

The Salhouse Saga



Village Magazine and Newsletter



Spring 2026

Issue 127




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Salhouse Saga

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

www.salhousepc.info/services&amenities

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Next Edition of the SAGA

An early reminder that the next edition of the
Salhouse Saga will be Issue 128, Summer 2026.

Copy deadline Friday June 26th

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



At the Jubilee Hall unless otherwise specified

Guides (1st Salhouse)
Monday 6.30 -8.00 pm

Brownies (1st Salhouse)
Tuesday 5.45 - 7.15 pm
1stsalhousebrownies@gmail.com

Brownies (2nd Salhouse)
Tuesday 3.45—5.15pm
Contact: - Natalie Archer:
01603 927166
2ndsahousebrownies@gmail.com

Rainbows
Tuesday 5.30-6.30pm
salhouserainbows1@gmail.com

Cubs -
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@btinternet.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:
07808 097924

Salhouse United Charities
Pauline Garner (Secretary)
01603 721201



Parish Council

Parish Clerk
Sarah Martin
Tel: 07761 480102
clerk.salhousepc@gmail.com
website:www.salhousepc.info

District Councillors

Martin Murrell:
07958 393059
cldr.martin.murrell@southnorfolkandbroadland.gov.uk

Fran Whymark:
07907163123
cldr.fran.whymark@broadland.gov.uk

County Councillor

Fran Whymark:
07907163123
fran.whymark.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

EMERGENCY 999
NON EMERGENCY 101
Ask for

PC 855 Al Jennings
BEAT MANAGER
Thorpe St Andrew
Safer Neighbourhoods Team
Norfolk Police H.Q.:
01953 424242

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

GAS ESCAPE

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0800 111 999

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08457 145 145

FLOOD REPORTING

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

ELECTRICITY

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



Recreation Ground,
Thieves Lane, Salhouse

Contact: - CHAIRMAN
Ethan Simpson:
07939595247



Quiz Night

14th March 2026
Jubilee Hall, 7.30pm

Salfest '26

Village fete and music event
Salhouse Broad
11th July 2026,
1pm—8pm

PLEASE CONFIRM WITH THE ORGANISER BEFORE ATTENDING ANY EVENT LISTED

JUBILEE HALL BOOKINGS
Email:
jubileevillagehallsalhouse@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,

We are really fortunate that, following a relatively short ‘interregnum’ period, the Bittern Benefice now has a new Rector. So, in this issue we welcome Rev. Naomi Tuma to our community. Naomi was installed by the Bishop of Thetford at a service at the Holy Trinity Church Centre at Rackheath on 2nd December, which was very well attended. One of Naomi’s first duties was to lead the carol singing at the Jubilee Hall Christmas Fayre on December 6th, at which many of us were pleased to be introduced to her.

The long awaited new medical centre at Rackheath, now to be known as the ‘Magna Medical Centre’, will be opening very soon, possibly by the time this magazine is delivered. This will be very welcome to patients in Salhouse for whom a trip to Hoveton is just too far, or who find it difficult to get an appointment there. On pages 16-17 of this magazine are details of how to use the new centre, together with the answers to some frequently-asked-questions.

Getting to medical appointments is a big problem for some people. Recently I received the following heartfelt plea from Terry Allard, who runs WHBVCC (Wroxham, Hoveton and Belaugh Voluntary Community Care). They provide transport to medical, dental and opticians appointments to anyone registered at Hoveton and Wroxham Medical Centre, whatever village they live in, including Salhouse, and have been doing so since 1985. Terry says: *“we are desperate for more volunteers , we have not had any new ones for the last 2 years despite extensive Media advertising. We have lost 4 for medical reason which at times means we have been unable to help some people”*. WHBVCC’s advertisement is on page 23 of this issue. Please have a look and consider whether you could offer to help.

Finally, please also consider a donation to the Jubilee Hall’s appeal for additional funds to make improvements to the hall. A ‘crowdfunding page’ has been set up, and Norfolk County Council are currently matching donations £ for £. More details on page 65.

Colin McCormick—Editor

KEV'S BRAIN BUSTER—THE SAGA QUIZ



Round 1—Recent News

1. How many medals were won by Team GB in the Italian Winter Olympics?
2. Alex Honnold completed a free-solo climb on which building in Taiwan?
3. Who headlined the half-time entertainment slot at the Super Bowl final?
4. Name the shadow justice secretary kicked out of the Conservative Party .
5. Which prominent U.S civil rights leader died at age 84?

Round 2—Film & TV .

1. Mark Hamill and Jack Nicholson both played which character in the Batman films?
2. Tom Hanks won a best actor Oscar for which two films?
3. How many total episodes of the Fawlty Towers sitcom were produced?
4. What was the call sign for actor Tom Cruise in the Top Gun films?
5. Name Dorothy's dog in The Wizard of Oz film.

Round 3—Music .

1. Who is the lead singer of the British band The Cure .
2. 'The Living Daylights' theme song was performed by which chart act?
3. Who sang about "Toy Soldiers" in 1989?
4. Reggae music originated from where in the 1960s?
5. What was the biggest selling single in the UK from the 1980s decade?

Round 4—General Knowledge

1. Which city was previously known as New Amsterdam?
2. What was the name of the Henry VIII battle ship recovered in 1982?
3. Highwayman Dick Turpin had a horse with what name?
4. Which Channel Island is closest to Great Britain?
5. Who is the youngest man to be elected as President of the US?

Answers on Page 73

From The Parish Council



The start of the new year has been busy for the Parish Council. The **budget** for the next financial year (2026/2027) was our first priority, and to keep it as small as possible, however as we are all aware costs are constantly rising and we have had to increase our precept by £1715 to meet these extra costs, which equates to a £2.51 per annum increase per band D property based on a tax base of 621 properties.

The **playing field survey** has been studied and thanks to all who responded. Many views and ideas were put forward, and we are looking into these to see what is achievable in regard to adding to the play equipment, shelters, additional litter bins, cycle racks and also improvements to the toilet block including opening them during daytimes.

Dog owners expressed wishes for dogs to be allowed on the playing field, however because of health concerns the Parish Council will not be considering this in order to keep the area safe and clean for all the users. Salhouse is fortunate that it has a **great network of footpaths** throughout the Parish along with a well used dog exercise area supplied by a local landowner.

There have been further reports of **antisocial behaviour** in the recreation ground car park and having to pay for repairs can be costly. If you witness any of this behaviour please report it straight to the Police at the time www.norfolk.police.uk/contact/af/contact-us-beta/contact-us or call 101.

We have also received correspondences with regards to **highway issues** along Norwich Road and increasing amounts of business signage in the village. These issues have been raised with the relevant authorities with our comments added and we await their response.

Norfolk County Council's website has a lot of useful information, including how to report Highways issues such as **potholes, flooding, signage, hedge and trees** – just search for *Report a highways problem - Norfolk County Council* online and you will be directed to a form to complete to report any issues.

Every month, the Parish Council collects and analyses **traffic data** from various locations around the village. We share this with the Police and Highways, and request support from both of these authorities to help reduce speeding traffic within the Parish which sadly regularly greatly exceeds the speed limits. This data can be viewed on the Parish Council website.

North Rackheath Development (GT16)

The Parish Council have formally responded to the outline planning application for the major strategic housing scheme proposed by Taylor Wimpey on land north of Rackheath and partly within Salhouse.

In our written response we expressed our concerns about the scale of the development, the pressure it would place on local infrastructure, and the risk of increased traffic through Salhouse. We also question whether supporting services, transport links, and environmental safeguards are sufficient. We have emphasised that such major growth must not undermine the rural character, safety, or sustainability of the parish.

