

East Rudham Village News



Winter 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

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Susan Jones 01485 528 243

Trevor Davis 07913 343 292

Mark Tizard 07818 757 676

Richard Spencer 07703 483 220

Jodie Bond (Clerk) 07703 464409

eastrudhampc@gmail.com | 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 16th January

Tuesday 20th February

Tuesday 19th March

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...

New Parish Councillor

We are pleased to formally welcome Richard Spencer as the newest co-opted member to the Parish Council...he will no doubt be an asset to the Parish Council. We all look forward to continuing to serve the community.

New Play Area Equipment

The new play equipment has now been installed and the play park project completed...it's been great to receive positive feedback and to see the children enjoying the new play space. Thanks again to The National Lottery, Jacks Lane Windfarm and other donors for the grants that made this project possible.

Parish Council Meetings

Our next meeting will be held in January 2024, so we would like to take this opportunity to wish you all a very Merry Christmas and Happy New Year.

Please remember, if you have any comments or suggestions about items in this article or have something you would like to raise, please get in touch with the Clerk or feel free to pop along to a meeting.

Parish Council meeting dates are listed elsewhere in this newsletter.

All very welcome to attend.

Dates may be subject to change, so please refer to our website for updates.

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. Inform Parish Council as any used pads will need replacing.**

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.

THE RUDHAMS SCHOOL REPORT

It has been a great start to the school year for Rudham. The children have come back happy and ready to learn.

We welcomed 12 new children into our Reception class in our school community this year.

The children have been working hard and have enjoyed their learning. Our older children have had a focus on World War 2 - they joined with the Year 5/6 children at Brisley for a World War 2 experience day at Gressenhall - this experience really help to put their learning into real life. Our younger children have joined forces with children from across the Federation for a Great Fire of London experience at Brisley.

We are looking forward to Christmas - this year we are pleased to be able to hold our Christmas Performances at St Mary's Church East Rudham. The performances will be on 14th December at 2pm and 6pm. You are most welcome to join us.

We are still looking for anyone who might be interested in joining our Local Governing Body - if this is something you think might be of interest to you, please contact the school on 01485 528230 or office@rudham.dneat.org.

We would like to wish you all a very Happy and Peaceful Christmas and New Year.

Mrs Belinda Allen

Executive Head Teacher

Hope Federation Church of England Primary Academies

(Brisley, Rudham and Weasenham)

THE MUGA REPORT CHRISTMAS 2023



Our Christmas event is the
**Mulled Wine and Mince Pies evening on
Tuesday 19th December from 6.30 to 8.00pm**
at Sue & Tony Dessent's home:

Wensum House on the corner of Broomsthorpe Road with Station Road.
Donations of cheap red wine much appreciated.
There will be a raffle and maybe even some carols.
All very welcome, so come along and enjoy the festivities.

You maybe also be wondering what has happened to the **annual quiz**. We have delayed it until the new year as we did not want to compete with the monthly quizzes at The Crown. Our quiz will now be on **Saturday 13th January 2024.**

Please make a note of the date and start putting together your team (maximum:6). Come and have a lighthearted evening, give the brains a little workout and enjoy the company. We look forward to you joining us.

Various football teams use the MUGA during the autumn and winter months. It provides a good, safe surface for practice sessions. General MUGA Membership is still only £7 for singles, £20 for families and £30 per quarter for clubs/coaches.

Please contact Dawn Collins on dawncollins75@gmail.com for further details. Membership can also be paid by bank transfer to: Rudhams MUGA Management Committee, sort code 20-30-81, Account number: 30005096 Reference: Your surname.

Thank you for your continued support of the MUGA.

