community Tree Nursery. Needless to say, we had much to talk about and he gave a wealth of advice for the nursery. Taking Andrew's advice and after careful measurement, this year our nursery has over 500 trees & shrubs ready for planting, of which I have found homes for over 400 already, mostly within the NR13 postcode.

We have around 800 other trees and shrubs growing this year that will continue to grow next summer ready for planting in winter 2022/23. Networking through Facebook and word of mouth we have made promising contacts with landowners.

I am looking for volunteers to help plant 330 meters (yes a third of a kilometre!) of hedgerow with trees in Salhouse, the weekend of 5th & 6th February 2022. Please email me if you would like to help, all volunteers will be greatly appreciated - YOUR VILLAGE NEEDS YOU!

In honour of Her Majesty's 70 years of service to the Nation, a plan has been drafted to suggest what could be done in Salhouse Parish for The Queen's Green Canopy. A hi-resolution image or pdf is available upon request. The hedgerows, spaces and restrictions have been carefully considered to identify potential locations to plant new trees, hedgerows and gapping up of existing hedgerows. We need to restore and improve the local natural habitat but the fact is Salhouse has very little publicly owned land. This proposal hopes to network landowners, free trees and volunteers. Landowners are invited to grant permission to plant any of the proposals shown, further suggestions are welcome. With any permissions granted, species can be explored, refined and

agreed and any technical restraints checked. Options of grants and free trees will be explored and Salhouse Community Tree Nursery will provide as many trees for free as possible.

I do feel that we are making a difference. And I say 'we', because all of this is only possible with the help of volunteers and landowners – a massive thank you from me and on behalf of Nature.

James

Salhouse Tree Steward

Salhousecommunitytreenursery@gmail.com

Facebook page: @salhousecommunitytreenursery



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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.

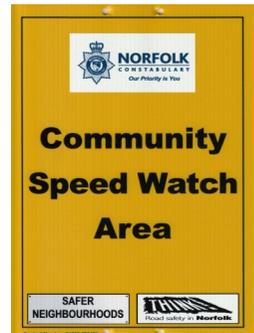
We are currently looking to recruit additional people to help with this service which typically involves about one hour per month at the most.

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

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Salhouse & District Gardening Club



We are pleased to be able to report that, after an enforced break of 18 months, we have now restarted the gardening club meetings. To try to keep our members as safe as possible we have switched our meeting venue to Woodbastwick village hall. The hall is bigger than the Salhouse school hall and enables members to 'socially distance' if they wish to do so. We are also able to have much more ventilation – although in the winter months our members might not be quite so keen to have so many windows open! We are very grateful to the Woodbastwick village hall committee for enabling us to move to the hall and safely restart our meetings.

Our first meeting was held in September with a talk on auriculas followed in October with an insight into the large variety of bulbs available to provide spring and summer colour. We have a speaker arranged for November to tell us all about chrysanthemum growing and then we will have our Christmas get together in December. The Christmas social meeting will be in the form of a quiz as before, and whilst the club will provide mulled wine and soft drinks, we will this year, because of potential Covid risks, be asking members to just bring whatever food they want for themselves rather than contributions to the usual buffet for all.

We were not sure how members would feel about attending meetings and the move to Woodbastwick, so we have waited to see how things progress before arranging further speakers. The restart has met with a good response from members with about 30 attending each meeting so far. We have also had very positive feedback and we feel that we can now move forward to sort out the programme for 2022. This is now in hand and full details will be announced as soon as possible.

For more information about the Garden Club please contact Nick Taylor (01603 720165).

Keep safe.

Nick Taylor - Chairman

THE SALHOUSE BELL READING GROUP



We are still meeting at The Bell on the first Friday of the month at 7.00 p.m. We discuss our choice for the month whilst enjoying a glass of squash (or wine/beer/coffee) and hopefully are expanding our literary choices. Below are the books selected for the next few months. If they are not to your liking, come along and suggest further titles, we are always open to suggestions.

November 2021 – The Thursday Murder Club – Richard Osman

December 2021 – The Eyre Affair – Jasper Fforde

January 2022 – The Dry – Jane Harper

February 2022 – Room – Emma Donoghue

March 2022 – Sovereign – C. J. Sansom (the third book in the Shardlake series)

April 2022 -Unfollow Me – Charlotte Duckworth

May 2022 - We Need to Talk About Kevin – Lionel Shriver

June 2022 – Fried Green Tomatoes at the Whistle Stop Cafe – Fanny Flagg

If you are interested call Julie on 01603 720049 to be added to our ever growing band of readers.

