

The Salhouse Saga



Village Magazine and Newsletter



Winter 2024

Issue 123



Chimney Sweep

07747 021862

North Norfolk

dashingsweep@gmail.com



Front Cover: The Aurora Borealis seen over Salhouse Church, October 2024

Photo: Richard Bendy

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Salhouse Saga

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www.salhousepc.info/services&amenities

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ADVERTISERS, BECAUSE THEY
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If you would like to advertise your business in the magazine please contact

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Next Edition of the SAGA

An early reminder that the next edition of the Salhouse Saga will be Issue 124, Spring 2025.
Copy deadline Friday February 28th

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



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

1stsalhousebrownies

@gmail.com

Brownies (2nd Salhouse)

Tuesday 3.45—5.15pm

Contact: - Natalie Archer:

01603 927166

2ndsahousebrownies

@gmail.com

Rainbows

Tuesday 5.30-6.30pm

salhouserainbows1@gmail.com

Cubs and Beavers

Cubs -

Wednesday 6.00 - 7.30pm

Beavers -

Wednesday 4.45 - 5.45pm

Contact: Jackie Rose:

01603 712520

jackierose@talktalk.net

Scouts

Thursday 7.00 — 9.00pm

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

Salhouse and District 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

Pilates

Fridays 9—10am

Jo Buckley

07554 780591

Zumba Gold

Every Thursday at 10am

Sarah Chow

07717 723713



Hoveton & Wroxham Medical Centre

01603 782155

Out of Hours—111

All Saints Church

Rector:

Revd Darleen Plattin

The Rectory,

56 Green Lane West,

Rackheath NR13 6PG

01603 720966

darleenplattin@btinternet.com

Church Warden:

James Watts

07814 292579

payne2174@yahoo.co.uk

Salhouse VC Primary School

01603 720402

office@salhouse.norfolk.sch.uk

Friends of Salhouse School (FOSS)

Contact: Jodie Wardle /

Jenny Cushing:

07709317186

foss2019@yahoo.com

Salhouse Broad

Ranger: Kelly Banthorpe:

01603 722775

theranger@

salhousebroad.org.uk

Jubilee Hall (Management)

Martin Carney:

07808 097924

Salhouse United Charities

Pauline Garner (Secretary)

01603 721201



Parish Council

Parish Clerk
Sarah Martin

Tel: 07761 480102
clerk.salhousepc@gmail.com
website:www.salhousepc.info

District Councillors

Martin Murrell:

07958 393059
cllr.martin.murrell@
southnorfolkandbroadland.gov.uk

Fran Whymark:

07907163123
cllr.fran.whymark@broadland.gov.uk

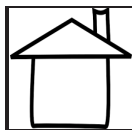
County Councillor

Fran Whymark:

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

Mobile Post Office

Jubilee Hall Car Park



**VILLAGE
SERVICES**

Wednesdays 12.30—1.30pm

Mobile Library

*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

Doctors Surgery

The Surgery at the Village Hall
has been suspended indefinitely.



POLICE

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

Ring **Freephone**
0800 111 999

WATER OR SEWAGE

Call Anglia Water on
08457 145 145

FLOOD REPORTING

www.Norfolk.gov.uk/
safety/floods/report-a-
flood

ELECTRICITY

Call 24 hours a day on
105 or 0800 31 63 105



Recreation Ground,
Thieves Lane, Salhouse

Contact: - CHAIRMAN

Ethan Simpson:
07939595247



(At Jubilee Hall
unless stated)

Christmas Fayre

Saturday 30th
November 2 till 5pm

Christmas Quiz

14th December at
7.00pm

Quiz Night

14th March 2025

JUBILEE HALL BOOKINGS

Contact : Pat Barnes

01603 720466

Bookings taken

Mon - Fri: 9am - 6pm

Sat: 9am - 12noon

**DATES, TIMES AND
CONTACT DETAILS ARE
CORRECT TO THE BEST
OF OUR KNOWLEDGE.**

**PLEASE DO NOT
ATTEND ANY EVENT
LISTED WITHOUT
CHECKING WITH THE
ORGANISER**

**ANY CHANGES PLEASE
INFORM THE EDITOR SO
THAT INFORMATION
CAN BE UPDATED**

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 Editor

Dear Readers,

Something in the air? In October we had two or three nights when the Northern Lights, or Aurora Borealis, could be clearly and spectacularly seen in our relatively southern latitude. Lots of people were out late at night with their cameras trying to capture the phenomenon, and many were successful. Thanks very much to Richard Bendy for supplying the image on this issue's front cover, and yes, it was actually taken in Salhouse.

Also in October, we witnessed a sonic boom late one morning. It shook doors and windows in our house, and in fact over a wide area of East Anglia. Going outside and looking for the culprit was pointless, so I logged on to 'flightradar24.com', and sure enough, there was an RAF Typhoon from Coningsby heading SE over Norwich at high speed. On the same screen could be seen an Air India passenger jet, supposedly heading for Heathrow, but for some reason flying in concentric circles over the eastern Norfolk Broads. The connection between these two was not immediately obvious, but it turned out in news reports later there had been a bomb scare on board the airliner and the fighters had been sent out to rapidly intercept it. Why was it instructed to circle over Norfolk? Probably because they thought nobody lives here.

Here in Salhouse, we sometimes get the impression our skies are really busy, with the regular helicopter traffic and planes passing over low on the approach to Norwich airport. We also have the RAF Airbus Atlas transport planes that can be seen some mornings practicing their landing approach at Norwich, presumably before heading back to Brize Norton in time for lunch. But check on the radar any other time and you will see that in reality Norfolk and Suffolk are very quiet in terms of air traffic, compared to the area around Stansted for example, not that far away. We are really very lucky.

I hope you enjoy this Winter 2024 edition of the Salhouse Saga.

Colin McCormick Editor

KEV'S BRAIN BUSTER—THE SAGA QUIZ



Round 1 Recent news ;---

- 1 In which US state was the assassination attempt on Donald Trump?
- 2 Who was awarded the Ballon D'or for best male footballer for the '23/'24 season?
- 3 Name the new conservative party leader .
- 4 Which politician's memoir is called 'Unleashed '
- 5 Former pop star Liam Payne tragically died in which country .

Round 2 Can you name the largest type of each animal ;---

- 1 Reptile
- 2 Lizard
- 3 Raptor
- 4 Insect
- 5 Rodent

Round 3 Body talk ;---

- 1 On average how many litres of blood are in the human body?
- 2 Insulin is produced in which organ?
- 3 Approx' total of taste buds on the tongue?
- 4 What is the largest internal organ?
- 5 According to the BMA what is the most commonly broken bone?

Round 4 General Knowledge ;---

- 1 What type of building connects the Tower of London , Windsor Castle and Holyroodhouse?
- 2 Phasmophobia is the fear of what imaginary being ?
- 3 Identify the two oldest living marine mammals,.... initials are B W and G S
- 4 Which planet in our solar system has the most moons?
- 5 What is the collective noun for both Leopards and Salmon?

Answers on Page 77

From The Parish Council

Another month passes by, and winter will soon be with us, the clocks have gone back so the darker evenings are here.

Now is a good time for drivers and cyclists to check their lights, being seen is vital, especially in the twilight and dark.

Salhouse Parish Council welcomes **Gemma Hampton** onto the Parish Council. Gemma has strong family ties to the village. We look forward to working with her.



Sadly, we received Lynn Yallop's resignation from the PC. We would like to thank Lynn for her commitment, help and guidance and being part of the GT16 working group while she served as a Parish Councillor.

The PC has 11 seats, of which 9 are filled, which leaves 2 vacancies – so 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

At the October Parish Council meeting it was reported that livestock in Salhouse had been attacked by dogs, sadly one ram had to be destroyed, and another was badly injured. This is both upsetting and costly for the owner.

Please remember your **responsibilities as a dog owner**; Norfolk County Council, which manages the public rights of way, gives the following guidance:

- *You may take your dog with you on a public right of way, provided that it is kept on a lead or is otherwise under close control and remains on the Public Right of Way.*
- *It is an offence to have a dog off a lead or not under close control in a field in which there are sheep. A landowner may shoot a dog that is out of control and attacking livestock.*
- *If a dog injures a person, animal or property, the owner or person in charge of the dog may be liable for damages.*
- *Should your dog foul a path, please clean up after it, using dog bins if provided. It is an offence to allow your dog to foul a footpath and you may face a fine if you let them do so.*

Please keep dogs under close control and on paths at all times. If they are not trained to recall, they should be on a lead. Do not let them run free where there are livestock or horses, or across crops. If you want to let your dog run off a lead there is now a dog park on Honeycombe Road. It is fully fenced in and a perfect opportunity to let your dog run safely off the lead.

