

# East Rudham Village News



*Spring 2023*

## **Members of East Rudham Parish Council**

Malcolm Pearson MBE (Chairman) 01485 529 086

Tony Elburn (Vice Chairman) 01485 528 273

John Dawson 01485 528 356

Rosemary Weeks 01485 576 138

Susan Jones 01485 528 243

Trevor Davis 07913 343 292

Mark Tizard 07818 757 676

Jodie Bond (Clerk) 07703 464409

eastrudhampc@gmail.com | [www.eastrudhampc.info](http://www.eastrudhampc.info)

## **Parish Council Meetings**

Meetings of East Rudham Parish Council are held at the Rudhams' Village Hall and start at 7.15pm.

*We welcome members of the public at our Parish meetings.*

Dates of our forthcoming meetings are as follows:-

Tuesday 21st March

Tuesday 18th April

Tuesday 16th May

*These dates may be subject to change, please refer to our website for updates.*

The newsletter is funded and produced by the Parish Council.

# News from the Parish Council...

## *Parish Council Precept*

*Following the annual review of the Parish Council budget, which was approved, Councillors resolved to set the precept at the same amount as last year, which means that there will be no increase to the coming years precept amount. The precept is the portion of your council tax bill which goes directly towards the costs incurred in the village, such as grass cutting, street lighting, bin emptying, various administrative costs and much more.*

## *Bus Shelter at Eye Lane Junction*

*A grant application has been submitted to the County Council Parish Partnership Scheme, requesting 50% of the funding towards a new bus shelter at the Eye Lane junction on the A148 and we hope to receive their decision in March /April. Further funding will then be sought for the shortfall.*

## *King Charles III Coronation*

*The Parish Council has decided not to organise a community event for the coronation; however, we would be pleased to consider and support any requests from members of the public to utilise the Village Green for your own community event. If so, please contact the Clerk.*

## *Archives Day*

*Following the success of the last Archives Day the Parish Council has agreed to organise another...it is planned for 11th June 2023 from 11am until 3pm...more information about this is covered within this newsletter.*

*We welcome members of the public to attend Parish Council meetings.*

*Jodie , Parish Clerk (eastrudhampc@gmail.com)*

## DEFIBRILLATOR ACTIVATION

### STEPS TO TAKE IN BRIEF

- 1/ Call 999, ask for ambulance - BT operators do not know the location of defibrillators.
  - 2/ Answer any questions they ask you e.g. Is the patient breathing? Is the patient conscious?
  - 3/ Start CPR. Compressions only.
  - 4/ Fetch defibrillator if asked to do so. Locked cabinet code will be given by ambulance control.
  - 5/ Return defibrillator to cabinet after rescue. Data needs to be downloaded and defibrillator recommissioned.
- If necessary The Crown in East Rudham has the access code.

## MOBILE POST OFFICE OPENING HOURS

|           |                   |
|-----------|-------------------|
| Monday    | 9.20am - 10.20am  |
| Tuesday   | 9.20am-10.20am    |
| Wednesday | 15.10pm -16.10pm  |
| Thursday  | 9.20am-10.20am    |
| Friday    | 11.00am - 12.00am |

The mobile Post Office is parked in the car park next to the Village Green.

**Can we please ask that people do not park anything on the hatched area on the South of the Green, this is reserved for the mobile Post Office which is a vital service to many in the village. If the vehicle cannot park safely it will not stop in the village and the service may be lost.**

## Drainage Maintenance

Many of you will have noticed a lot of activity on the common and the land opposite Groveside recently. This is to clear drainage ditches and ponds that hold and move all surface water from East and West Rudham into the waterway south of the playing fields. Over the years the ditches have become obstructed reducing water flow and resulting in the water on the common finding an alternative route and flooding the footpath across the common to School Road. The maintenance should hopefully prevent this from happening in the future.