**Wishing everyone a Merry Christmas and a
Peaceful New Year.**

*We understand pets
are part of the family*

- Professional personal care for your much loved pet is our pride
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- 24 hour emergency service



**ANCHORAGE BARN
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☎ **01485 528 221**

📍 Fakenham Rd, East Rudham,
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✉ reception@anchoragebarnvets.co.uk

🌐 www.anchoragebarnvets.co.uk



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nwgardenservices@gmail.com

VOLUNTEER DRIVERS DESPERATLY NEEDED

Do you have a few hours to spare each month and a suitable car for taking one or more passengers to medical appointments, shopping or social events.

If so , would you consider becoming a driver for the scheme. Joining is easy and you are assured of a very warm welcome

To learn more or request an application form please call 01485 520823. Monday to Friday 9am to 12 noon, or email communitycars@btconnect.com.

We look forward to hearing from you.

Neil Steed Chairman

EAST RUDHAM SPEED WATCH REPORT

Date	Speed Limit	Max Recorded	Offenders
03/09	40	46	3
14/09	30	45	16
23/9	30	46	20
07/10	30	45	15
22/10	30	50	8
05/11	30	44	10
19/11	30	41	7



East & West Rudham Community Speed Watch Needs You!

Are you concerned about the number of drivers speeding through your village? Has the speed of traffic through the Rudham's affected you?

Why not come and help make local roads safer with our friendly Community Speed Watch Group?

We welcome members of all ages 18+, so why not come out and meet us on a watch to see what it's all about?

From only an hour a month, it's up to you! Just come along when you can and help make our villages safer places to walk.

We organize our speedwatch sessions using a WhatsApp group, where members can volunteer for a watch when they are available. Each session requires a minimum of three team members.

We look forward to hearing from you!

Email: rudhams.speedwatchgroup@gmail.com

Phone: 07543 711779

THE RUDHAMS AND DISTRICT VILLAGE HALL

“a fantastic space for your meeting place”

Regular activities				
Monday	18.00-19.00	Bootcamp fitness	Emma Williamson	07725 837417
	19.10-21.00	Dog Training	Lisa Pearson	07985 473821 hemptondogtraininggroup@gmail.com
Tuesday	9.30-11.30	Badminton	Tony Dessant	07943 396375
	2 nd Tues of ea. month 7.30	Horticultural Society	Trevor Williamson	07990 014270
	17.30-19.00 Term time	Brownies	Lisa Palmer	07774 542325
	19.15-21.30 Third Tues. monthly	E. Rudham PC	Jodie Bond	07703 464409
Wednesday	9.00	Indoor Powerwalking	Jaime Parry	07765 433100
	9.50	Stability Ball		
	18.30-19.15	Fitsteps fitness	Jaime Parry	07765 433100
	19.20	Fitness Pilates		
Thursday	19.30-21.30 Last Thurs. bi-monthly	W. Rudham PC	Jodie Bond	07703 464409
Friday	10.00-13.00	Rudham Art Group (RAGS)	Maggie Pattison	01485 528842 magpattison@btinternet.com

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

contact **Jaime Parry**

email: bookingsrudhamvillagehall@outlook.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



Save your pennies and protect your planet this January.

Join Buy Nothing New Month.

Back for its second year, Buy Nothing New Month in January is all about moving beyond simply recycling, to reducing the amount of new stuff that we buy, and by extension, the amount of waste that we create. It's about cherishing the things we already have, repairing things rather than sending them to landfill, and finding new homes for the things we no longer need. It's not just good for the planet. At a time when many are feeling the pinch, it's an opportunity to save the pennies in our pockets too.

Last year, 65% of those who took part bought nothing new for a whole month, and an additional 31% bought less than they usually would

Throughout the month, we'll be sharing our tips on how to repair, reuse and rehome our things – be they fashion or furniture. We'll also share our advice on resisting temptation online. Whether you want to sign up as a member of the public, on behalf of a school, or a charity shop, local authority, or other organisation, we would love to have you on board for this year's Buy Nothing New Month.

Why Buy Nothing New?

If everyone on Earth lived like people in the UK, we would need over two and a half planets to regenerate and absorb our waste. As a society, we need to move to a circular economy that wastes less and puts more value on the things we already have.