Broadland District Council (BDC) planning committee discussed the application on 25th February 2026 when we also gave a short presentation of our views. This was well received by councillors who agreed with us the importance of putting parishioners front and centre of ongoing decisions on the development. It was helpful therefore that the Committee's ongoing approval of the application was dependent on not only a comprehensive infrastructure plan being provided (with associated trigger points) but also the establishment of a formal Stakeholder Forum with Parish Councils. Further Planning Committee approval is required on these elements once the details have been worked up - in the next 2 months. In the meantime, we are contacting both BDC and Taylor Wimpey (the developer) to put in place the Stakeholder Forum as quickly as possible so that we remain fully engaged and consulted as the proposals get refined. We are clear that this development must be delivered with us, not done to us.

Annual Parish Meeting

The Annual Parish Meeting is a meeting of the electors. It is an opportunity to hear from local organisations on their activities during the year. There is a time for asking questions informally and refreshments served. It is a great opportunity for community engagement!

It is not a Parish Council meeting and no formal Council decisions are taken at this meeting, however, comments and matters raised are taken on board by the Council for full consideration within their legal remit.

Salhouse will be holding their Annual Parish Meeting on Wednesday 29th April 2026 at 7pm in the Jubilee Hall. Please keep an eye on the noticeboards, website and social meeting for the agenda.

Finally, there are currently **4 vacancies on the Council** and we would welcome any residents who feel they can add their time and experience to the Council. Please contact the Clerk for more information: clerk@salhouseparishcouncil.go.uk

Robert

Robert Cooper—Chair of Salhouse Parish Council

SALHOUSE NEIGHBOURHOOD PLAN – 2026

The Salhouse Neighbourhood Plan is an important document for our local community. The Plan sets out locally driven policies to guide development in our parish, focusing on protecting village character, managing growth, enhancing green spaces, and supporting sustainable transport and community facilities such as the Village Hall and the Recreation Ground.



Work continues apace to update the underpinning policies, strengthen compliance with national and district planning frameworks, to ensure the Plan is still effective in shaping future development decisions in the Parish.

We remain committed to providing feedback to the community once we have completed the Review which we plan to finish over the Summer.

Watch this space!

Thank you.

Salhouse Neighbourhood Plan Working Group



County and District Councillors' Report



Fran Whymark and Martin Murrell

Well, a week really is a long time in politics. In the last edition we told you that we would be having an election for a Mayor for Norfolk and Suffolk this year. This has now been put off until 2028. There were also plans for elections to Norfolk County Council (NCC) in May 2026, but this was postponed by the Secretary of State, Steve Reed, and then reinstated. So, we will have an election on 7th May for NCC, unless Steve Reed changes his mind again!

There is still time to register to vote and for a postal vote if that is your choice. The deadline to apply to register is 5pm on 20th April and 5pm on Tuesday 21st April for a postal vote. To register go to www.gov.uk/how-to-vote or go to 'Voting and Elections' on the Broadland District Council (BDC) website www.southnorfolkandbroadland.gov.uk.

Last year there were about 44,000 roadworks across the 6,000 miles of roads in Norfolk. Emergency works by utility companies account for 25% of these, which Highways are often advised of after they have started. Today (26th February) the Salhouse/Norwich Road is closed due to a gas leak, causing a major diversion and disruption for all of us. NCC Highways is constantly checking if road closures and traffic controls are necessary and taking action to re-open roads when they are not. Last year NCC fined utilities £1m for not removing lights and reopening roads when they should. Councillors are working with the Highways Team to ensure there are more checks in place to get traffic moving quicker.

Looking out of the window at this unseasonally mild weather it is difficult to believe that winter gritting will be needed again this year. The first runs of this winter season started in December as temperatures dropped, with the 58-strong fleet gritting 2,200 miles of routes and will continue to mid-April if needed. To report any gritting issues, potholes or other highway issues please go to the 'Report a Highways Problem' section at:

<https://www.norfolk.gov.uk/article/63696/Report-a-highways-problem>.

NCC will be investing a further £35 million (£64m in total) towards its Independent Living Housing Programme, delivering another 532 homes for local people. Since its launch in November 2018, the programme has contributed capital funding of £29m towards 603 high-quality, modern apartments designed for people aged 55 and over who want to stay independent in later life. By 2040

nearly 30% of people in Norfolk will be over 65. Independent Living, like Swallowtail Place in Acle, will allow more people to remain independent for longer, avoiding the need to move to residential care. Over the coming years there will be significant development, widening the choices available for many of us in our older years.

NCC is investing in young people too, with an extra £1.5m for the Norfolk Fostering Service. Following extensive engagement, Norfolk foster carers will benefit from greater rewards for long service, a 15% uplift in their allowance, and additional training and support, giving greater stability for young people and their carers. As part of the three-year transformation of Children’s Services foster carers are being recognised for their vital contribution in supporting children in care.

There is a national shortage of foster carers, but we know that many children in residential care would thrive in a family home, with the right support. Research shows us that living in a family home is less traumatic, and results in far better outcomes for a child in care. If you could give a home to a child in care, or would like to know more, go to: www.norfolk.gov.uk/article/41138/Contact-Norfolk-Fostering-Service . You could make a real difference – become a foster carer.

Finally, some really important news, the new Magna Medical Centre in Rackheath is now complete. The NHS have confirmed that the catchment will be extended to ensure local people can register with the GP when it opens, which should be in March, possibly by the time you read this.

Take care of yourself and each other.

Martin Murrell

Broadland District Councillor for the Wroxham Ward

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

Tel: 07958 393059

Fran Whymark

County Councillor for the Wroxham Division

Cabinet Member for Public Health and Wellbeing

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

Broadland District Councillor for the Wroxham Ward

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

Tel: 07907163123



Cllr Fran Whymark



@CllrFran



NORFOLK
CONSTABULARY

Our Priority is You

As the weather transitions into spring, we'd like to remind you that issues such as anti-social behaviour (ASB) can begin to rise. We know how distressing and frustrating it can be to live with this, so we want you to feel confident in reporting any incidents or concerns to us, knowing we will do our best to tackle and investigate any problems.

Burglaries are often performed by opportunistic thieves during the nicer weather, so we advise you to lock your doors and windows at night, or when away from your property, and invest in sensor lights where possible. Also, remove and hide any valuables from easy access and consider buying a doorbell camera as a deterrent.

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: SNTTorpeStAndrew@norfolk.police.uk

Phone: 101—ext.6724

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



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- 07706073371
- mamabearchildcareuk@gmail.com
- Salhouse, Norwich

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Call locally on 01603 429 174

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

**Spring is in the air and the weather
will be getting better after a long winter**

**BUT costs are still increasing so,
if you are finding it difficult making ends meet,
help could be close at hand.**

Could this be you or someone you know?

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



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

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

All requests will be treated in the strictest confidence.



Health Matters Spring 2026

A regular update from

Hoveton & Wroxham Medical Centre



Spring is almost upon us and the Spring Covid 19 campaign will start again in mid April for people aged 75 years and over or resides in a care home. Also, for individuals who are 6 months and over and who are immunosuppressed. Eligible people will be contacted by the practice and invited to make an appointment for the vaccine.

This year people aged 75 years and over will also be offered the RSV vaccine. RSV can cause serious illness in older people. RSV lung infection leads to thousands of older adults being admitted to hospital each year. The vaccine will help to protect the health of older adults.

RSV vaccine is also available for women who are pregnant as the vaccine protects the mother and baby.

The Magna Medical Centre Branch Site : The building now has all the required sign offs and the practice is in the preparation stage for opening at Magna. The surgery will open two days a week on Wednesdays and Thursdays with a GP on site both days and a nurse one day and a physio the next. The clinical provision will increase as the number of registrations increase. All registered patients can be seen at both sites (Hoveton and Rackheath). The practice is taking new registrations within the practice boundary. To find out if you can register, please go to the website for Hoveton and Wroxham Medical Practice and look at the section for “New Patients”.

