

# *The Salhouse* Saga



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**Village Magazine and Newsletter**

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**Summer 2025**

**Issue 125**

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# WE ARE TAKING ON NEW PATIENTS

DR HARITHA PENNINTI  
DR ADNAN REHMAN  
DR DANIELE VIOLET  
MISS ANNA FRASER  
STINE GOMMESEN



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Front Cover: East Anglian Air Ambulance BK117 over Reedham Marshes

Photo: EAAA supplied

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# Salhouse Saga

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

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

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## Next Edition of the SAGA

An early reminder that the next edition of the Salhouse Saga will be Issue 126, Summer 2025.

**Copy deadline Thursday 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:  
01603 927166  
2ndsalsalhousebrownies@gmail.com

**Rainbows**  
Tuesday 5.30-6.30pm  
salhouserainbows1@gmail.com

**Cubs and Beavers**  
Cubs -  
Wednesday 6.00 - 7.30pm  
Beavers -  
Wednesday 4.45 - 5.45pm  
Contact: Jackie Rose:  
01603 712520  
jackierose@talktalk.net

**Scouts**  
Thursday 7.00 — 9.00pm  
Contact: - Simon Hill  
Salhousescouttroupe@gmail.com

**Ping Pong (table tennis)**  
Tuesdays 10am—12.00  
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  
Nick Taylor :  
01603 720165

**Tea and Mardle**  
2nd Weds of the month  
2.00—4.00pm  
Julie Redburn  
01603 720049

**Salhouse Reading  
Group**  
1st Thurs of the month at  
7.00pm  
Julie Redburn  
01603 720049

**Pilates**  
Fridays 9—10am  
Jo Buckley  
07554 780591

**Zumba Gold**  
Every Thursday at 10am  
Sarah Chow  
07717 723713



**Hoveton & Wroxham  
Medical Centre**  
01603 782155  
Out of Hours—111

**All Saints Church**  
Rector:  
Revd Darleen Plattin  
The Rectory,  
56 Green Lane West,  
Rackheath NR13 6PG  
01603 720966  
darleenplattin@btinternet.com

**Church Warden:**  
James Watts  
07814 292579  
payne2174@yahoo.co.uk

**Salhouse VC Primary  
School**  
01603 720402  
office@salhouse.norfolk.sch.uk

**Friends of Salhouse  
School (FOSS)**  
Contact: Jodie Wardle /  
Jenny Cushing:  
07709317186  
foss2019@yahoo.com

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

**Jubilee Hall  
(Management)**  
Martin Carney:  
07808 097924

**Salhouse United Charities**  
Pauline Garner (Secretary)  
01603 721201





## LOCAL COUNCIL CONTACTS

### Parish Council

**Parish Clerk**

**Sarah Martin**

Tel: 07761 480102

clerk.salhousepc@gmail.com

website:www.salhousepc.info

### District Councillors

**Martin Murrell:**

07958 393059

cllr.martin.murrell@

southnorfolkandbroadland.gov.uk

**Fran Whymark:**

07907163123

cllr.fran.whymark@broadland.gov.uk

### County Councillor

**Fran Whymark:**

07907163123

fran.whymark.cllr@norfolk.gov.uk



## EMERGENCY NUMBERS

### POLICE

**EMERGENCY 999**

**NON EMERGENCY 101**

**Ask for**

**PC 855 Al Jennings**

**BEAT MANAGER**

**Thorpe St Andrew**

**Safer Neighbourhoods**

**Team**

**Norfolk Police H.Q.:**

01953 424242

**NHS EMERGENCY 999**

**NON EMERGENCY 111**

**N & N Hospital**

01603 286286

### GAS ESCAPE

**Ring Freephone**

**0800 111 999**

### WATER OR SEWAGE

**Call Anglia Water on**

**08457 145 145**

### FLOOD REPORTING

**www.Norfolk.gov.uk/**

**safety/floods/report-a-**

**flood**

### ELECTRICITY

**Call 24 hours a day on**

**105 or 0800 31 63 105**

**SALHOUSE  
ROVERS FC**



**Recreation Ground,  
Thieves Lane, Salhouse**

**Contact: - CHAIRMAN**

**Ethan Simpson:**

**07939595247**



## VILLAGE EVENTS

### Quiz Night

14th March 2025

Jubilee Hall, 7.30pm

### FOSS Garage Sale

27th April 10am-1pm

### SAILFEST

All Day, 12th July

Salhouse Broad

### JUBILEE HALL BOOKINGS

**Contact : Pat Barnes**

**01603 720466**

**Bookings taken**

**Mon - Fri: 9am - 6pm**

**Sat: 9am - 12noon**

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

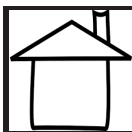
**PLEASE DO NOT  
ATTEND ANY EVENT  
LISTED WITHOUT  
CHECKING WITH THE  
ORGANISER**

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

### PARISH NOTICE BOARDS

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

Left hand section for  
Parish Council  
notices only



## VILLAGE SERVICES

### 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  
has been suspended indefinitely.

# From the Editor

## Dear Readers,

Our cover photo shows the East Anglian Air Ambulance, which celebrates its 25th anniversary of operations later this year; you can read the story of its history on page 46. We see the yellow helicopter flying over the village regularly. I personally know at least one local resident who has been glad of the service and its highly skilled personnel, and local charitable events often raise money for EAAA.

There have been quite a number of changes in the village recently. Did everyone survive digital changeover day on June 23rd, when our phones system went digital-only? For me, it worked fine with no problem.

Two new businesses have just started up, The Salhouse Barbers at no. 82 Lower Street, and the Tasty Food Company are about to open their new café nearby. We wish them both every success. And congratulations to the Hungry Otter at Salhouse Broad for winning Broadland District Council's Small Business of the Year award. With the Stag under new ownership and the Garden Centre expanded and improved, things are looking up for the Salhouse retail sector.

We have learned that our Rector, Darleen Platten, is leaving us at the end of this month and moving on to a new challenge. We wish her all the best in her new post. For the time being there will be no new rector in the Benefice, and the churchwardens will continue to keep the church open until a replacement is appointed.

In May, we said farewell to a venerable Salhouse resident, Miriam Duckham, who passed away aged 91. Miri arrived in Salhouse with her husband David in 1971 from east London. Over the course of many years, she was involved in many village activities, running a youth club at the old village hall, a school governor at both Salhouse and Broadland High School, a Parish Councillor and Secretary of the Bowls Club. She was well known to many in the village through her contribution to village life.

Finally, following our story about the wreck of the 'Waterwitch' in the last issue, I've been reminded that she features in the 1953 short film 'A Letter From East Anglia'. Some years ago the East Anglian Film Archive came and showed it to us in the Jubilee Hall, but now it can be viewed online at:

<https://share.google/VYf1TM0fBKyoG9dwH>

**Colin McCormick Editor**

# KEV'S BRAIN BUSTER—THE SAGA QUIZ



## Round 1 News from this year

- 1 Who did Lauren Sanchez marry in Venice?
- 2 Harry Moulding won Britain's got Talent with which act?
- 3 Who is Robert Prevost better known as?
- 4 This is the Chinese year of which animal?
- 5 Where is the UK City of Culture?

## Round 2 Sport

- 1 What did Zhao Xintong win in May this year?
- 2 Name the Football Premiership leading scorer last season?
- 3 'The Special One' accolade is which football manager?
- 4 Total numbered sections shown on a standard dart board?
- 5 How many points are awarded for a touchdown in American football?

## Round 3 Music

- 1 Which country won the Eurovision song contest 2025?
- 2 Alex Warren was top of the uk singles chart for 13 weeks with what song?
- 3 Barbie Girl was a hit for which group?
- 4 To date which female has won most Grammy awards?
- 5 Total judges/coaches on the Voice talent show?

## Round 4 General Knowledge

- 1 Chemical symbol for Tin is?
- 2 What US Indian name is also the capital of Wyoming?
- 3 Which breed of dog was the overall champion at Crufts show this year?
- 4 What's the current cost of a uk first class stamp?
- 5 Who is the oldest US President to be elected to office?

## Answers on Page 73

## From The Parish Council

Summer is finally here! Although the hot weather may not be to everyone's liking, it is good to see the sunshine, but now we are asking for some rain for the gardens and fields.

The Parish Council currently has **3 vacancies**. Sadly, since the last SAGA, we received the resignation from John Leathers as a Parish Councillor. We thank him for his hard work and time committed to this voluntary role and wish him the best for the future.



It is a busy time ahead for the PC with various projects so if you would like to be part of improving village life then please do get in touch and volunteer your time to this rewarding role. If you would like more information about what being a Parish Councillor entails, please contact the Clerk (contact details on page 9).

