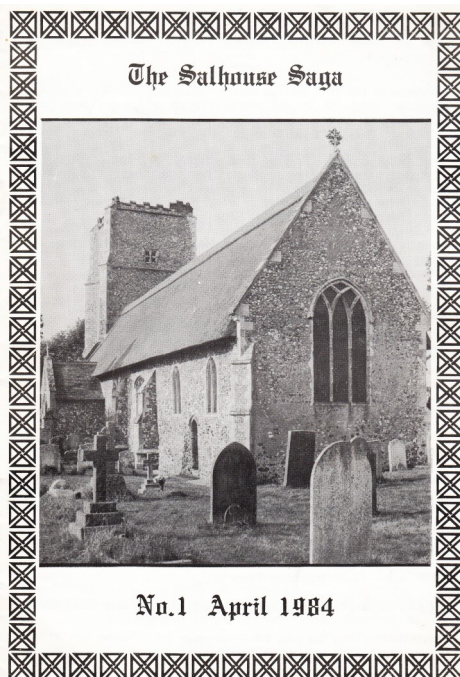


The Salhouse Saga



Village Magazine and Newsletter



40th Anniversary Issue!!

Spring 2024

Issue 121

GYM IN SALHOUSE

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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 in July 2024.

Copy deadline Friday July 5th .

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

SALHOUSE CLUBS & GROUPS



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

Brownies

(2nd Salhouse)

Tuesday 3.45—5.15pm

Contact: - Natalie Archer:

01603 927166

1stsalhousebrownies

@gmail.com

Rainbows

Tuesday 5.30-6.30pm

Cubs

Wednesday 6.00 - 7.30pm

Contact: - Jackie Rose:

01603 712520

Beavers

Wednesday 4.45 - 5.45pm

Contact: - Jackie Rose:

01603 712520

Scouts

Thursday 7.00 — 9.00pm

Contact: - Simon Hill

Salhousescouttroupe

@gmail.com

Ping Pong (table tennis)

Tuesdays 10am—12.00

£2.00 Incl. refreshments

Contact - David / Margaret Loveday:

01603 781768

4.haling@gmail.com

Salhouse and District Gardening Club

3rd Tuesday of the month

7.30pm at Woodbastwick

Village Hall

Nick Taylor :

01603 720165

Tea and Mardle

2nd Weds of the month

2.00—4.00pm

Julie Redburn

01603 720049

Salhouse Reading Group

1st Thurs of the month at 7.00pm

Julie Redburn

01603 720049

Pilates

Fridays 9—10am

Jo Buckley

07554 780591

Zumba Gold

Every Thursday at 10am

Sarah Chow

07717 723713

Doctors Surgery

The Surgery at the Village

Hall has been suspended

indefinitely



VILLAGE CONTACT NUMBERS

Hoveton & Wroxham

Medical Centre

01603 782155

Out of Hours—111

All Saints Church

Rector—Darleen Plattin

01603 720966

darleenplattin@btinternet.com

Church Warden—James Watts

07814 292579

payne2174@yahoo.co.uk

Salhouse VC Primary School

Headteacher: Mrs J Church:

01603 720402

Friends of Salhouse School (FOSS)

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

Salhouse Broad

Ranger: Kelly Banthorpe:

01603 722775

theranger@salhousebroad.org.uk

Jubilee Hall (Management)

Martin Carney: 07808 097924



MOBILE LIBRARY SERVICE

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



Parish Council

Parish Clerk
Sarah Martin

Spinners Cottage
18a Honing Row,
Worstead,
Norfolk NR28 9RH
Tel: 01692 535775
clerk.salhousepc@gmail.com
website:www.salhousepc.info

District Councillors

Martin Murrell:

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

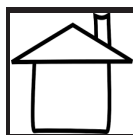
Fran Whymark:

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

County Councillor

Fran Whymark:

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



**VILLAGE
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Mobile Post Office

Jubilee Hall Car Park
Wednesdays 12.30—1.30pm

The Stag, formerly the Bell Inn:
01603 720220

The Lodge Inn and Hotel:
01603 928181

Salhouse Garden Centre:
01603 722250

Black Barn Farm Shop
07803 500610

RH Farms
0787 2015713 / 07748903971



POLICE

EMERGENCY 999
NON EMERGENCY 101

Ask for

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

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

GAS ESCAPE
Ring Freephone
0800 111 999

WATER OR SEWAGE
Call Anglia Water on
08457 145 145

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

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



Recreation Ground,
Thieves Lane, Salhouse

Contact: - CHAIRMAN
Jim Blyth: 07788125888



(At Jubilee Hall unless
stated)

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
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ORGANISER**

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

PARISH NOTICE BOARDS

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

Left hand section for
Parish Council
notices only

From the Editor

Dear Readers,

Welcome to the Spring 2024 issue of Salhouse Saga. It's been a miserable and wet winter, but hopefully better spring weather is just around the corner. There seem to have been interminable road closures in and around the village recently, some due to new developments and some, particularly involving water and sewage failures, due to what some people refer to as our 'crumbling infrastructure'. However, as I write this, there is a team of telecoms contractors in the village installing new fibre optic broadband cables, which when completed in the coming weeks should provide an improved connection to every household, but may result in the loss of the traditional analogue phone service.

This issue of Salhouse Saga represents our 40th anniversary of the magazine. The magazine was started in April 1984 by the late Mrs Sheila Bullers, initially as a three times yearly Parish Church magazine of 10 pages, delivered free and supported by advertisers.



Over the years it has retained the same principles, but expanded to a magazine of 70 or so pages. In that time it has had only four editors, including myself; this continuity is probably one reason it has lasted so long. I've put together a review of the changes we have seen in the village over the last 40 years on pages 44 to 46.

Although the magazine is independent of both the Parish Church and the Parish Council, this issue contains an Easter message from the Rector and some important information from the Chair of the PC.

Moving to the future, there is also the latest report from the North Rackheath Development Working Group which deserves your attention, because this development will very likely affect the future of Salhouse more than many people imagine.

We also have what I hope is an interesting article recalling an unusual event in Salhouse history, on page 67.

Finally, many thanks to our loyal advertisers. Please support them.

Colin McCormick Editor

KEV'S BRAIN BUSTER—THE SAGA QUIZ



Recent News :-

- 1 Name the new Bob Marley film biopic.
- 2 Lioness, Windrush and Liberty are three new names for what in London?
- 3 Which country did world record holder marathon runner Kelvin Kiptum hail from, killed in a car crash?
- 4 How many Gladiators are in the new TV series of the same name?
- 5 Allwyn is the new owner of which well known gambling site?

Music-Name the Artists from these Song Titles::

- 1 Fox on the run, 1969
- 2 Rasputin, 1978
- 3 Rapture, 1980
- 4 Always, 1994
- 5 You're Beautiful, 2004

Around the World:

- 1 Which country's inhabitants in central Europe consume the most beer?
- 2 How many countries names end with the four letters 'stan'?
- 3 What is the second biggest Spanish city by population?
- 4 Name the smallest North American state by area.
- 5 Machu Picchu is found in which country?

Name the Colours:

- 1 Center spot, or bull, on a competition archery target.
- 2 Mickey Mouse's shoes in most Disney cartoons.
- 3 Biggest selling car colour of 2023 in the UK.
- 4 Central line on the London tube map.
- 5 Colour of most common toilet paper in France.

Answers on Page 73

From The Parish Council

Spring is just round the corner, hopefully it will bring some better weather. It has been a wet start to the new year and flooding has been a serious issue for many Parishes. Some of our roads and footpaths in the village have been badly affected but have been reported to Highways and hopefully once the water recedes investigations can take place to see if any improvements can be made to prevent this happening in the future.



The Parish has also had a crop of burst water mains needing road closures which can be an inconvenience but are necessary for the work to be done safely. The Council has requested more informative signage to assist with the diversions which are put in place.

The Parish Council recently held a meeting with surrounding parishes to discuss the issue of the large amount of development coming to the area and the larger picture of infrastructure issues these will create which will affect not only our Parish but the surrounding ones and even a knock-on effect further afield. Our local roads are already busy before more development comes. The next step is a meeting with NCC Highways to discuss concerns raised.

GT16 North Rackheath Development (Planning Application 20220663) is still awaiting the revised Masterplan submission to the District Council. This will then give an opportunity for everyone to comment on the plans. There is a separate report from the Working Group on page 12-13 with further information.

Within the village itself the Parish Council has received concerns about car parking on Lower Street and Cheyney Avenue. These are on going problems which Highways and the Police are aware of.

Previously the Parish Council had successfully bid via the NCC Parish Partnership scheme (where NCC and the Parish pay 50/50 for the project) for a trod path along **Honeycombe Road**. A grant had also been received from Broadland District Council for this two-phase project, meaning the cost to the Parish itself was minimal. However, the Parish Council has recently been informed from Highways that following many discussions with a local landowner and revisiting the design it has now been decided that unfortunately this trod path will no longer go ahead. The Council is extremely disappointed as this would have created a safe walking route for pedestrians along this 60mph stretch of road.

