

THE GLAVEN VALLEY NEWSLETTER



February 2023

LEATHERINGSETT WATERMILL

Riverside Road, Letheringsett, Norfolk, NR25 7YD

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Phone: 01263 713153

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THE GLAVEN VALLEY NEWSLETTER

Editor: Lorraine Nairn BSc (Hons) Psych
12 The Cornfield, Langham, NR25 7DQ
07983 287088
email: editorgvn@gmail.com

Treasurer: Martin Tyler 01263 740817
Stonebridge House, Bridgefoot Lane
Wiveton, Holt, NR25 7TP
mctyler@hotmail.co.uk

Production & Distribution Co-ordinator:
Oscar Haynes 01263 712693
Dunelm, Avenue Road, High Kelling,
NR25 6RD
email: oscar.haynes@btinternet.com

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Copy for the March edition must be received by the 15th February at the latest.

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editorgvn@gmail.com

GVN Post Box at 12 The Cornfield, Langham, Nr Holt, NR25 7DQ.

GVN Web Address

<https://glavenvalleynewsletter.weebly.com/>

****CHECK OUT FOR EXTRA ITEMS****

**The Editor does not necessarily agree with
views expressed by correspondents.**

Treasurer's Report

We rely on donations to help us cover the cost of producing the Newsletter free of charge for all residents and like many people and organisations are facing increased costs – our paper costs have increased by over 80% in the last year – so do please think whether you are able to make a small contribution.

Donations can be made by:

- Send cash or cheque to the Treasurer, Stonebridge House, Bridgefoot Lane, Wiveton, Holt NR25 7TP (cheques payable to Glaven Valley Newsletter)
- By making an online transfer or setting up a standing order to us (Sort Code 30-94-34 Account 00897099)
- or by using the form below and sending it to your bank to set a standing order up

*Many thanks for your support
Martin Tyler
Treasurer, Glaven Valley Newsletter*

Standing Order Mandate

To	The Manager	
Bank (Your bank)		
Bank Address		
Bank details (your bank details)	Sort Code	
	Account Number	
Please Pay		
For the credit of	Glaven Valley Newsletter	
Bank details	Sort Code	30-94-34
	Account Number	00897099
	Reference	GVN Donation
Regular Amount (In figures)		
Starting on (enter date of first payment)		
Frequency Delete as appropriate	Monthly / Annually	
	And continue until cancelled by me in writing	
Signature		
Date		



BLAKENEY HOTEL

Jobs Available – full or part time

We have vacancies for:
Duty Manager / Porters / Receptionist

For more information on these or other roles please email
admin@blakeneyhotel.co.uk or call 01263 740797

CRĒEK

Maritime Yard Westgate Street Blakeney Norfolk NR25 7NQ

www.creekatblakeney.co.uk shop@creekatblakeney.co.uk 01263802277

We've had a makeover!

Come and see our fresh new look.

We are Creek, Blakeney's independent lifestyle shop for clothing and gifts.



WE STOCK



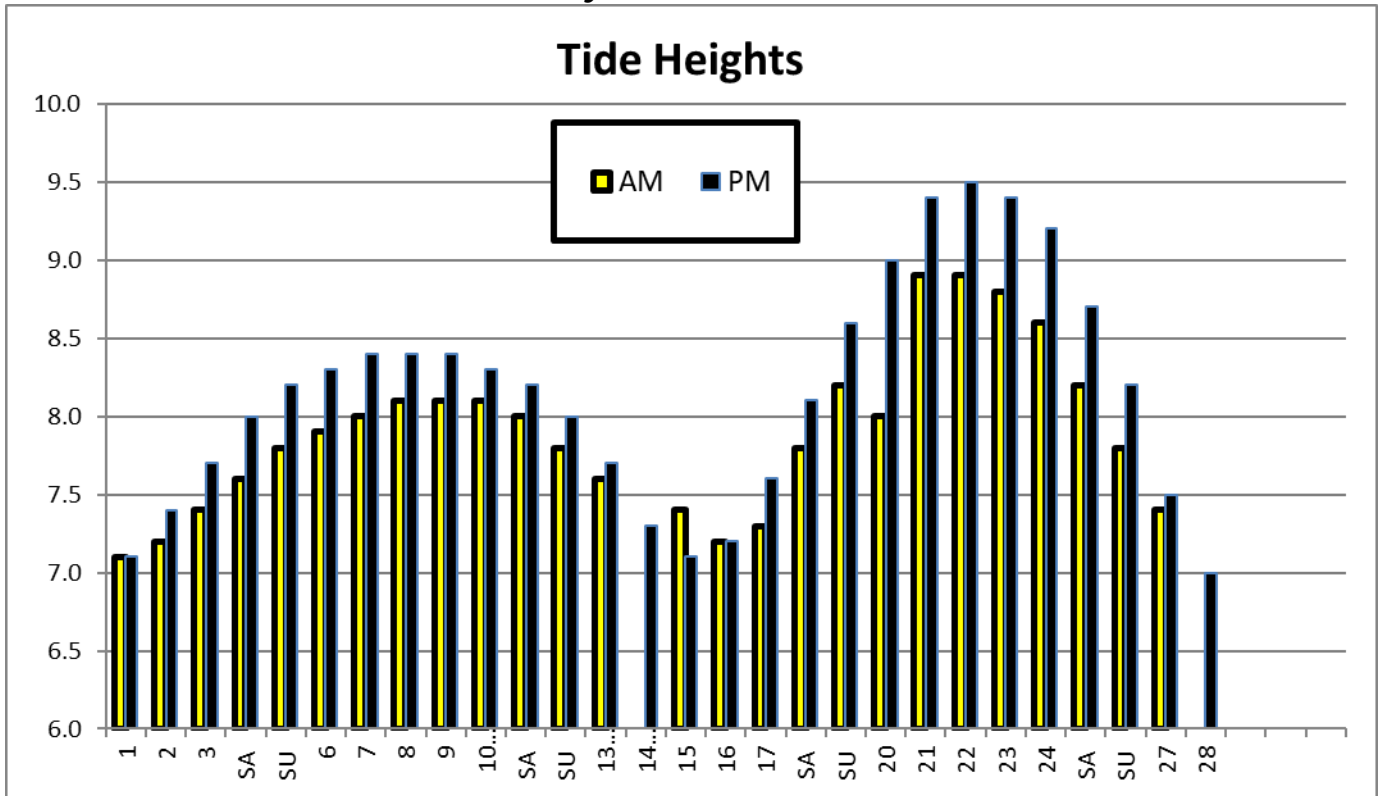
BRAKEBURN



Blakeney



February 2023 - Tide Details



Tide Times

	AM	PM		AM	PM
			Mon 13 February	10:34	23:37
			Tue 14 February	00:00	12:16
Wed 01 February	03:08	15:47	Wed 15 February	00:36	13:26
Thu 02 February	04:15	16:43	Thu 16 February	01:57	14:58
Fri 03 February	05:12	17:31	Fri 17 February	03:42	16:12
Sat 04 February	06:01	18:12	Sat 18 February	04:57	17:11
Sun 05 February	06:42	18:49	Sun 19 February	05:57	18:02
Mon 06 February	07:18	19:23	Mon 20 February	06:49	18:49
Tue 07 February	07:52	19:55	Tue 21 February	07:36	19:34
Wed 08 February	08:24	20:26	Wed 22 February	08:19	20:16
Thu 09 February	08:57	20:58	Thu 23 February	08:58	20:57
Fri 10 February	09:30	21:30	Fri 24 February	09:34	21:37
Sat 11 February	10:04	22:06	Sat 25 February	10:08	22:18
Sun 12 February	10:41	22:48	Sun 26 February	10:43	23:00
			Mon 27 February	11:23	23:48
			Tue 28 February		12:13

Friends of St Nicholas 'Church Blakeney

Cabaret

Returning by popular request

Esther Platten

and guests

Banish the blues of winter with an evening of lively and beautiful music in St Nicholas' Church Blakeney

Friday 24th February 2023 - 7.30 for 8.00

Tickets - £15- to include arrival drink and a light supper

To be booked from Tom Green 01263 740788

Wine and soft drinks available

Organised by the Friends Charity 297272 in aid of Church Projects

Blakeney

The Glaven Centre

Here at the Glaven Centre we are beginning the New Year with a restructuring of staff and have said thank you and goodbye to manager Keith Barnes. We wish him well in all his future endeavours and the centre will continue with day care and clinical support at the forefront.

We have attended some memorable events and one in particular; seeing the wonderful Paul Phoenix, tenor at St Andrews Church in Holt. This event, we were kindly invited to by our friends at the Poppy Club. This was indeed a stunning performance from start to finish, accompanied by the extremely talented Richard Peaver on the piano.

We have started to provide two-course freshly homecooked meals to the Poppy Club once a month and we have received some lovely feedback. We love to help out our local community and work in partnership with those who require any services we have to offer. We have had some new clients join us who are settling in well and have expressed how much they enjoy coming each week. We are thrilled to hear this and pride ourselves on offering a warm, friendly and welcoming atmosphere with highly trained staff and a family feel. Do get in touch on 01263 740762 if you feel you know of anyone who could benefit from our wonderful centre here at the Glaven.

We are looking out for those beautiful snowdrops and daffodils which bloom at this time of year after being underground for so long, waiting to spring up to say hello. We hope that you feel you can emerge brightly from this winter as the light slowly returns. We send our warm wishes to each and every reader.

Janine Nelson

**Please come and play
BADMINTON
at Blakeney Village Hall**

**Every Monday 6pm - 8pm
£3.50
First time free - rackets
available.
All levels welcome.**

News from the Methodist Church

Hello everyone,

Although this time of year can be rather bleak (with fond memories of many winters in the Fens!) I am always pleased to see little reminders of better and warmer times to come as the Snowdrops and the Daffodils prod their green shoots through the earth, having slept there for months, waiting for the time to make their appearance. In the Community Garden we are starting to see these signs and a great pleasure they are indeed. We are thoroughly enjoying having the garden, which is a wonderful place for people to stop and rest and as we make plans for this coming year, we would love to have at least a couple more people who can spare a few hours a month to lend a hand. You don't need to be an expert gardener and we will feed and water you while you're with us :-). If you're interested, please contact me on the number below.

A reminder that our Foodbank donation point is open at the following times;

Thursdays 10am-11am
Sundays 9.30am - 11.30am

A big thank you to everyone who donated food leading up to the Christmas period, the lovely team at the Cromer and District Foodbank were delighted!

Our weekly Sunday services for February are as follows;
Sunday 4th February 10am - Cafe Service
Sunday 11th February 10am - Covenant Service
Sunday 18th February 10am - Celtic style service
Sunday 25th February 10am - Cafe Church

Our mid-week prayer time; Thursdays 9.30am - 10am
Our weekly coffee morning takes place Thursdays 10am - 11am and is a great place to come and chat to friends old and new.

You are always very welcome to come and join us at the Chapel. If you would like to talk to someone about coming, please give me a call on 07725 077810. We're a really friendly bunch and enjoy drinking coffee, eating, worshipping and laughing together :-)

Love and blessings

Sam Parfitt

BLAKENEY HARBOUR ROOM EVENTS

February is normally a quiet month for The Harbour Room so we do not have any bands in the main hall, but we do have lots going on in The Top Bar, which is always warm and welcoming to all. It's our Community Pub and a great place to meet your friends for a drink!

The Harbour Room is open every morning (including Sunday) for breakfast from 9 - 12.

The Top Bar opens at 5pm Wednesday - Saturday and 12 noon on Sunday for our very popular Roast. Don't forget that on Thursdays we offer a home cooked curry and its fish and chips on Friday night.

On **Sunday 19th February PEDDARS WAY** will be performing in the Top Bar.

Peddars Way are a recently formed acoustic guitar duo from Norfolk, who perform a range of folk / country / Americana songs with heavenly harmonies. This is free event, perfect to wash down that Sunday roast.

