

LOCAL LYNX

BALE - BINHAM - COCKTHORPE - FIELD DALLING
GUNTHORPE - LANGHAM - MORSTON
SAXLINGHAM - SHARRINGTON - STIFFKEY

ISSUE 137
April - May
2021



Binham Hare
photo: Carolyn Raymond

Our gravel is a natural uncrushed product and has a variety of uses. All our aggregates are PSD Graded

Gresham Gravel
All types of aggregates

PUBLIC & TRADE CUSTOMERS WELCOME

Gresham Gravel of Norfolk supply Aggregates including Fill, Soft & Sharp Sand, Premix, Shingle, Hoggin & Reject Stone & Re-Cycled Products
'MUCK-IN'
We are now taking in clean rubble & soil
DELIVERIES CAN BE ARRANGED PLEASE CONTACT SITE FOR QUOTE
OPEN Monday to Friday 07:00 to 17:00

Tel: 01263 821935 email: sales@greshamgravel.co.uk
Gresham Gravel Limited East Beckham Quarry, Holt Road, Sheringham, NR26 8TN
gresham-gravel-norfolk.co.uk

Glaven District Caring

Reg Charity No. 270185

Hot Lunches – delivered daily to your home

Monday to Friday

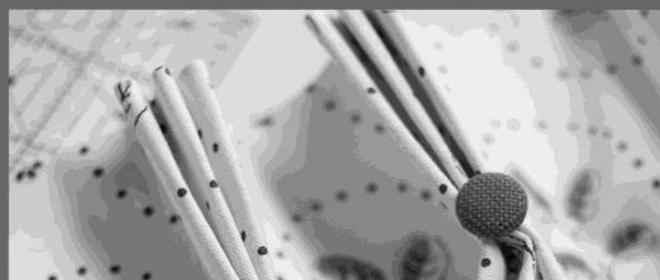
For older people in the Glaven Valley villages and Binham,
Field Dalling, Letheringsett, Morston, Salthouse,
Saxlingham, Thormage, Holt and High Kelling

Bathing Service – Mondays

Foot Clinic – Fridays, appointments available

The Glaven Centre, Thistleton Court, Blakeney
Contact us on 01263 740762

CURTAINS | BLINDS | FABRICS



PHILLIPPA KIRBY
SOFT FURNISHINGS

Beautifully handmade for you in North Norfolk

CURTAINS ROMAN BLINDS
CUSHIONS VALANCES BEDCOVERS
RE-UPHOLSTERY

Home consultation | Fabric studio
Experienced, friendly, local service

01328 613001

www.phillippakirby.co.uk | info@phillippakirby.co.uk



**ADS DIRECTORY now on back page and at
www.locallynx.co.uk**

Church Services for Bale and Stiffkey Benefice for April and May 2021

HC=Holy Communion. CFS=Church Family Service. MP=Morning Prayer. BCP=Book of Common Prayer CW- Common Worship

Parish	4 th April Easter Sunday	11 th April	18 th April	25 th April
Bale		9.30am MP		
Field Dalling	11.00am HC	11.00am CFS	At Saxlingham	11.00am MP BCP
Saxlingham	At Field Dalling	At Field Dalling	11.00am HC	At Field Dalling
Gunthorpe	11.00am MP BCP	11.00am MP BCP	4.30pm Silent Meditation	
Sharrington	9.30am HC		9.30am MP CW	9.30am HC
Binham	11.00am HC	11.00am MP	11.00am MP	
Morston	9.30am HC BCP		9.30am MP BCP	
Langham	At Stiffkey	9.30am HC BCP	At Stiffkey	9.30am MP BCP
Stiffkey	9.30am MP BCP	At Langham	9.30am HC BCP	At Langham

Parish	2 nd May	9 th May	16 th May	23 rd May Pentecost	30 th May Trinity Sunday
Bale	9.30am HC		9.30am HC		At Sharrington
Field Dalling		11.00am CFS	At Saxlingham	11.00am MP BCP	At Sharrington
Saxlingham		At Field Dalling	11.00am HC	At Field Dalling	At Sharrington
Gunthorpe		11.00am MP BCP	4.30pm Silent Meditation		At Sharrington
Sharrington	9.30am MP BCP	9.30am HC	9.30am MP CW		10.30am HC Group Service
Binham	11.00am HC	11.00am MP	11.00am MP	9.30am MP	At Sharrington
Morston	9.30am HC BCP		9.30am HC BCP		At Sharrington
Langham	At Stiffkey	9.30am MP BCP	At Stiffkey	9.30am HC BCP	At Sharrington
Stiffkey	9.30am MP BCP	At Langham	9.30am HC BCP	At Langham	At Sharrington

Additional Services

Holy Week, Monday – Thursday (29th March – 1st April): Field Dalling, Daily Zoom Service 6.30pm.

Maundy Thursday (1st April): Sharrington, Maundy Thursday service, 12 noon.

Good Friday (2nd April): Field Dalling, Service of Reflection, 10.30am.

Good Friday (2nd April): Morston, Stations of the Cross, 10.30am.

Good Friday (2nd April): Langham, Lift High the Cross, 12 noon.

Ascension Day (May 13th): Langham, 12 noon. Ascension Day Service.

For Zoom service details please contact Ian Newton on 01328 830947 or iannewton46@gmail.com



RECTOR'S LETTER

My Dear Friends and Parishioners,

The best months of the year are upon us, lovely April and May. The unstoppable, beautiful change of earth, sky, wind and light. And it involves Easter. Easter is birthed in Spring, Easter is our Life's Spring. Two thousand years ago our Lord gave up His life, that we might link our lives to His: forgiven, accepted, loved. And with the paradise of an eternal life. This sort of faith is shocking, but it is true and open to all. This living Faith is the lifeblood of the totally awake man or woman.

The faith has captivated people in every century. Truth has a ring! And people respond differently. I offer you lines of Henry Vaughan. And may I wish you a most thoughtful, most understanding and most lovely Easter.

Henry Vaughan (1622 – 1695) was nicknamed 'the Silurist' because of his love for his native county of Brecknockshire in Wales (once inhabited by the Silures). He studied law at Oxford and in London, then changed from law to medicine and returned to Wales as a doctor. Vaughan may have served as a surgeon in the English Civil War. He was certainly an ardent supporter of the king, and fought on the king's side. He and his twin brother Thomas were imprisoned for their Royalist sympathies. Vaughan's spiritual life was suddenly deepened after a serious illness, and from then on he wrote only religious poetry and tried to suppress his earlier, more light-hearted works.



Easter Hymn

*Death and darkness get you packing,
Nothing now to man is lacking,
All your triumphs now are ended,
And what Adam marred is mended;
Graves are beds now for the weary,
Death a nap, to wake more merry;
Youth now, full of pious duty,
Seeks in thee for perfect beauty,
The weak, and aged tired, with length
Of days, from thee look for new strength,
And infants with thy pangs contest
As pleasant, as if with the breast;
Then, unto him, who thus hath thrown
Even to contempt thy kingdom down,
And by his blood did us advance
Unto his own inheritance,
To him be glory, power, praise,
From this, unto the last of days.*

Yours very truly, Ian Whittle
The Rectory, Langham 01328 830246

LOOKING AFTER LOCAL LYNX

- covers 10 villages in North Norfolk
- published every other month
- voluntarily produced by village members
- currently distributed to 1,000 households
- estimated readership 2,000 plus 800+ on-line readers at www.locallynx.co.uk

Local Lynx is a not-for-profit community newspaper, supported technically by parish councils, PCCs and, of course, our brilliant advertisers. Sometimes this covers our costs, but at others, we fall short.

Although our overall financial position is still healthy, we need to make up the shortfall. So we are turning to you, our readers, for a little help. Firstly, if you run a local business or service, please consider advertising. Secondly, we know that you value your Local Lynx and, if you would like to help ensure its long-term future, then please think about making a small donation. Six pounds a year would be £1 per issue; ten pounds a year would be a round sum, but please give whatever you feel is appropriate.

Our bank details for making a direct BACS transfer are below or you may donate by cash or cheque. Please email lynxeditor@pobox.com to arrange this.

Lynx Internet Banking and Standing Orders
Account number: 6500 4288 Sort code: 09-01-54

With special thanks to our individual donors. *Ed.*

EASTER WORDSEARCH

```

O R Q                               K H P
N L R H H W                         P Q B R S E
Q U E O A E U E D                   N K W F P Y B E F
X P F W D Z V E B                   Z W F C B Z I G F
W L A M B M C X V I                 K Z Y R W B K B G W
V D U B N E L M P O                 T C M D S C Q E H U
U E B W S V G R C Q V               M V U Y W I B R B U J
E V S A D Q I E O B U Y D N G H I E X F N E
A H G B E Y N N R T P N Z C A T R V K T
D L H C I N Z T U L I P S V X
      U U C I B G K I A
      B M O V G D N R D E I N E
      G W N S P R I N G T I M E G E
      W M G O R D Q D H T A S K X E U C B P
      R U M D A F F O D I L S G P W D Y R R X M
      F D Q N F J Z S Z O U E T N N L F B P Y G
C A Y E T L D Y R C L M F P U K V S V E N D I
I H Y T T I D M O                   H R L V U D Q U F P E V
D V O R B C V H G                   N T D G B T K P B H H H
Q N O A T S C Y                     N N E T E H E P N F Y
O B W T W I D                       F J B U X C N J E W
      W D E D E                       N E H U M B L B
      N V E                           D W B X N M
      J G P
    
```

**BUNNY CHICK CHOCOLATE DAFFODILS
 EASTEREGG EGGHUNT LAMB
 NEWBEGINNINGS SPRINGTIME TULIPS**

FIND THE EASTER BUNNIES

(Answers on page 31)



Don't leave it too long or there might be twice as many to count!! When I started there were 20 adult rabbits, but who knows how many there are now!?

COMMUNITY NEWS

COUNTY COUNCILLORS' NEWS

...from Dr Marie Strong
Apprenticeships

I am delighted to offer the following information – delighted because of the many young people who I know have benefitted from apprenticeships. Hopefully many more will have the opportunity in the future so please read below and share with any young people or organisations who could participate.

Details of apprenticeships in Norfolk, including opportunities now open for applications, can be found on the Apprenticeships Norfolk website at <https://apprenticeshipsnorfolk.org/>.

Opportunities for Employers

Employing an apprentice not only gives apprentices an opportunity to learn new skills, it is also a rewarding option for employers. Government incentives of up to £3,000 are available until 31st March 2021 and Apprenticeships Norfolk is offering additional £1,000 incentives for non-levy businesses in Norfolk to recruit a young apprentice. Further information is available at <https://apprenticeshipsnorfolk.org/recruit-retain-reward>.

Elections

This time the elections are for county councillors and the Police & Crime Commissioner. Also where applicable, there are bi-elections for town, parish, and district councillors (this is where a position has fallen vacant during the four year term of office).

On 8 February, the Minister for the Constitution, Rt Hon Chloe Smith MP, published a written ministerial statement <https://questions-statements.parliament.uk/written-statements/detail/2021-02-08/hcws773>) in parliament on the government's plans to proceed with the local elections on 6 May 2021.

The Minister also announced the publication of a delivery plan (<https://www.gov.uk/government/publications/may-2021-polls-delivery-plan/may-2021-polls-delivery-plan>) for the May elections - addressing public health and social distancing, nominations and campaigning, voting, delivery of elections. An estimated £92 million of funding will be provided to councils for the elections – to include £31 million to directly address costs associated with making the elections Covid-secure.

Foot Perfect

Foot problems treated include:

Toenail trimming Corns Callus removal Verrucae
 Fungal infections Athletes Foot Diabetic foot care
 In growing toenails Thickened nail reduction
 In the comfort of your home

Sandra Harrod Dip MH MCFHP MAFHP
 Foot Health Practitioner
 01328 710022 – 07766 016454



Postal voting in the May 2021 elections

Norwich North MP Chloe Smith, whose role as minister of state for the constitution and devolution includes elections, previously told the House of Commons a "high bar" would need to be crossed for the government to delay the elections. It would now take an extraordinarily high bar but whether or not anything delays the elections best be prepared. So for the sake of your health and that of staff at the polling stations, a postal vote seems a very good idea. Apply for a postal vote from NNDC – postalvotes@north-norfolk.gov.uk or 01263 513811 (press 5).

Young People and Mental Health

Norfolk County Council's 'This is how-#wevegotthis' campaign for young people's mental health, promotes improving their mental health and wellbeing. For more details about the campaign go to <http://www.norfolk.gov.uk/feelgood>.

Advice and Support for Bereaved Families

I was undecided as to whether to offer the following information but then recalled the times I would have found it helpful so here goes:

To book a death registration appointment call Norfolk County Council Registration Offices on 0344 800 8020. Further information about this service can be found at the link entitled: **Deaths - Norfolk County Council**.

Further information about support including links to specialist organisations can be found at the link entitled **Bereavement support - Norfolk County Council**.

COVID-19 Information

Keep these websites for future reference since they are kept up to date:

Information on the national tiers is available at <https://www.gov.uk/guidance/local-restriction-tiers-what-you-need-to-know>.

- www.norfolk.gov.uk/coronavirus: this site includes local services as well as the latest regulations for Norfolk and reference to many if not all of the government schemes
- www.gov.uk/coronavirus: all the government schemes are to be found on this site
- www.nhs.uk/coronavirus: separate site if required but linked with the government site.

Light Relief

You may have read of my hope to persuade spouse to keep the Christmas lights on past the deadline - we compromised. The lights in the front of the house were packed away but three of the 'Christmas' trees were

Warham Reading Room

The Street, Warham, Wells-next-the-sea, NR23 1NH

AVAILABLE FOR HIRE

A contemporary and spacious venue ideal for

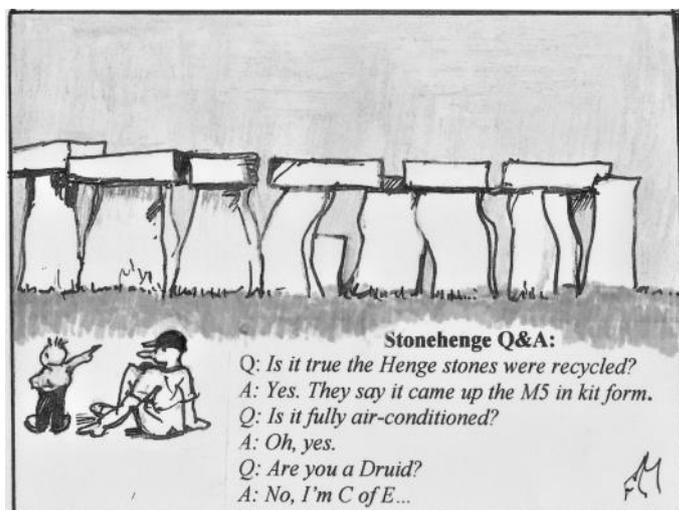
Parties, Christenings, Weddings, Commercial events

Flexible space with modern kitchen and parking.

To book or find out more visit our website or our Facebook page,

www.facebook.com/warhamreadingrooms

www.warhamreadingroom.co.uk



©AndrewMcCur

moved to the conservatory and remain lit as year round 'decorative lighting'.

Again I would like to express my admiration of those who continue to help others in so many ways and not only regarding Covid-19 but the weather, too. Many who help do so without anyone knowing about their good works – so thank you. All good wishes, *Marie*

Dr Marie Strong: County Councillor Wells Division (Glaven, Priory and Walsingham Parishes) marie.strong@norfolk.gov.uk or 07920 286 597

Marie's villages

Binham & Cockthorpe, Blakeney, Brinton & Sharrington, Barshams & Houghton St Giles, Field Dalling & Saxlingham; Letheringsett & Glandford, Great Snoring, Great & Little Walsingham, Hindringham, Holkham, Hunworth & Stody, Langham, Thornage & Little Thornage, Morston, Sculthorpe, Stiffkey, Warham, Wells-next-the-Sea, Wighton, Wiveton.

