

# *The Salhouse* Saga

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**Village Magazine and Newsletter**

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**Winter 2023**

**Issue 120**

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**Front Cover picture:** The deer park at Salhouse Hall

Photo: Katie Bayfield

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# 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 will be donated to local causes. An online version is also available at:

[www.salhousepc.info/services&amenities](http://www.salhousepc.info/services&amenities)

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## Next Edition of the SAGA

An early reminder that the next edition of the

Salhouse Saga will be in March 2024.

Copy deadline Friday March 8th .

*Editor's views are not necessarily those of the  
contributors. E&OE*

## SALHOUSE CLUBS & GROUPS



*At the Jubilee Hall unless otherwise specified*

### **Guides (1st Salhouse)**

Monday 6.30 -8.00 pm

### **Brownies**

#### **(1st Salhouse)**

Tuesday 5.45 - 7.15 pm

### **Brownies**

#### **(2nd Salhouse)**

Tuesday 3.45—5.15pm

Contact: - Natalie Archer:

01603 927166

1stsalhousebrownies

@gmail.com

### **Rainbows**

Tuesday 5.30-6.30pm

### **Cubs**

Wednesday 6.00 - 7.30pm

Contact: - Jackie Rose:

01603 712520

### **Beavers**

Wednesday 4.45 - 5.45pm

Contact: - Jackie Rose:

01603 712520

### **Scouts**

Thursday 6.30 —8.30pm

Contact: - Simon Hill

Salhousescouttroupe

@gmail.com

### **Ping Pong (table tennis)**

Tuesdays 10am—12.00

£2.00 Incl. refreshments

Contact - David / Margaret  
Loveday:

01603 781768

4.haling@gmail.com

### **Broadland Youth Choir**

Friday 4.30 - 6.0 pm

Monday (except 2nd

Monday in month)

7.45-9.00pm

Contact: - Mrs C. Tims:

01603 721912

### **Red Loft Theatre School**

Fridays from 4.30pm

info@redlofttheatre.com

07823 556312

### **Gardening Club**

3rd Tuesday of the month

7.30pm at Woodbastwick

Village Hall

Nick Taylor :

01603 720165

### **Tea and Mardle**

2nd Weds of the month

2.00—4.00pm

Julie Redburn

01603 720049

### **Salhouse Reading**

#### **Group**

1st Thurs of the month at  
7.00pm

Julie Redburn

01603 720049

### **Soulful Yoga**

Fridays 10—11 am

07900 212441

iamsoulfulyoga@gmail.com

### **Zumba Gold**

Every Thursday at 10am

Sarah Chow

07717 723713

### **Doctors Surgery**

The Surgery at the Village  
Hall has been suspended  
indefinitely



## 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—James Watts**

07814 292579

payne2174@yahoo.co.uk

### **Salhouse VC Primary School**

Headteacher: Mrs J Church:

01603 720402

### **Friends of Salhouse School (FOSS)**

Contact: Jodie Wardle / Jenny

Cushing: foss2019@yahoo.com

07709317186

### **Salhouse Broad**

Ranger: Kelly Banthorpe:

01603 722775

theranger@salhousebroad.org.uk

### **Jubilee Hall (Management)**

Martin Carney: 07808 097924



## MOBILE LIBRARY SERVICE

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

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

**4.20/4.40** Farman Close, No2



### Parish Council

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

### District Councillors

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

### County Councillor

**Fran Whymark:**  
07907163123  
fran.whymark.clllr@norfolk.gov.uk



### Mobile Post Office

Jubilee Hall Car Park  
Wednesdays 12.30—1.30pm

**The Stag, formerly the Bell Inn:**  
01603 720220

**The Lodge Inn and Hotel:**  
01603 928181

**Salhouse Garden Centre:**  
01603 722250

**Black Barn Farm Shop**  
07803 500610

**RH Farms**  
0787 2015713 / 07748903971



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**EMERGENCY 999**  
**NON EMERGENCY 101**  
Ask for  
**PC 855 Al Jennings**  
**BEAT MANAGER**  
**Thorpe St Andrew**  
**Safer Neighbourhoods**  
**Team**  
**Norfolk Police H.Q.:**  
01953 424242

**NHS EMERGENCY 999**  
**NON EMERGENCY 111**  
N & N Hospital  
01603 286286

**GAS ESCAPE**  
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safety/floods/report-a-  
flood

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**105 or 0800 31 63 105**



**Recreation Ground,**  
**Thieves Lane, Salhouse**

**Contact: - CHAIRMAN**  
Jim Blyth: 07788125888



(At Jubilee Hall unless stated)

**24th November FOSS**  
**Bingo Night 7pm**  
**Salhouse School**

**2nd December**  
**Christmas Fayre 10am**

**16th December Big**  
**Christmas Quiz 7.30pm**  
**9th February Quiz Night**  
**8pm**

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

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**CAN BE UPDATED**

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open to public to post  
notices (A5 size  
preferred)  
Left hand section for  
Parish Council  
notices only

# From the Editor

**Dear Readers,**

Welcome to the Winter 2023 issue of Salhouse Saga. In the two years since I took over as Editor, I'm pleased to say the magazine has continued its previous level of success. A hard copy magazine may seem a little old-fashioned, but please bear in mind the Saga is the only news and advertising medium dedicated to Salhouse that gets to every house in the village, without the need to register or login, and it even works in a power cut (if you have a torch handy).

The motto "please support our advertisers because they support us" could not be more true, and the feedback that we get is that advertisers are pleased with the business their ads generate, one even commented to me that our rates were too cheap. That's after we increased our rates last year to cover increased costs, but at the same time we increased the availability of colour pages for advertisements. So please look in the Saga first for any services you may require. Many of our readers tell me they do just that, and so do I.

This month, we have an interesting new service available in the village, with a purpose-built dog walking area opening for business. With increased dog ownership, and increasing restrictions on where and when you can exercise your dog, especially off the lead, areas of this kind are becoming rapidly more popular around the country.

One thing we do need, to match the strong advertising content of the magazine, is more articles for publication. Reports on village activities, both regular and one-off, are welcome, as are news items about village life, history, hobbies and notices about forthcoming community events. If you are an aspiring writer or journalist, or just have something to say, you are welcome to test your talents on these pages. We also welcome good quality photographs, which will be printed in colour if space permits.

Please just contact me if you can provide any of the above, or if you have any ideas you would like to suggest for future issues.

**Colin McCormick Editor**

# KEV'S BRAIN BUSTER—THE SAGA QUIZ



## General Knowledge

- 1 Who is the world's longest reigning monarch in history.
- 2 Disney's Mickey Mouse has what colour shorts.
- 3 What are the only two letters of the alphabet not appearing in the periodic table.
- 4 Elon Musk was born in which country.
- 5 In the Bible :- how many humans in total entered the Ark.

## Music Name the artists from the song title....

- 1 Frankie 1985
- 2 Crazy 1961
- 3 Hungry like the wolf 1982
- 4 Soul man 1967
- 5 I kissed a girl 2008

## 3's a crowd

- 1 Name the 3 tunnels in 'The Great Escape film.
- 2 What's the total sum of the dots on 3 dice.
- 3 Who were the 3 teams relegated from the Premier league last season.
- 4 Name the 3 yellow properties on a standard Monopoly board.
- 5 In overall size , what are the 3 smallest planets in our solar system.

## Name the capital cities of the following countries:

- 1 New Zealand
- 2 Canada
- 3 Brazil
- 4 Australia
- 5 Jamaica

## Answers on Page 69

# From The Parish Council

Salhouse Parish Council welcomes **Wendy Browne** onto the Council. There are now 10 Councillors which leaves only one vacancy – if you are interested in serving your local community; would like to make a difference; and be involved in shaping the future of your local Community, why not step forward and apply to fulfil this valuable and rewarding voluntary role. Please contact the Clerk for further information: [clerk.salhousepc@gmail.com](mailto:clerk.salhousepc@gmail.com)



## Highways and Flooding:

**Norfolk County Council** are responsible for all Highways issues, and with recent weather conditions there have been many incidents of flooding, standing water and potholes. These can all be reported directly to Norfolk County Council at:

<https://www.norfolk.gov.uk/roads-and-transport/roads/report-a-problem>

Or telephone: **0344 800 8020**

Flooding Hotline call **0344 800 8013**

To report a burst water main or sewer flooding contact **Anglian Water**:

<https://www.anglianwater.co.uk> or telephone: **0345 7145 145**

**If people or property are in immediate danger from floodwater call 999**

## The Role of the Parish Council in the Planning Process

Salhouse Parish Council is consulted by Broadland District Council in respect to all planning applications in the Parish of Salhouse.

Parish Councils are statutory consultees and have no powers to approve or reject planning applications, they can submit one of three observations: **No Objections**, **Support** or **Object**. Support and Object must also have reasons given.