Howletts Loke should soon see a new dog/litter bin installed. This is to replace the dog bin which has been stolen twice and hence will be placed in a new location where footpaths 4 and 5 meet at the crossing point over the railway line.

It is an offence for a person in control of a dog not to clear up the dog mess immediately, on any land that is open to the air and to which the public is entitled or permitted to have access (with or without payment).

For further information or to report dog fouling please go to the BDC website: <https://www.southnorfolkandbroadland.gov.uk/neighbourhood-issues/dog-fouling>

Over the last few months the **Recreation Ground** has seen various improvement works carried out, with the main project being the resurfacing of the car park, but also a new larger litter bin, hedge cutting all around and cutting of vegetation to improve the entrance visibility.



The **Annual Parish Meeting** is being held on **Wednesday 17th April 2024 at 7pm** in the Jubilee Hall. This is not a Parish Council meeting. The purpose of this meeting is to give the Parish Council, and other local organisations an opportunity to let residents know what they have been doing over the past year. The meeting is open to all electors and is an opportunity to have a say on anything they consider valuable to the people of the Parish.

Finally, I would like to give thanks to the **volunteers in the Community** who give up their time to help keep the village looking tidy, attractive, and safe – so thanks to Team Salhouse, Community Speedwatch and Defibrillator volunteers – your help and support is greatly appreciated!

The Parish Council has recently seen the resignation of Helen Reeve and would like to thank Helen for her help and support whilst in this role - we wish her well.

This leaves **two Parish Council vacancies** to be co-opted:

- Do you have time or expertise which could benefit your Community?
- Do you want to make a difference to all those around you?
- Are you concerned about your local area?
- Do you want to represent the views of local people?

If you would like to be involved in shaping the future of your local Community, why not step forward and apply to fulfil this role?

Please contact the Clerk for further information: clerk.salhousepc@gmail.com

Robert

Robert Cooper

Chair of Salhouse Parish Council

Salhouse Parish Council

Chair:	Robert Cooper	
Vice Chair:	David Francomb	
Councillors:	Nick Ball	Julie Redburn
	Andrew Peachment	Lynn Yallop
	John Leathers	Gary Browne
	Wendy Browne	(two vacancies)
Tree Steward:	James Cleaver	Tree Adviser: Ian Flatters

All correspondence should be addressed to the Clerk: -

Parish Clerk & Responsible Financial Officer:

Mrs Sarah Martin

Spinners Cottage, 18a Honing Row, Worstead, Norfolk NR28 9RH

Phone: (temporarily unavailable)

Email: clerk.salhousepc@gmail.com

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

Local Council Roles and Responsibilities

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

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

Broadland District Council is responsible for:

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

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

Norfolk County Council provides strategic and bigger budget services to the County, including Highways, Social Services, Trading Standards, Fire and Rescue, Transport, and Education - <https://www.norfolk.gov.uk/>

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

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

Flooding Hotline call 0344 800 8013

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

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

If people or property are in immediate danger from floodwater

Call 999 Immediately



Salhouse Parish Council Meetings Spring/Summer 2024

Monday 8th April

Monday 13th May - (Annual Parish Council Meeting)

Monday 10th June

Monday 8th July

No meeting scheduled for August

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

The Annual Parish Meeting will be held on Wednesday 17th April at 7pm

Village Website: due to the retirement of the Webmaster and the software being no longer supported, the **salhousevillage.org** website is not being updated, but it may still be found by some search engines. Information is liable to become increasingly out of date. We regret we have no control over this.

PC 855 Al Jennings

Beat Manager—Thorpe St.Andrew

Email: SNITThorpeStAndrew@norfolk.police.uk

Phone: 101—ext.6724

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




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 - The Avenues, Wroxham
 - Salhouse Road, Rackheath
 - Norwich Road, Rackheath
 - Honeycomb Road, Salhouse
 - Norwich Road, Salhouse

 **Inspector Andy Terry**
Local Policing Commander

 **PC Vicky Bailey**
Engagement Officer

 **PCs Andy Mason
and Al Jennings**
Beat Managers

 101 Ext: 6741

 Andrew.Terry@norfolk.police.uk



 101 Ext: 1113

 Victoria.Bailey@norfolk.police.uk



 101 Ext: 6727

 Andrew.Mason@norfolk.police.uk
&
Al.Jennings@norfolk.police.uk



 SNITThorpeStAndrew@norfolk.police.uk

 [/BroadlandPolice](https://www.facebook.com/BroadlandPolice)

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



County and District Councillors' Report

Potholes are high on our list of concerns this time of year, so we are really pleased that Norfolk County Council (NCC) have resurfaced the Salhouse Rd in Rackheath. Along with local residents we lobbied NCC and are pleased to see a positive outcome for everyone. With 6000 miles of roads in Norfolk, you are more likely to see a problem before we do. Reporting it yourself will be the quickest way to get things done. Via the website: www.norfolk.gov.uk/roads-and-transport/roads/report-a-problem you can report issues with street lighting, public rights of way and Norfolk trails, not just roads and potholes. Just take a picture and upload it on the website, or call on 0344 800 8020, the more detail you can offer the better.

Street signs are managed by Broadland District Council. If you see a broken sign you can report this on the website:

www.southnorfolkandbroadland.gov.uk/planning/street-naming-numbering,

email: streetnaming.bdc@southnorfolkandbroadland.gov.uk or call 01603 431133.

On 31st January a delegation from Norfolk visited Parliament, led by NCC Leader Cllr Kay Mason Billig and the Chair of the Norfolk Strategic Flood Alliance, Henry Cator. Meeting with MPs (on the 71st anniversary of the 1953 North Sea Flood) they explained the risks Norfolk faces and how those risks could be addressed.

Kay and Henry argued that we face regular risks of flooding (as demonstrated recently), with Norfolk ranked tenth most at risk of surface water flooding out of 149 local authority areas. The North Sea exposes Norfolk to tidal threats, as well as significant coastal erosion. It is estimated that in North Norfolk alone approximately 1,030 residential and commercial properties could be lost to erosion by 2100. That number could be up to 10,000 across Norfolk if nothing is done.

Every pound spent on coastal flood defences saves approximately £12 worth of damage being wrought on homes and businesses, and untold misery for people affected. In January Norfolk County Councillors unanimously voted for real action and to lobby for a Minister for the Coast. I am sure Kay and Henry made certain our argument was heard loud and clear.

If you have a concern about flooding in your area, contact the Norfolk Strategic Flood Alliance on 0344 8008013. This helpline will ensure your concerns are directed to the right agency, wherever you live in Norfolk.

Good news for those of us starting our DIY projects. Following changes made by NCC, you will be able to dispose of small amounts of DIY waste at Norfolk's Recycling Centres free of charge. You can now bring a maximum 100 litres (must fit into 2 x 50l bags) for free or one single item (maximum size of 200cm x 70cm x 75cm), with four free visits every four weeks. Larger amounts and trade waste will still be charged at normal rates. Traders must continue to pay for DIY waste. For more information visit www.norfolk.gov.uk/DIYwaste

From 1 February 2024 all Norfolk residents who hold a disabled concessionary travel pass will get free bus travel 24 hours a day, seven days a week, across Norfolk. The cost is estimated at £50,000, which will be funded through NCC's public transport budget, provided by the Department for Transport.

Working together we can do more and make our communities even better.

County and District Councillors

Fran Whymark and Martin Murrell

Martin Murrell

Broadland District Councillor for the Wroxham Ward

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

Tel: 07958 393059

Fran Whymark

Broadland District Councillor for the Wroxham Ward

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

Tel: 07907163123

County Councillor for the Wroxham Division

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



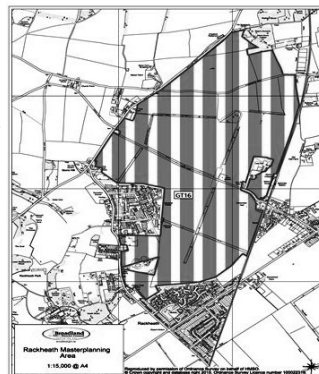
CLlr Fran Whymark



@CLlrFran

North Rackheath Development (GT16) Working Group

Many thanks to all those residents who attended the second Taylor Wimpey (TW) consultation sessions on Monday 22nd January in Rackheath and Friday 26th January in Salhouse. It is clear from the draft revised high-level plans, that TW have listened to the feedback and are paying attention to what you would like to see re the use of green space, commercial outlets, community and leisure facilities, point of closure on Station Road and the traffic impact generally across not only Salhouse but neighbouring parishes, especially at school drop off times.