Salhouse, Rackheath and Wroxham Parish Councils recently met with Taylor Wimpey to be advised of the latest **GT16 North Rackheath /Salhouse development** update.

A public consultation closed at the end of October and as a PC we have sent in comments and concerns and wait to hear the next steps.

On 4th October we received a representative from **Community Heartbeat** at Jubilee Hall. As we have four defibrillators in the village, at the triangle on Lower Street, at the Pavillion on Thieves Lane, outside Jubilee Hall and on Station Road, we invited Community Heartbeat to give a talk and demonstration on their usage.

Dot, the representative, was very informative with an easy going manner, but gave a detailed and knowledgeable talk and at the end answered any questions that arose. We like to think anyone who attended came away reassured of what to do, should the need arise.

If you would be interested in attending a future defibrillator awareness session please contact the Clerk and when we have enough interest we will look to arrange a session.

The PC is pleased to support the Jubilee Hall in its **Christmas Fayre and Light Switch-On** event being held on 30th November 2024 – another lovely opportunity for the Parish to come together.

Remembrance Day is upon us once more and it is an honour and a privilege to lay a poppy wreath on behalf of the village to those who gave the ultimate sacrifice. Our photo shows one of the “There But Not There” silhouettes, which were paid for by individual parishioners and are installed in the church every year to remind us of the 19 WW1 casualties from Salhouse who are represented on our War Memorial.



Robert

Robert Cooper

Chair of Salhouse Parish Council

Salhouse Parish Council

Chair: Robert Cooper

Vice Chair: David Francomb

Councillors: Nick Ball

Andrew Peachment

John Leathers

Wendy Browne

Julie Redburn

Gemma Hampton

Gary Browne

(two vacancies)

Tree Steward: James Cleaver

Tree Adviser: Ian Flatters

All correspondence should be addressed to the Clerk: -

Parish Clerk & Responsible Financial Officer:

Mrs Sarah Martin

Phone: **07761 480102**

Email: **clerk.salhousepc@gmail.com**

For more information, go to our Website: **www.salhousepc.info**

Local Councils' 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 Broads Authority if applicable).

Broadland District Council is responsible for:

Council Tax collection

Housing

Economic development

Leisure facilities

Street cleaning

Refuse collection

Environmental Health

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** including flooding and potholes:

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

Flooding Hotline call 0344 800 8013

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

<https://www.anglianwater.co.uk>

telephone: 0345 7145 145

If people or property are in immediate danger from floodwater

Call 999 Immediately



Salhouse Parish Council Meetings Winter 2024/25

Monday 11th November

Monday 9th December

Monday 13th January

Monday 10th February

Monday 10th March

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

Village Website: due to the retirement of the Webmaster and the software being no longer supported, the 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.

Current village information is available on: www.salhousepc.info

PC 855 Al Jennings

Beat Manager—Thorpe St.Andrew

Email: SNTHorpeStAndrew@norfolk.police.uk

Phone: 101—ext.6724

Twitter: @BroadlandPolice



NORFOLK
CONSTABULARY
Our Priority is You



Norfolk County Council

**Could you do with a HELPING HAND
with unexpected bills this winter?**

**If you are finding it difficult
to make ends meet, help could be close at hand.**

Could this be you or someone you know?

**Funds are available to assist those
in genuine need from
Salhouse United Charities.**

**The one condition is that the recipients
must live within Salhouse village.**

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

All requests will be treated in the strictest confidence.



SALHOUSE
UNITED CHARITIES

County and District Councillors' Report

Fran Whymark and Martin Murrell

One of the main policies from the new government is building 1.5 million new homes over the next 5 years. This is a heady aspiration for any government, directly impacting Broadland District Council. To do this there will be a need to make significant changes to the National Planning Policy Framework (NPPF) and the planning system generally. In the Greater Norwich area (Broadland, Norwich and South Norfolk) this would mean building over 700 extra houses per year. To achieve this there will be a greater presumption in favour of development. Something that could see mandatory targets forced upon local authorities and the distinct possibility of a 'new town' in Norfolk.

The English Devolution Bill is making its way through Parliament. The Norfolk Devolution Deal (and Suffolk Deal) has been halted by the new Labour Government. This Bill will make devolution the default setting, so what this will mean for Norfolk we cannot be sure. Perhaps Norfolk and Suffolk will be pushed into a Mayoral Combined Authority? Currently we have no clear indication of what any new deal will look like, or when.

The One Million Trees for Norfolk subsidised tree scheme is now open for individuals, parish councils, community groups, businesses, schools and landowners to apply for tree packs at up to 50% off. These can be packs for hedgerows, small and large trees, including Norfolk Oaks. Search 'trees' on the NCC website and go to '1 Million Trees for Norfolk'. Currently nearly 500k have been planted across Norfolk and the aim is for 150k per year and 600k or more by March 2025.

As of 18th November there will be a booking system at Norfolk recycling centres. The aim is that traders and residents will experience a better service, with less congestion and staff available to help customers needing assistance. Bookings for 15 minute slots can be made from 11th November for visits up to seven days ahead, online via the NCC website or by phoning the customer service centre. Slots can be cancelled or changed at any time, right up to the time of the booking.

NCC have awarded new Park and Ride contracts, starting in 2025 for up to eight years. Meaning more buses, including services on a Sunday. Sprowston is being opened to local buses and will be used as a transport hub, seeing additional services using this hub. This will include the Pink

Line, running between Hoveton and Hethersett, via the Norfolk and Norwich Hospital.

We are pleased to tell you that the Rackheath Medical Centre is now in the process of being built. The GPs and medical team will be provided by the Hoveton and Wroxham Medical Practice when it opens in the summer of 2025. We are also working on getting a pharmacy, dentist and optician services nearby.

Last, we wanted to make you all aware of a scam regarding registering with a 'new' dentist. Many of us have had trouble getting an NHS dentist. Recently people have been contacted and asked to pay £20 to register at a new dentist, which many have done. The 'dentist' turned out to be an empty shop on the Reepham Rd, Hellesdon. You will never be asked to pay to register with an NHS dentist.

At Broadland District Council the Help Hub is always there to help anyone needing extra support. Getting help early can stop things reaching crisis point. For more information go to: www.southnorfolkandbroadland.gov.uk/help-hub , email: helphub@southnorfolkandbroadland.gov.uk or call: 01603 430431. Lines are open from 8.15am until 10pm Monday to Friday (excluding bank holidays).

Whatever your belief, may we wish you well this Christmas and New Year.

Take care of yourselves and each other.

Martin Murrell

Broadland District Councillor for the Wroxham Ward

Email: 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

Tel: 07907163123

County Councillor for the Wroxham Division

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



Cllr Fran Whymark



@CllrFran



**SALHOUSE COMMUNITY EVENTS
TEAM INVITES YOU TO**

SALHOUSE CHRISTMAS QUIZ

**£5 PER PERSON
TEAMS OF UP TO 6
CASH PRIZE**



14 DECEMBER 2024

**7.30 PM (DOORS OPEN 7PM)
JUBILEE HALL, LOWER STREET, SALHOUSE**



**TICKETS MUST BE PURCHASED IN ADVANCE FROM
SALHOUSECOMMUNITYEVENTS@GMAIL.COM**

**IF YOU DON'T HAVE A FULL TEAM, WE ARE HAPPY TO
HELP MATCH YOU WITH SOME FELLOW QUIZZERS!**

From the Churchwarden

The churchyard is now looking wonderfully tidy and well managed, thanks to a great initial start made by a small working party of villagers (thank you!) and recently thanks to the amazing effort of Community Payback volunteers, who were really keen to make a positive difference. They were given a warm welcome, teas, coffees and biscuits and a short talk about the church and churchyard on the first day to better understand why their contribution was so important and appreciated. Going forwards, we look forward to working with them regularly, with full churchyard cuts every August and October. This is after our rare wildflowers have been and gone, although the churchyard will be managed with a view to ensuring ongoing ease of access with cut pathways.



On Remembrance Sunday, along with wreathes on the War Memorial, a new Remembrance Poppy was placed in front of the headstone of Ernest Fox, our only Commonwealth War Grave. Many of you may have seen the sign by the lychgate, but wondered where, or who, it was. Ernest died at Aldershot barracks in October 1918 of the Spanish flu, the global pandemic of its day. This was a few short weeks before the Armistice.

