

The Salhouse Saga



Village Magazine and Newsletter



Summer 2026

Issue 128



Anglian Internet Repair Workshop



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Salhouse Saga

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www.salhousepc.info/services&amenities

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Editor: Colin McCormick

Telephone: (01603) 721229

E-mail: colinmccormick@talk21.com

Advertising: Richard Flatters

Telephone: 0755 22 33 527

E-mail: flatters798@btinternet.com

**Distribution: Pauline Garner (and the
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Telephone: (01603) 721201

E-mail: pauline@mps29.plus.com

Next Edition of the SAGA

An early reminder that the next edition of the Salhouse Saga will be Issue 129, Winter 2026.

Copy deadline Friday October 30th

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



At the Jubilee Hall unless otherwise specified

Guides (1st Salhouse)

Monday 6.30 -8.00 pm

Brownies (1st Salhouse)

Tuesday 5.45 - 7.15 pm
1stsalhousebrownies@gmail.com

Brownies (2nd Salhouse)

Tuesday 3.45—5.15pm
Contact: - Natalie Archer:
07500 060818
2ndsalsalhousebrownies@gmail.com

Rainbows

Tuesday 5.30-6.30pm
salhouserainbows1@gmail.com

Cubs

Wednesday 6.00 - 7.30pm
Contact:- Sam Lines
samantha.lines@hotmail.co.uk
07920 107123

Beavers

Wednesday 4.45 - 5.45pm
Contact:- Sam Lines
samantha.lines@hotmail.co.uk
07920 107123

Scouts

Thursday 6.30 — 8.30pm
Contact: - Simon Hill
SalhouseGLV@gmail.com
07970 650 772

Ping Pong (table tennis)

Tuesdays 10am—12.00
Friday eves 7.00-8.30pm
£3.00 Incl. refreshments
Contact - Jennifer Hemmings 01603 720826
rghemmings555@btintern.et.com

Salhouse and District Gardening Club

3rd Tuesday of the month
7.30pm at Woodbastwick Village Hall
Bridget Mann
07989 156113

Tea and Mardle

2nd Weds of the month
2.00—4.00pm
Julie Redburn
01603 720049

Salhouse Reading Group

1st Thurs of the month at 7.00pm
Julie Redburn
01603 720049

Pilates

Fridays 9—10am
Jo Buckley
07554 780591

Zumba Gold

Every Thursday at 10am
Sarah Chow
07717 723713



Hoveton & Wroxham Medical Centre

01603 782155
Out of Hours—111

All Saints Church

Rector: Rev. Naomi Tuma
07999 811526
revnaomituma@gmail.com

Church Warden

James Watts
07814 292579
payne2174@yahoo.co.uk

Salhouse VC Primary School

01603 720402
office@salhouse.norfolk.sch.uk

Friends of Salhouse School (FOSS)

Contact: Jodie Wardle / Jenny Cushing:
07709317186
foss2019@yahoo.com

Salhouse Broad

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

Jubilee Hall (Management)

Martin Carney (Chairman):
07808 097924

Salhouse United Charities

Pauline Garner (Secretary)
01603 721201



Parish Council

Parish Clerk

Sarah Martin

Tel: 07761 480102

clerk@salhouseparishcouncil.gov.uk

website:www.salhousepc.info

District Councillors

Martin Murrell:

07958 393059

cllr.martin.murrell@

southnorfolkandbroadland.gov.uk

Fran Whymark:

07907163123

cllr.fran.whymarkbdc@

southnorfolkandbroadland.gov.uk

County Councillor

Ed Matthews:

ed.matthews.cllr@norfolk.gov.uk



Mobile Post Office

Jubilee Hall Car Park

Wednesdays 12.30—1.30pm

Mobile Library

The Mobile Library visits

Salhouse on Tuesdays every 4 weeks at the following

locations and times

3.55/4.15 Cheyney Ave,
outside 81

4.20/4.40 Farman Close, No2

Doctors Surgery

The Surgery at the Village Hall
no longer operates.



POLICE

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NON EMERGENCY 101

Ask for

PC 855 Al Jennings

BEAT MANAGER

Thorpe St Andrew

Safer Neighbourhoods

Team

Norfolk Police H.Q.:

01953 424242

NHS EMERGENCY 999

NON EMERGENCY 111

N & N Hospital

01603 286286

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safety/floods/report-a-

flood

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Call 24 hours a day on

105 or 0800 31 63 105



**Recreation Ground,
Thieves Lane, Salhouse**

Contact: - CHAIRMAN

Ethan Simpson:

07939595247



Salfest '26

Village Fete and Music

Salhouse Broad

11th July 2026, 12—8pm

Neighbourhood Plan Exhibition

20th July 2026

Jubilee Hall, 3—8pm

Quiz Night

19th September 2026

Jubilee Hall, 7.30pm

Community Litter Pick

12th September 2026

Community Gardening

10th October 2026

**PLEASE CONFIRM
WITH THE
ORGANISER
BEFORE ATTENDING
ANY EVENT LISTED**

JUBILEE HALL BOOKINGS

Email:

**jubileevillagehallsal-
house@gmail.com**

Or call Kate Deacon:
01603 652050

PARISH NOTICE BOARDS

Right hand section is
open to public to post
notices (A5 size
preferred)

Left hand section for
Parish Council notices
only

From the Editor

Dear Readers,

Spring has turned into summer and once again we are concerned about excessive temperatures. By the time this issue of Saga has been delivered, 'Salfest 2026' will probably have been and gone, and we hope it is an even bigger success than last year. The weather outlook is good, however, it is worth remembering that only 3 years ago, the first 'Salfest', celebrating the King's Coronation, had to be cancelled and re-scheduled at short notice due to stormy weather.

This spring has been dominated by local and national politics, and there has been a lot of 'noise' recently about the county council elections and the future of the national government and Prime Minister. So it is hardly surprising that the issue of Local Government Re-organisation in Norfolk has largely gone under the radar for most people..

In issue 126 of The Salhouse Saga, we anticipated that the option for a three-unitary council 'solution' for Norfolk was a likely outcome of the re-organisation being considered by the government. In April, shortly before the local elections, the housing and communities minister announced that his decision was to choose exactly that option.

This means that in two years' time, Norfolk County Council and Broadland District Council as we know them will no longer exist, and, under the re-organisation, Salhouse will fall under a new 'Greater Norwich' council.

The implications of this are still unclear, but it would suggest that Salhouse will, for the first time, lie within the boundary of a new and expanded City of Norwich. This will probably mean that we will be paying our council taxes to City Hall, and that we will be affected by policies designed for residents of the city, not the countryside. It is impossible to predict what political 'colour' the new administration will be, hence we do not know what these policies might be.

The existing local councils have got less than 12 months to design the new structures, which seems an enormity of a task. Unfortunately, the decision has already been made, so the best we can do is to keep a close eye on developments. We live in interesting times.

Colin McCormick—Editor

KEV'S BRAIN BUSTER—THE SAGA QUIZ



Round 1 Recent News

- 1 Prince George is to attend which college in September this year?
- 2 Andy Burnham wins the by-election in which constituency?
- 3 What unusual situation happened to a British couple on their yacht in the English Channel?
- 4 Name the influential British artist who died on 11th June aged 88 .
- 5 The new 50p coin collection is to feature which well known fictional bear?

Round 2 World Cup

- 1 What is the total number of teams taking part in this year's tournament?
- 2and which Premier League team is providing the most players?
- 3 At what World Cup was the VAR system used for the first time?
- 4 Who is the youngest player to appear in the competition?
- 5 Who is the only player to have won 3 World Cup medals?

Round 3 Film + TV

- 1 Who was the winner of I'm A Celebrity South Africa?
- 2 Which comedian is a new host on Strictly Come Dancing?
- 3 Name the lead actor in the Legally Blonde films?
- 4 Which actor famously said " here's Johnny " in a well known horror film?
- 5 How many total episodes of the Friends comedy show were broadcast?
..A: 136 B: 236 C: 336

Round 4 General Knowledge

- 1 Sabastian Sawe was the first athlete to run the London Marathon under what time barrier?
- 2 What was the most visited UK attraction in 2025?
- 3 What is the total of red stars that appear on the flag of New Zealand?
- 4 Which manufacturer sold the most cars in the UK 2025?
- 5 What letter represents Potassium in the periodic table?

Answers on Page 73

From The Parish Council

Community Update

Over recent weeks, the community has come together for a number of successful local initiatives. Our **Litter Pick** and **Community Gardening Days** were well attended, with volunteers helping to improve the appearance of public spaces and strengthen community spirit. Thanks go to everyone who gave their time and effort. Due to these successful events we have planned two further ones:



Please put these dates in your diary and keep an eye on social media, website and noticeboards nearer the time for further details!