Any views expressed by the Parish Council will be taken into account by Broadland District Council before their decision is made, providing the points made are relevant to the determination of a planning application. The decision is typically made by a Broadland District Council Planning Officer acting under delegated powers of the Council. Complex and controversial applications may be decided by a delegated Committee of District Councillors.

The process is exactly the same as that of an individual wishing to comment on a planning application.

## North Rackheath Development (GT16 - PA 20220663) Consultation

A report and results of the **green spaces survey** (which was sent to every household in Salhouse) is included on the following pages of this SAGA.

At the end of September a public consultation was also held by Taylor Wimpey in



the Jubilee Hall for this development and saw around 75 people attend the event. It is hoped a further consultation will be put on for those who were not able to go before the revised Masterplan is submitted to the Planning Authority later in November.

The Parish Council would urge everyone to look at this application and submit any comments to the District Council as although named 'North Rackheath' it will see a number of houses built and green spaces within the Parish of Salhouse along with Parish road closures.

Please keep an eye on the PC website, Facebook page and notice board where further information will be available once received.

Salhouse Parish is set to change once this development is under way, including the volume of traffic expected to increase through the village. Wroxham and Rackheath are already very busy as is traffic trying to cross the NDR (Broadland Northway), and Salhouse is one of very limited options for people trying to get to and from Norwich. The closure of local roads is only going to make our parish even busier.

## Speeding

At the end of September representatives attended the local **Police Priority Setting Meeting**. Priorities for the Parish were speeding and parking issues within the village, which the Police will continue to monitor.

Data collected from the **SAM2 devices** (speed indicator device with slow down) are available on the Parish Council website. These devices are placed at different times and places around the Parish and collect data on the number of vehicles and their speed and often show a high number of vehicles exceeding the speed limit – this information is shared with the Police.

We are also fortunate to have a number of volunteers as part of a '**Community Speedwatch Team**'. Speedwatch activity is a proactive solution to improve the safety and quality of life for everyone in the local community by **educating drivers by displaying their speed with a view to improving driver behaviour**.

**Highways Working Group**: Salhouse Parish Council has set up a '**Highways Working Group**' to work with all stakeholders to find a way to make all our roads safer for everyone; the recent sad fatality in the Parish shows there's plenty of work to be done. If anyone wishes to join the working group please contact the Clerk.

## Salhouse Neighbourhood Plan Review

What is a Neighbourhood Plan? - Neighbourhood Plans were introduced by the Localism Act 2011. They enable communities to have a say about the development and growth of their local area by introducing local planning

policies which (if the Neighbourhood Plan is successful at examination and referendum) form part of the statutory Development Plan. This means the Neighbourhood Plan must be taken into account when assessing planning applications for new development in that area.

Salhouse Parish adopted its current Neighbourhood Plan in July 2017 following a referendum. It is now due for a review before its expiry in July 2026. This can be a lengthy process and therefore as a community document the Parish Council is seeking volunteers to assist with this review. **As residents you know the Parish best.** If you would like to be part of this group please contact the Parish Clerk.

As in previous years the Parish Council purchased a Poppy Wreath to be laid at the War Memorial at All Saints Church on Sunday 12<sup>th</sup> November 2023 in remembrance of and supporting The Royal British Legion.



**Robert Cooper**

**Chair of Salhouse Parish Council**

## *Salhouse Parish Council*

Chair:	Robert Cooper	
Vice Chair:	David Francomb	
Councillors:	Nick Ball	Julie Redburn
	Andrew Peachment	Lynn Yallop
	John Leathers	Gary Browne
	Helen Reeve	Wendy Browne
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](http://www.salhousepc.info)**



## Salhouse Parish Council Meetings 2023-24

Monday 13th November

Monday 11th December

Monday 8th or 15th January (TBC)

Monday 12th February\*

Monday 11th March\*

Meetings will normally be held on the second Monday of each month at 7.00 pm at Salhouse Jubilee Hall, unless advised otherwise \*provisional dates

**Village Website:** due to the retirement of the Webmaster and the software being no longer supported, the [salhousevillage.org](http://salhousevillage.org) website is not being updated, but it may still be found by some search engines. Information is liable to become increasingly out of date. We regret we have no control over this.

**For current Village information, please go to: [www.salhousepc.info](http://www.salhousepc.info)**

**PC 855 Al Jennings**

**Beat Manager—Thorpe St.Andrew**

Email: [SNTThorpeStAndrew@norfolk.police.uk](mailto:SNTThorpeStAndrew@norfolk.police.uk)

Phone: 101—ext.6724

Twitter: @BroadlandPolice



As we approach the winter months, the nights are getting darker, and the weather is even more unpredictable. Dangerous travel conditions can cause accidents on the roads, and we'd like to remind you to be careful and cautious when travelling, giving yourself extra time for each journey.

The end of the year also sees festive parties across the district, often resulting in an increase in drink driving cases. We implore you to not get behind the wheel if you plan on consuming alcohol, and to check in with friends or relatives that you know will take risks and drive under the influence.

If you witness something suspicious or become concerned with the manner of driving from someone on the road, please call 999 immediately.

Stay safe this winter, and if you need to report anything please do this via our website. If you want to raise a local issue without officially reporting it, you can do this by emailing [SNTThorpeStAndrew@norfolk.police.uk](mailto:SNTThorpeStAndrew@norfolk.police.uk)

## Local Council Roles and Responsibilities

The **Parish Council** is the local authority that represents the local community, acts as first point of contact, delivers some services to meet local needs and strives to improve quality of life in the Parish.

**Broadland District Council** is the **Local Planning Authority (LPA)**. The Parish Council as a statutory consultee is consulted and can comment on Planning Applications in the Parish; however, decisions lie with the District Council (or B.A.)

**Broadland District Council** is responsible for:

Council Tax collection	Street cleaning
Housing	Refuse collection
Economic development	Environmental Health
Leisure facilities	Planning and Building Control

<https://www.southnorfolkandbroadland.gov.uk/>

**Norfolk County Council** provides strategic and bigger budget services to the County, including Highways, Social Services, Trading Standards, Fire and Rescue, Transport, and Education - <https://www.norfolk.gov.uk/>

To report a **Highways defect**:

<https://www.norfolk.gov.uk/roads-and-transport/roads/report-a-problem>

To report **Flooding**:

<https://www.norfolk.gov.uk/safety/floods>

## County and District Councillors

### Fran Whymark and Martin Murrell

#### Martin Murrell

Broadland District Councillor for the Wroxham Ward

Email: [cllr.martin.murrell@southnorfolkandbroadland.gov.uk](mailto:cllr.martin.murrell@southnorfolkandbroadland.gov.uk)

Tel: 07958 393059

#### Fran Whymark

Broadland District Councillor for the Wroxham Ward

Email: [cllr.fran.whymark@southnorfolkandbroadland.gov.uk](mailto:cllr.fran.whymark@southnorfolkandbroadland.gov.uk)

Tel: 07907163123

County Councillor for the Wroxham Division

Email: [fran.whymark.cllr@norfolk.gov.uk](mailto:fran.whymark.cllr@norfolk.gov.uk)



Cllr Fran Whymark



@CllrFran

## North Rackheath Development (GT16) Working Group

Firstly, a huge thanks to everyone that took the time to provide feedback on what they would like to see in the green space that has been allocated to the above development, as per the Questionnaire that was delivered via the July 2023 SAGA. There were 78 responses (76 returned questionnaires via the self-addressed envelope, 1 received via email to the Clerk and 1 via Facebook) which equates to a circa 11% response rate of Salhouse residential households. Below are the results:

<b><u>Q1: What facilities would you like to see regarding the proposed pitch use.?</u></b>	
Football 31. Bowls 30. Cricket 27. Skateboarding 23.* Netball 21. Rugby 19. Hockey 16. Lacrosse 12. Baseball 12. Tennis 8. Multi Games Pitch 4. Facilities for all ages 3. Athletics running track 2. *one person said No to a skateboarding area.	Club House 1. Pitch/putt golf 1. Mini golf 1. Petanque 1. Chess 1. Badminton 1. Model boating 1.BMX 1. Skate park for scooters 1. Sports Centre/ Hall 1. Trampoline 1. Table tennis 1. Concrete Table tennis 1. Skate park 1.
<b><u>Q2: Would you like to see public toilets/ changing rooms located next to pitches?</u></b>	
67 people said Yes.	1 person said No.
In addition, one person requested public toilets/changing rooms with disabled facilities.	
<b><u>Q3: Would you like a leisure complex centre which may include a swimming pool?</u></b>	
59 people said Yes.	8 people said No.
In addition, the following comments were received:	
Community Centre/hub 5. Swimming pool 6. Show/Conference Hall 1. Activities 1. Theatre facilities 1.	Church 1. Preservation of Salhouse railway station waiting room building 1. One person asked if the local residents would pay a reduced rate to use the facilities?

**Q4: What amenities would you like to see to support leisure facilities, e.g. youth centres, community cafes, charity shops, nurseries, etc ?**

Community cafes 40.  
One person said No.  
Youth centres 35.  
One person said No.  
Nurseries 22.  
One person said No.  
Charity shops 19.  
Four people said No.