WROXHAM AND HOVETON LIONS CLUB

It's that time of year again and we'd like to wish everyone a Happy Christmas and a safe, healthy and prosperous New Year. Santa has been fully vaccinated and will be out and about as follows:

Wed 1 st Dec	Tunstead at the Horse & Groom Pub. 5pm and 6:30pm.
Fri 3 rd Dec	Wroxham
Sat 4 th & Sun 5 th Dec	Lidl North Walsham
Mon 6 th Dec	Salhouse
Wed 8 th Dec	Hoveton
Sat 11 th Dec	Waitrose North Walsham
Sun 12 th Dec	Roys Dept Store Hoveton
Mon 13 th Dec	Rackheath Primary & Hoveton
Wed 15 th Dec	Coltishall & Horstead
Sat 18 th Dec	Roys Dept Store Hoveton with Carol Singers
Sun 19 th , Mon 20 th & Tue 21	Tesco Stalham
Wed 22 nd	Rackheath.

Please be advised that the above dates are of course weather dependant. Please see our Facebook page for updates. Santa has to observe social distancing so please ensure your children do not climb on the Sleigh.

If you'd like the chance of winning **£25000**, whilst also supporting our charity and helping us continue our service to the community, please sign up by visiting the Community at Heart Lottery page:

<https://www.communityatheartlottery.com/support/wroxham-and-hoveton-lions-club>

Our Lions Shop in the Hoveton precinct is always on the lookout for good quality Bric a Brac or clean clothing, so please bring them along or we can collect – just ring **01603 783737**. Would you like to volunteer to help in the shop? If so, drop into the shop and talk to a member of staff or ring **Lion Terry on 07850091570**.

Perhaps you, or someone you know, cannot commit to being a WROXHAM & HOVETON LIONS CLUB member because of family, work, or other commitments; BUT are willing to lend a hand every so often; just a few hours during different times of the year to help on the tombola stall, at the annual fete, or help Santa on his sleigh - that sort of thing. No committees or meetings, just good intention, some muscle or skill and a sense of fun.

If this is you, and you would like to help, just contact us using the link below. Let us know what you can do that could help. If you think that you have no particular skill or ability then don't worry, we can find a way for any willing

person to be able to help in some way. Remember you will gain too! You can be young, older, working, retired, bored, clever, smart, loud, quiet, witty, or whatever. Being willing is most important!

There are so many personal benefits from being a Friend of Wroxham & Hoveton Lions. We would also welcome contact from people who may wish to join us later. *There is no pressure for a 'Friend of Wroxham & Hoveton Lions Club' to commit to becoming a Club member at any time.* However, we are pleased that two such friends have recently joined the club.

To support our community, we need the support of our community.

If you can help with time, skills or funds please contact us and get involved. We would love to hear from you.

As we are a Charitable Incorporated Organisation, Registration No 1184399 you can see and rest assured that 100% of all donations after disbursements will be used to support worthwhile causes and projects.

Fancy getting involved?- Its easy -

Just contact our Membership Chairperson, Lydia Spight, using the 'Learn More' link on our website www.wroxhamandhovetonlions.org or ring me on 01603781310.

You can follow us on Facebook or our website. As always we look forward to seeing or hearing from you.

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Season's Greetings from the Village Hall Committee

I am so pleased to be able to report that the village hall is now open again after being shut for such a long period of time. Most of our regular users are back and the hall is now open again for adhoc bookings. We have managed to reduce the number of exceptional T&C's required whilst maintaining the hall as a safe place to be, but there are still some restrictions in place, mainly around the reduced capacity in each hall. If you are interested in hiring the hall, please contact Pat in the normal way to find out more.

Having had to cancel the Christmas Fayre last year I am glad to be able to say we will be holding a Christmas Fayre this year, so please come and join us on **Saturday 4th December** from 10am to 12noon. There is one big change this year, in order to make it as safe as possible and accessible to as many people as we can, we will be holding the Fayre outside in the hall's car park, where we will have our usual mix of games and crafts stalls. Please all pray for dry weather and come wrapped up nice and warm, although hot drinks will still be available to buy. We have decided to get rid of the entrance fee this year, however if you would like to make a donation towards the upkeep of the hall it would be more than welcome. I look forward to seeing you all there.

The only other thing I would like to recognise is the very sad news at the passing of Ann Prestwood. Ann has had long links with the Jubilee Hall, having once been on the committee and in more recent years remained a keen and enthusiastic supporter of the hall. I would like to pass on the committee's condolences to both Malcolm and his family. Ann will be sorely missed at the Christmas Fayre this year.

Last bit of news is that we will be holding our AGM on 28th January at 8pm. If anyone would like to come along on the evening you will be very welcome to attend.