...from Steffan Aquarone

Despite the pandemic, local elections have been confirmed as going ahead in May this year. I strongly recommend people register for a postal vote - contact me on steffan.aquarone.cllr@norfolk.gov.uk and I can post you the forms, or visit <https://www.north-norfolk.gov.uk/tasks/electoral-services/apply-for-a-postal-vote/>.

Flooding

My thanks to the emergency staff and county council staff for all their work in helping people who have been affected by the recent flooding. For those people who have been affected it can be devastating. We're likely to see more flooding as climate change fundamentally alters the way macro weather cycles work and just repairing and protecting certain areas is not a long-term solution. We need a joined-up strategy: investing in environmentally sustainable flood prevention work whilst recognising that biodiversity, rewilding and sustainable land management are powerful ways of reducing flood risk as well as repairing the damage done to our environment.

Steffan

Steffan Aquarone: County Councillor Melton Constable Division (incl. Bale and Gunthorpe Parishes) steffanaquarone@gmail.com or 07879 451608

District Councillors' Contact Details:

Richard Kershaw e:richard.kershaw@north-norfolk.gov.uk (Binham, Cockthorpe, Field Dalling, Gunthorpe & Bale, Langham & Saxlingham)

Karen Ward e:karen.ward@north-norfolk.gov.uk (Morston & Stiffkey)

Andrew Brown e:andrew.brown@north-norfolk.gov.uk (Sharrington)

GLAVEN CARING LUNCHES

Glaven Caring - Now Delivering Hot Lunches To Clients In Local Villages

The Glaven Centre in Blakeney is now offering two-course hot meals delivered to its clients' homes, from Monday to Friday each week. We deliver daily at lunchtime to older people in Binham, Blakeney, Cley, Field Dalling, Glandford, Langham, Letheringsett, Morston, Salthouse, Saxlingham, Little Thornage, Wiveton, High Kelling and to Holt.

Nourishing and appetising home-cooked meals are prepared at the Centre by Jill, our experienced and qualified cook.

Arrangements are flexible and lunches can be provided every weekday, or just on specific days, as required. Keith Barnes, our manager, telephones on a Monday morning to discuss the week's menu and agrees with each client the days on which meals will be required. It can be every day, or just on one or two days of the week.

An opportunity for older people to eat well during lockdown, see the lunch delivery volunteer and provide a little peace of mind for their families.

If you would enjoy a good lunch during the week, or if you are caring for someone and would like a break from cooking some days, please give Keith a call at The Glaven Centre on 01263 740762, to discuss the details or any special requests.

Please pass this information on to anyone in your village, add to your newsletters, or print a copy for village notice boards.

NORFOLK COASTAL PARTNERSHIP

Beach Clean Guardians Needed

Through our small grant fund, we'd like to fund a Norfolk Coast Partnership sponsored beach clean station, or three, and need volunteer guardians at each site to manage the day-to-day running of these. Guardian responsibilities include putting the information board out each morning and bringing it in at night with regard to weather and tides and so a storage facility and nearby, suitable waste disposal will be essential. We think this would suit a beach-side café, shop, or other coastal business perhaps? Full training will be provided.



Of course, we would be looking to place new boards once the current Covid-19 restrictions are ended.

Beach Clean litter picking stations are provided by the 2 Minute Foundation, a registered charity devoted to cleaning

up our planet two minutes at a time, who believe that simple, achievable acts can add up to make a great difference. Communities and visitors are encouraged to spend two (or more) minutes picking up marine litter from their #2minutebeachclean station boards. Further details are on their website <https://beachclean.net/>. See the Norfolk coast locations (you'll see that there is quite a gap between Hunstanton and Cley!), along with other excellent local beach clean initiatives, at <http://www.norfolkcoastaonb.org.uk/partnership/beach-clean-events/691>.

New boards would be part of an innovative project where low grade waste, the kind picked up on beach cleans which cannot be easily recycled, is put to good use. Alongside several other organisations, including Reworked and The Ocean Recovery Project, the 2 Minute Foundation are turning this low-grade plastic into the litter picking stations, making a completely closed-loop operation.

For an informal chat about becoming a guardian email aonb@norfolk.gov.uk or phone us on 01328 850545.

LIBRARIES UPDATE

...as of 8th March. Check websites for latest news.

Good News: Some of our libraries will be open from Monday 8th March for an **At the Door** service. We are sorry you can't come into library buildings or on mobile libraries yet. We are working within government regulations to get library services back to normal as soon and as safely as possible.

Libraries opening are: Acle, Attleborough, Aylsham, Caister, Cromer, Dereham, Diss, Downham Market, Earlham, **Fakenham**, Gaywood, Gorleston, Great Yarmouth, Hellesdon, Hunstanton, King's Lynn, North Walsham, Plumstead Road, Sheringham, Sprowston, Swaffham, Thetford, Wroxham and Wymondham. There will be a Mobile Library at the Millennium Library.

You will be able to:

- Return items via the drop box
- Select and Collect up to 10 books. Complete the form here (from Friday 3rd) <https://tinyurl.com/3rpnv4uz> or ring 01603 774777 to order (10-6 Monday-Friday, 10-4 Saturday)
- Try our Grab and Go selections
- Pick up Toiletries To Go/ Tricky Period items

At the following libraries you can book computer sessions and come in if you need support filling in your census form online. Cromer, Great Yarmouth, Hellesdon, King's Lynn, Thetford and Wymondham. Ring 01603 774777 to book.

We are planning to open the rest of our libraries for the same click and collect services the following week,

SC

Strong Cars

Licensed Private Hire Cars

Tel: 01263 740283

Mob: 07788 777485

jenny.girling@hotmail.co.uk

Barry Girling

11 Queens Close, Blakeney

Norfolk NR25 7PQ

6 Seater also Available

Long and Short Distances

All Major Airports

BURNHAM MOTORS GARAGE LTD

CREAKE ROAD, BURNHAM MARKET PE31 8EA

01328 738387

www.burnhammotorgarageltd.com
stevebmotors@aol.com

The Good Garage Scheme

MOT TESTING STATION

RETAIL MOTOR INDUSTRY FEDERATION

ALL MAKES SERVICING & REPAIR, M.O.T.'s, TYRES, EXHAUSTS, AIR-CON, DIAGNOSTICS & WHEEL ALIGNMENT

ALL OUR WORK CARRIES A 12 MONTH/12,000 MILE GUARANTEE

beginning on the 15th March.

Opening times may have changed at your local library so please check our website for the latest.

Any items out on loan are still being automatically renewed until further notice and will not be charged any additional overdue or renewal fees.

HEALTHWATCH NORFOLK

Healthwatch Norfolk Project to prevent digital exclusion for people with cancer

Creating a fit-for-purpose digital NHS has long been a priority for local and national leaders, yet ambitious Government targets, such as achieving a 'paperless NHS' by 2018, have successively been missed.

The rate of digital transformation within the healthcare system has previously been criticised for being too slow, leading to concerns that opportunities to create a more efficient and accessible service are being missed.

However, an unexpected outcome of the coronavirus pandemic has been a drastic acceleration of digital adoption within the NHS.

This is especially notable in primary care, where an estimated 85% of GP appointments have occurred remotely via video platforms such as Zoom and Skype, compared with just 5% before the pandemic.

Although this is undoubtedly a positive step for local services, it is acknowledged that not everyone can easily access digital treatment. The fear of being 'left behind' by digital transformation is a real concern, especially among elderly people, people with disabilities and people with language barriers.

To make sure patient groups at risk of digital exclusion are not overlooked by new developments, Healthwatch Norfolk has launched a project which aims to capture patient experience, focusing initially on people affected by cancer in Norfolk and Waveney.

The organisation is exploring patients' perception and experiences of virtual consultations via a public survey, which can be completed online or by contacting Healthwatch Norfolk directly by phone or email.

The survey will attempt to understand:

- Whether people with cancer have had a virtual consultation
- Whether the consultation met their needs
- Their overall experience
- Which individuals or communities are being digitally excluded
- Potential improvements that could be made to enable digital access to primary and secondary cancer care consultations
- Respondents' experience of signposting to 'digital havens'.

Through this piece of targeted engagement, HWN aim to raise public awareness of the support services available to them as well as facilitate work with service providers to enable better engagement with people with additional needs.

Regarding the launch of the project, we believe we have seen more transformation of health and care services in the last few months than we have seen in over four decades of integrated health and social care policy initiatives.

Covid-19 has driven some fantastic examples of joined-up working across the NHS and local government, with herculean efforts and rapid innovations deployed at pace to rapidly safeguard patients and support staff. However, the backlog of demand

for cancer treatment created by Covid-19 means it is vital that digital support is employed effectively to support the delivery of life-saving care.

Healthwatch Norfolk considers that there is a real need to evaluate the digital experiences of people affected by cancer, so that commissioners and service providers can create a truly equitable digital offer for everyone.

If you would like to participate, please contact Healthwatch Norfolk by calling 01953 856029 or emailing enquiries@healthwatchnorfolk.co.uk. Alternatively, the survey can be completed online at www.smartsurvey.co.uk/s/cancerappointments/
Alex Stewart

POLICE CONTACT

For any Covid related breaches, please report via the 'Norfolk Constabulary website page, under the tab headed 'Report it' and not directly to P.C. Jason Pegden.

WEA WELLS BRANCH STILL IN BUSINESS!

Although we've been unable to run any courses or day schools locally for over a year now, we are hoping to be able to resume face-to-face courses in Wells from the end of September 2021.

In the meantime WEA has not been idle. In addition to putting on weekly online lectures for members (we told you about them in our last article) WEA has also been training lecturers to deliver online and now has an extensive programme of courses on offer. Currently, for obvious reasons, all these courses are 'online', but if you're familiar with Zoom (which many of us will have been using during lockdown) and/or Canvas that won't be a problem, and if you're not, there are tutorials available on the WEA website that will help you get to grips with them.



- Matrimonial & Family
- Conveyancing
- Commercial Property
- Wills & Trusts
- Dispute Resolution
- Powers of Attorney
- Probate & Estate Management

Your North Norfolk
Solicitors

Tel: Fakenham 01328 863131
Holt 01263 712023

butcherandrews.co.uk
ba@butcherandrews.co.uk



To get started, go to www.wea.org.uk/find-course. Ignore all the boxes on the left of your screen and instead pick a subject that interests you from the 'Be Inspired' list on the right. These include such topics as Arts & Crafts, the Performing Arts, Natural & Social Sciences and History & Culture and between them, last time we looked, there were 950 individual courses to choose from.

When you've found a course that sounds interesting, click on the 'View details' button for more information and also to find links to the Zoom and Canvas help pages. Then, if you decide that the course is for you, click on the 'Enrol online' button and follow the instructions. You can pay by card online or by telephone. Alternatively you can ring 0300 303 3464 and do the whole thing over the phone.

Although you may miss out on some of the social aspects of attending a 'face to face' WEA course, the online courses do have some advantages: no travelling, more comfortable chairs perhaps - and they're cheaper! A seven week 'long' course of the type we normally run each term will cost you £44.80 online rather than the £55 we would otherwise be charging. Tempted?

FARMING UPDATE JANUARY – FEBRUARY 2021

What a difference a week makes

It felt like 2021 rather picked up where 2020 left off: plenty of rain, dull, cold weather and a lot of sugar beet still in the ground unable to be harvested. A wave of snow reminiscent of the 'Beast from the East' seemed to underline that fortunes would not change and we were destined to endure another very tricky spring, much like 3 years ago. But wait! What could be better than seeing the snow melt away in late February to be replaced by bright sunshine, gentle breezes, and warm temperatures? Some regions in the west of Norfolk reported a 22C temperature swing within 7 days, having experienced -7C one day and 15C exactly a week later.

Unfortunately, the warmth was relatively short lived, but it has stayed dry, and we finally managed to lift most of the beet that was left. There are still a few hectares to go, spread over about 7 different fields, and consisting of only the very choicest of wet areas, so who knows if/when we will be able to harvest it, but with the factory now due to stay open until April there is still time.

The other major benefit to the dry weather is the opportunity to start cultivating the old sugar beet land so

we can begin planting spring barley. The wet winter has turned the land a bit 'sour', so we have used a cultivator to break the crust and help the speed up the drying process; once the top few inches are in better condition, we can cultivate at a greater depth to break up any compaction so the roots can expand more easily.

For our other spring crops we've tried to use a more natural method for achieving the same goal: cover crops, planted back in August, have put down roots over the autumn and winter which help the soil to regulate moisture levels and keep it friable. The rhizosphere – the volume of soil directly surrounding plant roots – is rich in microorganisms which help to support plant life, so leaving the soil undisturbed allows them to flourish and help to support the growing crops. Sheep also enjoy eating the leafy tops and turning it into manure, a foodstuff to further support the microorganisms. It's as if nature intended it...

Jonathan Darby Albanwise farm Manager

CPRE NORFOLK AWARDS 2021

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

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

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

Entry categories:

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

A Keeble Roofing Contractor

Strip and re tile specialist.
Established 38 years. Re roofs. New roofs.
Repairs. Guttering and flat roofing.
All work invoiced / guaranteed.

01328 829152 / 07748 845143

MORSTON POOL

PRIVATE HIRE SWIMMING POOL IN MORSTON

Book a regular hourly slot and enjoy **exclusive private use** of the pool - for exercise, fun or relaxation.

Prices are extremely reasonable and it's easy to do: call to choose a slot, pay monthly and you're done.

morstonpool.com ☎ 07919 186400

✉ h.h.harrison@gmail.com

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

Entries can be made until 28th May 2021. Download an application form and information leaflet from www.cprenorfolk.org.uk/awards-2021. You can also read about our past winning projects there.

We hope it will be possible to hold a live awards event on 16th September, but if this is not possible, we will recognise winners at a virtual event.

The 2021 CPRE Norfolk Awards have been generously sponsored by Brunswick Investment Management <https://brunswickim.com/>.

BALE

Contact: Maggie Thomas 01328 822481
maggie2403@icloud.com

BALE NEWS

Light at the end of the tunnel

Fingers crossed that by the time you read this we are once more able to meet friends and/or family for coffee and picnics in public places. It may be an opportunity for Bale residents, old and new, to meet face to face.

Village hall events will follow later in the year but some new residents are already getting involved in the community by volunteering to deliver the Lynx. This will give Eileen Spooner and Sue Berry a well-earned rest.

For many years Eileen delivered the Lynx around Bale on her bicycle while delivering newspapers. Since then, she and Sue have trudged round the village in all weathers making sure that every occupied property has a copy of the Lynx in its letterbox. Thank you both from everyone in Bale. *MT*

HUNDRED CLUB DRAW RESULTS

We are continuing to hold the draw despite fish and chips not being possible at the moment.

January 2021		February 2021	
Sandy Chapman	£25	Julie May	£25
Hannah Letts	£10	Rita Gibbs	£10
Julia Aylmer	£5	Julia Bridge	£5
Evan Turnbull	£5	Rose Jewitt	£5

MARIANNE ROSE MITCHELL

13 October 1940 – 25 December 2020

It is with deep sorrow that we report the death of Marianne Mitchell, who passed away on Christmas Day at home in Bale, following a short but hard-fought battle with cancer. Marianne was part of the founding triumvirate of Countryside Filling Station on Holt Road, along with her husband, Frederick (Charlie) Mitchell, and her brother, Keith White.



Marianne was born in Fulmodeston on 13th October 1940 to Lesley and Gladys White. Lesley was the Forester on the Melton Constable estate, having worked there since his return from the war. Initially owned by the Astley family, the estate was later sold to the Duke of Westminster. Lesley's parents had themselves kept the Hastings Arms. The genesis of two of Marianne's great passions lay with her parents' occupations: her love of gardening inspired by her father and her noted culinary ability inherited from her mother, Gladys, the cook at Fulmodeston School for many years.

Having initially attended Fulmodeston School herself, Marianne moved on to Astley School but formal schooling did little to impassion her and she left as soon as she was able, gaining employment with the Mackrells in the village bakery. In addition to assisting with the baking of bread, Marianne would cycle for many, many miles to deliver their baked goods.