In addition, the following comments were received:  
Social club 1.  
Tea room for the elderly 1.  
Baby/children's group 1.  
Farm shop 1.  
Facilities for elderly 1.  
Hut for Salhouse scouts 1.

**Q5: What other uses/facilities would you like to see included, e.g., play areas, allotments, outside gym equipment, picnic areas, picnic benches, bridle pathways, specific dog walking areas, fishing ponds, wildflower meadows, native woodlands, etc?**

Native woodlands 40.  
Specific dog walking areas 35.  
Wildflower meadows 35.  
Play areas 32.  
Allotments 27.

Picnic benches 25.  
Picnic areas 22.  
Fishing ponds 20.  
Bridle pathways 20.  
Outside gym equipment 18.

**Q6: Any other comments you would like to make?**

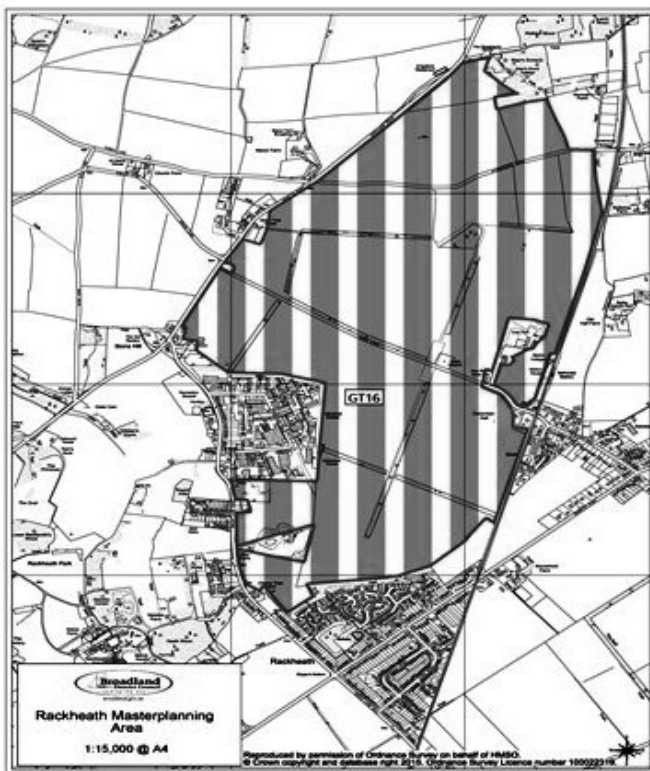
Provision of paths/walking areas 11.  
Provision of cycling paths 6.  
Sufficient car parking 5.  
Provision of seats 4.  
Area where dogs could be let off lead 4.  
Creation of a nature reserve 3.

Provision of green spaces 3.  
Provision of dog poo bins 2  
Provision for young people 2.  
No loss of existing footpaths 1.  
Promotion of wildlife 1.  
Promotion of self-sufficiency 1.  
Country park 1.

**Other comments received:**

- Comments around ensuring facilities should be accessible for the disabled.
- One person said the area needs to be designed by a landscape architect team with experience in public space design.
- Quite a few other comments were also received which were not directly in the remit of the questionnaire. For example, the raising of access issues involving Station Road, the provision of Doctors, Dentists, schools and shops etc. NOTE: this will be covered under a separate consultation exercise and ultimately it will be Highways that decide on the access to the development.
- Five people did not want any development at all.
- One person said the development to go ahead but with no loss of green space.

## North Rackheath Development (GT16) Working Group



### Next Steps:

This feedback has been provided to Broadland/South Norfolk Council, Rackheath Parish Council and to Taylor Wimpey to factor into their plans.

There was a Taylor Wimpey consultation day in Salhouse on 30<sup>th</sup> September to discuss the wider development including access. **We are aware that the publicity and invitations to that event were delayed and a number of residents (both Salhouse and Rackheath) were not aware of that day or received the invitation too late to attend. SPC has requested that Taylor Wimpey run another full consultation day.**

The **Salhouse Parish Council North Rackheath Development (GT16) Working Group** will continue to keep residents up to date via the SAGA, our Facebook page, website page and poster boards.



## Friends of Salhouse School (FOSS)

Friends of Salhouse School have had a busy year, we have put on events such as Bingo and Quiz nights to raise money for the school. We also held the summer fayre, and despite the torrential rain we managed to raise £1,186 for the school. Thanks to all the volunteers, anyone who donated raffle prizes, baked a cake or donated tombola prizes, and also thanks to everyone who came. The money raised will do so much for the children of the school.

So far in this academic year we have funded girls football coaching, coaches for a school trip for all of key stage 1 children and a mobile planetarium, and that's just in the first half term of the year.

Going forward we are putting on another Bingo event on the 24<sup>th</sup> November at Salhouse School, details on page 33. Tickets can be purchased by emailing [foss2019@yahoo.com](mailto:foss2019@yahoo.com)



## Salhouse Rovers Under 8's

We have kicked off our new season and have said goodbye to a couple of players and have welcomed a new player to the team. We also have new kits courtesy of Think Property, thank you so much for sponsoring our team, the players look very smart.

Not only have we been playing league games, but we have also been playing lots of friendlies, so the children are getting plenty of practice in. Every match that we play the team are improving and we have won two games this season which is amazing. However the children's enjoyment remains our top priority.



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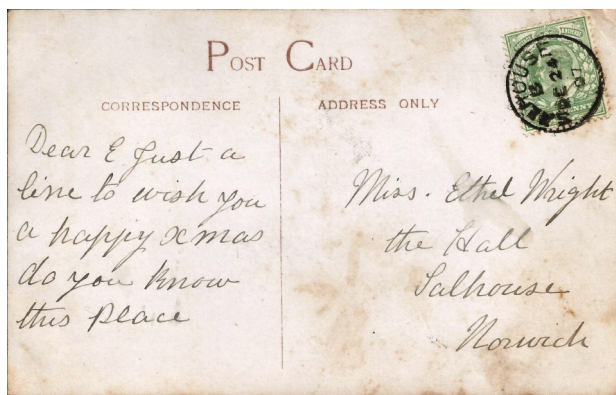


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## SALHOUSE HISTORY



This old postcard has recently come to light. It shows the pond at Bell Corner looking from Hall Drive, but the caption says “Church Lane Corner, Salhouse”. However, no matter how far back you go, there is no record of a Church Lane in Salhouse. Was Bell Lane known by another name at one time, or did the photographer not know what it was called, and just made a guess?



The postmark shows it was posted in Salhouse on Christmas Eve 1907 to Miss Ethel Wright at Salhouse Hall. A member of the staff, perhaps? Seeing as the Post Office in those days was in the house now known as Brooksbank, the card would have travelled barely half a mile to its destination.



## Health Matters – Autumn 2023

*An occasional update from  
Hoveton & Wroxham Medical Centre*



### Under New Management

We have begun work to analyse how our patients access general practice and to identify measures that might improve this access. We are looking at practical improvements to our telephony system that, for example, may prioritise our more vulnerable patients or their carers. We are reviewing the balance of demand against capacity to provide the evidence to recruit more staff and have increased the number of GP and Nurse Practitioner appointments. **Please feedback your ideas.**

### Carer Friendly Practice

Hoveton & Wroxham Medical Centre is a carer friendly practice and we have sought recognition of this through Caring Together and Carers Matter Norfolk. A carer is someone who provides care for someone else who, due to illness, mental health problems, substance misuse, physical and learning disability, old age or frailty, is unable to fully care for themselves without a carers support. The first step is patients informing us that that are a carer.

**Practical Measures for Carers:** We can offer practical support such as priority access, double appointments, more convenient appointment times, follow-ups, and signposting to additional support.



### Accessible Information Standard

The Accessible Information Standard aims to make sure that people who have a disability, impairment or sensory loss get information that they can access and understand, and any communication support that they need from health and care services. **If you have any information or communication needs, please do tell us at Hoveton & Wroxham Medical Centre.**

### Referrals

Patients should always **contact their consultant secretary** if they are concerned that their clinical condition has changed or worsened since they were last seen at the hospital, or if they have questions about how long they are likely to wait. You should not ask the Practice as Reception or your GP won't know how long it will be.

## Wroxham.Hoveton & Belaugh Voluntary Community Cars Transport to Medical Appointments

We are a Charity urgently in need of drivers to join our band of volunteers to take people to medical appointments. This much needed transport service provides assistance for anyone registered at Hoveton and Wroxham Medical Centre. Our area includes our surrounding villages but only for those people registered at this practice. Since we extended our area of service to include Salhouse, Rackheath, Horning, etc. the demand for our service has doubled which is why we need more drivers, particularly those living in these villages.

Our service takes people to and from all forms of medical appointments including Hospitals, Dentists, Opticians as well as the Surgery.

Drivers are reimbursed to cover fuel costs etc. and all have to be fully vaccinated, own a mobile phone and are DBS checked.