The upkeep of drainage ditches is the responsibility of the land owner and the Parish Council are grateful to Houghton Estate and other land owners and volunteer parishioners for the work they have done at no cost to the Parish.

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## The Rudhams and District Village Hall

“ *a fantastic space for your meeting place*”.

Your help is needed:

There is a Spring Clean-up of the hall surroundings on Saturday, 18th March, 10 -12.30.

The kettle will be hot and there may even be cake!

It's a case of 'the more the merrier' and 'many hands make light work'.

Tough gloves and footwear please, and if you have light tools such as rake, fork and secateurs do bring them. A tub/barrow to collect the debris would also be useful.

We look forward to seeing you there.



## **MUTI USE GAMES AREA** **SPRING 2023 REPORT**

It is nearly time for the AGM which will take place on Monday 20th March at 11am at Wensum House, Broomsthorpe Rd. It is open to all and you are very welcome to attend.

### **A Springtime Event for All**

We have decided to put on a spring event this year and everyone is invited to take part in either of our ...

... Walking or Cycling Treasure Hunts on Sunday 2nd April from 2pm starting from the Rudham Village Hall

More details and application forms to take part will be available in March but you can also just turn up on the day. More information will be posted in the March and April Reflectors and at the MUGA noticeboard. We hope lots of families and individuals will come along for this fun event, which will include a good walk or cycle with clues to pick up on the way round then refreshments back at the hall and the usual raffle.

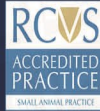
Early in the year we had a problem with two floodlights blowing at the court but they have now been fixed. They are an expensive item but by fundraising we can keep the MUGA in good order for all to use.

A reminder that Memberships are due for renewal in May so please continue to support the MUGA, it is such a good facility to have in the village. Payment can be made by bank transfer. The details are: payment to Rudhams MUGA Management Committee, Sort code 20-30-81, Account number 30005096, Reference: your surname. All enquiries regarding membership should be made to Dawn Collins, membership Secretary on 07879844501 or- colinsdawn75@gmail.com

Finally, thank you to everyone who came along to our two winter fundraising events, the Annual Quiz and Mulled Wine & Mince Pies evening. Together they raised over £500 towards the maintenance of the MUGA.

*We understand pets  
are part of the family*

- Professional personal care for your much loved pet is our pride
- Full modern diagnostic facilities on site
- 24 hour emergency service



**ANCHORAGE BARN  
VETERINARY CLINIC**

☎ **01485 528 221**

📍 Fakenham Rd, East Rudham,  
King's Lynn, Norfolk, PE31 6TA

✉ [reception@anchoragebarnvets.co.uk](mailto:reception@anchoragebarnvets.co.uk)

🌐 [www.anchoragebarnvets.co.uk](http://www.anchoragebarnvets.co.uk)



## NW Garden Services

Garden, Landscape and Property Services

**Neil Williamson**

Free Estimates

NPTC Qualified Chainsaw Operator

Public Liability Insured

Waste Carrier Licence

Tel 01328 701137

Mobile 07900 241 336



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

## **LOCAL ELECTIONS MAY 4th 2023**

For the first time, residents in King's Lynn and West Norfolk will need to show photographic ID to vote at this year's local elections. Residents are being urged to make sure they are ready to vote in May by checking they have an accepted form of ID.

Accepted forms of ID include a UK, European Economic Area (EEA) or Commonwealth passport; a UK or EEA drivers' licence; and some concessionary travel passes, such as an older person's bus pass or an Oyster 60+ card. Voters will be able to use expired ID if they are still recognisable from the photo.

Anyone who does not have one of the accepted forms of ID will be able to apply for free ID online at [voter-authority-certificate.service.gov.uk/](https://voter-authority-certificate.service.gov.uk/) or by completing a paper form.

The full list of accepted ID is available on the Electoral Commission's website, along with more information about the new requirement and details of how to apply.