James Watts, Churchwarden, All Saints'

Sara 'Ski' Cator

Sara 'Ski' Cator of Broad Farm, Salhouse passed away on 5th August 2024 at the age of 70 years. A private funeral took place at Woodbastwick Church and a



Service of Thanksgiving was held at Norwich Cathedral on 20th September, attended by more than 500 people.

Born Sara Keeling (hence 'Ski') in Chelsea, London, on 5th July 1954, she was daughter to her now elderly mother Biddy (sadly too frail to travel), sister to PJ (Patrick, her younger brother), wife to her darling Henry, loving mother to Nog (Henrietta), Brini (Sabrina) and Tom, mother-in-law to Will and granny/Gugu to Arthur and Charlotte.

Ski had a heart of gold and was a quite remarkable woman – her energy, strength of character, warmth, friendship, integrity, common-sense, practicality and all with that wickedly dry sense of humour and fun, shone through in everything she did.

Ski was educated at Woldingham School in Surrey and in Italy, and trained as a Montessori teacher. She married Henry Cator on 6th February 1982. They started their married life at Dyes Farm where Nog was born. They moved to Hill Farm, Salhouse in 1985. Charlotte was born October that year but sadly died of a cot death in March 1986. Brini came along in January 1987 and Tom in October 1989. In August 1992 they all moved to Broad Farm, Salhouse, an idyllic childhood home for the young family.

Her loyal and total support of Henry in all his various endeavours was an example to us all. She was the ultimate home-maker, whether for herself or others. She created such a warm and loving home for Henry and her three bears of whom she was so fiercely loving, supportive and protective. Her grandchildren described their Gugu in a few words – beautiful, brave, loving, kind, wonderful and Gugu-ish – what better descriptors could anyone wish for?

Ski was a Magistrate for 38 years --a remarkable record of public service. She took the Judicial Oath in 1986. That was a time when male magistrates still well outnumbered women. One of the men on the interview panel asked Ski: "If we appoint you, how do we know you won't go and get yourself pregnant !"

"Oh you don't need to worry about that," Ski gaily replied. "I already am !"



She was appointed a Chair in the Adult Court. A similar role followed in the Youth Court; and a little later still Ski became Deputy Chair of the Youth Panel itself. That was a role especially close to Ski's heart. She believed that if you were lucky, your decisions might just help some young offenders into calmer waters.

It wasn't all plain sailing though. In one case Ski dealt quite severely with a young man for several offences. He retaliated by saying, "You're just an old ****." Ski's response defused the situation and also entered local magistrates' folk law. She immediately shot back: "Now look here young man that was unpleasant, if you don't mind not so much of the old."

Her work as a magistrate made good use of her skills: energy, compassion, organisation and humour. In 2011 she was elected Chair of the 350 strong Norwich Bench in what was a milestone year, for she was the very last person to hold that position; after 500 years, the Bench in its various guises was soon to disappear into a new County-wide Bench.

Closer to home, she served as a School Governor at Salhouse School for a number of years.

In whatever Ski did, starting at home, she was always not only terrifyingly organised, she was never afraid to face up to difficult situations, being the first to call a spade a spade and had the best moral compass.

Thanks to Henry Cator for providing transcripts of the eulogies read at the Memorial Service to be reproduced here.

Salhouse CEVC Primary School



Across the school, there has been a real buzz of learning this term as the children strive to "soar on wings" (Isaiah 40:31).

In Fledglings, our youngest learners have created their own family trees as part of the topic 'all about me'.

In Coots class, pupils have been using a range of resources to explore number bonds to ten as part of their learning in maths.

In Bitterns class, the children have enjoyed using different sketching techniques to create a range of textures in observational drawings.

In Kingfishers class, pupils have taken ownership of their space to develop an area for reading for pleasure.

In Grebes class, the group have investigated how the lives of children have changed over time - stretching as far back as 15,000 years ago!

In Herons class, students have been learning about the lives of Viking citizens and even created their own Viking Sagas; which they performed in front of their peers.

We are proud of the achievements of all of our pupils and the passion that they inspire in all those fortunate enough to work with them.

Will Emmens - Head of School

Salhouse Primary School

Cheyney Avenue | Salhouse | Norwich | NR13 6RJ | 01603 720402

office@salhouse.norfolk.sch.uk

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Health Matters – **Autumn/Winter 2024**

A regular update from

Hoveton & Wroxham Medical Centre



NHS Health Checks

We welcome all of our eligible patients to consider having an NHS health check. If you have previously been invited but did not take up the offer, it is not too late. Please contact the surgery and ask for a health check appointment.

What is an NHS Health Check?

The NHS Health Check is a free check-up of your overall health. It can tell you whether you're at higher risk of getting certain health problems, such as:

heart disease

diabetes

kidney disease

stroke

During the check-up you'll discuss how to reduce your risk of these conditions.

If you're aged over 65, you'll also be told about symptoms of dementia to look out for.

Who is the NHS Health Check for?

The check is for people who are aged 40 to 74 who do not have any of the following pre-existing conditions:

- heart disease
- chronic kidney disease
- diabetes
- high blood pressure (hypertension)
- atrial fibrillation
- transient ischaemic attack
- inherited high cholesterol (familial hypercholesterolemia)
- heart failure
- peripheral arterial disease
- stroke
- currently being prescribed statins to lower cholesterol
- previous checks have found that you have a 20% or higher risk of getting cardiovascular disease over the next 10 years

You should have regular check-ups if you have one of these conditions. Your care team will be able to give you more information about this.

Bringing unused drugs back to dispensary for safe disposal

Our patient participation group and our Dispensary lead Charlotte Watlow is running a campaign to help people to dispose of the medications they may have at home that they know they will not use.

This very successful campaign has featured in the Eastern Daily Press and on Radio Norfolk.

Many people have found it very helpful to have a place to bring unused drugs. There is a silver bin in the entrance to the surgery. Please do not leave any drug packs in the boat. The boat is being used to help to remind people to bring in their unused drugs.

The drugs cannot be used by the practice as they have been dispensed already but the dispensary team can help you to dispose of the drugs (tablets, liquid, injectables, gels and creams) safely and in an environmentally friendly way. Please do not put unwanted medication down the sink or the toilet as this not only affects us humans, but also affects our wildlife.

The Patient Participation Group

We have an active Patient Participation Group (PPG) to whom we are very grateful .

The group has been very helpful in organising:-

Health and Wellbeing events,

Marshalling at Flu /Covid clinics

And recently coming up with a “medication amnesty” helping patients to return unwanted drugs.

The PPG is currently looking to form a virtual group. All patients and carers at the practice are eligible to join. The group will be sent items of interest by email or text for comment. The virtual group may also be asked from time to time to help at events.

If you are interested please email ppg.hwmc@nhs.net.
(or Chair carolhastwell@icloud.com)

Exciting new ways to access what you require from the practice

The New Practice Website: If you have not noticed we have a new website. If you google Hoveton and Wroxham Medical Practice you will find the new website. The site is very user friendly and allows you to order your repeat medications and also to request an appointment or request other things that you may need such as a fit note or a certificate. If you use this way to contact the

practice, it is quick and easy for you and saves you waiting on the telephone. It is dealt with quickly by our great team of care coordinators.

The NHS app

The NHS app can be downloaded on your phone.

What you can do with the NHS App

- order repeat prescriptions and nominate a pharmacy where you would like to collect them
- book and manage appointments
- view your GP health record to see information like your allergies and medicines (if your GP has given you access to your detailed medical record, you can also see information like test results)
- book and manage COVID-19 vaccinations
- register your organ donation decision
- choose how the NHS uses your data
- view your NHS number ([find out what your NHS number is](#))
- use NHS 111 online to answer questions and get instant advice or medical help near you

Before proving who you are, you can use the NHS App to:

- search trusted NHS information and advice on hundreds of conditions and treatments
- find NHS services near you

Please note that you may have items on repeat that do not appear on your app. This may be due to a review needing to take place by our clinical team to allow more issues, it has been issued recently or it is simply out of sync with the remainder of your items. Please use the additional comments box at the bottom of the form when ordering your medication, to request the item(s) that do not appear or any acute medication that you may need.