Our regular free events for February will be:

OPEN MIC NIGHT - Thursday 9th February 7pm

We would love to see some more local talent, so come and show Blakeney yours!

FOLK CLUB - Sunday 10th February 3 - 6 pm

Come and listen, come and perform - all welcome

QUIZ NIGHT - Thursday 23rd February 7pm

It's Curry night too!

OPEN STAGE IN THE HARBOUR ROOM - Sunday 26th February 7 - 10pm

The Folk Club welcomes any bands, duets or solo artists to take to the stage and perform with the help of a professional sound engineer.

Singers, players and listeners all welcome.

Coastal Rowing Association of Blakeney

A quick glance at the club's booking calendar will show that rowers have been extremely active so far this winter with several outings a week setting off across Barton Broad to row hard or to simply explore and enjoy good company. The website at crabblakeney.wordpress.com shows ample evidence of this with some excellent photographs taken in several places on The Norfolk Broads.

There are several special rows planned for 2023. Outstanding amongst these is The Robin Combe Challenge. A trophy in the form of an engraved hip flask will be awarded to the crew with the fastest time between Wayford Bridge and the entrance to Cox's Boatyard, Barton Turf. This is a distance of 1.8 miles. Crews will be devoting their outings to this quest during the coldest time of the year, but any attempt to gain the prize will ensure that rowers keep warm.

Another event to look forward to is the CRAB Broads Tour which will take place between 26th and 30th June 2023. Preparations for this are proceeding apace. This will be a rowing exploration of The Broads with, for example, a barbecue at Barton Turf Adventure Centre and lunch at The White Horse, Neatishead. Participants may camp at the adventure centre. It promises to be another sociable event involving other rowing clubs.

2022 was a year in which many new members were welcomed to your local rowing club. If you want to know more about the club's activities, or try skiff rowing for yourselves, contact Humphrey at hborgnis@icloud.com. Beginners and returning rowers are always welcome. Coaching and helpful advice will be available. There is no obligation to compete. Come along for a gentle and sociable row. Remember, you can keep up with the club's activities on Instagram, on Facebook and on the club's website at crabblakeney.wordpress.com.

See you on the water in 2023.

Barry Howes



The Kings Arms Blakeney would like to wish all our customers, old & new, a very Happy New Year.

We are open all day, every day and a warm welcome awaits.

Our opening hours are as follows:

Bar open 7 days a week 11am-9.30pm (10.30am for coffee/tea).

We are serving food 12noon-2pm and 6pm-8pm Mon-Fri, 12noon- 8pm Saturdays & Sundays.

'Takeaway Fish & Chips available too'

We hope to see you all soon.
Marjorie x

News from Blakeney CE VA Primary School

It is hard to believe that half term is nearly here!

The six weeks since Christmas has flown by in a whirl of excitement for our new learning themes and lessons, collective worships based around enthusiasm and confidence, Messy Churches, Blakeney Big Breakfasts, Federation Pantomimes, (Oh yes, we did!) swimming and badminton lessons.

In Smugglers class we have been learning about the Victorians and by the time this is published, we will have been on an immersive trip to Gressenhall Rural Life Museum. It's always great fun to dress up in character and I have confidence in saying that the children will have behaved impeccably while out representing the school. These curriculum enhancement days are really important for the children's learning, not to mention lots of fun! As our electricity Science module fits in nicely with Victorian inventions we have been making circuits. This will culminate in a science project to make and design our own lighthouses. Robert Stevenson would be very proud!

In Rainbows, Ms Ahmed has been busy with the children reading the book, "aliens love underpants". Lots of pairs of colourfully designed underwear are on display and the children have written some amazing stories. The role play area of the classroom is the flight deck of a space ship and the view is amazing!

We have the inaugural Blakeney School pancake race coming up very soon. I hope to share the winner's name with you in the next edition.

The school has been a happy place this half term. This isn't at all unusual but it is a reminder of how lucky we all feel to be a part of such a close-knit community school.

Claire Thoday (Senior Teacher, Blakeney CE VA Primary)

February Wordsearch

D C S P T F F T D T Y W C M I
V S O F H M R E P P P H H O J
P Q I O G A L E S G I M Z X H
M R U F G E A L E L G A N D L
D L D J M R S S L Z P P R L H
S R C B H T G Y A N I A Q K Z
K E T F R S J W U L Z N W E R
S T N M X T W K A Z K N G I U
U P S O T E S X I S B Z V A B
B S J O T J P L Y V V K N M W
Z H N D R S B W H I T E O U T
E G D O E F L L I C W G R O S
R I X W W F W I Q E X I J X B
O S M R O T S C A Q Q O Z J N
U Z Q G G D F C Q H Z B R R S

BLIZZARD, CHILLY, DRIFT
FOG, FREEZING, FROST
GALES, HAILSTONES
ICE, JETSTREAM
SLEET, SNOW, STORMS
SUBZERO, WHITEOUT

To all our readers....please keep your contributions coming in, whether it is articles, stories you would like to share, past and present, historical accounts, wildlife news....we would like to hear it all, as we aim to keep the GVN as informative and interesting as it has always been. Always open to new ideas too!!

I look forward to hearing from you....Editor...



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Jackie Finch

07776292211



Glaven Valley

Bereavement Support Group

will meet on Monday 13th February

and then every second Monday of the
month

at Merchants House, Blakeney

4.00pm to 5.30pm.

Anyone who has suffered bereavement
is very welcome.

Refreshments at 3.50pm

FAKENHAM CHORAL SOCIETY CONCERT

Handel's 'Samson'

Fakenham Parish Church

Saturday 25th March 7pm

Musical director, Mark Jones

After their hugely successful Christmas concert, Fakenham Choral Society delves deep into the story of Samson, from his betrayal by Delilah to his dramatic demolition of the temple. Composed by Handel immediately after 'Messiah', 'Samson' is just as compelling and lyrical, concluding with the scintillating aria 'Let the bright seraphim'.

With orchestra and professional soloists, Rosamund Walton, Tabitha Reynolds, Dan Bartlette and Simon Crookall, this promises to be one of the choir's most memorable performances.

Tickets are £12 (under 16s free), and can be purchased either by calling 01485544335, via the website www.fakenhamchoralsociety.org or on the door.

Do come along for an unforgettable evening

Acupuncture at Holt Holistic Centre

Alison Courtney BScHon Ac

I am an experienced acupuncturist coming from an NHS background. Acupuncture is used to treat a wide range of health problems physical and emotional so please call me if you would like to know how acupuncture may help you.

For appointments contact me on Mob 07790264515 email alisoncourtney3@gmail.com www.alisoncourtney.com

Member of the Acupuncture society
Holt Holistic Centre 10 Station Road Holt

BLAKENEY FILM NIGHT

**"Woman At War" (12A)
Friday 17th February
£5 on the door**

Halla is a community choir director leading a quiet, routine life - or is she?? "Mountain Woman", her alter ego, is a passionate environmental activist secretly waging war to protect the landscape from industrialisation. And her life becomes ever more complicated when she attempts to adopt a child whilst simultaneously evading a police investigation as she plans her boldest act of sabotage yet.....

Strikingly original & immensely entertaining, this Icelandic comedy-drama offers a combination of adventure, intrigue & timely political messaging. Thought-provoking & inspiring, its improbable but totally engrossing plot will keep you guessing to the end. Visually amazing with great music too - a really clever & uplifting film.

Doors open at 6.30 for a 7pm start
Bar/Refreshments

All profits for BVH refurbishment
www.blakeneyvillagehall.org.uk

BLAKENEY PARISH COUNCIL -
www.blakeneyparishcouncil.org.uk



JOB VACANCY X 2

Seasonal Part time positions available.
For the period: Saturday 1st April 2023 to 31st
October 2023.

**£13.00 per hour – Average 7 hours per day, on a
4- or 5-day rota.**

For further details please see our website or
Facebook page, for a full application pack, please
contact the Parish Clerk. (Contact details at the
bottom of this report.)

**Closing date for application is Friday 10th
February 2023**

*Interviews to be held week commencing 20th
February*

Blakeney Annual Parish Meeting

**Thursday 16th March 2023 – 6.30pm (Doors open
at 6.00pm)**

In Blakeney Village Hall

We always strive to have a guest speaker on a current topic of interest along with other items of community interest. The agenda will be published in due course and can be viewed at www.blakeneyparishcouncil.org.uk

The doors will open at 6.00pm for you to browse the displays and grab a quick cuppa. The meeting itself will commence at 6.30pm. Please do come and join us.

This is a meeting of the village. **It is not a Parish Council Meeting.** We offer this opportunity to local groups to produce a display, showcase what they do and use this event to gather more interest. *If you are interested, in setting up a stand or display, do get in touch.* Those receiving the Parish Council Community Fund grants are invited to say a few words about their organisation. In the past this event has attracted anywhere between 45 people to just over 100.

We look forward to seeing you there...

Just a reminder, that we still have money left in our Community Covid Support Fund from the grant we received, and so if you or someone you know needs financial/hardship support right now, then please contact the Parish Clerk. Your enquiry will be dealt with in the strictest of confidence. Please do get in touch. (Call 01263 741106 or email: clerk@blakeneyparishcouncil.org.uk)

Local Government Elections – 4th May 2023 – We are fast approaching the next round of elections for North Norfolk District Council and Blakeney Parish Council, the 4-year cycle comes around quickly! So, if you or someone you know, is interested in standing for either the District Council or our Parish Council, then do keep an eye out for further information in the coming months. This process requires all existing Parish Councillors who wish to continue in the role, and other persons who wish to serve as a Parish Councillor, to submit nomination paperwork in the nomination period of late March/early April 2023 and, where the number of nominations received exceed the number of Parish Councillors to serve on the Council, then a contested election will be held. This would be at the same time as the elections to North Norfolk District Council – i.e., Thursday 4th May 2023. If you are keen to find out more about being a Parish Councillor, then by all means, contact the Parish Clerk for an informal chat.

**A reminder: VISITORS/GUESTS/HOLIDAYMAKERS
please be aware.**

**NO OVERNIGHT PARKING ON THE CARNSER CAR
PARK** – It has been brought to our attention that several people staying in holiday cottages in Blakeney, are told by the owners

of the cottages that they can park overnight on the Carnser Car Park on Blakeney Quay. This is not true, the signs advise that **no overnight parking** is permitted on The Carnser, and this is due to the fact that the Carnser Car Park is liable to unpredictable tidal flooding. Many of the vehicles that are caught out and flooded have been parked overnight on the Car Park when they should not have been. There are alternative car parks for overnight car parking, including Coronation Car Park and Blakeney Village Hall Car Park.

Please do help us to spread the word, many thanks.

Extracts from the January Parish Council Meeting...

County Councillor – Michael Dalby, shared the following report;

Housing with care flats helping people leave hospital - 10 Housing with Care flats across Norfolk are being used to support people who are medically fit but need care at home to leave hospital. People will temporarily move from a hospital bed to a flat in a Housing with Care scheme for up to four weeks. They will receive 24/7 care and support before moving back to their home. Developed as a partnership between Norfolk County Council, the landlords (Broadland Housing Association and Saffron Housing Trust), NorseCare, Country Kitchen Foods Norfolk and NHS Norfolk and Waveney Integrated Care Board the flats will be available until 31 March.

Cabinet considers next phase of support for Ukrainians in Norfolk - Norfolk County Council's Cabinet is being asked to consider the next step in the Government's Homes for Ukraine scheme, which will be known as the Move On programme. The council will continue to provide support, both directly and through its partners and district and borough councils, to both hosts and guests. The new package from central Government is providing funding to support Ukrainian guests to move into their own homes and for housing authorities to purchase properties for the use of refugees.