Taylor Wimpey hosted several of the SPC Working Group for a site visit on 7th February at Heather Gardens in Hethersett to give us a flavour of what the development would look and feel like. Also in attendance were Parish Council members from Rackheath and the consultant that Rackheath Parish Council have commissioned to assist them in updating their Neighbourhood Plan. Please note that SPC will be seeking external support as we commence the update of our Neighbourhood Plan towards the latter part of this year. A full report of the TW site visit was presented with the full SPC committee papers on 12th February but in summary:

- TW is aiming for a formal Planning Application for Phase 1 to be submitted in October 2024.
- Phase 1 would see the entrance for building works to be off Green Lane West. Rackheath Parish Council have raised concerns that the road is not fit for heavy goods vehicles so works will need to be done on the road to make it safe to support HGV traffic which TW acknowledge and will accommodate. This Phase 1, as per current plans, looks like Atlantic Avenue in Sprowston with houses backing onto the main road but parking in the roads as well. So, this does raise concerns re residual width of road. TW have commented they will take another look at that.
- As part of Phase 1, the wastewater treatment centre will be built at the same time, and this is planned for the Wroxham Road border. We discussed at length the impact this will have on all parishes both in terms of aesthetics (TW have stated it would be shielded by vegetation) and odour and so the SPC working group will be focussing significantly on this going forward.
- Building hours will typically be 7.30am till 5pm (Monday to Friday).
- TW is aiming to develop between 60-100 houses per year on the site, but this will be sales demand dependent.
- It is highly likely TW will sell elements of the land to other developers but with TW remaining the overall lead developer and having oversight of entire project, i.e., other developers will have to comply with build designs TW stipulate.

- TW confirmed while their plans will include space for areas such as schools, shops, doctors, that it will be up to the relevant authorities, i.e., NHS, County Council to then build and maintain them. Consultation with public transport services, i.e., bus services, Network Rail re extended parking at the Salhouse railway station, etc will all need to be discussed separately but TW willing to support such conversations.
- TW estimate that 10% of the overall project will be social/affordable housing.
- There will be more regular meetings with all relevant parishes, so the Working Group need to agree cadence of meetings and who attends, including other meetings with key stakeholders such as Highways, Education, Network Rail, NHS, District and County Councillors, etc.
- TW believe their works will help alleviate the flooding issues we regularly see under the railway bridges at Station Road and Stonehouse Road.
- We understand that TW have been and continue to be in talks with horse groups re bridle paths on the new development.
- TW are proposing to only put lighting on main strip roads – each house will have its own light sensor and EV charging point. So, this does mean that for cycle/walking routes after dark will not be lit.
- On the site we visited it is clear they have considered wildlife a lot and there are newt tunnels, bug/bee houses, etc – so in terms of wildlife they have given that a lot of thought and that thinking will transfer to the Rackheath GT16 Development.

Immediate next steps/key considerations in relation to Salhouse:

- To set up more regular meetings with all relevant parishes so we can continue to influence the development outcome and be able to keep residents up to date with progress/decisions.
- Agree a cadence of meetings with all stakeholders such as TW, Highways, Planning, Education, Network Rail, NHS, District and County Councillors, etc, as they will have significant decision-making authority on the development design and again, we will need to continue to influence those decision makers to ensure the best outcome for our residents.
- Focus on the impact of the wastewater treatment centre and work with TW and the relevant stakeholders to minimise the associated odour and aesthetics that will accompany this.

The **SPC GT16 Rackheath Development Working Group** will continue to provide an update to residents via the **SAGA**. In the interim, for any further information/updates please regularly visit the SPC website and Facebook page, the TW website, Broadland District Council planning website, and everyone is always very welcome to attend the monthly SPC meetings. In addition, any questions can be emailed to the SPC Clerk: **clerk.salhousepc@gmail.com**

A Message from Joyce Newstead



Thank you to all my friends in Salhouse who have sent greetings and good wishes since I moved just before Christmas.

I am now staying in a very comfortable care home, with my own private room and my own direct line phone. The Manor House is situated in its own grounds in a secluded setting in North Walsham Woods. My room has French windows looking out over the garden, where I hope I will be able to sit out when the weather gets better, surrounded by beautiful birds and wildlife.

If you are in the area, please feel free to drop in, or you can call me on my direct private number (01692 409796).

Best wishes to all,

Joyce

The Manor House Care Home
Skeyton Road
North Walsham
NR28 0LU

Salhouse Rovers Under 9's

Salhouse Rovers U9s Football Club are moving to under 10s (year 4 moving to year 5) next season and are looking for sponsorship to enable us to purchase a new football kit for next season?

We train on a Monday evening, are based at Salhouse Recreation Ground at Thieves Lane and play on Saturday mornings.

In addition if you have anyone within this age group keen to get into football please feel free to contact me.

With thanks

Adrian Willis 07720670655 /
adrian_willis@hotmail.co.uk



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SALHOUSE READING GROUP



We have a new title and found a new home for our monthly reading group meeting.

We will still meet on the first Thursday of the month at 7.00 p.m. Our new venue is Jubilee Hall, slap bang in the middle of the village, so no excuse for not joining us. Tea and coffee is available if required.

For existing residents, if you feel the need to expand your reading, join us. We promise we won't hold it against you if you hate the books the readers choose, but your choices can be included and perhaps broaden our reading habits.

If you would like any further details please call 01603 720049 or just come along, we would like to meet you.

Our forthcoming titles are listed below:-

- 4th April 2024 - The Etymologican - Mark Forsyth
- 2nd May 2024 - In the Heart of the Canyon - Elisabeth Hyde
- 6th June - The Lost Apothecary - Sarah Pinner
- 4th July 2024 - Death comes to Pemberley - P. D. James
- 1st August 2024 - The Immortalists - Chloe Benjamin
- 5th September 2024 - A Single Thread - Tracy Chevalier
- 3rd October 2024 - Demon Copperhead - Barbara Kingsolver

Julie and Carol



Health Matters – Spring 2024

*An occasional update from
Hoveton & Wroxham Medical Centre*



The NHS Digital App: In the coming months people attending the surgery will notice that we are promoting the NHS digital app. More information can be found here:

[About the NHS App - NHS \(www.nhs.uk\)](https://www.nhs.uk)

The app can be downloaded onto smartphones and repeat prescriptions can be ordered and records viewed. In the future there will be a growing number of services via this route.

If you require help downloading the app please ask reception. You may also see members of our patient participation group in the waiting area from time to time who will be willing to help people with the app and explain the benefits of the app to people.

Hoveton and Wroxham Medical Practice Patient Participation Group (PPG): We have a very active and enthusiastic Patient Participation Group (PPG) who meet regularly and support patients and the practice by arranging events such as the Health and Wellbeing events.

The PPG are very keen to speak to anyone with a few hours spare a month to help at their meetings and at events and activities in the future. If you are interested in registering your interest which will not commit you in any way, please go to:

[Patient Participation Group Registration | Hoveton & Wroxham Medical Centre
\(hovetonandwroxhammedicalcentre.nhs.uk\)](https://hovetonandwroxhammedicalcentre.nhs.uk)

Measles: The media have reported increased cases of measles in the Midlands. The NHS have information here about measles: [Measles - NHS \(www.nhs.uk\)](https://www.nhs.uk)

If you suspect a case of measles in your family, please contact the surgery by phone or online (please **do not** visit the surgery). The reception team will advise you on next steps.

Measles is highly contagious and healthcare staff will need to wear fully protective clothing before reviewing a suspected case of measles. Please be patient whilst clinical staff get organised to review your family member. If you have a child that is not fully vaccinated or an adult who has regular contact with children that are not fully vaccinated and you wish to have improved protection, please contact the surgery for an appointment.

Healthwatch Norfolk: The Healthwatch Norfolk team visited the practice recently to gain feedback on patient experience at the practice. We encourage people to share their experiences with us. If the experience is negative, we are keen to investigate and learn to improve for the future. Please let the practice know your experience or you can report your experience to Healthwatch Norfolk directly:

[Hoveton and Wroxham Medical Centre Healthwatch Norfolk](https://www.healthwatchnorfolk.org.uk)

Spring Covid Vaccination Campaign: If you are aged 75 years and older, or in a care home for older people or on immunosuppression treatment you will be approached and offered another covid booster this Spring.

Heather Leishman, Practice Manager

email: heather.leishman@nhs.net

Wroxham, Hoveton & Belaugh Voluntary Community Care Transport to Medical Appointments

Charity No. 1044332

Do you need transport to and from any type of medical appointment ?

01603 784455

We take people who are REGISTERED at Hoveton/Wroxham Medical Practice and live in the above or surrounding villages, including Salhouse, Rackheath, Horning etc. **to and from the Doctors, Dentists, Opticians, Hospitals etc. for a set fee to cover fuel costs**

Note- We have wheelchairs to assist but none of our cars is wheelchair accessible.

We are a Charity urgently in need of drivers to join our band of volunteers to take people to medical appointments. This much needed transport service provides assistance for anyone registered at Hoveton and Wroxham Medical Centre. Our area includes our surrounding villages but only for those people registered at this practice. Since we extended our area of service to include Salhouse, Rackheath, Horning, etc. the demand for our service has doubled which is why we need more drivers, particularly those living in these villages.

Our service takes people to and from all forms of medical appointments including Hospitals, Dentists, Opticians as well as the Surgery.

Drivers are reimbursed to cover fuel costs etc. and all have to be fully vaccinated, own a mobile phone and are DBS checked.

Remember, one day you may not be able to drive yourself !