New telephone system

We have had a new telephone upgrade. What this means for you is that at busy times of the week if you cannot use the website or NHS app but you have been informed by the telephone message that there is a queue you can now request a call back. This is proving popular but please do try to remain in mobile phone range whilst you wait for the call back and ensure your ringer is set to on so that you do not miss the call.

Heather Leishman, Practice Manager

email: heather.leishman@nhs.net



From the Rectory

Dear Friends,

I was reading some children's letters to Santa, and there were a couple that struck me. One of them said, "Dear Santa, You didn't bring me anything good last year. In fact, you didn't bring me anything good the year before that either. This is your last chance. (Signed) Albert." I really liked this one, it said, "Dear Santa, There are three little boys who live at our house. There's Jeffrey, who's two, and David, who's four, and there's Norman, who's seven. Jeffrey is good some of the time, David is good most of the time, and Norman is good all of the time. I am Norman.'

The good thing about the gift we receive at Christmas is that it is a gift for those of us who are like Norman's brothers.

Finish this phrase – 'For me, Christmas wouldn't be Christmas without...?'

It's true isn't it that for most of us, if not for all of us, there are certain things that have to happen, or certain things we have to have, without which, Christmas just wouldn't be Christmas. Maybe it's going to a church service and listening to that old familiar story, a story that is so comfortable, and so familiar that it fits like a pair of our favourite slippers. Or perhaps it's the Christmas tree, or the decorations. Maybe it's the Christmas turkey or being around family and friends that makes Christmas for you, or perhaps it's purely about the presents! But it's true isn't it – we all have those things, those traditions that, without which, Christmas just wouldn't be Christmas, and our Christmas celebrations often take a lot of planning.

When you think about it, there didn't appear to be much planning for the first Christmas. A young girl pregnant, a long trip on a donkey, no place to stay, a baby with a straw filled manger for a bed, angels scaring people, and scruffy shepherds turning up in the middle of the night, what could be more chaotic? You'd think God would have planned everything down to the last nappy, and indeed he did because he planned the chaos, why? Because he came to save a chaotic world and at Christmas we are celebrating an extraordinary event, not just the birth of a baby, but the coming of the saviour of the world.

This Baby was no ordinary child, He is Immanuel, God with us in human flesh. This is the long promised Messiah, who would go to the Cross to win forgiveness, eternal life, and salvation for all people. This is the King of Kings and Lord of Lords! This is God Himself! He's the greatest gift ever given!

Christmas wouldn't be Christmas without this Baby in the manger, the almighty God of heaven and earth has chosen this humble place to begin His life of service to us. This manger and what this Baby is born to do, is

where those of us who are like Norman's brothers will find true love, hope, and joy.

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 in The Bittern Group

- 1st December: Community Carols with the Switch on of the Christmas tree lights, 5pm, at Rackheath. Refreshments, dogs welcome.
- 15th December: Carols by Candlelight, 3.30pm at Witton.
A traditional atmospheric service followed by mulled wine and mince pies.
- Christmas Eve: Carols and Crib Service, 3.00pm at Rackheath.
Come and hear the Christmas story told as you may never have heard it before!
- Christmas Day: Family Holy Communion with carols, 9.30am at Witton.

Regular Services in The Bittern Group

All regular Sunday services from December to March will be at 10.30am at Rackheath. Please see the church noticeboard for up to date details.

Salhouse church is open daily between 10am and 3pm.

Come and test your knowledge at a



**On Saturday 1st February
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7pm for 7.30pm start**

£5 entry per person,

Come as a team of up to 6 people or come individually and be joined with others to make a team.

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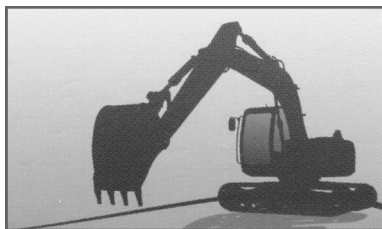
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Rackheath WI Evening Institute



Rackheath WI have made the most of the summer months with various outings. In July we enjoyed a Boogie Cruise from Wroxham on a lovely evening dancing and waving to holidaymakers.

In August we had our annual outing to Sheringham. We boarded the train at Salhouse Station and after enjoying some retail therapy and lunch, then going on to the Little Theatre to see 'Relatively Speaking'. Unfortunately, we found that the train home had been cancelled, but after a dash to Cromer on the bus, managed to get a very slow train home. It all added to the fun!



September saw us enjoying a lovely afternoon in Moira's garden. Tea and cakes in her beautiful garden and a walk by the river at the bottom of her garden.

We also had a bus trip to Gorleston to see an afternoon performance of their Summer Show, another super day out with enjoyable lunch sitting outside in the sun.

Our meetings have been varied and well supported. A flower arranging workshop in July, a social evening in August with table quizzes and cake. In September, Wally Webb entertained us recalling his 40 years in broadcasting.

We are always happy to welcome visitors and new members. Call 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.

- **SEND Café**—Friendly and supportive sessions aimed at children with SEND. Meet up with other families, share ideas and have some fun! The cafes are free, on a drop in basis, so no booking required, every other Tuesday 3.30 -4.30 (26th November and 10th December. N.B no session Christmas Eve.).
- **Toys** - We have a new selection of toys and games that can be played with in the library, from Duplo, and counting games, to jigsaws. Look in our folder to see what is available.
- **International Welcome** - Free advice and support for newly arrived communities, with issues such as housing, employment, and language, also library access. Drop-in, fortnightly sessions Thursday 10.30 -12.30pm, November 28th and December 12th. Or email—migrantsupport@norfolk.gov.uk
- **Autism Social Group**—Come to a friendly social group for a cuppa and a chat. No need to book, all welcome. Change of day first Wednesday of every month 1-3pm, but no January session.
- **Crafting**—Alternate Saturdays (staff dependent), 10.30am – 3pm. Aimed at children aged 5 -11 (under 8s require supervision).
- **Knit and Natter – not just for knitters!** Bring your embroidery, textile, or crochet project along to our informal gathering. Thursday 21st November, Thursday 5th December and Thursday 19th December 2.00 – 4.00pm.
- **Crib Club** (Cribbage card game) – new players welcome -Thursday 12th December 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 28th November, no session in December; next session Thursday 30th January. 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/bipcnnorfolk
- **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.
- **Computer Access**—Book one 60 or 120 minute session per day on a computer. Contact the library on 01603 782560.
- **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.

Housebound Library Service

If you are unable to get out to the library to get your library books, we can bring them to you! Details from the library.

Our normal opening hours are below, though please check for updates on our Facebook and Webpages. We have further extended our opening hours with the Open Library service – contact the library for more information.

- | | |
|--------------------|--|
| ● Monday: Closed | <u>Christmas Opening Hours</u> |
| ● Tuesday: 10 - 7 | 24 th December closing at midday. |
| ● Wednesday: 10- 7 | 25 th and 26 th December—Closed |
| ● Thursday: 10-7 | Friday 27 th – Monday 30 th December normal opening hours. |
| ● Friday: 10-7 | Tuesday 31 st December Closing at 4pm. |
| ● Saturday: 10- 4 | Wednesday 1 st January closed. |
| ● Sunday: Closed | Thursday 2 nd January normal opening hours. |

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

www.norfolk.gov.uk/libraries

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SALHOUSE COMMUNITY EVENTS TEAM

SalFest 2024 - Take Two!

After the bitter disappointment of the cancelled SalFest event in July due to horrendous weather, the weather gods smiled upon us for SalFest take two on Saturday 17th August. The sun shone all day and the temperature was perfect.

This year we had more of everything, food & drink, craft stalls, kids craft tent, bouncy castles, eight live music acts plus of course the fabulous choir from Honeysuckle Lodge, the residential home for adults with learning difficulties, based in Vicarage Road, Salhouse.

We wanted to create a friendly, relaxed family occasion, with the opportunity to listen to some amazing music and socialise with neighbours, friends and family.



Covid has taught us how important it is that communities have the opportunity to come together and having an event like this once a year gives us the chance to do that.

We are grateful to everyone who supported SalFest, local businesses who donated raffle prizes and equipment, the volunteers who gave their time to help us setup, takedown and various other duties and everyone who attended. Many hours go into planning and coordinating these events and we can only do it with your support.

Our next event is the **Christmas Quiz** at Jubilee Hall on **14th December**, we will be running a bar and pizzas will be available to buy from Monzu Pizza. Last year's Christmas Quiz was a lot of fun, especially the 'craft' round and we're looking forward to getting into the festive spirit with you again this year. If you would like to purchase tickets please email us on:

salhousecommunityevents@gmail.com

Additionally, if you have ideas for the type of events you would like us to put on or if you would like to volunteer please get in touch!