**Remember, one day you may not be able to drive yourself !**

If you own a car and can spare a few hours a week, please contact us on  
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# From the Rectory

## Dear Friends

Isn't it amazing what Christmas has become? How celebrating the birth of Jesus has become so much about presents, food, money and stress. If the story of Christmas was being written today it might be something like this:

"And there were in the same country children keeping watch over their mobile phones. And lo! it was said to them 'Fear not, for behold, I bring you good tidings of great joy that is for all people who can afford them. For there will be a great feast of turkey, puddings and cake; and many presents; and this shall be a sign unto you, you will find the presents, wrapped in bright paper, lying beneath a tree adorned with tinsel, coloured balls and lights. And suddenly, there will be with you a multitude of relatives and friends, praising you and saying, 'thank you so much, it was just what I wanted'. And it shall come to pass as the friends and relatives have gone away to their own homes, the parents shall say to one another, 'What a mess to clean up! I'm tired, let's go to bed and sort it tomorrow. Thank goodness, Christmas only comes once a year!' And they go with haste to their warm bed and find their desired rest."

Sound familiar? Don't get me wrong I'm not saying that we shouldn't celebrate Christmas, we should, but we need to remember the reason we celebrate, without Christ Christmas is just mas.

The account of the first Christmas tells us:

"And there were shepherds living out in the fields nearby, keeping watch over their flocks at night. An angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were terrified. But the angel said to them, "Do not be afraid. I bring you good news of great joy that will be for all the people. Today in the town of David a Saviour has been born to you; he is Christ the Lord. This will be a sign to you: You will find a baby wrapped in cloths and lying in a manger." Suddenly a great company of the heavenly host appeared with the angel, praising God and saying, "Glory to God in the highest, and on earth peace to men on whom his favour rests." When the angels had left them and gone into heaven, the shepherds said to one another, "Let's go to Bethlehem and see this thing that has happened, which the Lord has told us about." So they hurried off and found Mary and Joseph, and the baby, who was lying in the manger".

For us, just as for the shepherds, our reason to celebrate is lying in the manger, he may be only a baby, but he is the son of God, the one born to be the saviour of the world and the greatest gift of love given for us. When we celebrate this then we are truly celebrating CHRISTmas.

May you know the love, hope and Joy that the child in the manger brings this Christmas and always.

With every blessing

*Darleen*

### **Carols and Christmas Services**

**3rd December**, Community Carols with the switch on of lights and refreshments,  
6pm at Rackheath

**17th December**, Carols by Candlelight, 3.30pm at Witton

**Christmas Eve**, Holy Communion with Carols, 10.30am at Salhouse

**Christmas Eve**, Carols and Crib Service, 2.30pm at Rackheath  
Christingle and carols 4.30pm at Lt Plumstead

**Christmas Day**, Family Holy Communion, 9.30am at Witton.

### **Regular Services in The Bittern Benefice**

All regular Sunday services in December will be at 10.30am and rotate around the Benefice. Please see the church noticeboard for up to date details.

During January, February and March all Sunday service will be at 10.30am at Rackheath Church.

Salhouse church is open daily between 10am and 3pm

### **Christenings (Baptism)**

If you are thinking about having your baby/child christened, please contact Revd Darleen for details of how you can arrange to have the service at one of our 5 Churches, Gt. Plumstead, Lt. Plumstead, Salhouse, Rackheath or Witton. Services, are normally held on a Saturday, or on a Sunday afternoon. The service typically last 30 minutes, you can choose readings & hymns (or not) and the service sheet is personalised to your child. There is no charge for the service (only for any extras you choose to add, such as an organist). We have an inclusive approach and welcome everyone who would like to bring their baby/child to be christened.

As always, Darleen is available to visit at home or in hospital whether you are ill, recovering, or just want to see someone, please telephone.

Communion at home can be arranged for those who because of illness or frailty cannot attend church, again please telephone. Enquires for Christenings, Thanksgiving services, Weddings and Services of Blessing after a Civil Marriage or Partnership 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



# J NEWTON GROUNDWORKS

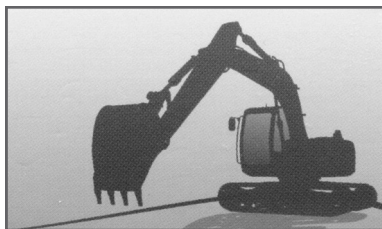
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**Could this be you or someone you know?**

If so, please get in touch with our secretary,  
Pauline Garner, telephone 01603 721201.

All requests will be treated in the strictest confidence.

The trustees of Salhouse United Charities are:  
Pauline Garner (Secretary), Graham Johnston, Martin Murrell (Vice-chair),  
Stephen Piper (Chair) and Rev Darleen Plattin.

# Rackheath WI Evening Institute



Rackheath WI has made the most of the summer months enjoying both meetings and outings.

In July we accepted an invitation from Moira, a good friend of a member, to enjoy tea and delicious cake in her wonderful garden. Her garden backs on to the river, so we were able to have a short walk to lessen the effects of overindulgence. The other July trip was to Priory Maze where, after admiring the lovely gardens, we managed to negotiate the maze in time to enjoy lunch and a walk to the Priory ruins.

August saw us off on our annual trip to Sheringham. We boarded the train at Salhouse Station and took in coffee, retail therapy and lunch before seeing a production of *Private Lives* at Sheringham Little Theatre. We arrived back at Salhouse in the early evening after a great day out.

We followed this in September with a bus journey to Gorleston where we were pleased to have had the opportunity to see Nigel 'boy' Syers final matinee performance before his retirement.

Meetings too have been interesting, where we have also welcomed several new members. A Murder Mystery Evening with Julie Porter in August was particularly successful with member dividing into teams to try and guess 'who dun it'. Some hilarious and wild guesses were put forward and the successful team were rewarded with a small prize.

In October we were Country Dancing with Chris Davis. Christmas Sparkle Flower Arranging with Crystal Dyball in November and our Christmas Party in December with a meal and dancing at Thorpe Cottage.

## 2024 spring programme-

January- Beneath the London City Streets - Peter Lawrence

February- Annual Meeting

March- Talk on Jarrolds - Pete Goodrum

April- Our 43rd Birthday Meeting

May- Quiz & Chips

We are always happy to welcome new members so if interested please contact **Frances Pointer** 01603 720796 or **Jane Nock** 01603 438363 for further information.

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# Wroxham Library



*Below are some of the events and services we offer but see our Facebook page or call the Library on 01603 782560.*

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- **Computer Buddy** We will shortly be offering 1 – 1 internet and digital support, for help with your tablet, smartphone, email and much more. Booking will be essential. Please contact the library for more details.
- **Crafting** Alternate Saturdays (staff dependent), 10.30am – 3pm. Aimed at children aged 5 -11 (under 8s require supervision).
- **Coding Club** Every Saturday 2-3pm, Ages 7 -11, limited to two spaces. To book a place please call us on 01603 782560 or email [Wroxham.lib@libraries.norfolk.gov.uk](mailto:Wroxham.lib@libraries.norfolk.gov.uk)
- **Knit and Natter – not just for knitters!** Bring your embroidery, textile, or crochet project along to our informal gathering. Thursday 2nd Nov, 2.00- 4.00pm and Thursday 16th Nov 2.00 – 4.00pm.
- **Crib Club** (Cribbage card game) – new players welcome -Thursday 9<sup>th</sup> Nov 2.00 -4:00pm. Please bring your own board and cards if you have them.
- **Scrabble Club** Last Thursday of each month from 2.00-4.00pm. Thursday 30th Nov. All welcome.

**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/bipc Norfolk](http://www.norfolk.gov.uk/bipc Norfolk)

- **Just a Cuppa**, every Tuesday 10.00 – 12pm. Come along for a friendly chat over a cup of tea or coffee and a biscuit.



- **Our ‘Bounce and Rhyme’** sessions take place on Wednesday at 10.30am. No need to book just drop in and sing along!
- **Story Explorers**, is a reading adventure for children aged 0 – 5. To sign up and find out more, simply visit the library and speak to a member of staff.
- **Family History** – Use our free access to Find My Past any time the library is open. Drop-in on Wednesday and Friday evenings between 4.00pm and 6.00pm to get advice from Diane, our family and local history expert.
- Book one 60 or 120 minute session per day on a computer. Contact the library on 01603 782560.
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- 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>  
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**Wroxham Library, Norfolk Library and Information Service,  
Norwich Road, Wroxham, Norwich, NR12 8RX      Tel: 01603 782560**

## SALHOUSE READING GROUP



For those of you who don't know, we are a group that meet once a month on the 1<sup>st</sup> Thursday at 7.00 p.m. We have a new venue, and will be meeting at Jubilee Hall in future, starting in November.

We chose the books every six months and those readers present put forward books to be recommended, that they love and want to share or something new that has caught their imagination.

As I've said before, we've had some real turkeys that some readers have not been able to finish, but that is seldom.