If you own a car and can spare a few hours a week, please contact us on

01603 784455 or email lizandterry@btinternet.com

PLEASE HELP US -WE NEED MORE DRIVERS



From the Rectory

Dear Friends

High on the moors of Scotland in the winter season, men go out to set fire to the old heather. By now the heather is all twisted and gnarled; it no longer produces for the birds and even the moorland sheep are in danger of pulling their teeth out tugging at it. The heather has become useless to the life it normally sustains. So it is burnt with controlled burning. In the flames it may look as if it is totally destroyed, but it isn't. Under the ground it's roots are safe. In the spring the old heather is gone, but little shoots appear. The heather is rising from the earth and soon will appear as fresh and useful as ever. What was destroyed is back with newness of life. Out of what looks like black nothing comes the joy of new growth.

In many ways that is the story of Easter.

In our increasingly secular world, we often skip Good Friday and go straight to Easter Sunday. Yes, we have a holiday but we don't stop to reflect on why we do. It has been said that we cannot experience the joy of Easter until we have experienced the devastation of Good Friday. Christ had to die in order that he might be raised from the dead. The resurrection shows us that out of the most despairing of times can come hope and joy. What starts on Good Friday as the story of an ending becomes the story of a new beginning on Easter Sunday. Hope emerging from despair that is the miracle of Easter, and that's what we celebrate at Easter.

From out of the gloom of the tomb comes a bursting forth, in much the same way as chicks burst forth from eggs, flowers from buds or new heather springing from burnt moors, it's a joyous moment of new beginning. There's a lovely line from a hymn which talks of the resurrection as "Christ bursting forth into glorious day", that line captures the wonderful picture of the resurrection.

The resurrection promises us new life, a new life that goes beyond our earthly life, a hope and joy not just for now but for eternity. Through the cross on Good Friday we can know God's love for us and through the resurrection on Easter Day we have the hope and joy of new and everlasting life.

May you know the love of the cross and the hope and the joy of the resurrection this Easter.

With every blessing

Darleen

As always, Darleen is available to visit at home or in hospital whether you are ill, recovering, or just want to see someone, please telephone. Communion at home can be arranged for those who because of illness or frailty cannot attend church, again please telephone. Enquires for Baptisms, Thanksgiving Services, Weddings and Services of Blessing after a Civil Marriage or Partnership are always welcome please telephone or email. On the sad occasion of a bereavement please contact Darleen or ask the Undertaker to do so to arrange a service in church or at the crematorium.

Rector: Revd Darleen Platin, The Rectory, 56 Green Lane West,
Rackheath, NR13 6PG. Tel: 01603 720966.
Email: darleenplatin@btinternet.com



Services for Holy Week and Easter in the Bittern Benefice

Palm Sunday (24 th March), 10.30am,	Holy Communion at Rackheath.
Maundy Thursday (28 th) 9.30am,	Holy Communion at Rackheath
Good Friday (29th) 10.30am,	Good Friday Worship at Rackheath. followed by hot cross buns & coffee.
Sunday (31st) 10.30am,	Holy Communion at Rackheath.

Regular Services in The Bittern Benefice

All Sunday services are held at 10.30am and rotate around the Benefice. Please see the church noticeboard for up to date details.

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

Christenings (Baptism)

If you are thinking about having your baby/child christened, please contact Revd Darleen for details of how you can arrange to have the service at one of our 5 Churches, Gt. Plumstead, Lt. Plumstead, Salhouse, Rackheath or Witton. Services, are normally held on a Saturday, or on a Sunday afternoon. The service typically last 30 minutes, you can choose readings & hymns (or not) and the service sheet is personalised to your child. There is no charge for the service (only for any extras you choose to add, such as an organist). We have an inclusive approach and welcome everyone who would like to bring their baby/child to be christened. We also offer Baptism for adults.

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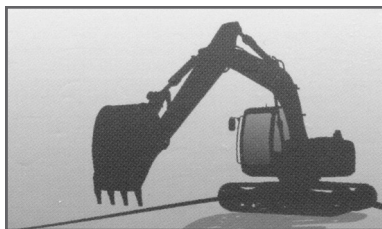
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**SALHOUSE UNITED CHARITIES
here to ease the *pinch***

**The trustees of Salhouse United Charities are
Pauline Garner (Secretary), Graham Johnston, Martin Murrell (Vice-
chair), Stephen Piper (Chair) and Rev Darleen Plattin.**

Rackheath WI Evening Institute



Rackheath WI are already enjoying a busy 2024 with lots of activities planned for the coming year.

We ended 2023 with a Christmas Party at The Cottage in Thorpe St Andrew. A super evening enjoying good food, good company and dancing the night away to music from The Squee Gees.

In January a party went to see the Norfolk & Norwich Amateur Operatic Society with an excellent production of Betty Blue Eyes at the Theatre Royal. As usual we enjoyed a pre-theatre meal.

Our speaker at the January meeting was Maria Pennington telling us the History of Diamonds. Always a popular speaker, we were grateful to Maria for stepping into the breach when our scheduled speaker had to cancel.

February is our Annual Meeting when we elect a President and Committee for the coming year. Business is followed by a shared buffet supper, table quizzes and social chat.

The wet weather abated in time for us to enjoy a Snowdrop Walk in the grounds of Horstead House. A beautiful, hidden gem where we walked, taking in the lovely snowdrops and views across the River Bure. Lunch at the Piece of Cake cafe rounded off a lovely trip.

In March the Norfolk Federation Annual Meeting will be held at Norwich Theatre Royal. Always an enjoyable occasion, when apart from the business of the meeting we have a chance to meet up with WI members from all over Norfolk and look forward to a celebrity speaker, this year Janet Street Porter.

The programme booked for the next 6 months includes; -

March 21st Peter Goodrum—talk on Jarrolds.

April 25th 43rd Birthday Celebrations.

May 23rd Quiz & Chips night with guest WIs.

June 27th Andy Malcolm The True Cost of Fish.

July 25th Flower Arranging with Peg & Trudy.

New members are always welcome to join us. **Please contact Frances Pointer 01603 720796 or Jane Nock 01603 438363.**

Rackheath Pharmacy

We are now taking covid-19 vaccination bookings for anyone over the age of 75 or turning 75 by June 30th, 2024, or anyone immunosuppressed and clinical risk groups over the age of 18.

Please call to book on 01603721 156 or come pop into the pharmacy



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Wroxham Library



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

NEW Computer Buddy If you need internet and digital support, including help with your tablet, smartphone, or email. Every Wednesday 1 – 3pm. Half hour appointments, booking will be essential. Please contact the library for more details.

- **Keep Warm and Well this winter** Visit your local library to pick up Free winter essentials including:- a blanket; hot water bottle; toiletries bag. Free hot drinks are also available during staffed times.
- **Autism Social Group** Come to a friendly social group for a cuppa and a chat. No need to book, all welcome. First Monday of every month 1-3pm.
- **Crafting** Alternate Saturdays (staff dependent), 10.30am – 3pm. Aimed at children aged 5 -11 (under 8s require supervision).
- **Coding Club** Every Saturday 2-3pm, Ages 7 -11, limited to two spaces. To book a place please call us on 01603 782560 or email Wroxham.lib@libraries.norfolk.gov.uk
- **Knit and Natter – not just for knitters!** Bring your embroidery, textile, or crochet project along to our informal gathering. Thursday 7th March, 2.00- 4.00pm and Thursday 21st March 2.00 – 4.00pm.
- **Crib Club** (Cribbage card game) – new players welcome -Thursday 14th March 2.00-4:00pm. Please bring your own board and cards if you have them.
- **Scrabble Club** Last Thursday of each month from 2.00-4.00pm. Thursday 28th 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/bipc-norfolk
- **Just a Cuppa**, every Tuesday 10.00 – 12pm. Come along for a friendly chat over a cup of tea or coffee and a biscuit.

- **Our Bounce and Rhyme** sessions take place on Wednesday at 10.30am. No need to book just drop in and sing along!
- **Story Explorers**, is a reading adventure for children aged 0 – 5. To sign up and find out more, simply visit the library and speak to a member of staff.
- **Family History** – Use our free access to Find My Past any time the library is open. Drop-in on Wednesday and Friday evenings between 4.00pm and 6.00pm to get advice from Diane, our family and local history expert.
- Book one 60 or 120 minute session per day on a computer. Contact the library on 01603 782560.
- Return items through the drop box or self-service kiosks
- Download the FREE Spydus app to check out books on your smartphone
- Download eBooks, audio books, newspapers and magazines by visiting www.norfolk.gov.uk/libraries
- Use our self-service Baby Weigh Scales on request.

Housebound Library Service

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

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

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

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

www.norfolk.gov.uk/libraries

To see our email disclaimer click here:

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**Wroxham Library, Norfolk Library and Information Service,
Norwich Road, Wroxham, Norwich, NR12 8RX Tel: 01603 782560**

FROM THE SALHOUSE BROAD RANGER

What a wet winter we've had! 2023 was one of the wettest on record for Norfolk and didn't we know it. With higher-than-normal rainfall combined with high tides, we've had to contend with some very high-water levels at Salhouse Broad. When high winds were added into the equation along with waterlogged ground, we were very worried about the fate of our trees. We were very lucky though and the trees, for the most part, held firm. We carried out some path repairs where the path was starting to disappear into the ditch, but otherwise we fared well. Phew!