Salhouse Community Events Team

Facebook page: @Salhousecommunityevents

SALHOUSE READING GROUP



As advised in the last edition of the Saga our new home is Jubilee Hall. We meet on the first Thursday of the month at 7.00 for a discussion on the book chosen for that month. Feel free to join us, who doesn't enjoy a good book, but we do accept some books are not for everyone.

A list of the books we will be reading in the next few months is as follows:

December - no book, we are taking ourselves off to The Stag for a Christmas dinner!

January 2025 - The Tattooist of Auschwitz by Heather Morris

February 2025 - The Offing by Benjamin Myers

March 2025 - The Family Upstairs by Lisa Jewell

April 2025 - The Gold Finch by Donna Tartt

May 2025 - Vera Wong's Unsolicited Advice for Murderers by Jesse Suinto

June 2025 - Eight Detectives by Alex Pavesi

Julie and Carol

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Joan Joyce Gilbert



Hello all, with sad regret we have to inform you of Joan Joyce Gilbert passing in her sleep at Ludham Care Home on 30th October 2024, at the aged of 84.

Born in Rackheath in 1940, she was the last of the eight Sons and Daughters of George and Nelly Taylor. Her maiden name was Taylor, she then married Alan Bunting aka salt, later in life Alan Gilbert.

In the late 50s and early 60s she delivered the Newspapers to Salhouse and Woodbastwick, firstly with her dad George Taylor, then her brother, Kenny Taylor. She was a care assistant lady at the old Salhouse primary school and the new one.

Joan was Mother to her sons Glen, Mark and David and was a beloved Nanny and great grandmother.

Glen, Mark, David, and Joan spent a lot of time down Salhouse Broad, swimming and playing on the Waterwitch, enjoying the way it used to be back then with cattle roaming and having picnics on the short grass by the bluebell woodland.



"God bless Mum, Love, Glen, Mark and David"

WINTER GARDENING

How to plant bulbs for a spring display:

It's not too late to plant a few bulbs; come next spring, you will have a display that that will last for weeks and provide early pollen for emerging bees and insects. You could plant a pot of spring bulbs as a unique Christmas gift for friends and family.

It's quick and easy. You could plant a single type of bulb, or be more adventurous and try several different bulbs in layers, known as a bulb lasagne. You'll get even more flower power in a small space.



How to make a bulb lasagne:

You need to arrange the layers with the largest, latest-flowering bulbs such as tulips or pheasant's eye narcissi at the bottom, followed by a middle layer of daffodils. The smallest bulbs with the earliest flowers, such as crocuses or irises go in the final layer.

You will need:

- Large container with drainage holes
- Broken pieces of pot to cover the drainage hole
- A selection of spring-flowering bulbs, such as crocuses, irises, daffodils and tulips
- Peat-free multi-purpose compost and potting grit.

How to plant bulbs in a pot in five easy steps:

1 **Choose a large pot.** Make sure it is at least 30cm (1ft) wide and deep, with drainage holes in the base. If there's just one large drainage hole, cover it with a few pieces of broken pot, to stop the compost washing out. You can use either home-made garden or commercially produced peat-free composts.

2 **Add compost.** Place at least 10cm (4in) of compost in the bottom of the pot, with some potting grit. Bulbs like good drainage. Then arrange your first layer of bulbs on top, pointed end upwards. You can space them quite closely, a bulb's width apart, to fit in as many as possible.

3 **Cover the bulbs.** Add more compost to cover the bulbs completely, and firm down gently. Then position your next layer of bulbs in a similar way to the first and cover with more compost.

4 **If you still have plenty of room,** you can add a third layer of bulbs. Then finish with a final 5–10cm (2–4in) layer of compost. Firm it gently, making sure the surface is at least 2cm (1in) below the rim.

5 **Spread a thick layer of gravel or potting grit** over the surface to deter weeds, then water well to settle the compost. Place the pot outdoors in a warm, sunny spot and the first shoots will start to appear in early spring. Make sure the pot is not waterlogged and don't let it get too wet over the winter.

Aftercare

- Water the container regularly once the shoots begin to emerge in spring. Take care not to let the compost get too wet – most bulbs prefer good drainage.
- Deadhead the faded flowers, so the plants don't waste energy producing seeds.
- Allow the leaves to die down naturally, so they can replenish the bulbs for flowering next year.
- After flowering, move the container to a less prominent position until the following spring, or replant the bulbs into your borders.

Source: <https://www.rhs.org.uk/plants/types/bulbs/how-to-plant-bulbs-in-a-pot>

Sarah Oldfield

Team Salhouse



The long term strategy of planting perennials around the village seems to have paid off this year with less maintenance and tolerance of the eccentricities of the weather we had in the summer.

We shall continue with this theme this winter by planting much of the same together with plants which will mature through the spring and provide a show of colour in summer.

Also, we would like to express a big “Thank You” to residents living near the flower beds for all their help in watering during the growing season.

There have recently been comments on social media about a perceived amount of dog mess around the village.

Although not a big problem it can, nevertheless, be unsightly and a health hazard.



The District Council have made it an offence for a person in control of a dog not to clear up its dog mess immediately, on land which has any public access.

If such a person does not comply, then there are fines which can be levied. It is a difficult system to enforce, of course, as evidence is needed to prosecute offenders.

Team Salhouse has previously advertised an email address which may be used to report instances of dog fouling and, once reported with details of location and a picture if possible, will endeavour to clear it up.

team.salhouse@gmail.com

If you would like to help keep our village looking great please phone Malcolm on 01603 721201 for a chat.

Salhouse Tree Steward



The Salhouse Community Tree Nursery has over 600 trees and shrubs ready for planting out this winter which are offered for free to local and surrounding villagers, organisations, and landowners.

Small trees and shrubs are provided, typically 1-2 years old and around 30cm tall. While they may not look much, they will establish well and are easier to plant than a 6' tall tree. We also have a limited stock of second-hand guards but no stakes or canes. Protection is essential in a setting where you know deer, rabbits or voles are present.

Stock we have include Beech, Cherry plum, Mirabelle, Chinese dogwood, Common dogwood, Field maple, Holly, Lime (not for the G&T!), Oak, Rowan, Spindle, Whitebeam, Wild cherry, and Wild Service. There are others too. For an up-to-date stock list, questions or requests please email me on the address below.

If you want to grow something edible in the garden, I would recommend Cherry plum or Mirabelle which are a small/medium tree with white spring blossom and sweet stoned desert fruits in late summer. The fruit of Chinese dogwood (*Cornus mas*) is also edible (I've yet to try these so can only trust what Google says).

For autumn colour Field Maple turns yellow, Guelder rose - bright red, and dogwood - dark red.

If you are thinking about planting trees I would be happy to provide advice on species, layouts, designs and applying for grant funding. Together we can make Salhouse a greener, more beautiful place to live.

In the New Year I will be re-starting volunteering sessions at the Nursery to help cultivate the new batches of seeds. If this is of interest, do send me an email for updates on future volunteering dates.

James Cleaver

Salhouse Tree Steward

Salhousecommunitytreenursery@gmail.com

Facebook page: @salhousecommunitytreenursery

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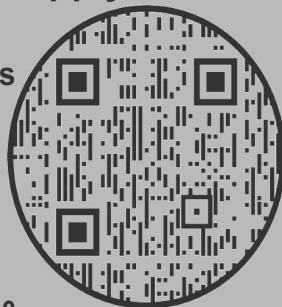


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From the SALHOUSE BROAD Ranger



As another year winds down, we find ourselves looking back on another season at Salhouse Broad, one that truly felt like it flew by. This season has been filled with memorable moments, events, and conservation efforts.

The season kicked off in the early spring, but Mother Nature kept us on our toes. Rainy days and temperamental skies meant a slow start. However, the arrival of the school holidays brought a welcome shift in both the weather and visitor numbers. With the sun finally breaking through, the Broad transformed, once again buzzing with activity as families, friends, and nature lovers enjoyed the great outdoors.

One of the highlights of the year came in October when we hosted our popular stargazing night at Salhouse Broad. This is an event we have run a few times now, drawing attendees of all ages eager to experience the magic of the night sky. In collaboration with the Norwich Astronomical Society, we welcomed seasoned astronomers and stargazers alike for an evening filled with wonder, exploration, and learning.