Norfolk residents to benefit from £2 bus fare cap - Nine bus operators in Norfolk have announced that they will be taking part in the Bus Fare Cap Grant scheme. This means that a single journey on all services run by these operators between 1 January – 31 March 2023 will cost no more than £2 thanks to funding from HM Government. The scheme is part of the Government's Help for Households campaign designed to support families through cost-of-living pressures.

Operators taking part are; BorderBus, First, Konectbus, Our Bus, Sanders, Simonds, Coach Services, Stagecoach & Semmence.

Village Gateways Funding – I am pleased to advise that I have allocated £6k towards this project, from the NCC Road Safety Community Fund which will reduce the Parish Councils expenditure on this project.

Highways – The remedial work for Westgate Street and Back Lane, will take place as soon as the weather and budget allow.

Open Public Session – to allow members of the public and councillors with prejudicial interests to address the meeting.

- *Would the Parish Council be prepared to consider seeking the allocation of 'Asset of Community Value' and/or similar allocations for the car park, green and buildings which form the **Harbour Room premises** in High Street, Blakeney? (BPC will place this on the February agenda for consideration.)*

Planning – PF = Full Planning Permission, PM = Planning Permission – Reserved Matters, LA = Alteration to Listed Building.

RV/22/2830 – *Proposal; Variation of Condition 2 (approved plans) of planning permission PF/21/3073 to allow existing hedge to south site boundary to be removed to enable new low-level solid fence, hedge to be replanted when fence is complete and brise soleil removed from west elevation of plot 2 at, **43 New Road, Blakeney**. No objection.*

Planning Inspectorate Ref. EN010109 – *Proposal; Application by **Equinor New Energy Ltd** for an Order Granting Development Consent for the **Sheringham Shoal Offshore Wind Farm Extension Project and Dudgeon Offshore Wind Farm Extension Project**, to be located of the coast of Norfolk; one for up to 23 wind turbine generators and the other for up to 30 wind turbine generators. Noted for the time being. District Cllr Victoria Holliday, will ask the Community Engagement Office to simply update us.*

Glaven Valley Conservation Area Appraisal and Management Plan – public consultation runs til 20th January 2023. **Resolved** – i) We want the saltmarshes to remain in the Conservation Area, ie. to continue to enjoy their present level of protection, ii) We wish for the modern housing area on Saxlingham Road to be retained within the protected area, aswell as the field, iii) We are also happy to sign up to the co-ordinated response with other parishes.

FINANCE

Accounts totalling £9,190.08 are to be paid.

Clerk/RFO Report –

- **Parish Partnership Bids cancelled** – 1) Live Car Park Signage (no cost incurred to BPC) & ii) Langham Road Trod (£750 cost incurred by BPC for NCC work undertaken given that scheme was to commence before Christmas, so £9,250 is to be returned to BPC via NCC).
- **Granary Staging** – The Blakeney Harbour Association is hoping to erect a sign to keep the public off the dilapidated staging near the granary, they just need to satisfy themselves on the liability front.

To request a **Precept 2023/24** of £45,000 from NNDC.

Reports from Representatives on Other Committees/Groups which have met recently;

Cllr Nigel Sutcliffe updated the meeting with **Holt Medical Practice** & Duncan Baker MP, regarding Blakeney Surgery which was held via Zoom on 8th December 2022. The outcome being that Holt Medical Practice, advised that they would now start the official consultation process to close the **Blakeney Surgery**. BPC will continue to challenge this scenario.

CORRESPONDENCE

In response to the **Street Lights** public consultation, which asked for views on whether to switch off all lights permanently or to place them all on a timer, we note the responses and we will work to place all our street lights on a timer.

As a result of the previous decision, we will now work on the **Replacement Street Lighting** program. Timers are added at the time of manufacture at no additional cost, as advised by T T Jones Electrical. We will seek further information with regard the concrete posts, i.e., any chance of them being retained/modified, and confirmation that the new lanterns would not be too bright, and will also try and obtain a second quote. We will also seek to obtain 50% grant funding towards this expenditure.

The BPC/NT Working Group representatives will raise the following item at the next group meeting with the National Trust in February 2023. This being in respect of income from **Blakeney Carnser Car Park**, what is an appropriate split of income between Blakeney Parish Council and The National Trust, based on the National Trust Land Registry entries, which do not appear consistent with the current arrangements.

Resumption of BPC Meetings – *We continue to use The Scout Hut for our Parish Council meetings for the time-being, as it is more spacious than the Parish Office. However, in order to manage numbers, we continue to ask that if you do wish to join us at a meeting, if you could please let The Clerk know in advance that you plan to attend (a quick phone call or an email), that would be helpful and we will set the room out accordingly.* **01263 741106** or clerk@blakeneyparishcouncil.org.uk

YOUR SERVING PARISH COUNCILLORS ARE: -

Rosemary Thew – (Chairman) – 740555 – Moonraker, Back Lane

Nigel Sutcliffe (Vice-Chairman) – 741714 – Dallinga, 71 Morston Road

Jenny Girling – 740792 – 11 Queens Close

Samantha Arlow – 741297 – 40 Langham Road

Jane Armstrong – 741355 – 39 New Road

Alban Donohoe – 741741 – Ivy House, Back Lane

Shirley Everett – 740819 – Southside, 87 Morston Road

Barry Girling – 740792 – 11 Queens Close

Edward Hackford – 740616 – Spring Cottage, Langham Road

Willie Weston – 740910 – 27 Queens Close

Iain Wolfe

Those interested in planning matters, should keep an eye on the NNDC website at the moment as a first resort and respond

direct to NNDC with any objections/comments/support but by all means copy the Parish Council in, but please do note the deadlines.

Next Full Council meeting; Tuesday 7th February 2023.

Snow in the Suburbs

by

Thomas Hardy

Every branch big with it,
Bent every twig with it;
Every fork like a white web-foot;
Every street and pavement mute:
Some flakes have lost their way, and grope
back upward when
Meeting those meandering down they turn and
descend again.
The palings are glued together like a wall,
And there is no waft of wind with the fleecy
fall.

A sparrow enters the tree,
Whereon immediately
A snow-lump thrice his own slight size
Descends on him and showers his head and
eye
And overturns him,
And near inurns him,
And lights on a nether twig, when its brush
Starts off a volley of other lodging lumps with
a rush.

The steps are a blanched slope,
Up which, with feeble hope,
A black cat comes, wide-eyed and thin;
And we take him in.

February Sudoku: Easy

		8	2					
		6	4			3	8	
5	3					2	1	
6	2			1				
			3		7			
				5			3	1
	8	5					6	4
	1	9			8	7		
					3	5		

Fill the grid so that every row, every column and every 3x3 box contains the numbers 1 to 9.

Hard

	3							9
1			2		6		3	
				3		5		
	6		1				9	
		9		7		1		
	2				9		6	
		5		2				
	9		8		3			7
4							8	

Fill the grid so that every row, every column and every 3x3 box contains the numbers 1 to 9.

Medium

		6				4		
	5		8		3		6	
2				4				8
			1				9	
7		8		6		5		2
	3				7			
4				2				7
	1		7		9		2	
		7				3		

Fill the grid so that every row, every column and every 3x3 box contains the numbers 1 to 9.

Colin Lloyd

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**Wallpapering a
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Lloyd.colin1959@gmail.com



Thoughts from the Rectory for February 2023

Dear Friends,

I mentioned in a service the other week that my brother gave me a T-shirt this Christmas which caused some amusement. Emblazoned across the front are the words “Moderate, or good, occasionally very poor”! The joke is obviously in taking words from the Shipping Forecast, and applying them to the wearer. (In my case, it might be more accurate to say “Vaguely moderate, mostly very poor, just occasionally good”, but anyway....) But it did seem to me that that slogan is a sort of reflection on the human condition, how we all are. All of us are a mixture of things. We bumble along moderately, sometimes getting it right and being good, and sometimes getting it all wrong and being very poor! I’m sure we’d all agree that the trick is not to feel too clever when we get things right, and not to chastise ourselves too much when we get things wrong. In fact, you could say that the trick is to learn from everything that happens, both when we get things right and when we get things wrong.

February sees the start of Lent (Ash Wednesday falls on 22nd Feb this year). It’s traditionally been a time to give things up, and increasingly it’s also a time to take something new on, something which could really make a difference to us or to others. But either way, Lent’s always a useful time to reflect on our lives and lifestyle (if you haven’t already done enough of that in January!) What’s good, what’s moderate, and what’s poor? It’s worth asking ourselves if there is – as it were – something good we could do to make our life more fruitful, or something we could do to help move someone else’s experience of life from *poor* or *moderate* to *good*. There’s so much need around, and so much we can all be joining in with to make things better.

So, I wish you all a positive and inspiring Lent. I hope your season will be mostly good, if occasionally moderate, with only the odd very poor moment!

Richard

NB: Do check our benefice website for any last-minute changes: www.glavenvalleychurches.org.uk

The What’s On page will give you up-to-date information, and other details. You may find you need to click “refresh” when returning to the website, to be sure of the latest information.

Or please contact me on: revrichardlawry@gmail.com or by phone on 740686, if you need information, advice or help.

Other contact details are:

BENEFACTICE OFFICE

01263 740583

glavenvalleybenefice@yahoo.co.uk

ASSISTANT CLERGY

Revd Sarah De Bats 01263 710761

Revd Jo Fawcett 01328 830415

Revd Dr Claude Scott 01263 740573

LAY MINISTERS

Dr Roger Bland 01236 740806

Penny Thewlis 01263 715667

CHURCHWARDENS

Blakeney

Stephanie Green 01263 740788

Rosemary Thew 01263 740555

CHURCHWARDENS

Cley

Hannah Stevenson 01263 741336

David Barron 07989 932468

Glandford

Averil Monteath 01263 740179

Roger Combe 01263 713901

Letheringsett

Ann Thomson 01263 712821

Wiveton

Stephen de Loynes 07975 813057

Charles Killin 01263 741744

Funerals:

January saw the funerals of Morris Arthur (Friday 20th) and Jan Valori (Thursday 26th), both in Blakeney Church. Tony Blount’s private committal also took place on 10th January, and there will be Memorial Service for Tony at Cley Church on Friday 24th February at 2.00. We give thanks for their lives, and remember all their families in our prayers.

St Peter's Catholic Church
Back Lane, Blakeney, NR25 7NP

Mass Sunday - 11am

Wednesday - 9.30am

Holyday of Obligation 9.30am

www.catholicparishofwalsingham.org



FEBRUARY 2023 SERVICE SCHEDULE

CW - Common Worship; BCP - Book of Common Prayer (1662)

Wed 1st	Holy Communion (BCP) 10.00am	Cley
SUNDAY 5th	<i>3 Lent / Candlemas (tr.)</i>	
8.00	Holy Communion (BCP)	Wiveton
9.30	HC (CW) [<i>& live-streamed</i>]	Blakeney
11.15	Holy Communion (BCP)	Letheringsett
4.00	Sacred Space	Cley
SUNDAY 12th	<i>2 Lent</i>	
9.30	Praise & Worship [<i>& live-streamed</i>]	Blakeney
11.15	Holy Communion (BCP)	Glandford
6.00	Service of Meditation	Wiveton
Wed 15th	Holy Communion (BCP) 10.00am	Cley
SUNDAY 19th	<i>Sunday before Lent</i>	
9.30	Celtic HC with Healing [<i>& live-streamed</i>]	Blakeney
9.30	Morning Prayer (CW)	Letheringsett
11.15	Café Church	Cley
6.30	Evensong (BCP)	Wiveton
Wed 22nd – Ash Wed	Holy Communion (BCP) 10.00am	Cley
SUNDAY 26th	<i>Lent 1</i>	
8.00	Holy Communion (BCP)	Cley
9.30	Holy Communion (CW) [<i>& live-streamed</i>]	Blakeney
11.15	Family Service (All-Age)	Wiveton
3.30	Evensong (BCP)	Glandford

All welcome!