If you need any help with applying for the free ID or want to request an application form, contact the electoral services team by calling 01553 616773 or e-mailing elections@west-norfolk.gov.uk" for the free ID, at [electoralcommission.org.uk/voterID](https://electoralcommission.org.uk/voterID)

Voters wishing to apply to their council for free ID should first make sure they are registered to vote. This can be done through [www.gov.uk/register-to-vote](https://www.gov.uk/register-to-vote) or through the borough council on 01553 616773.

The requirement to show photo ID at the polling station, is a new requirement, introduced by the UK Government's Elections Act which was passed last year and comes into effect for the first time this May.





# RUDHAM CHIMNEY SWEEP

CCTV INSPECTION &  
ADVANCED FAULT FINDING

OPEN FIRES & STOVES

SPECIALIST IN ROTARY  
POWER CLEANING

FULLY TRAINED BY RODTECH UK

07917 718341

## THE RUDHAMS AND DISTRICT VILLAGE HALL

“a fantastic space for your meeting place”

| Regular activities |                                       |                                |                   |   |
|--------------------|---------------------------------------|--------------------------------|-------------------|---|
| <b>Monday</b>      | 18.00-19.00                           | <b>Bootcamp fitness</b>        | Emma Williamson   | 07725 837417                                      |
|                    | 19.10-21.00                           | <b>Dog Training</b>            | Lisa Pearson      | 07985 473821<br>Hemptondogtraininggroup@gmail.com |
| <b>Tuesday</b>     | 9.30-11.30                            | <b>Badminton</b>               | Tony Dessant      | 07943 396375                                      |
|                    | 2 <sup>nd</sup> Tues of ea. month     | <b>Horticultural Society</b>   | Trevor Williamson | 07990 014270                                      |
|                    | 17.30-19.00<br>Term time              | <b>Brownies</b>                | Lisa Palmer       | 07774 542325                                      |
|                    | 19.15-21.30<br>Third Tues. monthly    | <b>E. Rudham PC</b>            | Jodie Bond        | 07703 464409                                      |
| <b>Wednesday</b>   | 9.45-10.45                            | <b>Indoor Powerwalking</b>     | Jaime Parry       | 07765 433100                                      |
|                    | 17.30-18.30                           | <b>Circuits fitness</b>        | Emma Williamson   | 07725 837417                                      |
|                    | 18.30-19.30                           | <b>Fitsteps fitness</b>        | Jaime Parry       | 07765 433100                                      |
|                    | 19.30-20.30                           | <b>Fitness Pilates</b>         |                   |   |
| <b>Thursday</b>    | 19.30-21.30<br>Last Thurs. bi-monthly | <b>W. Rudham PC</b>            | Jodie Bond        | 07703 464409                                      |
|                    |                                       |                                |                   |   |
| <b>Friday</b>      | 10.00-13.00                           | <b>Rudham Art Group (RAGS)</b> | Maggie Pattison   | 01485 528842<br>magpattison@btinternet.com        |

To hire this hall for one-off functions, regular clubs and meetings

contact **Jaime Parry**

telephone: 07765 433100 email: jltooley77@gmail.com

# SIMON WADE

Electrical Engineering Services

01485 528364 - 07876 508860

simon@sw-ees.co.uk

We are a local NICEIC Approved Contractor who provide electrical installations and maintenance services to Commercial and Agricultural premises

Based in West Rudham we are ideally located to service our local area

## **Our services include:**

3 Phase power systems

Machinery and plant connections

Lighting upgrades and installations

Security and car park lighting

CCTV

Generators

Motors and controls

Pumps and Valves

Design and specifications

New and refurbishment works

Inspection and Testing

45 GRANGE COTTAGES - THE GRANGE - WEST RUDHAM  
NORFOLK - PE318SY





# Cost of living help and support

**Need help with**

Bills • Food • Isolation • Keeping warm

Call 01553 616200

[west-norfolk.gov.uk/costofliving](http://west-norfolk.gov.uk/costofliving)