Last SAGA we reported on the conservation works carried out at **Bell Pond**. It is good to see how this has improved the wildlife and general look of the pond. We have also completed works at **Shrubland Pond** restoring it to its original size by removing scrub. Thank you to all those who helped!

A new **bus shelter** has been installed on Thieves Lane. This will provide protection from the elements when the weather changes.

There is no further update at this time on GT16, the **North Rackheath Development** (planning application 20220663), an extension until has been agreed until the 31<sup>st</sup> October 2025 to determine the application.

A **village litter pick** took place on 26<sup>th</sup> April 2025 where 10 volunteers met and collected over 10 bags of rubbish from around the village. Although it is good to clear this much rubbish, it is also not so good that this litter is in the village. A big thank you to all the volunteers!

The **Annual Parish Meeting** was held on Wednesday 30<sup>th</sup> April 2025 and saw 20 attendees. Various reports were heard from local groups, showcasing what a great village and community spirit we have. The minutes of the meeting are available to read on the PC website.

On the 8<sup>th</sup> May, **The Mardle community group** organised a **VE Day commemoration event** in the Jubilee Hall. This was supported by the Parish Council who obtained a grant from Broadland District Council to support it. It was well attended with over 70 people and the local school children came and sang. Information was available on Salhouse during wartime. A wonderful buffet was provided and a great time enjoyed by all!

We are incredibly grateful for **Team Salhouse** and **Community Speedwatch**, whose efforts beautify our village and help manage traffic speed. Unfortunately, both groups are at risk of closing by the end of the year due to a lack of

volunteers. If you can spare even a little time, please consider getting involved and get in touch.

The PC owns two **traffic/speed monitoring devices** known as 'SAM2'. They are used to record the volume and speed of traffic in specific locations and encourages motorists to comply with the speed limit. These can only be used on roads where the speed limit is 40mph or less. Often the data shows high numbers of vehicles exceeding the speed limit, however our Parish is not alone, this is a regular occurrence in many Parishes. Data collected from the SAM2 devices is shared with the Police and enforcement requested. Sadly, when the police carry out speed checks it is often found that the people speeding live in the Parish.

On **Norwich Road two speed roundels** have been installed to remind drivers of the 40mph speed limit. There will also be '**village gateways**' installed on Bell Lane, Low Road and Honeycombe Road to inform and remind drivers to reduce their speed. The sites of these are decided by Norfolk County Council (NCC), the local Highway Authority. As a PC we are constantly trying to fight for safety improvements for our Parishioners, however, NCC is responsible for setting speed limits on local roads and have a 'Speed Management Strategy' which they follow – a full copy of this report can be found on their website. Unfortunately, whenever we have requested a speed reduction along Honeycombe Road, this strategy has been quoted as the reason the road does not meet the criteria. We will continue to investigate safety improvements around the Parish.

You will be please to hear that **NCC Highways** are soon to commence their verge cutting scheme and may schedule a further cut later in the year.

**What is a Neighbourhood Plan (NP)?** A Neighbourhood Plan is a community-led planning policy document to guide future development in the parish. It can include policies about the use and development of land, buildings, facilities and types of development for the next 20 years.

Salhouse has a Neighbourhood Plan adopted in 2017 and expiring in 2026, which is currently being reviewed by a steering group of residents, along with consultants to guide on the statutory process. The steering group has met to review the vision, objectives and policies, start work on a character appraisal, identify green spaces for protection and note important landscape views. The new Plan is your opportunity to have your say on planning matters and how Salhouse might develop in the future. We will be putting out a survey in late summer to feed in your views. The current NP is available to view on the PC website. Views are welcome from all!

Robert

**Robert Cooper**

**Chair of Salhouse Parish Council**

## **Salhouse Parish Council Meetings Summer/Autumn 2025**

Monday 14th July

No meeting in August

Monday 8th September

Monday 13th October

Monday 10th 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 is looking into improving the  
Recreation Ground and would like your views on the play  
equipment and toilet facilities.**

**Please complete our online survey:**



**Closing date for responses is:**

**31st July 2025**

**Link to the survey is also available on the PC website:**

**[www.salhousepc.info](http://www.salhousepc.info)** .



# Salhouse Parish Council

Chair:	Robert Cooper	
Vice Chair:	Wendy Browne	
Councillors:	Nick Ball	Julie Redburn
	Andrew Peachment	Gemma Hampton
	Gary Browne	Ben Hazell
Tree Steward:	James Cleaver	Tree Adviser: Ian Flatters

All correspondence should be addressed to the Clerk: -

## Parish Clerk & Responsible Financial Officer:

Mrs Sarah Martin

Phone: **07761 480102**

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

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

## Local Councils' Roles and Responsibilities

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

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

**Broadland District Council** is responsible for:

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

There is also a 'Help Hub' available.

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

**Norfolk County Council** provides strategic and bigger budget services to the County, including Highways, Social Services, Trading Standards, Fire and Rescue, Transport, and Education -

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

To report a **Highways Defect** including flooding and potholes:

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

**Flooding Hotline** call **0344 800 8013** If people or property are in immediate danger from floodwater **DIAL 999 Immediately**

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

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

**Devolution and Local Government Reorganisation** - For further details on these topics and Frequently Asked Questions please visit Broadland District Council's website.





# County and District Councillors' Report



## **Fran Whymark and Martin Murrell**

We met with the Norfolk and Waveney Integrated Care Board (ICB) recently. As we previously reported the newly named Magna (formerly Rackheath) Medical Centre is progressing well and should open later this year. There have been delays getting water and power delivered to the site, but this has now been resolved. The IT and final fitting out of the building will be completed by early September, with the building opening shortly after. Alongside the GP there will be community services providing a base for the Community Nursing Team who will be undertaking home visits and also leg ulcer, catheter and continence clinics. We'll keep you posted.

Norfolk County Council (NCC) have released a new report which says replacing Norfolk's eight councils with one would save £36.2m per year and deliver the biggest benefits to residents. NCC studied data and evidence on the pros and cons of one, two or three unitary councils for Norfolk and asked the public what mattered to them about local councils and services. Based upon this NCC is proposing that its preferred option is one unitary council, covering the whole area.

Key reasons for this include:

- Value for money - having one council would save £36.2m per year and repay start-up costs within a year.
- More joined up services - and avoidance of disruption, risks, cost and inefficiencies caused by splitting up county-wide services.

Feedback from Norfolk residents about their top priorities from the Government's criteria for local government reorganisation found that:

- Their top priority (67.2% of respondents) was to ensure Council Taxpayers got value for money from efficient services.
- The second priority (53.3%) was improving local services.
- The third priority (42.6%) was ensuring that services are not unnecessarily fragmented/split up.

Ultimately the Secretary of State will make the final decision after districts and county deliver their final submission in September 2025.

Summer is just around the corner, and I know many of you will be out enjoying your garden. NCC is encouraging people to give composting a try. Discounted 220 litre compost bins are available at all 19 recycling centres for just £15. Discounted 330 litre compost bins are available for just £21, at the seven larger recycling centres (including Norwich North and South and Caister). For more information about getting started, buying your compost bins and much more go to:

[www.norfolkrecycles.com/home-compost](http://www.norfolkrecycles.com/home-compost) .

The Director of Public Health's Annual Report 2024/25 is an independent report on the state of health and wellbeing of the population of Norfolk. This year's report sets out how changes in the climate may affect the health and wellbeing of Norfolk residents. It focuses on the health impacts of climate change in Norfolk across extreme temperatures, air quality, flooding and coastal change, disease and pests, mental wellbeing and impacts on agriculture. These can affect Norfolk residents unequally, with some more vulnerable to changes than others.

The report also highlights health and wellbeing benefits that can come from climate action, some of which the council is already delivering. From energy efficient homes to decarbonising transport, local government services are at the heart of bringing sustainable change to benefit our county both now and in the future. To read the full report and much more go to [www.norfolkinsight.org.uk/jsna/document-library/](http://www.norfolkinsight.org.uk/jsna/document-library/) .

Take care of yourself and each other and have a great summer.

### **Martin Murrell**

Broadland District Councillor for the Wroxham Ward

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

Tel: 07958 393059

### **Fran Whymark**

County Councillor for the Wroxham Division

Cabinet Member for Public Health and Wellbeing

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

Broadland District Councillor for the Wroxham Ward

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

Tel: 07907163123



Cllr Fran Whymark



@CllrFran

**FOSS** has been busy with two large fund raising events this spring and summer. Firstly was the garage sale that took place on the 27<sup>th</sup> April. We had stall holders all around the village, and Salhouse was busy with lots of people looking for a bargain, with refreshments being served at the school. The event raised £260 for the school.