Once the site opens, patients will be given the option to book appointments at The Magna Medical Centre. In addition, people who are eligible to be supplied with medications from the practice (dispensing patients) will be able to pick their medicines up from the Magna site but they will be prepared at the Hoveton dispensary.

The Hoveton and Wroxham medical Practice Patient Participation Group(PPG) : Our PPG are looking for new members to join them. If you are interested in helping please contact: ppg.hwmc@nhs.net

Helpful Information about Magna Medical Centre

5 Broadland Way, Rackheath, NR13 6QL.



What services will be available?

The Hoveton and Wroxham Medical Practice will start offering appointments at Magna Medical Centre two days a week when it first opens.

You'll be able to book:

- GP appointments
- Blood tests (phlebotomy)
- Other clinical services

Patients who live closer to Rackheath can still have appointments at our main Hoveton and Wroxham site too.

All registered patients will be able to use either location, depending on appointment availability.

Can I collect prescriptions there?

Yes. If you're a dispensing patient — meaning you normally collect your medicines directly from the GP surgery rather than a pharmacy — you'll be able to pick up your prearranged prescriptions from Magna Medical Centre when our team is working there.

If you a non-dispensing patient, your prescription will be sent electronically to the pharmacy of your choice.

How do I register?

You can register with us if you live within our practice area. You can check your postcode on our website to see if you're eligible: [Hoveton & Wroxham Medical Centre - Stalham Road, Hoveton, Norwich, NR12 8DU | Tel: 01603 782 155](#)

Will the practice area change?

Yes, we plan to expand our boundary to include the Magna Medical Centre and nearby buildings. Once the new site opens, please check the postcode checker on our website again for updates.



Update from All Saints Church

“The trouble with you, boy”, the headmaster reportedly bellowed at my friend, “Is that you think life is a bowl of cherries, when in fact it is exactly the opposite!”

I am a little intimidated at being asked to write this article; I look at my dog and think that she is often a better Christian than I am. When I was a kid in Aberdeen, I quite enjoyed church – wooden Noah’s ark animals, drawing palm trees, Jesus and donkeys (although my donkeys looked a lot like badgers). Then the full morning service with a great minister who talked science and stories and had a good line in Dad jokes. Then my family moved across country, and although the church was shinier it seemed a lot less joyful. Thankfully, I got infected by punk rock in 1976. There were only a few of us at the outset, before it became just another product. It was creative, provocative, anti-nazi and we championed the underdog. Hell, we were the underdog; being constantly under attack from people who thought their identity to be anti-punk. We shared hopes, dreams, philosophies, chords, drink and drugs. In the words of the deservedly forgotten Desperate Bicycles, “It was easy, it was cheap,” so we went and did it.

I carried some of the rebellion, a sense of shared community, the joy of life and spiky attitude into my study and work. Some of my patients, albeit perhaps the less well, called me their Rock’n’roll Doctor. I loved using my skills to try and help people. Sometimes it worked. Then the gears shifted; work stopped being about compassion, care and giving people a voice and a choice as the organisation focussed on efficiency, internal markets and competition. The numbers of staff fell and it became harder to provide a safe service. I lay awake at night worrying. A very dear member of my family developed illness, distress and despair. I started praying. It helped and so I began to try and work out who or what I was praying to. The more I learned about Jesus, the more I realised that my knowledge was vague and unformed. As I learnt more, I decided that my best rebellion in this society was to try to be a Christian. In time, I got up the courage to go to church and met a community who welcomed me. Thanks, God!

It doesn’t matter if you identify with a Rock’n’Roll Jesus, a Soul Jesus, a Disco Jesus, a Punk Jesus, an R&B Jesus, a Heavy Metal Jesus, a Hip-Hop Jesus, a K-Pop Jesus, a Brat Jesus or any other kind of Jesus – He’s always the same. There surely must be more to existence than Netflix and Gin.

Richard Wales, Church Volunteer

I'm enjoying my move to the Bittern Benefice, a very friendly and welcoming congregation with lots of ideas about how to develop the church. I love the combination of beautiful medieval buildings and the modern building in Rackheath where our congregation meets together most Sundays at 10.30am. I'd love to hear from anyone who would like to get involved at any of our churches, there's a place for everyone.



Reverend Naomi Tuma

My contact details are:

email - revnaomituma@gmail.com

phone: 07999 811526

Communion Services during Lent:

During Lent we are offering additional midweek communion services, (unfortunately the planned services at Salhouse have had to be cancelled for personal reasons).

Salhouse Church is normally open daily between 10am and 3pm.

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Bittern Benefice

Weekly services during Lent
18th February - 2nd April

Holy Communion
Sundays 10.30am - Rackheath
Mondays 2pm - Great Plumstead
Tuesdays 10am - Little Plumstead
Thursdays 4pm - Witton

Evensong
Fridays 5.30pm - Salhouse

Everyone Welcome

THE CHURCH OF ENGLAND

Bittern Benefice

Easter Services

Ash Wednesday (18th Feb)
10am Little Plumstead Church

Maundy Thursday (2nd April)
4pm Witton Church

Good Friday (3rd April)
5.30 pm Salhouse Church

Easter Day (5th April)
10:30am - Rackheath Church

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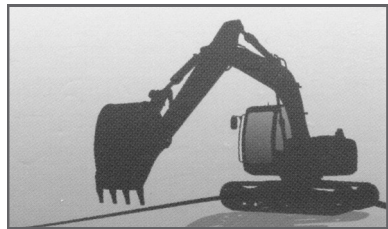
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Peter Treglown



Peter Treglown, who over many years made a significant contribution to life in Salhouse, died on 30th November 2025 aged 71.

His funeral took place at All Saints' Church, Salhouse, on December 18th, and was extremely well attended.

Peter Charles Treglown was born on the 29th of March 1954 in Pinner, and grew up in Northwood, Middlesex. He was schooled at St Martin's, and Merchant Taylors'.

His career began in the family business, in East London. From there, he went on to take various professional roles across London and Hertfordshire. Eventually, his career path led him to Boulton and Paul, and it was that role which brought him and Liz to Norfolk, in 1989, when they settled in Salhouse.

Four years later in 1993 and with Richard 6, and David 3, Peter joined Inter Regional Group, which would later become Four Agency. He remained at the heart of that company throughout his life. In 2000 he became Managing Director, and in 2023 he transitioned to Chairman, before retiring at the age of 70. Peter adored his work, and the long hours that he worked were never a burden to him, they were simply part of the privilege of doing something he loved.

Outside work, his interests were many. Gardening, cricket, rugby, railways, real ale, holidays in the South of France, his 1966 Land Rover, and his electric Renault Twizy.

Peter's commitment to community service was simply part of who he was. He served as the voice on the tannoy and Marketing Director at North Walsham Rugby Club, a role he held right up until the end.

In 1998 he took on the chairmanship of the project to purchase, on behalf of the community, fund-raise and rebuild the old school in Salhouse, creating the Jubilee Village Hall that we all enjoy today, seeing the project through to completion in 2002.

For over 25 years he served as a Director and Trustee of the South Devon Railway, a preserved steam railway. More recently, he took on the Salhouse Station project, to preserve, restore and re-purpose the old railway station waiting room, a project on which he made great progress but which sadly remains unfinished.

Wherever there was a job to be done, Peter was there, quietly, reliably, without fuss.

Yet for all his professional and community achievements, Peter was essentially a family man. As a father to Richard and David, he was patient, ever-present, and the first port of call for any advice or help. He raised his children with the same warmth he showed the world, always encouraging and always supporting.

For all of Peter's gentleness, he was also steadfast. In the face of his illness, he showed a level of courage and composure that touched everyone around him.