Cley

THURSDAY'S AT 3PM CLEY CHURCH

Thursday February 2nd

Britten and Auden: *Tell Me the Truth About Love* with Jayne Jones (soprano), Wyatt Earp (flute), Steve Benson and Paul Hands (narrators), Angela Dugdale (piano)

Thursday February 9th

Songs of Love: Katharine Jones (soprano) Hilary Markland (contralto) Mark Jones (piano)

Thursday February 16th

More Romantic Pieces for the Flute: Wyatt Earp (flute) and Angela Dugdale (piano)

Thursday February 23rd

"Mozart to McCartney": Riddlesworth Winds Claire Duncan (Flute), Michael Bishop (clarinet), Diana Sampson (oboe), David Evan-Jones (horn) and Tony Oliver (bassoon).

The quintet is based in Breckland West Norfolk and their programme includes pieces by Sousa, Ducas, Gunoud, Dvorak, Mozart, Delibes and McCartney

Thursday March 2nd

Clarinet Duo: Romantic Pieces from C19th & C20th centuries.

Mike Bishop (clarinet) and Margery Baker (piano) Pieces by Pierné, Finzi, Ireland, Brahms and Baermann

Wyatt Earp

Tony Blount died peacefully at home on the 18th of December in the loving arms of Emma, Alice and Kitty ~ with Jonny, Tim, Ollie, Freddie, Evie, Archie, Isadora, Inigo and Charlie all around him.

To celebrate his long and happy life, a public memorial service will be held at **St Margaret's Church Cley, 2pm on Friday 24th of February 2023.**

CLEY WARM SPACE

Mondays/Wednesdays/Fridays 10-3

Everyone is welcome at Cley's Warm Space which in the Club Room at Cley Village Hall (round the back) on Mondays/Wednesdays/Fridays from 10-3 till the end of March.

It is delightfully cosy and very sociable! This warm space is for everybody, including well behaved dogs, from Cley and neighbouring villages. Come and catch up with your friends. We have lots of games, and a piano, but if you want to work, do your paperwork or read, we can find you a quiet corner.

We have a fabulous coffee machine, and are serving hot soup and crusty bread on Wednesdays.

New is bingo on Friday afternoons. Come along for a game, a chat and cuppa.

Turn your heating off for a couple of hours and come on down! If you need a lift to get to us, we're very happy to collect you. Just let us know on 07557054629.

If you'd like to join our wonderful team of helpers to offer a cheery welcome, please get in touch with the clerk on 07812384889 or Victoria on 07557054629.



**NWT North Norfolk
Group and
Cley Bird Club
&**



North East Norfolk Bird Club

February meeting

Bustards: The Ecstasy and the Agony

Nigel Collar is a Leventis Fellow in conservation biology with BirdLife International, where he has previously worked as the Director of Science, and also the compiler of the International Bird Red Data Book. He will introduce some of the stunning wonder of bustards but then dwell on the extreme difficulty of conserving these particular birds, which are so badly adapted to life alongside human beings. It is a massive challenge and one that he fears we will not be able or willing rise to. It will be colourful but hopefully will make people think. This is a joint event with NWT, Cley Bird Club and North East Norfolk Bird Club.

This event is on Thursday 16th February 2023 at 7.30 p.m. in Cley Village Hall. Entry is free but donations to support wildlife conservation in Norfolk are welcome. The meeting is kindly sponsored by Cley Windmill.

Forthcoming meetings – dates for your diary:

The White -Tailed Eagle introduction to the Isle of Wight – Zoe Smith – 13th March 2023.

Birding by Bike: the joys of reconnecting with a childhood landscape -Nick Acheson – 16th March 2023.

Cley Village Hall News

No great news this month, just regular maintenance and repair business with one exception: the new fence surrounding the back of the hall to replace the decaying and unsafe original one has been installed and cemented in. Motorists trying to assess its strength should be strongly advised against, however ...

Live theatre!

After a break of many years, we are having the chance to see live theatre in Cley again:

LAST SHOT & CONFESS, two pitch-black comedy thrillers are brought to us by the up-and-coming East Anglia based Raising Cain Productions. Reviews have been enthusiastic:

“Two punchy, cleverly written pieces which kept the delicious twists coming”

“Funny, dark, tense, claustrophobic and very well acted”

“...perfectly formed and meticulously plotted gems which showcase the talents of a great cast!”

Try something you have not done in a long time - come to the Village Hall for a great night out with live theatre!

Friday, 3 March 2023, 19:30 - 21:00

Bar open: 18:45

Cley Village Hall, The Fairstead, NR25 7RJ (plenty of free parking)

tickets £ 10 - available on the door (cash only) or on the website:

www.raisingcainproductions.com

Cley Parish Council's Chairman's Report

The Warm Space in the Club Room at the Village Hall Mondays/Wednesdays/Fridays 10-3 is proving popular. Everyone is welcome, from Cley and neighbouring villages, including well behaved dogs. We do have games and a tuned piano, and it is very cosy, but mostly it's about catching up with friends over delicious coffee or hot chocolate. However, we can find you a quiet corner if you want to work. We're offering hot soup and crusty bread Wednesday lunch times, and often Picnic Fayre generously donates treats such as brownies or pasties, which are very welcome. We're starting bingo on Friday afternoons so if you fancy a game – and a chat and cuppa– do come along! If you need a lift to get to us, we're happy to collect you. Please contact Victoria on 07557054629.

Many, many thanks to our wonderful volunteers who offer a cheery welcome and are now experienced baristas. We've been given over £100 in donations (mostly from walkers who are delighted to join us) and the plan is use that money to run a community café once a week when the Warm Space finishes at the end of March.

We were successful in getting £2,500 from the Community Support Fund (that's four grants in four weeks!) to distribute to households in Cley. We thought we would spend this on prepaid meter cards and electric throws, which are economical to run but very cosy. We'll let you know when they're available on our website, Facebook page and via the village WhatsApp and email.

21 volunteers have signed up so far for the Toad Patrol, starting when the first toads begin their perilous migration across the Coast and Glanford Roads (usually early February). Thank you so much for helping save this endangered species.

Our first Hilltop working party of the year sadly had to be rescheduled due to bad weather. We will be pruning, trimming and lopping vegetation on Parish Land to tidy it up and create a little more access.

It appears the land around the Barn on the Marsh is also being further developed. Planning has this under review.

We need to raise half the cost, or £6,000, of the Church Green verge improvement works. We will be raising and restoring the verges and creating three or four parking spaces for church use only. We want the access to our magnificent

church to be fitting. More details to come via the usual channels as to our fund-raising strategy.

The owner of Knotting Hill Farmhouse has been invited to one of our next Parish Council meetings. So far, no Temporary Event Notices have been filed with NNDC.

The consultation period for the new Glaven Valley Conservation Area review has been extended by four-six weeks and there will be another public meeting where you can express your views. There are only 7 other rural conservation areas in the country so it is special and we want to make sure the Review as good as possible. Our opinion is that the villages should remain within the rural conservation area as they are integral to the landscape, as should the salt marshes through which the Glaven flows out to sea. We'll let you know when the meeting is being held, again on our website, Facebook page, WhatsApp, email etc. In the meantime, there is an exhibition on the Conservation Area Appraisal in Blakeney Church, where you can leave your comments in a box.

The Dark Skies event has been postponed to the end of February which allows us more time to prepare! We will be asked to all turn off our lights for 10 minutes and there may be a walk or other activity to help us appreciate our even darker than usual skies. More details to follow, check the usual places.

We were told (by a couple of eagle-eyed parishioners, for which many thanks) of a community heating scheme trialled in rural Cambridgeshire. This is a mix of air source and ground source heat pumps providing enough heat to form a network supplying a community. We've passed this idea onto our County Councillor, who is the lead on the environment at Norfolk County Council, and he is looking at it with great interest.

The Salthouse footpath from the heath to Walsey Hills is still under discussion. Walkers are finding the path too narrow, the surface too uneven, and are concerned about tripping and injuring themselves on the barbed wire.

We are beginning talks again (is this the fourth year?) with Norfolk Wildlife Trust about a portaloos at the beach for the summer holidays. If the Parish Council owned the car park, we could do this very easily but as it stands, we have to depend on NWT to organize it.

We should know by the time you read this whether we have been awarded funding to develop the Neighborhood Plan.

There seems a lot more litter in verges and hedgerows than before. We will be therefore be holding a litter picking event in early March – check the usual places for more details.

Planning is continuing for the Coronation celebration tea party in the Memorial Garden on Sunday May 7th from 2-5pm. So far, we have booked a brass band and hopefully an ice-cream van.

The next meeting is Thursday February 9th in the Village Hall at 6.30pm. The agenda will be published on the Notice

Board, on the website (www.cleypc.info) and we'll mail it out to those on the Parish email list (if you want to be included in this please email the clerk) and the village WhatsApp. Please comment on or ask general questions about Agenda items before the meeting by getting in touch with the clerk or myself, or come along and participate. Minutes are posted as usual on the noticeboard and website.

Dr Victoria Holliday, Chair
avictoriaholliday@icloud.com
victoria.holliday@north-norfolk.gov.uk, 07557054629



Our popular Thursdays @ 3 Music in the Afternoons has restarted. We hope to see you then!

The candle lit Christmas Eve carol service was spectacular, with a choir, brass players, and we think 450 in the audience. The church looked stunning and we raised the roof. Thanks so much to Hannah and Shannan Stevenson for creating such a beautiful atmosphere, as well as serving delicious mulled wine and mince pies after.

The Friends of Cley Church held a New Year's drinks and nibbles Sunday January 15th to celebrate our glorious church and what we are doing in support. If you're interested in joining the Friends, please contact Philippa Besant on philbesant@btinternet.com.

Pam Keyes is very generously throwing open her magnificent and historic hall for a musical soiree on Friday March 24th. There will be an intriguing musical programme from Wyatt and his companions, a delicious supper from Truly Rural and Mark Lynton's finest wine. More detail to come.

Our church book stall continues to thrive: thank you so much Hanne and Klausbernd for all the effort you put into this. Donations of books are very welcome; they can go in the box near the stall in the church or contact us for collection.

Thank you very much indeed.
Victoria Holliday, Chair, Friends of Cley Church

**MERCHANTS HOUSE GARDEN
86 HIGH STREET**

***We are opening the
garden again this year***

1 day a month from February
to October.

If you are interested look out
for local notices and on the
Glaven Benefice (church)
website.

**£5.00 for first visit, £3.00 for
subsequent visits.**

Children free, dogs on leads
welcome AND, as before, no
refreshments!!

*Proceeds this year will be split
between St Nicholas Church and
The Blakeney Neighbourhood
Housing Society.*

CLEY WI

Thursday 2nd February
2.30pm

**AGM followed by
“Wars & Wildlife”**

*Travels of a Naturalist in the
Middle East*

An illustrated talk
by Cley’s very own
Richard Porter
(Back by popular demand!)

Cley Village Hall – NR25 7RJ

*Visitors Welcome - Recommended
Donation £5.00
(Includes afternoon tea)*

*For further information on Cley
WI please phone 01263 740225*

Wiveton

Emma Bridgewater Wiveton Church Mug

I still have some of these very beautiful mugs, designed by Matthew Rice. There were only 500 produced so they will definitely be Collectors' items in the future! If you would like to buy one/some - or look at them - or if you know any avid Emma Bridgewater collectors, please contact me (details below).

The mugs are £25 each. Payment can be made either by bank transfer to:

Wiveton PCC Fabric Account
Sort Code 40-52-40
Account No 00012135

or cash, on collection.

200 Club

January's 1st Prize Winners were Isabelle and Mike Pound, with a prize of £65.

There's still time to join! Just email me or pick up a leaflet from the Church.