We also held the Salhouse Summer Social on the 8<sup>th</sup> June. We had bouncy castles, face painting, Moores Madness entertaining everyone, the Salhouse bake off, and to end the day a good old fashioned games of rounders. Everyone had a good time, and the weather luckily was dry, as was forecast to rain all day. We managed to raise £1,212 which is a brilliant amount for the school.

Later in the year we have our annual AGM, which will be held at the school on September 10<sup>th</sup> at 7.30pm, a family quiz being held in the Autumn, and our Christmas Fayre, both dates to be confirmed.

Anyone interested in joining FOSS please email [Foss2019@yahoo.com](mailto:Foss2019@yahoo.com).



## Salhouse CEVC Primary School



At Salhouse we have had a busy summer term so far! Our Friends of Salhouse School committee hosted our annual fete on Sunday 8<sup>th</sup> June. Apart from a heavy downpour at the end of the afternoon, the weather was kind to us, and it was a fantastic afternoon. We

are raising money to improve our outdoor learning environment. We would like to create a quiet area and also develop our outdoor provision for our youngest children. If anyone works for any companies that offer grants please contact the school office.

We enjoyed our whole school sports day on the 26<sup>th</sup> June. Our Herons class went to Gressenhall for a trip on Monday 7<sup>th</sup> July and Kingfishers class had a trip to How Hill on the 21st July.

Our Giraffe which we decorated is now in Chantry Place and forms part of the trail in Norwich throughout the summer. Please see if you can find her!

**Hayley Sonnex**

**Executive Headteacher**

**Salhouse Primary School**

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

office@salhouse.norfolk.sch.uk

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

## Church of Saint Fabian and Saint Sebastian **Woodbastwick Flower Festival** 2<sup>nd</sup> and 3<sup>rd</sup> August 2025

On 3<sup>rd</sup> August at 6.30pm The Dean of Norwich Cathedral, Revd. Andrew Braddock, will be leading the service of Evensong which will include a Thanksgiving for the life of 'Kit' Cator who had been a faithful member of the church for over 50 years.

## PC 855 Al Jennings

### Beat Manager—Thorpe St.Andrew

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

Phone: 101—ext.6724

Twitter: @BroadlandPolice



**NORFOLK**  
CONSTABULARY  
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**Norfolk** County Council



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](http://www.norfolk.police.uk). Otherwise, you can contact myself (Beat Manager PC Al Jennings) directly by contacting [SNThorpeStAndrew@norfolk.police.uk](mailto:SNThorpeStAndrew@norfolk.police.uk), and I will reply to you as soon as I can.

## Speedwatch Seeks Volunteers



**Community Speedwatch**Volunteers are urgently needed in order to maintain the service.

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 vehicle speeds within the local community at approved locations in order to improve safety.

Salhouse has participated in this scheme from its inception for some 17 years, during which time volunteers from the village community have maintained a viable team. As with all such volunteer groups the members have come and gone for a variety of reasons

but have always remained at a suitable level to continue.

Unfortunately over recent years there has been a lack of new volunteers which will soon reach the point of being insufficient to enable a viable service. As a result this appeal for volunteers is now more urgent in order to maintain this service within Salhouse. It normally involves approximately one or two hours per month and training is provided. So if you can help and spare some time to assist please contact either of the following:

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



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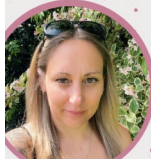

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# ***THE STAG, SALHOUSE***



## ***Charity Fun Day***

***In aid of a Defibrillator for Salhouse Broad***

***Open from 12 Mid day***

***Live Music***

***Food available all day inside or in the garden***

***24th AUGUST—SAVE THE DATE!!***

***MORE DETAILS TO FOLLOW SOON***



**Summertime can be an expensive time with holidays and school uniforms. Or perhaps you have someone in the family starting at university with all the expense of books etc.**

**Help could be close at hand.**

**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.**



**SALHOUSE  
UNITED CHARITIES**

**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 –** **Summer 2025**

*A regular update from*  
**Hoveton & Wroxham Medical Centre**



### **Keeping cool this summer**

As we enter the height of summer, please remember to keep cool and hydrated. Drink plenty of water, wear sun protection and hats outdoors and try to prevent sunshine warming up your home through windows during the day by closing blinds and curtains. Cool showers and cooling off using damp cloths can also help.

### **Registering with this practice**

If you know of someone that wishes to register with this practice, we will register people who reside in our practice boundary, unless a person has been removed from our list. The practice boundary can be found on the Hoveton and Wroxham Medical Practice website (Google the practice name). Scroll down to “New Patients”. The page will give instructions on how to register with us. With new builds, once these appear in our boundary, they should show up as an eligible address in our boundary. If you require clarification please feel free to visit the surgery to discuss. If you want online access to your records, the team are likely to ask for copies of your identification before granting access.

### **Making clinician appointments online**

You may have seen recent news articles focussed on general practices and avoiding the morning rush for appointments on the telephone. If you require a service from the practice such as an appointment, go to the practice website by putting the name of the practice into Google. You will be taken to the practice site (which has a picture of the practice building at the top). There is a green ribbon at the top of the page that says “contact us online”. Press “Submit a new request”. You will be taken to four options. If you require an appointment press “I have a health problem” then answer the questions and submit. If you need to make an appointment for someone else such as a child or someone who does not have access to online services or who struggles with this, you can submit requests on their behalf.

You may be sent an appointment by text, sometimes you will have the option to book an appointment at a time convenient for you.

If you cannot make an appointment, do not need it or need to change it, please do message us via the “Submit a form” option at the top of the page of our website. When a person books an appointment but does not turn up, that slot is lost (the clinicians are always busy in the background), but then the person often requires another appointment to replace the one they failed to turn up to. To help to remind people we do send text reminders about appointments and appointments can be cancelled using a link in the text.

### **Research event in September:**

On Wednesday 24<sup>th</sup> September from 3pm to 5.30pm we are holding a clinical research event in the Hoveton Village Hall. The purpose of the event is to invite you to find out more about the clinical research happening in the area. Afternoon tea will be provided. It is important that you sign up for the event to allow us to cater appropriately. Numbers will be limited. There will be stall holders, no formal talks. Please feel free to come along and stay as long as you would like. This event is being supported by pir patient participation group and our local research network. If you would like to attend please email [nwicb.hwmc@nhs.net](mailto:nwicb.hwmc@nhs.net). We will confirm your place.

### **PPG event- Ben Bradford our First Contact Physio:**

Ben is our First Contact Physio at the practice. He has been working with us for a number of years. Ben is giving a talk on Wednesday 8<sup>th</sup> October 5-6pm in the Health Education room upstairs in the surgery. His talk is about the First Contact Physio service and also staying fit and avoiding frailty in later life. This is a Hoveton and Wroxham Medical Practice Patient Participation event. Refreshments will be provided. To book a place at the event please email [ppg.hwmc@nhs.net](mailto:ppg.hwmc@nhs.net)

### **Heather Leishman, Practice Manager**

**email:** [heather.leishman@nhs.net](mailto:heather.leishman@nhs.net)

Hoveton and Wroxham Surgery  
Stalham Road  
Hoveton  
NR12 8DU  
Norfolk  
Telephone: 01603 777907



# From the Rectory

**Dear Friends,**

It has often been argued that there are good reasons to say there is a God because of:-

The existence of the world

The design of the universe

The way human beings are made

The need we have for a purpose and value in life

The fact that everybody worships something

The very idea of perfection in an imperfect world

All these are attempts to answer the why, what and how of the universe and to solve something of the riddle of life itself.

A thief who forgets to wear gloves gives himself away by the fingerprints he leaves behind. In the same way God “gives himself away” by leaving his fingerprints all over his creation.

The universe with its bewildering size and minute detail gives us vital clues about the character of the God who made it all. Take a flower, watch the sunset, look up at the stars, look into a human face and you are where the human race begins. The Bible opens with God making everything around us, mighty mountains or tiny blades of grass, all coming as if from his drawing board. There was nothing there before. It was all called into being and life by the Creator who is also responsible for keeping it running and supplied.

The universe also tells us about God’s intelligence. Our most advanced scientists are still only beginning to discover what God put there in the first place. They are continually baffled by the way in which everything holds together and runs so smoothly. The amazing thing is that God goes on looking after us whether we trust him or not.



As we hear and look at the news and see the way humans behave towards one another and the earth it brings as sense of disillusionment but the order, design, and law we see in creation tell us that God is not a haphazard, disorganised Creator who either forgets what he has done or who makes things up as he goes along. They tell us that he is a God of purpose who plans for what he has made, sustains it and pours his love upon it and that gives us hope for the future wherever the journey takes us.