As dusk set in, telescopes were lined up to give us a closer look at Saturn among others. Helen from the Hungry Otter provided warm, hearty soup, a perfect companion for the chilly October air. Andrew gave us fascinating insights into the night sky, answering questions about constellations, planets, and even the possibility of extraterrestrial life!

For those who missed out, there's good news. The Norwich Astronomical Society will return in February for another evening of stargazing. Keep an eye on our website, where we'll be posting ticket details soon!

The natural beauty of Salhouse Broad is something we're committed to preserving, and this winter, our dedicated volunteer team has two significant projects lined up. Each project is designed to maintain and enhance the area's unique ecosystem, ensuring that Salhouse Broad remains a thriving habitat for wildlife and a scenic retreat for visitors.

First on the agenda is our annual willow clearance, focused on the east side of the main path. Over time, willow growth can overtake areas

that would otherwise be filled with reedbed—a vital habitat for numerous bird species and other wildlife. By removing the excess willow, we allow the reedbed to flourish, enhancing biodiversity and improving the view from the path. Last winter’s clearing efforts have already paid off, as visitors now enjoy a widened vista from the main path.

Additionally, we’ll be engaging in reed cutting. Reedbeds play a crucial role in maintaining the wetland ecosystem, but without proper management, they can become bogged down by leaf litter and invasive plants. Our team’s work will ensure the reeds remain in optimal condition, preventing buildup and preserving the wet environment that makes the Broad so special.

Though winter is only beginning, we’re already excited about what next season will bring. Each year, we strive to offer events that engage our community, conservation efforts that protect our natural habitats, and a welcoming environment for everyone who steps foot on the Broad. We’re thrilled by the support we receive from visitors and volunteers, all of whom make Salhouse Broad a place to cherish and protect.

So, here’s to another season, and to many more to come. Whether you’re an avid stargazer, a nature enthusiast, or simply someone who loves a peaceful walk in the woods, we look forward to seeing you at Salhouse Broad.

For more information, please visit **www.salhousebroad.org.uk** or email **kelly@salhousebroad.org.uk**

Kelly and The Ranger Team, Salhouse Broad

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All money raised goes to the Jubilee Hall and local groups

CHRISTMAS STARTS HERE



Salhouse Jubilee Hall

'At the Heart of your Community'



It's that time of year again when we plan for our Christmas Fayre. Before sharing how we're doing things differently this year, I'd like to thank everyone who attended our Quiz Night in early October, which helped us raise essential funds for the hall's upkeep. We've received positive feedback on the two events we have run to date, and so we're planning to host another Quiz Night on **Friday 14th March 2025**, more details will be available after Christmas.

Back to the main event. We've decided to run the Christmas Fayre slightly differently this year. We usually have it in the morning, but we've found that many families have children's clubs on Saturday mornings, so this year, we're moving it forward a week and shifting to the afternoon. Our Christmas Fayre will be held on **Saturday, 30th November, from 2 PM to 4 PM.**

But that's not the only change. We want to embrace more of the Christmas spirit, so following the Fayre, from **4 PM to c.5 PM**, we'll be hosting carols outside as we light up our first-ever Christmas tree. Additionally, from **2 PM to 5 PM**, the Salhouse Community Events team has kindly offered to run a fully licensed bar, including mulled wine, during both the Fayre and the Carols. Thank you! We'll still offer teas and coffees for those preferring a 'softer' option, along with our usual mix of seasonal crafts and games. Please mark this **NEW** time and date in your diary and come and support the Jubilee Hall whilst helping us raise funds.

Finally, a plug for the hall. We have had a few new regular users for the hall since our last article in the Saga, which is great, but we are still significantly down on Pre Covid bookings and have several still available. If you have an opportunity to host a regular event at the hall, or if you want to host a one off party, please call Pat on the number below to book your event or visit our new website to check out the hall and send a booking enquiry. We will be happy to host you - www.jubileevillagehallsalhouse.com

See you all at the Jubilee Hall on 30th November

Martin Carney

Chairman – Salhouse Village Hall Committee

Tel: 07808 097924

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



No hiding place! Some Salhouse folk have recently been spotted finding momentary fame on our TV screens.

First, we saw Graham Johnston, of Lower Street, take a central role, on ITV1's "My Mum, Your Dad" reality show.

Graham is a mental health therapist and couples counsellor, whose role was to hold a workshop on the contestants' experiences of relationships and "what they need to work on during their two-week stay in the house to be more likely to find love".



Meanwhile, local gardener and former star of Radio Norfolk's "Gardeners' Question Time", Ian Roope, appeared on BBC2's "Gardeners' World" discussing a variegated *persicaria* in an episode from the garden at East Ruston Old Vicarage, near Stalham.

We always said you were too good looking for the radio, Ian!

And finally, former Salhouse Broad Ranger Tobi Radcliffe, now with the Broads Authority, was seen in a cameo role, giving assistance to an air ambulance crew in the evacuation of a casualty from a remote corner of the Norfolk Broads on an episode of Channel 4's "Emergency Helicopter Medics".



1st Salhouse Scouts This autumn, our local Scout troop began the term with a troop forum—a time for everyone to gather and chat about their goals for the term. Each scout had a say in planning activities and deciding on badges they're excited to earn. It's a great way for everyone to feel involved and set the tone for an exciting term ahead.



One of the highlights was an evening focused on the Paralympics. The Scouts took part in activities that simulated challenges faced by Paralympians, learning how different abilities impact coordination and balance. It was both fun and eye-opening, giving them a new appreciation for the determination of Paralympic athletes. This activity also counted toward one of their badges, adding extra motivation!

We also spent time learning about nutrition and meal planning. The Scouts discussed food groups, vitamins, and minerals, learning what makes a balanced diet. They then split into patrols and were tasked with planning a two-course meal for four people, all within a £10 budget. The following week, they cooked their meals, including dishes like omelettes, spaghetti bolognese, and egg-fried rice. It was a fun challenge that taught them valuable cooking skills and teamwork.

Of course, no term is complete without a hike, and this time we explored Whitlingham Broad. The Scouts followed part of the orienteering trail, walking about four miles in just under two hours. It was a wonderful way to practise navigation and enjoy the beautiful outdoors.

Looking ahead, the Scouts will be marching to the Remembrance Service at Salhouse Church, which is always a meaningful experience. We'll also be visiting High Altitude for some fun activities, and joining with the Salhouse Beavers and Cubs for this as our annual Christmas event. This festive gathering is one of the highlights of the year, bringing Scouts of all ages together for games, fun, and holiday cheer.

Our troop is always buzzing with activity, and it's inspiring to see the Scouts learning, growing, and having fun. Whether they're cooking, hiking, or engaging with the community, they're building skills that will last a lifetime. We're looking forward to the adventures still to come and sharing them with our community.

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.

A note from the Scouts Volunteer Team

Despite being an active group for over 50 years, we still do not have our own Scout Hut and grounds. If you know of any land that may be suitable for us to look at for building a hut of our own please get in touch!

Simon Hill & Al Spaul - Team Leaders

Shelly Seaman & Rose Ottaway - Team Members salhousescouttroupe@gmail.com



1st Salhouse Beavers & Cubs

We returned to Scouting in September 2024 and were able to increase our numbers of Beavers and Cubs within the Group. We had older Cubs able to move up to Scouts and older Beavers move up to the Cub Pack. We also had youngsters from our Beaver waiting list join our Beaver Colony of which we now have 16 Beavers in the Group and 16 Cubs in the Cub Pack.

We are unfortunately still without a Beaver Leader within the Group, and because of this, we are unable to take on any more youngsters within our Beaver Colony unless a parent is willing to help out at Beavers on a regular basis.

We started with a visit to the woods to polish up on our Scouting Skills of using Fire Strikers and introducing our new youngsters to Scouting. The Beavers had their session first with a scavenger hunt followed by hide & seek type games.

The Cubs had a refresher using Fire Strikers then wide Games which they managed.

Both Beavers and Cubs checked out our Insect Hotel and made a few repairs where animals had visited too. A basic but enjoyable session. Our next visit to the woods will be to cook a simple meal, chosen by the Cubs.

The new Beavers have all now been invested and are working towards their Challenge Badges for the Bronze Award.

Other events enjoyed include;

Judo Taster Session for Beavers and Cubs
Sixer & Seconder Day at North Walsham for Cubs.
Cooking Raspberry Buns (Cubs)
Making Flapjacks (Beavers)
Making Elephants for Diwali (Beavers)
Paracording (Cubs)

Future Events so far include;

Group Visit to Hi Altitude
Badminton Taster session

If you know anyone who could be interested in joining our Scout Group and help out with our Beaver Colony, please give them my telephone number and I will contact them to explain further.