All of this changed when she met the man who would become her husband, Frederick (Charlie) Mitchell, initially of Frog Hall Farm, Thursford, and latterly of The Rectory Farm, Bale. Married in 1963, Marianne moved to be with Charlie in Bale. Together with the support of her brother, Keith, they established Countryside Filling Station which remains family-owned to this day. Marianne and Charlie built their home next to the business and have remained there ever since. It was here that their three daughters, Sharon, Sarah and Katie, were born and raised: all now fully-grown and parents themselves. Marianne felt immensely rewarded by her seven beautiful grandchildren to whom she devoted herself entirely.

A kind, caring woman, Marianne showed the same compassion for all animals as she did for people. This manifested itself in the care of a menagerie of animals, including dogs, goats, ponies, birds, cats and rabbits, throughout her lifetime.

Would you like to advertise here?

Contact Sally
Local Lynx

sallymetcalfe@btinternet.com



General Garden Maintenance Lawn Mowing
Hedge Cutting Strimming Work
Patio and Driveway Pressure Washing
Second Home and Holiday Home Garden Maintenance
Green Waste Removed



Jason Smith – 07889 233886
jpsmithgardening@gmail.com



Away from the business, family, friends and animals, Marianne was remarkably creative. A very talented amateur artist and painter, she was also particularly adept at sugar craft and, later in life, developed a talent for modelling with clay.

Marianne was deeply loved by her friends and family who miss her dearly and with whom our thoughts and prayers lie at this difficult time.

Katie Brooks

WILD BALE

Birds of Spring

Spring is in full swing with chaffinch, great tit and



blackbird already beginning to feel the effects of the lengthening days and warmer temperatures, singing with gusto, trying to impress a partner and claim the best territory.

Many of our wintering birds have departed, moving further north into Scotland and even Scandinavia, replaced by returning birds from France, Spain and North Africa, including common garden birds such as goldfinch and siskin. This is known as migration dispersion and allows migrant birds to move shorter distances and thereby increase their chances of living through the winter months. Some fifty percent of goldfinches from southern Britain move south into France and Spain in autumn, goldfinches from Scandinavia migrating to the UK at the same time. This is then reversed in spring. Not only does this allow two populations a shorter migration but also improves the genetics of our birds when some remain to breed. A good example of this was in 2000 when thousands of song thrushes arrived in Norfolk. I saw a 'fall' of fourteen hundred of them one morning in early November. The next spring many did not return to Scandinavia due to cold northerly spring winds and so remained in the east of England causing the song thrush population to increase.

Spring is a great time to look out for the more usual bird migrants that can be seen almost anywhere. In April 2019 there were three ring ouzels in the sheep paddock for several days, having arrived on east winds as they headed for Scandinavia from north Africa.

Wheatears can be found on inland fields around Bale, particularly on spring crops. The



hedges will have warblers, fresh from west Africa, including whitethroat, blackcap and the lesser whitethroat with its distinctive rattling song. If it is a quail year, we may have one or two of these small partridge calling "wet my lips" from grass fields or cereal crops.

House martins and swallows are now arriving and our summer skies will be home to swifts. Fewer of them return each spring but a small breeding population cling on in the village using the older pantile roofs as nesting sites. Whenever I see the swifts screaming through the evening sky, I am reminded of Wilfred Owen's poem, 'The Swift'. Here is an extract:

*But when eve shines lowly,
And the light is thinned,
And the moon slides slowly
Down the far-off wind,
Oh, then to be of all the birds the Swift!
To flit through ether, with elves winging,
Drawn up western fires, in frenzy singing,
Along the breeze to lean and poise and drift!*



Paul Laurie

ALL SAINTS' CHURCH, BALE

Sadly, due to shielding and general caution about gatherings, we have had no services in Bale church for some weeks now. We will be resuming as soon as we can so please keep an eye on the church noticeboard and also the Bale village WhatsApp group for details.

In the meantime, I would like to repeat the appeal for 'willing hands' to help keep our beautiful church building welcoming for worshippers, visitors and those who would like to celebrate a christening or wedding or hold a funeral for a loved one. In particular, we would like to be able to have flowers, regardless of whether there is a regular service. We also need to keep the dust down. Many hands make light work, so please think about whether you could spare an hour or two every now and then. Thank you.

PM

BALE BOOK GROUP

Idaho by Emily Ruskovich

I'm glad we were able to Zoom rather than meet, as the snow on 16th January wasn't at all conducive to going out: one small benefit of lockdown.

Despite having plenty of time to read, I hadn't managed to give my book choice the second reading it deserved. We were discussing *Idaho* by Emily Ruskovich, a story of a tragic and shocking event in a family and its reverberations throughout the small

Gunthorpe Osteopaths

Peggy Corney DO
Rachel Gillender M.Ost

Over 25 years experience in:
Back and neck pain
Joint pain, including arthritis
Headaches
Stress and tension
Sports injuries

We also treat babies and children

40 High Street, Little Walsingham NR22 6AA

Tel: 01263 861184

email: gunthorpeosteopaths@btconnect.com

www.gunthorpeosteopaths.com

Gowards

Funeral Services Ltd

An independent, modern, caring funeral service offered in a warm and approachable manner
24 hours a day.



In your time of need please call
Heather Goward or **Paul Cook** Dip.F.D
Bridge Street, Fakenham. NR21 9AY
01328 862686

www.gowardsfuneralservices.co.uk

Find us on



Golden Charter
Funeral Plans

community of people in the Idaho mountains.

We all agreed that the detailed descriptions of the landscape and the people brought the book very much to life. The individuals were very rounded and convincing. Even the two small children, May and June, at the centre of the story were three-dimensional and believable, touchingly so. The chapters devoted to their playing together and their relationship were poignant in the context of the terrible act that changed all their lives.

One reason I chose the book, which I had read a couple of years ago, was because I really wanted to be able to talk about it with others. It is a tale with a lot of loose endings and some of the group found that too frustrating and ultimately left them unsatisfied.

We talked about the 'facts' in the book and how we are left to interpret them in our own way. Naturally we all had different opinions. That one of the main characters, Wade, had said: *'It wasn't an accident, it wasn't a thing that she did on purpose. It was a thing that happened. To her and by her, and that's it'* was taken as the truth by some but I thought this abnegated both himself and the murderer from any responsibility. It seemed to me to be a conscious act, albeit carried out in an uncontrollable rage, but the book itself gave no hard and fast truth; so an exercise in different perceptions. I really felt like writing to the author to seek clarification!

We all agreed that there were various people and tangents that didn't entirely make sense to the plot but we supposed that that was perhaps the point of the book. It is a book with a plot that reads a bit like a thriller with a page-turning tension that had the reader absorbed.

I think we probably gave it seven out of ten so, although not a smash hit, most of us found it an enjoyable read. Getting pleasure out of books is what the book group is about so it's always good to get as near a consensus as possible, although I believe that, these days, seeking consensus is considered oppressive. The book group is a good exercise in listening to the views of others and respecting difference and what better than that to feed the bookish mind.

Despite our inability to pin it down to one reality, the book's themes of forgiveness, redemption and love made for a satisfying read overall. *Victoria Kurrein*

FOOD FOR THOUGHT #3

Firstly, for anyone wondering where on earth all this food malarkey came from, I'd like to make clear that it wasn't my idea to inflict it on you. Apologies for continuing the assault but apparently there's still a need

for content and it gives me an opportunity to say that you really don't need to use as much butter as the tomato recipe (in the February/March Lynx) demands. I use one third and it's still sublime.

When lockdown hit us back in March 2020, I suddenly found myself with almost nothing to do at weekends except work. I'm very thankful to still have had that: just not every day of the week. Everyone knows that nature abhors a vacuum and, in an effort to find an alternative time-filler, my Saturdays were taken over by (obsessive) baking. Mysteriously, I put on a stone in weight. That's 7kg, or thereabouts, for any younger readers. Somehow I had managed to not connect my expanding waistline with the (literally) thousands of calories bound up in the ingredients I was using. I think I'd managed to fool myself by shovelling the various cake batters into cupcake-sized portions for eating here and distributing to friends in Sharrington Road. So small and harmless. Ha ha! The truth finally dawned on me when I was making a ton of polenta and almond mini cakes and I decided to tot up the calorific value of the mix. Nine thousand calories. Twenty utterly delicious mini cakes. I'll let you do the maths and make the choice. A short period of grief and regret followed for me and then I decided to redirect my attention to something a little less prone to being hoovered up in short order: pickling and preserving.

If you've read this 'column' before, you'll know I like a good book about food. And the one I'm going to recommend to you today was stuck under my nose by Fiona Griffin of the North Norfolk Fish Co in Holt. She's the most wonderful cook and her recommendations are absolutely never to be ignored. *Salt, Sugar and Smoke* was my first venture into the potential minefield of managed mould, decay and occasional explosion and I've really enjoyed exploring it and being guided by the book's author, Diana Henry.

My taster-in-chief (other than my partner) was my much-missed friend, neighbour and cake recipient, Geeta Maude-Roxby, of whom I've written before. She was the first outside my household to try the relish I'm sharing with you today. It's delicious. Even if you don't like rhubarb. Geeta said so, therefore it must be true.

For 1 x 500g jar of eastern-spiced rhubarb relish you will need: 200ml cider vinegar; 300g granulated sugar; 2 star anise; 1 globe crystallised ginger in syrup, shredded; 1 small red chilli, halved, deseeded and shredded; 1 red onion, very finely sliced; 350g rhubarb, trimmed weight, sliced into chunks.

GLAVEN GARDENS

- Paths, patios, retaining walls, etc.
- Garden clearance and renovation
- Design and planting of beds and borders
- Wild flower meadows
- New Lawns
- Hedge trimming
- Based in Bale

07395 766598

www.glavengardens.co.uk



PJ Electric

High Quality Professional Service

FREE survey and quotation

Fuse boxes/Consumer unit changeover; New circuits/Rewires; Heating installations; Shower installations; Cooker installations; Portable appliance testing; 85% energy efficient interior and exterior lighting; Domestic electrical installation testing; Test and certify to IEE17th edition

Any type of electrical works big or small – we can do it all!

Priory Cottage, 8 Langham Road
Binham, Fakenham NR21 0DW
Tel: 01328 830492
Mobile: 07884 436112
E: paul@pjelectricsltd.co.uk

ELECSA
Part P approved contractor



What you need to do is:

Put the vinegar and sugar into a pan and bring to a boil, stirring every so often to help the sugar dissolve. Add the spices, reduce the heat and simmer for 10 minutes. Add the onion and cook, simmering, uncovered, for 10 minutes. The onion will soften and the mixture will become thicker.

Now add the rhubarb and simmer gently for just 4 minutes more or until tender. You want it to remain pink and intact in chunks rather than degenerate into a chutney. Leave to cool. The mixture will thicken as it does so.

Pot up in sterilised jars. Kilner jars work well but so do jam jars if they have vinegar-proof lids.

You can eat this delicious relish immediately but it will keep for up to 3 months in the fridge. I eat it with cheese, bacon, pork or mackerel. You can eat it with whatever you like. *AM*

GOATS AT RECTORY FARM

In March 2020 my husband, Stephen, and I moved to Bale from Stibbard, having purchased Rectory Farm from his family. We decided to move to the farm as our goats had outgrown our old home. They now have a wonderful life roaming around our land and browsing the hedgerows.

I have kept a herd of pedigree British Alpine and British Toggenburg dairy goats since 2003. This started as a hobby, using their milk for our own purpose and feeding orphan lambs, but I now have my own cottage industry, making hand cream, moisturisers, soap and shampoo bars from the fresh goats' milk. I blend the milk with a combination of natural ingredients, oils and waxes. Essential oils are incorporated into the recipes to produce different varieties. It has been quite a long and expensive journey but well worth it.



I show my goats at local and county shows. It's wonderful to win a rosette and so rewarding to meet like-minded enthusiasts. I have become very involved in the Norwich and District

Goat Club, holding the position of Education Officer. I teach goat husbandry and produce displays and educational tables to take to public events to give the general public a hands-on experience of everything to do with looking after and enjoying goats. In addition, I

take goats and kids to fetes and schools as part of a learning programme.

After Christmas I collected unwanted Christmas trees from Bale residents and fed them to my goats: their equivalent of chocolate!

If anyone would like to know more, do contact me via my website www.moorendmoisturisers.com.

BALE VILLAGE HALL AGM

The Bale village hall AGM, which was to have been held in February, has had to be delayed until Covid-19 restrictions on meeting in the hall have been lifted.

When it is once again possible to meet, the date of the meeting will be displayed on the Bale village hall notice boards. *Bale Village Hall Committee*

With all the uncertainty and caution over when we will be allowed to meet in groups outdoors or indoors, there is, as yet, no news on the resumption of Bale's social life at the village hall. We can assure you that as soon as we can gather for fish & chip night and other get-togethers, we will.

Please keep an eye on the BVH notice boards by the telephone box and outside the hall for posters announcing what is planned. We look forward to seeing you soon. *Paula Moore*

ACUPUNCTURE in interesting times

Well, I am back in my scrubs and mask, trying to keep my glasses from steaming up and (as the cartilage in my ears has softened with age) trying to stop the mask elastic folding my ears in half. It feels both a long time ago and just yesterday when I was in the same gear. I have added the American ER look to this outfit: a long-sleeved vest under the tunic in an effort to try to stay warm in winter when having to keep windows open for ventilation.

I now have a collection of masks. First there are fabric ones in a variety of colours and patterns for wear when out and about. Perhaps the village hall could have an exhibition of fabric masks when we return to more social times. Maybe a community patchwork quilt project? Then we have the medical-rated blue mask; the higher-rated FFP2s for work and, finally, the top-rated N95 for the very few clients who are genuinely unable to wear a mask themselves. The N95s have a high filtration level so are great when sanding or clearing dusty areas. (Well, a woman has to keep busy.) All have nose clips to keep them in place

DB GARDEN SERVICES

07816 327537
01328 830476



Garden maintenance
One-off / Regular
Contract
Lawnmowing
Ride-on mowing
Hedges
Weed spraying
Small tree work
And more
Experienced
Fully insured
Certified

Acupuncture at

Holt Holistic Centre

健康

Alison Courtney BScHonAc

I am an experienced acupuncturist working in Holt.

My background was in nursing then midwifery prior to becoming an acupuncturist. If you need more information on acupuncture, I am happy to talk it through with you.

For appointments call the clinic on 01263 711898.

I offer a reduction for your initial treatments.

Member Acupuncture Society

Holt Holistic Centre
10 Station Road Holt

Mobile 07790 264515
alisoncourtney3@gmail.com

so no need to keep fiddling with the mask.

This brings me to my main gripe: why were we advised to wear masks but not given clear guidance on which ones were effective and how to wear them. A poor mask offers little protection. However, I may have spent too much time researching the subject. I have found the topic to be as interesting to other people as my conversations about the effect of the rising water table on my septic tank.

Anyway, the good news for me is that I am back in my acupuncture practice. During the first lockdown all practitioners had to stop working; then we were allowed to work if we wore enough PPE to equip us for a job at Porton Down; finally, it was recognised that it was possible to make clinics safe enough to treat the many people who depend on us to alleviate their health issues.

Our GPs are overstretched and, if I can help by keeping my clinic going, I am very happy to do so. I suspect the years ahead will be busy with the Covid-related health problems for which acupuncture is already being used as a treatment. Sadly, there will also be an increase in the number of people seeking help with mobility and pain issues due to the delays in hospital referrals and treatment.

I feel privileged to be able to help and look forward to better times ahead. The dogs are missing me already, having had long, regular walks over the past months. Mind you, they did sometimes look up from their warm beds as if to say: "Not again! How many miles can a dog walk?"

Alison Courtney



THE FOODBANK

Where does the food go?

Following the Bale pre-Christmas collection for the foodbank, several people asked me where the donated food goes and how the system works. I volunteer in the Fakenham distribution centre; others may have a different system but this is what happens locally.