The Parish Council has welcomed a new councillor, **Stephen Jeffery**, following a recent co-option and look forward to the contributions of our newest Councillor. At the same time, the Council thanks **Mark Baldock** who has recently resigned as a Councillor, but who remains the Chair of the Neighbourhood Plan Steering Group. There are still Councillor vacancies, so if you would like to make a difference to your community please contact the Clerk at: clerk@salhouseparishcouncil.gov.uk for further information.

We also welcome our new **County Councillor Ed Matthews** (contact: ed.matthews.cllr@norfolk.gov.uk) who represents the interests of the electorate in the Wroxham Ward (Belaugh, Great and Little Plumstead, Rackheath, Salhouse, Woodbastwick, Wroxham). Ed's role is to support and make decisions on a wide range of local and county-wide services.

We would like to express our thanks to our outgoing County Councillor, Fran Whymark, for his service over the past 7 years, and wish him well for the future. Fran does, of course, continue to be a District Councillor.

Concerns have been raised regarding incidents of **antisocial behaviour at the recreation ground**. The Council continues to work with the Police, Broadland District Council and residents to address these issues and encourages anyone witnessing inappropriate behaviour to **REPORT IT** (including details of behaviour, car registration number, vehicle type etc.) directly to the **Police** (Tel: 101 or Email SNtThorpeStAndrew@norfolk.police.uk) and/or **Broadland District Council** (Tel: 01603 430611 or Email: Communities@southnorfolkandbroadland.gov.uk/) at the time of the incident.

There is a **Public Spaces Protection Order** in place at the recreation ground and therefore by working together hopefully these unwelcome behaviours can be stopped.

The **tennis nets** are now up at the recreation ground Multi-Use Games Area (MUGA), free for public use, and available for everyone to enjoy. Please remember to bring your own rackets and tennis balls.*



**All play equipment and the Multi-Use Games Area (MUGA) are used entirely at the user's own risk. The Parish Council accepts no responsibility or liability for any injury, loss, damage, or accident sustained by any person while using these facilities. Parents, guardians, and users are responsible for ensuring that the equipment and facilities are used safely and appropriately at all times.*

You will have noticed that new **gateway signs** have recently been installed on the approaches to the village. The new gateway on Honeycombe Road is located at the parish boundary. However, the gateways on Low Road

and Bell Lane are positioned within the village rather than at its entrance. These locations were agreed with Norfolk Highways to help reduce vehicle speeds on key approaches to the village, while also taking account of visibility and road layout considerations.

Bell Lane near the church, in particular, is a well-used route for pedestrians and is regarded as one of the most challenging crossing points in the village. The road bends at this location, restricting visibility, while traffic can often travel at relatively high speeds. It is hoped that the new gateway feature will encourage motorists to slow down, be more aware of their surroundings, and take greater care for pedestrians using this section of the road.

Residents are reminded about the forthcoming **Neighbourhood Plan Exhibition on Monday 20th July 3-8pm in the Jubilee Hall**, Lower Street, which will provide an opportunity to view proposals, learn more about the plan's progress, and share feedback. **All members of the community are encouraged to attend.** (See report on page 12)

A recent **Police Priority Meeting** gave residents the chance to discuss local concerns directly with neighbourhood policing representatives. Issues highlighted included antisocial behaviour, speeding, and community safety. The Council welcomes ongoing engagement between residents and the police.

The Council is pleased to acknowledge the generous **donation of a new bench** in commemoration of the 80th Anniversary of VE DAY, 2025. The bench is being installed later this summer on Lower Street and will provide a valuable resting place for walkers and visitors and serve as a lasting contribution to the local area - many thanks to 'The Salhouse Mardlers'.

Finally, work is progressing on an application for a **No Cold Calling Zone** around Cheyney Avenue. The initiative aims to help protect residents from unwanted doorstep callers and provide reassurance, particularly to vulnerable members of the community. Further updates will be shared as the application process develops.

Thank you to all residents, volunteers, councillors, and community groups who continue to support and enhance village life.

Robert

Robert Cooper—Chair of Salhouse Parish Council

Salhouse Parish Council Meetings Summer/Autumn 2026

Monday 13th July

August—no meeting scheduled

Monday 14th September

Monday 12th October

Monday 9th November

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

Salhouse Parish Council

Chair: Robert Cooper **Vice Chair:** Wendy Browne

Councillors: Julie Redburn, Gary Browne, Andrew Peachment,
Ben Hazell, Stephen Jeffery (4 vacancies)

Tree Steward: James Cleaver **Tree Adviser:** Ian Flatters

Parish Clerk & Responsible Financial Officer:

Mrs Sarah Martin

Phone: **07761 480102** Email: clerk@salhouseparishcouncil.gov.uk

For more information, go to our Website: <https://www.salhouseparishcouncil.gov.uk/>

Local Councils' Roles and Responsibilities

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

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

Broadland District Council is responsible for: Council Tax collection; Street Cleaning; Housing; Refuse Collection and Recycling; Economic Development; Environmental Health; Leisure Facilities; Planning and Building Control

<https://www.southnorfolkandbroadland.gov.uk/> telephone: **01603 431133**

Norfolk County Council provides strategic services to the County: Highways, Social Services, Trading Standards, Fire and Rescue, Transport, and Education

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

<https://www.norfolk.gov.uk/roads-and-transport/roads/report-a-problem> or call **0344 800 8020**

Flooding Hotline call **0344 800 8013** In Emergency Dial **999**

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

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



County Councillor's Report

Please, let me start by saying a BIG THANK YOU to those in Salhouse who voted for Reform UK. Thereby giving me the privilege of becoming your new Councillor, especially for those living within the Salhouse community.

Having attended your last Parish Council meeting, when issues were raised concerning transportation and the lack of buses within the Salhouse area, I am seeking to address this issue while here today at Norfolk County Council (NCC).

The other matter raised were concerns over the proposal, that of building a double classroom on the land behind the existing C of E School in Salhouse, especially the disruption this might have on the greater community living here.

This too I am intending to address with the planning officer concerned, because although plans have been put forward to the NCC, as I learned at the Parish Meeting the people of Salhouse have not been informed or been made aware of the school's intention.

As your newly elected Councillor, I shall do everything in my power to run a neat and tidy ship, addressing these issues and waylaying the fears and concerns which may have an adverse effect on the lives of those living in Salhouse.

I remain,

Yours sincerely,

Ed Matthews, Councillor for the Wroxham Division

ed.matthews.cllr@norfolk.gov.uk



Norfolk County Council



NORFOLK
CONSTABULARY
Our Priority is You

If you see anything that might need reporting, you can do so by calling 101 or using our online reporting forms on www.norfolk.police.uk. Otherwise, you can contact myself (Beat Manager PC Al Jennings) directly by contacting SNTBroadland@norfolk.police.uk, and I will reply to you as soon as I can.



PC 855 Al Jennings

Beat Manager—Thorpe St.Andrew

Email: SNThorpeStAndrew@norfolk.police.uk

Phone: 101—ext.6724

Twitter: [@BroadlandPolice](https://twitter.com/BroadlandPolice)



District Councillors' Report

We are pleased that sustained pressure from the Conservative Group at Broadland District Council (BDC) has forced the leading Rainbow Alliance to change course and continue to support businesses with the Business Builder and Skills Support Policy. This will mean that the BDC Business Team will continue giving advice and practical help to new and growing businesses across Broadland.

Unfortunately (unlike North Norfolk District Council) there is still no willingness by the Rainbow Alliance to support the very successful High Streets Matter or Pubs Matter initiatives launched by Norfolk County Council (NCC), giving additional help to our High Streets and Pubs who are struggling (like so many of us) due to the current economic climate. It will be interesting to see what difference a new Prime Minister will make to national and local policy for our High Streets and much else?

Take care of yourself and each other.

Fran Whymark and Martin Murrell

Martin Murrell

Broadland District Councillor for the Wroxham Ward

Email: cllr.martin.murrell@southnorfolkandbroadland.gov.uk

Tel: 07958 393059

Fran Whymark

Broadland District Councillor for the Wroxham Ward

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

Tel: 07907163123



Cllr Fran Whymark



@CllrFran

Message from Fran Whymark as Ex-County Councillor

As you will be aware I am no longer your Norfolk County Councillor for Salhouse and the Wroxham Division. It has been my privilege to represent you since 2019, but all good things come to an end. Over the last few years I have worked closely with Salhouse Parish Council and individual residents to give you my support. However, I know at times my magic wand has not been as effective as hoped and justifiably I have been given earache.