There is no meeting in December, we are having a Christmas do at The Stag. Readers, brace yourselves, two books for discussion in January.

Our current list is as follows:

December - The Winter Solstice - Rosamund Pilcher

January - The Dictionary of Lost Words - Pip Williams

February - The Curious Charms of Arthur Pepper - Phaedra Patrick

March - The Maids of Biddenden - G. D. Harper

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01603 367867

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## Who are we?

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## Further Information

Please get in touch with Lee on 01263  
478188 or email  
officemanager@allcarecommunity.co.uk





Salhouse Barn Dance, 30th September 2023.



Salhouse Rovers Under 8's in their new sponsor's kit



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# SALHOUSE COMMUNITY EVENTS TEAM



After a wonderful **Barn Dance** in September, we're back with details of our next community event - **The Big Salhouse Christmas Quiz!**

All details in the poster, but the highlights are:

- Saturday 16th December at 7.30pm
- £5 entry per person, with cash prize for the winning team
- Teams up to 6
- We'll find teams for individuals/couples who don't have a team
- Bar and festive snacks (mince pies, sausage rolls etc)

All proceeds will go to support the **2024 Salhouse Summer Event**.

Just email [salhousecommunityevents@gmail.com](mailto:salhousecommunityevents@gmail.com). to secure your spot.

**We can't wait to see you on 16th December.**



**Cash prize  
for the  
winning team**

**Bar and  
festive snacks  
available**

**Salhouse Community Events present**

---

# **CHRISTMAS QUIZ**

**with legendary local quiz master Iain Garraway**

---

**Saturday 16 December, 7.30 p.m.  
Jubilee Hall, Lower Street, Salhouse**

**Tickets £5 per person, teams of up to 6**

**For tickets email: [salhousecommunityevents@gmail.com](mailto:salhousecommunityevents@gmail.com)**

# WROXHAM FLOWER CLUB

Rackheath Village Hall, Green Lane West, Rackheath, Norwich, NR13 6LT.

Easy parking available. Doors open at 7.00 for 7.30 pm.

\*Please note different time for the December meeting.



**Wednesday, 13th December - Our Christmas demonstration is by Jill Clarke and Hannah Deane who will be giving us sparkling arrangements - 'Christmas is Coming'.**

\*Doors will be open at 6.30pm.

Cost - £10 per person which includes mulled wine and nibbles (Club Members Free)

*Please contact Su Mace on 07902 140520 to book your ticket.*

**No meeting held in January** although Members will be getting together for lunch at The Lodge, Salhouse.

**Wednesday, 14th February Roger Woolnough** will be demonstrating arrangements called, '*Love is in the Air*' (how appropriate for Valentine's Day!)



**Wednesday, 13th March 'A Workshop Evening' - Penny Spall** from Wroxham Barns. Open to members only.

*As usual the demonstration arrangements can be won in the raffle. Refreshments of home made cake, tea and coffee are served at the end of our usual demonstration evenings and visitors are very welcome at £8.00 per person to the demonstration and Annual Meeting.*

*For further information please contact **Rosie Howell** on 07539 764196*

# Seasons Greetings from Team Salhouse

## “Proud of our Village”



Since our last report for the Saga, Team Salhouse volunteers have conducted several litter picks, targeting the areas popular with the public such as the railway station car park, Stonehouse Road, Bell Lane and the Thieves Lane playing field.

Generally, the litter problem becomes worse in the warmer months when there are more visitors but even in winter we seem to get our fair share of “convenience food” related rubbish dropped from passing vehicles or left in lay-bys.

The summer planting was a success with the geraniums and antirrhinums lasting well through the season which was not as hot as last year. The only disappointment being the lack of wild flowers opposite the old Post Office this year.

We would like to offer a big THANK YOU to the residents who live close to the flower beds for their help in watering and generally caring for the plants during the year and to the dedicated volunteers who keep the grass at the flower beds trim all season enabling the flower beds to be shown to their best.

This November the geraniums and antirrhinums will be replaced with winter pansies and polyanthus in the beds around the village.

At the roundabout, we hope to be planting some perennial plants which will need less attention once established.

We can look forward now to the pansies seeing us through the winter and, by the next Saga issue, the daffodils will be shooting up all around the village heralding springtime.

If you have any questions or suggestions please phone **Malcolm** on **721201**.

## Looking after Wildlife during Winter

Once the clocks go back and the nights are drawing in, you may think your garden can be ignored until spring. However, it is still a valuable living space for many different types of wildlife.

These are some of the ways you can help them through the cold winter months.



- Set up a compost heap, but be careful when you turn it. As these are often warm, they can be the winter resort of frogs or toads.
- Make or buy a hedgehog house. Put it in a quiet shady spot, with some dry leaves inside, as a fine winter residence.
- Provide a shallow dish or container of water at ground level. This will benefit other garden wildlife that needs to drink, as well as birds. Keep changing the water, especially during icy spells.
- Make an insect or bug hotel and put up in a sheltered position. Overwintering ladybirds and lacewings will find this useful.
- In late winter, clean out bird boxes so they are ready for new nests in spring – the perfect spring clean!
- Leave healthy herbaceous and hollow-stemmed plants unpruned until early spring. These can provide homes for overwintering insects. Verbena Bonariensis and Sunflower heads are a valuable source of seeds for birds, especially finches.
- Put out food for birds and other wildlife such as squirrels. Birds like energy intensive foods like Nyjer seeds, millet, oats, and sunflower seeds. For squirrels you can offer extras such as hazelnuts, walnuts and almonds, or some chopped apple, beans, carrots or spinach.

As well as places to live, our gardens can be a great food source with plants that offer berries, pollen and nectar.

The best way to create habitats and food sources is to grow lots of different plants; try to include trees and hedges along with flowers, and

leave undisturbed corners. Plants to try include, Cotoneaster, Callicarpa, Spindle, Pyracantha or Viburnums. As well as autumn fruits, their flowers are great nectar source for insects and bees.

Holly & Ivy are not just for Christmas. Ivy's nectar-rich, greenish-yellow flowers, followed by black berries offer a great winter home for many different insects. Holly's red berries appear on female plants and are an excellent winter food for hungry birds.

Putting in a pond is another great way to attract wildlife. Your pond needn't be big. A washing-up bowl, a large plant pot, or a disused sink could all be repurposed as ponds. Just make sure any creatures can get in and out. Autumn and winter are the best times to make a pond – they will then be ready for Spring action.

For further information on how to help our wildlife thrive in our gardens you can look at <https://www.rhs.org.uk/> or <https://www.rspb.org.uk/birds-and-wildlife>

Sarah Oldfield

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## 1st Salhouse Scouts

The last Scouts update was in the Spring, in this edition the Scouts themselves update you on the activities we have been involved in since then. Over to you, Scouts...



### **District Shooting Competition - Alex Dove & Josh Hill**

*During April earlier this year, Greshams School hosted a Scouts shooting competition full of lots of different activities taking up the whole day. Not all of these activities were about shooting though, as first of the day we did orienteering in teams of four. Our team did not win but put up a good effort and came just outside of the podium. This activity led us all over the school grounds so it was not easy as the school is very large.*

*After that we did climbing in which our team excelled and everyone reached the summit of the wall numerous times. Then we had a short break just to catch our breaths (we had breaks quite often)! Following the break we did pistol shooting where we once again did quite well as a team but unfortunately none of our members won any medal in this event though. Off the back of that we did archery practice. This activity did not count for anything as we would be doing the competition later. Archery practice led into lunch where we had a longer break to eat. Subsequently, we did the competition for archery where most of us struggled but we hit the odd good shot. We then did field shooting where some of us did brilliantly to be followed by scoring. After that we did indoors rifle shooting where we all did reasonably well. Penultimately we did the target sprint where you would run around a field then shoot five targets, repeated three times. Finally, had the award ceremony where those who did best at the events would receive their medals. By this point it was about four thirty and we packed up to go home.*

### **Stand up Paddle Boarding - Ted Tibbenham & Cory Carpenter**

*We were at the Mike Thurston Centre in North Walsham in May 2023. We were there with our Scout Leaders and 2 instructors from the Centre. We started by a small jog / run up and down a hill to warm us up. After that, we got our paddles and boards to learn how to paddle on our knees to start with and then we learnt to stand up as well. After learning how to stand safely we did a slight race around part of the lake to get used to the speed and how to paddle. After this we played a game which was throwing two balls at the oppositions Leader and then we got to choose whether we jumped into the water or not, which was rather fun. Next we got out of the water and took the paddles and boards to the shed. Finally we got changed.*

## **Scout Camp - Harry Spaul & Oscar Thompson**

*This was the first camp that we had with just our leaders no group scout leaders which meant we were all on our own. But not really we were with the leaders at Eaton Vale in June. On the first night we put up our tents then we went on a hike to the fish and chip shop and when we got back we built our washing up stands using our pioneering skills, then we played games and made toasted marshmallows. A funny moment of that night was when one of our scouts fell over on the way to the chip shop and late at night another fell over.*