Last year, two-fifths of participants donated or rehomed items instead of throwing them away, and 37% of those taking part repaired an item rather than buying new. Buy Nothing New Month is an opportunity to turn over a new leaf in the new year, and re-think our resource usage. The Buy Nothing New Month campaign and the research that underpins it have been made possible thanks to an award from Postcode Earth Trust, a grant-giving Trust funded entirely by players of People's Postcode Lottery.



RUDHAM CHIMNEY SWEEP

CCTV INSPECTION &
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SPECIALIST IN ROTARY
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New Gritting Machines For Norfolk

Norfolk County Council has invested £3.2m in the vehicles, taking its tally to 58. Its fleet will treat all 2,200 miles of A and B roads and some C-class.

Graham Plant, cabinet member for highways, infrastructure and transport, said: "Crews are ready to go and our experienced highway team is keeping a close eye on weather sensors and specialist forecasts that help inform where and when gritting will be taking place."

The A11 and A47 roads are gritted separately by National Highways.

There are 49 gritting routes and the machines will also treat pedestrian areas and main pavements in the centre of Norwich, Great Yarmouth and King's Lynn.

More than 2,000 grit bins are available around the county for people to use on roads, pavements and cycle paths.

The council will provide information and advice on social media with the hashtag #NorfolkWinter.

How the council is helping people to beat their bills this winter

Following the success of the council's Big Beat Your Bills Event in King's Lynn last month, it has been decided to run a series of these bigger events over the winter months

The success of these events speaks for itself – one couple saved around £2,000 per year when they spoke to our team at the King's Lynn event.

Two further events take place in
King's Lynn – Tuesday 23 January (The Place)
Hunstanton – Tuesday 27 February (Town Hall Hub)
All events run from 10am-2pm.



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At our studio near East Rudham

Unit 7, Coxford Abbey Farm, Old Fakenham Road, King's Lynn PE31 6TB

 07875 748498  info@rawfitnessstudio.co.uk  www.rawfitnessstudio.co.uk

Christmas Concert - King's Lynn Festival Chorus -
16th December at 6pm in King's Lynn Minster.

Join us for a magical evening of festive joy as, under the baton of Ben Horden, King's Lynn Festival Chorus fills the air with the enchanting sounds of Christmas. Our family Christmas carol concert is a popular highlight of our season that promises to ignite your holiday spirit.

Our enchanting programme features a delightful selection of popular carols and secular music perfectly chosen to evoke the true essence of Christmas. To add a touch of literary magic to this festive evening, our concert will also feature heart-warming readings, transporting you to the heart of the holiday season as we relish in the spirit of Christmas through both word and song.

Tickets £15 Under 16s Free
Box Office 01553 764864
kingslynncornexchange.co.uk

Railway Ticket Offices In King's Lynn Saved

The Borough Council of King's Lynn and West Norfolk has welcomed the news that a plan to close tickets offices around the country has been abandoned.

A public consultation on the proposal by passenger watchdogs Transport Focus and London Travelwatch had generated hundreds of thousands of responses from individuals and organisations. Today (Tuesday, 31 October) Transport Secretary Mark Harper said the government had asked train operators to withdraw their proposals.

Council leader, Cllr Terry Parish, said: "This news is welcome, even if the proposal to close ticket offices should never have been made.

"It may well be that only 1 in 8 tickets are now sold through a ticket office but those tickets are largely bought by the elderly, disabled and disadvantaged. In a borough where we have significantly higher than average numbers of residents who are older or disabled, this would have had a disproportionately damaging effect.

"This council agreed unanimously in August, following a motion brought forward by Cllr Steve Everett, that it was a plan which should not go ahead. I and our Chief Executive subsequently wrote to our local MPs urging them to oppose it.

"I am pleased that common sense has – eventually – prevailed and this awful proposal has now dropped."