My NCC journey is now at an end, and my NCC email is no longer working. Should you have any NCC concerns it is unlikely that I will be able to help but if you contact me on my BDC email I will still do what I can and forward any concerns to your new County Councillor. Whatever happens in the future I wish you all well and thank you for your support over the years.



Salhouse Neighbourhood Plan: Your Chance to Shape Our Village's Future

As you may be aware, over the past year, a dedicated group of volunteers, supported by planning professionals, has been working to refresh the Salhouse Neighbourhood Plan — the document that helps guide how our village grows, protects what matters, and responds to future challenges.

We are now approaching the most important stage of the process: **the formal public consultation**, running from **20 July to 7 September**. This is the moment when every resident has the opportunity to influence the final version of the Plan before it is submitted for independent examination.

To help raise awareness, the team will have a friendly, informal presence at **Salfest on Saturday 11 July**. So look out for our small stand, display boards and flyers — and please stop by for a chat. This is simply an opportunity to explain what the Plan is, why it matters, and how you can take part in the consultation.

The main event will be the **Village Exhibition at Jubilee Hall on Monday 20 July, 3–8pm**. This drop in session will showcase the updated policies, maps and evidence in an accessible, plain English format. Members of the Steering Group and our planning consultant will be on hand throughout the afternoon and evening to answer questions and talk through the proposals. Whether you have five minutes or half an hour, your visit will make a real difference.

During the consultation period, residents will be able to comment online, with a small number of paper copies available on request. We hope that the flyers (one of which is included in this magazine), the banners along with regular Facebook posts will help ensure everyone knows how to take part.

The Neighbourhood Plan belongs to the community — not the Parish Council, not the Steering Group, but **you**. Your views will help shape how Salhouse evolves over the next 15–20 years.

So please take a moment this summer to get involved, have your say, and help us protect the character of our village while planning positively for its future.

Thank you

Salhouse Neighbourhood Plan Steering Group

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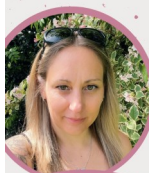
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mamabearchildcareuk@gmail.com
Salhouse, Norwich



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Salhouse Speedwatch



The Safety Camera Partnership is a joint arrangement between Norfolk Constabulary and Norfolk County Council. Its purpose being to empower local communities to assist in the monitoring and reporting of excess vehicle speeds within the local community at approved locations in order to improve safety on the roads.

Volunteers Needed

Salhouse has participated in this scheme from its inception for some 17 years, during which time volunteers from the village community have maintained regular periods of monitoring and reporting.

Following the appeal in the Summer edition of Salhouse Saga for more volunteers to bolster the dwindling numbers we have since recruited one extra volunteer. However, with some current members still contemplating retirement after several years of service we still need additional volunteers in order to take the service forward.

Involvement usually involves one or two hours per month and training will be provided. So if you feel that you can help and spare some time to assist please contact either of the following :-

Malcolm Prestwood 01603 721110 or Steve Piper 01603 720993



**Whatever the season,
costs are on the up.**

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

Could this be you or someone you know?

**Funds are available to assist
Salhouse residents who are
in genuine need from**

Salhouse United Charities.



**Please get in touch with our secretary, Pauline Garner,
telephone 01603 721201.**

All requests will be treated in the strictest confidence.



Health Matters **Summer 2026**

A regular update from

Hoveton & Wroxham Medical Centre



Hoveton and Wroxham Medical Practice operating from the Magna Medical Centre at Rackheath



The practice teams are looking forward to operating from the Magna medical Centre shortly. We do not have a date to start yet but expect to imminently.

The clinics at Magna will start two days a week on Wednesdays and Thursdays and will increase as patient registrations at the practice increases because of either the population expanding or people choosing to transfer from other surgeries.

If you are interested in joining the practice, you will need to head to the Hoveton and Wroxham Medical Practice website, to the “New Patient” section. Input your postcode and the interactive map will tell you if you are within the boundary to join the practice.

All patients registered at the practice can be seen at either site.

Dispensing Patients

People registered with the practice but who live more than a mile from a community pharmacy may be able to collect their medications from the Hoveton and Wroxham Medical Practice site. If this is something you would like to explore please feel free to contact the dispensary at the practice.

Carers

If you are a carer please do let the practice know this. We also have a carers’ group that meets and offers help and support. Please reach out to reception for more information.

Serving in the Military or a Veteran?

Again, please do let the reception know if you are either serving in the military, a reservist or a veteran. There are special services available in the NHS.

Health and Wellbeing Event - Hoveton Village Hall Tuesday 29th September

Please note that our PPG is running another Health and Wellbeing event in September. These events are very popular and informative. Please do look out for more information in the coming months.

Ageing Well Ambassador Programme

A community campaign designed to promote healthy ageing by connecting people, groups, organisations and local assets that help people stay active, connected and independent as they grow older.

We are now moving into the next phase of the project and would like to invite people from across the community to take part in a series of workshops that will help shape the future direction of the programme.

In the workshops we will:

- Discuss what helps people age well in their local community.
- Identify the people, businesses and organisations that could take on different Ageing Well Ambassador roles within the community.
- Map the strengths, assets and opportunities that already exist within our communities.
- Share ideas for volunteering, participation and community leadership.
- Design practical ways for local people and organisations to work together through the Ageing Well Programme.

Workshops: Hoveton Village Hall, Stalham Road, Hoveton, Norwich, NR12 8DU
Please contact Reception for latest dates

Social Prescriber Service

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You can get support from your Social Prescriber.

Ask at your GP practice reception for an appointment. Home visits are possible but make it clear this is needed.

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Update from All Saints Church

Dear Parishioners,

Your church is cool.

Despite my best efforts for the Spring edition of Saga, I have been requested to put together another letter for your delectation. I was going to see if I could compose this without mentioning sex and drugs and rock'n'roll but then realised that without at least one of these, and possibly all three, I would not be writing this for you to read, and you would not exist to read it and thanks be to God by whatever means we live!

Anyway, I am trying to write this thing on Friday the 26th June, when my Met Office App says it might well hit 40 degrees Celsius. I hope you are all managing your climate enhanced heatwave as endorsed by the World Weather Attribution Group of scientists and promoted by energy firms, banks, data centres and us, and that you are staying hydrated and out of hospital.

As I was saying, your Church, dedicated to All the Saints, is, like, cool. Yes, the walls are about 2½ feet thick, the roof is high and the limited amount of windows are made of stained glass that casts jewelled shards of light across the pews and tiled floor when the sun is shining. It is a beautiful place to rest and gather strength. Your church is open daily. At the time of writing there is a monthly service at 17.30; next on the 26th of July. More people would mean more services and we would be happy for you to come to your church, the place where many are buried who were loved by the village and who loved it well. It is still a living place for big ceremonies. The old churchyard is managed as a conservation area and the path to the door is bordered by flowers to welcome you. What has happened to the late Baptist Chapel shows what can happen if we choose to lose our heritage.

These days, All Saints is part of a group of churches, (which includes St. Margaret's in Witton where there is a Summer Celebration Festival on the 18th – 19th July: consider this an invite), and we are trying to do new

things – there is a leaflet in the church that lists all our services. We are starting a season of Short Evening Reflections based on the Celtic Prayer, weekly at Rackheath Church, on Tuesdays at 19.30. Everyone is welcome everywhere. In addition and in partnership, there is a Parent and Toddler Group, a Social Supermarket and a YMCA led Youth Group. If you have any other ideas, please approach Rev. Naomi Tuma at her email address below.

Be cool,

Richard Wales, Church Volunteer



**All Saints Church
Salhouse**

Open everyday
between
10.00 and 3.00

Evening Service
traditional hymns, prayers and sermon.

Monthly on Sundays at 5.30pm

**17th May
21st June
26th July
16th August
20th September**



Summer 2026

Bittern Benefice



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Volunteer Treasurer Needed – Just 1–2 Hours a Week

Do you like numbers, spreadsheets, or simply helping your local community? Our Village Hall is looking for a volunteer Treasurer to join our friendly committee.

The role involves keeping an eye on the finances, maintaining simple records of income and expenditure, and providing occasional updates to the committee. No accounting qualification is needed – just a willingness to help, and support will be available.

Time commitment: Around 1–2 hours per week, plus attendance at 3–4 committee meetings each year.

It's a great way to make a real difference to the Village Hall without taking on a huge commitment. And while we can't offer a salary, we can promise gratitude, good company, and the satisfaction of helping to keep this important community hub thriving.

Interested? We'd love to hear from you.