We already have a Parent Rota in place to help with our 16 Beavers enjoy their time at Beavers and I really don't want to see the Beaver Colony fold, which will happen if we cannot get someone else to help regularly with the Beavers.

As well as a Beaver Leader, we also need a Group Treasurer and a Chairperson for our Board of Trustees **Jackie Rose Group Lead Volunteer 07780604707**

1st and 2nd Salhouse Brownies



1st and 2nd Salhouse Brownies have been busy this term! Here's what we've been up to:

We completed our Remembrance Badge activities included:

- **Researching Local Soldiers:** We delved into the histories of World War 1 and World War 2 soldiers from Salhouse and wrote postcards from the perspective of the fallen heroes.
- **Crafting Poppy-Themed Gifts:** The girls created beautiful poppy-themed items which included hair clips, badges, and pottery.

Fundraising Event: We sold our poppy-themed crafts and raised £113 for the Royal British Legion.

We participated in this year's **Little Plumstead Scarecrow Trail** to raise funds for Little Plumstead School. Our display featured a Brownie Camp scene with two Brownie scarecrows by a campfire, showcased in The Walled Garden at Plumstead.

We had an amazing Bonfire weekend at Hautbois on our **Firework Sleepover** enjoying spectacular fireworks outdoor activities which included enjoying climbing on the wall.



Join the Fun at Brownies!

All girls aged 7-10 are welcome to join Brownies. It's all about non-stop fun, friendships, and adventure! We spend a lot of time outdoors, making crafts, and earning badges for new achievements.

Find out how your child can join the fun at <https://www.girlguiding.org.uk/what-we-do/brownies/> or contact Natalie at 07500 060818 or 2ndsalhousebrownies@gmail.com.



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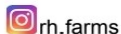
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The Importance of a Financial Health Check

With 2024 flying past it is too easy to not pay enough attention to your own finances, for many it is the perfect time to set themselves new goals and to begin to plan for the year ahead. However, very rarely do we bring our financial future into these plans as much as we should. So, why not make this year the year that you begin to give your personal finances the help and care that they really deserve?

What Can You Do?

SAVINGS GOALS – Are your savings working as hard for you as they should? The last year has seen savings rates return to reasonable rates, are you taking advantage of these or simply allowing your providers to pay you a minimal return? Cash is an excellent place to keep your savings if your plans are focused on the shorter term but if your plans are focused more on the longer term, then you should really be asking yourself if it is in the most suitable place, after all, investments historically have a far greater potential for growth over the longer term than cash and by shying away from investing you could actually be doing yourself more harm than good!!!

ISA ALLOWANCE– Every individual over age 16 has an annual ISA allowance of £20,000, each tax year. This allows your money to grow free of any Income or Capital Gains Tax, ensuring an efficient yet easily accessible savings pot should you ever require it. Any unused ISA allowance cannot be rolled over into the tax year, use it or lose it!

CHECK YOUR PENSIONS – Look at your pensions and ask yourself the following:

- 1) Can you put more money in than you currently are? Pensions are one of the most efficient ways to save for your future as the government essentially give you free money – for every £1 you put in; your pot is topped up by 25p in the form of tax relief.
- 2) What are you invested in and has it performed as expected? Risk vs reward is a key component of investing and ensuring you have a clear understanding of it and what this means in terms of your own pension is key.
- 3) Is your selected retirement age up to date with your current plans? This is important to avoid any nasty shocks or potential lost growth due to changing plans.

Ultimately, if you are concerned about your finances and feel that a full review of your financial plans with a Financial Adviser is something that would be of benefit to you, please feel free to contact me and we can have a **COMPLIMENTARY INITIAL CONSULTATION** to discuss your plans and needs further.

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

James Drake can be contacted on either of the above landline numbers or via email at support@smithifa.co.uk

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AFTERNOON TEA AND MARDLE



Just in case you are unaware, the Mardle is held on the second Wednesday of the month at the Jubilee Hall on Lower Street.

It is a very sociable get together for anyone who has recently retired or is a new resident to the village. We meet between 2.00 and 4.00 p.m. to have a cup of tea and slice of cake (coffee or a savoury item is also on offer). It gives villagers a chance to meet and have a chat, to take part in Colin's quiz and a raffle with prizes galore!

Our Christmas Mardle on December 11th will be free for all refreshments, including a glass of sherry or mulled wine!

We look forward to seeing Mardlers old and new.

Colin, Doreen,
Jools and Julie

Any queries, please feel free to call Julie 01603 720049.

WINTER 2024-25 DATES:

November 13th

December 11th

January 8th

February 12th

March 12th

Salhouse and District Gardening Club



We have now returned to our programme of speakers, having enjoyed our summer visits to gardens in May, June and July.

In August Rosie Ward gave us a fascinating talk about a year in a market garden. In September and October we heard about the diversity of British Gardens from Kathy Gray and NGS Gardens from Juliet Collier.

The rest of this year's programme is:

November 19th Flowers for Christmas

December 17th Christmas social evening

January 21st Snowdrops and winter garden treasures. (Guy Barker)

February 18th Flowers of the Norfolk Broads. (Simon Harrup)

March 18th Gardening in the shade. (Jim Paine)

On December 17th we will be holding 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.

We are now working on the programme for April 2025 / March 2026. 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.

Finally, look out for announcements on the 'Salhouse Rackheath and Surrounding Villages' Notice Board' on Facebook where we will be posting details of forthcoming meetings and events.

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

Nick Taylor - Chairman

Salhouse Station Group - Saving the Waiting Room

Our recent work has been towards turning Salhouse Station Group into a formal entity which will allow us to seek funding and move the project forwards. It involves quite a lot of work, from writing a business plan to updating our constitution and carrying through with the legal process to establish us as a formal body. Once we have completed this we will be starting fund raising and grant applications in earnest, and will be holding more meetings to ensure the communities who will be the key station users and our partners can be fully updated and involved.

If you would like to join us we have some roles available such as fund raising, project management, legal advisor, historian, partnership officers, past project researcher, website manager and so forth, so please let us know if you would like to find out more. You can enquire via sending an email to:

salhousestation@gmail.com.

At the same time that we were seeking to prevent demolition of the waiting room building, a similar project was being pursued in Brandon in Suffolk. We attended their second meeting last week [see image A] and were able to share ideas. Whilst their paperwork is not as advanced as ours, they have now had an approach from a local businessman to provide some matched funding. The scale of their project is far in excess of ours - possibly around £3.5 million - but we share many of the same issues.

Interestingly Brandon station is actually in Weeting, over the border in Norfolk and part of their work will be to look at renaming the station 'Brandon and Weeting'.



Image A: Sally from SSG meeting-
Friends of Brandon Station



Since launching on Broadland's Community at Heart Lottery [see image B], we have raised more than £300 through ticket sales and, as a newly signed up good cause, were the lucky winners of an additional £500 in their third birthday celebratory draw.

We have recently seen a 10% increase in ticket sales too. The Community at Heart Lottery is a great way of supporting local causes whilst having a chance to win prizes of up to £25k. Tickets cost £1 per week and 50% of this goes to SSG, with a further 10% going to other local good causes. Use the QR code to take a look and buy your ticket.



Image B: QR Code to Support SSG as a good cause on Broadland's Community at Heart Lottery

I recently took a look at the Office of Rail and Road (ORR) data portal for passenger numbers at Salhouse Station [see red line in Image C] and was encouraged to see that numbers have been increasing by around 500 each year and that, during lockdown, it was the only station on the Bittern Line that did not see a drop in passenger numbers.