Anthea de Loynes
Chair of the Friends of Wiveton Church
antheadeloynes@aol.com
07746 018310

Glandford

Our focus at Natural Surroundings is on plants and it has certainly been a difficult period for us as gardeners and for them. Following last year's heatwave and drought, the mild autumn fooled everyone and we were not well-prepared for what was to come. During the wintery spell before Christmas temperatures here fell to minus 8° C and it stayed cold for over a week. As a result, some of our more tender plants gave up the ghost. The most obvious were the Giant Viper's Buglosses *Echium pininana*, which are not hardy and which died en-masse, looking like bedraggled scarecrows; we had a fine crop of one- and two-year old plants in the gardens and were looking forward to some towering spires of blue flowers. Although not a native, there are very popular with bees and can flower for many weeks. To rub it in, we are reliably informed that the air temperatures in Sheringham did not fall below zero and the *Echium*'s in Anne's fathers

garden there have (so far) survived. There are some plants however that *put-on* growth in the winter and are particularly hardy. Snowdrops, Aconites and Hellebores are all already in flower, along with several winter-flowering shrubs - wintersweet, witch hazel and honeysuckles. One of our more unusual plants is 'summer dormant' and starts into growth in about November - the Mandrake - *Mandragora officinarum*, which has just opened its flowers in mid-January and it's always worth a peep if you are visiting. We keep it in a pot away from the slugs and snails and is in our new greenhouse in the woodland garden.

It is not only cultivated plants that took a knock in the hard weather. On 2nd January 2023 we took a small group out on our annual New Year Plant Hunt. This is a national event that has gained in popularity year on year, with over 1,000 lists submitted in 2023. The challenge is to find as many wild-growing plants in flower as possible during a walk of up to three hours (stops for drinks and cakes are allowed). This was the eighth year that we have been out and counted, and we have had some impressive totals in the past, such as 74 species in flower in January 2020. This year was different, however, as we only managed to find 30 species flowering. Looking at our lists over the years it is obvious that the bulk of the plants that we find blooming are 'hangovers' from the autumn rather than 'early-birds' from the coming spring. Many of the plants on our lists are arable weeds and are annuals, and these carry-on flowering for as long as they can into the winter as they have nothing to lose; their job is to set as much seed as possible before they die. Unfortunately for us, the very hard frosts before Christmas had wiped out many of these lingering species, leaving us searching hard for anything that had survived. This pattern was repeated almost everywhere in Britain, with most people reporting meagre pickings, and was a salutary reminder of what a 'real' winter does, and how mild recent winters have been.

On the bird front it has been rather quiet at Natural Surroundings. We have our usual daily sightings of Great Spotted Woodpecker and Marsh Tit and Nuthatch at our feeders, with a couple of visiting Bramblings, and Pink-footed Geese have been unusually obvious - flocks have been feeding around Langham and in the fields east of Glandford. We have also had several large flocks of Brent Geese fly over - despite being so common just a couple of miles north of us on the coast at Cley and Blakeney, this is a bird that we seldom see. Another surprise was a single Chiffchaff along the River Glaven on 18th December, still alive right at the end of the cold spell. But, for many the highlight of the winter so far has to be the Long-eared Owl that has been sitting in the hedge behind 'Cley Spy' at Glandford. Although a bit erratic in its appearances, when it was there it has been giving brilliant, un-obstructed views and given everyone a good opportunity to try out the latest optics on sale there!

Anne & Simon Harrap, Natural Surroundings,
Bayfield Estate

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(Not for profit organisations)

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Full page - £29.50

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e-mail trulyrural@hotmail.co.uk

let's do
lunch

**in St Nicholas' Church,
Blakeney**

**The Blakeney Lunch will be
held on**

**Wednesday 15th February
12noon to 2.00pm.**

During these cold Winter days,
we will be serving delicious
homemade soup followed by a
choice of homemade desserts.
Visitors to Blakeney are also most
welcome. Donations welcome.



St Nicholas' Church, Blakeney Mini-Food Bank

We are very pleased to announce that Spar at Westgate Street, Blakeney, has very kindly agreed to provide a donation box in the shop for anyone who would like to donate items for our Food Bank at St Nicholas' Church, Blakeney.

We would be very pleased to receive any of the following items:

Coffee and tea, cereals, long life products, tinned meat or fish, tins of soup, vegetable oil, jams and preserves, puddings and any types of toiletries, toilet rolls, washing detergent and cleaning items.

All items gratefully received will go straight back to the community, working together within the Glaven Valley.

Richard and the team at Blakeney.

**THE GREAT
BLAKENEY BREAKFAST!
in St Nicholas' Church,
Blakeney will be held on
Wednesday 1st February
8am to 11am
Last orders for a cooked
breakfast at 10.30am**

Please do come and join us for cereal, croissants, bacon and eggs, scrambled eggs on toast, and of course, great bacon rolls. It's a great place to bring friends and to make new ones.

Visitors to Blakeney are very welcome.
Donations welcome.

Welcome!

At Glaven Farm we welcome Daniel and Leanne Miller their children Jack and Lucy plus dogs Ruby and Bertie who have recently moved in. We hope that they will be very happy living in the village.

John Pridham

COMMUNITY NEWS

Walking Rugby: A Game to Enjoy

Wednesday night means Walking Rugby. A group of enthusiasts meets every week on that night - 6.45 pm at Fakenham Rugby Club - to experience the joys of a game which is open to all levels of ability. The main rules can be learned in one session. Forget the complexities of the scrum and the line out. During a game two teams face each other across a smaller pitch: players walk, pass as in traditional rugby, and tackle by touching an opponent with two hands. It is touch rugby for everyone and played in an excellent spirit.

Each week women and men compete with great enthusiasm. The game is designed for sportspeople who are over fifty. After a series of warm up exercises have been completed, games last an hour with more than one short break for the discussion of tactics. The group is a complete mixture of first timers, returning rugby players and those who have experience of other team games. The evenings are always fun. Walking Rugby is played all year round. The picture accompanying this article shows a great game of beach rugby which was played last summer, followed by fish and chips. What an evening that was!

Go on, give Walking Rugby a try. Your first session will be free and, if new to the sport, you will be supported and coached every step of the way. It's a really good way of exercising, improving fitness and socialising.

For further information, look on our website at <https://www.pitchero.com/clubs/fakenhamrufc>

You can also contact the organiser: Jeffrey Pearce at jdpearce@btinternet.com

Hope to see you soon.

Rotary BookAid for Primary Schools

Many Primary Schools in North Norfolk have been unable to fund new books for their libraries, in some cases for several years, so Holt Rotary decided to do something about it. In September they launched **Rotary BookAid**. Over 700 handbills were distributed asking the public to donate new or used books (in good condition) for ages 5 to 11 years, with collection points in Sheringham, Holt and Blakeney. The response from the public has been extraordinary and, so far, 2,700 books have been donated, including several hundred pounds worth of new books.

Schools have been invited to view and choose those books which are most in need, whilst junior non-fiction books, which are always in demand, can be ordered separately. Thanks to the generosity of the public, schools at Sheringham, Walsingham, Blakeney, Hindringham, Kelling and Beetley have now received the books they needed with no cost to them. Other schools are in the process of choosing, so there's much more work to be done.

Holt Rotarian and well-known children's author, Roderick Hunt said Rotary BookAid has got off to a tremendous start and given local children a greater opportunity to enjoy books, help develop their language skills, imagination and build independence. Every donated book or financial gift could make a real difference and encourage reading".

If you wish to participate collection points for early 2023 are at Tesco in Sheringham, St. Andrew's in Holt and St. Nicholas' in Blakeney. If you can't get to a collection point, please text Colin at Holt Rotary on **07767 072425** or contact holt.rotary.bookaid@gmail.com.

District Councillor's report December/January

From NNDC

Planning

Nutrient neutrality - a Joint Venture Board is being set up by March 2023 including Anglian Water to provide environmental credits. This should enable development to proceed.

An amendment to the Levelling Up and Regeneration Bill is proposed to reduce the mitigation of phosphorus by 36% and nitrogen by 65% post 2030.

The Planning Service Improvement Plan will go before Overview & Scrutiny in February.

**I am in discussions about extending the consultation period and holding an additional public meeting for The Glaven Valley Conservation Area Appraisal consultation.

Benefits

Household Support Fund - round 3 is now open. NNDC will target those in need; you can also apply directly.

Energy Bill Support Scheme - an alternative fund providing £400 for those not eligible for the energy bill discount will start mid-January.

Discretionary Housing Payments - these are available to support tenants keep their homes.

Financial Inclusion Team - this supports resident who require debt advice, welfare benefits advice and financial capability.

Energy Efficiency Improvement Grants - these are available to low-income households for insulation, air source heat pumps etc.

There are 2754 households on the housing list, and 55 households are in temporary accommodation.

7 Ukrainian households have been rehoused following the end of their six-month host arrangements.

Well-being

The newly formed North Norfolk Steering Group is looking for young people 11-18 to join the Youth Council. Their main aims are improving education, mental health services and environmental issues around North Norfolk. If you are or know anyone interested, please contact emma.denny@north-norfolk.gov.uk.

Leisure

The Reef now has 1500 members, compared to Splash's 500.

The water quality at East Runton, Mundesley and Sea Palling has dropped from excellent to good for no apparent reason, which means these beaches are ineligible for Blue Flag status, and NNDC can only apply for three Blue Flags this year.

A Walking Festival is planned for September 2023.

Waiting Well - this helps residents waiting for hip and knee replacements to live as safely and independently as possible whilst on the waiting list. Initially someone will be in touch with you if you are waiting.

Sustainable growth

A Local Partnership Group has been convened to decide how best to spend the North Norfolk allocation of the Rural Prosperity Fund, which is £1.5 million. This will go toward supporting local businesses (e.g., capital funding for net zero infrastructure or diversification of farm businesses) and rural communities (e.g., investing in cultural and heritage assets or social capital).

UK Shared Prosperity Fund - NNDC will receive £1.24 million to fund improvements to community infrastructure,

strengthen local businesses and in support to keep people in employment.

Environment

There has been an increase in rat sightings in rural areas, but Environmental Health will only tackle those which are associated with a public health risk. There are still issues with bin collections though service is improving. Please contact me with details if your bins aren't collected.

The mussel bed off Wells is being chemically sampled by the Centre for Environment, Fisheries and Aquaculture Science. Fisherman will be reimbursed for samples taken. NNDCs carbon footprint has decreased by 57%. Some of that is due to the use of green electricity.

Adding Electrical Vehicle charging points to 6 Council car parks is under review.

There will be tree giveaway days on 14th January and 11th February. Check the NNDC website for locations.

NNDC has voted to continue the safer seals campaign to avoid the use of flying rings (NNDC does not have the power to ban them), keeping dogs on leads and not getting too close to seals.

Customer service

Fly tipping location reports will now include What3Words. The average wait time in customer service is 9 minutes, considerably longer than the 2.5 min target. The new public toilets in Wells are finally open.'

There are two Hornsea Three Community Fund consultation events in Feb, Wells on 2nd and Holt on 21st. This is an opportunity for those interested in obtaining funding to discuss projects. The fund doesn't go live till June 24 but that gives plenty of time to work up funding requirements. The four themes for funding are sport/recreation, environment/conservation wildlife/public open spaces, community buildings and community services. It's not aimed at arts/heritage. More details on Hornsea Three Community Fund website.

Shoreline Management Plans. SMP5 (Hunstanton to Kelling Hard, administered by Environment Agency), are being refreshed; the current plans available on East Anglia Coastal Group website, under Shoreline Management Plans.

We are informed that the Coast Rd speed limit from Hunstanton to Weybourne may be reduced from 60 to 40mph. There is as yet no timeline on this.

The Environment Agency Has replaced the tidal flaps at Stiffkey and desilted the CLEY tidal gates. They plan to overhaul the Glaven Outfall Sluice but no date given.