The high-water levels, however, have prevented City College coming back to continue work on the Wherry Cut boardwalk replacement, but fingers crossed work will be underway after the February half term break. Please note while the work is taking place, the boardwalk will be closed, so please bear with us.

If you would like to sponsor a plaque on the boardwalk and help support the replacement works, please get in touch with Kelly (contact info below). So far, the plaques have proved very popular, and we love reading the messages on them; some heartfelt, others very funny. We would love to know what your plaque would say.

If you have walked down to Salhouse Broad recently, you may have noticed that an area of willow has been cut down and removed. This is the beginning of a conservation project to restore the reedbed. Over the years, willow has taken hold in the reedbed and if not managed the area will eventually, through succession, turn to woodland.

Reedbed habitat is in sharp decline across the UK and the world. Allowing the reedbed to flourish once again will provide essential habitat for birds like reed warblers, Cetti's warbler, reed buntings and more besides. Who knows, we may even see bitterns in the years to come.

Talking of reedbeds, if you've been visiting Salhouse Broad long enough you will know there has been a project to restore the 'spit' area to the west of the Broad by creating a reedbed. This project is still being monitored by us and the Broads Authority, who have been involved in the project from the start. We are looking to add more dredgings to the middle where the water level is higher than desired and, in the meantime, manage the willow that is growing there too. Hopefully in time this will increase the area of reedbed habitat for wildlife at Salhouse Broad.

We will be opening for the season on Saturday 23rd March with familiar faces from last season, so please stop and say hello! Also, please note if you're local and walk down to the broad and want to hire a canoe or kayak, tell the Ranger you walked down, and you'll get a 10% discount on canoe and kayak hire prices.

Or if you'd prefer to own your own Canadian Canoe, we will be selling some of our canoes, so if you are interested in buying one, please get in touch.

We hope to see you this season, whether walking your dog, taking a stroll, hiring a canoe, or enjoying a cuppa and cake from The Hungry Otter. We have all our fingers crossed for a drier season, please cross yours too!

Kelly and The Ranger Team, Salhouse Broad

01603 722232 (please note number change)

theranger@salhousebroad.org.uk



It is very good to be able to report that we have, at last, been able to move the project to save the remaining station building at Salhouse forward.

We have finally been able to gain access to the building to facilitate an inspection by Rod Shelton, historic buildings consultant, who has provided us and SAVE Britain's Heritage with a highly comprehensive report that assesses the condition of the building and identifies the essential repairs necessary to prevent further deterioration of the building. It also assesses the likely repairs required to refurbish the building for reuse.

The report states that: "The building appears to be structurally sound and at rest. The principal issues concern the condition of the tiled roof and chimney flashings, the lack of rainwater goods to the east (rear) elevation and leakage in the canopy abutment gutter adjacent to the building. It is recommended that these items receive priority attention to prevent further water ingress and decay".

"The interior is in poor order decoratively and there is some minor fire damage to the ladies waiting room. There is some rot in skirting boards, some settlement of the suspended timber floor in the general waiting room and physical damage to door panels but much of the window joinery is in relatively good condition. A thorough refurbishment will be required before the building can be put to reuse."

Given that the building has been out of use since 1966, the building has stood the test of time reasonably well. The report provides us with detailed information as well as a schedule of works required in the immediate and longer terms.

On the back of this, we have now been in touch with a Greater Anglia approved building contractor, Ilford-based Capel CS. They visited the station in February for an exterior inspection and we now await their costings to undertake the various stages of the work required.

Our next step is to engage with Greater Anglia and, to that end, we are seeking advice from a number of other parties, including the East Anglian Railway Museum, to ascertain how we can best bring Salhouse station further up their priority list.

The photos on page 38 show the condition of the building as it is today. We do have one appeal at this early stage: does anyone know the whereabouts of a Great Eastern Railway fireplace?

If you would like to donate to the Salhouse Station Group, please scan the QR code. For more information about the project or to get in touch, please email:

salhousestation@gmail.com.

Peter Treglown





ABOUT US ...

Hoveton SurgiCentre is a private medical clinic where patients can have minor outpatient procedures to remove small skin lesions, lumps & bumps, haemorrhoids, ingrown toe nails and/or seek advice and treatment for ear wax removal.

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Mr Vamsi Velchuru MRCS FRCS(Edin) FRCS(Gen. Surg) MIS(Chicago)

Mr Velchuru is a consultant general, laparoscopic, and colorectal surgeon who specialises in colorectal surgery, emergency surgery, advanced laparoscopic surgery, hernia surgery, fistula surgery, haemorrhoids, proctology, as well as gastrointestinal endoscopy.

Mr Velchuru qualified from the prestigious JJM Medical College in 1992 with an MBBS, before being granted a fellowship in minimally invasive and robotic colorectal surgery at the world-renowned UIC Medical Centre in Chicago, which he successfully completed in 2012.

Mr Velchuru is the current quality improvement lead and foundation year programme director at the James Paget University Hospital and the medical school lead at Norwich Medical School.

Call 01603 782885 for further information and/or to book a consultation.

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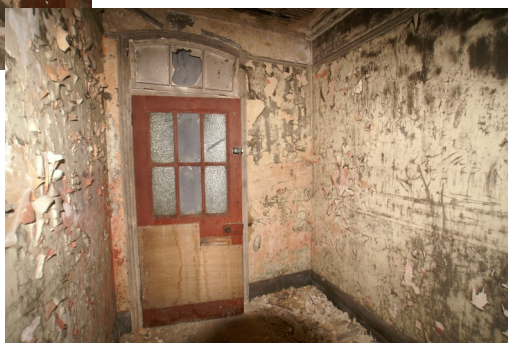
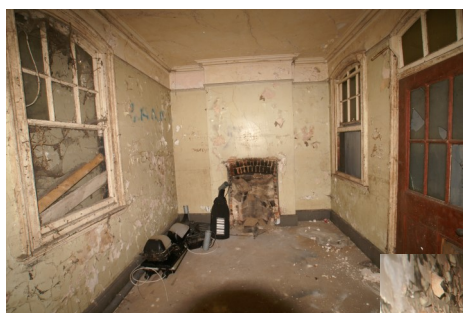
Further Information

Please get in touch with Lee on 01263
478188 or email
officemanager@allcarecommunity.co.uk





Salhouse Events Team Christmas Quiz, 16th December 2023.



Salhouse Station—a rarely seen view of the two waiting rooms showing there is a lot of work to be done



Rackheath WI members with Humphrey Repton in Catton Park



Salhouse Cubs delivering a Christmas hamper



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Spring at Salhouse Garden Centre...

- **Flowers** - A wonderful selection of quality primroses in a glorious array of colours plus planted up bowls, pots and house plants
- **Bedding Plants** - Our spring bedding plants will be here from late March onwards
- **Seeds & Bulbs** - Seed potatoes, veg and salad seeds, summer flowering bulbs
- **Gift Shop** - Our Gift Shop is open to browse for Cards & Gifts



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WROXHAM FLOWER CLUB



Wroxham Flower Club welcomes visitors to join us at our meetings on:

Wednesday 10th April

Maddy Bradley: *'Let Spring Begin''*

Wednesday 8th May

Rakha Naidoo: *'Inspirations of India'*

Wednesday 12th June

Graham King: *'Inspirational'*

(our Open Meeting—please contact us to purchase a ticket—
additional charges may apply).

All meetings are held at:

Rackheath Village Hall, Green Lane West, Rackheath, Norwich, NR13 6LT.

Easy parking available. Doors open at 7.00 for 7.30 pm.

Demonstration arrangements can be won in the raffle.

Refreshments of home made cake, tea and coffee are served at the end
of the evening and visitors are very welcome at £8.00 per person (cash/
cheque).

For further information please contact :

wroxhamflowerclub55@gmail.com

Or ring Joanne Young 07709424493

40 Years of the Salhouse Saga : 1984—2024

April 2024 sees the 40th anniversary of the Salhouse Saga. What has changed in Salhouse over the past 40 years? What have we lost, and what have we gained? Issue no. 1 of the Saga tells us a lot about what it was like living in the village in those days.



Tookes' shop and PO

In 1984 the village had a church and two chapels, two pubs, two general stores, including a Post Office, a butchers, a hairdressers, 'Salhouse Equestrian Centre' on Lower Street, and 'Salhouse Service Station' on Mill Road, offering garage services and petrol. There was a range of small engineering businesses behind the service station. All the village's retail businesses advertised in the magazine.

Socially, there were a mother-and-toddler group, a play group, a youth club, two WI groups and a thriving bowls club with a bowling green on land adjacent to the pub, all of which are sadly no more. The 'new' primary school in Cheyney Avenue was only 8 years old, and the 'old' school on Lower Street was left largely unused and falling into disrepair. The Village Hall was a second hand former army hut situated where Brian Cooper Court is now.