If you ask his friends, neighbours, colleagues, or anyone who knew him, how they would describe Peter, the answer is almost unanimous. Peter will be remembered as a true gentleman; warm, patient, tolerant, always generous with his time, and entirely unflappable. A man who brought calm, and a smile, into every room he entered. He gave his time, his care, and his heart to others, never seeking recognition and always offering more than he received.

Thanks to Liz Treglown, David Treglown and Rev. Naomi Tuma

Wroxham Library



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

- **NEW** 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 12-1pm and Thursdays 10-11am. Please contact the library to book a session.
- **NEW** 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.
- **Autism Social Group** Come to a friendly social group for a cuppa and a chat. No need to book, all welcome. First Wednesday of every month 1-3pm.
- **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. 5th and 19th March, 2.00 – 4.00pm.

- **Crib Club** (Cribbage card game) – new players welcome - Thursday 12th March, 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. Next session Thursday 26th March. 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/bipcnorfolk

- **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.

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



Following the success of our Family Quiz Night, we continued our fundraising efforts with our Christmas Fair in November, and raised £842! A fantastic amount for the school. Our deepest gratitude to all that attended to make this event a success. Special thanks to the volunteers that contributed to setting up and run the stalls, the companies that kindly donated our brilliant raffle prizes, to the bakers that provided our delicious sweet treats, and to our amazing Santa Claus and our elves that greeted the children who waited patiently to see him!

In January, we held our Adults Only Bingo night held in the school hall. It was another great night full of suspense and excitement! Thank you to all that came a long and congratulations to our winners on the night! This event raised £405!

Thanks to the community support, we have been able to contribute £797 towards class trips, £309 for an in-house chicken hatching experience, £428 to treat the children to a pantomime, and £210 towards class Christmas parties and treats. We have also donated £155 towards SATs revision materials for our Yr6 class.

We were also able to purchase a much-needed new stage for our school performances from the 2nd Salhouse Brownies. Our previous stage had become worn and difficult to manage, so when the Brownies decided to pass theirs on, the timing couldn't have been better. It turned out to be the perfect solution for everyone involved!

Our next big event will be our Summer Fair taking place on Sunday 14th June. A family fun day with a BBQ and bar, bake-off, inflatable fun, crafts, games and entertainment.

If you are interested in having a stall on the day for £10 per pitch (no food stalls please), please get in touch on foss2019@yahoo.com.

If you're a local business willing to donate a raffle prize, perhaps a bit of garden maintenance, a beauty treatment, a selection of sweet treats, a bottle of wine, absolutely anything!

No matter how big or small, your support makes a meaningful difference. We'd love to feature your business as part of this year's Summer Fair and work together to make the event a huge success for local families. Thank you in advance!

Salhouse CEVC Primary School



We have had a busy few weeks in school.

Our Coots class have been learning about living things and animals in different climates. They have a visit coming up with Animal Encounters where they will get to handle minibeasts and small creatures.

Our Bitterns class have been learning about healthy eating and eating a balanced diet. They have been learning how to prepare a healthy snack and key vocabulary such as chopping, spreading and cutting.

Kingfishers class hosted a Learning Cafe for their families which was really well attended. They have been learning about sketching, shading, hatching and cross hatching in Art. The children planned their own lesson to teach their parents.

Our Grebes class are busy preparing for the Norfolk Music Festival. This year we are taking a multi-instrument band with singers. The Grebes are also busy preparing for their Learning Cafe.

Our oldest children in Herons class are going to Hilltop in Sheringham on 4th March for their residential. I am sure they will have a wonderful time and get to experience lots of exciting outdoor activities. Our Year 6 pupils are busy preparing for their SATS in May.

In other news our KS2 performance of Alice in Wonderland will take place before the Easter holidays. We have also welcomed Rev Naomi Tuma into school this term and we are looking forward to our Easter Services in Salhouse church this year.

Hayley Sonnex

Executive Headteacher

Salhouse Primary School

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office@salhouse.norfolk.sch.uk

Find us on [Facebook](#)—[Salhouse School](#)



I'd like to take this opportunity to thank you all for turning out on such a cold evening for the annual Christmas social and to see so many festive jumpers being worn! Thank you too, for the lovely plates of food that you brought along and the rather challenging quiz by Nick. The mulled wine certainly went down a treat!



2026 has got off to a good start with the lovely Rosie Ward and her talk on flowers and ruins of the South of France. Who knew there were so many Roman ruins in the South of France!

For February's meeting we had the delightful Ian Bedford talking about Britain's Butterflies. This was a very insightful, thought provoking talk on our native butterflies.

Upcoming talks include:

- March 17th** Kathy Gray - talking about Chile, a beautiful country
- April 21st** Graham Watts - Developments on the making of Dale Farm to date
- May 19th** Andrew Sankey – A Norwich cottage garden from scratch
- June 23rd** day trip to Stow Hall Gardens and Hindringham Hall Gardens
- July 21st** evening visit to Dunbeagan (Dereham)

As the nights continue to pull out, there's opportunities to get out in the garden in the evening. Here is a list of what you can be getting on with in the next couple of months.

Early Spring (Feb–March)

Borders & Beds

Cut back remaining dead perennials (leave some for wildlife if you can).
Lift and divide congested perennials (hostas, daylilies, asters, hardy geraniums).
Mulch beds (well-rotted compost or manure) once soil starts warming.
Weed early — especially perennial weeds before roots establish.

Roses

Finish pruning bush and shrub roses.
Feed with a balanced rose fertiliser.
Mulch after feeding.

Trees & Shrubs

Prune buddleia, dogwood (Cornus), and hardy fuchsias.
Lightly shape evergreen hedges.
Check ties and stakes.

Lawn

First cut (high setting).

Rake out moss/thatch.

Repair bare patches.

Mid Spring (April)

Planting

Plant hardy annuals and herbaceous perennials.

Sow: Carrots, beetroot, spinach, lettuce and sweet peas (if not done)

Start tender veg indoors (courgettes, squash).

Climbers

Tie in clematis and climbing roses.

Feed early-flowering clematis after blooming.

Pots & Containers

Refresh top layer of compost.

Start spring/summer container displays.

Feed spring bulbs in pots (don't cut foliage yet).

Late Spring (May)

Frost-sensitive plants

Harden off tender plants.

Plant out after last frost (often mid/late May in Norfolk).

Deadheading & Maintenance

Deadhead tulips (leave foliage).

Cut back pulmonaria and brunnera after flowering.

Stake tall perennials early (before flopping).

Pest Watch

Aphids on roses and broad beans.

Vine weevil in pots.

General Spring Jobs

Clean greenhouse glass for maximum light.

Clean and sharpen tools.

Install water butts.

Feed shrubs with general-purpose fertiliser.

For more information about the Gardening Club, please email

salhousegardeningclub@gmail.com

Bridget Mann - Chairman

SALHOUSE READING GROUP



We would like to welcome two new recruits to the group, Sue and Val. We all hope they enjoy our current selection of books and look forward to hearing their thoughts.

Our upcoming titles are:

April - The people on platform 5 by Clare Pooley

May - My sister the serial killer- Oyinkan Braithewaite

June - Hamnet - Maggie O'Farrell

July - Yellow face - R K Kiangsuo

August - The casual vacancy - J K Rowling

We still meet on the 1st Thursday of the month, 7.00 p.m. Jubilee Hall.

Any queries, please call 07465451038.

Julie and Carol

AFTERNOON TEA AND MARDLE



Hello, if you are newly retired or have time on your hands on the 2nd Wednesday of the month come and join us.

We meet at Jubilee Hall between 2 and 4 p.m. to enjoy tea and cake, a quiz and raffle.

Meet new faces, or maybe old faces, have a chat to put the world to rights or just enjoy the company of other Salhouse residents.