*Dr Victoria Holliday
Elected Member, Coastal Ward
Chair, Cley Parish Council
Director, NorfolkALC
07557054629*

Letters & Articles

Covid

Host a visitor from La Sologne this year

Are you interested in making friends across the sea?

Would you like to improve your conversational French? If so, read on.

The twinning link between Wells-next-the-Sea and La Ferté St Aubin, in the Sologne region, is well established with many years of reciprocal visits between the two beautiful towns. This year the Wells Twinning Association is looking for more people to receive French guests between April 18th and April 23rd, 2023. In return for your hospitality, you will have the opportunity to travel to France next year with some very companionable twinneders to be received and entertained by French hosts. Sample fine food, visit an historic area of France and, above all, spend your time amongst friends.

If this brief article has awoken your interest, contact Jill at jillywilly2305@gmail.com

Please, if possible, let the above contact know of your interest by 8th February.

To find out more about the Wells Twinning Association, see our website: wellstwinning.wordpress.com.
Looking forward to hearing from you. À bientôt!

Barry Howes

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.

John Harris (who maintains the website) said '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
john@walkinginengland.co.uk

One of the effects of the unforeseen and previously unknown covid virus was how it brought out dormant traits in people who have any authority over others.

Whether this authority was real or perceived; formal, or actual, was also seemingly irrelevant.

From shopkeepers to supermarket staff; from local council employees to government advisors; from GPs to senior medics, from car park attendants to police chiefs, from care home managers to bus drivers: all were able to assert their authority over those whom they deemed to have less power or less influence than themselves.

And so, we saw shops admitting only a few customers at a time and enforcing separation zones. We saw local councils taping over park benches and gluing plastic footprints onto pavements to show us where to walk. We saw doctors retreating behind barricades and pre-recorded messages, and only being available for brief phone consultations for a few minutes on a particular day in a fortnight.

We had large areas of supermarket shelves either covered in plastic sheeting or left empty to stop us buying what management perceived to be non-essential items.

As the net tightened, police were able to act on a law which had no criteria: Stay Local.

That posed a real problem because, unlike any other law, it was non binary and was therefore left to individual officers to interpret, or to misinterpret, where local actually was!

Motorists in particular were targeted and were liable to pay a £60 if an officer decided that the journey was too long, with or without a valid reason.

Out of interest I challenged Norfolk Constabulary to clarify this, and after several emails of fudge, I received an email from them in which they stated that whereas a necessary local journey in Norwich might only be 1 mile, in a country area like Southrepps it could be up to ten miles!

Nick Adderley of Northampton Police wanted to set up roadblocks to check cars for "unnecessary" purchases. Police drones were used in Derbyshire to check dog walkers for social distancing, and if you were silly enough anywhere to invite a neighbour in for a cup of tea, the threat of a fine of up to £60 was threatened, or possibly £120 for a repeat offence.

Once the "3 weeks to flatten the curve" was over, those with influence and power wanted to keep their authority intact. Herd immunity came and went. Test and Trace was an expensive failure and a majority of people refused to take part and have their every move followed. This was a good sign.

And then.....

Jenny Harries had initially said that facemasks were unnecessary and might even be harmful and make matters worse.

This would be a game changer in that masks were an obvious sign of compliance and sure enough after a few weeks Government thinking had altered and masks were required in many settings.

Both Joe Biden and Dr Fauci told us that if we were vaccinated we wouldn't catch covid, and we all queued excitedly for our jabs.

Many threats were made against those who chose not to be vaccinated. The mainstream media in particular carried articles demanding action against the “anti Vaxxers.”

And now, rather belatedly, there are increasing numbers of questions being asked about its effectiveness, side effects and safety.

Regarding our personal freedoms: at the time of writing, there are variant concerns and flu concerns and diphtheria, polio, Strep A and monkeypox are waiting in the wings.

Alongside these public health issues, the Great Reset is gathering pace with 15-minute cities, restrictions on vehicles and travel, Net Zero, and WEF pronouncements. All of these matters pose threats which may individually be small, but still intrude on our liberties. WEF and WHO want to make various recommendations mandatory instead of advisory.

Those in authority found out that they could use force to keep their populations in line: Trudeau, Ardern et al hid it under the guise of preserving democracy.

Here we saw and many recorded episodes of Police over reaction, especially against the so called anti vaxxers, and those who refused the mask mandates. There have been a number of comparisons made between Police Covid rules actions, and Police actions against Extinction Rebellion Road blockers.

The freedoms that were so under threat during and after the Covid issue must be zealously guarded: freedom is not difficult to protect, but once it's lost, it's very difficult to regain.

Of course, we need to avoid being cavalier about Covid and other health issues, but I think that, in time, the glaring mistakes, greed and threats made by many of those in any sort of authority will come back and expose them for what they really were.

We'll wait and see.

Ray Millard.

The Journey.

If life's journey were an overland trek, then there is little doubt - and you have to be where I am now to know this - the terrain gets significantly hillier, mountainous even as one gets toward the end. As a child I longed for summer when the big heavy boots came off and the plimsolls would go on.

I was off, running, running; running so fast that the passing air made my eyes water, down an easy sunlit slope to a bright future where from a physical perspective at least it would always be downhill. And for many years it really did seem to be like that, two thirds of my present tally of years had to elapse before it began to level out, but even then, it was easy jogging, enjoying the passing scenery with little thought to the locomotion.

There were strenuous times certainly when the days were long and hard and I went to bed exhausted, but the next day I would be up and running again. But the temporary exhaustion of those days were the first slight inclines; inclines that levelled out eventually but took longer and longer to do so. I could easily digress here on the benefits (in hindsight) that looking more carefully at the road ahead might have brought, but my enthusiasm for the running was always my weakness.

Moving into middle age the inclines ceased levelling out altogether and I began to realise that if I wanted to achieve my goals running uphill, I needed to conserve my energy. As long as I was prepared to do that the scenery would continue to pass at a satisfactory rate.

Having never stumbled or tripped, or even been significantly slowed, it never occurred to me that the slope might steepen or the terrain change into the vertiginous and bramble strewn landscape I find myself in now. Where inanimate objects spring into life just out of vision and move to new and potentially lethal positions where they can trip, slap or impale you.

Going through the day thoughtlessly wondering why I could not find my pockets only to discover in the evening that I had my shorts on inside out. Coming out of the bathroom naked and confronting two Italian B&B's I had forgotten were staying. I had (before forgetting they were here) been hoping to 'bump' into them so as to practice some newly learned Italian phrases. Not the right moment for that I thought.

Every misjudgment carries penalties undreamt of in younger days. In a fit of bad temper recently I threw a hammer down only to have it strike a length of wood that then shot straight up through the Perspex roof of the workshop. It took three days to fix! Every day is littered with Private Pike's stumbling's over things that on inspection prove not to be there.

Each morning the bathroom mirror provides failing memory with a surprise and a reminder, which one immediately forgets of course, of the ravages of the years. Short-term memory also creates difficult moments. Recently I called some friends who took a long time to pick up the receiver, not a huge length of time but long enough for me to forget who I was ringing up. So, when they did pick it up, I had to ask them

who they were. ‘What do you mean who’s this!’ he said ‘you just rang me!

As you climb these ever-steeper slopes the last thing you need is the heavy rucksack of increasing physical handicap. But the sum of minor ailments mounts until you seem to be developing a new one every day. Bad balance, back-pain, memory loss, deafness, flatulence that can make the neighbour’s dog bark, vertigo (a possible result of it) and bright little sparkly things that wander around on the ceiling when you open your eyes each morning. (Probably not connected)

The simplest procedures can turn into the most terrifying experiences.

A while ago I got into the bath with my socks on, unusually for me they were a matching pair, both yellow. As I stretched back relaxing and my feet emerged my heart almost stopped and the mad dog of hypochondria leapt up; what was wrong with me now? Touching them there was little feeling, was my heart failing to pump blood to my extremities, did jaundice start at one’s feet and gradually work its way up the body? Whatever it was bright yellow feet had to be a serious condition. The then realisation of what I had done did very little to cheer me.

I do try to look for the positives in this hostile landscape but even the better view offered by having clambered to the top of the hill cannot be fully appreciated through my scratched and damaged glasses. The only thing I know for sure is that it is only the wisdom that age brings that gets me safely through each day, a young person with my life wouldn’t last a week!

G R S

The cost-of-living crisis is affecting us all. We can tell you where your local food hubs and warm spaces are. We can signpost you to organisations who can provide financial and emotional assistance.

Maybe you’re new to the area and would like to meet likeminded people. Perhaps you would like to start a new hobby or volunteer.

We’re also here to support you if you run a community or voluntary group. Whether you require support to recruit volunteers, find funding streams or encourage more people to participate, we’re here to help.

Contact the Community Connectors

Visit

www.north-norfolk.gov.uk/tasks/your-community/community-connectors/

Email Phone

communityconnectors@north-norfolk.gov.uk

01263 513811

Address

**North Norfolk District Council, Council Offices,
Holt Road, Cromer, Norfolk, NR27 9EN**

The Community Connector Team are funded by the Health & Wellbeing Partnership and North Norfolk District Council.

Our aims are to improve the quality of life for residents in North Norfolk by connecting people, harnessing community spirit and resilience.



Community Connectors

We specialise in promoting and supporting groups and organisations across our local communities. We strive to build links between services and people, connecting them to improve health, wellbeing and community spirit for the residents of North Norfolk.

How can the Community Connectors help?

COVID lockdowns have left many of us feeling worried and isolated. We can give you information about community groups where you’ll receive a warm welcome and support.

Grace and Ease Meditation

**Free friendly Zoom meditation
classes**

Less stress, More peace

**Beginners and busy minds
welcome**

Please message for details

07799 328400

Local guitarist releases exciting new music

Theo is a British guitarist, composer and mixing engineer from Norfolk, UK. His instrumental, guitar-driven style is best described as progressive rock, as he weaves together dramatic riffs, soulful melodies and imaginative textures in to almost cinematic, story-like compositions. He's often compared to prominent musicians in the scene such as Plini, Jakub Zytecki and David Maxim Micic, from whom he takes great inspiration. Other influences include Karnivool, Leprous, Mark Lettieri, Guthrie Govan and Arctic Monkeys. He is deeply influenced by the natural environment, as well as other artists, culture and spirituality. In 2014 he released his first 6 track EP, *Shadowplay*, followed by his first full length album, *Tales from the Inland Sea*, in 2022. His new single, *'Stockholm Nights'*, marks a new phase in his career and a refining of his artistic voice.

About 'Stockholm Nights'

This 5-minute instrumental track takes the listener on an immersive journey through landscapes dark, heavy and tender. The frantic riffs are juxtaposed-positioned with the uplift of the chorus with its soaring melody, and as the composition develops, it reveals exciting twists. Stylistically, the track takes on quite a sombre tone, and seems to bridge the gap between Theo's first EP, *Shadowplay*, and his full-length album, *Tales from the Inland Sea*. It won't be released as part of an album, but instead will be one of multiple singles Theo will be releasing in 2-month intervals throughout 2023.

From Theo

I wrote this track when I was staying in Stockholm, at a time when I was feeling very unstable. The beauty of the chords in the intro really inspired me, and getting my teeth sunk in to the rest of the track's development helped me find some hope and possibility beyond the darker mind states I was experiencing. The title reflects my 'dark night of the soul' at that time, as well as the textures and feel that I wanted to capture with parts of the track.

Theo is an independent, self-managed artist.

Contact him here:
theo@theyoung.net
07942 387842

WHAT'S ON

The Arts Society, Glaven Valley

We probably don't celebrate the work of great photographers as often as we should. But in Cley Village Hall on Tuesday, 21 February, we'll be learning from experienced Arts Society lecturer Pamela Campbell-Johnston about photographer Jorge Lewinski (1921-2008), who specialised in portraits of iconic British artists of the 20th century. Do come along and see how his photos revealed the character of David Hockney, Barbara Hepworth and many more great artists.