The Salvation Army in Fakenham generously hosts the distribution centre and all donated food is taken there. Most of it is from collection points in shops: Fakenham Tesco, Wells Co-op and Great Ryburgh being among many regular collectors, but churches and individuals also donate.

The food is weighed and packed into large crates with the weight for each donation recorded and reported to the donor. It is then transported to the area hub at East Dereham where the boxes (single, couple or family) are packed and despatched to the centres at Dereham, Swaffham and Fakenham.

People needing to use the Foodbank must obtain a voucher, available from a number of sources including NNDC, CAB, housing officers, social workers and various local charities. In Fakenham, the centre is open to callers on Monday mornings and Thursday afternoons. In addition to their box, clients are offered cereal, UHT milk, toiletries, nappies and pet food. There is also a table of 'extras': items which are near their expiry date, donations which cannot be used in the boxes, e.g. crisps (they get crushed!), large boxes of chocolates or big tins of biscuits, and non-food items such as coffee mugs and games.

It saddens me that I live in a society where foodbanks are needed but delights me that people are generous enough to ensure that there is always food available for clients in need. I'm sure more volunteers would always be welcome.

Anne Peppitt



boon-bespoke décor
'start with the perfect finish'

**Traditional
Painter, Decorator & Craftsman
with a Passion for Detail and Quality**

SPECIALISING IN COMPLETE PAINTING,
DECORATING & PROPERTY SERVICES

TRADITIONAL CARPENTRY REPAIRS TO SASH
CASEMENT WINDOWS AND DOORS

MARINE SERVICES - PAINTING/VARNISHING
AND REPAIRS TO WOODEN BOATS

For all enquires, please contact
Nicholas Boon - 07799501428 - 01263 862248
www.boon-bespokedecor.co.uk - nicholasboon@btinternet.com



Local to your area

BINHAM

Contact: Liz Brady 01328 830830
lizsdavenport@gmail.com

BINHAM PARISH COUNCIL

The days are lengthening, and the sun is shining after some pretty miserable weather during February. The roads were treacherous not least because of the snow and ice but the aftermath of water pouring down off the fields onto the roads searching for the drains. The volume of water overwhelmed many of the drains even those recently unblocked. The river overflowed onto the surrounding meadows, as is often the case in January/February. The countryside is drying out, the insects, animals and birds are all bursting with energy.

The farmers are in full swing to the extent I thought the other evening that the 'aliens' had arrived in Binham, in the guise of an enormous modern shiny yellow sugar beet harvester. One might be forgiven for thinking it was something from space! The noise and size of the vehicle festooned with lights at every angle was suggestive of a science fiction or real space craft in the dark. As if by magic, the field was ploughed within 12 hours of the sighting.



By the end of the month, I expect we will see the cattle out in the fields again and new lambs appearing. Such a joyful time of year, but I do wonder where the last twelve months have gone?

The best news is that the Vaccine programme is running well in North Norfolk and the majority of those over 60, vulnerable and key workers have had their first jabs and some their second. A remarkable achievement by all concerned in development, testing, approval and implementation of the vaccine programme across the UK whereby 20 million individuals as of March 1st has received their first dose. The government has published its long-term plan for recovery and lockdown release by the end of June. The plan is abundantly clear and simple. We are asked to remain cautious and vigilant otherwise the virus will raise its ugly head again resulting in local lockdowns, surge testing and possible national delays in reaching the next stage (<https://www.gov.uk/government/publications/covid-19-response-spring-2021>).

Progress on a number of matters including dog waste bins have been made. The PC continues to consider the best way to develop a dialogue with NCC Highways regarding the state of the drains and flooding. The PC has built up a photographic reference of concerns in recent months. These are mainly associated with accumulations of muddy water that might be hiding potholes, broken culverts, loose or lifted manholes and blocked drains. All of which are dangerous and could cause serious accidents, damage to vehicles or personal injury.

Traffic seems to be an ongoing challenge and discussion point in the village. Binham is surrounded by farms, all of which are currently busy taking advantage of better weather harvesting sugar beet, ploughing and drilling for spring planting. Currently, we notice the 44 tonners, large tractors and trailers and delivery vehicles more often as the general

traffic has reduced during this lockdown. One way of reducing roadside obstructions in the village might be to be mindful of where one parks and leaves vehicles large or small for extended periods of time.

SAMS is back in action and functioning well. Its most recent location was Langham road in February. In comparison to the same period last June/July, a lower volume of traffic was recorded mainly associated with the current lockdown and stay at home policy - less mobility, weather - rainfall and snow resulting in flooding on the surrounding roads and meadows with respect to reduce volume. The average and maximum speeds are similar and importantly below the speed limit. However, 5-10% of vehicles are speeding and a maximum of 57mph was recorded for one vehicle. The road layout of this particular section is narrow, entering downhill off an 'S' bend, no paths and houses very close on either roadside culminating in a right-hand bend uphill and the imposing high wall into the centre of the village, hence the perception that vehicles are passing too quickly.

The PC has received notice from NNDC about the North Norfolk Sustainable Communities Fund (formerly known as the Big Society Fund) which provides help to build strong sustainable communities to develop new and innovative projects to improve their environmental, social and economic wellbeing. The fund is available year-round, the next consideration is June 2021 and applications deadline 10th May. There might be some projects in the village that warrant funding consideration especially as we renew and refresh our village activities after lockdown. Details can be found on the NNDC website (<https://www.north-norfolk.gov.uk/NNSCF>).

In the coming months we will be looking forward to getting back to some sort of normality, meeting up with family and friends in a planned way as restrictions are eased. Currently, North Norfolk has the lowest number of cases (49 per 100,000 as of Feb 14th) in the East of England. The district is not isolated from areas where higher levels are or having had the jab(s). We are still required to take care. The PC urges everyone to continue to be vigilant and be mindful of Hands, Face and Space and to practice all the basic precautionary methods which have so far kept us safe.

Elizabeth S Brady, Chair Binham PC

FROM THE PARISH CLERK'S DESK

What, you may ask, does the parish clerk do?

It is a very interesting, not very well known job, mostly part time for small parishes, working four or five hours a week. My day is so varied I never get bored. Most clerks work from home, so maybe the first job

FINLAY NEWTON
GARDEN SERVICES

EMAIL FNEWTON2802@GMAIL.COM
MOBILE 07867 398 547

LAWNS & LAWN CARE
HEDGES & PRUNING
GENERAL MAINTENANCE

could be the boring bit - going through emails – yes, the old letters have gone, and we have to be IT literate.

On the IT side, we have to look after the parish council's website, which we can make as interesting as we can, as long as we publish certain information about your parish council. We could, for instance, invite any organisations in the village to have their own page if they don't have a website and keep a diary of village events (remember those?).

Another IT job this year, has been learning how to hold Zoom meetings. To keep a diary, we will be liaising with all those who run events and we may be booking out a green, playing field or park to enable that event to take place. Whatever the parish council is responsible for, the clerk has to check insurance and health and safety – have those fire extinguishers been checked this year in the Pavilion, has the play equipment had its annual safety check, are the helpers selling the burgers supervised by someone with a hygiene certificate? It's helpful to know as many people as possible in the village and who runs what. We need to know every ditch, drain, pothole, hedge, so we can report any problems to the Highways Authority.

Turning to the law, we have to advise the parish council on what it can do within its powers under the law, understand allotment law and understand parish council procedure. On accounts, we are now preparing for the annual return to be done at the end of the financial year, so we will have spent all year regularly presenting budgets and balance sheets to the parish councillors and keeping within local authority accounting regulations.

It helps to have a good working knowledge of everything from planning policy to village greens, the price of dog bin collections, bottle banks and street lighting. As we are the face of the parish council, it also helps if we are as tactful as possible.

So, that's a short summary of what a clerk does – not as boring as you might think!

Sarah Hayden, Binham and Cockthorpe PC Clerk

BINHAM PRIORY CHURCH

East End Door

For some years opening the blocked doorway on the south side of the east end of the church has been considered. From the inside the doorway is balance by a similar blocked doorway on the north side. These two doorways in the pulpitum wall at the east end were the only access points between the "monastic church", which was later pulled down at the dissolution of the

priory in 1539, and our church, which was originally the nave where the villagers worshipped. The removal of the monastic church left a large open east end above the pulpitum wall which, to keep the priory church weathertight, had to be filled in by building on the pulpitum wall a stone and flint work wall up to the roofline and the insertion of the Tudor style window.

By the 19th century the whole of the east end was becoming unsafe and extra buttresses were built on the outside to stabilise it. On the north side two buttresses were built, the inner one completely covering the area of the north doorway, which cannot now be seen. However, on the south side it was considered one buttress on the corner was sufficient. This left the south side doorway intact and still having a functioning door. But later in the 19th century this doorway was blocked by just one thickness of brickwork and plastered on the inside to match the rest of the east end.

In 2018 the rector and church council felt removing brickwork and inserting a functioning door would restore the historic link between the two churches as well as giving an additional access point to increase the flexibility of use to the church for worship, music and drama. The plans, produced by the church's architect, after the very thorough planning process the several regulatory authorities rightly adopt for historic buildings, were passed in 2020. A donor had agreed to fund the works in memory of his parents.

Covid delayed progressing of the project until the end of last year when, after competitive tendering, a contractor was chosen, and work is now scheduled to hopefully be completed in April.

Inside the church, to allow a free passageway to the door the altar rails will be re-configured to form a



Find us at:

2c/2d Shirehall Plain, Holt, NR25 6HT

Anyone wanting a private viewing opportunity can book an appointment on the days we are closed to the public by calling Mandy on 07876 254173.



SERVICE IS NOT EXPENSIVE - IT'S PRICELESS!

Stuart's

Taxi
&
Travel



01263 824444
01263 710088
FREEPHONE:
0800 734 4444

stuartstaxitravel@btinternet.com

FRIENDLY & RELIABLE - LOCAL & LONG DISTANCE

square around the altar table. It is considered this will emphasise the importance of the sanctuary area of the east end and make the whole view, enhanced by the dossal, more interesting.

Easter Day Service



Last year, sadly there were no Easter services. This year we will hope to have a service on Easter Day 4th April with Holy Communion at 11am, complying with Covid rules.

Other Sunday services during April and May will be shown on the posters and the two village websites.

Maureen and David Frost

BINHAM VILLAGE MEMORIAL HALL

www.binhamvillagehall.co.uk

We have absolutely everything crossed, hoping that the roadmap out of lockdown and other restrictions will be working as it should by the time this issue is published. Please keep an eye on the website and the Facebook page. I think I have written a variation of those two sentences since March 2020 which seems quite incredible.

The trustees have been working hard to keep the hall both weatherproof and spic and span! Stanley Hewitt has repaired a minor flood after the snow snap and Jan Hewitt and Liz Brown have done a magnificent job in keeping the big window on the roadside beautifully decorated which has been so cheering. I keep trying to take a photograph of it but my phone camera does not do the window justice – too much reflection not to mention leaping out of the way of the odd passing tractor. If you haven't been to look you must have a quick walk past. It is simply lovely.

We have had a bit of rubbish left again. This time it was discovered cunningly hidden by the wall nearest the playground. It is such a bore being a nag about this so perhaps if you see anyone casually dumping rubbish you might gently point out that the dump is not far away. We are aware that there has been an uptick in fly tipping all over the country since this rotten virus began but if we can try and stop it in our own backyard, then at least it is a start. Thank you.

We are already tentatively planning to see when we can have the village show and fete this year. As soon as we have firmed up on our ideas, we will let you know. It would be such a fantastic way to celebrate, as far as possible, coming through the pandemic.

In the meantime, don't forget the 100 Club (I've just paid my subs which reminded me) and at the time of writing we are still on the lookout for another Trustee. Contact June Read at 8 Priory Crescent for the 100 Club and Andy Marsh on 01328 830178 if you're interested in joining our merry little band.

We all might have had our jabs by the time this is printed. I am going to wear my best dress and some mascara when I get called. And possibly some glitter. Keep safe, everyone, and see you on the other side.

Mary Hunt

FRIENDS OF BINHAM PRIORY

We enter our 11th year with an invitation for new members to join us.

Run entirely by volunteers, our small charity strives to raise cash to help preserve and enhance fabulous Binham Priory church. Luckily for Binham, and the area, Henry VIII didn't knock it down when he

devastated the rest of the priory. We want this historic building to remain standing for the community to enjoy for generations to come.

Our funds, raised with the help of members and friends, have just subsidised essential emergency electrical work. Our past projects have included conservation and even the provision of folding seating and staging to enable concerts and talks to be held, including our evening with Emma Bridgewater which packed the church.

FoBP members support us with a small annual subscription for which we are deeply grateful. We endeavour to reward their generosity by dreaming up interesting and sociable fundraisers which have ranged from an evening with Spitting Image's Roger Law to a gin tasting night and our legendary family picnics to jazz. We are temporarily on hold, but the committee continues to "meet" online so we can swing back into action. Our next talk will feature Peter Brookes, political cartoonist for The Times.

If you think you would like to join us please take a look at our website. Membership forms can be downloaded, or you can contact us to obtain more information and a printed form. We don't ask our members to roll up their sleeves, do lots of work and attend endless meetings, but we do value volunteer helpers for events and we love welcoming new faces and new ideas. Please get in touch if you are tempted. We look forward to meeting you.

The website address is www.friendsofbinhampriory.weebly.com and our email address is friendsofbinhampriory@gmail.com. The website also has a Binham page featuring useful information and lots of photographs taken locally.

Carolyn Raymond

BINHAM ART GROUP

We are all looking forward to the relaxation of the covid restrictions on the 12th April, when pubs will be able to open their outside spaces. That means we will be back in business and will start our outside painting sessions on Tuesday 13th April. We will meet at the Chequers at 10.00 where there will be space for up to six in the marquee, or if the weather is fine we can spread out around the village.

To keep the members interest alive, we have reintroduced the Picture of the Month competition from March. Any pictures painted during the month can be submitted, and these will be posted on our website. The winner will then be announced at the beginning of April. You will be able to see the fruits of our labours

APW 

Plumbing & Heating (UK) Ltd

Full Bathroom Suite Installations
Boilers • Boiler Servicing
Full Heating Systems • Renewables

Blakeney: 07803 702630
80 High Street, Blakeney, Norfolk NR25 7AL



on www.binhamartgroup.weebly.com.

We are all eagerly awaiting the arrival of summer and the easing of the restrictions so that we can return to our regular meetings at the Village Memorial Hall.

Keep safe and well.

John Hill

BINHAM AND HINDRINGHAM OPEN CIRCLE

Dear members, are we not so lucky to have such amazing people in our lives? It is a good thing to show gratitude for them especially all the different workers paid and voluntary, who support us all in many ways through this time. Our world needs love, kindness and compassion if we are going to make it a better place for everyone. Hope once we are all back together we can get on with our planned projects to make a difference.

We are wondering if we dare provisionally organise an informal get together in the summer months! Some where we can meet outside and bring a picnic and see each other. I will be in touch with details nearer the time. I am also thinking I will get on with provisionally booking speakers from September to December, let's hope we can meet up by then safely inside.

Enjoy the sunshine! Best wishes,

Sue Elkins

BINHAM LOCAL HISTORY GROUP

Our group went off into hibernation at the onset of lockdown 1 last year. It meant cancelling our last two talks which had been lined up. Although they were rescheduled for the start of our new season of talks beginning September 2020, unfortunately with the government restrictions we then came under, they had to be cancelled again. Since that time, it has been difficult to do anything other than keep the group Facebook page updated with nuggets of history items.

In terms of living history, I'm certain this period of time in our lives will be recorded for evermore as a monumental event. To keep myself busy I have continued my quest of researching my family tree which, despite working at it for over 40 years, always has brick walls and problems to resolve. Occasionally an answer will appear, or a new record comes online to put some things into perspective. I have also been researching the British Newspapers Online and what a fascinating source of information it is. I have been using this as a resource to find out more about local history in general. Sometimes I'm left agog at the level of details written by Victorian journalists regarding injuries sustained by accident and murder victims. Petty crime was certainly dealt with quite harshly by today's standards.