*Day 2, we got up and cooked pancakes for breakfast then we started on buggy building which showed us a few weak links in our knot tying. Then we did canoeing which ended in us jumping into the river which was fun. We did axe throwing which ended in us throwing axes at cards then the main event the climbing which was scary we did it and a few people got to the top, then it was time for the leaders to have a go and they did terribly. Then we built the shelters and we did a run around quiz and a BBQ for tea and then we played a few games and went to bed in the shelters we built.*

*Day 3, we cooked bacon and eggs for breakfast then went on a hike and packed up and went home.*

## **Scouts Survival badge - William Keys-Baston & Toby Short**

*During the summer term, we were completing our survival badges, so we spent a lot of time at the forest at Black Barn Farm. We did all sorts of adventurous things, such as; cutting coke cans in half and making miniature penny stoves, building log dens and shelters throughout the woods. We prepared and cooked venison, built fires independently, practiced our pioneering skills and simulated a plane crash where we had to rate items based off how useful they would be to survive.*

*We also roasted marshmallows and played lots of games such as manhunt, capture the flag ,etc, and got to know each other more and made lots of other thing out of wood, like bug hotels and chairs. We told really scary stories around the campfire.*

## **Survival Food - Flynn Belcher & Freddie Pelan**

*One-night, last term we learnt how to cook muntjac deer in the Black Barn Farm's woods, with knives to cut the meat and axes for cutting the fire wood to cook the lovely meat that one of the scout leaders provided. We learnt how to cook the venison a different way and developed our cooking skills doing so. We found it tasty and thought of different ways of incorporating it in different meals such as roast dinners, burgers and stew! As well as cooking, we chopped pallet wood in pairs of two working together to complete this job efficiently. This was to fuel our fire in order to cook the deer quickly so we could eat it as soon as possible!*

## The Aviation Museum Ben Sewell & Marley Nye

*When we got to the Aviation Museum we went into the little café and the volunteers gave us a talk about the museum and explained that we could go in the Vulcan bomber or the Nimrod reconnaissance plane, then they gave us freedom to walk around the museum.*

*When we went inside of the Vulcan bomber it had very little space to move around and was made to hold 5 recruits. When we went inside of the Nimrod reconnaissance it was made to hold 4 Flight crew and 25 operating crew.*

*While walking round the museum we were given a few questions to answer which we would find around the museum. When we eventually did the questions we went back in the café, we checked our answers and left.*

## A Note from the Leadership Team

We meet on Thursdays, 18:30 – 20:30, Scouts are 10.5 to 14 years old. Would you like to join us in the future? Feel free to get in touch and join the waiting list.

### Simon Hill – Scout Leader

Al Spaul – Assistant Scout Leader

Trevor Wicks - Section Assistant

Shelly Seaman - Section Assistant

Rose Ottaway – Young Leader

[salhousescouttroupe@gmail.com](mailto:salhousescouttroupe@gmail.com)



## 1st Salhouse Beavers & Cubs

We start with the Cubs' own words. This was advised by mainly Isaac and Harley - well done boys:

*We went to the Air Museum opposite Norwich Airport it was kinda dark and very wet. I sat in a Jaguar cockpit and played with the sticks and controls.*

*I liked the quiz as well, we had to find a man having a biscuit and a cup of tea in the museum.*

*Back at the hall we also made big paper aeroplanes they were huge and went right down the hall.*

*We had a Coin Spiral for the Scout Group to raise money for a Scout Hut to have more capacity for more people to join Scouts.*

*We are excited about going tubing near Christmas to have fun going down hills*

*in tubes.*

*We can't wait for Cub Camp with Crate Stacking and Jacobs Ladder.*

*It's like emperizing so that people will want to join and do Cub Camp.*

The Cubs have also enjoyed making Apple Cakes, Poppy Scenes for Remembrance Day and Tracking and Pioneering in the woods.

The Beavers have had a busy Autumn Term so far with activities of making Apple Crumbles, looking at Scouting and Lord Baden Powell. In the woods they have experienced tracking, backwoods cooking and making stick animals too. The Beavers will be joining the Cubs on a visit to Seething Observatory shortly and the Group Tubing event at the end of the month.

We are still pursuing the idea of having our own hut either in Salhouse or Rackheath and have had a meeting with John from Taylor Wimpey who is very interested in helping us with this huge project but we have to be patient.

Having our own premises would mean we could accommodate more youngsters into the 1st Salhouse Scout Group, with maybe opening a second Cub Pack, Beaver Colony or Scout Troop too. This would also resolve our long waiting lists which we are experiencing at the moment.

If anyone can suggest any suitable land that we could use for a Scout Hut please let me know on 07780 604707, I would really appreciate any suggestions.

If anyone would like to help out at the 1st Salhouse Scout Group, we would be very happy to meet you and I can be contacted on the number quoted above.

Thank you

### **Jackie Rose – Group Contact—1st Salhouse Scout Group**

Any Beaver enquiries to Tracey Hayton - [1stsalhousebeavers@gmx.co.uk](mailto:1stsalhousebeavers@gmx.co.uk)

Cub enquiries and general Scouting enquiries to [jackierose@talktalk.net](mailto:jackierose@talktalk.net)

## **1<sup>st</sup> and 2<sup>nd</sup> Salhouse Brownies**



We had a busy end to our summer term with the Brownies finishing their Explore Skills builder. They looked at traveling around the world and the best modes of transport. They also completed the Geo Cache trail around Coltishall and took part in the Broadland District Council Litter Pick.



We enjoyed an activity evening at Hautbois where 1<sup>st</sup> Salhouse enjoyed Canoeing and climbing and 2<sup>nd</sup> Salhouse took on the challenge of Crate Stacking and Archery.

At the end of June, we had a beach sleepover weekend at Cromer HQ, one of my favourite places to go! We took a visit to the lifeboat station and learnt all about the day to day running of the station and the various type of calls they receive. We spent the afternoon on the beach where the brownies went for a “paddle” up to their knees – it would see some thought their shoulders were their knees!!! We finished the day off with a fish and chip supper and an ice cream.

This term we have been working on the Girl Guiding Anglia RSPB badge and within this we have been working on the gardens at the village hall, learning about life cycle survival and insect invaders as well as finishing the half term with a campfire at Hautbois.

We have just enjoyed a pack holiday at Eaton Vale, our first venture of a joint trip with Brownies and Guides from 1<sup>st</sup> Salhouse Guides, our theme for the week was Alice in Wonderland, they completed crafts along this theme including decorating a cup and saucer fit for a Mad Hatter’s tea party and making a wall clock so as not to be late for a very important date! The weather was very good to us and we went on to Norwich to complete a bingo trail for the guides and a treasure trail for the brownies – solving the clues to reveal “We Are All Mad Here!” The weather continued to hold for our activity day where the brownies completed the Climbing Challenge and Clout Archery and the guides took part in Archery and Go Karting.

Halloween this year fell on our meeting night so we had a Halloween Party where the girls had to bob for apples, find the worms, make edible eyeballs and other party games.

Christmas! Tis’ the season to be jolly and we have lots of Christmas crafts ready to really get the Brownies in the Christmas spirit, including making individual Christmas cakes in a baked bean tin.

They are also looking forward to the upcoming district Christmas disco which will be attended by 100 Rainbows and Brownies.

For our last meeting of the term instead of our usual Christmas party we will be having an escape room where the Brownies will have to solve the puzzles to rescue the reindeers!

We wish you all a very magical Christmas season.

**If you would like to find more out about joining Brownies, then please contact Natalie on 07500 060818 or email [2ndsalthousebrownies@gmail.com](mailto:2ndsalthousebrownies@gmail.com) or you can register your interest at <https://www.girlguiding.org.uk/joinus>**



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## 'At the Heart of your Community'



## Season's Greetings from Salhouse Jubilee Hall

As many of you will have already seen, we are really pleased to report that this summer we completely refurbished the kitchen at the village hall. The kitchen is now fully up to date with new Cooker/Hob, cupboards, flooring, decoration and crockery, the works! The kitchen now reflects the standard of the rest of the hall. Firstly, I would like to thank both the **National Lottery** and **Salhouse United Charities** for the generous donations that funded most of the works. Secondly to the brilliant team at **Building Solutions Norfolk** who carried out the works for us. John and Rachel gave us a discounted price for the works as it was for the village. They also managed to fit us in their busy schedule quickly, working around our bookings, and made the whole project so easy for us. Finally thank you to all the Committee who got stuck in with the project.

Next bit of news is that the **Christmas Fayre** will be taking place on **Saturday 2nd December from 10am to 12noon**. As usual we will have a mix of craft stalls and games, and following positive feedback last year will be spreading the stalls over both halls so there will be more room to move around. Please come and support us as this year more than ever, with ever increasing running costs, we need to raise as much money as possible for the continued upkeep of the hall.

