

East Rudham Village News



Summer 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

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 June 20th

Tuesday July 18th

Tuesday August 15th

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...

May 2023 Local Elections

Congratulations to all Parish Councillors who decided to re-stand at the local elections on 6th May. Congratulations also to Cllr Malcolm Pearson (MBE) for being re-elected as Chairman of the Parish Council and to Cllr Tony Elburn for being re-elected Vice Chairman.

The Council look forward to the coming year, working hard to continue taking care of our village and its residents.

Bus Stop at Eye Lane Junction

We have been successfully awarded the funding which we applied for from NCC highways Parish Partnership Scheme, for which we are very grateful. There was a slight delay with progress as the exact location of the proposed bus stop had to be re-confirmed due to planned development works in this area. However, all licences have now been approved by County Council again and things will get back on track.

Parish Council Meetings

Parish Council meetings are listed on the previous page in this newsletter. All are 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.
- 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.

VILLAGE HISTORY 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.

CEMETERY

Over the next few months maintenance will be taking place at East Rudham cemetery to repair unsafe grave headstones and surrounds.

Can we remind people to check the rules when leaving items in the cemetery as failure to do so may result in items being removed to allow contractors to cut the grass.



A chance to meet artists, see their studios and to buy artwork. 150 participating artists; opening times and maps can be found on the NNOS website: northnorfolkstudios.co.uk.

Brochure available from libraries, shops and tourist offices. Website and brochure provide details of the 17 regional trails, including the Fakenham Art Trail, which extends to East Rudham.

THE MUGA REPORT MAY 2023



Membership fees

To use the MUGA you do need to be a member. For a single membership it is just £7 for the year, family membership is £20 and for a club or coach it is £30 for a quarter. This is remarkably good value. We keep the annual fee low as the MUGA is a community facility and we want as many people who want to use it, to be able to use it. The money raised each year goes towards upkeep, maintenance and insurance. Please support the MUGA and its continuance by being members.

Please contact Dawn Collins (Membership Secretary) on collinsdawn75@gmail.com or on 01328 822007 for a membership form and further information. Payment can be made by bank transfer to: Rudhams MUGA Management Committee, sort code 20-30-81, Account number: 30005096.

Thank you.

MUGA Walking Treasure Trail

Thank you to all those who came along to our April event, walking around the village area and answering questions on the way. Lots of prizes were handed out. The refreshments were delicious and there were also games to play and a photographic exhibition. The afternoon was great fun and we raised £150 which we were very pleased to donate to Ameera's Fund.

MUGA 'FUN' SPORTS AFTERNOON

Sunday 9th July, from 2pm

Join us at Rudhams MUGA for an afternoon of 'fun' sports activities for both children and adults.

A Basketball and Netball shots competition

A Table Tennis Challenge

Doubles Tennis games to play

Obstacle Races and Relays

The Matching Card Game

The Marbles Game

Light refreshments available

Do Come Along and Have Some Fun anytime between 1 and 4pm

*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

🌐 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

LOCAL ELECTIONS MAY 2023

East Rudham Parish councillors were all returned unopposed in May to serve for four years. We have nine seats on the council but at present only seven are filled.

All councillors attend monthly meetings on the evening of the third Tuesday of the month and pay occasional visits regarding planning applications on other evenings. We all also usually take on responsibility for a specific task, e.g. overseeing the speed signs, running the oil scheme, belonging to an external committee that impacts on East Rudham.

Therefore if you are at least 18 years old, are a British citizen, have lived, worked or had a business in the village for at least a year and feel that you could contribute to village life by becoming a parish councillor please contact our parish clerk for details by email at eastrudhampc@gmail.com or by telephone on 07703 464409

EAST RUDHAM SPEED WATCH REPORT

Date	Speed Limit	Max Recorded	Offenders
19/3	30	46	13
2/4	30	47	8
4/4 - 16/4	Police Holiday		
16/4	40	58	4
14/5	30	40	8

Between 16/4 and 14/5 there were no speed watches due to bad weather at the weekends and none on week days due to volunteers being unavailable.