I recently came across the sad story of Herbert Ernest Tuck who was born in Binham on 2 April 1872 to William and Mary Tuck who lived at The Lower Green and later Woodsend, Binham. The 1911 census actually reveals that William and Mary had 16 children in total, eight of whom had died by 1911 census. On 10th March 1892 aged 19 Herbert enlisted for 12 years' service for the Royal Navy along with his brother Beckford Tuck. Herbert was a stoker and must have seen a world so different from working as a labourer in Binham as he sailed the seas. On 8th June 1897 he joined the H.M.S Victorious and by July 1898 he was sailing near Nagasaki in Japan, a long way from sleepy Binham. On 27 July 1898 (not 25th as stated in Norfolk

Chronicle newspaper) Herbert was going ashore with crew when the shore boat capsized. Herbert sadly could not swim and despite the best efforts of a fellow crew member he drowned. He was buried with full military honours in the cemetery at Nagasaki, Japan. A great sadness for his family and to be buried in a land that they would never be able to visit. His brother Beckford left the Navy in December 1913 and returned to the area and died on 7 Aug 1929.

REFLECTIONS, COVID - 19 AND LOCKDOWN

Life in Lockdown

Lockdown started last Spring, it seems a long time ago that we were playing school fixtures and having school events although we did go back in September for a couple of months. It was nice to see my friends, but I haven't seen them face to face now for a while because of this present lockdown. It is lucky we have computers because its better seeing them on a screen than not seeing them at all.

This present lockdown I have been doing home schooling with my teachers live online. It is quite funny as my mum is in her office working, I am at the kitchen table and Dad is in with our dogs in the dogs' room working.

Coming up this Thursday is World Book Day where we dress up, but the problem is it's online so we have made a costume and we can't show everyone in person.

We are lucky because we are in the countryside so we have lots of fields to run and dog walk, but places like London don't have that and you are on top of each other. I did like the snow. There is only a week until we go back to school and I can't wait to see my friends and hopefully everything will clear up, so we can get back to normal again.

Henry King, age 11

OLYMPIC CHALLENGE

You may have been wondering what some very energetic Binham youngsters around lunch time, come rain or shine, accompanied by their dogs and parents have been up to recently. Here is an inspiring explanation

During online schooling, the pupils of Beeston Hall School were set an Olympic challenge! The aim was to keep the children active and to promote regular exercise because we all know this is good for their general health and wellbeing. Their combined challenge was to cover the 8,500 miles between school and the Olympic stadium in Tokyo, before the start of the opening



BLAKENEY HOTEL

Overlooking the estuary: the perfect place to enjoy a relaxing break, a meal or just a coffee.

We have seasonal and permanent employment opportunities.

Tel 01263 740797 admin@blakeneyhotel.co.uk
www.blakeneyhotel.co.uk



ceremony in July.

The school chose the Olympic theme because it promotes the unity of the world, as represented by the rings, and wanted to encourage a single, fun activity that brought the whole school together from reception right through to Year 8. The Olympic motto is made up of three Latin words: Citius – altius – fortius. Which Mr. Burnell, their Hindringham based Latin teacher, will uphold means giving their best during these unusual times or going ‘faster – higher – stronger’.

With my geography hat on, this was also a wonderful opportunity to raise awareness of the countries and people of the world and planning a route to the world’s most populous city proved an equally interesting topic for our weekly enquiry challenge.

At the time of writing the children and staff are approaching halfway as they approach the border with China and contemplate their route over or around the Himalayas. This has been an exciting activity that has encouraged our children and their whole families to get outside and to walk, run, cycle and even wild swim in the great Norfolk outdoors.

*Peter King, Head of Geography and Rugby,
Beeston Hall pk@beestonhall.co.uk*

HOPE

Despite our latest long lockdown, I count my blessings that we live in such a beautiful village on the North Norfolk coast; that I can walk out of my front door and find comfort in the fresh air with its scent of the seasons on it and the open spaces and viewpoints around the village where you can see for miles. The red kites and buzzards soaring overhead and now that Spring is returning, I hear the tawny owls calling to each other in the still darkness of night when sleep has eluded me and then to awake to the joyous dawn chorus of the song thrush with its fluty song to herald the start another spring.

This spring will be strange experience for us all. A four-step plan from the government to set us on a road by 21 June to try and restore some semblance of life as we knew it to restart in a phased approach. Set against this, is the biggest vaccination programme our country has seen in such a short period of time. Sunday 28th February 2021 records an astonishing figure of 20,089,551 people in the UK have received their first vaccination for Coronavirus and 796,132 have had a second since 8th December 2020. I never knew that one could feel so excited about getting the phone call to go and be vaccinated.

And so, picking up the pieces of life from before will not be without its challenges, we will no doubt come out of this a bit battle weary and some sadly have paid a heavy price, but what we learn from our past is the resilience of humans in the face of adversity. As the late Captain Sir Tom Moore, who aged 100 years of age became a beacon of hope and inspiration for the nation said, “tomorrow will be a better day”. That is a hope I share and reminds me of one of my favourite poems by Emily Dickinson.

“Hope” is the thing with feathers -
That perches in the soul -
And sings the tune without the words -
And never stops - at all -
And sweetest - in the Gale - is heard -
And sore must be the storm -
That could abash the little Bird
That kept so many warm -
I’ve heard it in the chilliest land -
And on the strangest Sea -
Yet - never - in Extremity,
It asked a crumb - of me.



Pennie Alford

THE POTTERY HOUSE 41 FRONT STREET, BINHAM

The Pottery House, 41 Front Street, Binham received listed building consent on the 23rd February 2021. This historic house, possibly of late 16th or early 17th century construction, occupies a prominent position at the heart of the village. It was formerly the Kings Arms public house with a first named licensee recorded in 1789. It returned to residential use when the pub and its adjoining fish and chip shop closed in 1964.

The current house has many fine features, however over the years it been subject to some insensitive alterations and repairs and is in much need of sensitive restoration. The project will be something of a labour of love over a phased period of time. We are very glad to have Wyndham Spice and his team on board, to help us achieve our vision for restoring the old property.

The proposed works have started with the renovation of the barn annexe. When this has been completed we will start the renovation of the north wing, which was once a stable, but is currently the entrance hall. The leaking roof will be retiled using the original pantiles, whilst its soft red brick that has resulted in extensive spalling will be repaired to prevent penetrating damp. This will require the existing textured masonry paint to

www.norfolkwoodburners.co.uk

Norfolk Woodburners offer the best local service for the supply and installation of:

- Wood Burners & Multi-Fuel Stoves
- Main agents for Aga, Hunter & Cleanburn Stoves
- Chimneys Lined
- No Chimney, No Problem
- Fireplaces Enlarged

FREE QUOTES
WITHOUT OBLIGATION - WE OFFER FREE QUOTES & SURVEYS

HETAS

t: 01328 700161 m: 07966 661175

e: norfolkwoodburners@outlook.com

**Claire Dye
Physiotherapist**

BSc (Hons) PG Cert, MCSP, HPC, AACP registered

Treatment of conditions including sports injuries, arthritis, neck pain, back pain. Using various therapy techniques including joint mobilisation, soft tissue techniques, massage, acupuncture. Individual rehabilitation and exercise plans to suit all needs.

Appointments available at
Holt Holistic Centre
10 Station Road, Holt. 01263 711898
email: cdye.physio@gmail.com

CHARTERED SOCIETY OF PHYSIOTHERAPY

be removed and the exposed bricks repointed using lime mortar and the application of a carefully selected breathable masonry paint.

The next and final stage of work is to reveal the construction and changing history of the main house facade by removing the white paint to reveal the original brick and stone quoins and opening surrounds. The original front door will be reopened and the small modern window opening to its right will be removed. The small window above will be reconfigured to match the original small single-light window at the south end of the facade. All these alterations will remove the contemporary brickwork and replace it with galleted and knapped flint to match the original construction.

Of course, all this cannot happen without some mess and quite a lot of large vehicles coming and going. All the guys on site are working hard to make things happen expediently and we all hope the activity does not cause too much inconvenience to the village.

We will, no doubt, have discoveries and updates as work progresses. We are so happy to be in Binham and, at last, to have started our project, looking forward to more sociable times with you all!
Naomi and Neil Porter

BINHAM MEMORIAL HALL

100+ Club winners

January winners: £25 Julia Wright, £10 Alex Howell, Oliver Wales, £5 Neil McArthur, Mr G Griffiths, Polly Hunt

February winners: £25 M Martin, £10 Tracy Martin, Fiona Thompson, £5 Edward Bartram, Mike Bond, Mr Alex Smith.

If anyone would like to join the 100+ club, please call at 8 Priory Crescent or ring June Read on 01328 830106.

FOOD FOR THOUGHT

"Yesterday returneth not.

Mayhap tomorrow cometh not.

But there is today, mis-use it not."

COCKTHORPE

Contact: Maurice Matthews 01328 830350
maurice.matthews@peppard.net

ALL CHANGE

By the time you are reading this a lot of changes have occurred since our previous edition.

Spring has sprung complete with snowdrops, daffodils, and crocuses. Lambs have arrived and pink foot geese have gone north. We have lighter evenings and the lawn mower needs mending.

Covid restrictions are slowly being lifted (hopefully) and the changes become apparent as we are all let out. More visitors coming without being fined, busier roads, shiny, clean Range Rovers and 4-wheel drives, camper vans, designer-label wellies, Waitrose delivery vans and full car parks. Harbours overrun by speedboats, RIBs and jetskis.

More or less an overnight transfer into what is nowadays a normal summer.

FIELD DALLING

Contact: Julie Wiltshire
julie_wilson75@hotmail.com

NEWS FROM THE CHURCHES

Both our churches remain open for prayers at all times. There are services of Holy Communion in Saxlingham on March 21st and of Morning Prayer for Palm Sunday in Field Dalling on March 28th, both at 11am and taken by Ian Whittle. We expect to return to holding the Family Service in church in April, all being well.

You are warmly invited to join services using Zoom at 11am on March 14th (Mothering Day Service) and at 5pm on March 7th, 21st and 28th. Please contact Ian Newton if you want to tune in.

HOLY WEEK

We will be holding our usual short services of reflection at 6.30pm each evening from Monday to Thursday (28th March to 1st April) but, like last year, they will be on Zoom. We will send invitations to everyone on our Zoom lists. All welcome. We hope to hold services in church, as well as on Zoom, on Good Friday and Easter Day – more details next month.

Ian Newton 01328 830947

OIL AT A DISCOUNT

May we remind everyone that Rix provides a delivery service of heating oil for any who wish to take advantage of it. You get a very competitive price however little you order, and Rix gives a small donation to the church for each litre delivered; last year we received about £130. There are also fewer tanker deliveries and less traffic. So, a win-win all round! More details from me.

Ian Newton 01328 830947 iannewton46@gmail.com

A WARM WELCOME

To Jonathan Bean and Khloe Wright who have moved in next to Ian and Debbie, and to Andrew and Patricia Ball who have moved into Peelers' End. We hope they will much enjoy living in the village and we look forward to getting to know them as lockdown eases!

And our very best wishes to Margaret and Anthony as they move to be nearer family in Brighton; they will be much missed.

Elu's

Woodburner Services

- Installations
- Servicing
- Refurbishment
- Chimney Lining





Tel: 01263 824665
Mobile: 07919 201665
www.elvswoodburnerservices.co.uk

PARISH COUNCIL POSITION

Field Dalling and Saxlingham Parish Council seeks a Parish Clerk for 3 hours per week. Salary £12 to £12.73 per hour. Evening meetings 6 times per year. For more information visit <https://fdandspc.wixsite.com/fdandspc>. Applications by CV and covering letter to fdands.pc@gmail.com.

LANGHAM SCHOOL COMPUTERS

Thinking about how tough this pandemic has been on everyone and education in particular for the younger ones, it came to notice that Langham School was in great need of more Chrome Books for remote learning for those in need of help.

The Villagers' Hall has been helped by the Government with Covid Small Business Ratepayers Grants and therefore, the Villagers' Hall committee took the decision, on behalf of our two villages to donate two devices to the school. This donation was received with great appreciation by the headteacher, Polly Kossowicz, and we also received a big thank you from the Chair of Governors, Denise Markham Wroe.

200 CLUB WINNERS

January 2021:

1st Prize £50 Caroline Hayward

2nd Prize £25 Fuff Allen

3rd Prize £15 Frank Camilleri

GUNTHORPE

Contact: John Blakeley 01263 861008

jbconsult@btinternet.com

www.gunthorpefriends.co.uk

FOGPC

50/50 Club Draw Results

January	February
Andy Ainsworth £20	William Worsley £20
Carole Wallace £15	Jeremy Denholm £15
Pippa Bunting £10	Vivienne Wilson £10
Helen Ford £ 5	Michelle Worrall £ 5
Jeremy Denholm £ 5	Sandra Worth'ton £ 5
Wayne Isles £ 5	Keith Webster £ 5
Pockets White £ 5	Finn White £ 5

The May 2021 draw will be the last for the current year's subscriptions, with another mega draw with enhanced and additional cash prizes to balance the books. We are now collecting subscriptions (£12 per member) for the full year from June 2021 to May 2022, so if you would like to get ahead of the game please subscribe as soon as possible – to borrow from another place “you have to be in it to win it”! If you would like more information on the 50:50 Club please contact either Peter Everett on 01263 860035 or John Blakeley on 01263 861008.

Sadly we have not been able to hold a monthly coffee morning at all in the year May 2020 to June 2021. Subject to the current plans to get out of the Covid restrictions coming to pass we hope to re-start them in September 2021, but this will be confirmed in the August/September issue of the Local Lynx.

ST MARY'S CHURCH NEWS

We have settled into the routine of a service on the second Sunday of each month, as well as on the major feast days - usually we are delighted to say, with our rector. Everyone continues to be scrupulous about social distancing and the other now customary protections.

There will of course be Holy Communion on Easter Sunday the fourth of April. We hope that many of you in the village and from further afield will feel able to come.

The snowdrops this year have been magnificent, although under an extra carpet of white when at their very best. The aim is to keep that far side of the churchyard more under control and with fewer nettles and brambles during the summer, and mown pathways through. It is heartening that so many descendants and family come to visit the graves. We also hope to position a further bench in due course.

We will also continue with the book exchange in the church porch. Everyone should please feel free to help themselves to any books, or magazines, and keep them if desired, as well as leaving any there for others.

Financially it will be a great struggle, especially without the village fete this year. All support is hugely appreciated, including, please, leaving your empty bottles in the church car park bottle bank.

Penny Brough Church Warden

FRIENDS OF GUNTHORPE PC

It is wonderful that there is a light shining on a brighter future with Covid declining, but it seems the glow is not yet bright enough for us to throw precautions to the wind. We will not announce a date for the churchyard clear-up now, but if life ‘opens-up’ such that we can gather for one we will try to organize a future date. Many thanks to Dan Worsley who, with ‘his team’ in his own time, has cleared a wonderful, snowdrop walk and improved the outer areas hugely – well worth a visit to the Churchyard for a look.

It seems we will continue to communicate from afar and by email, WhatsApp and Zoom for a time to come, and will carry on as best we can until we can safely gather together. With this in mind we will not be having the Gunthorpe village fete the last Sunday of July or the Friends BBQ the Saturday evening before the fete. If and when Covid allows, we may try to plan an alternative, Village gathering at a later date – given people feel comfortable to work together to put it on and also to attend.

Take care of yourselves and each other in these still precarious times. The Friends are managing to carry on and

Darren Betts Building and Maintenance

2 Bale Road
Sharrington
Melton Constable
NR24 PF
01263 861281
0788 184 1917
bettsdarren@aol.com

are so grateful to John and Myfi who continue to 'run' the 50/50 Club as we are, of course, missing the income from events – not to mention the joy of the gatherings!

Very best wishes to you all and many thanks for your continued support. And – stay safe.

Marie Denholm, Friends Chairman

WELCOME

We are delighted to offer a warm village welcome to no less than three new families re-locating to the village in the past few weeks.