To help raise additional funds for the hall, the Committee will be hosting a **Quiz Night on Friday 9<sup>th</sup> February at 8pm**. We would like to invite you to come and join us on tables of up to 6 people. There will be a raffle on the night, but please bring your own drinks and nibbles. More information and how to book tickets will be available at the Christmas Fayre and we will put posters around the village notice boards nearer the time, but for now please put the date in your diaries.

Our last bit of news is that we are currently working on a website for the village hall, so you will be able keep up to date with all the news at the hall, as well as enquire about bookings. We will share more information when it goes live.

I look forward to seeing as many of you as possible at the Christmas Fayre on the 2nd December

### **Martin Carney**

Chairman – Salhouse Village Hall Committee 07808 097924

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

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

# WROXHAM AND HOVETON LIONS



As we move into November and remembrance, spare a thought for our allies at the time who valiantly fought alongside our servicemen and women. Canadian Servicemen who were Lions and stationed in the UK during the second world war, noticed that a lot of children were going hungry and decided to raise funds. There being no Lions clubs at the time they managed to get the Queen Mother involved through her charity. Since then Lions clubs have been established throughout the UK and have been raising funds and serving local communities.

Did you come along to our *Craft Fair* in Oct? If you couldn't make it not to worry as we're holding another one this month on *Sunday 19<sup>th</sup> Nov from 10am until 3pm in the Hoveton Broadland Youth and Community Centre on Stalham Road.* Christmas will soon be on us and it's an ideal place to find presents. Food and refreshments will be available on the day. Admission and parking is free.

Santa will soon be out and about on his sleigh visiting shops, schools and communities in our local area. Please see our website for a list of dates and locations.

We are currently on the lookout for a part time Manager to look after our charity shop in the Hoveton precinct. This is a paid position and is an ideal opportunity to work with a fantastic team of staff and volunteers raising money for local, national and international charities and good causes. Please visit our website to apply.

We are also actively seeking additional volunteers to work in the charity shop, either mornings or afternoons, so if you have any spare time and feel you would like to help us raise funds to support those less fortunate, email us on [wroxhamandhovetonlionsclub@gmail.com](mailto:wroxhamandhovetonlionsclub@gmail.com) or drop into the shop and talk to a member of staff.

The shop 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 78373**.

You can follow us on Facebook:

<https://www.facebook.com> > wroxhamandhovetonlions

or our website <https://wroxhamandhovetonlions.org>

We look forward to seeing or hearing from you.

**Lion Mick Holden, President**

## AFTERNOON TEA AND MARDLE



Thank you Ladies and Gentlemen for continuing to support The Mardle, without you we wouldn't exist. At our October get together we achieved, including volunteers, a record 41 attendees. It seems tea and cake goes down well on the second Wednesday of the month between 2 and 4 pm.

Our aim is to provide a get together for villagers in a welcoming environment. If you are newly retired or have recently moved to Salhouse, we would love to meet you.

For those of you who don't know what a Mardle is, it is a time to have a chat. When I first moved to Norfolk there was a little hardware shop (what's one of those?) a short walk from me. Inside, in front of the counter, was a wooden chair with a sign saying "**sit you down and mardle**".

Our format is tea/coffee with a slice of cake/sausage roll (thank you Sarah O, Jools A, Jane and Beverly) with the chance to chat, then on to the Quiz (thank you Colin) and finally the Raffle (thank you Doreen W, Margaret and Keith).

See you all on the 2<sup>nd</sup> Wednesday, **Colin, Doreen Julie and Jools**

### **WINTER 2023-24 DATES:**

November 8th

December 13th (Christmas Party!!)

January 10th

February 14th

**For further information please contact:**

**Julie on 720049 or Doreen on 721229**

## Salhouse & District Gardening Club



We have now returned to our programme of speakers, having enjoyed our summer visits to gardens in June, July and August. In September Dr Ian Bedford gave us an insight into the control of bugs and in October we were able to see how Liz Fiddy had developed her interest in flower photography to new levels.

The rest of this year's programme is below.

We are now working on the programme for April 2024 / March 2025. If any members have ideas on particular topics that they would like us to consider or local gardens that could be interesting for our evening visits, we would love to hear from you: please speak to any member of the committee.

A reminder that on December 19<sup>th</sup> we will be having our members' Christmas social evening, starting at 7.30pm (Woodbastwick Village Hall). Please bring along a plate of sweet or savory snacks as usual. The club will provide all the liquid refreshment (including mulled wine). We will be having a 'secret Santa sack' for those who wish to join in (maximum spend £5 please) and there will be the usual quiz and raffle.

The rest of the programme for the current club year is:

- November 21<sup>st</sup> Botanical Gardens. (Jim Paine from Walnut Tree Nursery)
- December 19<sup>th</sup> Christmas social evening
- January 16<sup>th</sup> Small Trees and Shrubs. (Andrew Turff)
- February 20<sup>th</sup> Flowers of Norfolk. (Simon Harrup)
- March 19<sup>th</sup> Sissinghurst – more than a white garden. (Andrew Sankey)

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

**Nick Taylor - Chairman**



## Pat Gallanders 1946—2023



Patricia Ann Gallanders was born in Jerusalem in July 1946, where her father was serving in the Palestine Police and her mother was a teacher. Both her parents were born in Neath, South Wales. In 1948 the family moved to Kenya where her dad was in the Colonial Service. Pat attended Kenya Girls High School in Nairobi.

Pat moved to England in 1963 as a boarder at Sherborne School for Girls in Dorset to study for her A levels. In 1965 she joined the RAF as an officer. During her long career, her posts included : Aircraft Controller; Station Commander at Portreath Cornwall; Falklands Senior Executive; Commander of a Specialist Training School; Briefing Officer Senior Management in Public Relations.

She served for 30 years, rising to the rank of Wing Commander. At one time in her career she was the most senior woman on active service in the RAF.

Her final posting before retirement was to RAF Neatishead, which brought her to live in Salhouse, with her parents, in 1994. On retirement she became Deputy Director of Appeals at the RAF Benevolent Fund.

Having moved to Salhouse, Pat became involved in numerous village activities and became a member of the Parish Council, where she put her admirable admin skills to good use. She coordinated the compilation of the 'Parish Plan' in 2008, which helped bring about a number of improvements to the village. She founded 'Team Salhouse' and the 'Afternoon Tea and Mardle', both of which continue to this day.

After both her parents had passed away, Pat moved to Pembrokeshire, South Wales in 2015, a place held dear in her heart.

She was passionate about animals, including her cats and particularly her beloved English border collie rescue dogs. She was also a generous supporter of many charities particularly animal and mental health charities.

Pat was a unique personality who had strong opinions that she wasn't afraid to share. She lead from the front; to many, she was a force to be reckoned with.

Pat died at home in Pembrokeshire in September, after a long illness. According to her wishes, she returned to Salhouse and was buried alongside her parents in the churchyard at All Saints' Church on October 16th 2023.

No one who knew Pat could forget her easily, she always made an impression and perhaps that is her greatest legacy.

Adapted from the Eulogy by Malcolm Gallanders

## Are Green Shoots appearing in Autumn?



As we creep out of Autumn and head into Winter, the clocks have gone back, the days shorten, and the nights draw in and we would normally expect the market to start to slow down in the run up to Christmas.

Over the last 12 months, we have been barraged by a series of interest rate changes, casting enormous uncertainty onto the marketplace, and worrying first time buyers, investors, and in fact all home movers that mortgages will spiral out of control!

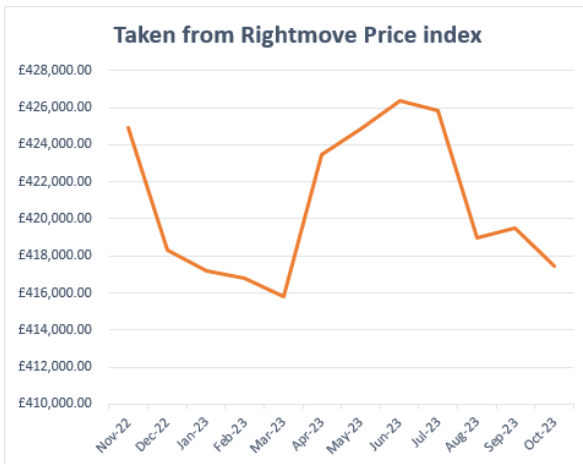
The decision on Thursday 2<sup>nd</sup> of November by the Bank of England to keep rates as they were for a 2<sup>nd</sup> successive rate decision is a very positive one, given prior to those two decisions we had seen 14 consecutive rate increases since November 2021.

I think the good news we have now to cling to, is that some mortgage deals are actually starting to look better again and that we may even be entering the period of consolidation. I for one would be delighted to see interest rates stabilise still further and at some point, in the future be reduced.

Since the whole interest rate changes started, we have seen house prices drop by between 5% and 10%, depending on how realistic that price was to start with.

If you have been watching the property market you will have noticed a serious uptick in price reductions and also a slowdown in new stock, as vendors and purchasers struggle to find true market value again.