For an informal chat, **please contact Natalie 07500 060818**



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Girlguiding and Me – 30 Years and Counting!

Like lots of other parents, I became involved with girlguiding when my daughter joined the movement aged 7. I'm the type of person that likes to 'help out' so it was natural for me to answer the plea for weekly helpers. That weekly help turned into more than 25 years of fun, friendship and adventures. From helping out in a non-uniform way, as the movement became more popular in our village and nearby, another unit was required and before long I became a leader of the 2nd Salhouse brownies. We had girls in our unit not only from Salhouse but from Little Plumstead, Woodbastwick and Wroxham, a great mix particularly as the girls neared the age of high school. As lots of units joined together on a regular basis during the year for our Thinking Days,



discos and annual fun days, the girls had already made lots of friends from other schools before that daunting step away from their local primary school.

Making friends was a huge part of my guiding experience. I have met so many people in our district over the years and a core group of us have enjoyed many non-guiding adventures too. These range from nights out in town to trips to London and beyond. Indeed we are hoping to spread our wings to Europe over the next year to explore one of our guiding centres in Switzerland.

During my time as a leader I was pleased to welcome over 200 girls to join in the fun at 2nd Salhouse brownies. Along with a fantastic, and ever changing, group of leaders and helpers I enjoyed lots of fun with more than 350 girls during numerous pack holiday adventures. We had all manner of themes from Alice In Wonderland to Outer Space, from Harry Potter to Investigating Science.

Personally I've been able to 'have a go' at things I would not have done outside of girlguiding like kayaking, archery, climbing and abseiling. Being able to have a go at building fires and cooking outdoors – I am definitely not a camping person – was always great, as was the whole experience of the enormous Norjam events. Thousands of members of girlguiding and scouting descend upon the Norfolk Showground every 4 years. It's a sight to behold seeing so many people enjoying themselves, adults and children alike, although not quite so much fun getting a hot shower!

After so many years of organising weekly meetings, outings, district events and pack holidays I decided a while back to 'discard' that brown owl title. Fortunately there was another adult as enthusiastic as I had been and the unit

welcomed its new leader. As for me, my adventure continues. Along with a steadfast group of ladies I have become a member of the ARC (Archive Resource Centre) team. This is a group that runs the only dedicated girlguiding archive in the UK with full museum accreditation. We do have a national archive in London but here at the ARC we specialise in all things Norfolk. Feel free to come and have a look, just check our opening times on line.

Never having been a brownie, guide or ranger before, being a 'purple lady' at the ARC has been yet another fantastic experience for me discovering girlguiding over the past 100 plus years. I get a feel of just what girlguiding has meant to so many young girls and women from the 1920's through to our own 21st century. From initially wanting 'something for the girls' (as was told to Baden-Powell at the Scout rally in 1920) to being part of the GSI during WWII helping out as the prisoner of war camps were disbanded. Until girlguiding came along girls and young women were generally only allowed to take part in such things as needlework and reading. Now they could learn to be a woodworker, cobbler, electrician or even a fireman - girlguiding offered so many opportunities. And it continues to do so.

As well as all the fun and friendship to be had being a member of this organisation brings out the best in you from learning to speak in front of an audience to organising full scale events, from keeping data in order to learning first aid skills. I am looking forward to new adventures and new friends to meet as I join our recently opened Trefoil Guild.

Whatever your age, think about coming along and joining us in girlguiding perhaps as a leader, a unit helper, a treasurer or working in one of the local offices. It would be a great chance to make new friends and enjoy adventures of your own.

Ann Shorten

About the ARC. The Archive Resource Centre (ARC) building was constructed by Girlguiding Norfolk County in 2016 to house the county's extensive collection of memorabilia, which tells the story of Girlguiding over the last 100+ years. We are sited within the grounds of Patteson Lodge at Coltishall and our aim is to make Norfolk County's heritage resources available to all. We have visiting groups (as per the entry from 2nd Salhouse Brownies in the Spring Saga issue) as well as going out 'n' about to local groups. We have visitors of any age from Rainbows (at age 4) to some of our Trefoil Guild members (age ???) and everything in between. Each year we take part in the Heritage open weekends and enjoy welcoming members of the non-guiding public. Generally we are open each Monday for visitors, with other times as requested. Our team of 'purple ladies' are busy logging the mountain of artefacts in our possession from badges to uniforms, from flags to individual logbooks. Later this year we will be holding a special 10th birthday anniversary which will be open to all.

Wroxham Library



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

Summer Reading Challenge This Year's Challenge, launches on 18th July, and is called 'Read to the Beat!', delivered by The Reading Agency in partnership with public libraries. The Summer Reading Challenge is a free activity for children aged 4-11. It's all about reading for fun, aiming to improve children's reading skills and confidence over the summer holiday. Children can read anything they like and collect free rewards for their reading. For under 5s there is a mini challenge, so they don't miss out.

The theme inspires children to explore the connection between stories and songs, discovering how reading and music both ignite imagination and creativity.

To sign up to the challenge, just pop into your local library or visit the website. Children will need to be library members - you can do this in a library or online. It's free of charge and children will receive their own library card for which there are no overdue fees.

- **Build confidence to manage your money online.** Free, one-to-one support available. Find out about: online banking; budgeting and saving money; spending money online; online safety and security. Sessions available Tuesday 1-2 pm. Please contact the Library to book a session.
- **Digital Help.** Thursdays 11-1am during term times. Free, one-to-one support available. Perfect for beginners and those ready to take the next step. Please contact the Library to book a session.
- **Just a Cuppa,** every Tuesday 10.00 – 12pm. Come along for a friendly chat over a cup of tea or coffee and a biscuit.
- **Toys** We have a selection of toys and games that can be played with in the Library, from Duplo and counting games to jigsaws. Look in our folder to see what is available.
- **Crafting** 10.30 -3.30 pm on alternate Saturdays (staff dependent). Aimed at children aged 5 -11 (under 8s require supervision).

- **Knit and Natter – not just for knitters!** Bring your embroidery, textile, or crochet project along to our informal gathering. The first and third Thursday of the month, 2.00 – 4.00pm.
- **Crib Club** (Cribbage card game) – new players welcome – The second Thursday of the month 2.00-4:00pm. Please bring your own board and cards if you have them.
- **Scrabble Club** Usually last Thursday of each month from 2.00-4.00pm. All welcome.
- **Thinking of starting up or growing your own business?** As a local Business and IP Centre, we have free access to a wide range of business resources at Wroxham Library. Find out more at: www.norfolk.gov.uk/bipcnnorfolk
- **Our Bounce and Rhyme** sessions take place on Wednesday at 10.30am. No need to book, just drop in and sing along!
- **Family History** – Use our free access to Find My Past any time the library is open. Drop-in on Wednesday and Friday evenings between 4.00pm and 6.00pm to get advice from Diane, our family and local history expert. Please ring the Library ahead to confirm availability.
- **Baby Weighing**—Use our self-service Baby Weigh scales.

Housebound Library Service

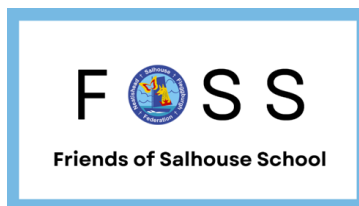
If you are unable to get out to the library to get your library books, we can bring them to you! Details from the Library.

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

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

www.norfolk.gov.uk/libraries

FOSS Update: Summer 2026



FOSS has had a busy and exciting Spring and Summer, with a range of events bringing our school community together and raising valuable funds for the children.

One of the loveliest moments was our new Someone Special sale, an event where children were able to choose a gift for someone important to them. It was wonderful to see how proud they were as they carefully picked out something special.

Moving into Summer, we have recently held our annual Summer Social. The weather luckily held out for us, and everyone had a fantastic day. This year's main attraction was the "Soak the Teacher" stall, which was a massive hit and brought plenty of laughs! Thanks to your incredible support, we managed to raise over £2,100 for the school. Special shout-outs must go to the local businesses that generously provided the raffle prizes and BBQ meat, those that kindly had an advertising board up to promote the event, as well as all the volunteers and school staff for their invaluable time and efforts.



We are also excited to officially open our new Pre-Loved Uniform Shed. Funded by a Morrisons grant, it will initially open every other Wednesday (the 1st and 3rd Wednesdays of the month) from 8:40 AM to 3:10 PM. Please just pop in and self-serve, using the QR codes for digital donations or dropping cash into the school office.

Looking ahead, our September AGM is currently being arranged. The final date will be communicated shortly via our Facebook page. We are always looking for new members to help support the school, if you are interested in joining FOSS, please email Foss2019@yahoo.com.