We are not exclusively for Salhouse, our fame is spreading and we welcome all.

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Rev. Naomi Tuma (2nd left, front) at her installation service with the Bishop of Thetford



Table Tennis Club members at Jubilee Hall at their Christmas meeting



Spring daffodils and snowdrops in Salhouse churchyard



Salhouse Brownies modelling historical Brownies' uniforms from across the decades.



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If someone says the word ‘balloons’ to you, what comes to mind? A bunch of 3 balloons floating on a table? Or a round foil balloon on a ribbon? With over 20 years experience as a balloon decorator, I have seen trends change and, in some instances, become an art form!



Balloons are a brilliant way to celebrate a whole range of occasions, and I have been incredibly fortunate to provide décor for many families in our village. I am also aware of some myths around balloons and would love to share what I’ve learnt over the years.

Myth 1: Using helium in balloons negatively impacts medical equipment.

Reality: Medical equipment depends on the purest form of helium which is in liquid form. As part of the manufacturing process, impure helium is skimmed off in gas form and is captured to be used as balloon gas. Therefore, this is recycling a waste product that would otherwise be disposed of.

Myth 2: All balloons are made from plastic.

Reality: There are a range of balloons available – latex (derived from dedicated rubber tree plantations), foil and plastic.



Be careful buying balloons online – a recent Which report showed some that they tested contained dangerous levels of harmful chemicals. Balloons from a professional will have been tested in line with UK safety standards.

I am also Co-Chair of NABAS, the UK’s trade association for the balloon and party industry. We have partnered with TerraCycle to offer our members a subsidised recycling box for used balloons and ribbons, meaning that after a party there is minimal waste to go into landfill. We are also very aware of balloon waste in our environment, and strongly disagree with the release of balloons. We try to educate our customers to enjoy balloons safely and, once the fun has finished, to dispose of their balloons responsibly.

If anyone finds a stray balloon in the village and can retrieve it, please let me know and I will happily recycle it. If you’d like to get in touch, you can call me (07591 524348) or email claire@clairesfloralandballoondesigns.co.uk and I’ll reply as soon as I can!

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LOOKING AFTER THE BIRDS IN YOUR GARDEN

You may have been feeding the birds in your garden over winter. With spring on its way, our garden birds still need high-protein foods, especially when feeding their young and then later in summer when they moult. However, avoid home-made fat balls which can melt in warm summers, bread and peanuts which could choke young chicks.



Help the birds stay healthy

It's very important to keep bird feeders and baths clean to stop build-up of bacteria and viruses that can spread diseases and infections. Greenfinches, in particular, have been hit hard by trichomonosis, a disease spread by contaminated food and drinking water.

Warm weather can make bird food go off more quickly and provides ideal conditions for harmful bacteria to grow. Salmonella is present at a low level in wild bird populations and is transmitted by droppings from an infected bird. Greenfinches and house sparrows are most susceptible to this and poor feeding station hygiene can cause it to spread.

Clean your feeders, bird baths and tables outside every week, using warm soapy water and a mild, non-toxic disinfectant. Dry the feeder thoroughly before re-filling with food and then wash your hands. If you see signs of disease stop feeding the birds for at least two weeks.

It's also important to put out fresh water daily for birds and insects. You could use a bird bath, a large tray or anything shallow. Ponds or water features are also good choices. Any clean water will be welcomed by a range of wildlife over the warmer months.

Plants for wildlife & birds

As well as food and water, you can create a variety of wildlife friendly spaces in your garden. Taller bushes or a small tree provides shelter and nesting sites.

Introducing flowering plants and shrubs, or patches of uncut grass and wildflowers offers food for birds, bees, butterflies and other insects. Choosing plants that flower, seed and bear fruit at different times of the year gives wildlife year-round food sources.

Wildlife-friendly plants or seeds are available from garden centres, online or you could swap plants and seeds with a neighbour. It needn't be expensive and in the space of a few months, you could be providing a buffet for birds, bees, butterflies along with cover for other creatures.

Sarah Oldfield

See: <https://www.rspb.org.uk/whats-happening/news/six-ways-to-help-nature-at-home>

LOCAL CRICKET NEWS

From Ashmanhaugh & Barton Wanderers Cricket Club, one of the five big Norfolk cricket clubs

The 2026 cricket season is almost here, our current players and new members have been training indoors throughout the winter and outdoor sessions will begin in April, mainly at the Barton Turf ground.



- **Girls' Cricket:** The club launched its dedicated girls section in 2025 and we hope to build on this in 2026. We have a competitive season lined up for them and dedicated training sessions
- **All Ages & Abilities Welcome:** The club caters to all ages and abilities, with programs starting from age 5 (All Stars) to various senior teams, including Saturday, Sunday, T20, and midweek squads.
- **Family-Friendly Atmosphere:** The club prides itself on being a welcoming, family-friendly environment for players and supporters.
- **Our Coaches** are ECB trained, dbs checked and bring a lot of experience to share.

Volunteer and Sponsorship Opportunities:

- The club is always looking for volunteers to help and new sponsors. There are great packages available for businesses to get involved and support grassroots sport.
- We can often offer bursaries to help you train as a coach, scorer, umpire etc – in exchange for volunteering with us.
- We are currently supported by many local businesses. We offer advertising space, player sponsorships, and much more, whilst supporting grassroots village sport.

Social Activities:

We are a very social and family friendly club, run by volunteers. Our Barton Turf ground has a fully licensed bar and often a bbq on the go, you are welcome to join us for drinks, bbq and the occasional social evening of food, quiz, karaoke etc. Volunteer help is always very welcome too!

Contact Information: If you are interested in joining us please get in touch, we have a place for everyone.

For playing inquiries: joeverett333@gmail.com

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

Follow the club on **Facebook**, **Instagram**, and **X** for all the latest news.

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SALHOUSE COMMUNITY EVENTS TEAM

SalFest 2026

As we head out of the winter months and into spring, we're busy planning the next Salhouse summer event — **SalFest 2026**. We're excited to be returning to **Salhouse Broad** on the afternoon and early evening of **Saturday 11th July**.

This year we have even more planned: live music and entertainment, great food and drink, activities on the water, and plenty of fun for both children and adults. We're also welcoming **craft stalls**, so if you'd like to take part, we'd love to hear from you .

We believe that community events like this are now more important than ever. They give friends, families, and neighbours a chance to come together, relax, and enjoy a safe, friendly space. We also work hard to keep the event **as affordable as possible**, so everyone in the community can join in.

We're always looking for more **volunteers** and people who'd like to get involved. It's a great way to meet your neighbours, make new friends, and be part of something that brings real joy to the community. We try to make volunteering fun and flexible for everyone, and even if you only have an hour to spare—either beforehand or on the day—it would be hugely appreciated, please email us on:



salhousecommunityevents@gmail.com

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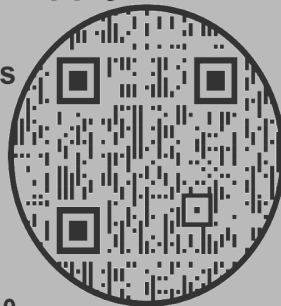


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Rackheath WI Evening Institute



We have started 2026 on a very positive note as the last few months of 2025 were rather fraught because of our possible closure. Our excellent long serving Secretary Jane Nock retired at the end of 2025 with little hope of any member volunteering to take on the role. However, we are indeed fortunate that 2 members have agreed to share the Secretary's role, with Sheryll Searle being our Correspondence secretary and Miriam Kealy our Minutes secretary which should work very well.

So, we fortunately are able to celebrate another year, with our 45th Birthday in April on St George's Day hopefully all decked out in red & white.