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	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	9.45-10.45	Indoor Powerwalking	Jaime Parry	07765 433100
	17.30-18.30	Circuits fitness	Emma Williamson	07725 837417
	18.30-19.30	Fitsteps fitness	Jaime Parry	07765 433100
	19.30-20.30	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**

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

Borough Council of
King's Lynn &
West Norfolk



**warm
and well**

HIGHWAY CODE 2022:
Changes pave way for driverless cars

How many drivers are aware that the highway code has changed in many ways since September 2022?

Some to note are :-

1. Drivers no longer have priority at junctions ...
2. All traffic must stop for pedestrians waiting at crossings ...
3. Cyclists can ride wherever they feel most visible ...
4. Drivers must wait for a safe gap in the flow of cyclists ...
5. All uses of hand-held mobiles are banned, except in an emergency ...

Look for full changes in the latest copy of the Highway Code

However of particular relevance to our village with so many walkers, cyclists and horse riders is the excerpt below from the amended Highway Code

There is updated guidance on safe passing distances and speeds for people driving or riding a motorcycle when overtaking vulnerable road users, including:-

Leaving at least 1.5 metres (5 feet) when overtaking people cycling when at speeds of up to 30mph, and giving them more space when overtaking at higher speeds

Passing people riding horses or driving horse-drawn vehicles at speeds under 10 mph and allowing at least 2 metres (6.5 feet) of space

Allowing at least 2 metres (6.5 feet) of space and keeping to a low speed when passing people walking in the road (for example, where there's no pavement)

Wait behind them and do not overtake if it's unsafe or not possible to meet these clearances.

New look for local online directory and information for West Norfolk residents

The local online directory for residents to 'ask Lily' for information about a host of services, activities and information has a new updated look.

Lily, a service that is owned and managed by the Borough Council of King's Lynn & West Norfolk, provides a comprehensive range of support in west Norfolk to help residents find information about local, regional and national support services as well as local events and things to do. The online directory, originally launched in 2014, brings relevant information into one easy-to-search place at asklily.org.uk.

The new look website has a number of new features including a map showing where the listings are located and the ability to share listings via WhatsApp and text messaging. New accessibility features and the ability to be translated into a number of different languages have been built in. Listings are split into nine categories: things to do; housing and care homes; transport and getting around; learning, work and volunteering; health, care and support; money matters; green choices; advice, safety and other information; and childcare and family support.

The Lily Facebook feed is also featured on the home page alongside the latest news and events. Judith Berry, Community Health and Well-being Manager at the borough council, said: "The online Lily directory supports access to a whole range of social activities and information for all adults over the age of 18. The update to our website provides a clear, user-friendly, way to see what support and activities are available to residents in west Norfolk."

Residents of West Norfolk can call Lily on 01553 616200, email asklily@west-norfolk.gov.uk or visit online at asklily.org.uk.

SCHOOL REPORT MAY 2023

We have had a very exciting time over recent months.

In March we took a group of children from across the Federation to France for a 6 day residential visit. This had been a regular trip prior to the pandemic. We were so delighted to have been able to get back out to France. We took 50 children from Year 5 and 6 from Weasenham, Brisley and Rudham along with 7 staff. Our trip started with an over night ferry crossing from Portsmouth to Caen. The sea was somewhat choppy, however the children coped extremely well with very little sickness. When we arrived in France we travelled to Arromaches to visit the landing beaches and the 360 degree cinema to relive the events on the beaches back in WW2. This linked in with the WW2 topic some of the children had studied earlier in the academic year. Following on from that we went to Bayeux and its magnificent cathedral. We stayed in a chateau just outside Mayenne for 3 days, visiting before travelling to Disney for a day and staying in a hotel just outside Paris for the night. One of the experiences from the time. Our final leg of the trip was meant to be having a bus tour of Paris, however due to industrial action in Paris we were advised not to do this - instead we visited Vimy Ridge on the way back up to Calais. This was a fantastic opportunity for the children and one we hope to repeat in 2025!

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



Could you be a Patient Safety Partner and be a voice for service users and patients across Norfolk and Waveney?

The Norfolk and Waveney Integrated Care System (ICS) is a term for a number of organisations who are working together to meet the needs of the local population within Norfolk and Waveney. These organisations include NHS Trusts, GP Practices, Voluntary Sector and Norfolk and Suffolk County Councils.