Salhouse Equestrian Centre



Salhouse Service Station

In 2024, we still have All Saints' Parish Church, but services are no longer held there every week. The Methodist Chapel on Lower Street closed and although only a relatively new building, was demolished and replaced by houses nos. 31 A,B & C. The Baptist Chapel on Chapel Loke closed in 2023.

We still have two pubs, recently refurbished, but all the old shops and the Post Office have gone, as has the Service Station. The pub bowling green was sold off a few years ago and is now a vacant plot. The Equestrian Centre closed in the early 00s and the buildings converted into housing, although there is a similar facility now on Station Road.

So, what have we gained? The first magazine contained details of the bus timetable, then run by Eastern Counties. We may complain about the current service to and from the City, but in 1984 there were just 3 buses into Norwich in the mornings only and 4 back in the afternoon and evenings Monday to Friday, with a reduced service on Saturdays and none at all on Sundays. Train services were broadly similar, but at that time all trains called at Salhouse Station, whereas today some no longer stop there. The old station buildings had already been semi-derelict for nearly 20 years by 1984, but in 2024 there is a renewed campaign to restore the surviving structure.



Methodist Church, Lower Street



Old Village Hall, Mill Road

Between 1996 and 2002, a huge community effort saw the old school transformed into the 'Jubilee Hall', a much needed and highly valued local facility replacing the old village hall. This must surely rate as one of the greatest community achievements in the village in recent years.

For many years now we have had the Salhouse Garden Centre just down

Honeycombe Road, and more recently a new Farm Shop and Farmers' Market at Black Barn Farm, and a recently opened dog-walking field. A new path along Bell Lane connects the village with the church and the footpath network.

On the social side, the football club continues at the playing field, and we now have a MUGA (multi-use games area), a more modern children's play area and adult exercise equipment. Scouts and Guides are as popular as ever and many social groups and activities continue to meet at the Jubilee Hall, including once a month we have the 'Mardle'. We also now even have an 'Events Team'!

Compared to 1984, very few older buildings have been lost, the most obvious being the former Brooksbank Cottage, a historic building which stood right on the corner of Bell Lane creating a blind bend that large vehicles had difficulty negotiating. It was demolished for a road widening scheme in 1986, which controversially resulted in higher traffic speeds around the corner.



Brooksbank Cottage c.1985

Out of sight of most of the village, Salhouse Hall was run down but still occupied by a tenant in 1984. After the turn of the century it became unoccupied and increasingly dilapidated and 'at risk', until 2016 when new owners began a project to restore it to its present magnificent condition in a very short time, a considerable achievement.



Salhouse Hall before restoration

The population of the village is now around 1800, in around 720 dwellings. This is more than in 1984, because then the parish boundary ran down the centre of Station Road, with the east side of the road being in Salhouse and the west side being in the parish of Rackheath. This confusing anomaly was rectified in 1999, when the boundary was moved to the railway line, so Salhouse gained a number of additional residents and properties, and a small industrial estate at Wood Green, although not everyone was happy with this move!

Throughout all these changes, the Salhouse Saga continues to publish articles of interest submitted by local organisations and individuals, supported by our advertisers (please support them) and delivered free to every home within the parish boundary as the only news medium that everyone can read without passwords or payment. We hope it continues to achieve its objective of providing news and information for the whole community.



SALHOUSE GARAGE SALE

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Team Salhouse welcomes the Spring

“Proud of our Village”

We have been quite busy since Autumn planting out the flower beds around the village and collecting the litter that seems to keep on appearing. The spring bulbs are now showing along the verges and we are lucky that the mild winter has brought them on early.



We would like to offer a big THANK YOU to the residents who live close to the flower beds for their help in watering and generally caring for the plants during the year.



The mild and relatively wet winter has left the verges quite soft and we would urge drivers to try and avoid parking on them, especially close to the school, as the grass is easily damaged and the mud left behind could cause pedestrians to slip.

If you have any questions or suggestions please phone
Malcolm on **721201**.

RIGHT PLANT, RIGHT PLACE

Spring is on its way, it's time to refresh your garden. At this time of year, there is a stunning array of plants but what to choose?

Will that gorgeous new plant thrive, merely survive or even die?

In the 1960s, gardener Beth Chatto popularised the concept of '**right plant, right place**'.



She promoted the idea that if you give a plant the right growing conditions, you give it the best chance of doing well.

Every plant has things it needs to grow well. These are related to temperature, where the light is, soil type, amount of space, and exposure to things like extreme weather and pollution.

Some plants love to grow in full sun, while others are happiest in partial shade or full shade. Some need a particular type of soil, others enjoy damp conditions, whilst some want it dry.

With today's changing climate and after a very wet winter, it helps to know what plants are most suited to your garden.

1. Work out the conditions that your garden provides for plants. Think about the amount of sunlight, your type of soil, moisture levels, and whether it gets extremes of temperature or weather.
2. Only choose plants that will grow in the conditions your garden provides. Look at the plant care label to see what it prefers, or if looking online, it will be in the plant description.
3. If you have plants that are not in an ideal spot, can you move them to a new location more suited to their needs?

Once you know a plant's ideal conditions, you can work out the perfect place for it in your garden.

And if your garden doesn't provide the right conditions for that plant? Put it back on the shelf and move on!

You can also use this method the other way around. Are you looking for a plant to fill a specific gap in your garden? Work out the conditions in that particular spot and then find the plant which is perfectly suited to them.

RHS Find a Plant is a good way to look for the right plant for your right place. <https://www.rhs.org.uk/plants/search-form>

Growing your plants in the right place is the most important thing you can do to keep them happy and thriving. Follow the simple approach of **right plant, right place** and you'll need less time and money to keep your garden looking good.

Sarah Oldfield

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SALHOUSE COMMUNITY EVENTS TEAM



We've had an amazing Autumn and Winter, with a wonderful barn dance and a fun-filled Christmas quiz. We hope if you came to either of them, you had a whale of a time.

Many thanks again to Jean and Mike for allowing us to use their beautiful barn to host the barn dance, and to the Jubilee Hall committee for all their help in hosting events and continuing to help us when we need support – including the loan of much-needed tables and chairs.

As always, a massive thanks to all our volunteers. When we decided to put on a barn dance, we thought, “that’ll be pretty easy”. It wasn’t! It tooks hours of prep and effort – so, if you helped even in a little way, we are very grateful.

Although both of those events were amazing in themselves, part of the purpose was to raise much-needed funds to contribute to more free events for the community as a whole – through ticket sales, bar revenues, raffles.

With that in mind, we're delighted to announce, for the second year running, we'll be putting on a big summer party on the recreation ground!

Put the date in your diary – **Saturday 6th July.**

We're going even bigger and better than the coronation celebration. More bands, more craft stalls, more food vendors. More time for all the fun, too: we'll be going from **noon until 9pm**. There'll be bouncy castles, football, bars, local crafts to buy, a craft tent for the kids.

We'll need more volunteers to help on the day itself – so if you're happy to spare an hour to help with parking, monitor bouncy castles, sell raffle tickets – drop us a line at salhousecommunityevents@gmail.com or have a chat with Graham & Helen at 51 Lower Street.

Also, if you're interested in hosting a craft stall, do get in touch.

See you in July!



1st Salhouse Beavers & Cubs

We finished the Autumn Term with the Group enjoying a visit to Norfolk Snow Sports club for a session of tubing. There were many of our Beavers who gained their Personal Challenge badge for having a go, which is what we like to see in Scouting. Another visit we had was to Seething Observatory, to help the youngsters with the Space badge for the Beavers and the Astronomy Badge for the Cubs.

They all enjoyed looking at the slides of the solar system, but the highlight of the evening was when the skies finally cleared and we were able to look through the telescopes to see the planets, which was the first time in many years that we had attended and were able to do this.

At the start of the Spring Term the Beavers looked at nature and the wild animals we have around us, especially our lodge animals, of hedgehogs, badgers and foxes. They found interesting facts and made bread hedgehogs, fox masks and Badger puppets. There was a nature quiz, and we were very impressed with the knowledge the youngsters knew on this subject.

Just before half term the Beavers had a sleepover at the Jubilee Hall, based on experiments. They had fun experimenting and predicting the outcome.

The sleepover was a first experience for many of the Beavers, who all did very well and had a fab time.

Now the lighter nights are with us we shall be spending more of our time outdoors and learning all about survival and backwoods cooking in the woodland area.

Future events for the Beavers include looking for frogspawn and tadpoles at the Broad and having a taster session of 'Street Dancing' and Roller Skating with the Cubs coached by our own expert skater, Max, who as a Cub, suggested the activity so he could help his friends learn to skate. Thank you Max.

The Cubs have been equally busy during the spring term, with one exceptional project and activity working really well and appreciated within the community of Salhouse.

As part of their World Challenge badge, the Cubs made 9 small hampers and delivered them to some of the elderly folk in Salhouse, who were very pleased and especially enjoyed talking to the Cubs.

The Cubs made a list of items they needed, then sent Akela to collect them. They wrote cards and packed and wrapped the hampers then delivered them leading up to Christmas.