Martin Carney

Chairman – Salhouse Village Hall Committee

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

Contact 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)



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Selling Properties in a Pandemic, the Challenges the Solutions and Beyond.



Who would have thought that through a pandemic the property market would be booming?

Despite the difficulties, the tough and challenging times we have all faced, bereavements, working from home, self-isolation, remarkably the property market continued to thrive against really all property expert predictions.

Our business had to adapt of course like all businesses, to initially conduct both valuations and viewings virtually through lockdown, utilising modern technology. Online marketing introducing video walk through viewings and even live video viewings where the prospective buyer from the comfort of the sofa can see the live feed as we walk around the property, even being able to direct us on to specific parts of a room they wish to focus on.

As restrictions eased, we could return to face-to-face appointments working in a covid safe manner and then the market really started to increase boasted by a pent-up demand from buyers.

Enquiries, viewings and sales figures went skyward. Levels of properties for sale started dwindling with demand increasing and inevitably prices started to rise. New instructions coming onto the market could not keep pace with sales. Demand was very much outstripping supply, and that trend continues today.

So, what will happen in the property market? What do we think the future holds? Almost an unanswerable question in many respects but we expect the property market still to stay strong, demand through the winter months continuing although inevitably it may slow over the Christmas period but if that pent up demand is still there moving through the Winter period it is likely that turning into the New Year we will see a strong property market moving forward into certainly the first quarter of 2022 and if demand continues to outstrip supply then the prices inevitably will be pushed up further.

Of course, as always there are so many factors that can affect the property market, the economy, employment and not forgetting the little matter of Covid, but it feels increasingly that life is gradually returning to normal and Covid will hopefully fall into the flu category and something that will always be in the background, that we will learn to live with and accept. Human nature is very much about adapting and overcome such challenges.

So how in this unique market do we value properties to consider all of these changing trends and demand?

Quite simply for us it is all about taking the time to both assess the comparable evidence including recent sales, reviewing square footage of the property, the demand that we have from buyers within that area and reviewing price indexing can also assist. Then factor in the combined experience of some 60 years plus between both our valuers, of conducting property valuations around and across the Norwich and Norfolk area. All of which helps us to offer a sensible no nonsense and professional view of a property's value.

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You can certainly say we have a traditional people-based approach where the customer is the prime focus but yet we combine that with all the modern technologies at our disposal.

Interestingly over my agency career which spans some 35 years or so, so much has changed from the age of mass pages of newspaper property advertising, paper-based mail outs and details. More recently the websites such as Rightmove and On the Market have become the go to search engine for a buyer and seller starting their property journey. But even now the world of social media is fast picking up that mantle, sites such as Facebook, Instagram, LinkedIn and Tik Tok are very quickly becoming the medium for a buyers first glance at the property market today. The current and next generation of home buyers are and will be even more social media savvy, with the integration of such sites to our mobile phones, tablets and laptops.

If you want to know about the market, wish to have your property valued, or you are considering selling and want to know what to do first, then please feel free to call us for more details on 01603 432000. We offer a free valuation without cost or obligation.

Find out more about us at:

<https://www.mortonreeves.co.uk/> on which we even have an online property valuation tool that will give you an approximate indication in 20 seconds for your property. We also have a number on online video tips and guides for various aspects of selling or buying a property which have proved usual to the first-time buyer or indeed the seasoned buyer or seller.

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AFTERNOON TEA AND MARDLE



Dear Mardlers,

At last.....The Mardle is back!!!

**At the Jubilee Hall every 3rd Wednesday of the month
between 2 and 4pm**

Enjoy a cup of tea or coffee and a bite to eat
with friends old and new. Plus a raffle and a quiz!!

Our October Mardle, the first in over 18 months, was a great success
with 22 attending, still subject to the Jubilee Hall's Covid restrictions.

Thanks to Judith for the cakes and Sarah for the sausage rolls.

We are still looking for additional volunteers to help out in the kitchen,
on a rota basis, the more volunteers we get the less everyone has to do!

NEXT MARDLE DATES: 17TH NOVEMBER AND 15TH DECEMBER

All welcome. See you there!

For further information please contact:

Julie on 720049 or Doreen on 721229

Hello from 1st Salhouse Brownies.

The Autumn term has seen another increase in our numbers with three more girls, an adult Leader and a young Leader joining the unit. We are very pleased to welcome them all and hope they enjoy their time with us.

September saw us take advantage of the nice weather with games on the playing field and also a 'Promise Picnic' celebration for the girls who had joined Brownies earlier in the Summer.