Salhouse CEVC Primary School



As we reach the end of another successful school year, we have enjoyed a wonderful few weeks filled with learning, celebrations and exciting trips.

Our Year 6 pupils have spent time visiting their new high schools and are looking forward to this important next step in their education. We wish them every success and happiness as they begin this new chapter.

Meanwhile, our Year 5 children enjoyed an inspiring art and science enrichment day at Broadland High School on 3rd July. Across the school, all pupils have also had the opportunity to spend a day in their new classes and meet their teachers for September, helping to make the transition to the new academic year a positive and exciting experience.

We were delighted to welcome our new Reception intake to Coots Class on 1st July. The children enjoyed spending time with their new teachers and becoming familiar with their new surroundings. This year, Coots Class will be dedicated entirely to Reception pupils, allowing them to be fully immersed in our Early Years curriculum.

The summer term has also provided many memorable opportunities beyond the classroom. Coots Class enjoyed a visit to the Sea Life Centre in Great Yarmouth, while Bitterns Class explored the history of Norwich Castle. Grebes Class had a fantastic day at Bewilderwood, and our Year 6 pupils celebrated the end of their primary school journey with a tubing adventure as their leavers' treat.

We have also enjoyed a lively school disco and a wonderful Summer Social, kindly organised by the Friends of Salhouse School. We are incredibly grateful for their continued support and for helping to create such enjoyable experiences for our school community.

As the academic year draws to a close, we would like to thank all our families, staff, governors and friends for their support throughout the year. We wish everyone a happy, restful summer and look forward to welcoming pupils back in September.

Hayley Sonnex

Executive Headteacher

Neatishead Salhouse Fleggburgh Federation

Over the last few months we've had some very interesting talks.

In April, we were visited by Graham Watts, who gave his talk, 'The Making of Dale Farm To Date', in which he described the astounding transformation of his garden, brought about by his own hard work and dedication---definitely well worth a visit if you get the opportunity.

Then in May, Andrew Sankey gave his talk, 'A Norwich cottage garden, from scratch', which described another total transformation of the front and back garden of his Bracondale home.

This year, we had the pleasure of day-tripping to two beautiful gardens. First, we visited Stow Hall Gardens—a 20 acre estate wrapped around a demolished hall, the location of which is now marked by a yew hedge—then, in the afternoon, Hindringham Hall; a moated, North Norfolk Tudor manor house boasting Medieval fish ponds, rich history, and an amazing garden.

Still to come this year:

July 21st - evening visit to Dunbeagan in Dereham 6:30pm meet.

August 18th – evening garden visit to Muddy Boots flower fields 6pm meet.

September 15th – Sarah Hammond, planning and planting a cutting garden.

October 20th – Milly Jenkins, preparing the garden for spring.

November 17th – Roger Connah, Plantation Garden, Norwich.

December 15th – Christmas Social

While we still have the lighter evenings, it's a great opportunity to get out into the garden—but don't forget to sit, relax and enjoy it!

Summer Garden Jobs Calendar

July—Monthly Focus: Harvest, feed and water.

Flower Garden

Continue to pick sweet pea blooms frequently to stop it setting seed.

Continue deadheading to prolong flowering.

Cut back faded hardy geraniums for a second flush.

Trim lavender after flowering.

Take cuttings from penstemons and fuchsias.

Feed dahlias and container plants regularly.

Divide overcrowded bearded irises 6 weeks after flowering.

Vegetable Garden

Harvest courgettes while young.

Pick runner beans frequently to encourage more crops.

Water tomatoes consistently.

Continue successional sowings of salad crops.

Check brassicas for caterpillars.



Fruit Garden

Harvest raspberries, currants and gooseberries.
Summer prune trained apples and pears.
Protect ripening fruit from birds.
Remove old strawberry leaves after cropping.

General Tasks

Water deeply during dry spells.
Raise mower blades during hot weather.
Trim hedges once nesting birds have fledged.
Keep ponds topped up.
Monitor for pests such as aphids and whitefly.

August—Monthly Focus: Harvest, propagate and prepare for autumn.

Flower Garden

Continue deadheading summer displays.
Collect seeds from favourite annuals.
Plan autumn planting schemes.
Take semi-ripe cuttings from shrubs.

Vegetable Garden

Harvest tomatoes, beans and courgettes regularly.
Sow spinach and spring cabbage for later crops.
Remove spent pea and bean plants.
Store onions once the tops have died down.
Prepare empty beds for autumn planting.

Fruit Garden

Harvest plums and early apples.
Continue picking blackberries and late raspberries.
Remove old fruiting raspberry canes.
Water newly planted fruit bushes.

General Tasks

Keep containers well watered.
Turn compost heaps.
Order spring-flowering bulbs.
Make notes on what has worked well this season.
Start tidying areas that have finished flowering.

Summer Gardening Priorities for the East of England

Because the East of England is often warmer and drier than much of the UK:
Water deeply once or twice a week rather than little and often.
Mulch exposed soil with compost or well-rotted manure to retain moisture.
Feed containers regularly, as nutrients are quickly depleted.

For more information about the Garden Club, please email

salhousegardeningclub@gmail.com

Bridget Mann (Chairman)

SALHOUSE READING GROUP



We meet on the first Thursday of the month at the Jubilee Hall, Lower Street. The discussion starts shortly after 7.00 and usually lasts about an hour and a half.

In case you would like to join us, our current list of books is:-

August 2026 - The Casual Vacancy - J K Rowling

September 2026 - Enigma - Robert Harris

October 2026 - Regeneration - Pat Barker

November 2026 - The Glass House - Tracey Chevalier

December 2026 - No book, we get together and enjoy a Christmas party. If you don't fancy joining us, do give the books a read. You will see how diverse our choices are.

Any queries, please call 07465451038.

Julie and Carol

AFTERNOON TEA AND MARDLE



Hello Salhouse,

If you are new to Salhouse, newly retired or just looking for company, come along to our Mardle. It happens on the second Wednesday of the month between 2 and 4 at Jubilee Hall. Whilst we are not exactly dynamic, we endeavour to provide our clientele with a thought provoking quiz, raffle and more cake and tea than you can shake a stick at! For the current Mardlers, you will be pleased to learn that you all have contributed to the new bench that will soon appear on the green at the junction of Lower/Upper Street. Do sit and enjoy a Mardle when you are out and about in the village.

See you soon,

Colin, Doreen, Jools and Julie



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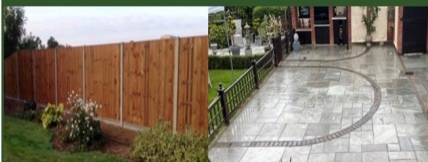
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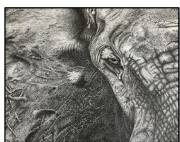
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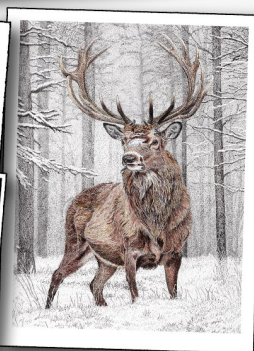




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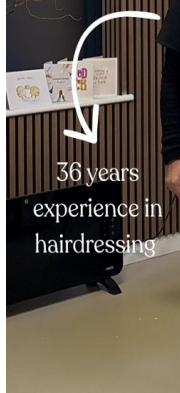
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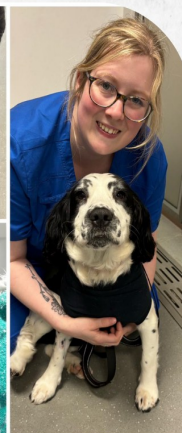
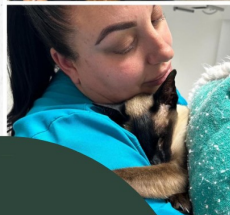
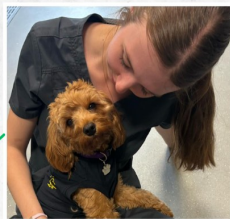
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Feeding our Garden Birds - Some Good News

Trichomonosis is a highly contagious disease which can spread where birds gather, such as at bird feeders. This has affected many birds, but particularly greenfinches, whose numbers have dropped over 65% in the past 30 years.

The RSPB has recently updated their advice on how we can safely feed our garden birds, by making two simple changes:



1. Feed seasonally

There's a higher risk of disease spreading during summer and autumn, which is also when there are more natural foods available to birds, such as seeds and insects.

1 May to 31 October

Pause filling your bird feeders with seeds or peanuts.