It's time to say goodbye! This is my last letter from the Rectory as I say goodbye to The Bittern Benefice and prepare to move on to a new Benefice. I have completed the task I was given when I arrived, which was to unite the three parishes together and now it is time to take on a new challenge, the last before retirement! My time here has been a privilege and it has been good to share this part of the journey with you. I leave with many memories, some of very happy occasions and some of much sadder ones but all ones which I will take with me.

My last service will be held at Rackheath on Sunday 12<sup>th</sup> July at 10.30am, everyone is welcome to come along. The service will be followed by refreshments.

Thank you for the past few years and may God bless you on your journey.

**With every blessing**

*Darleen*

---

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

All Sunday services are held at either 9am or 10.30am. Please see the church noticeboard for up-to-date details of where the service is being held.

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

### **Grave Space Reservations**

At its meeting on the 28<sup>th</sup> May the Benefice Joint Group Council passed a resolution to stop the reservation by faculty of grave spaces and ashes spots in all the churchyards in the Benefice. The JGC will no longer authorise any requests received. This does not affect spaces previously reserved or double depth spaces already occupied.

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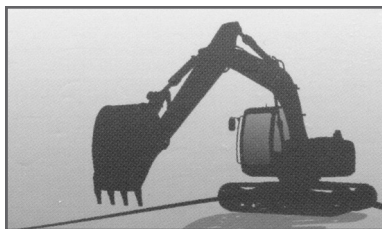
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## Rackheath WI Evening Institute



Another busy year for members of Rackheath WI. with several outings planned.

We have so far enjoyed Singing in the Rain at the Theatre Royal, A Ceramic painting day at the Willow Gallery Cafe, The Norfolk Federation annual meeting at the Theatre Royal with guest speaker Arit Anderson (from BBC Gardeners World) and an excellent lunch at the City College catering dept.

Also an interesting afternoon with a train ride to Reedham then an enjoyable walk led by Paul Dixon, a Norwich tour guide and of course an obligatory stop at Humpty Dumpty Brewery. The walk back to the station was at a very slow unsteady pace with just 2 minutes to spare to catch the train home.

We have also enjoyed our varied monthly programme of speakers with a talk on Norfolk Suffragettes. Tonya Knights brought her beautiful Owls and gave a talk with many interesting facts and we enjoyed a close up view when she let us hold them. The April birthday meeting was held in Rackheath School with food drink and Competitions.

We again held our popular annual Quiz & Chips evening, inviting several other local WIs to enter a team. All 73 WI members enjoyed the Quiz and as ever questions prepared and asked by our resident Quiz mistress Joan Middleton with delicious Fish & Chips provided by Jason at Rackheath. So as we are only half way through the year we have lots more to look forward to.

Visitors and new members are always very welcome.

WI members show off the wooden spoons they won at the Quiz



**Please contact Frances Pointer, 01603 720796 or Jane Nock 01603 438363 for further information.**



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## SALHOUSE READING GROUP



Calling all bibliophiles, the reading group would like to invite you to join them in discussing books. We are open to all literary suggestions and maybe you could introduce us to a genre that we haven't covered. We meet on the first Thursday of the month at Jubilee Hall from 7.00 p.m.

To whet your appetite the forthcoming books are listed below:

7<sup>th</sup> August 2025 - When we were young - Richard Roper

4<sup>th</sup> September 2025 - Revelation - C. J. Sansom

2<sup>nd</sup> October 2025 - All the little bird hearts - Victoria Lloyd-Barlow

6<sup>th</sup> November - Northanger Abbey - Jane Austen

December no book, going out for Christmas dinner! (Date and venue tbc)

8<sup>th</sup> January 2026 - Jam Busters - Julie Summers

5<sup>th</sup> February 2026 - Strange Sally Diamond - Liz Nugent

**Julie and Carol**

## 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**

Children can grow their imaginations with this year's Summer Reading Challenge: Story Garden – Adventures in Nature and the Great Outdoors, which launches in Norfolk libraries on Saturday 5 July.

Developed by The Reading Agency and delivered 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.

This year's theme will inspire children to tap into a world of imagination through reading, exploring the magical connection between storytelling and nature. There will be fun free children's activities over the summer months inspired by the Reading Challenge. Please contact the library for details on 01603 782560 or visit our Facebook page <https://www.facebook.com/wroxhamlibraryofficial> for updates on events and activities.

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.

Find out more at [www.norfolk.gov.uk/summerreadingchallenge](http://www.norfolk.gov.uk/summerreadingchallenge)

- **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. Change of day to first Wednesday of every month 1-3pm.

- **Crafting** New time 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. Thursday 3<sup>rd</sup> July and 17<sup>th</sup> July, 2.00 – 4.00pm.
- **Crib Club** (Cribbage card game) – new players welcome - Thursday 10<sup>th</sup> July, 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 31<sup>st</sup> July. 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](http://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.

Use our self-service Baby Weigh Scales on request.

### **Housebound Library Service**

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

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

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

**Paul Allison, Library Assistant**

**[www.norfolk.gov.uk/libraries](http://www.norfolk.gov.uk/libraries)**

**Wroxham Library, Norfolk Library and Information Service,**

**Norwich Road, Wroxham, Norwich, NR12 8RX Tel: 01603 782560**

## AFTERNOON TEA AND MARDLE



Thank you to everyone who helped organise our **VE Day Special Mardle** on Thursday May 8th. We changed our normal date to match the 80th anniversary of VE Day in 1945.

Thanks also to Broadland District Council who gave us a grant towards the celebration. Special thanks to Salhouse VE School and their Music Master Mr Leader and other adult assistants who brought the children along to entertain us. The children sang and played a variety of wartime tunes on their ukeleles and keyboards. Well done all of you.

A reminder that we meet on the 2<sup>nd</sup> Wednesday of the month between 2 and 4 p.m. If you haven't joined us yet you would be most welcome to sample the tea and cakes and take part in our quiz.

### **Upcoming Dates:**

July 9th

August 13th

No Mardle in September—Mardlers go on holiday!

October 8th

November 12th

**Colin, Doreen, Jools and Julie**

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

## How did Salhouse Celebrate VE Day in 1945?

When the war finally ended - Victory in Europe Day (VE Day) – 8<sup>th</sup> May 1945 was celebrated with a Street Party in Ward Road, with flags flying to ‘welcome the Lads back’, even though they might not be home for many months yet. Party hats were only made out of newspapers, but worn with pride. Victory over Japan Day (VJ Day) – 15<sup>th</sup> August 1945 was celebrated with a Bonfire Party near Lower Street, and with it came the end of Salhouse’s wartime story.

In memory of the men who went to war in 1939, and to honour those who did not come back, the village decided, even before the war had ended, that a new village hall would be a suitable memorial, and it would be known as the Victory Hall.

To generate funds, a committee was formed and fund-raising events organised, commencing in March 1945. Throughout that year a series of dances, fetes, football matches, whist drives and carol singing all raised money, most notably a fete on May 21<sup>st</sup>, the first such event after VE Day, which raised £168—a considerable sum. A gymkhana and fete was held in front of Salhouse Hall in 1946, and similar fundraising events continued each year until 1949.

The site of the new hall was to be in Mill Road, the land having been donated by Mr. Ward of Salhouse Hall. In 1948, a second-hand corrugated iron building faced with hardboard was acquired for £145. Fundraising continued throughout 1949 and by November the hall was finished and ready to open. A Social was arranged for the opening on 7<sup>th</sup> December 1949 with the Vicar, the Revd Geddes, and Mr Ward declared the Hall open.

The Victory Hall stood on Mill Road on the site where Brian Cooper Court is now, and was in use until 2002.



# **Wroxham, Hoveton & Belaugh Voluntary Community Care**

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# Wow!

## We have been busy.

Since taking over Salhouse garden centre last July, we've expanded our range to offer more gardening, pet, wild bird, solar, pots, houseplants, and gifts. We've also added grocery, homewares, clothing, DIY, and aggregates - **all bursting with value!**

We've expanded our indoor retail space and moved the plants to a larger area outside the main building, using previously unused greenhouses.

Here, you'll find a variety of plants, from young to well-established, including those grown at our own nurseries, helping us reduce our carbon footprint and pass on the savings to you.

As the season progresses, more plants will be available, along with tips and ideas to inspire your garden. Our friendly team is ready to help, whether you're an expert or just starting out!



We grow over one million of our own plants every year!



## Your local *value* garden centre





Cafe Bistro

The Watering Can café is now open with a new kitchen, an expanded menu—including senior and child options—and more indoor and outdoor seating. With fresh paint, new seating and lighting, it's a great spot for breakfast, lunch, or a hot drink and treat with family and friends!



## EVENTS

We'll be holding events at the garden centre. These are always great fun for all the family and real value for money. You can book tickets online by scanning the QR code!

SCAN ME  
to view & book events



Take a look at some of the new ranges available at you local garden centre!