Charles Pryor and Rosa Streekstra

We first welcome Charles Pryor and Rosa Streekstra who, along with Bennu, a rescue greyhound from Ireland, have moved into Greengage Cottage. Charles is a local, having been born in Wiveton, and Rosa is from Amsterdam. They met whilst they were both studying for their master's degrees at the University of East Anglia. Charles is now working as a climate researcher at the UEA and Rosa, an art historian and writer, is also working part time at the Picnic Fayre Delicatessen in Cley.

Kate Gedge and Hamish Riches

Secondly we welcome Kate Gedge and Hamish Riches who have moved into the Old Chapel. They have been living and working in London but wanted to move here to be closer to family who live locally in Norfolk. Hamish is a trainee solicitor and Kate works in the field of artificial intelligence. They are very much looking forward to enjoying the beautiful countryside which they have greatly missed whilst being in the city for the last few years. They are already in love with the woolly lambs across the field from the Old Chapel!

Melanie Kidd and Amar Kumar

Lastly, but by no means least, we welcome Melanie Kidd and Amar Kumar who have moved to 19 Swanton Road, along with their Jack Russell terrier, Lola. Melanie is from Norwich, and, although she has travelled and lived abroad, she always feels at home in Norfolk. Amar is from Norfolk, and spent his childhood in Blakeney. Melanie works in the creative arts and education sectors, and is currently designing outreach projects in higher education at the UEA. Amar is an upholsterer, currently setting up his own business, and a crew member on the seal trip boats at Morston. They both very much look forward to settling into the village.

We hope that all of our newcomers will be very happy in their new homes in our friendly and eclectic village community, and we look forward to the time when the current restrictions on socialising will be lifted.

LANGHAM

Contact: Christina Cooper 01328 830207
christinacooper27@googlemail.com

BLOOD CANCER

Fundraising Sale

I am hoping to have a sale soon after lockdown finishes, all our goods have been ready for over a year now so we are keen to clear the decks. So fingers crossed we shall see you all on Saturday July 17th at Langham Village Hall. There will be bargains for everyone.

Maureen Dennis

VILLAGE HALL

As of yet we have not been given any notice of when we can reopen the hall. There is a water leak in the hall which will have to be repaired before opening and a full Covid clean will need to be carried out. As soon as we are given the go ahead and the repair has been done, rest assured the hall will reopen as soon as possible.

We already have one booking for 17th July from Maureen Dennis for her annual sale. Well done Maureen..

If anybody would like to make bookings please do not hesitate to contact me on **carole.blundell1@btinternet.com** or phone 01328 831829 or 07799 650362. Best wishes to all and stay safe, Carole.

THANK YOU

During this horrible pandemic our village has seen many changes with people walking for exercise and lots of delivery vans bringing all sorts of goods from food stores, Amazon, and many more. This type of delivery in 2019 was a rare sight - how times have changed! But what we had two years ago we still have now, with our postman, paper man, refuse collectors and our brilliant milkman who even made deliveries in the deep snow. A huge thank you to them all for keeping us going.

We must look forward and accept the changes that need to be made towards our near normality later this year - just keep smiling.

A Langham Resident



Would you like
to advertise here?

Contact Sally
Local Lynx

sallymetcalfe@btinternet.com



SANDRA'S SOFT FURNISHINGS

Handmade Curtains,
Roman Blinds, Cushions, etc.

Telephone: 01263 862899
Mobile: 07780 447241
sandrasfurnishings@yahoo.co.uk
Instagram @ sandrassoft

As a result of the government's announcement on the planned easing of the Coronavirus restrictions, the Dome will not be opening for the new season, as planned, on the 2nd April.

It is hoped that, all being well, we will be opening on Thursday 20th May and continuing as planned, as advertised in our leaflets, from then on through to the end of October. Any deviation from those plans will be announced on our website www.langhamdome.org and on the Dome answerphone 01328 830169.

We will therefore be re-erecting the Spitfire sometime in May and planning to unveil the information plaque at a ceremony on Saturday 26th June by which time it is hoped that all restrictions around large gatherings of people will have been lifted.

In the meantime, thank you for all your support, during these past 12 months. They have thrown us some difficult challenges as we try to adapt to the changing circumstances. Fingers crossed that the situation goes according to the government's plan.

Patrick Allen, Chairman Friends of Langham Dome

THE BLUE BELL

Hello all - we are raring to get going again for 2021. We are missing you all and so looking forward to welcoming everyone back.

We haven't yet made a decision on whether we will be opening from 12th April, but will wait and see what the weather forecast is looking like! Keep an eye on our social media and website for updates on this. Many thanks.

Abby, Mitch & all the staff

LANGHAM STREET FAYRE

No Fayre but a Party on the Park (well, playing field) in the Summer??

The Street Fayre committee has agreed that the biennial Street Fayre will not be held this year (as previously hoped) but we are all systems go for 22nd August 2022, so mark the date in your calendar.

We all know that the past year has been really difficult for all of us though and so we thought it would be really lovely to have a village party/get together/thank you for a 'being there for me/end of restrictions celebration' in August on the playing field. We would aim to keep it fairly low key and would love your thoughts and suggestions for what you would like to do on the day. Maybe an old fashioned street party (with or without music) or something along the lines of the rounders afternoon that the Friends of Langham host so brilliantly every year? We would love your thoughts and ideas to either Abby (at the pub), Patrick Allen, Kate Walker or Debi McIntosh.

Hopefully we will stop signing off "stay safe" very soon, but in the meantime ... stay safe!

HAPPY NEWS!



Some lovely news to share! Katharine and Sam Phelps (along with young son James of course) welcomed their new baby girl Emily Frances Vandeleur Phelps into the world on 29th October 2020. Her parents say she is a delight and is a very snuggly baby. Congratulations to Katharine and Sam. There is an African proverb that says 'It takes a village to raise a child' so we do hope you are all ready...

ANOTHER THANK YOU

To the anonymous artist who enlightened the Covid gloom with the "pick me up" posters on the telegraph poles and notice boards. Thank you. *An Appreciative Villager*

CHURCH NEWS

The Missing Flags

Sorry to report that we cannot fly any flags at present due to damage. In September in one of the storms, the arrow head of the weather vane broke off (horizontal shaft rusted through) and with 5lbs of pointed lead, it punctured the slate roof and the roofing felt. So an insurance claim has been made and approved, and the flagpole will be taken down for weather vane and roof repairs. In the meantime the flag hoist pulley had seized up. Fortunately that can be repaired at the same time. Lowering the flag pole is quite a tedious job and doing two jobs at the same time is a God send. *EA*

CHURCH CLOCK

Changing the Guard of Clock Key Keeper

After some 25 years Colin Sherriff has retired from overseeing the church clock and its chiming bells. We owe him a great deal of thanks for keeping the clock, now 130 years old, in such good time.

Alan Smith has taken on the mantle, so thank you Colin and welcome Alan. *Edward Allen, Churchwarden*

WATER IN THE GARDEN

A pond is a small body of water formed naturally or by artificial means. Water in the garden can not only be aesthetically pleasing, but will also provide habitat for aquatic plants, amphibians and all sorts of invertebrates. A pond doesn't need to be big to be of value and even the smallest examples will help wildlife and birds.

Many of us feed the birds in our gardens but a water body provides our feathered friends with year round drinking water, a place to bathe and a valuable food source in the form of insects.

Some of the best garden ponds I have seen and constructed have been really quite small, by this I mean not much bigger than a bath tub. The important thing is to provide some shallow areas and to incorporate plenty of suitable aquatic plants. The pond should be sited away from trees and get plenty of sunlight.

Wildlife ponds work best when there are no fish present, as they eat invertebrates and therefore have a negative impact on the ponds' food chain. They can also have a detrimental effect on the water quality so the fish are best kept in specifically built ponds.

A well thought out pond design should incorporate a few basic attributes such as some shallows for the birds to bathe, plenty of nooks and crevices for amphibians, a deeper area of water to help overwintering and a well chosen planting scheme. Some submerged weeds such as hornwort which will oxygenate the water, a water lily to provide some cover and some marginal plants suitable for the size of the pond. These will help with the water quality, make a sanctuary for all inhabitants, attract insects and can look visually appealing. Marsh marigold and brooklime plants are two of my favourites.

Over the years I have learnt that ponds and wildlife enthusiasts go hand in hand, and photographers, bird watchers and gardeners can all benefit from incorporating more water in their outdoor space.

Peter Simmons, Aquatics Specialist

NEW COLLECTION CONTAINER

For those who have not yet discovered it, there is a new recycling container provided by NNDC, on Langham Playing Field, for the collection of unwanted clothes, handbags and shoes.

MORSTON

Contact: Jock Wingfield 01263 740431
jocelynwingfield@gmail.com

MORSTON IN THE SNOW

Well it wasn't quite the Beast from the East 2, but Morston had its fair share of snow at the start of February brought about by storm Darcy. It is always quite a sight to see snow across the marshes and mudflats and there were some spectacular snow drifts and icicles. With no hills or even inclines for sledging, residents 'stayed local' building snow men and even ice skating on the frozen lakes on the fields.



A WOODCOCK IN THE GARDEN



Very close to our kitchen window pane, a solitary woodcock began feeding on worms, plucking them out of 3 inches of snow with his fabulously long beak. (My photo was rubbish so I have included a 'proper' photograph from the net.) He ate dozens of worms of all shapes and sizes in the half-an-hour or so that he was there and only flew off when a curious muntjac sauntered up behind him and peered in through the window. *RH*

SOW AND SHARE

In lockdown three a virtual communal gardening club has sprung up in the village. Inspired by surplus packets of seeds in cupboards, and knowing that nobody really wants 200 plants of one variety, these packets have been distributed around to willing participants. With planting starting this month, once the seeds have established they will be shared across the village. So come the summer you should see the gardens of Morston full of a wide variety of flowers including sunflowers, cosmos, marigold and rudbeckia.

Anyone who would like to take part and give it a go can contact Jill Tibbetts at confidentcooking@aol.com.

CHURCH TYMPANUM APPEAL

The PCC has launched its appeal to raise £75,000 to conserve the tympanum (wooden decorative panel) in All Saints church.

The painted tympanum shows a Hanoverian Royal Arms and Decalogue. It is inscribed as "by I. Brothill. Hull", is dated 1823 and represents one of the few surviving Royal Arms and Decalogue sets in England still installed in its proper location above the chancel arch. Initial investigative work suggests that the present decalogue set may be painted over a late medieval painting or 'doom', possibly dating back to 1480.

The finely carved and painted rood screen below the tympanum is dated 1480. It is possible that the screen and tympanum combined to form a complete medieval

ensemble screening the entire 13th century chancel crossing - in effect dividing the church.

The tympanum needs urgent treatment due to the presence of woodworm as well as significant areas of flaking paint. The painting itself is almost completely obscured by heavy brown varnish and a thick accumulation of dirt. The PCC has talked for many years about restoring the tympanum but funds were not available and the church was not watertight. Now, after a major programme of works, the church is dry.

With £40,000 raised already, mainly through trust grants, there is now an opportunity to not only restore this precious artefact but to significantly add to the knowledge of the history of All Saints church. Hence the Tympanum Appeal has been launched in a bid to secure the remaining funds required.

If you would like further details or are able to contribute to the appeal please contact Anne Rolfe at annerolfe45@gmail.com or 01263 741125.

SPEARMINT RHIZOMES COME TO MORSTON

A new aroma has joined the usual line-up of farmyard smells, this one more pleasant than most. In early January, with a southerly breeze blowing, there was the distinct scent of spearmint in the air over Morston.

The source? Hall Farm's potato store, where an organic solution to sprout control was being put through its paces. Steam distilled spearmint oil is applied as a hot fog into potato stores and the vapour prevents the development of potato sprouts.

All the potatoes grown at Hall Farm and its neighbouring Stiffkey farm supply the Kettle Crisps factory in Norwich, but as the scent of spearmint

*Do you have a spare room in your home?
Are you caring, nurturing and supportive?*

**Become a Host Family
for an international
pupil at a local
boarding school**

*Attractive daily rates
Occasional weekend and half terms only*

Contact Laura to find out more on
laura@pippasguardians.co.uk
or call 01684 252757

Pippa's 
Guardians

www.pippasguardians.co.uk

doesn't linger they can be used for more than just lamb and mint flavour crisps. The mother seed for these potatoes which is planted in the Spring is also grown in Norfolk. So when The Anchor finally reopens its doors next month, the next pint of local ale and (hopefully, Kettle) crisps you enjoy will be 100% Norfolk produced!

(And I know that technically potatoes are tubers, not rhizomes, but that headline was too good to resist.)

NO 'HANDFORTH-STYLE' SCENES AT PC

Morston Parish Council held its first online meeting at the end of January, successfully navigating Zoom and entirely avoiding the Handforth-style shenanigans that have so amused You Tube viewers. More members of the public 'attended' than usual and discourse was measured and polite. An excellent exercise in local online democracy.

NT UPDATE

Comeback for Common Cranes

Cranes have hit record levels in the UK after becoming extinct almost 400 years ago, with a recent survey revealing an unprecedented 64 breeding pairs in 2020.



Successful conservation efforts and a reintroduction programme has given them a chance at survival, after a trio of wild birds were blown off course and returned to Norfolk in 1979. There has been a huge boost over the last five years, with their numbers now thought to be over 200 in total. Cranes are famous for their elaborate dancing, which they do to reinforce pair bonds, and are the tallest UK birds standing at around 4 feet.

Stephen Prowse, from the National Trust said: "This is a significant milestone for cranes in the UK. The first wild breeding pair since the reign of Henry VIII was recorded on National Trust land in the Norfolk Broads. Careful protection has allowed their spread to surrounding counties, with a significant breeding population now located in the Broads. With a focus towards more habitat creation in the future, we hope to see the fortunes of these amazing birds continue to improve".

Last year the UK welcomed 23 chicks, with at least 85% of breeding cranes found on nature reserves.

Chick photo Damon Bridges

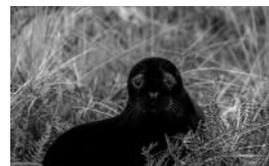
PAUL HENNESSEY

INTERIOR AND EXTERIOR
PAINTER AND DECORATOR
CITY & GUILDS QUALIFIED

FIELD DALLING 01328 831903
MOBILE 07808 792188
paulhennessey1963@btinternet.com

Seal pups caught on camera at England's largest grey seal colony

Grey seals are born white but their coat changes colour when they shed their fur at about two to three weeks old. Normally they are grey like their name suggests. It's only when they moult and the black velvety coat is revealed that rangers know it's a melanistic seal. Melanism is the increased development of the dark-coloured pigment melanin. Black seals are rare. Grey seals undergo an annual moult of their fur each spring.



Research varies, but approximately 1 in 400 grey seals are melanistic. Rangers at the National Trust's Blakeney Point in Norfolk have spotted 10 melanistic pups over the course of this winter's pupping season. This isn't the highest number they've seen, but the first year they've captured a number of them on camera thanks to volunteer Seal Warden and wildlife photographer Hanne Siebers.

If you ever come across a seal pup, please keep your distance and do not approach or disturb these wild animals in any way, as this may cause unnecessary stress.

Photography- National Trust Images/Hanne Siebers

SAXLINGHAM

Contact: John Pridham 01328 831851
jcwpridham@gmail.com



NEW YEAR NEW VIEW



As many of you will know who have driven through Saxlingham going east past the church we now have a new view.

After an intricate job of hedge laying a view of the recent silt pond has opened up.

Sometimes a pair of ducks and the odd moorhen may be seen on the silt pond.



HINDRINGHAM TODDLER
GROUP 0-4 YRS
EVERY FRIDAY 9am-11am

HELD AT HINDRINGHAM PRIMARY SCHOOL,
WELLS ROAD, NR21 0PL - TERM TIME ONLY

9am - 10am: Free play in school hall
10am - 11am: EYFS Teacher led activities in KS1 classroom
MESSY PLAY • ART AND CRAFTS • STORY READING
WATER PLAY • MUSIC • ROLE PLAYING • AND MUCH MORE...
TIME TO SOCIALISE, LEARN AND HAVE FUN!!