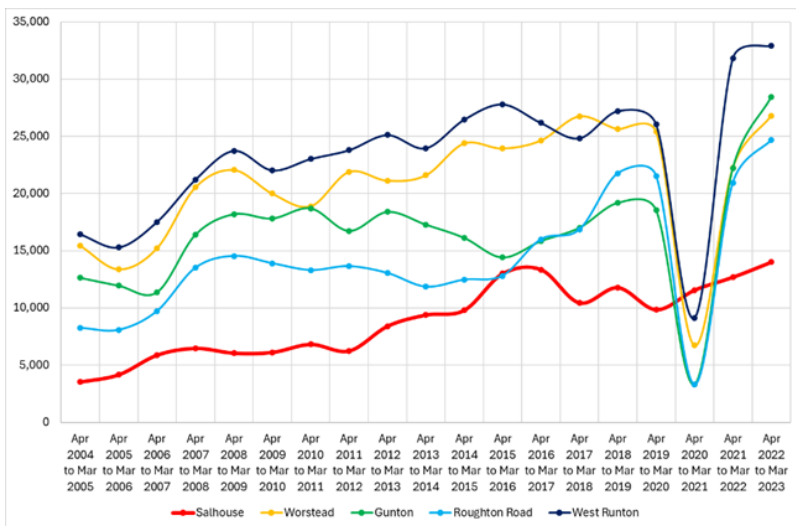


Image C: ORR Annual Passenger Numbers at Small Stations Along the Bittern Line between 2004 to 2023

You can look out for progress updates, meeting dates and fundraising events on our Facebook page (search for Salhouse Station Group).

If you would like to donate directly to the SSG, please scan the QR code [see image D].



Image D: SumUp QR Code for donations directly to SSG

A Time to Sell



I don't like to be the one who brings up the "C" word, but I find myself bracing myself every time I walk into the supermarket these days, wondering if Christmas carols will be playing yet!

Christmas is indeed hurtling towards us and if starting the process of moving home is newly on your mind, I should probably set your expectations nice and early. A move before Christmas is now highly unlikely!

With all the recent national and international news, the surprising (or not) American election result, out there for discussion, we have seen two major factors in this country that will potentially influence our local property market.

Initially we've just had the budget on October 30th and Stamp Duty has been increased for second home purchasers, there has been an increase to Capital Gains Tax and the announcement of changes to National Insurance (which we don't feel will significantly affect the property market).

More recently and potentially of greater impact now and in the future, the base rate cut which is likely to have a positive impact on the Norfolk property market. Here's why:

- * **Lower Mortgage Rates:** A lower base rate generally leads to lower mortgage rates. This makes it more affordable for buyers to borrow money to purchase property, which can increase demand and potentially may in time start to drive up house prices.

- * **Increased Buyer Activity:** Lower mortgage rates can encourage more people to enter the market, especially first-time buyers who may have previously been priced out. This increased competition could lead to more bidding wars and higher prices for desirable properties.

- * **Improved Economic Sentiment:** A lower base rate can signal that the economy is improving, which can boost consumer confidence and encourage spending. This could lead to more people feeling secure enough to invest in property.

However, it's important to note that the impact of a base rate cut on the property market can vary depending on several factors, including:

- * **Local Market Conditions:** The specific dynamics of the Norfolk property market, such as supply and demand, local employment rates, and infrastructure development, will also play a role.

- * **Lender Behaviour:** Mortgage lenders may not always pass on the full benefit of a base rate cut to borrowers. It's important to compare offers from different lenders to get the best deal.

- * **Economic Uncertainty:** Despite the recent rate cut, economic uncertainty due to global factors like inflation and geopolitical tensions could still impact the market.

Overall, the recent base rate cut is likely to have a positive impact on the Norfolk property market, but it's important to consider the broader economic context and take professional advice.

So putting aside Saint Nick's imminent appearance, what can you do about moving home this late in the year?

We can give you experienced advice and guidance on how best to bring a property to market be it late in 2024 or early 2025. We can help you dress your property and also discuss the importance/impact of those small jobs that may need attention prior to viewers coming to see you. We can also give sensible advice on pricing and the moving process, recommend contractors and solicitors to help you achieve your move.

As Christmas hurtles towards us, lots of you will be distracted by the idea of buying those gifts for the family and visiting relatives this Christmas. So, on that festive note, here is our gift to you this festive season

If you're thinking of moving next year, by following this shortlist of advice you should reduce the stresses and strains.

- * Speak to your financial advisor well in advance and by using an independent financial advisor, you will avoid having to deal with lenders directly and have a market wide view of the various mortgage deals that are available to you.

- * If you're selling a property, price it sensibly, have three valuations, don't always get attracted by the highest valuation, but look for honest and knowledgeable advice with good experience in your local market.

- * Choose a local independent solicitor, who will take your calls personally, and answer your queries in a timely manner. They may cost a few pounds more, but believe me, when you want them, they are there and they can help you. It's a completely different feeling to the alternative.

Always give yourself plenty of time... and if you're thinking of moving in 2025, perhaps start the process in January or February, the market starts much earlier these days.

If you would like to discuss any elements of this article or have questions 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 or email me on paul@mortonreeves.co.uk

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 MNAEA Director
For Morton Reeves Estate Agents**





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"I've always found over the years, that by taking time to listen and really understand what my clients want, I can help them through their challenging journey." Paul Sullivan MNAEA

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Firstly, in last month's report, we inadvertently referred to our sponsors of the maintenance of our kiosk, as "Norwich Limited Carpenters and Joiners" This should have read "**HD Norwich Ltd**" Apologies to Dale and Andrew for the error and thank you to them once again for their support.

After a busy November, which included attending the memorial service to honour our fallen men and women of the two world wars and laying the wreath on behalf of the Lions Club, we are now preparing for a hectic December .

Our Sleigh has been serviced and is now ready for Santa to make his visits to the local villages and several schools in our area, as well as being outside Roy's in Wroxham, Tesco's Stalham and Lidl North Walsham on various dates (see below and on our Facebook page for details) He will also be at Bridgestone's in Potter Heigham on four mornings for their "Breakfast With Santa "event.

The November Craft fair was a great success and planning is underway for the 2025 events.

Full details will be on our web page in due course.

On the social front, at the beginning of the month Club members and their wives/partners attended our annual Christmas lunch at Bridgestone's. Many thanks to James and the staff for making it such an enjoyable occasion.

January is the start of the Club's 50th year, as well as being our Charity Shop's 25th anniversary. We have calculated that from funds raised by your generous donations to the shop and support of our other fundraising activities over the years, we have raised at least £1.25 million for donations to deserving causes since the Club was formed.

Thank you to everyone who has supported us during the 50 years.

Finally, on behalf of the Club, may I take this opportunity to wish each and every one of you and your families, a very Merry Christmas and a Happy New Year.

You can follow us on Facebook <https://www.facebook.com/wroxhamandhovetonlions> or our website <https://wroxhamandhovetonlions.org>

Santa Sleigh Dates

Dec 1 st	Lidl N. Walsham	Dec 2 nd	Salhouse
Dec 4 th	Hoveton	Dec 5 th	Horstead
Dec 6 th & 8 th	Tesco Stalham	Dec 9 th	Hoveton
Dec 11 th	Coltishall	Dec 12 th	Tunstead School
Dec 14 th & 15 th	Roy's	Dec 17 th	Rackheath
Dec 19 th	Wroxham	Dec 20 th & 21 st	Roy's

Lion Ron Hill, President.



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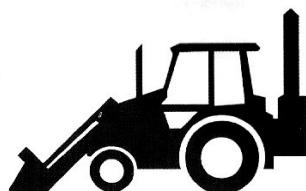
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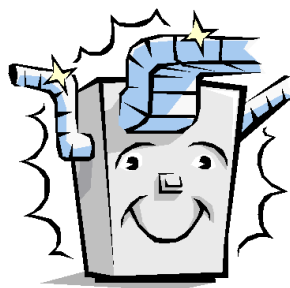
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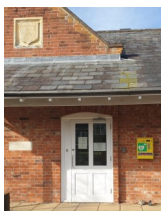


East of England Ambulance Service **NHS**
NHS Trust

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

Round 1

- 1 Pennsylvania
- 2 Rodri (Manchester City)
- 3 Kemi Badenoch
- 4 Boris Johnson
- 5 Argentina

Round 2

- 1 Saltwater crocodile
- 2 Komodo dragon
- 3 Andean condor
- 4 Goliath beetle (or Weta)
- 5 Capybara

Round 3

- 1 5 litres
- 2 Pancreas
- 3 10,000
- 4 Liver
- 5 Clavicle (collarbone)

Round 4

- 1 All are royal palaces
- 2 Ghosts
- 3 Bowhead whale and Greenland shark
- 4 Saturn
- 5 A leap

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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

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

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 . See website: 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 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 . 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 for Support Forum and online non-urgent contact form.

BEAT eating disorders (Norwich-based) — see www.beateatingdisorders.org.uk and search local support - helpline: 0808 801 0677. Email 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

Switchboard LGBT+ Helpline - 0800 0119 100 - 10:00 - 22:00 every day or email 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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