EVERYDAY ESSENTIALS



HOME & GIFTING



CLOTHING

We really hope you'll love the changes we've made to offer more value and choice. There's plenty of parking too with the addition of an overflow car park!

*See you soon!*



The VE Day Mardle, May 8th





**Pumping out the Whaleback at Horning**



**The Whaleback secure at Salhouse Broad**

# TEAM SALHOUSE

## Proud of our Village



Formed in 2008, Team Salhouse has been helping to improve the look of our village and some of the things we have achieved over the last 17 years are:

- Created flowerbeds to bring a splash of summer and winter colour
- Maintained the grass areas at the roundabout with regular mowing
- Planted over 30,000 spring bulbs
- Erected conservation boards by the village ponds with information on the flora and fauna
- Installed 5 bench seats
- Spring cleaned the road signs
- Removed sedge from the pond in Hall Drive to make it more visible
- Regularly litter picked around the footpaths, playing field, railway station and lanes

**BUT:** - We are in danger of folding if we cannot find new leadership and volunteers.

So, if you feel that you can help keep this village asset going,  
please contact the Parish Clerk.: [clerk.salhouse@gmail.com](mailto:clerk.salhouse@gmail.com) 07761480102





01603 721859

35 Salhouse Road Rackheath

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## Salhouse and District Gardening Club

We are now looking forward to the summer and, hopefully, a very pleasant one!

With the lack of rain we've been having, it's important to remember to water plants that might need a little extra help and those that are newly planted, especially newly planted trees that need to be watered a full year until they can cope on their own. Continue to dead head sweet peas and roses, stake plants that might get blown down in the wind like delphiniums, tall asters and sunflowers!

We've just been on our annual day trip, and this year we went to Ulting Wick garden and Helmingham Hall garden. We were blessed with wonderful weather and the gardens looked superb.



Ulting Wick



Helmingham Hall

Our programme for 2025 /2026 is as follows:

- |                                    |  |
|------------------------------------|--|
| <b>July 22nd</b> -                 | Evening visit to Walcott House (meeting at Walcott House for 6:30pm) |
| <b>August 19<sup>th</sup></b> -    | Evening garden visit/social at Heggatt Hall Farm (6pm meet)          |
| <b>September 16<sup>th</sup></b> - | Edible flowers, Martin Davey   |
| <b>October 21<sup>st</sup></b> -   | Gardening for Autumn, Bob Coutts                                     |
| <b>November 18<sup>th</sup></b> -  | Growing vegetables in small spaces, Pauline Harper                   |
| <b>December 16<sup>th</sup></b> -  | Christmas Party with buffet and quiz                                 |
| <b>2026</b>                        |  |
| <b>January 20<sup>th</sup></b> -   | Flowers and ruins of the South of France, Rosie Ward                 |
| <b>February 17<sup>th</sup></b> -  | Britain's butterflies in a changing environment, Dr Ian Bedford      |
| <b>March 17<sup>th</sup></b> -     | Chile...a beautiful country, Kathy Gray                              |

For more information about the Garden Club please contact **Bridget Mann** (Chairman) on 07989 156113.



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## East Anglian Air Ambulance - 25th Anniversary

It was in the late 1990s when pilot, Captain Gerry Hermer AFC, Andrew Edgerton-Smith MBE, then a Non-Executive Chairman of East Anglian NHS Ambulance Trust, and Patrick Peal MBE, MD of a PR company, met to discuss the possibility of securing sponsorship for a trial air ambulance provision for Norfolk.

In November 1999, a further meeting took place to consider whether it might be possible to establish a charity to provide this service and, if so, how it might be organised. An appeal was launched shortly afterwards, with the support of horse racing jockey Frankie Dettori, to operate the first helicopter for the new East Anglian Air Ambulance (EAAA). Andrew and Patrick were subsequently awarded MBEs.

As EAAA enters its 25<sup>th</sup> year of operation, it now provides a 24/7 life-saving service, by air and road, to communities in Norfolk, Suffolk, Cambridgeshire and Bedfordshire – an area of over 5,000 square miles. One of EAAA's founders, Gerry Hermer, whose dedication to the whole aviation industry has spanned more than five decades, reflects on where it all began and how public support, donations and fundraising continue to make EAAA's life-saving treatment and care possible.

“In those early days the EAAA helicopter, which was a Bolkow BO105, flew once a week with two paramedics on board, and operated in conjunction with Norfolk Police. It became operational seven days a week – during the daytime - in July 2001.



A considerable financial injection from the Automobile Association (AA) enabled the service to increase to seven days a week (this is why the EAAA helicopters are yellow). From 2002, doctors started flying with EAAA, some of whom are still with the charity today.”

“By November 2006, a Bolkow BK117 was ordered from Germany. This more modern helicopter provided a great increase in cabin space for the medical crew and patient. EAAA ended the year with the service becoming ever busier, with taskings up by 20% on the previous year. An appeal was launched to extend the service to Bedfordshire. The service became operational just four months later with a second BK117 in place covering Bedfordshire and Cambridgeshire five days a week with the call sign ‘Anglia Two,’ while Anglia One covered Norfolk and Suffolk,” Gerry adds.

In May 2013, EAAA became the first air ambulance service in the country to fly to unknown and unlit sites in the hours of darkness. In April 2015, EAAA received the UK's first H145 helicopter, which is an up-to-date development of the existing BK117. From 2015 – 2017 the then Duke of Cambridge, William Wales, flew shifts as a HEMS (Helicopter Emergency Medical Service) pilot with EAAA. Her Majesty the Queen and HRH the Duke of Edinburgh visited EAAA in July 2016.

Gerry, who was previously awarded the Air Force Cross when he was flying Search and Rescue helicopters in the RAF, was humbled to receive three major awards for his work with air ambulances: A Lifetime Achievement Awards from the Association of Air Ambulances (2016) and the British Helicopter Association (2017), followed by the Honourable Company of Air Pilots Sword of Honour (2018). While he retired from his role as one of the founding members and aviation consultant in March 2017, the charity remains close to his heart.

“One of the great things as an air ambulance pilot was locating the incident, finding a safe landing site as close as possible to the incident without any delay, and getting the clinicians there safely. When a patient is being given the best possible care in the fastest possible time, you know you’ve achieved something,” Gerry says.

Helimed House, the charity’s Norwich base, was officially opened in 2021 and provides the facilities for a 24/7 life-saving service. In February 2022, EAAA became the first air ambulance in the UK to upgrade its Anglia One (Norwich) Airbus H145 helicopter with a new five blade rotor head.

The charity flies with at least one doctor and one critical care paramedic on every shift. This brings extra skills, normally seen in an emergency department, to the patient wherever it is needed in a medical emergency. This could be at the roadside, in a city, in the community, or in the patient’s own home, for example. This can be of enormous benefit to critically ill patients, particularly in the very rural area of East Anglia when the travel time to the nearest hospital by road may be over an hour. For some of these patients, reducing the time to receive enhanced clinical treatment and care may make the difference between life and death.

EAAA is now tasked, on average, eight times a day and serves a community of over three million people. The 24/7 crews collaborate with the region’s other emergency services to respond to the most serious medical emergencies. In 2023/24, EAAA experienced its busiest 12 months on record, treating 2,042 people in urgent need of advanced critical care.

RAID, the charity’s research arm was founded in 2020 and continues to drive innovation in the field of pre-hospital emergency care. The community CPR training team provides training in life-saving skills to others, and EAAA’s dedicated Aftercare service offers practical and emotional support to former patients and their families. EAAA receives no regular government funding, relying almost entirely on public support to develop and deliver its 24/7 life-saving service. In 2024, EAAA marked the milestone of treating 25,000 patients since the charity was founded.

EAAA is now one of the most recognised and trusted charities in East Anglia, with a clinical team and ground staff who work to raise the funds needed to treat an average of six people every day.

As East Anglian Air Ambulance approaches its 25<sup>th</sup> anniversary in September 2025, Gerry adds, “It’s incredible what has been achieved since the start of the service – a huge thank you to all concerned.”

For more information about East Anglian Air Ambulance, visit [www.eaaa.org.uk](http://www.eaaa.org.uk) and to make a donation to support this valuable service please scan the QR code.







# Gardening in a Changing Climate

Scorching summers. Bone-dry days followed by sky-splitting storms. Winters that flood, linger, and no longer play by the rules. Our gardens are under pressure. What becomes of the hedgehog rustling through the undergrowth, the honeysuckle clinging to its post, or the once-trusty lawn when the sun blazes, the soil cracks—and then the rain returns in torrents?

Add in wilder winters—wetter, stormier, and more unpredictable than ever—and gardening quickly turns into a greater challenge.