Only £1 per family including
snack and refreshments
For further details contact
Lucy Fox on Tel: 07925 316873



ST MARGARETS CHURCH

Our next APCCM (our AGM) will be on Tuesday 27th April at 10am in the garden at The Old Forge and is open to all villagers or socially distanced in the church depending on the weather.

SHARRINGTON

Contact: Claire Dubbins 01263 862261
cdubbins@btinternet.com
www.sharrington.org.uk

CHANGING OF THE GUARD

The beginning of May 2014 marked the second anniversary of my retirement from working life. The thrill of life as a lawyer was fading fast and it felt like time to take my clockwork brain from the removal man's box and give it a rewind. Time to lend a hand to those who had already responded to the rallying cry to preserve our village hall.

Since joining the committee and becoming its chair, the hall has been transformed into a financially secure, more modern looking and better equipped facility which has proved more popular to the surrounding community.

I have been pleased to have been a part of a committee whose members have a wide variety of talents and have much enjoyed witnessing the hall's recovery.

Earlier this year I came to the conclusion that the time had come to pass the reins to someone younger and more energetic, someone able to understand the impact of the pandemic and plan the future of the hall in line with the 'new normal' which is bound to apply as society emerges from lockdown.

I have been extremely fortunate to work with members of a committee with a broad range of skills, the well organised, the practical, the artistic, the musical and the creative. I would like to thank them all for their support and for the fun we have had over the last seven years.

I am extremely pleased that David Webb, a relatively new but experienced member of the committee has agreed to become its chair and am confident that the hall will go from strength to strength. *Roger Dubbins*

FOOD BANK NEWS

The generosity of the village to the food bank continued throughout January and February. Although all items are always appreciated, in the cold weather we decided to concentrate on tins of soup which have a long sell by date and are welcomed by both children the elderly and everyone in between. In January we exceeded our target of 50 tins, 51 to be exact, and in February collected another 40. The food bank measures donations by weight and we delivered over 38 kilos both months. Going forward into the summer we shall focus on items for children.

Now that many of us have received our vaccinations it is tempting to think the worst is over, but the economic ramifications of the pandemic look likely to continue for some time and many families are facing real hardship. The food banks are organised on a very professional basis and ensure that only those who qualify by being referred can turn up to collect supplies. We have heard of many, who never having been on the receiving end of welfare or charity before, being very grateful and slightly embarrassed by the lifeline that the food banks have provided.

Thank you in advance for any donations you care to make to the box at the back of the church. *AS*

CHURCH NEWS

We have continued to hold church services throughout these cold winter months, the main difference being that our recorded music is now choral, so our little village church echoes to the glorious sounds of the nation's famous Cathedral choirs.

Our worship remains undimmed, and our open door has been much appreciated by visitors, as demonstrated by the grateful comments in our visitors' book. As I write this we are in the season of Lent and All Saints is unadorned by flowers, but the welcome is as warm as ever and with Easter almost upon us the church will soon be decorated with colourful spring flowers.

This is also the time for annual meetings and in anticipation of this, Ann Garwood has regrettably decided not to serve a further term as church warden. Ann and I have been a team since 2012 and she has carried out her role with commitment and faithfulness. Living next-door-but-one to the church for many years gave her easy access to all aspects of her duties, but even when she moved to Holt, Ann continued in her loving care of All Saints, cleaning, decorating and preparing for services. In the past nine years she has also shared with me the leading of Morning Prayer, her

SHARRINGTON & DISTRICT GARDENING GROUP

A friendly local group with a varied programme of events and outings throughout the year.

The group has a full and varied programme of talks, outings and a film night planned for 2021, both in person and virtually via zoom.

In view of Covid and the changing nature of what we are all permitted to do please check our facebook page or contact Robin Burkitt for the latest news.

To join our group or for more information contact Robin on 01263 861939 robin@daubeneyhallfarm.com
<https://www.facebook.com/Sharrington-District-Gardening-Group-103198451824962>

Marianne Atherton M Sc LCPH MARH

Registered Homoeopath

Homoeopathy in GUNTHORPE for all the family

For information, advice or to book an appointment

contact me:

TELEPHONE: 01263 860076

MOBILE: 07500 837 433

EMAIL: marianne_atherton@live.co.uk

www.marianne-homoeopath.co.uk

dedication interrupted only by her own health concerns and the current pandemic.

I am sure the PCC and indeed the whole village, joins me in thanking Ann for her kindness, generosity and devotion as our church warden. *PEL*

VILLAGE HALL

This is my first time writing the piece for Sharrington having just taken over as chairman of the village hall committee from Roger, very big shoes to fill as Roger has done such a brilliant job. I will do my best.

My partner and I moved to Sharrington in August 2019 from a similar village near Oundle in Northamptonshire where we were very involved in the community, so it seemed natural to join the village hall committee when I was approached. Imagine my surprise however when just over a year later I was elected chairman.

In recent weeks in the village there has been an unusual hive of activity as residents dash off to receive their Covid vaccinations - so there is a light at the end of the tunnel after all. Also the recent "Road Map" announcement has really lifted people's spirits and this is evident as we meet one another on our daily exercise perambulations around the village.

Work outside and inside the village hall continues with numerous projects, some completed and some underway, including pruning and cutting back of the hedges around the outside of the hall. Also, improvements are being made in the kitchen and other back areas as well as some re-decoration. All of this in the hope that we will soon be able to re-open the hall again.

With that in mind this seems a good time to tell you that we are planning to have "a bit of a do" at the village hall to celebrate the return to some semblance of normal life and an opportunity to meet up again and socialise. All being well it is planned for mid to late August but more detailed information to follow nearer the time – so watch out in the next issue of the Lynx. *David Webb*

SHARRINGTON & DISTRICT GARDENING GROUP

After a challenging year the group is very much looking forward to being able to meet up again during 2021.

A full programme of talks, garden visits and a film night are planned to run from April onwards. Our first meeting will be on Wednesday 14th April at 7.30pm via Zoom. Darren Lerigo from Modern Mint will give an illustrated talk "A Very British Garden, thoughts on plants". Darren, paying his third "visit" to the group is a very entertaining and sought after speaker, well versed in giving talks remotely.

Further details of this talk and our 2021 programme can be found on our Facebook page <https://www.facebook.com/Sharrington-District-Gardening-Group-103198451824962> or by emailing robin@daubeneyhallfarm.com *Robin Burkitt*

MUSIC EVENINGS AT THE HALL

A year with no music at the hall has been dire but at last we can finally see a glimmer of light at the end of the tunnel. Since the government has declared potential dates for the gradual easing of lockdown restrictions I

have been contacted by several artists keen to return to entertain us here at Sharrington. At time of writing, The Strawbs gig in September remains in place and I have booked Terence Blacker to return for an evening in November. He provides a delightfully witty evening of original songs and humour and I know that many of you will be looking forward to seeing him again. I have had so many requests for a return to the hall of Edwina Hayes and Carrie Martin and I am delighted to say that we have a date in the diary for them to return next March. In June we will be entertained by Winter Wilson, a well-known duo who have recorded with Fairport Convention and in August we will be joined by the delightful and extremely talented Claude Bourbon. He is a renowned and brilliant guitarist and singer well known in music circles. He has been on the same bill as Gordon Giltrap who, hopefully will also be making a very welcome return next year.

As for our 'free to enter' music nights featuring local artists, they will resume as soon as it is safe and practical to host them. Full details of forthcoming events and dates will be published on our website www.sharrington.org.uk.

I look forward to welcoming you all back to the hall soon. *Chris Abrams*

TOWARDS A 'LIGHTER' SUMMER!

How have we coped with lockdown two? Or is it three? The weeks of seeing less and less of friends and family while spending more and more time indoors consoling ourselves with an increasingly narrow range of comfort food (ie chocolate, chocolate and more chocolate) all seem to merge into one another. "We have coped fine" we say. What use is there saying anything else? Till I was brought up short one January morning by the sight of myself in the mirror then that of my once athletic-looking husband reaching for his thermals.

We have not coped fine, I realised, we are...well, no longer as slim as we were. Indeed far from slim as we were or should be or could be. Could be? Perhaps we could? Even at our age? "We need to do something about this, my dear, now, before it gets worse. Let's face it, we are both way overweight. These rolls have got to go".

An honest appraisal of the evidence of the bathroom scales, plus some internet research into the dangers of visceral fat deposits set us on a path we had never needed to tread before, that of the diet. We dreaded it but it had to be. We settled on the Michael Moseley 5/2

DAVID THOMPSON
MASTER
CHIMNEY SWEEP

- All chimneys, flues and appliance swept
- Brush and vacuum used
- CCTV inspection
- Bird/rain guards, vent caps and cowls supplied and fitted
- NVQ qualified chimney engineer

D. Thompson Chimneys Ltd

(01328)
851081



plan, toyed with the idea of signing up to the £99 internet menu and buddy scheme, but finally opted for a second hand recipe book for 80p. A quick scan through that showed us that much of what was in the larder and freezer would have to be banished forthwith from our table and a whole new way of shopping would have to be adopted.

That was scary. Please no more stress. OK, so let's be calm and analyse this: plan four weeks of menus from the book, each week with its appropriate shopping list and just go with that, no thinking, all planned, job done.

It certainly was a learning curve in the first couple of weeks. Along with the new style of meals we also had to embark on an exercise programme. No longer in the first flush of youth, running was not an option. Cycling the local lanes in January did not tempt us either. So we walked. We walked and walked and walked! Gradually the four miles a day became easier and by accepting the challenge of an extra mile now and then, even nine or 10 miles became possible. Not always 100% enjoyable, but definitely possible.

In the beginning our twice weekly moments of truth on the scales were approached with caution and a degree of doubt, but confidence and determination grew as we saw some success. Those straining waistbands eased, fitted comfortably once more, then began to show a little slack. Hooray, we can do it!

Were we hungry? Rarely. Were we craving goodies? Certainly, but when there are none in the house one is safe from temptation. We are now four weeks into our mission, glad we took on the challenge and determined to carry on. Hopefully four more weeks should see us reach our target. Thank you lockdown. *S.Mugg*

PARISH COUNCIL

Anthony Hayward, Clerk to Brinton parish council retired in January this year. The parish would like to thank Anthony for his many years of trusted advice, support and work. Anthony has been our Parish Clerk since 1993 and has overseen many changes in the parish. Councillors will be presenting Anthony with a gift in gratitude for his many years of service. We wish Anthony and his wife a very happy retirement.

The parish council would like to extend a warm welcome to its new Clerk, Louise Stevens. Louise can be contacted via email at bandlstevens@me.com.

The parish council continues to hold its meetings via Zoom whilst Covid restrictions apply. Please contact Louise if you wish to attend or if you have any queries regarding the parish. *Debbie Hyslop*

OUR VILLAGE HALL

Our village, post-World War Two, was still a farming community. Advertisements in the Eastern Daily Press still sought team men, cow men and housemaids.

Sharrington Hall was one of the larger farm holdings in the village, being part of the estate owned by Sir Dymoke White of Salle. A generous employer, he paid for all his workers and their wives to attend an event at the London Palladium that had been preceded by a party for all his farm tenants at Salle Park on the occasion of his son Headley Dymoke White (1914-1971) coming of age in 1935.

Thomas (Tom) Sterland was Sir Dymoke White's farm manager and looked after Green Farm at Saxlingham as well as recruiting men for the farm at Salle. With his wife Marjorie Constance (nee Bishop) they had taken up residency at Sharrington Hall after their marriage in 1937. With no public hall in the village their drawing room was regarded as the village community centre. During the war their drawing room held meetings of the Home Guard, the knitting circle and was the first aid point. Whist drives were also conducted there. Marjorie commented that it was wearing out her carpets, so she began raising money in earnest to build a village hall.

She persuaded Sir Dymoke White to donate the land and organised whist drives, dances, fetes, summer and Christmas sales, competitions and dancing displays to raise the necessary funds. She was determined to raise the whole amount required. For example a Christmas sale in December 1946 raised £43 adding to the total of £544 already raised.

In 1949 with Mr and Mrs Massingham of Daubeney Hall the village hall management committee was formed. It took eight years to raise the funds required and to keep costs down the villagers were going to do the internal decorating. A total of £3,000 had been raised under the chairmanship of Tom Sterland.

Although the fund raising started early, it wasn't until May 1952 that the building was given the go ahead. It helped that Marjorie was the farm manager's wife as many of the cottages were tenanted by the farm's workers. For one hour two evenings a week the villagers got together after work and cleared the land of undergrowth and brambles – there was no TV! Marjorie had sent notices to everyone in the village and all but three individuals turned up to clear and level the ground including the village children and "Gran", an 80 year old.

The building construction started in July 1952 and a grant of £1,143 was additionally provided by the Ministry of Education. On 23rd May 1953 everyone involved was invited to the grand opening conducted by Mr and Mrs Fairbrother of the radio series 'The Archers'.

But fundraising for the village hall did not stop with the hall opening. Elsie Moore (1916-2003) continued to run the popular Friday night whist drives in the new hall, even coming home early from her holidays to make sure she was there. Not only did money go to the village hall but also to Friends of Kelling Hospital and Arthritis Research. For 50 years she dedicated her fund



REFLEXOLOGY

PHILIPPA STANCOMB MBSR HAR

A NATURAL THERAPY FOR MANY CONDITIONS

*Including: Back problems and Muscular pain
Poor circulation, Digestive disorders
Emotional Fatigue and Insomnia*

Myrtle Cottage, Chapel Street, Wiveton, Holt NR25 7TQ

Tel: 01263 740596

email: reflex@waitrose.com

raising to the village where she was born and where she had raised her family.

The hall still stands, now recently renovated and it's thanks to people like Marjorie and Elsie that it still provides entertainment and a meeting place for our community. Covid has seen it closed for over a year but we have not been idle.....
A. Abrams

STIFFKEY

Contact: Dr.Sally Vanson 01328 830560
dr.sallyvanson@gmail.com

GENERAL NEWS

How lovely to be able to see the snow falling on our beautiful countryside and marsh. Both people and dogs out walking in their colourful coats have been fun to watch. There have been some fabulous photos on our Village Facebook page so even those who couldn't get out have been able to see the sights. However, it has been difficult for those who needed to travel for work and medical appointments and very challenging for some of us with snowy drives that stopped food deliveries. Reversing out onto the coast road, or even parking there and sliding into drives was not a good idea. Even Andy was unable to get to the shop for a couple of days, so I hope everyone managed. Grateful thanks to local artist and photographer Dee Desbrow for the snow pictures.

Thank you so much to all who contributed to our last issue. As usual, feel free to suggest anything else of interest including your own relevant poems, and recipes. Anyone is free to contribute. We are delighted to welcome Isabel Tipple's new column on "Meditative Meanderings" covering her rambles around the Stiffkey countryside and observations about our wildlife.

I need your offerings by 5th of the month on alternate months (from May) although I am happy to receive them whenever it's easier for you. I have been taking news from the Facebook pages for the village and for local societies. If you do not want your news shared in the Local Lynx please let me know. Contact me at dr.sallyvanson@gmail.com In the meantime stay safe and healthy.

Recipe For Moules Marinieres

We have some fantastic mussels in good supply on our coast, but several people have told me that they are nervous about cooking them. Here is an easy recipe from Lindsey Harris to help us out.

This will make enough sauce for 8 tubs of sauce.
6 shallots finely diced
3 cloves minced garlic
400ml fish stock, if you haven't got fresh you can use 3 stock cubes
Large can of cider or equivalent white wine
Large tub of double cream

Heat a little oil or butter in a large pan, add shallots and garlic and soften, add cider/white wine and stock, simmer for a few minutes. Add cream and stir until hot, simmer for a couple of minutes. Season with black pepper. Pour over steamed and drained mussels.