Don't get me wrong, this all sounds like an enormous amount of doom and gloom, but properties are still actually selling. We've had a few properties lately where we have multiple bids and have had to resort to best and final offers which is always a sign that there is good activity out there in certain sectors of the market.



**CHANGING HOUSE PRICES ACROSS THE REGION**

The key to selling your home this quarter is sensible pricing and making sure you get the right purchaser.

The figures above are taken from the Rightmove price index which is produced each month and shows an average house price for the East Anglia region. This does include the Cambridge area which unfortunately increases our average house price somewhat, but for the purpose of this exercise, it does show you how prices have reacted to market conditions over the last 12 months.

I think the main takeaway on this graph is that prices have over the last 12 months dropped by at least 5%, depending upon how realistic the initial asking price of a property was when the interest rate changes started.

In the bigger picture of things, a 5% drop is really not that bad, as during the “Covid years” we were seeing 10% per year price increases which were completely unsustainable.

Ideally, we would like these figures to return to a 3 - 4% increase per year which will offer far more stability and consistency with pricing and lending. If you would like to dive deeper into price analysis, the full reports are available on the Rightmove website.

It is difficult to predict what will happen to the property market in the future. However, if interest rates stay level going forward this means that we may well see a brighter outlook and more stability for mortgage lending. This could mean that the market will have “turned a corner” and green shoots will start appearing and a brighter property market beckoning albeit some months ahead yet.

However, it is important to note that the property market is cyclical. This means that periods of boom are often followed by periods of decline such as we have seen over the past few months. Although generationally we have seen property values climb over the years despite these peaks and troughs.

Therefore, it is highly likely that with better mortgage deals and with further confirmation that rates have stabilised hopefully then the property market will start to show those signs of a further recovery through next year.

### **Any Questions**

If you would like to discuss with us how your property price has changed, then please do reach out.

If you have any questions on this article or have questions or queries relating to a property that you would like help with, whether you are buying or selling then please do not hesitate to contact us on 01603 432000.

### **About Us**

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 home.

We also have several online video tips and guides for various aspects of selling or buying a property which have proved useful to the first-time buyer or indeed the seasoned buyer or seller.

**Paul Sullivan**

**Morton Reeves Estate Agents**





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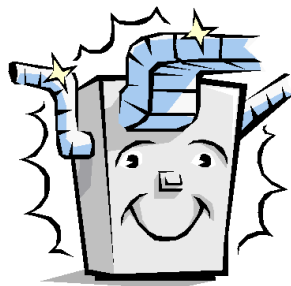
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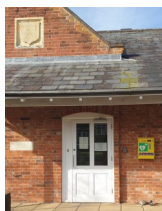


East of England Ambulance Service **NHS**  
NHS Trust

## **EMERGENCY DEFIBRILLATOR (AED) INSTRUCTIONS FOR USE**

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

1. Call **999** and ask for the Ambulance Service
2. Tell the Operator the telephone number from where you are calling, and they will tell you the location of the nearest Cabinet, as follows:



Jubilee Hall, Lower  
Street Salhouse  
NR13 6RE



The Green,  
Lower Street,  
Salhouse  
NR13 6RY



Station Road  
Salhouse  
NR13 6NX



The Recreation Ground  
Thieves Lane, Salhouse  
NR13 6RQ

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.

### **REMEMBER – Think SAFETY**

Before pushing the button, make sure everyone is clear and shout:

**“STAND CLEAR - SHOCKING”**

## Speedwatch Seeks Volunteers



Norfolk Police aim to reduce accidents and deaths on our roads and in doing so, in conjunction with the Safety Camera Partnership, have empowered Community Speedwatch. This service enables villages to conduct formalised monitoring of vehicle speeds to maintain road safety.

Salhouse has participated in this service since 2008 by conducting observations at approved locations within the parish. This is based on a group of trained volunteers observing traffic at random times to monitor traffic speeds and record those over prescribed limits.

With this service we hope to keep our village roads a safer place for all.

To achieve an effective service we need additional volunteers and would ask that if you can spare an hour or so per month to assist please contact

**Malcolm Prestwood on 01603 721110 or Steve Piper on 01603 720993**

### KEV'S BRAINBUSTER QUIZ – ANSWERS

#### General Knowledge

- 1 Louis XIV (fourteenth)
- 2 Red
- 3 J + K
- 4 South Africa
- 5 Eight

#### Music

- 1 Sister Sledge
- 2 Patsy Cline
- 3 Duran Duran
- 4 Sam and Dave
- 5 Katy Perry

#### 3's a Crowd

- 1 Tom, Dick and Harry.
- 2 63
- 3 Leicester City, Leeds United and Southampton.
- 4 Leicester Square, Piccadilly and Coventry Street.
- 5 Mercury, Mars and Venus.

#### Capital Cities

- 1 Wellington
- 2 Ottawa
- 3 Brazilia
- 4 Canberra
- 5 Kingston

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## **NEED HELP? Useful Contacts List:**

**Broadland District Council Help Hub** - for help with obtaining basic essentials, money worries, isolation or loneliness, relationships, domestic issues - 01603 430431 also [helphub@southnorfolkandbroadland.gov.uk](mailto:helphub@southnorfolkandbroadland.gov.uk)

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

**Business Support** - to access business support and funding - 01603 980441 or [business@southnorfolkandbroadland.gov.uk](mailto:business@southnorfolkandbroadland.gov.uk)

**Carers Matters Norfolk** - <https://carersmatternorfolk.org.uk> - 0800 083 1148 (Mon-Fri 9am to 5pm). 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](mailto:advice@ageuknorfolk.org.uk) . See website: [ageuk.org.uk/norfolk](http://ageuk.org.uk/norfolk)

**Samaritans** - there for you, whatever you're going through. 24hrs a day, 365 days a year. Call free on 116 123, text SHOUT to 85258 or email [jo@samaritans.org](mailto: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](mailto: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 [in-fo@mind.org.uk](mailto:in-fo@mind.org.uk) . Calls charged at local rates. 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. Call 0300 304 7000 4pm to 10pm, 365 days a year. See [sane.org.uk](http://sane.org.uk) for Support Forum and online non-urgent contact form.

**BEAT** eating disorders (Norwich-based) — see [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk) and search local support - helpline: 0808 801 0677. Email [help@beateatingdisorders.org.uk](mailto:help@beateatingdisorders.org.uk)

**BullyingUK** - support against bullying for children and adults - Freephone 0300 323 0169 / telephone 0845 225 5787 or [nationalbullyinghelp-line.co.uk](http://nationalbullyinghelp-line.co.uk)

**Switchboard LGBT+ Helpline** - 0800 0119 100 - 10:00 - 22:00 every day or email [hello@switchboard.lgbt](mailto:hello@switchboard.lgbt) (reply within 5 days). Webchat available daytimes.

**The Bridge Plus+** - support for black and minority ethnic (BME) communities in Norfolk and those who have English as an additional language - 01603 617076 / text 07933 765 862 Facebook: thebridgeplus

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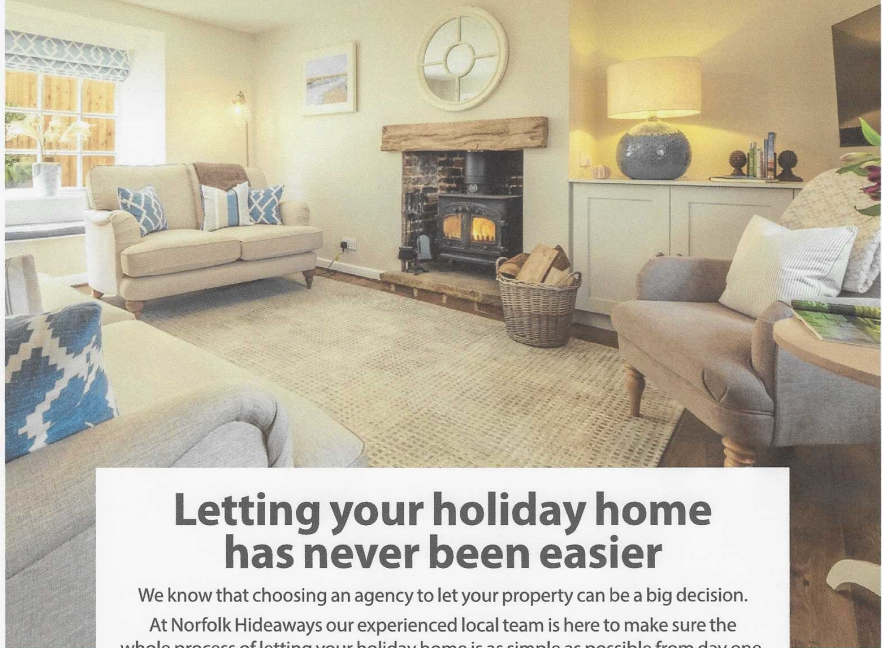
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