But here's the good news: with a few clever changes, our gardens can bounce back stronger. We can create spaces that not only endure the new extremes but can burst with life through them.

**Here's how to future-proof your patch of green.**



## Nourish the Soil

Healthy, moisture-retaining soil is your garden's first line of defence.

**Dig deep:** Add compost, mushroom compost, or composted bark to boost water retention and support soil life. Bark also offers shelter for beetles, lichens, and other small wildlife.

**Mulch matters:** Apply 5–7.5 cm (2-3 inches) of compost or leafmould to beds. This locks in moisture, suppresses weeds, and keeps roots cool.

**Grow groundcover:** Plants like creeping thyme or ajuga form dense mats that protect soil and prevent erosion.

**Stay weed-savvy:** Less competition means more water and nutrients for your plants.



## Make Compost Your Ally

Turn kitchen and garden waste into rich, moisture-holding compost. Add clippings, peelings, and paper products. Fungi and micro-organisms do the hard work, while worms and woodlice feed birds, hedgehogs, and toads.



## Use Water Wisely

Collect rainwater in water butts—it's free, plant-friendly, and better for the planet. Water efficiently, early or late in the day, and focus at the roots. Add a bird bath or dish for thirsty wildlife.



## Plant for Resilience

Picking plants suited to your soil and sun exposure, makes them naturally more climate-adaptable. With wetter winters and dryer, hotter summers, the RHS has ideas:

- Plant in autumn for a head start; tiny plants often grow tougher roots.
- Mediterranean species? Plant them in spring to avoid winter root rot.

This RHS guide is a goldmine of adaptable plant options:

<https://www.rhs.org.uk/plants/for-places/wet-dry-soils>



## Design with Drought in Mind

Add shade for people, plants, and pollinators. Trees and pergolas offer cooling relief.

Try a gravel garden with drought-hardy plants like lavender and sedum—many have silver leaves that reflect heat. Explore drought-busters at

<https://www.rhs.org.uk/plants/for-places/drought-resistant>

Before planting, give your plants a good soak in a bucket of water until the bubbles stop rising. Water well in the first season to help them settle in.



## Go Wild with your Lawn

**Let the mower have a rest:** Long grass is a sanctuary for wildflowers, insects and bees. Growing a mini meadow creates a biodiversity hotspot. The RHS has some useful tips, <https://www.rhs.org.uk/gardening-for-the-environment/low-carbon-gardening/grow-a-low-carbon-meadow>

And if your grass turns brown in summer? Don't worry. Lawns are surprisingly resilient and usually bounce back with autumn rains.



## Looking Ahead

Resilient gardening isn't about doing everything—it's about doing small things that make a big difference. With a little care and creativity, your garden can become a haven for nature and a joy for every season, despite our changing weather.

**Sarah Oldfield**

### Sources:

<https://www.bbc.co.uk/news/resources/idt-d6338d9f-8789-4bc2-b6d7-3691c0e7d138>

<https://www.rhs.org.uk/garden-design/drought-resistant-gardening>

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# SALHOUSE COMMUNITY EVENTS TEAM

By the time this issue of Salhouse SAGA is delivered, “Sailfest” will probably have already happened! We hope it is a great success and is enjoyed by all.

Unfortunately, the planned Raft Race could not go ahead due to insurance issues. Basically, no-one would insure it—a sign of the times.



## Sailfest

**Programme**

**12/07/25**

**1pm - 8pm**

**Salhouse Broad**

**Music**

**Live acoustic music on the stage: 1-8pm:**

Lara Price: 1pm  
Broadbeat Choir: 2pm  
Nick Archer & guest, Gemma Farrell: 3pm  
Sandra Baxter: 4pm  
Sam Duke: 5pm  
Nick Archer: 6pm  
Aamer Raza: 6.30pm  
Nick Archer: 7.30pm



**Food & Drink**

Bar - Alcoholic and soft drinks  
Hungry Otter - Hot drinks, meals & snacks  
Destiny's Dough - Burgers



**Parking**

Parking all day at Salhouse Broad  
Campsite - £5 (entrance is opposite 5 Upper Street, NR13 6RZ)

*Please do not park at Salhouse Broad Carpark, Upper Street or Lower Street*

**Activities**

Create nature key rings and mini cork rafts (Craft Tent)

Create willow star wands and CD gratitude tree (Rooted in Nature) - until 5pm

Visit the Norada Wherry

Nature Meditation (The Free Spirit Network)

Boat rides to Hoveton Great Broad (Natural England) - 11am until 5pm

Nature scavenger hunt (collect a sheet from the Craft Tent)

Hire a canoe or kayak (Ranger Station) - until 4pm

Hire a paddle board (Norfolk Paddleboards) - until 5pm

Basketball activities (Iceni Basketball club)

Displays and stalls from local community groups




*Kindly supported by Cherry Lane & Salhouse Parish Council*




We'd like to thank Salhouse Parish Council, QD Stores/Cherry Lane Garden Centre and Anglia Plant Hire for their financial support and Salhouse Broad for their collaboration, together with all our volunteers, stallholders, vendors and live acts for making this an undoubtedly successful event.

A report on the day's events will appear in the next issue of Salhouse SAGA.

**Salhouse Community Events Team**

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

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

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## From the SALHOUSE BROAD Ranger

### What's New at Salhouse Broad? - Summer Buzz, Boats & Balsam Battles



There's never a dull moment at Salhouse Broad, and this summer has proven just that—with sunshine, hard work, and some very exciting news afloat (quite literally)!

If you've visited recently, you may have spotted an interesting new arrival on the water. Anchored at the western end of the Broad is a World War II Whaleback boat, now mud-weighted in place. This fascinating piece of history is not only a rare sight but also a proud, albeit temporary addition to our waterscape.

Behind the scenes, our dedicated team of volunteers have been as busy as ever. One of their tasks this season has been tackling the ever-persistent Himalayan Balsam. Ironically, a flush of the invasive plant cropped up where we had previously cut back the reedbed—no doubt due to the extra sunlight encouraging dormant seeds to spring to life. It's a good reminder that even our best efforts can have unexpected results, but the team's ongoing work is keeping things under control.

In addition to balsam-busting, volunteers have been hard at work improving eroded footpaths and giving nature a helping hand by transplanting yellow flag iris to more suitable locations across the site.

Thanks to the glorious weather, the Broad has seen a steady flow of visitors enjoying the natural beauty and outdoor activities. Don't forget—if you're planning a day out or an overnight stay, you can use the exclusive discount code SAGA10 for 10% off canoe hire and camping.

And now for something we're truly thrilled to announce: **SailFest** is coming to Salhouse Broad!

In collaboration with the Salhouse Community Events Team, SailFest promises to be a highlight of the summer calendar. The elegant Wherry 'Norada' will be moored up for visitors to explore. Norfolk Paddleboards will be on hand, offering paddleboard hire throughout the day. Natural England will be taking passengers across to the Nature Trail too. Expect a buzzing atmosphere with a wide array of stalls, activities, live music, and delicious food from The Hungry Otter and Destiny's Dough, not to mention a lively bar and much more.

Whether you're here for the history, the wildlife, the water, or the community vibe—Salhouse Broad is the place to be this summer.

### The Salhouse Broad Ranger Team

[www.salhousebroad.org.uk](http://www.salhousebroad.org.uk)

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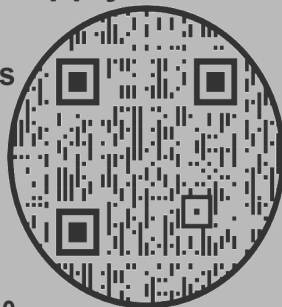


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## 1st Salhouse Beavers & Cubs

We returned to Scouting in April 2025 and I'm very happy to announce, with a new Beaver Leader. Samantha has joined our Beaver Colony which means we have been able to increase our Beaver numbers by taking youngsters from our Beaver waiting list, which has been a welcome opportunity to reduce the list of youngsters patiently waiting to join our Beaver Colony.

The older Beavers, who have recently turned eight years old have now moved up to our Cub Pack, with the traditional 'Swim up' in the Woods at Black Barn Farm, a bit of fun, which the youngsters always enjoy as they crawl under a large blue tarpaulin, (the river) as a Beaver and swim out as a Cub Scout.

We now have 13 Beavers and 18 Cubs in the Cub Pack, with 4 older Beavers moving up to Cubs in September 2025.

We have filled our Cub Pack but now need Leaders to help out during pack nights as we have lost some of our Cub Leaders.

If anyone could help as a Cub Assistant, please let us know.

Our older Beavers had their first session in the woodland area we use, at the end of April There was a scavenger hunt practicing using a Fire Striker -(Without Fire)

The Cubs had a refresher session using Fire Strikers and managed very well, and then they played wide Games.