JAIME'S FITNESS

TAKE CARE OF YOU

Rudham's village hall

Wednesday's

9am Walkfit

9:50 Stability ball Pilates

18:30 FitSteps

19:20 Fitness Pilates

To book your place - contact Jaime

jaimefitsteps@gmail.com

07765433100

PARISH COUCELLORS

We are very pleased that Richard has joined the council, however this still leaves us with one available seat to fill. So if you would like to contribute to village life and have lived, worked or owned a business in East Rudham for at least a year, are over 18 and a British citizen please contact our parish clerk for details on 07703 464409 or at eastrudhamc@gmail.com

Water, Water Everywhere

Recent weeks have seen a series of extreme weather events and the impacts of Storms Babet and Ciaran continue. While the most significant impacts have been in Yorkshire and the East and West Midlands and along the South Coast, Norfolk has also experienced severe localised flooding.

More flood warnings are expected in coming weeks.

If you need to report a flood or get help, contact
Norfolk Flooding Hotline 0344 800 8013

QE2BUGGY SERVICE

In September we launched our new buggy service running from the car park up to the main hospital buildings.

The idea for the service came as a result of feedback from visitors to the QE2 site who voiced concern about the difficulty of walking up the hill from the main car park to the hospital building for people with mobility issues. Driven by trained volunteers the electric buggy operates Monday to Friday, currently from 9am to 12 pm while we assess how many people are using the service and train more volunteers.

You can pick up the buggy from in the main car park at the bottom of the first ramp which is also the wheelchair drop off point – signage is in place to direct people.



Help someone smile, become a Befriender

Join our volunteer team and help us provide companionship and support to unpaid carers in Norfolk.

Could you:

- Offer regular companionship to an unpaid carer feeling alone and isolated?
- Support an unpaid carer to access services in their community?
- Provide practical support such as dog walking, shopping or gardening?
- Offer an unpaid carer a break by supporting their loved one in their own home?



Please get in touch to see how you can help someone smile.
Thank you.

Jane Hawkins 07843 327485
volunteers@caringtogether.org
caringtogether.org/befriender

HEDGEHOG CONSERVATION

Hedgehogs are wonderful guests to have in your garden. Not only are they charming and fascinating creatures, but they also play a vital role in controlling garden pests. However, attracting hedgehogs to your garden requires some effort and consideration. In this step-by-step guide, we'll walk you through the process of creating a hedgehog-friendly environment.

Step 1: Create Hedgehog-Friendly Landscaping

Provide Shelter: Hedgehogs need safe places to hide and nest. Consider leaving a wild corner in your garden with long grass, leaves, and logs. You can also install purpose-made hedgehog houses to provide shelter.

No Pesticides: Avoid using pesticides and herbicides in your garden. These chemicals can harm hedgehogs and their food sources.

Water Source: Ensure a freshwater source is available, especially during dry periods. A shallow dish is suitable for hedgehogs to drink from.

Ramps & Covers: Ensure ponds have exit ramps and ensure drains and holes are all covered.

Step 2: Choose the Right Plants

Native Plants: Include native plants in your garden, as they attract the insects and invertebrates that hedgehogs feed on.

Wildflowers: Include lots of wildflowers and let them grow tall and flower! These not only provide shelter, but also attract bugs for hedgehogs to eat.

Step 3: Hedgehog-Friendly Features

Hedgehog Highways: Create hedgehog-sized openings or "hedgehog highways" in your garden fencing. These 15cm x 15cm openings allow hedgehogs to move freely between gardens.

Feeding Stations: Provide a designated feeding area with shallow dishes of suitable hedgehog food, such as Brambles, Spikes or kitten biscuits., they also like tomatoes. Always provide fresh water.

Step 4: Hedgehog House

Install a Hedgehog House: Hedgehogs appreciate a safe and cozy place to rest, hibernate, or raise their young. Install a hedgehog house in a quiet, sheltered spot in your garden. These houses provide warmth and protection from predators. You can get ideas on how to build one online .