Borough Council of  
King's Lynn &  
West Norfolk



**warm  
and well**

## HELP IS AT HAND

Christmas and New Year was a time for celebration but for people struggling with everyday living costs it can feel like an extra demand on a budget that already doesn't go far enough. The stress this causes for many people is overwhelming and they tend to live life from day-to-day or even moment-to-moment and this has the effect of storing up bigger problems for later. People often respond to money problems in one of two ways. They either avoid the problem altogether because they don't know how to get out of it or panic and go for a short-term solution like giving up their home or going to a money-lender – both of which usually make things worse in the long term. But it doesn't have to be like that and the council's main message is: talk to us before doing anything else – we can help. We can check that you are getting all the financial benefits you are entitled to. If you're in debt we have services that will help you get back on track. If you find yourself in crisis we may be able to arrange help with food and rent costs. If you're struggling with your mental health we can put you in touch with people who can help with that too. We understand that it can be really difficult to think beyond today's problems but if you can just take that first step of talking to us, it could be the most important conversation you have this year.

Money advice not money lenders Because going to a money lender means fast access to cash without having to fill out forms, it can be a really tempting choice. But these people prey on desperation, charging huge amounts of interest and sometimes threatening or using violence to make you pay. There ARE alternatives. If you get proper money advice they can help you maximise your income, making sure you are getting all the benefits you are entitled to and other help, such as discretionary support payments. They may be able to help you consolidate some of your debt or help you make payment agreements that you can manage. The council pays for a money advice service that's specially to help with this and free to use – visit [moneyadvicehub.org.uk](http://moneyadvicehub.org.uk) or call 01553 970004.

### Hang on to your home

Rent is usually a household's biggest cost and recently we have had a lot of phone calls from people who have given up their tenancies because they think they can't afford it. They intend to go on the housing register to get an affordable home. What many people don't realise is that in many cases Government rules see this as making yourself 'intentionally homeless', which means that the council can't do much to help. Even if we can help, it could be a long wait as very few affordable homes are available and there are around 1,400 people on the housing register in this borough alone. Over the past three months only 19 homes with 3 or more bedrooms have become available – that's about 6 each month. For most people the best plan is to work out a way of staying in your current home. We can help with this. Even if staying where you are isn't right for you, the most important thing you can do is talk to us before making any big decisions as this is when we can give you the most help. We're here for you If you feel ready to talk to us, you can call 01553 616200. Ask for housing options to talk about your housing situation or ask for Lily for anything else. If you have internet access, have a look at our website pages on help with the cost of living at [west-norfolk.gov.uk/costofliving](http://west-norfolk.gov.uk/costofliving). The pages are broken down into different problems you might be facing and tell you where to get help for each one.

Mark Whitmore,

Assistant Director: Health, Wellbeing and Public Protection

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### ARCHIVE EVENT

**Following on from our display last year we have gathered more archive material and would like to welcome you at the village hall on Sunday June 11th from 11am until 3pm to view our village history. Should anyone have photographs that they would like to loan for the day we would be delighted to receive them. If so please contact Cllr Rosemary Weeks on 01485 576138 to make arrangements.**

## SCHOOL REPORT FEBRUARY 2023

We have had an extremely busy period of time in school. Running up to Christmas the children enjoyed taking part in the Nativity play - we were so happy to be able to be back in the church for this.

We have also taken part in Harvest and Remembrance services at the church and Father Clive has visited the children in school.

Since coming back from Christmas the children have enjoyed their topics. Our younger children have a topic of Fruitastic, other topics in school at the moment are The Romans, Titanic and Planet Earth.

We are taking some of our Year 5/6 children to France at the end of March for a 5 day residential course. During this trip the children will visit the Landing Beaches at Arromanches along with the 360 degree cinema, as well as Bayeux and cathedral. They will also visit Disney and Paris for a day. We will include a report on our visit in the next issue.

Mrs Wade is now cooking our lunches and the children are loving their menu.