The Cubs also enjoyed a session of electronics and made a tooth-brush robot which worked really well.

Future activities for the Cubs over the next few weeks include a Navigation Activity for the older Cubs, where they have a challenge of navigating to Cromer to buy a Blanket badge from the Lifeboat Station, followed by a sleepover back at the hall with all the Cubs attending.

Future Events for the Group include a Group Camp at Eaton Vale for the Beavers, Cubs and Scouts, all camping together, and a Sponsored Walk in May, along the Bure Valley Railway Footpath to raise funds for Caister Lifeboats.

We still have a dream of having our own premises, either in Salhouse, Woodbastwick or Rackheath but that's all it is at the moment, a dream, until we can find a piece of land to put a Scout Hut on. If anyone can help with this and suggest anywhere please let me know, it would be much appreciated. Thank you.

Unfortunately our waiting lists are full and I thank everyone for being patient but we have no spaces to fill.

Hopefully over July when the Beavers move up to Cubs and Cubs move up to Scouts there will be some movement.

We are still without a Beaver Leader within the Group and looking for a suitable person to join us in our Beaver Colony.

If there's anyone who can spare an hour of their time each week, please contact me for a chat and maybe a visit to see what we do at Beavers, it's worth a look and very rewarding.

Thank you for your time and remember, please give me a call or send an email if you can help in anyway.

All enquiries for Beavers, Cubs and General Scouting to

Jackie Rose - Group Contact - 1st Salhouse Scout Group.

Tel. 07780 604707

Email - jackierose@talktalk.net

1st and 2nd Salhouse Brownies



We spent December meetings enjoying Christmas crafts, finishing the term with a “Rescue the Reindeer” escape room themed evening, luckily the chocolate reindeers were all rescued before they melted!!

This term we have been working on our Reflect Skills Builder, learning about what makes us who we are, exploring our own community, culture, beliefs and values and deepening our understanding of others’ too. This has included learning about our genetic makeup and what makes us unique and learning about our personalities. We discussed if we were a brave lion, intelligent owl, playful panda or a mixture of all three? Music’s a great way to celebrate and express the things we care about most, the brownies made up a song celebrating our unit’s values

We also took a visit to Pets at Home where the great team there talked to the girls about caring for small pets and they got to hold Guinea pigs, Hamsters and Rats! I think they all went home wanting a new pet! -Sorry parents!!

We had a Magical Movie Sleepover at the village hall where we baked, made puppets and carried out a skit and of course watched a movie! We are looking forward to our next sleepover which will be back to sunny Cromer for chips and ice cream!

February saw us joining 100 members from the district for our thinking day celebration, these events are a great opportunity for the girls to get together with other units to make new friends, meet the girls who will be Brownies soon and greet old ones that are now Guides.

We will be ending this term with easter crafts, the brownies are going to recycle egg cartons into a spring floral wreath and bake mini egg cookies. Our last meeting of the term will be at Highball where the brownies will tackle the Climbing Wall!

If you would like to find more out about joining Brownies, then please contact Natalie on 07500 060818 or email

2ndsalthousebrownies@gmail.com or you can register your interest at <https://www.girlguiding.org.uk/joinus>



Salhouse Rainbows have had a busy few months, doing lots of activities to earn badges relating to some key skills for life: influencing and leading. They have been learning through games, challenges, crafts, cooking and discussing their beliefs and interests. And of course at Christmas there were lots of festivities including the district Christmas disco and our own Salhouse Rainbows party which were both loads of fun.

At the start of March the girls joined other members of the Girl Guiding family from the district for our annual Thinking Day celebration. We completed activities from all around the world, learning about the cultures of the different countries where Girl Guiding has its main centres.

We have also said goodbye to some of the older girls who have moved up to Brownies and welcomed several new members.

We are now working on our 'Reflect' badge and looking forward to getting outdoors more after Easter, when the evenings become lighter, so the girls can burn off more of their amazing energy!

Salhouse Rainbows meets on a Tuesday at the Village Hall from 5.30-6.30.

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Salhouse Jubilee Hall

'At the Heart of your Community'



We are now well into the New Year, and the Hall is all set up and ready for another season.

We held our first quiz at the start of February to help raise much needed funds towards hall maintenance. Firstly, a huge thank you to Ian Garaway, who not only put the questions together for us, but hosted the quiz on the night making it the success it was. Secondly, we were pretty much full to capacity on the night so an equally big thank you to those that came and supported us, we hope you had a good time, we certainly did. If you missed it, or were unable to attend, we have decided to run another quiz night, so please put Friday 11th October in your diaries and more details will be available in the Summer edition of the Saga.

Before Christmas we held our annual Christmas Fayre. We had the most stalls we had ever had, with a good mix of crafts and games spread across both halls but sadly, due to the cold/icy weather, attendance was significantly down on previous years. Despite that, we were able to raise a good sum of money towards the costs of the hall, and Britvic also donated an additional £250. We are already thinking ahead for this years Christmas Fayre and how we can mix it up a bit to make it even more of a community occasion. Early stages yet, but again look out for our piece in the Summer Saga when we will be able to tell you more about it.

Now a shameless plug for the hall. Bookings are down on pre-Covid levels, for regular and ad-hoc bookings and we need to get more events happening in the hall to keep it paying for itself, whilst keeping it at a really high standard for the village. Please if you are looking for somewhere to host a regular group, class, or just looking for somewhere to host a one off event, please consider booking the hall. You can 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

That's about all for now, look out for the updates for future events in the summer edition of the Saga.

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)**

WROXHAM AND HOVETON LIONS



Our first of four Craft Fairs will be held this month on Sun 17th March, in our new Village Hall venue. Come along and browse the numerous craft stalls, then enjoy some refreshments.

Maybe you, or someone you know, cannot commit to being a WROXHAM & HOVETON LIONS CLUB member because of family, work, or other commitments; BUT are willing to lend a hand every so often; just a few hours during different times of the year to help on the tombola stall, at the annual fete, or help Santa on his sleigh-that sort of thing. No committees or meetings, just good intention, some muscle or skill and a sense of fun.

If this is you, and you would like to help, just contact us using the link below. Let us know what you can do that could help. If you think that you have no particular skill or ability then don't worry, we can find a way for any willing person to be able to help in some way. Remember you will gain too! You can be young, older, working, retired, bored, clever, smart, loud, quiet, witty, or whatever. Being willing is most important!

There are so many personal benefits from being a Friend of Wroxham & Hoveton Lions. We would also welcome contact from people who may wish to join us later. There is no pressure for a 'Friend of Wroxham & Hoveton Lions Club' to commit to becoming a Club member at any time.

To support our community, we need the support of our community. If you can help with time, skills or funds please contact us and get involved. We would love to hear from you.

Fancy getting involved? It's easy - just contact our Membership Chairperson, Ron Hill, using the 'Learn More' link on our website www.wroxhamandhovetonlions.org

Did you know that every ticket you purchase in the **Community at Heart Lottery**, helps fund our work and gives you the chance of winning the top prize of **£25,000?** **In addition, there is the chance of winning an extra prize in the monthly "Super Draw".** We, as always, would like to say a huge thank you to those who are supporting us in this way. If you haven't signed up yet visit our page - <https://www.communityatheartlottery.com/support/wroxham-and-hoveton-lions-club>

Our Lions' Shop in the Hoveton precinct is always on the lookout for good quality Bric a Brac or clean clothing, so please bring them along or we can collect. – just ring **01603 783737**. Would you like to volunteer to help in the shop? If so, drop into the shop and talk to a member of staff.

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

We look forward to seeing or hearing from you.

Lion Mick Holden, President

AFTERNOON TEA AND MARDLE



If you are new to the village, or have retired and would like to socialise over a cup tea and slice of cake, please join us at the Jubilee Hall on the second Wednesday of the month.

The cakes on offer are all home-made and we vary the choice in the hope that we provide a selection that appeals to most tastes. For those who don't share the volunteers' sweet tooth, we have a lovely lady who provides sausage rolls! Bless her she is still gainfully employed so is unable to join us, but we thank her for her contribution.

There is a quiz, a raffle and the chance of a chat. Do join us, we hope you would enjoy the company,

Colin, Doreen, Julie and Jools.

SPRING / EARLY SUMMER 2024 DATES:

April 10th

May 8th

June 12th

July 10th

For further information please contact:

Julie on 720049 or Doreen on 721229

Salhouse and District Gardening Club



We are well on our way to completing the programme for 2024 / 2025.

April 16th.	Herbaceous borders - Bob Coutts
May 21st.	Evening visit to The Old Rectory, Catfield
June 18th.	Day Trip
July 16th.	Evening visit to Brick Kiln House Garden, Shotesham
August 20th.	A year in a market garden - Rosie Ward
September 17th	The diversity of British gardens - Kathy Gray
October 15th.	The N.G.S gardens - Juliette Collier
November 19 th	(to be confirmed)
December 17th	Christmas Party and quiz

2025

January 21st.	(to be confirmed)
February 18th.	Flowers of the Norfolk Broads - Simon Harrap
March 18th	Gardening in the shade - Jim Paine

It is possible that we may have to make changes to accommodate the speakers we have proposed for the missing months but we will keep members informed if that becomes necessary.