You can continue to offer small amounts of mealworms, fatballs or suet.

1 November to 30 April

Offer a full range of bird foods, including seeds and peanuts.

2. Feed safely

Busy bird feeders can become hotspots for disease. To help keep birds healthy it's vital to keep things clean. RSPB's recommended hygiene guidance includes:

- Clean bird feeders and water baths weekly with hot soapy water and disinfect with a non-toxic disinfectant or a mild (5%) bleach solution.
- Change water in bird baths daily. Only offer tap water if you're able to change it every day.
- Clear away any old food or droppings from beneath feeders.
- Move your bird feeders to a different spot every week. This helps prevent any build-up of potentially contaminated debris underneath.
- If you have more than one feeder, put them in different areas to reduce the number of birds in one place and the mixing of different species.
- Keep food as dry as possible. Damp food allows disease to survive and spread. Choose feeders that prevent rain getting in and limit condensation.
- Don't put feeders under where birds roost, such as under trees. This will help to avoid contamination through droppings.

- Don't use bird feeders with flat surfaces, such as bird tables, window feeders and feeders with trays. Following a scientific review, the RSPB no longer recommend these types of feeders due to the high risk of disease transmission.

You can grow some bird friendly plants, such as sunflowers, teasels, ivy, common knapweed, echinacea and rudbeckia; their seedheads will feed birds and pollinators will enjoy the flowers too.

By taking these simple steps to feed seasonally and safely we can all help protect the future of our garden birds. To find out more sign up to the RSPB's free fortnightly newsletter <https://www.rspb.org.uk/newsletter-sign-up> or visit <https://www.rspb.org.uk/birds-and-wildlife/feeding-birds-near-you>

Five Ways to Help Wildlife in the Heat

Recent heatwaves have made keeping cool and hydrated difficult for all, including our wildlife. The World Wildlife Fund have a few ways to help them cope when the temperatures rise.

1 Keep them hydrated

If you have a bird bath, make sure to top it up with tap water to help birds cool off and stay hydrated.

In a shady spot, place a shallow bowl of water so hedgehogs and their little hoglets have something to drink.

You can also add a few stones to provide shallower pools for insects to drink from like the humble bumblebee!

If you don't have a pond, a simple trough or bowl can be a temporary pond providing a safe space for frogs and other amphibians when natural water sources dry out. Include a way for small mammals to escape if they fall in.



2 Protect them from the sun

Create sheltered areas for wildlife to use in the heat so they can stay cool.

Avoid trimming back hedges and overgrown areas of your garden. Thicker, unpruned plants can help birds to stay cool and provide secure resting areas.

Flowering plants in shady areas will be a welcome relief for bees and other insects.

If you see a sleepy bumblebee on the pavement or a windowsill in the hot sun, they can be carefully transported to a flower in a shady area if safe to do so.

3 Leave food out

For hedgehogs it's best to use readily available hedgehog food or otherwise small amounts of meaty cat or dog food. Remember, don't give hedgehogs anything with milk, they're lactose intolerant!

Birds need less help finding food in the summer, but they can still benefit from mealworms, fatballs or suet products. Always make sure food and water stations are kept clean to prevent spreading disease.

4 Grow nectar rich flowers

Don't forget about our precious insects! Plant wildflower seed mixes to help creatures like bees and butterflies through the summer. You can buy great seed mixes at garden centres and supermarkets. Look for seed mixes with plants such as betony, oxeye daisy and poppy.

5 Make a wildlife highway

Shortcuts through your outdoor space can lend hedgehogs, frogs and toads a helping hand too. All they need is a gap of around 13cm x 13cm to travel safely through fences and walls.



Sarah Oldfield

Source: <https://www.wwf.org.uk/act/ways-to-help/wildlife-in-the-heat>

For more on supporting our wildlife in a heatwave go to <https://www.countryfile.com/wildlife/how-to-help-wildlife-during-a-summer-heatwave>

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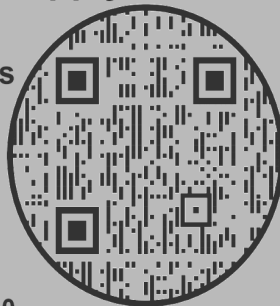


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Rackheath WI Evening Institute



Rackheath W.I. supported a 'socks and chocs appeal' this Easter. Members donated a bar of chocolate, a pair of socks with a greeting, a message of hope or a prayer. In total, a fabulous 209 items were donated to St Martins, which is a local charity who help to support and care for those who are homeless and to those at risk.



Also, some were given to City Hall who help rough sleepers and the single homeless. These gifts make a big difference to those experiencing the sadness and loneliness of homelessness. It shows that people care and they are not forgotten.



Rackheath ladies celebrated their 45th Birthday evening with a delicious buffet on 23rd April, being St. Georges Day they were all dressed in red and white.

They also held an annual Quiz and Chips evening, when members of neighbouring WIs joined in. The winning team from Rackheath with City members won a first prize of wine. A Rackheath team also got the booby prize of notebooks.



New members and visitors most welcome.

For more details please contact **Frances Pointer 01603 720796.**

WROXHAM AND HOVETON LIONS



Time's winged chariot must have been upgraded with turbochargers, here I am writing for July and August!

These are the months we really need to sell as much as we can in the Lions shop. There are good quality items to be bought here, and the volunteers, led by Nadia and Lydia, will be very pleased to see you.

We have recently invited two Primary Schools in the area, Rackheath School and Coltishall Primary School, to take part in Lions Roar 2026. The Lions Roar Competition is run in partnership with the education company, *8billionideas*. It benefits schools by enhancing life skills that meet all of the personal, social and health education curriculum requirements.

There are around 20,000 pupils taking part this year in over 100 schools supported by Lions Clubs from across the British Isles. If you would like to know more about the Lions Roar competition, please view the montage of last year's competition on YouTube.

This competition designed to inspire children to think about the world's problems and create ideas to fix them. Working in teams of up to six pupils, the children learn to analyse a problem they feel strongly about and suggest ways of alleviating that problem. Their ideas are backed up by making a prototype, writing up detailed plans and making a video to publicise their project. Some of the ideas are very clever and the pupils enjoy the challenge. The entries reflect children's concerns about our world, be it the environment, pollution, hunger, disaster relief, you get the idea. We would encourage other schools to take part in Lions Roar 2027

Mark your calendars! On **August 2nd**, we are bringing the community together for our **Annual Charity Fete**, to be held at **Hoveton Village Hall and Playing Field**, Stalham Road, Hoveton, NR12 8DU from 10 am to 4 pm. A day filled with summer sunshine, (we do hope so!), local talent with live music from father and son group Air Mail. Whether you're looking for a unique handmade gift at our Craft Fair, want to

marvel at a stunning collection of classic cars, or simply fancy a great day out with the family, there is something for everyone to enjoy. There will be food and drink available throughout the day, children's rides and stalls selling a variety of products or services.

By joining us, you aren't just having a great day out; you're helping us support vital charitable work in our local area.

We are now officially open for bookings! We are looking for stallholders and classic vehicle owners to help make this our best year yet.

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- **Outside on the Field:** Plenty of space for larger setups. Please note that outside stallholders must provide their own tables and gazebos.

Important Requirements:

- All stallholders must hold valid public liability insurance cover.

Booking forms must be returned with any requested documentation to the address provided on the form.

How to Book:

To secure your spot, please download the appropriate form from the Wroxham and Hoveton Lions Club website.

We look forward to seeing you there!

Derick Bowler

PR Officer

Wroxham and Hoveton Lions Club CIO



2nd Salhouse Brownie Summer Adventures!

The summer term has absolutely flown, and what a busy and exciting few months it has been!

This term, we have been working towards our Physics Badge, with the Brownies enjoying a fantastic range of hands on experiments and activities. They had great fun testing out balloon rockets, creating their own camera obscuras and investigating which objects would sink or float!

Without a doubt, the favourite activity was making solar ovens. Using a range of materials, the Brownies designed, built and decorated their own ovens. They then added biscuits, chocolate and marshmallows before leaving them outside for the sunshine to do the work. It was a brilliant way to learn about the power of the sun and, of course, enjoy a tasty treat at the end!

We are rounding off the term with two amazing events. Our District trip to Colchester Zoo gives the girls the chance to see some amazing animals and spend time with Rainbows, Brownies, Guides and Rangers from across the District. We also look forward to our annual joint summer meeting with 1st Salhouse Brownies at Wroxham Barns, where everyone will have great fun exploring the play area, playing crazy golf and taking part in outdoor games together!

We can't wait to see what adventures await when we return in September!