We have also been looking at signs of Spring around the school grounds and have noticed the bulbs coming up and the trees coming into bud!

Mrs. Belinda Allen Executive Head Teacher  
Hope Federation of Church of England Primary Academies  
(Brisley, Rudham and Weasenham)





# JAIME'S FITNESS

TAKE CARE OF YOU

## 2023 Timetable

**Mondays - Heacham**

**9:45 FitSteps**

**10:45 Fitness Pilates**

**12:15 Walkfit**

**13:00 Seated Fitness**

**Mondays - Ingoldisthorpe**

**18:00 FitSteps**

**18:50 Fitness Pilates**

**Wednesdays - Rudham**

**9:00 Walkfit**

**9:50 Stability ball**

**18:30 FitSteps**

**19:20 Fitness Pilates**

**Wednesdays - Fakenham**

**11:30 Fitness Pilates Beginners**

**12:30pm FitSteps Beginners**

To book - [jaimefitsteps@gmail.com](mailto:jaimefitsteps@gmail.com)

07765433100



## **What can the borough council do to tackle climate change?**

Work is nearly complete on decarbonising borough council-owned buildings. 11 buildings in King's Lynn, Downham Market and Hunstanton have had solar panels and air or ground source heat pumps installed. It's projected the sites including Alive West Norfolk venues, the council depot, St Georges Guildhall and King's Court will achieve savings of 463 tonnes of carbon each year. The borough council waste team already operate two LGV sized electric vans. They have a range of around 170 miles and are operated from the Council's depot. The Community Safety & Neighbourhood Team are now in the process of acquiring the same make & model of vehicle to be used for fly tipping enforcement. The Mayor also uses a hybrid car to travel around the borough.

Work is ongoing to assess several small sites that may be suitable for either solar or wind electrical generation. Our waste and recycling collection routes have been reviewed to be made more efficient and environmentally friendly.

A meeting has been held with the Energy Saving Trust over completing a fleet review of the 130 vehicles operated by the borough council. The findings will be reported on when the review is complete.

Over 6500 trees have been planted across the borough, including over 400 in Sedgeford by local residents, others are at Lynnsport, King's Reach and the Walks. The prolonged hot summer has unfortunately resulted in a number of trees requiring replacement, this will be carried out during the planting season from November to March 2023.

The Norfolk Climate Change Partnership, a group made up of local authorities, New Anglia LEP, Broads Authority and other stakeholders, has implemented a successful Community Renewal Fund bid which has two feasibility studies; a Community Energy project, and a Hydrogen transport project. A third of all applicants in the county-wide Solar Together Norfolk scheme live in west Norfolk.

26 Fast electric vehicle chargers have been installed at 3 sites in Kings Lynn and 1 in Hunstanton. A further 26 will follow including one site in Burnham Market. They enable residents with no off-street parking access, to charge their EV overnight at nearby council car parks. This scheme will also allow daytime use by visitors, commuters, shoppers, and residents alike. The current 4 Rapid EV chargers located in Hunstanton, and King’s Lynn will also be replaced with a newer model. Over £100,000 in grants were secured for our residents for modern, efficient and cleaner oil and lpg boilers with Community Action Norfolk. Nearly 400 new members have signed up to this county-wide heating oil collective purchasing scheme. The increase means that other oil distributors are looking to get on board with the scheme. As well a cost savings for residents it also means they have access to efficient and cleaner oil boilers where no other heating source is viable. We continue to promote water saving kits with Anglia Water to help reduce water consumption and costs. Next year we will continue to work with other Norfolk authorities to develop a strategy and deliver funding for domestic energy efficiency measures and will be supporting a bid for more funding to the Norfolk Warm Homes Team.