Doors open from 1.45 pm, lecture at 2.15 pm, followed by tea. £5 for non-members.

If you're interested in finding out more about the Society, which presents 9 lectures and 2 study days each year, please visit our website,

www.theartsocietyglavenvalley.org.uk
or contact our Membership Secretary, Tony Hannington, email
tasgvmembership@gmail.com.

CHECK OUT THESE TWO ARTICLES ON OUR ONLINE VERSION AT:

<https://glavenvalleynewsletter.weebly.com/>

Help With Living Costs

Norfolk County Council has commissioned services across the county to help tackle loneliness and social isolation – to read the article in full go to
GVN Online

Coffee Morning

Every Thursday 10-11am
at The Pilgrim Methodist Church
Blakeney.

Join us for refreshments in our cosy lounge area, feel free to bring a book that you're reading, a craft that you're working on or just pop in for a chat.

There is no charge and all are welcome.



NWT North Norfolk
Group and Cley Bird
Club



&
North East Norfolk Bird Club

Bustards: The Ecstasy and the Agony

An illustrated talk by Nigel Collar

Thursday 16th February 2023

Cley Village Hall at 7.30pm

Entry is free but donations to Norfolk wildlife conservation welcome.

Kindly sponsored by Cley Windmill

GLAVEN SINGS GOSPEL



Join us for a great sing-along of your favourite gospel songs!

Featuring: Lynne Roper – vocal soloist

Wyatt Earp – flute

Brenda Lawry – piano

BLAKENEY CHURCH

Sunday 29 January 6pm

**Talk by Jake Fiennes Head of Conservation for the Holkham Estate
“MAKING SPACE FOR NATURE “**

Organised by the Friends of Binham Priory
Friday 10th. March

Binham Memorial Hall

Doors open 7.00pm for 7.30pm start
Tickets £10 including glass of wine or soft drink

Box office opens on 10th. February

*Tickets please email:
fobptickets@gmail.com*

REEF HOUSE

Make & Do Workshops

Come and join me and our amazing artists at Reef House for a wide range of creative workshops and short courses.

Whether you want to learn a new skill or enjoy a day out with friends, we have it all: everything from floristry and bread making to willow weaving and jewellery making.

In this wonderfully warm and relaxed environment, homemade refreshments and lunch are always included ensuring you fully unwind and enjoy the perfect day.

For Bookings & Enquiries please visit
the website at

www.reefmakeanddo.com

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QUOTABLE QUOTES FROM 'Yogi' Berra (1925 – 2015)

When you come to a fork in the road... take it

You can observe a lot by just watching

No one goes there nowadays –it's too crowded

In theory there is no difference between theory and practice: in practice there is

It gets late early out here

**Blakeney Area
Historical Society**

Tuesday 28th February 2:30pm

Cley Village Hall & Zoom

**The Archaeology of the Norfolk
Coast**

David Robertson

This meeting is held in the afternoon

Tuesday 28th March 7:30pm

Cley Village Hall & Zoom

**Fransham: People and Land in a
Central Norfolk Parish**

Andrew Rogerson

This meeting is held in the evening

Free Entry

Donations welcome

*To receive Zoom invite, join the BAHS
or sign-up for information emails at
www.bahs.uk/information-emails*

Further Information & Updates
www.bahs.uk



Editor's Slow Cook Roast Chicken

I have been using a Slow Cooker for years now and it's great to see that they are as popular as ever, especially with the cost-of-living crisis and high energy costs, slow cookers really are invaluable and so easy to use. I have slow cooked chicken many times and if you want really tender, fall off the bone chicken, then slow cooking it is the best way of doing it, and therefore, I would like to share with you my very simple Slow Cook Roast Chicken.

Based on a 3.5 litre slow cooker. Put some water in first so it covers the bottom and add a sliced white onion before placing the chicken on top.

Put some butter under the skin as when cooking this will melt and keep the chicken moist aswell as mixing with the water and onions to make the gravy at the end. if that is what you would like to do.

Cook on high for 5 hours.

In the meantime prepare and parboil potatoes and put them in an oiled baking dish ready for roasting later.

I use frozen vegetables as you only take out what you need, so no waste. Leaving them in a pan to defrost means when I come to steaming them, it really doesn't take that long at all.

Pre-heat oven to around 180/190 degrees and then put your parboiled potatoes in to roast as you would normally do. Also, if you wanted, for example, roast parsnips then put them in when you do the potatoes.

After 5 hours and the chicken is cooked (always double check it's not pink, if so, leave for a bit longer), transfer the whole pot on the bottom of the oven to crisp the skin. Normally for about 15 minutes and you will need to time it around the same time the potatoes will be ready.

Transfer the chicken from the pot into another baking dish and put back in the oven which now should be turned right down to 50/100 degrees. If desired you can now use the onions and juices to make a gravy. Steam the vegetables until cooked and then bring everything together to have a lovely roast dinner.

This is such a delicious and simple way of cooking a roast dinner as the oven is only on for around 35 minutes rather than 2 ½ hours when cooking a chicken in the oven! A slow cooker doesn't use too much energy either so it's a no-brainer!! If you try this out let me know your thoughts and how you got on.....



THE GLAVEN VALLEY NEWSLETTER

USEFUL CONTACTS PAGE

Organisation

Contact

Telephone

Badminton	Mick Finn	01263 715681
Blakeney Area Historical Society	Diana Cooke	01263 740320
Blakeney Bridge Club	Barbara Bent	01263 741508
Blakeney Channel Coastal Community Team	Alban Donohoe (Chair)	01263 741600
Blakeney Carpet Bowls	Richard Millward	01263 740807
Executive Committee, Cubs & Scouts	June Preston (Secretary)	01263 740410
Blakeney Harbour Association	Linda Millett	info@blakeneyharbourassociation.co.uk
Blakeney Masonic Lodge 6679	Meetings are held 4th Wednesday of the month between September and May at the Sheringham Masonic Centre, 36 Cromer Road, Sheringham, Norfolk. NR26 8RR. Contact the Lodge Membership Officer by email: 6679lmo@gmail.com	

Blakeney Neighbourhood Housing Soc.	Madeleine Collett (Secretary)	01263 741971
Blakeney Parish Council	Tracey Bayfield	01263 741106
Blakeney Pre-School	Marny Ryder	01263 740925
Blakeney Primary School	Head	01263 740531
Blakeney Royal British Legion	Tom Harrison	07785 731804
Blakeney Players	Joss Wiggins (Secretary)	01263 861529
Blakeney Sports Club (inc Tennis)	James Cowen	01263 740704
Blakeney Sailing Club	Jane Armstrong (Secretary)	01263 741355
Blakeney Village Hall Trust	Richard Baughan	01263 741158
Cley Harbour	Simon Read	01263 740987
Cley Village Hall	Ellen Monaghan	bookingscleyvillagehall@gmail.com
Cley Parish Council	Clerk: Mrs Gemma Harrison	01263 513269
Cley WI	Amanda Allen	01263 740705
Coastal Rowing Association of Blakeney (CRAB)	captain: hborgnis@icloud.com secretary: robin.forrest@gmail.com	

Glaven Caring	Keith Barnes	01263 740762
Glaven Valley Benefice (Churches)	Rev Richard Lawry (Rector)	01263 740686
	Tricia Temple-Crowe (Admin)	01263 740583
Holt Area Caring Society (Vol Car Service)	Peta Benson	01263 711243
Holt & District Dementia Support	Claire Roberts (Chair)	01263 713817

Letheringsett Village Hall Email address for bookings is letheringsettvilleagehall@gmail.com
 Website - <https://letheringsettvilleagehall.wordpress.com/>
 Contact phone Gillian R. Sands 01263 713561

Norfolk Wildlife Trust	Andrew Clarke	01263 712282
North Norfolk Photographic Society	Secretary secretary@nnps.uk	
Scottish Dancing	Tim Bent	01263 741508
The Friends of St Nicholas', Blakeney	Trisha Temple-Crowe	
The National Trust	TBC	
Wiveton Parish Room	Andrea Beal	01263 740591
SAFER NEIGHBOURHOOD TEAMS	0845 4564567
DOCTORS' SURGERIES	Blakeney & Holt	01263 712461
HOSPITALS	King's Lynn	01553 613803
	Norfolk & Norwich	01603 287324
CROMER MINOR INJURIES UNIT	Cromer	01263 513571
DENTISTS	Holt	01263 712335
	Wells	01328 710183
VETS	Holt	01263 713200
	Fakenham	01328 862137
	Wells	01328 711022
HOPPER BUS	Traveline	0871 2002233

UPDATING - I would like to keep this list up to date, so please could you let me know of any changes or additions. (Even if you're not the secretary of an organization, if you are reading this and know of any changes, please do contact me: email editorgvn@gmail.com)



Help with living costs

You may be struggling with living costs for a range of reasons. This leaflet tells you what support is available and how to get advice. You can also find this information on our website www.norfolk.gov.uk/costofliving

If you don't have access to the internet at home, you can go online at any of our Norfolk libraries.

Help and support with living costs

Norfolk Assistance Scheme can help you get support and financial assistance for food, energy, water, and other household essentials including white goods. You can apply yourself or a support organisation, such as Age UK Norfolk or Citizens Advice can apply on your behalf. The fastest way is to apply online www.norfolk.gov.uk/nas. If you do not have internet access call **0344 800 8020**.

Citizens Advice provide information about benefits, how to deal with debt, what you are entitled to and who to speak to if you are at risk of losing your home. Visit www.citizensadvice.org.uk or call **0800 144 8848** and select option 1.

Fuel - do you use oil to heat your home? Community Action Norfolk's community oil buying scheme can help get the best price and offer payment options to spread the cost. Visit www.communityactionnorfolk.org.uk, call **01362 698216** or email office@communityactionnorfolk.org.uk

Ofcom provides advice on what to do if you are struggling to pay bills or need debt advice. There is also information on their website under Phones and Internet detailing social tariffs for cheaper broadband and phone packages for people claiming Universal Credit, Pension Credit and some other benefits. For more information Call **0300 123 3333** or visit www.ofcom.org.uk

Age UK offers free, confidential advice if you are over state pension age. Call **0800 678 1602** or visit www.ageuk.org.uk

Ask Bill offers free and impartial advice about money and bills. Visit www.askbill.org.uk

Your local council will be able to check that you are claiming all of the benefits that you are entitled to. They can also help with emergency funding if you are in crisis and general signposting to other services that you may be able to benefit from. Contact your local council or visit their web site for more information:

Breckland District Council – Call **01362 656870** or visit www.breckland.gov.uk/community/cost-of-living

Broadland and South Norfolk District Council – Call **01603 430431** for Broadland or **01508 533933** for South Norfolk or visit www.southnorfolkandbroadland.gov.uk/help-hub-1

Great Yarmouth Borough Council – Call **0808 196 2236** or visit www.great-yarmouth.gov.uk and select 'Support for residents'

King's Lynn and West Norfolk Borough Council

– Call **01553 616200** or visit www.west-norfolk.gov.uk/costofliving

North Norfolk District Council – Call **01263 516221** or visit www.north-norfolk.gov.uk/cost-of-living

Norwich City Council – Call **0344 980 3333** or visit www.norwich.gov.uk/costofliving

Struggling to afford food

Norfolk Community Foundation's Nourishing Norfolk food hubs provide a range of food support. This includes:

- Community fridges and larders - these are usually open to anyone in the community and food can be taken for free.
- Food pantries- these tend to be members only and often charge small amounts for their food. They offer a greater choice of products than a community fridge.
- Community supermarkets- these have a membership system that allows customers to buy food at heavily discounted prices

For more details on the food hubs visit

www.norfolkfoundation.com/nourishing-norfolk-network

Foodbanks can provide short-term help if you are struggling to afford and buy food. To find a foodbank near to you search for food banks or supermarkets at

<https://communitydirectory.norfolk.gov.uk> or call Trussell Trust Tel: **01722 580180**

Food apps – there are low-cost food packages available in your local area through an app – Too Good To Go or Olio. These apps enable you to reserve bags of food at much reduced prices at local stores close to you. These will typically be a mix of products that are close to sell by dates.