January has been quiet on the activity front due to the miserable weather, but we welcomed Gary Powell entertaining us with 'A Copper's guide to the Dark secrets of the Squares of London.'

In February, Penny Simmonds will be showing us the practice of Reflexology and in March we will hear from Susan Cranmer regarding different Easter Traditions.

Our usual mix of coffee mornings walks and outings are now being arranged with a coffee morning at Salhouse Garden Centre and a theatre trip to see Carousel at the Theatre Royal, with another theatre trip to the Maddermarket Theatre to see 'Kiss Me Kate'.

New members and visitors most welcome.

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

WROXHAM AND HOVETON LIONS



This year Wroxham & Hoveton Lions Club reaches, not one, but two major milestones. Firstly, the Club celebrates its 50th Anniversary, but as well as that 2025 was the 25th Anniversary of the Lions Charity Shop, located in the Riverside Precinct in Hoveton.

Lions Clubs International is the largest service organisation in the world with over 1.4 million members in 210 countries. In Great Britain there are some 600 clubs with 10,000 members, each club serving the individual need of its own community.

Formed in 1975, the Wroxham and Hoveton Lions Club is a registered charity and part of the International Association of Lions Clubs. Over the years the Club has covered the parishes of Wroxham, Hoveton, Horning, Salhouse, Rackheath, Horstead, Coltishall, Ashmanaugh, Tunstead and Neatishead. However, in recent years, following the closure of the Lions clubs in Stalham, North Walsham and Sheringham & Cromer, the service area has expanded.

Through the hard work and dedicated service of its members, both past and present, and the generosity of the public, the Club has, over the years, been able to raise monies to support deserving causes and those less fortunate in our community. In addition, it has been able to contribute to various overseas projects through donations to the Lions Clubs International Foundation, the charity arm of Lions Clubs International. These include Disaster Relief, Childhood Cancer Support, Diabetes Prevention, Helping Avoidable Blindness, Humanitarian Aid and Hunger Prevention, as well as supporting Young People.

By checking back through records, the Club has calculated that it has donated in excess of £1.65 million during its 50 years existence.

All Lions are ordinary men and women who give up their time voluntarily to help others. There are no paid executives, so every penny which is donated at fundraising events, after unavoidable costs, goes towards helping others.

At the present time the Club has 15 members and the main fund-raising activities including the annual Hoveton Village Charity Fete, Santa's Sleigh, Mobile Tombola, regular Craft Fairs and of course the Charity Shop, more of which below.

The Club have undertaken many fundraising activities since its formation. For many years an annual firework display was held on Cain Meadow in Wroxham and numerous Precinct sales and tombolas have also figured, as has the Trosh at Tunstead.

In 2008 the Club held its first Charity Motor Show and Family Fun Day at the Norwich Rugby Club. This grew rapidly and this resulted in its move to the Norfolk Showground, where it ran until 2016. During this time, it raised many thousands of pounds which were donated to the East Anglian Air Ambulance and other charities. The annual Hoveton Village Charity Fete has now taken its place and continues to provide a fun day out for all the family.

One of the Club's most popular activities is the Santa Sleigh, which during December, visited the supermarkets in Wroxham, Stalham and North Walsham. We also visited Morrisons in Cromer for the first time.

The Charity Shop opened in the old Post Office premises in the precinct in 2000 and since that time it has been the main source of income. Due to the hard work of the staff and volunteers over the years, the shop has gone from strength to strength. Selling a wide variety of good quality items including ladies and men's clothes, shoes, books, DVDs, records, Bric-a-Brac and children's toys, we are grateful for the generosity of the local community in donating their unwanted items to us.

Over the years we have supported countless charities and deserving causes, with donations both large and small. Support has ranged from toys for a children's play group to the purchase in 2016, of the Sea Palling inshore lifeboat, which was named "Lion Ros Clipston", in memory of one of our late members. We are fortunate to still have a founder member of the Club in Lion Mike Barker. Now well into his nineties, Mike regularly attends meetings and takes part in fundraising activities.

The Club holds business meetings twice a month – one face to face, the other via Zoom, but it is not all work or business. A Social meeting is also held on the 3rd Tuesday, where members can relax, with games, quizzes etc.

Lions work hard raising money but have fun doing it! At our social meetings, activities include darts, indoor bowls, pétanque (depending in the weather) and quizzes.

The Club is always on the look-out for new members, so if you have some spare time and would like to do something to help the local community, why not get in touch. Just visit our web site at www.wroxhamandhovetonlions.org and send us a message.

That's all for this month, stay well.

Lion Derick Bowler

PR Officer, Wroxham & Hoveton Lions Club CIO



Brownie Adventures in Salhouse This Term!

It has been a wonderfully busy term for the girls at 2nd Salhouse Brownies, packed full of learning, creativity and fun as we worked towards our Skills for My Future Skills Builder badge.

The Brownies have been developing practical life skills in a variety of hands-on ways. We tried our hand at sewing, learning how to use a running stitch and blanket stitch to create our very own badge cases. The girls showed great patience and perseverance as they carefully stitched their designs together.

In the kitchen, we explored food preparation skills by making a range of dips and sauces. The Brownies practised peeling, grating and chopping safely, building confidence as they worked. We even held a special tasting evening where the girls tested whether they could tell the difference in quality between different products. It was surprising how tricky this proved to be! As part of the badge, we also explored the different roles involved in creating a product — from designer and fabricator to marketing and sales — helping the girls understand the journey from idea to finished item.

We have also been working towards our Guiding Glow interest badge. As part of this, we enjoyed a fascinating visit to the Girlguiding Archive Resource Centre. The Brownies learned about the founding of Girlguiding and how it has grown over the years. The girls were particularly interested in seeing how the uniforms have changed across the decades. To finish our visit, we held our very own fashion show, modelling different historical uniforms — a definite highlight of the trip!

In February, we joined around 120 Rainbows, Brownies, Guides and Rangers from Hautbois District for a special celebration of World Thinking Day. The girls “travelled” around the World Centres through activities including making piñatas, creating pin wheels, trying out yoga, and decorating cookies in their section uniforms. It was a fantastic opportunity to make new friends, meet girls who will soon be moving up to Brownies, and catch up with familiar faces who are now Guides.

To round off a brilliant term, we will be heading out for a game of ten-pin bowling. The girls are already excited to see who can score a strike or spare!

If your child would like to join the adventure and become part of the fun at Brownies, we would love to hear from you. We look forward to welcoming new faces next term!

☒ Contact **Natalie** on 07500 060818

Email: 2ndsalthousebrownies@gmail.com

☒ Or register your interest at: <https://www.girlguiding.org.uk/joinus>



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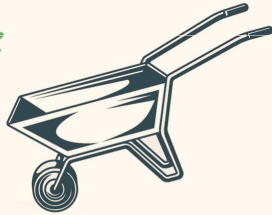
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1st Salhouse Scout Group Update

In the last issue we congratulated Jackie Rose on more than 25 years of dedicated volunteering with 1st Salhouse Scout Group. This time, we share the news that Jackie has decided to retire from Scouting and take a very well earned break.

We cannot thank Jackie enough for her incredible commitment over the years. Under her leadership, hundreds of children have progressed through the group from Beavers to Scouts, and countless adult volunteers have benefited from her support and guidance. We wish Jackie all the very best for the future.

The group itself continues to thrive, with new children joining our Beavers waiting list. Although four of our Scouts left at the end of 2025, we're delighted that three of them have chosen to enrol in the Young Leader programme. It's wonderful to see them return as young leaders, ready to pass on their skills and experience to the next generation.

We're also proud to celebrate the achievements of Ben and Seth, who have both earned their Chief Scout's Gold Award, a fantastic milestone after four years of hard work in Scouts.