### **Other events enjoyed include;**

When we returned, at Easter the young people got started on making an Easter Tree by decorating the small tree in the Jubilee Hall garden for all in the community to see & enjoy. This is a tradition in European Countries such as Austria, Germany and Poland etc. Cubs blew and decorated Eggs and Beavers decorated eggs too.

During March and April the Beavers and Cubs were lucky to receive visits from Al at Norfolk Police, Tim brought along his Ambulance to the Jubilee Hall . and everyone went to Wroxham Fire Station. A fab visit for the youngsters especially learning how to use a hose.

This exercise was aimed at finding out about Services in our Community and the World Challenge Badge. Linked to the Cub's Silver and Beaver's Bronze Award.

The Beavers and Cubs were also treated to a visit to the WW11 Airbase 467 site in Rackheath with Ivan on 14<sup>th</sup> May. A really different visit for the Beavers and Cubs but very interesting too. Thank you Ivan

Still on the subject of helping the Community, the Cubs have also been using the new Litter Pickers which were donated to us by Veolia a couple of years ago.

The Cubs walked around the village with bin bags, wearing Hi Vis and gloves.

We found a small amount of litter but not much, due to Malcolm and Team Salhouse, doing such a grand job and keeping the litter away.

The Cubs have also been gardening outside the front of the Jubilee Hall, weeding the Flower Bed and pruning the tree – they did a great job and really enjoyed it too.

Here are some of the future events we have arranged for the Beavers and Cubs.

**Alpaca Walking at Horning for the Beavers – July 2025**

**Visit to Norton's Dairy Farm September**

**Sailing for the Cubs – July 2025**

**Cubs 5 A Side Football Tournament – September**

**Basket Ball Taster September 2025**

**Badminton Taster session for the Beavers and Cubs October 2025**

**Chips & Sand Castles at Walcott - July 2025**

**Activity Day at Eaton Vale Activity Centre – September 2025**

We already have a Parent Rota in place to help with our 13 Beavers during their session and we also have a Group Treasurer set up for September 2025. But we now need a Chair Person and a Note Taker for our Board of Trustees. As well as a Beaver Leader, we also need a Cub Assistant too please.

**Thank you for your Time, if anyone could help with Volunteering at the 1<sup>st</sup> Salhouse Scout Group, please let me know,  
We would be extremely grateful.**

**Jackie Rose – 1<sup>st</sup> Salhouse Scout Group 07780604707  
email jackierose @ talktalk.net**

## **Busy Brownies: A Term of Adventure, Art and Amazement!**



It's been a jam-packed and joyful term for the **1st & 2nd Salhouse Brownies**, and we're excited to share what we've been up to with the wider community!

From creative crafts to outdoor escapades, the girls have taken part in a brilliant range of activities—each one bringing fun, learning, and plenty of giggles.

**Set Sail to Salhouse Broad**—One of the highlights this term was a visit to the beautiful Salhouse Broad. Surrounded by nature, the girls took part in a scavenger hunt, collecting leaves, twigs, and other natural treasures. They then used these to create their own artistic nature pictures before enjoying some well-earned playtime on the equipment. It was a lovely afternoon full of fresh air, friendship, and fun.

**Arty Explorers**—Our creative side really shone through this term. During our ‘Tape to Create’ session, the girls used masking tape, paint, and lots of imagination to make striking geometric art. We also made clay leaf bowls and bookmarks with real pressed flowers—beautiful handmade keepsakes to treasure.

**Detective Work: The Chocolate Heist**—Things got mysterious one evening when the Brownies were challenged to solve the great Chocolate Heist! Clues were scattered, suspects questioned, and teamwork was key. After some clever sleuthing, the case was cracked and—best of all—the stolen chocolate was safely recovered (and eaten!).

**Park Stories and Pirate Swings**—A sunny visit to the local park inspired the girls to create their own magical tales, weaving in elements from their surroundings. Later in the term, we set off to Blofield Pirate Crazy Golf for an action-packed adventure, full of laughter, tricky putts, and just maybe a hole-in-one!

**GoGo Safari in the City**—We headed to Norwich to take part in the GoGo Safari Trail, following colourful animal-themed sculptures across the city. It was a very hot day, but the girls were fantastic troopers, keeping cool with water bottles—and of course, an ice lolly break in the shade.

**Sun, Sand and Smiles**—No summer term would be complete without a beach trip! The Brownies had a fantastic time paddling in the sea, building sandcastles, and enjoying traditional seaside snacks. It was the perfect way to round off a fun-filled term.

**District Fun Day**—To top it all off, we joined Rainbows, Brownies, and Guides from across the area for a brilliant District Fun Day. With games, crafts, and non-stop activities, it was a great opportunity to meet new friends and celebrate everything we love about being part of Girlguiding.

**A heartfelt thank you** to all our wonderful volunteers, parents, and supporters. Your time and enthusiasm help make these amazing experiences possible for our girls. We’re already looking forward to next term’s adventures—so watch this space!

**Interested in Joining the Fun?** - If you'd like to find out more about joining Brownies, please contact Natalie on 07500 060818, email [2ndsalthousebrownies@gmail.com](mailto:2ndsalthousebrownies@gmail.com), or register your interest online at <https://www.girlguiding.org.uk/joinus>.



## 1st Salhouse Scouts



We started the summer term with a fire lighting competition in the woods. The Scouts worked in pairs to gather materials, build and light small fires. They then tried to melt string at different heights. This process promoted team working and survival skills.

The Scouts went on a hike around Salhouse and Rackheath, covering nearly five miles in two hours. We looked at the War Memorials as it was the VE Day Anniversary.

Our last activity before May half term was crate stacking and indoor climbing at the Eaton Vale Activity Centre. All the Scouts and some of the leaders were keen to take part and we all thoroughly enjoyed the evening.

The Family Activity Afternoon was a major success. We had a wonderful time trying all the activities on offer including archery, shooting, tomahawk throwing and, of course, we had a BBQ.

Every term, we have a Scout led activity and this summer the Scouts are working on their Entertainer Badge. They are making short films in their patrols. The films will be shown at the summer camp at the end of term.

Our Scout Group has grown over the last year. We need to grow our adult leadership section too, in order to support the increasing numbers. If you would like to get involved, please contact us.

We meet on Thursdays, 18:30 - 20:30. Scouts are 10.5 to 14 years old.

If you would like to join us, let us know.

**Simon Hill & Al Spaul - Team Leaders**

**Shelly Seaman & Rose Ottaway - Team Members**

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



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# **Salhouse Jubilee Hall**

## **'At the Heart of your Community'**



I don't know how else to open this other than – Its Hot!! We are already nudging 30° and it looks set to stay that way for several weeks ahead.

There isn't much to update you on in this issue of the saga other than a couple of dates to put in your diaries ....

We are running another **quiz night** on **Saturday 27<sup>th</sup> September**. This is not only an important way to raise funds for the running of the hall, it's a great night out, we have had great feedback from previous events. Teams of 6 per table at £5 per head, bring your own drinks and snacks.

To book your ticket please email:

**[jubileevillagehallsalhouse@gmail.com](mailto:jubileevillagehallsalhouse@gmail.com)**

We will be repeating our successful format for the Christmas Fayre again this year, by having it in the afternoon, followed by Carols outside as we turn the lights on the Christmas Tree. However, will be moving back a week so we are back in December. So, please put **Saturday 6<sup>th</sup> December** in your diaries with **Christmas Fayre from 2pm to 4pm**, followed by **Carols at 4.15pm**. Please come along and support us

Finally, my usual plug for the hall. In order to safeguard the viability of the hall for future use, we need to increase our bookings. If you have an opportunity to host a regular event at the hall, or if you want to host a one-off party or event, please call Pat on the number below to book your event or visit our new website to check out the hall and send a booking enquiry. We will be happy to host you - **[www.jubileevillagehallsalhouse.com](http://www.jubileevillagehallsalhouse.com)**

If you have any questions or want to know more about the hall, please feel free to contact me.

**Martin Carney**

Chairman – Salhouse Village Hall committee

Tel: 07808 097924

**If you would like to book the hall, then please call Pat, tel: 01603 720466**

**(Mon-Fri 9am – 6pm, Sat: 9am – 12noon)**

## **Jubilee Village Hall**



## **Saturday 27<sup>th</sup> Sept**

**Doors Open 7.30pm,**

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**For tickets email:**

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## Salhouse Broad's 'Ghost Ship' or 'Save the Whaleback'

Recently, a mysterious vessel wrapped in black sheeting was moored on the far side of Salhouse Broad, adjacent to the Spit. A lot of people have wondered what it is doing there. Steve Hale, from Oxfordshire, explains:

"My father joined the RAF Air Sea Rescue service in 1941. He never spoke about his war experience most of my life. But in his late 80s, when my dad was in decline, he started talking a little about his life in the war. Serving on high speed boats called 'Whalebacks' and rescuing the entire crew of an American bomber.