The Patient Safety Partner (PSP) role is open to members of the public to work as an advisor to help support the delivery of safe healthcare across the Integrated Care Systems. The level of involvement may vary depending on skills and experience.

We are seeking motivated and interested individuals who are committed to contributing to safe and effective care to enhance patient experience and improve health outcomes.

Activities that the PSP may be involved in could include:

- Membership of safety and quality committees whose responsibilities include the review and analysis of quality, patient safety and mortality information.
- Involvement in work that aims to improve health and care outcomes for patients.
- Working with organisational committees/boards to consider how to improve patient safety across the local health and social care system.
- Participation in patient safety incident and investigation oversight groups.

Norfolk and Waveney ICS recognise, value, and support the important role PSP's will play and welcome their active contributions. We will ensure that PSP's work collaboratively with quality service leads to promote patient safety and health inclusion.

PSP's will receive a robust induction and training programme, with regular support from other local PSP's. Designated support and guidance will be provided to ensure development within the role. If you are Interested in applying for the Patient Safety Partner role, would like to discuss further or require help with the expression of interest process then please contact: teresaknowles@nhs.net



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



Mobile Library Timetable

Stop Number	VILLAGE	Route Calls on Normally Every		STOP NAME	POSTCODE
		ARRIVAL TIME	DEPARTURE TIME		
				DER501	
				Friday	
				4weekly	
2	WEST RAYNHAM	09:30	09:45	BUS SHELTER	NR21 7EZ
4	POCKTHORPE	10:10	10:25	POND END	PE31 8TB
6	EAST RUDHAM	10:30	10:45	SCHOOL ROAD	PE31 8RF
10	EAST RUDHAM	10:50	11:10	THE SQUARE	PE31 8RD
12	EAST RUDHAM	11:15	11:30	EYE LANE SOUTH	PE31 8RH
14	EAST RUDHAM	11:35	11:50	FAKENHAM RD (LAY-BY)	PE31 6TA
16	COXFORD	11:55	12:10	CROME COTTAGE	PE31 6TB
18	TATTERSETT	13:25	13:35	VILLAGE SIGN	PE31 8RT
20	WICKEN GREEN	13:45	14:05	COMMUNITY CENTRE	NR21 7LX
22	SYDERSTONE	14:10	14:20	14 ASHSIDE	PE31 8RZ
24	SYDERSTONE	14:25	14:40	VILLAGE HALL	PE31 8RY
34	STANHOE	14:55	15:10	DOCKING ROAD 1	PE31 8QL
32	BIRCHAM NEWTON	15:15	15:35	MONKS CLOSE	PE31 6QW
26	BIRCHAM	15:45	16:00	VILLAGE SHOP	PE31 6RJ
28	BIRCHAM	16:05	16:15	SOCIAL CLUB	PE31 6XS
30	BIRCHAM	16:20	16:35	WINDMILL HILL	PE31 6RF

Date of Visits

21-Jul-23		02-Feb-24
18-Aug-23		01-Mar-24
15-Sep-23		29-Mar-24
13-Oct-23		26-Apr-24
10-Nov-23	x8	24-May-24
08-Dec-23		21-Jun-24
05-Jan-24		19-Jul-24

NEW LEADER AND CABINET AT BOROUGH COUNCIL

Following the elections held on 4 May, the Borough Council of King's Lynn & West Norfolk finds itself in a position of no overall control, with no group gaining enough seats to form a majority administration.

At the Annual Council Meeting on 18 May, it was confirmed, following a vote, that Cllr Terry Parish, Ward Member for Heacham and Leader of the Independent Group, would become leader and would form the administration in partnership with the Liberal Democrat and Green Party groups working closely with the Labour Group.

Following his election as Leader of the Council, Terry put forward his recommendations for his cabinet, committee and panel positions.

The rest of his Cabinet is made up as follows:

Cllr Alex Kemp – People and Communities
Cllr Simon Ring – Tourism, Events and Marketing
Cllr Chris Morley – Finance (Representing East Rudham)
Cllr Alistair Beales – Business
Cllr Michael de Whalley – Climate Change and Biodiversity
Cllr Sandra Squire – Environment and Coastal
Cllr Bal Anotá – Property and Corporate Services.