Step 5: Be a Responsible Host

Minimize Disturbance: Once you've attracted hedgehogs to your garden, minimize disturbance during the breeding season (spring and early summer). Hedgehog mothers may abandon their young if they feel threatened.

Watch From Afar: If you want to watch you visiting hedgehogs on an evening, watch from a distance and don't use a torch. They are very sensitive to light and are very shy creatures that can easily become stressed.

Step 6: Support Conservation Efforts

Support Hedgehog Conservation: Consider getting involved with local hedgehog conservation organizations or supporting initiatives that work to protect these spiky creatures.

Step 7: Spread the Word

Educate Others: Share your knowledge and passion for hedgehog conservation with friends and neighbours. Encourage them to create hedgehog-friendly spaces too.

Step 8: Take Sick Hedgehogs To A Rescue Centre

If you find a sick hedgehog, please take it straight to your local rescue centre. They can deteriorate very quickly.

Attracting hedgehogs to your garden is a rewarding experience that not only benefits these charming creatures but also contributes to the overall health of your local ecosystem. By following these steps and providing a welcoming environment, you can enjoy the delightful presence of hedgehogs in your outdoor space and play a role in their conservation. So, roll up your sleeves and get ready to welcome these spiky visitors into your garden!

Create a Hedgehog Highway

A Hedgehog Highway is a 5 inch gap in a fence or wall allowing access for Hedgehogs. Other names include 'Hedgehog Door', 'Hedgehog Hole' and 'Hedgehog Tunnel' These gaps are essential in the battle to prevent the extinction of our endangered spiky friends. The Hedgehog Highway allows hedgehogs to:

Forage for food, meet mates to breed and access nesting sites.

RSPCA CHRISTMAS MARKET AT EAST WINCH

Norfolk residents are being invited to attend a Christmas Market which will be held on Saturday 2nd December at the RSPCA East Winch Wildlife Centre, Gayton Rd from 9.00am until 3.00pm To find out how you can help RSPCA East Winch care for its wild animals, please visit the centre's [Facebook](#) or its [Amazon wish list page](#)

Scam targeting vulnerable elderly people

Local users of the council's pendant scheme for vulnerable adults, Careline Community Service, are being targeted by other companies and fraudsters trying to take their money.

They are taking advantage of the fact that users need to switch to digital technology but instead of switching them to a digital unit from the council, they are switching them to another provider – or just scamming them out of money altogether.

The council's cabinet member for people and communities, Cllr Jo Rust, said: "These are some of our most vulnerable residents – they have a pendant because they are more likely to need help and might not otherwise be able to call for it.

"Targeting vulnerable people in this way for profit or even theft is a disgrace and we want to raise as much awareness as possible to ensure users of the Careline Community Service are not caught out."

The council is writing to all users of the service to warn them but it is also trying to raise awareness in the community so that people who may support service users are also aware.

Careline Community Service manager, Judith Berry, added: "This is a difficult situation for our service users. Many of them have older, analogue units, which won't work within two years. We are halfway through a project to upgrade all the analogue units to digital equipment so we are contacting people to make the switch.

"The problem is that we're not the only ones making contact. Others are also calling and making people think they are switching to a digital unit when in fact they are switching to another company altogether – or worse still, simply being scammed out of money altogether."

The council has advised users of the Careline Community Service to be cautious when people call.

The council will never ask for money upfront. (The service is paid for, usually through a monthly direct debit, but there is no separate charge for the box.) Members of staff will always clearly identify themselves as calling from Careline Community Service and will be in uniform, and carrying ID, when they visit to switch the unit over.

Users can call the council on 01553 616200 if they have any doubts.

The digital switchover is part of a national programme to upgrade all telephone lines to digital by 2025.

The council's pendant service, Careline Community Service, has approximately 3,800 users.

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

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.

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 851 321
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	bookings- rudhamvillagehall@outlook.com

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 by February 10th for inclusion in the Winter 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