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**EAST RUDHAM SPEED WATCH REPORT**

| Date | Speed Limit | Max Recorded | Offenders |
|------|-------------|--------------|-----------|
| 8/1  | 30          | 44           | 11        |
| 13/1 | 30          | None         | None      |
| 27/1 | 30          | 56           | 13        |
| 4/2  | 30          | 62           | 14        |
| 18/2 | 30          | 47           | 7         |



## Do you have three hours a month to spare?

**East and West Rudham needs you**

to promote village road safety with our friendly

**Community Speedwatch Group**

roadside Speedwatch sessions and

occasional group meetings at a local pub or café.

Full training given. Authorised by Norfolk Police.

Tel: 07543711779 or email:

[rudhams.speedwatchgroup@gmail.com](mailto:rudhams.speedwatchgroup@gmail.com)

to find out more.



## **SUFFERING FROM THE RURAL COST OF LIVING?** **MAKE YOUR THOUGHTS KNOWN IN HOUSEHOLD SURVEY**

The Rural Services Network in partnership with the Citizens Advice Rural Issues Group has launched a Rural Cost of Living Household Survey

Independent research commissioned by the RSN in summer last year shows rural areas are suffering more acutely from the cost of living crisis compared to urban areas.

To lend more weight to the argument for more funding for rural areas the RSN is calling on as many rural residents as possible to complete a Rural Cost of Living Household Survey.

The purpose of the survey is to understand more about rural household budgets at, what is, a very difficult time for many.

Research has shown that those living in rural areas face extra costs and we now want to explore the impacts for households. But we need your help and want to receive as many survey responses as possible, whatever your household's income or financial position. This will help us to engage more effectively with Government Departments, MPs and other policy make

The survey can be found at the following link:

[https://www.surveymonkey.co.uk/r/Rural\\_Households\\_Cost-of-Living](https://www.surveymonkey.co.uk/r/Rural_Households_Cost-of-Living)

We have also featured the survey via the following social media channels:

Facebook - Rural Services Network& Citizens... -

Rural Services Network | Facebook

Twitter - RSN Online on Twitter: "@RSNonline &

LinkedIn Rural Services Network on LinkedIn: #ruralcostoflivingcrisis  
#ruralfairfunding

Please share the survey with all your contacts, networks, family and friends living in rural areas – the greater the response the better.

Please note the survey closes on 31 March 2023.

## **Time To Get Walking Again!**

With Spring on its way we start to think about getting out to walk in the beautiful English countryside again, but where to find new and interesting walks?

Walking in Norfolk <https://www.walkinginengland.co.uk/norfolk> has loads of walks to download and print, free, it also has books of walks, details of all the walking groups in the county and much more. Whether you want to walk on your own or with a group all the information is there in one place.

There is so much walking information on the web but it is difficult to find. Walking in Norfolk (part of the Walking in England website) has brought it together in one place so whether you are walking from home, or away on holiday, you will be able to find a walk suitable for you'. With walks from half a mile to twelve miles plus long, and a note of suitability for pushchairs and wheelchairs, everyone can find a walk to enjoy.

So home or away, check out the websites and get walking!

John Harris

[www.walkinginengland.co.uk](http://www.walkinginengland.co.uk)

[john@walkinginengland.co.uk](mailto:john@walkinginengland.co.uk)

### **PUBLICISE YOUR SOCIETY OR EVENT**

We welcome contributions from villagers, local groups and societies for printing in the East Rudham Parish Newsletter

Please send to [ernews@outlook.com](mailto:ernews@outlook.com) by May 10th for inclusion in the Summer edition which is delivered to every household and also published on our website

Advertisements are very welcome

Full Page £12/issue Half page £6/issue

## **RECYCLING IS GETTING EASIER**

### **Phased small electrical items collections will be rolled out from February 27th**

Breckland, Kings Lynn and West Norfolk and North Norfolk Councils are delighted to be launching another new free weekly kerbside collection service to residents in partnership with Serco.