If you would like to find more out about joining Brownies, then please do get in contact at:

2ndsalhousebrownies@gmail.com

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<https://www.girlguiding.org.uk/joinus>



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1st Salhouse Scout Group Update

1st Salhouse has been very busy since the last issue. We have held two whole-group events, bringing our Beavers, Cubs and Scouts together. The first was a visit to Banham Zoo as part of a 'Scouts Take Over' event, where the zoo was closed to the public and welcomed Scout groups from all over Norfolk. We also held our own Group Camp, with all three sections camping at Eaton Vale in Norwich and taking part in a range of activities both on and off the water.

More recently, we have attended two District events involving groups from across the North East Norfolk District. Just this week, some of the Beavers attended the Beaver Lodge Leader and Seconds Tournament (BLLAST) and the Scouts took part in a weekend camp, with both events taking place during the hottest weekend on record! The Scouts are also looking forward to their summer camp next month.

In June, we held our AGM and are pleased to announce that Jim Belcher has taken on the role of Group Chair, a position we have been looking to fill for over a year. Thank you, Jim!

This year has been slightly more challenging for us in terms of fundraising. We are looking to put together a small fundraising team, so if you, or someone you know, is a keen fundraiser and could offer suggestions, opportunities, or even help run a fundraising event, we would love to hear from you.

We have not mentioned this for a while, but we are still on the lookout for a location that could provide the opportunity to build our own Scout hut. We are extremely fortunate to have the use of the village hall, but with the ever-growing number of houses in the area, it would be great to plan ahead with a dedicated venue that could offer more sessions and opportunities for many more children in the future.

Simon Hill

1st Salhouse Scout Group

Group Lead Volunteer

SalhouseGLV@gmail.com

07970 650 772



1st Salhouse Scout Group – Scouts Section Update

Our Scouts recently had an amazing weekend away at the District Camp held at Buxton Scout Headquarters, where 66 young people came together for a weekend full of adventure, friendship and fun.

The weather was certainly on our side, perhaps a little too much! With temperatures soaring throughout the weekend, our fantastic team of leaders made sure everyone stayed safe, well hydrated and, most importantly, had plenty of ways to cool down.

The Scouts enjoyed a wide range of exciting activities including axe throwing, rock climbing, pioneering and making paracord keyrings and bracelets. Every activity gave the young people the opportunity to learn new skills, challenge themselves and work together as a team.

To help everyone beat the heat, the leaders created a giant water slide and set up sprinklers and hosepipes, which quickly became the highlight of the weekend! There was lots of laughter as everyone made the most of the sunshine and enjoyed splashing around with their friends.

It was wonderful to see so many smiling faces throughout the camp. New friendships were made, confidence grew and memories were created that will last for years to come.

A huge thank you goes to all our volunteer leaders and helpers who gave up their time to organise such a fantastic event. Without their dedication and enthusiasm, weekends like this simply wouldn't be possible.

Our Scouts had an absolutely brilliant time and are already counting down the days until next year's District Camp!

Beavers, Cubs and Scouts are always welcome. If your child enjoys adventure, making friends and learning new skills, or you would like to come along and join the leadership team, we'd love to hear from you.



1st Salhouse Scout Group – Beavers and Cubs Section Update

Since February, both sections have celebrated Chinese New Year and planted bulbs for Mothers' Day. The Beavers also enjoyed activities relating to the Winter Paralympics and baked Irish soda bread for St Patricks Day before ending the spring term with an egg drop challenge. The Cubs practiced various skills such as changing a light bulb, checking a bicycle and cleaning windows. They also learned about staying healthy with a balanced diet before ending the Spring term with some indoor archery, kindly led by our Scout Leader, Al.

Both sections began the Summer term with a visit to the City of Norwich Aviation Museum and concluded their Air Activities Staged badge the following week with the paper aeroplane challenges. Since then, we've covered emergency aid, learned about how we can help people with dementia and enjoyed sporty activities at the park with the help of local football coach Adrian Willis. Beavers also brightened up the flower beds in front of the Jubilee Hall in time for polling day and Cubs worked on their Navigation badge.

Other highlights, as mentioned by Simon, include our Zoomania day at Banham Zoo and group camp at Eaton Vale Scout & Guide Activity Centre.

The Beavers had an impromptu session creating things with Lego when our trip to Black Barn Farm woods had to be postponed, and have made cress heads for Fathers' day too. Thankfully we've since made it to the woods and I was very impressed with the patience, determination and teamwork the Beavers showed when learning about fire safety and using bushcraft flint and steel strikers to light a small fire.

The Cubs were great at tackling a DIY project for Fathers' Day, and learned how to use tools safely in the process. Our latest session in the woods was a chance for them to help build a fire and enjoy some S'mores.

In the remaining weeks of this term, we will focus on celebrating the Beavers' 40th and Cubs' 110th Birthdays and take a visit to the beach.

We have continued to have at least 1 new member join each section each half term, which is great, but are always happy to take new enquiries.

The Beaver Colony continues to be led by Sam with help from Team Members Celia and Huw and young leader Maddie as well as regular support from parents. A big thank you to you all.

The Cub Pack continues to be led jointly by the Cub Team Members (Claire, Lita, Richard, Suzie, Sam, Rowena, Tim) with awesome support from our three young leaders (Ben, Maddie and Toby).

Samantha Lines

1st Salhouse Scout Group - Beaver Leader (and Cubs Team Member)

samantha.lines@hotmail.co.uk

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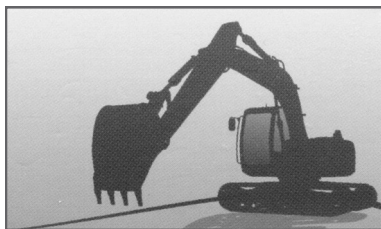
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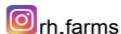
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email: jubileevillagehallsalhouse@gmail.com

It seems like such a long time ago, but I would like to thank everyone that came and supported us at our Quiz night back in March. We had a great night and lots of great feedback thanks to Dean, our Quiz Master. We raised a record amount towards the upkeep of the hall which we thank you all for as we have lots to spend money on this year.

We have spent some of the money on replacing the broken blinds in the small hall with fresh new ones. They are still blue and look the same, but they now work. We have also purchased and installed a Hearing Loop for the small hall, we are just waiting for the microphone to be delivered, then it will be up and running. We chose the small hall because it hosts most public meetings. Full instructions will be available once installation and testing is complete. I would like to thank the District Council, Salhouse United Charities, The Saga, and everyone who kindly donated to our crowdfunding for donating the money that made this possible. More projects are in the pipeline for later this year.

I have never had to do this before, but I have a moan. Whoever is using the Village Hall Biffa bin for their own rubbish, please stop! We have seen garden waste and even a gaming chair appear, the latter didn't even fit in the bin so the lid was left open, and the bin filled with water. If we hadn't removed it we would have been fined by Biffa. We are a small group of volunteers who run the hall and don't have the time to clear YOUR rubbish for you, yet alone afford to pay the fines. Thank you, moan over!

A couple of dates to put in your diaries please

Quiz Night - Saturday 19th September, doors open at 7.30pm

Christmas Fayre - Saturday 5th December, starting at 2pm

Finally, if you would like to book the hall for an event, please visit the website (above) and/or enquire using our email address:

jubileevillagehallsalhouse@gmail.com or otherwise contact Kate on the number below. We will be happy to answer any questions you have.

Martin **Chairman – Salhouse Village Hall Committee**

Tel: 07808 097924

**If you would like to book the hall, then please contact Kate,
In the first instance via email: jubileevillagehallsalhouse@gmail.com
Otherwise call Kate on: 01603 652050**

From the SALHOUSE BROAD Ranger



Summer at Salhouse Broad

As we often say, good weather for the Broad means a tough time for the farm, and lately the Broad has certainly had the better of it! It's been a beautiful season by the water, though perhaps almost *too* sunny for comfort at times.

We have some exciting news to share. After more than four years of navigating the planning process, we finally have showers on our campsite! So, if you've ever fancied a camping trip right on your doorstep, you can now do so in full comfort. No excuses needed! As a little thank you to our SAGA readers, enjoy 10% off with the code **SAGA10**.



This year we've been busy putting together some wonderful new ways to enjoy Salhouse Broad, and we'd love to see you get involved:

Serene Sound with Jaime

A monthly Sound Bath to help you rest, reset and reconnect. Take the chance to slow down and unwind. Next session: **Tuesday 14th July**. Book via Serene Sound with Jaime (on Facebook). £12 per person.