Full details of the makeup of the council will be available on west-norfolk.gov.uk.

Cllr Terry Parish, Leader of the Borough Council of King's Lynn & West Norfolk, said: "I'm looking forward to leading this group, as it embraces not only independent councillors, but also Liberal Democrats and Green party members. We will be working closely with Charles Joyce and the Labour Group. I have a competent and enthusiastic cabinet who are keen to get involved with addressing our local priorities that will help make west Norfolk healthier and fairer for all".

UPDATED BUS TIMETABLE

West Norfolk is set for more frequent bus services. Four key bus services in the west of the county will see enhanced timetables start as part of Norfolk County Council Bus Service Improvement Plan. Lynx bus who operates the services will implement the following service enhancements from April 17th 2023

Service 35 will now serve Castle Rising Village 7 days a week, providing buses towards King's Lynn or Hunstanton up to every hour. Service 39 between King's Lynn and West Winch will now operate every 2 hours on Sunday's and Bank Holidays. Service 48 between King's Lynn and Grimston will now operate every 2 hours on Sundays and Bank holidays

Service 49 / 49A which runs from Kings Lynn to Fakenham will see 6 additional journeys (3 each direction) Mondays to Fridays with 2 extra journeys on Saturdays too. This creates an hourly service through parts of the day.

These service enhancements are being funded by the £49.55 million funding which Norfolk County Council was successful in securing from the Department for Transport (DfT) to use on implementing the county-wide Bus Service Improvement Plan over the next three years. Approximately £12 million of the funding has been allocated to provide new or expanded bus routes and increase service frequencies on key routes, including more evening and weekend services.

KINGS LYNN TOWN GUIDES

All the Town Guides are professionally trained volunteers who have given up a year of their time to study, sit examinations and to be assessed as Town Guides. All our Guides come from a diverse range of backgrounds but are united by a common fondness for King's Lynn and its environs and an enthusiasm that they wish to share with others to raise the profile of the town amongst the wider local population and visitors to the town.

Any surplus monies raised through guided walks is donated to local worthy causes who look after buildings and the fabric of historic Lynn. To date The Guides have raised over £ 100,000.

This walking season, April to October 2023, the Town Guides will be offering a guided walk every Tuesday to Saturday at 2pm, starting from the Tourist Information Centre, on the Saturday Market Place.

These walks cover a variety of themes, more information can be found at www.kingslynnTownguides.co.uk



Discover Britain's most
surprising town...
...5 days a week

**Guided walks at 2pm
Tuesday to Saturday**

from Easter to end of October



Book online at kingslynntownguides.co.uk
or turn up and pay the guide.

Only £5 per adult. Walk lasts around 2 hours.

Meet on Saturday Market Place (pictured above)

Private groups are welcome at any time throughout the year.

Email guides@kingslynntownguides.co.uk to request a walk.



Borough Council of
King's Lynn &
West Norfolk



Carers Identity Passports in Norfolk and Waveney

When a person goes into hospital, it can be a difficult time for Carers. Many Carers want to be involved, informed and help provide care. Carers are real experts and know the person they care for well, including complex conditions, learning or communication difficulties or memory loss. They often know about medication, side - effects and how the patient wishes to be cared for.

The card includes the Carers name, a Carer Identity Passport number and issue date. The Identity Passport will be issued by the central organisation, Carers Voice Norfolk and Waveney, who will use the number and issue date to enable the monitoring and evaluation of the scheme.

Carers will be asked to provide basic details. These are email address, name, address, and locality. They will also be asked to confirm their caring status from the following list:

Carers over 18 caring for an adult

Carers over 18 caring for a child (under 18)

Carers under 18 caring for an adult

Carers under 18 caring for a child (under 18)

To register for a Carers Identity Passport using an online form please go to: www.carersvoice.org/carers-identity-passport. If you need support to complete the online form or have any other question please call 07932095312.

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	07765 433 100

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 August 10th for inclusion in the Autumn 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