However, we are still urgently seeking a new Chairperson to join our Board of Trustees. The Chair's main responsibilities are to plan and lead our quarterly Trustee Board meetings and our AGM. There is plenty of support and guidance available from The Scouts Association, so you won't be left to figure things out alone. If you're comfortable speaking in a group and can spare a little time each quarter, we would love to hear from you.

This is a vital role. Without a Chairperson, our Scout Group simply cannot continue to operate. If you, or someone you know, might be interested, please do get in touch for a friendly chat to find out more.

Simon Hill

1st Salhouse Scout Group

Group Lead Volunteer

SalhouseGLV@gmail.com

07970 650 772

1st Salhouse Scout Group – Scouts Section Update

It may have been the colder months, but that certainly hasn't slowed our Scouts down! We've packed plenty of adventure, community spirit and fun into our winter programme.

One of our highlights was shelter building in the woods at Blackburn Farm. Working together in teams, the Scouts put their skills to the test, building sturdy shelters and learning how to make the most of natural materials. Teamwork and creativity were in full flow!

We were also proud to support Broadland High School at their Bingo Night, which proved to be a fantastic evening full of laughter and community spirit. It was wonderful to be part of such a great local event.

Our winter hike took us on a 7k walk to McDonald's in Wroxham, a firm favourite with the Scouts! Braving the chilly weather, everyone showed great enthusiasm (especially knowing there were burgers and hot drinks waiting at the end).

In November, we attended the Remembrance Day service at the Church, where our Scouts represented the group with respect and pride. It was an important opportunity to reflect and be part of the wider community.

We kicked off the New Year with an exciting trip tubing at the ski centre in Trowse. Speeding down the slopes brought plenty of smiles and laughter! A brilliant way to start our January meetings back.

Back in the village hall, we've been busy practising knots and lashings, putting our skills to good use by building impressive trebuchets. The Scouts loved seeing their creations in action and learning a little about engineering along the way.

Of course, winter wouldn't be complete without pancakes! We enjoyed an evening of pancake making, complete with tossing competitions, races and plenty of games – a delicious and energetic way to celebrate together.

It's been a busy and brilliant winter for our Scouts, and we're already looking forward to the adventures the spring will bring.



1st Salhouse Scout Group – Cubs Section Update

In a change from tradition, the Cubs were asked to write their own contributions for the Saga and here are a few snippets of what they've enjoyed:

"I carved pumpkins, made Christmas cards, had a Christmas party" and "baked scrumptious cookies".

"We have two young leaders that think of games like football chairs and hide the nut".

"We've done exciting activities including tubing and visiting Eaton Vale".

"In Cubs we have done a lot of activities including... walks in Salhouse which are so much fun."

For our Disability badge *"we've done sign language"*, made a sandwich whilst wearing a blindfold and learned that *"life in a wheelchair is difficult. At Cubs we get encouraged to help people in wheelchairs."*

For our Naturalist badge we have built bird boxes and bird feeding stations.

Some of the older Cubs remember doing *"amazing things like camping"* in July 2024. The good news is that we're organizing another Group Camp at the end of May 2026!

The Cubs also looked at the 59 Activity and Staged badges they could earn and these are the ones they'd like to work on: Animal Carer, Artist, Book Reader, Chef, Emergency Aid, Hikes, Hobbies, Nights Away, Sailing, Scientist, Sports Enthusiast, Swimming. Feel free to visit <https://www.scouts.org.uk/cubs> and find out more about what's involved in earning these badges.

The Cubs wish Jackie all the best in her retirement and thank her for many years of fun and friendship.

The Cub Pack is currently being led jointly by the Cub Team Members (Claire, Lita, Richard, Suzie, Sam, Rowena, Tim).



1st Salhouse Scout Group – Beavers Section Update

Since the last update in November, the Beavers have completed their Global Issues Activity Badge, followed by making some bug hotels and Christmas decorations. We also made Christmas cards and entered them into a District competition, with one of our Beavers achieving third place! Well done.

After a session helping to plan what badges they'd like to work toward, the joint Christmas Party was a lovely opportunity for the Beavers and Cubs Sections to get to know each other and play games together at the end of Term. I'll be looking to incorporate their badge requests into the programme for the coming year including Sports, Experiment, Builder, Money Skills, Creative and Animal Friend Activity badges and Snowsports and Air Activities Staged badges.

The Beavers embraced the adventure of tubing in January before welcoming a new Beaver to the Section. Since then, we've made bird feeders ready for the RSPB's Big Garden Bird Watch and enjoyed a delightful hike around the village on a rare clear dry evening in February.

Most recently, we were visited by the Happy Smiles Club, from Plummer's Dental Practice who delivered a free oral health educational workshop that advised the following:

- They should brush their teeth for at least 2mins twice a day.

- Brush at least 30mins before or after eating.

- When done, they should just spit (not rinse).

- Keep sugary food to a minimum and with their main meals only.

For their Personal Challenge badge, I've asked them to follow this advice for two weeks.

It was great to take my newest Team Member, Huw, along to the District meeting where we met other Beaver Teams and shared programme ideas and started to plan for the Beavers' 40th Birthday celebrations.

It's been lovely to have a regular flow of enquiries to join the group, with 1 or 2 Beavers joining each half term. We're also happy to add any young children to the waiting list whilst they await their 6th birthday.

Finally, a big thank you to all the volunteers and Beaver parents for their continued support.

Samantha Lines, 1st Salhouse Scout Group - Beaver Leader

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Spring finally seems to have arrived; today was what seemed like the first rain-free day this year, so I managed to get out for a walk and appreciate how beautiful our village looks in the sunshine and when it's not raining!

Thank you to everyone who attended and supported our Christmas Fayre in December, including all stall holders, as we wouldn't have a fayre without your support. It was lovely to see a number of families join us for Carols after and for our new Vicar, Naomi, for helping us start the proceedings by turning on the tree lights. Thanks also to Black Barn Farm for donating the tree and to the following local businesses for providing Tombola prizes:

The Stag; The Hungry Otter; The Farm Shop & Café @ BlackBarn Farm; Roy's of Wroxham; Salhouse Broad Canoe Hire; The Nippy Chippy; Fairhaven Woodland and Water Park; How 2 Drive (Rob Shoyer); Salhouse Dog Park; Geordies Window Cleaning; The Tasty Food Company

Should this issue of the Saga reach you in time, I want to remind you about our upcoming quiz night on 14th March, with doors opening at 7:30pm. Teams can have up to six members, and if you wish to reserve your spot, please email us using the email address provided above. This event is an essential fundraiser supporting the maintenance and improvement of the Village Hall.

Whilst on the subject of raising funds, we've created a Crowdfunding page to support the hall's upkeep and improvements. Every pound raised will be matched by Norfolk County Council, to £2,500. If you would like to support us with a donation please visit <https://www.crowdfunder.co.uk/p/updating-hall-installation-of-hearing-loop>

Finally, if you would like to book the hall for an event, please visit the website at the top of the page and/or enquire using our email address:

jubileevillagehallsalhouse@gmail.com

or otherwise contact **Kate** on **01603 652050**.

We will be happy to answer any questions you have.

Martin Carney

Chairman – Salhouse Village Hall Committee 07808 097924

From the SALHOUSE BROAD Ranger

A New Season at Salhouse Broad

As the days grow longer and the sun starts to show its face again, it must mean one thing, Salhouse Broad will be open again for canoeing and camping soon! 28th March to be precise. We are excited as we've added some new offerings this year. All will be revealed if you read on...



This Winter, our head ranger Paul, has been busy repairing sections of boardwalk, this is an ongoing task. He's doing a great job and if you see any boardwalk closures, please respect them while the work takes place.