I researched the subject and found very few books on this branch of the RAF that worldwide saved over 14,000 aircrew lives. It was little known or appreciated. I was determined to put them on the map. I started a Facebook group "RAF Air Sea Rescue WW2 veteran's relatives only ", trying to bring together relatives of those boat crews and even with those they rescued!



Several years ago I became aware of a Whaleback somewhere in England. It was actually originally a Navy boat, but was repurposed for air sea rescue duties soon after being commissioned. What better way to put the RAF Air Sea Rescue service on the map, than restoring a Whaleback hull with newly built RAF HSL superstructure for future generations?

Post-WW2, the boat had been sold by the ministry of war disposals and ended up in Spain. Later it became a floating fish and chip shop in Estapona, where it was frequented by Sir Rod Stewart! Research tracked it down to the Norfolk Broads, identified the owner and, with Google maps, the exact location.



I approached the owner, a local businessman and found that it was half sunk. It transpired that it was damaged in transit from Gibraltar. The boat was patched sufficiently for the river journey from Great Yarmouth to near Horning. I went to meet the owner and he agreed that I might attempt a rescue.

In time, a small volunteer team gathered around me, most having direct connections to Whalebacks through older relatives. Colin, like myself had a father who actually served on Whalebacks. Soon we set about the tricky task of floating ours. Spread around the country as we were, the task was completed in bursts of weekend activity.

We invited the Norfolk Fire museum to help and so another Colin arrived with much pumping equipment. Pumping out for hours, floated our boat briefly—but only briefly. Our diver Nick was able to inspect the hull sides below the waterline but not under the hull as it was sitting on the bottom of a river cut off the Bure. Tim and Colin made wooden blocks for the holes. More pumping proved promising but there were holes under the hull we could not reach. So we decided to ‘fother’ - the ancient art of dragging an impervious sheet (a sail back in the day) under the boat to wrap it up. More pumping and we dragged a very large pond liner under the hull while the boat was briefly floated. This was only partially successful as we had to cut and join the liner to make it long enough. We bought, at some cost an even bigger pond liner such that no join was required. This time it was totally successful after yet another serious pump.

Mike, our marine architect along with Peter were then very busy working on how and where we were going to proceed. Coordinating the Broads Authority permission with a licenced tow company and the, by now, new owner of the property where our boat lay. Not to mention insurance! Peter and I had previously managed to secure a safe and free temporary berth at nearby **Salhouse Broad** for when we moved her out, for which we are immensely grateful to Ranger Kelly.



In mid May a team of six from Sutton Staithe Recovery, helped by some of our team, expertly towed with tugs at each end, our fully floating boat a few miles to her new temporary home. How long she remains there is dependent on how quickly funds can be raised, but probably until the end of August at least.

In the background we have managed to raise some £10,000 from individual public donations. We have a target of £20,000 and would be delighted to accept sponsorship. We can offer a lot of publicity as we are all over the media and expect a TV documentary on the project in due course.

Somewhere along the way, the owner, presumably impressed by our efforts, decided to gift the boat to ourselves. Actually to Peter. Now we are planning to move our Whaleback on to somewhere where she can be lifted out for road transport to a drying place, probably at a local boatyard somewhere on the Bure.

This will cost considerably more! We have a website [www.whaleback.org](http://www.whaleback.org) with all details, including links for giving, email address, other related Facebook groups and our YouTube channel. We are now halfway to our medium term target of £20,000. To help raise the rest, please use the link below. Thank you”.

<https://www.justgiving.com/crowdfunding/whalebackrescue>

Work on the project to save and conserve the remaining building at Salhouse railway station is continuing steadily and it is encouraging to be able to report progress since the last article in *Salhouse Saga*.

At the beginning of June, the station received a visit from builders contracted by Greater Anglia, who have undertaken some repairs and maintenance to the building, principally on the barge boards and the roof, as can be seen in the photo. Whilst this was unexpected, it was heartening to see this work being carried out to help stop further deterioration of the structure.



Meanwhile, the station group has been working in the background to complete a number of vital tasks that we hope will allow us to keep the project moving forward. A business plan has been completed, which will be used to submit to Greater Anglia, other stakeholders and potential funders. The plan encompasses activities from the objectives of the group through to descriptions of the works schedule, initial costs, financial plan as well as the condition survey. The final version of this is almost ready for publication.

Going hand in hand with the business plan is a proposed Memorandum of Understanding which sets out how the group will work with Greater Anglia and its successors in delivering a successful project.

It has been very useful to meet with Piers Hart of Save Our Stations. Piers is a leading light of the major campaign to save the historic Brandon station in Suffolk. He attended our meeting earlier this year at the Jubilee Hall and we followed this up by attending a meeting organised by SAVE Britain's Heritage in Wymondham, where Piers described the very considerable hurdles they are negotiating to preserve their building. It was useful too to learn about other stations on the GA network considered at risk, which, as well as Salhouse and Brandon, also include Trimley, Trowse and Weeley.

We are in the process of organising a meeting with our MP, Jerome Mayhew, which will also include representatives from Greater Anglia and other stakeholders. This meeting will take place, we hope, during August.

Our treasurer, Malcolm Page, has been working hard on our constitution and has submitted an application to Co-operatives UK for us to become a Community Benefit Society (CBS). A CBS is a type of legal structure used by organisations that aim to benefit the community rather than just their members. CBSs are registered with the Financial Conduct Authority and operate under the Co-operative and Community Benefit Societies Act 2014.

Finally, our next meeting will be held in Rackheath: details to come. And if you'd like to get involved, drop James Watts an email at [salhousestation@gmail.com](mailto:salhousestation@gmail.com).

# WROXHAM AND HOVETON LIONS



Not long to go now to our annual Charity Village Fete, so make note in your diaries!

There are a few outside spaces left for stalls and classic vehicles can also still book. Just go to [www.wroxhamandhovetonlions.org](http://www.wroxhamandhovetonlions.org)

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If you have some time on your hands and would like to help to make a difference in your community, why not get in touch? Go to our website

[www.wroxhamandhovetonlions.org](http://www.wroxhamandhovetonlions.org)

and use the "contact us" link.

**Wroxham & Hoveton Lions Club CIO**



## SALHOUSE ROVERS FOOTBALL CLUB



Dear Salhouse Community,

I would like to update you on Salhouse Rovers as a post season update.

We had 5 youth football teams last season at Under 8s, Under 10s (Both mixed) and an U10s Girls team for the first time in our club's history who all played on Saturdays, results aren't published for these age ranges and all about development specifically aimed at the local community ideally. Then we had an U15, U16 and an Adult team plus a veterans 35+ team all playing Sundays.

We also said a farewell to our long-standing Club Secretary Jim Blyth of over 25 years and have had a transitional season as a result with the club committee changing. I then increased my role within the club and became the Club Welfare officer and Vice Chairman.

We are very keen on growing and developing both our club with a younger age range team Ideally for U7 (Year 2 age children) or an U6 (Year 1 ) Training team aimed ideally for the local community or a volunteer to help to grow our club. Please contact me on 07720670655 or [adrian\\_willis@hotmail.co.uk](mailto:adrian_willis@hotmail.co.uk)

With thanks

**Adrian Willis**

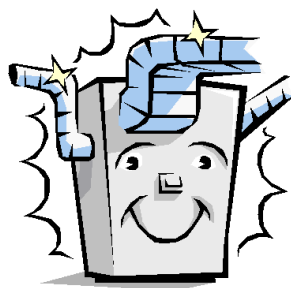
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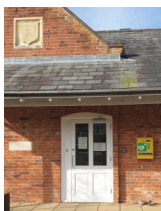


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The Recreation Ground  
Thieves Lane, Salhouse  
NR13 6RQ

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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### **Round 1**

- 1 Geoff Bezos
- 2 Magician
- 3 The Pope
- 4 Snake
- 5 Bradford

### **Round 2**

- 1 Snooker world championship
- 2 Mo Salah
- 3 Jose Mourinho
- 4 20
- 5 6

### **Round 3**

- 1 Austria
- 2 'Ordinary'
- 3 Aqua
- 4 Beyonce
- 5 4

### **Round 4**

- 1 Sn
- 2 Cheyenne
- 3 Whippet
- 4 £1.70p
- 5 Donald Trump ( 2nd time in office )

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

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

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

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

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

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

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

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

**MIND** - mental health support - 0300 123 3393 or email [info@mind.org.uk](mailto: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](http://sane.org.uk) for Support Forum and online non-urgent contact form.

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

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

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

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

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