FYR Ritual Sauna

Treat yourself to a sauna and cold plunge in stunning surroundings, **Saturdays from 10.15am**. £17 for an hour session. Book at www.fyr-ritual.com

Peak Open Water Sports

Fancy a swim? Join the open water swimming sessions on **Saturday mornings**, in a safe and supervised environment. Please do note this is the only time swimming is permitted in the Broad. Download the NOWCA app to book your spot. £20 yearly NOWCA membership plus £8 per session.

Willow Weaving

A wonderful hands-on morning or afternoon weaving your very own willow basket. **Saturday 8th August**. Choose between a mini basket (morning) or a leaf basket (afternoon). £45 per person. Book via the Salhouse Broad website or call us to book.

Biofluorescent Walks with David Atthowe

The ever-popular David is back! Armed with a special torch, you'll discover the magical glow of the Broad after dark, from mushrooms to spiders, it's genuinely awesome. £16.96 per ticket. **Dates: 7th Sept, 30th Sept & 2nd Nov**. Book via the Salhouse Broad website or call to book.

Stargazing Evening

Round off the year with an evening of stargazing and warming soup. What could be nicer? **Saturday 24th October from 6.30pm**. £15.37 per ticket (includes soup and a donation to Norwich Astronomical Society). Book via our website or give us a ring.

If you have any questions about any of our events, please don't hesitate to get in touch — we're always happy to chat. We hope to see you at Salhouse Broad this summer, whether you're joining us for an event, hiring a canoe, or simply enjoying a stroll. You're always welcome!

Kelly

The Salhouse Broad Ranger Team

www.salhousebroad.org.uk

01603 722232

Theranger@salhousebroad.org.uk



The work of the Salhouse Station Group continues to cherish our Victorian station building and bring it back into public use as a waiting room and bathrooms.

Inspired by a visit to Worstead, we are looking to reproduce their public art programme which decorates the station with paintings by local schoolchildren of local landmarks and the village. More to come on this.

We were delighted to receive a lot of interest at the recent Salhouse school fete, and have recently completed our business case for future structural repairs.

For now, we still have challenges getting Greater Anglia to engage with us, but hopefully that may change at some point with Great British Railways. The many similar organisations across East Anglia may no doubt share that hope.

A reminder to those interested of our Salhouse Station Group Facebook page where you can find out about planned activities including monthly meetings. Our Annual General Meeting is on Monday 3rd August at the Stag at 7pm and all are welcome.

James Watts, Secretary"



Ashmanhaugh & Barton Wanderers Cricket Club

Encourage, Support and have FUN

News From the Boundary

We've hit mid season for the cricket season and matches, training and competitions are in full swing! The weather has only affected one weekend so far.....

We have welcomed new players at all levels, our juniors especially – in excess of 55 young players attending training each week and some great successes on match days too – the future of the club is looking very bright.

If you are interested in joining, please get in touch either through our social media or by emailing abwcc.events@gmail.com

We have junior Summer Cricket Camps through the summer holidays, organised by our overseas professional Jayden Draper – book early spaces are limited!

Our squads start with under 9's through to 4 senior league teams as well as a Sunday team as well as a women's and girl's team – still in it's infancy but growing each week!

Social Events

On Friday evenings and on match days our fully licensed bar is open to all, please come along and enjoy our hospitality, and maybe watch a little cricket?

We usually fire the bbq up on Friday evenings, with burgers & sausages supplied by Tavern Tasty butchers, a long standing club sponsor.

A social membership is £5 per year and this entitles you to use the clubhouse facilities and enjoy "club prices"!

Community Engagement

Did you know that over the past few years we have:

- hosted cricket competitions for a group of local primary schools
- provided cricket taster sessions for local Brownies, Guides & Rangers
- donated surplus kit to local organisations caring for U18's
- provided free 1st Aid courses, training courses and support to club members
- provided free coaching sessions in local schools
- hosted fun matches for local organisations and businesses

If you are a local group and are interested in what we do, please get in touch!

Please remember we are an entirely volunteer run organisation so any help at the club or via funding would always be appreciated and extremely welcome!

Contact Information: Feel free to reach out with any queries

For playing inquiries: joeverett333@gmail.com

For activities and events: ABWCC.events@gmail.com

Stay Updated: Follow the club on Facebook, Instagram, and X for all the latest news.

Norfolk Dog Training Society (Dog Agility)

The Norfolk Dog Training Society (NDTS) was founded in April 1955, marking the beginning of a long and proud tradition of canine training in the region.



We have been based in **Salhouse at High Oak Livery** for a number of years. We did have an obedience section but now focus solely on agility and we all train on a Monday evening.

We have a number of qualified instructors and members who compete across the country. Handlers and their dogs start at Grade 1 and have to win a number of clear rounds at competition to get up to the next grade all the way up to grade 7.

To give you a bit of history, Kay Gee served as our club's first chairman, with former RAF police dog trainer Sid Plumstead leading the instruction. The organisation was further supported by Edgar Dain, the Chief Constable at the time, who acted as President. Early training sessions took place in community venues such as St. Matthews Church Hall and the T.A. Drill Halls.

Throughout the 1950s, the club gained visibility by staging demonstrations at local events, including the Royal Norfolk Show in both 1956 and 1957. We still demonstrate at the Royal Norfolk Show to this day (including this year's show just gone).

A major milestone came in 1984 with the creation of the agility section, guided by John Boulton. The section grew rapidly, progressing from its first open agility show—jointly run with the Holt Society in 1985—to a large two-day event at Hingham in 1994, followed by an even bigger show at the Anglian Windows Social Club in June 1995.

Over the years, participation in the Town and Country Day at the showground became a regular part of the club calendar, with members showcasing agility in the main ring. Demonstrations have continued to be a key feature of the club's activities, with teams performing at major events alongside many others whenever the competition schedule allows. For 2026, we will be running demonstrations at the Royal Norfolk Show, the Cromer Festival, Worstead Festival and the Aylsham Show.

We also run the club's own highly regarded Kennel Club agility competition each Easter weekend. This involves three days of competition with around 160 people who camp at the Norfolk Showground for the weekend and the same number of day visitors. This is a hugely popular event. We ask other clubs across East Anglia to help us and in return we help with other clubs and their shows over the course of the year.

Overall, NDTS is a great club to be a part of for owners and their dogs alike, creating and being part of a great community!

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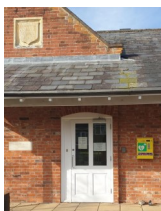


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1. Call **999** and ask for the Ambulance Service
2. Tell the Operator the telephone number from where you are calling, and they will tell you the location of the nearest Cabinet, as follows:



Jubilee Hall, Lower
Street Salhouse
NR13 6RE



The Green,
Lower Street,
Salhouse
NR13 6RY



Station Road
Salhouse
NR13 6NX



The Recreation Ground
Thieves Lane, Salhouse
NR13 6RQ

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

REMEMBER – Think SAFETY

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Email - **spantonmichael1@gmail.com**

KEV'S BRAINBUSTER QUIZ – ANSWERS

Round 1

- 1 Eton College
- 2 Makerfield
- 3 Fired on by a Russian warship!
- 4 David Hockney
- 5 Winnie the Pooh

Round 3

- 1 Adam Thomas
- 2 Josh Widdecombe
- 3 Reese Witherspoon
- 4 Jack Nicholson
- 5 236

Round 2

- 1 48
- 2 Manchester City
- 3 Russia 2018
- 4 Norman Whiteside, aged 17
- 5 Pele

Round 4

- 1 Two hours
- 2 Natural History Museum
- 3 Four
- 4 Volkswagen
- 5 K

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NEED HELP? Useful Contacts List:

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

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

Business Support - to access business support and funding - 01603 980441 or business@southnorfolkandbroadland.gov.uk

Carers Matters Norfolk - <https://carersmatternorfolk.org.uk> - 0800 083 1148 (Mon-Fri 9am to 5pm). For those with caring responsibilities.

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

Samaritans - there for you, whatever you're going through. 24hrs a day, 365 days a year. Call free on 116 123, text SHOUT to 85258 or email jo@samaritans.org to receive a response within 24 hours. Letter writing and self-help app service also available.

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

Checkatrade - for a trusted tradesperson - <https://www.checkatrade.com>

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

SANE - support for people with mental health problems, their families and carers. Call 0300 304 7000 4pm to 10pm, 365 days a year. See sane.org.uk for Support Forum and online non-urgent contact form.

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

BullyingUK - support against bullying for children and adults - Freephone 0300 323 0169 / telephone 0845 225 5787 or nationalbullyinghelp-line.co.uk

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

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

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AUGUST

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SEPTEMBER

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OCTOBER

Provide food and shelter for feathered friends.

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