Our 'Wednesday Warrior' volunteer team have been busy removing willow from the reedbed area once again. Winter is the perfect time for this as the willow is dormant and there aren't nesting birds to disturb. The willow is being removed to allow the reedbed to recover and flourish once again. Reedbed is a habitat that is decreasing year on year in the UK (and across the world) so we're doing our bit at Salhouse Broad to restore and look after the valuable habitat that we have.

Did you know that for regular visitors to Salhouse Broad we offer a yearly parking permit for just £30? Whilst the hourly price has seen increases, the yearly permit has remained the same price since car parking charges were introduced. To purchase a parking permit either download the PoppayPlus App or contact the office on the email address at the bottom of this article for more details.

This year we are planning some new events to give you more reasons to spend time with us. A few of the things we have planned and are hosting are a willow weaving day, a 5/10K run to raise money for Sibling Support, sound bath events and regular wild swimming sessions. Keep an eye on our website and social media for more information and booking.

We're delighted that this year we have been asked again by Salhouse Community Events Team to host their annual family day here at Salhouse Broad. It was a well-attended and brilliant event last year and the 2026 event looks to be even better, so keep an eye out on Facebook for more details.

Finally, we will be trialling running our small passenger boat to the Hoveton Great Broad Nature trail. This is a service we offered a few years back, so it will be great to have it up and running again. The first date will be Saturday 4th April. Head to our website to book your seat!

Whatever reason you chose to visit Salhouse Broad this year, we look forward to welcoming you.

The Salhouse Broad Ranger Team

01603 722232

www.salhousebroad.org.uk

theranger@salhousebroad.org.uk

Whatever Happened to the Whaleback?

Last summer a mysterious craft was towed into Salhouse Broad, and was moored near The Spit. (see Saga no.125).

This was a wooden hulled 'Whaleback', originally designed for use in WW2 as an MASB (Motor Anti Submarine Boat), but later adapted to RAF ASR HSL (Royal Air Force Air Sea Rescue High Speed Launch) no. S 32, used to rescue air crews who had ditched in the sea. Many airmen were saved by this and similar vessels.



After a varied post-war career, including a Mediterranean luxury yacht in the 1960s and a floating fish and chip restaurant in the 1980s, and many years of neglect and decline, the vessel had been found, in a sunken state, in a dyke at Horning where she had lain since 2007.



A charitable trust was created, and she was raised and towed to Salhouse Broad, where, little more than a floating hulk wrapped in protective sheeting, the intention was she would await a move to a boatyard where she could be lifted out of the water and restoration could commence.

The intention was that the boat would move on from Salhouse at the end of the summer of 2025. As we can see, she is still there, so what happened?



During a late summer storm, the boat broke away from her mudweight mooring and was carried away to the northern edge of Salhouse Broad. There she was stabilised and re-anchored, with no apparent damage. As a bonus, visitors can now see her more easily from the shore. Work was carried out to reinforce the hull prior to lifting out of the water. However, a difference of opinion with the trust over how to proceed with the restoration, together with a shortage of funds, has meant the boat has remained where she is pending a decision on her future.



Late last year we lost our dear friend and Chair, Peter Treglown after a brave battle against cancer. Our group will not be the same without this charismatic gentleman but, in his memory, we remain even more committed to our Salhouse Station project. Our love and thoughts are with his family. Rest in peace Peter. We'll always remember you and the brighter days.



Photo taken at the launch of our Community at Heart Lottery in May 2024

Peter's flair for words and branding have been instrumental in the development of our Business Plan, which we are in the final stages of publishing and we still plan to hold our next public meeting in Rackheath.

We're happy to report that Dave Pearce, Chair of the Bittern Line Partnership (BLP), will be joining us on a visit to Worstead Station on Sunday 1st March. We have been inspired by the community improvements made at this station and hope to be able to work with BLP to apply some of these ideas at Salhouse.

We will of course be continuing to pursue bringing the building back into use, and we are planning the next steps to seek to achieve that goal.

We look forward to seeing the results of the Salhouse Neighbourhood Plan Survey, where you were asked "What could make Salhouse Station easier, safer, and/or more enjoyable to use?"

Did you know? Based on Office of Rail and Road (ORR) passenger numbers between Apr 2004 and March 2025 (<https://dataportal.orr.gov.uk/data-table-catalogue/>), Salhouse Station has been the fastest growing in terms of usage along the Bittern Line, with an average annual 4% increase in passenger numbers over that period. With Brundall Gardens on the Wherry Line showing a similar trend, these first stations outside of Norwich seem to be an increasingly popular access point for public transport. Furthermore, the importance of Salhouse station is only likely to increase further with the nearby development of 3850 dwellings currently going through the planning process.

Since registering with Octopus Energy's "People Power" scheme in September, the good news is that even existing customers can use our unique referral link (<https://salhousestationgroup.octopus.energy/>) and claim a reward, providing you have not previously received a welcome reward. As a recap, we, and Octopus customers, each get £50 as part of the referral scheme.

We're currently looking for someone to help us build a website please. If you'd like to get involved, drop **James Watts** an email at salhousestation@gmail.com.

SALHOUSE TREE STEWARD



The first blossom you see after winter is the blackthorn in bushes, hedgerows, and small trees. I know it happens every year, but I am always surprised when it pops out of nowhere with sprays of white across the landscape of otherwise bare branches. Lovely. Not long now until spring proper, with longer days, warmth, green and less rain – its been a mud-bath around here recently.

The November tree planting event by Salhouse Broad was a great success thanks to the hard work of volunteers. The 1 hectare slope is now populated with hundreds of broadleaved trees and in years to come the woodland edge facing Lower Street will show spring blossoms and hopefully spread fragrance from the small leaved lime and bird cherry. Check back in 15 years - I'll let you know when it happens.

We are nearing the end of tree planting season – March – but I prefer to get trees in before Christmas to let the roots settle and grow ready for spring.

Due to other endeavours and commitments, the Community Tree Nursery is not growing stock this year but I would like to restart next winter and continue to grow trees to give out for free to local and surrounding residents. Look out for future updates on this.

As always, if you are thinking about planting trees I would be very happy to give advice on species, planting, available grants and after care. Please send me an email.

Warm wishes for the coming Spring days,

James Cleaver

Salhouse Tree Steward

Salhousecommunitytreenursery@gmail.com

Facebook page: @salhousecommunitytreenursery

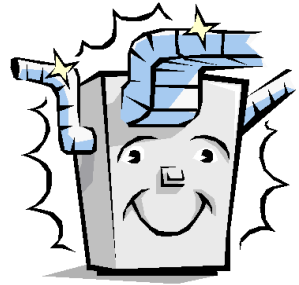
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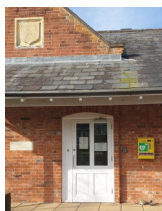


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1. Call **999** and ask for the Ambulance Service
2. Tell the Operator the telephone number from where you are calling, and they will tell you the location of the nearest Cabinet, as follows:



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.

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KEV'S BRAINBUSTER QUIZ – ANSWERS

Round 1

1. Three
2. Taipei 101
3. Bad Bunny
4. Robert Jenrick
5. Jesse Jackson

Round 2

1. The Joker
2. Philadelphia and Forrest Gump
3. Twelve
4. Maverick
5. Toto

Round 3

1. Robert Smith
2. Aha
3. Martika
4. Jamaica
5. Do They Know It's Xmas (Band Aid)

Round 4

1. New York
2. The Mary Rose
3. Black Bess
4. Alderney
5. John.F. Kennedy

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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 in-fo@mind.org.uk . Calls charged at local rates. Info line provides an information and signposting service. Open 9am to 6pm, Monday to Friday (except for bank holidays).

SANE - support for people with mental health problems, their families and carers. Call 0300 304 7000 4pm to 10pm, 365 days a year. See sane.org.uk 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 nationalbullyinghelpline.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 daytime.

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

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