The girls are currently working on another Skills Builder from the Brownie program – Live Smart. This badge includes activities to help girls experience day to day situations such as Road Safety, cost of everyday items and making a healthy meal in a fun way. We also had a meeting when we discussed what sort of job they might like to do in the future, adding a few more unusual suggestions such as truck driving, engineering and construction to encourage them to have a 'girls can do anything' attitude when it comes to their future careers.

Over the half term break ten of our Brownies joined girls from two other units in our District to take part in either a one night sleepover or three night Pack Holiday at Pateson Lodge, Coltishall.

Those staying one night completed a 'Campfire Challenge' badge. During the day the girls decorated a campfire card for a traditional campfire song, learnt how to do blanket stitch and took part in a Bushcraft session at Hautbois Activity Centre where they learnt how to build and light fires. In the evening we had an indoor campfire with lots of singing and of course smores (toasted marshmallows sandwiched between chocolate digestive biscuits).

The Pack Holiday theme was 'Get Messy' and as you can imagine most of the girls needed little encouragement to do this. They enjoyed tie-dye, nail varnish marbling and lots of painting – the squirt/splash painting being particularly popular. Crate stacking and grass sledging were fun too, it may not sound that 'messy' but rolling down hills and falling stacks of crates definitely make their own form of mess!

Our pamper evening ended with clean girls but also had it's own style of mess in the form of making bath bombs then mixing and applying sugar scrub and oatmeal facemasks.

As well as the Get Messy challenge badge girls could also earn their Pack Holiday badges by helping with the general day to day running of the holiday such as preparing food, cleaning rooms, laying and clearing tables, making their beds and keeping their dormitories tidy – this was the one exception to the ‘get messy’ theme but unfortunately some of the girls didn’t quite get the hang of it.

For the last half term of the year we will be holding a ‘Dance night’ to raise money for Children in Need and of course taking part in lots of Christmas preparations and activities.

Well that’s it for now, hope you all have a pleasant and healthy winter, and look forward to telling you more about Brownies in the Spring.

Best wishes

Brown Owl Shirley



2nd Salhouse Brownies

Well, it has been great this term to be meeting back in the village hall, the Brownies have been working on a variety of badges making slime, foam paintings, and flying rockets as well as yummy rocky roads and using their problem solving skills to solve the Chocolate Heist!

During half term we managed to fit in a one night sleepover and a 3 night pack holiday!! A lot of the brownies have not had the opportunity to attend either of these events, so it was great for them to be able to attend. The pack holiday was a Get Messy! Theme and there was definitely lots of mess with paint and mud, fairy gardens, crate stacking and pinatas!! The girls had a great time and are all keen to go again!!!

We are looking forward to our Christmas disco next month and hopefully a visit from a special guest!

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>

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In the event of a suspected heart attack / chest pains, the following procedure should be used:

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2. Tell the Operator the telephone number from where you are calling, and the location of the Cabinet, as follows:



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Street Salhouse
NR13 6RE



The Green, Lower
Street, Salhouse
NR13 6RY



Station Road
Salhouse
NR13 6NX

3. The Operator will ask a series of questions which you need to answer to the best of your ability. This will only take a few seconds and will not delay the Ambulance.
4. THE OPERATOR WILL THEN PROVIDE YOU WITH THE ACCESS CODE TO OPEN THE CABINET
5. The Defibrillator and Resuscitation Pack should be removed from the cabinet and the Ambulance Service will stay on the line and give verbal assistance if required.
6. Switch on the Defibrillator and IT WILL GIVE YOU VERBAL INSTRUCTIONS FOR USE.
7. The Defibrillator cannot be used incorrectly as it will only deliver a shock to the patient if it detects it is necessary.
8. There are scissors in the Resuscitation Pack to assist with the removal of clothing and a pocket rescue breath mask to carry out CPR.

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

Salhouse United Charities—Financial assistance available to Salhouse residents in crisis. Call 01603 721201 in confidence.

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 - for a trusted 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

Police Connect

Police Connect is a free e-mail, text or phone messaging service which keeps you informed about the latest police news and crime reports for your area.

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.

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If you are experiencing a short-term crisis Salhouse United Charities may be able to help with a one-off grant.

Perhaps your Universal Credit has been delayed; the washing machine or the boiler has broken; school trips and uniform can be a strain on limited budgets; you may be having to make regular hospital visits which, again, can be expensive, etc. etc.

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.

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3. The Cure
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7. Rhino
8. Bears
9. Cats
10. Otters
11. Dilyn
12. Buffalo
13. 32
14. Africa
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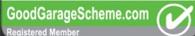


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