Small electrical items collections will be gradually introduced over a four-month period, from 27 February. Residents will receive a hanger on their bin, detailing the week before collections are due to start in their area residents detailing what items we can take and when and how to put them out for collection. Due to the sizes of the cages on the vehicles we will only be able to collect from properties when they receive their hanger, so please don't try to put your items out before then. The service will be weekly so please don't store up items, instead take a little and often approach to help us deliver this service successfully to all. We would also like to remind residents to be data secure and remind them if they are putting out laptops, mobile phones or devices that could contain sensitive data and passwords they need to carry out a "Factory reset" to wipe their data first.

This new free weekly service, follows the successful launch in January 2023 around a weekly battery collection. These small electrical items will now also be recycled to help make new products and reduced CO2 emissions during the manufacturing process.

Working with Serco we can now recover and recycle the copper, aluminium, gold and plastic from these items. Recent studies have estimated that as many as 40 million unused electrical gadgets are languishing in UK homes. Many of these items contain valuable materials that can be refabricated into new products which in turn, will help to reduce the demand on increasingly scarce and expensive raw materials.

## LOCAL SCAMS

East Rudham Parish Council receive regular information from Norfolk-Police about scams and criminals active in our area. To enable this to be passed on to those living in our village, the information has been put on the parish council website. This is updated regularly as new information is received. For more urgent situations, there is a Stop Press section [www.eastrudhamparishcouncil.norfolkparishes.gov.uk](http://www.eastrudhamparishcouncil.norfolkparishes.gov.uk)

### SCAMS PREVENTION SERVICE

Fraud affects thousands of people across Norfolk every year. Most often it is the vulnerable in our society who are targeted and exploited by scammers, but anyone can be a victim.

In partnership with [Norfolk and Suffolk Victim Care](#), Norfolk Constabulary and Norfolk County Council Trading Standards, we have set up the Scams Prevention Service.

The service offers free and confidential specialist support to those who have been targeted by scams and helps to increase awareness of scams in Norfolk. Supported by the agencies which make up the [Norfolk Against Scams Partnership](#), the Scams Prevention Service identifies and assesses the needs of victims, working with them to improve their confidence and safety, and develop a plan to reduce vulnerability to being victimised again.

If you would like support after being the victim of a fraud, then contact the Norfolk Scams Prevention Service on 0300 303 3706. or on [nsvictimcare@victimsupport.org.uk](mailto:nsvictimcare@victimsupport.org.uk).

If you would like support after being the victim of any crime, whether or not you have reported it, then contact Norfolk and Suffolk Victim Care on 0300 303 3706.

### DO NOT EVER GIVE OUT IN PERSON, BY PHONE OR ON LINE

### PASSWORDS PIN NUMBERS BANK DETAILS PERSONAL DETAILS

### NEVER LET A STRANGER INTO YOUR HOUSE

## USEFUL TELEPHONE NUMBERS

| TITLE                      | NAME              | NUMBER                         |
|----------------------------|-------------------|--------------------------------|
| BADMINTON                  | Tony Dessent      | 01485 528 514                  |
| COMMUNITY CAR SCHEME       |                   | 01485 520 823                  |
| DOCKING SURGERY            |                   | 01485 521 135                  |
| FAKENHAM SURGERY           |                   | 01328 863 241                  |
| HORTICULTURAL SOCIETY      | Trevor Williamson | 01485 528 302                  |
| JAMES WILD MP              |                   | James.wild.mp@parliament.uk    |
| LITTER/FLY TIPPING HOTLINE |                   | 0800 253 2687                  |
| MASSINGHAM SURGERY         |                   | 01485 520 521                  |
| MUGA                       | Maggie Pattison   | 01485 528 842                  |
| POLICE                     |                   | 101                            |
| OIL BUYING SCHEME          | Susan Jones       | 01485 528 243                  |
| RUDHAM PRIMARY SCHOOL      |                   | 01485 528 230                  |
| SPEED WATCH GROUP          | Russell Taylor    | russell.taylor@solarsplace.com |
| VILLAGE HALL BOOKINGS      | Jaime Parry       | 07765 433 100                  |