The day trip is all confirmed now for **Tuesday June 18th** and should prove to be an interesting trip with a morning visit to Henstead Exotic Garden (including coffee/tea and cake in the tea room) and then on to Somerleyton Hall Gardens for the afternoon.

The final talk in our current year is on **March 19th** when Andrew Sankey will be giving us insight into why Sissinghurst is more than a white garden.

Finally, we would like to express our gratitude to Broadland District Council for a grant from their 'keep it going fund' which is a very welcome contribution to our running costs.

For more information about the Gardening Club please contact me on **01603 720165**.

Nick Taylor - Chairman

SALHOUSE HISTORY

When the Queen of Hawaii visited Salhouse

In 1887, the *Norfolk Chronicle* reported:

"On 4th June 1887 Queen Kapiolani, and the heiress presumptive to the Hawaiian Throne, the Princess Liliuokalani, consort and sister respectively of Kalakana, King of Hawaii, on a visit to England for the purpose of attending the celebration of the Jubilee of Queen Victoria, arrived at Rackheath Hall, where they were entertained as the guests of Captain and Mrs. Steward. During the stoppage of the train at Trowse station, the visitors were waited upon by the Mayor and Mayoress of Norwich (Mr. and Mrs. Bullard), who were attended by the Town Clerk and other civic officials. On the 5th (Sunday) the Queen and Princess attended service at the Cathedral, at which the Mayor, Sheriff, and members of the Town Council were present; and on the 6th they visited the Cathedral, St. Andrew's Hall, St. Peter Mancroft church, and the Castle, and were entertained to luncheon at the Guildhall by the Mayor and Mayoress. In the afternoon they proceeded to Pine Banks, Thorpe, and were entertained by Mr. I. O. Howard Taylor. On the 6th the Queen and Princess departed for London."

The *Eastern Daily Press* also reported:

"Yesterday her Majesty Queen Kapiolani and HRH the Princess Liliuokalani, attended by her suite and by her host and hostess, Captain W.J. and Mrs Steward, left Rackheath about noon for Norwich, for the purpose of visiting the principle buildings in our ancient city. The route through Magdalen Street was made bright and gay by the hanging out of flags, while the footway was thronged with people curious to see these royal personages from the far western isles."

As well as her visit to Pinebanks Tower, where she was entertained with music and festivities, it was also reported that Queen Kapiolani travelled to Thorpe Station, then onwards to **Salhouse Station**, from where she visited **Salhouse Broad** and then **Wroxham Broad**.

Kapiolani Napelakapuokakae was Queen Consort of the Kingdom of Hawaii from 1874 to 1891. She became known for her work supporting women and children and those suffering from leprosy. She also set up the Kapiolani Nursing Home, where President Barak Obama was later born. Kapiolani died, aged 64, in 1899, six years after the Kingdom of Hawaii was overthrown.



Is the property market 'Springing' into action?



One of the questions I get asked the most particularly at this time of year, whether through my working week or indeed at the weekend with family and friends is a mix of the following:

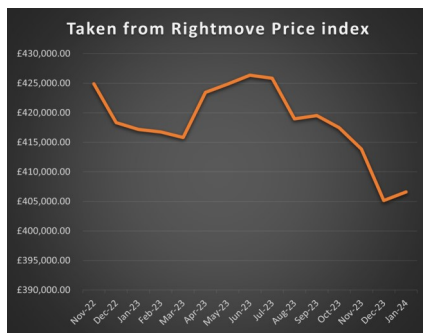
"What is happening to house Prices?"

"How is the housing market?"

"Are prices falling or rising?"

"Is this a good time to sell?"

Apart from the weather, this probably one the next most asked questions. So, I thought for this article I would try and give you a view of the market, price trend over the last 15 months and expectation of where we hope or expect the market will be as we head through this year.



CHANGING HOUSE PRICES ACROSS THE REGION

The story so far....

Sometimes it is easier to offer a visual aid rather than describe where the average price has been and the early indicators for this year. Looking back this chart hopefully simplifies and clearly show price trends.

These figures are taken from the [Rightmove](#) property index, which rather unfortunately includes the Cambridge data within the East Anglia region, but it does show a more regional interpretation of price change, rather than the national figures which are always way out for us in Norfolk with London prices being so high!

I have created this chart over a 15-month period because I feel it shows a bigger picture.

It does appear as though we seem to have found some support in pricing as after seven or so months of steady price falls, we seem to have bounced back a little. There is a risk that this is the market taking a breath and prices could slip further, although, we do feel that with interest rates now stabilising, prices should go sideways for a period of consolidation.

The early signs for 2024....

It only feels like yesterday that we were watching Big Ben strike 12 o'clock for the change into 2024 and we are already in March and meteorological Spring is upon us, although of course officially Spring arrives with the spring equinox on March 19th.

Having said that, I think the past months have gone so quickly because we have seen a distinct upturn in the marketplace. Viewing levels appear to be increasing and new instructions most certainly have ramped up earlier than expected this year.

Reading between the lines, there are still an enormous number of buyers out there watching the internet and holding back on arranging viewings, as our clickthrough rates online are very high, versus activity/viewing levels. But we do have an unmistakable feeling that there is more confidence out there in general.

Buyers certainly appreciate that interest rates have slowed, and may now stop increasing?

Banks have started dropping rates and making their products more available to the masses.

Locally in Norfolk there is still a significant bottleneck with new build development and all of the nutrient neutrality regulatory hold-ups, which is meaning second hand stock is more in demand, as these are the only properties becoming available.

The way forward....

Looking ahead into this year, we will have a general election, but my understanding is that this has been pushed back into the third quarter, so there will be an opportunity for the market to recover.

With all this in mind, prices should stabilise allowing people to get moving in the spring, leading into the summer before we get affected by those upcoming political campaigns.

After the uncontrollable surges in the marketplace, following Covid, I'm sure many of us would be very happy with a slow and steady 2024 allowing prices to solidify properly.

Any questions or queries...

If you would like to discuss with us how your property price has changed, then please do reach out. We always recommend that it is very important to seek the advice/guidance of a local estate agent when considering selling, one who understands local property values, who offers sensible professional advice supported by comparable evidence and isn't simply concerned about valuing at the highest level just to gain the instruction.

If you would like to discuss any elements of this article or have questions relating to a property that you would like help with, whether you are buying or selling then please do not hesitate to contact us on 01603 432000 or email me on paul@mortonreeves.co.uk

Find out more about us at <https://www.mortonreeves.co.uk/> on which we even have an online property valuation tool that will give you an approximate indication in 20 seconds for your home.

We also have several online video tips and guides for various aspects of selling or buying a property which have proved useful to the first-time buyer or indeed the seasoned buyer or seller.

**Paul Sullivan MNAEA Director
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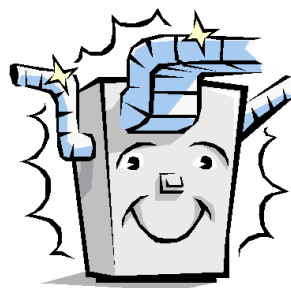
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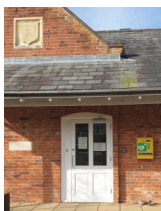


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2. Tell the Operator the telephone number from where you are calling, and they will tell you the location of the nearest Cabinet, as follows:



Jubilee Hall, Lower
Street Salhouse
NR13 6RE



The Green,
Lower Street,
Salhouse
NR13 6RY



Station Road
Salhouse
NR13 6NX



The Recreation Ground
Thieves Lane, Salhouse
NR13 6RQ

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

REMEMBER – Think SAFETY

Before pushing the button, make sure everyone is clear and shout:

“STAND CLEAR - SHOCKING”

Speedwatch Seeks Volunteers



Norfolk Police aim to reduce accidents and deaths on our roads and in doing so, in conjunction with the Safety Camera Partnership, have empowered Community Speedwatch. This service enables villages to conduct formalised monitoring of vehicle speeds to maintain road safety.

Salhouse has participated in this service since 2008 by conducting observations at approved locations within the parish. This is based on a group of trained volunteers observing traffic at random times to monitor traffic speeds and record those over prescribed limits.

With this service we hope to keep our village roads a safer place for all.

To achieve an effective service we need additional volunteers and would ask that if you can spare an hour or so per month to assist please contact

Malcolm Prestwood on 01603 721110 or Steve Piper on 01603 720993

KEV'S BRAINBUSTER QUIZ – ANSWERS

Recent News

- 1 One Love
- 2 New London overground rail lines
- 3 Kenya
- 4 16 Gladiators
- 5 National Lottery

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- 2 7 countries
- 3 Barcelona
- 4 Rhode Island
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- 1 Manfred Mann
- 2 Boney M
- 3 Blondie
- 4 Bon Jovi
- 5 James Blunt

Colours

- 1 Gold
- 2 Yellow
- 3 Grey
- 4 Red
- 5 Pink

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NEED HELP? Useful Contacts List:

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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