This method, making sauce separately is done so it can be put into tubs and frozen. If cooking them to eat straight away, add raw mussels to the softened shallots and garlic, wait until mussels opened then add about a ladle full of the rest of the ingredients.

NORTH NORFOLK BOOK WORMS

As a departure from reading we listened to 'The snow and works on the line' by Ruth Thomas on BBC Sounds.

On the whole, we think it rambled somewhat and lacked depth without any real resolution. There were some interesting bits and certainly parts we thoroughly enjoyed as there was a touch of dry humour, but then other parts just dragged. Sybil, a woman younger than her old-fashioned name would suggest, works at the Royal Institute of Prehistorical Studies in Greenwich and is living a quietly content life until her former university tutor Helen Hansen is appointed as a museum trustee and proceeds to interfere with Sybil's work and personal life and even steals Sybil's boyfriend – Simon, only to soon discard him because she'd got what she wanted - to hurt Sybil. (Was it conscious or was she just narcissistic?)

The author could have made more of the characters and the bit where Sybil finds herself out in the snow after the party. There was a very good contrast between gentle Sybil and the evil Helen and Simon was just weak and pathetic.

Having said that, it seemed quite real, set in an academic world where nothing moves terribly fast and there are lots of professional jealousies. Nice descriptions of dark corridors where other members of staff lurked. Helen claims part of Sybil's university research as her own and that rang home as a common occurrence in academia.

So we have theft on a personal and professional level. The book investigates betrayal, subterfuge and dawning self-awareness. Sybil suffers silently at first and seems bullied, resigned to Helen being in the main seat, but soon starts to fight back and ultimately exposes Helen for the fraud she is.

Overall, this was unusual. It seemed more like a memoir than a fiction story and it doesn't go quite where you would expect it to.



n i c k h a m o n d
F U R N I T U R E

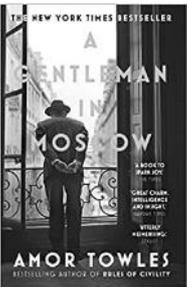
high quality cabinet-maker

- all projects considered
- prototyping
- artist technician
- traditional and contemporary
- 25 years experience

to view work visit www.bluejacketworkshop.co.uk

nick@bluejacketworkshop.co.uk
01263 740188 / 07554 304010

We also listened to *The Aspern Papers*, an 1888 novella. An anonymous narrator relates his obsessive quest to acquire some letters and other private documents that once belonged to the deceased Romantic poet Jeffrey Aspern. Attempting to gain access to the papers, the property of Aspern's former mistress, he rents a room in a decaying Venetian villa where the woman lives with her aging niece. Led by his zeal into increasingly unscrupulous behaviour, the narrator is faced in the end with relinquishing his heart's desire or attaining it an overwhelming price. Inspired by an actual incident involving Claire Clairmont, once the mistress of Lord Byron, this masterfully written tale incorporates all those elements expected from James: psychological subtlety, deft plotting, the clash of cultures, and profoundly nuanced representation of scene, mood, and character.



Another book that has been recommended is *A Gentleman in Moscow* by Amor Trowles. The Inauguration poem *The hill we climb* by Amanda Gorman, was very much enjoyed by our members.

Did you know that there is a 'Book Swap' at the back of the nave in our church? Anyone is welcome to swap a book or take a book and leave a

gratefully received donation, however small, in the wall box. The church is always open; please sanitise the books, and your hands, and leave everything tidy. If you donate books, please stack carefully on the shelves and do not leave any bags or boxes in the church.

We have been delighted to welcome a new member, a recent resident in the village, and we are still meeting fortnightly on Zoom. Normally, the book club meets one evening a month in a member's home and thanks to one of our members we are again borrowing our books from Wells Library to reduce costs. We have still have vacancies so if you are interested please contact me.

dr.sallyvanson@gmail.com

STIFFKEY VILLAGE FACEBOOK

Our 'virtual village green' now has 279 members, is followed daily and can be found at <https://www.facebook.com/groups/790563987749800/>.

It's great to see it being used for community debates and for items for sale and wanted. We've covered football fun camps, where to buy Christmas trees, photos of the village, updates from the Rivers Trust and on coronavirus, library opening times and more.

The page was particularly useful when we had a lost cat and a lost puppy just before Christmas. Villagers were able to join in the hunt for both (albeit at separate times) and luckily both were found and are recovering at home.

Our page is increasingly becoming a mine of useful information and of course the latest copy of *The Local Lynx* can be found there as well. We have noticed increased advertising and feel we should support small businesses during the pandemic, however this is being managed and too much repetition will be removed. *SV*

CHURCH NEWS

Our church has remained open during the lockdown for anyone who wished to go in for a period of quietness, prayer or reflection. There was a Holy Communion Service on 3rd Sunday in February and with organ music, sunshine, birdsong and the churchyard full of snowdrops it felt very special. There will also be services on each of the 3rd Sundays in April and May at 9.30a.m.

Unfortunately, this year, our 3rd Sundays do not coincide with any special Holy Days, so no service on Easter Day (4th April) nor Whitsunday (23rd May). Mothering Sunday also passed without a service, however looking back we used to celebrate it with a special family service where the children used to give Mums and Grandmothers posies of spring flowers made up by the PCC for the day, with refreshments held afterwards.

Once we are over the virus, vaccinations given to everyone and when the government allows, if anyone wishes for a special event, service, concert etc. to be held in our church or churchyard the PCC will be very happy to help. If it is a service someone could be found to take it and an organist to play. Just let us know, our lovely church and churchyard need to be used.

Stiffkey PCC

STIFFKEY CRICKET CLUB

The season is due to start again in May. We will be active as soon as the Covid restrictions permit and we welcome all ages and standards so please contact us if you want to be part of something that matters. We are a socially aware club that want to play competitive games.

NEW TENNIS COURT

You may have heard or received a letter about the planned tennis court at Stiffkey Playing Field. As many playing fields decline and disappear and village sports teams fold, we want to build on the strength of the activity that we already have going on at the grounds with Stiffkey Cricket Club and the children's play area that was recently updated and rebuilt. The committee has launched a plan to build a tennis court for the use of the village and act as a fundraiser for further development (by charging fees to the many visitors to Stiffkey).

The aim is to raise £25,000 and £6,485 has already been donated including money from a visitor to the



PILATES

Binham Memorial Hall

Thursdays
8:30 - 9:40 Advanced
9:45 - 11:00 Beginners

Contact Susi on 07515 834729 or
thereflexologystudio@hotmail.co.uk



charities in the UK and regularly donates over £2million annually to its chosen charities with Macmillan and Marie Curie among those they support. These charities have been at the forefront of supporting patients during the Covid 19 pandemic. Monies from ticket and plant sales is donated to the charity.

Please follow the signs at the garden gate on the main road to the parking area. Please do not park on the main road as this causes congestion. The Coasthopper bus service stops outside the garden ask for the Stiffkey Stores/Post Office stop. Please note that if government advice affects the planned opening you will be able to check on the NGS website. *AM*

VILLAGE LIFE

We are delighted to extend a warm welcome to Sophia, Martin and Saffron who moved into the village at the end of January. How lovely to see another holiday home sold to become a permanent residence. Sophia is an artist, focused on using oils and so joins the ever-increasing creative community which includes water colour painters, a printmaker, fiction writers, a potter, sculptor, glass artist and several photographers. It may be worth having a 'creative meet-up' in better times to share interests and maybe even sell or exhibit the lovely things that villagers are creating.

I am aware that others have moved into the village during lock down and we have missed you. Please feel free to send me a few lines to introduce yourself for the next edition. dr.sallyvanson@gmail.com.

MEDITATIVE MEANDERINGS

Isn't it wonderful to feel the sun growing stronger again after the recent snowfall? To set out on the path on foot with the portent of Spring ahead. I love my usual daily commute round Stiffkey up to the playing field and down Greenway Bangay, towards that wonderful blue view of the sea. Just recently I was called to by a favourite friend, the skylark, who is similar in looks to a meadow pipit and corn bunting, but you won't make a birding mistake with this little high-flier when he serenades you. How the spirit lifts! They nest on the ground but will fly up to 1,000ft.

Norfolk Wildlife Trust reports that due to its rapid decline (more than 50% in the last 25 years), the skylark is a species of high conservation concern. Skylarks need to 2-3 broods of young each year in order to maintain populations. Most cereals are now sown during the autumn, which means that the crops are too tall and dense to allow skylarks to raise more



than one early brood.

Research suggests that small areas left unsown in winter cereals boost the nesting opportunities and food availability for skylarks. These skylark plots need to be 16-24 metres square and positioned away from field edges. Just two skylark plots per hectare have significant

benefits for the birds. Skylark plots are an option in the Entry Level Scheme open to all farmers in England. The RSPB manages its reserves to improve the habitat for birds and advises farmers on ways they can encourage skylarks. Leaflets are available for farmers, landowners and managers giving advice on measures to take to help skylarks and other birds.

I am not sure if this kind of scheme is operating in our locality, but I am sure we would all welcome it. During the travails of this last year, so many more people are discovering the healing power of nature on their lockdown walks and if we appreciate that we will campaign for more wildlife protections. Do listen out for our little songster on your next perambulation and maybe even sing a song back to him. *Isabel Tipple*



SCHOOL NEWS

No news from Langham School this time.

FIND THE EASTER BUNNIES

(See page 4)

There are bunnies on pages 1, 2, 3, 4, 9, 10, 13, 16, 17, 18, 22, 24, 27, 28, 29, 31 & 32. But I have no idea how many babies!



BINHAM MEMORIAL HALL

THE FAVOURITE VENUE FOR
WEDDING RECEPTIONS, PARTIES
AND ALL TYPES OF GATHERING

- FULLY FURNISHED FOR UP TO 150 GUESTS
- REFURBISHED KITCHEN INCLUDING CHINA, GLASSES & CUTLERY
- NEXT TO BINHAM PRIORY, IN ITS OWN PLAYING FIELD
- LOVELY CHILDREN'S PLAY AREA • SPACE FOR MARQUEE
- AMPLE PARKING • STAGE AND LOOPED PA SYSTEM

THE HALL IS A PERFECT MULTI-FUNCTIONAL VENUE FOR

- INDOOR AND OUTDOOR EVENTS
- PARTIES, MEETINGS, SPORTS, LEISURE AND EXERCISE

Find out more and how to hire from our website
www.binhamvillagehall.co.uk
on Facebook or telephone 01328 830519



**TUDOR
BARBER
SHOP**

Traditional barbering in High Street, Walsingham. Please call or message me for an appointment, or just come along to arrange in person if you prefer. I look forward to seeing you there.

20A High Street
Walsingham NR22 6AA
tudorbarbershop@gmail.com
07789 353514
tudorbarber.com



LYNX 137 ADS DIRECTORY

SEE FURTHER SERVICES LISTED BELOW DIRECTORY

<u>Antiques/ Furniture/ Textiles</u>	page
Nick Hamond Furniture: cabinet-maker	28
Phillippa Kirby Soft Furnishings NEW	<i>front cover</i>
Sandra's Soft Furnishings	21
Shirehall Antiques, Holt	15
<u>Care Services</u>	
Community Heartbeat advice leaflet	<i>back cover</i>
Glaven District Caring NEW	<i>front cover</i>
Hindringham Toddler Group	24
<u>Gardening</u>	
DB Garden Services	12
Finlay Newton Garden Services	14
Glaven Gardens	11
J.P.S. Gardening	9
<u>Hair/ Health</u>	
Alison Courtney Acupuncture	12
Claire Dye: Physiotherapist	18
Foot Perfect	4
Gunthorpe Osteopaths	10
Marianne Atherton Homeopathy	25
Philippa Stancomb Reflexology	27
Pilates at Binham Memorial Hall	29
Tudor Barber Shop, Walsingham	31
<u>Hall Rentals</u>	
Binham Memorial Hall	31
Warham Reading Room	5

<u>Leisure</u>	
Blakeney Hotel	17
Morston Swimming Pool	8
Sharrington Gardeners	25
<u>Personal Development</u>	
Pippa's Guardians	23
<u>Services and Suppliers</u>	
Allied Glass: Trade and Domestic Glazing	2
APW Plumbing & Heating	16
Boon-bespoke décor	13
Burnham Motors	6
Butcher Andrews Solicitors	7
Daren Betts Building and Maintenance	20
David Thompson Chimney Sweep	26
Elv's Woodburner Services	19
Gowards Funeral Services	10
Gresham Gravel NEW	<i>front cover</i>
Keeble Roofing Contractor	8
Norfolk Woodburners Stoves	18
P J Electrics	11
Paul Hennessey decorator	24
<u>Taxis</u>	
Strong Cars	6
Stuart's Taxi	15



Advertising space in this publication is sold in good faith and the editor/publication team can take no responsibility for the quality of goods or services offered.

FANCY ADVERTISING HERE? email: sallymetcalfe@btinternet.com
CHIMNEY SWEEP David Thompson 01328 851081
SEPTIC TANKS EMPTIED & HEDGE CUTTING Contact Alison Lee 07749951899
PETER SIMMONS AQUATIC SPECIALIST Pond cleaning and maintenance work Tel 01328 830629 Mob 07393 560373
HAMLYN PEST CONTROL County Council Accredited - NPTA Member Control of Rats Mice Wasps etc 01263 860112
DOMESTIC CLEANER Experienced, Reliable, Mature & Practical Contact Alison 0779 026 4515
FINCH GARDEN DESIGN Design - Build - Planting www.finchgardendesign.co.uk Jackie Finch 07776 292 211

IF SOMEONE COLLAPSES FOLLOW THESE INSTRUCTIONS

COMMUNITY HEARTBEAT
The Community HeartBeat Trust

D DANGER ENSURE THE SCENE IS SAFE FOR YOURSELF AND OTHERS. IF IT IS NOT SAFE OR YOU ARE UNCERTAIN CALL 999 AND WAIT FOR HELP TO ARRIVE

R RESPONSE CHECK THE CASUALTY NEEDS HELP. CHECK RESPONSE BY TALK AND TOUCH. SPEAK TO THE CASUALTY IN BOTH EARS, TAP COLLAR BONES. DO NOT SHAKE THEM!

S SHOUT SHOUT FOR HELP. IF THE CASUALTY DOES NOT RESPOND, SHOUT FOR HELP. DO NOT LEAVE THEM AT THIS STAGE. DIAL 999 NOW!

A AIRWAY ENSURE AIRWAY IS OPEN AND CLEAR. OPEN THE AIRWAY BY LIFTING THE CASUALTY'S CHIN AND TILTING THEIR HEAD BACK. DO NOT PUT YOUR FINGERS IN THE CASUALTY'S MOUTH, YOU MAY PUSH AN OBSTRUCTION FURTHER DOWN.

B BREATHING LOOK, LISTEN & FEEL FOR NORMAL BREATHING. KEEP THE HEAD TILTED BACK AND LISTEN FOR BREATHING & LOOK TO SEE IF THE CHEST IS MOVING FOR AT LEAST 10 SECONDS. IF THE CASUALTY IS NOT BREATHING NORMALLY OR YOU HAVE ANY DOUBT, CALL 999!

C COMPRESSIONS NOT BREATHING NORMALLY? START COMPRESSIONS! PLACE YOUR HANDS IN CENTRE OF THE CASUALTY'S CHEST AND PRESS DOWN HARD. JUST DO COMPRESSIONS. YOU CAN DO BREATHS IF YOU FEEL CONFIDENT - 2 BREATHS FOR EVERY 30 COMPRESSIONS - PUSH TWICE PER SECOND

D DEFIBRILLATION GET SOMEONE TO FETCH A DEFIBRILLATOR. IF YOU ARE ALONE DO NOT LEAVE THE PATIENT, DO CHEST COMPRESSIONS AND WAIT FOR HELP TO ARRIVE, IF SOMEONE IS AVAILABLE SEND THEM TO GET YOUR NEAREST COMMUNITY DEFIBRILLATOR

0845 96 27739
 Comheartbeat
www.communityheartbeat.org.uk
 Registered Charity No. 1132824

SEE HOW EASY IT IS TO USE AN AED