Support with money management and budgeting

Money Advice Service offers free and impartial advice. The website has various tools and calculators you can use to keep track of your finances. Visit www.moneyhelper.org.uk

Money Saving Expert (MSE) offers help and advice on a whole range of subjects, including signposts to advice agencies. Visit www.moneysavingexpert.com

Stepchange provides free debt advice online and support for as long as you need it. Call **0800 1381111** or visit www.stepchange.org

Breathing Space is a government scheme to give someone in problem debt the right to legal protection from their creditors. Call **0330 0163 563** or visit www.breathing-space.uk

Money Advice Trust is a national charity, helping people across the UK to tackle their debts and manage their money with confidence. Call **020 74897796** or visit www.moneyadvicetrust.org

Turn2Us is a national charity providing practical help to people who are struggling financially, by helping people access benefits, charitable grants, and other support. Visit www.turn2us.org.uk

Support for families

Cost of living vouchers – if you are eligible for free school meals you will now receive a monthly ‘cost of living’ voucher. The vouchers will be £15 per month per child with an additional payment of £30 per child in December. This scheme is currently running until April 2023. The vouchers are provided by Edenred and can be used in all supermarkets for essentials including clothing. If you are not receiving these vouchers and believe that you should be, please contact your child’s school or visit www.norfolk.gov.uk/foodsupport

Anglian Water provides an Extra Care Support Service for people who need help paying their water bills including advice, payment breaks, flexible payment plans and discounts. Call **0800 169 3630** or visit www.anglianwater.co.uk

Your Norfolk Advice Network is a free, independent information and advice service, providing easy and quick access to the services you need. The service is open to all adults in Norfolk, including family members, carers, and professionals seeking information and advice. Call **0333 996 8333** or email helpline@ncan.co.uk

Keeping warm and well

All of our warm and well information can also be found online by visiting www.winterwellnorfolk.waveney.co.uk

Libraries - There are lots of warm and welcoming places for you to go this winter. Hot drinks will be available during staffed hours and there will be some fun activities and creative things to do and learn or you can just sit back and relax and enjoy some company.

Our libraries are offering warm spaces along with free warm and well bags containing a scarf, hat, gloves, blanket, socks, and a hot water bottle and also toiletries and sanitary products to go – just pick them up from the library. To find your nearest library visit www.norfolk.gov.uk/libraries

Community hot spots – Local community groups are busy setting up community hot spots across Norfolk. Hot spots are available to give a warm welcome to the whole community and will be a place for you to connect with others in your local community. Similar to support in libraries, there will be lots of things going on for you to participate in or just a warm place for you to spend some time. To find a warm space in your community head to www.warmwelcome.uk

To find out how to keep your home warm and save energy visit www.norfolkwarmhomes.org.uk or call **01603 430103** for help and advice. For information on finding ways to save energy in your home visit www.gov.uk/improve-energy-efficiency

Better Together Norfolk offers advice on reducing energy bills. Call **0300 303 3920** or visit www.bettertogethernorfolk.org.uk

Scams - scammers find ways to trick people out of their money when they are most vulnerable. The cost-of-living situation has seen more scams emerging, so it is important we are vigilant for ourselves and those close to us www.norfolk.gov.uk/scams

Improve Skills – Multiply is a new programme to help adults improve their skills with free courses. You will be able to take part if:

- You are over 19
- You do not have a maths GCSE at grade C (or equivalent)
- You live in Norfolk

Good maths skills can help you find more job opportunities and lead to higher wages, or they can help you in everyday life, such as following recipes and everyday budgeting. This programme will not be in a formal classroom as sessions can be run as 1-2-1 or in small community groups such as in the community hot spots. To find out more visit www.norfolk.gov.uk/multiply or send an email to multiply@norfolk.gov.uk

Skills for employment – if you are looking for work, returning to work or thinking of a career change, our job and business skills courses are a great place to start. Learn how to recognise your strengths, skills, and qualities. To find out more call **0344 800 8020** (option 5), or email adultlearning@norfolk.gov.uk

Credit Unions

Credit Unions offer ethical loans and saving schemes that are at affordable rates. In Norfolk there are two credit unions:

Eastern Savings and Loans is open to any individual who lives, works, studies or volunteers in Norfolk, Suffolk, and Cambridgeshire www.eslco.uk

Norfolk First Credit Union is available to anyone who lives or works in the Norfolk postcode areas. Visit www.norfolkfirstcu.com

Looking after yourself and others - when facing financial hardship, it can impact on our mental health, so it is important to reach out for support. We have lots of information on services and organisations that can help at www.norfolk.gov.uk/wintersupport and click on Support for mental health. There is also further information at www.winterwellnorfolkwaveney.co.uk



If you need this document in large print, in audio, Braille, in an alternative format or in another language, please contact customer services on **0344 800 8020** or, for Text Relay, call **18001 0344 800 8020** (text phone) and we will do our best to help you.

NORFOLK COUNTY COUNCIL HAS COMMISSIONED SERVICES ACROSS THE COUNTY TO HELP TACKLE LONELINESS AND SOCIAL ISOLATION

The services offer 1-to-1, group and peer support to adults (18+) whose loneliness and social isolation are the primary issues affecting their health & wellbeing.

Clients are supported to:

- Access social & community activities, volunteering opportunities and local support networks
- Identify and overcome barriers that prevent them from becoming connected
- Reconnect with family & friends and make new connections in their community

The services can also form part of a wider package of support for individuals where loneliness and social isolation are symptoms of other more complex challenges, such as caring responsibilities, mental or physical ill health or debt.

See map inside for details of the referral process in different areas and features of each service.



Norfolk County Council

The services and referral process vary slightly according to district council boundaries (see map inside) and are delivered by lead providers working with a range of other specialist health & wellbeing organisations.

KING'S LYNN & WEST NORFOLK

Service Name: Lily
Lead Provider: The Borough Council of King's Lynn & West Norfolk



NORTH NORFOLK & BRECKLAND

Service Name: CAN Connect
Lead Provider: Community Action Norfolk (CAN)



NORWICH, BROADLAND, GREAT YARMOUTH, SOUTH NORFOLK

Service Name: Better Together
Lead Provider: Voluntary Norfolk



The three service providers work closely together and adopt a No Wrong Door policy to this countywide service to ensure clients are referred to the most appropriate support in their area.

COMBATting LONELINESS AND SOCIAL ISOLATION IN NORFOLK

"It's nice to know that someone cares"

"I don't know how I would have got through the past few months without you"

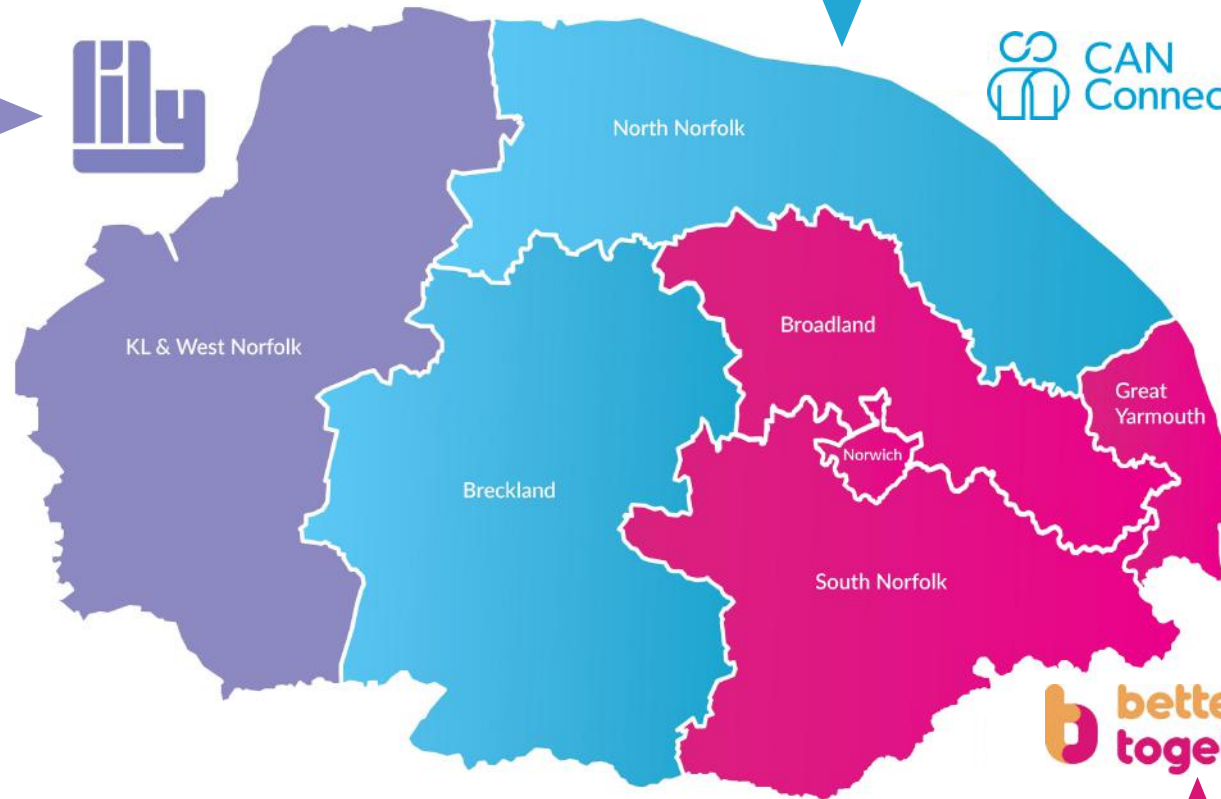
"My life connector helped me find out about a creative arts course"

COMBATting LONELINESS AND SOCIAL ISOLATION IN NORFOLK

WEST NORFOLK

- Referral by phone, email, or online referral form
- 1-to-1 support delivered face-to-face and on the phone by Lily advisors
- Online directory of services and events

01553 616200 (option 6)
asklily@west-norfolk.gov.uk
www.asklily.org.uk



NORTH NORFOLK & BRECKLAND

- Online and phone referral
- 1-to-1 assessment, coaching and support
- Freephone helpline open 9-5pm, Monday-Friday
- Access to local groups and activities

CAN Connect Helpline 0300 303 3920
www.canconnect.org.uk

- There are an estimated 38,000 lonely people in Norfolk aged 65+ plus many others of all ages who are lonely through isolation caused by physical or mental health problems.
- Being lonely increases the risk of premature death by 30%.
- Loneliness is associated with an increased risk of developing coronary heart disease, high blood pressure and stroke.
- It is considered more harmful to health than smoking 15 cigarettes a day.

Sources: Norfolk County Council, Norfolk Public Health, Local Government Association and the Campaign to End Loneliness



NORWICH, BROADLAND, GREAT YARMOUTH, SOUTH NORFOLK

- Online and phone referral
- 1-to-1 assessment, coaching and support from a team of Life Connectors
- Freephone helpline open 9-5pm, Monday-Friday
- Support to access groups and activities

Better Together Advice Line 0300 303 3920 www.bettertogethernorfolk.org.uk

Community Connectors



What do the Community Connectors do?

We specialise in promoting and supporting groups and organisations across our local communities. We strive to build links between services and people, connecting them to improve health, wellbeing and community spirit for the residents of North Norfolk.



How can the Community Connectors help?

COVID lockdowns have left many of us feeling worried and isolated. We can give you information about community groups where you'll receive a warm welcome and support.

The cost of living crisis is affecting us all. We can tell you where your local food hubs and warm spaces are. We can signpost you to organisations who can provide financial and emotional assistance.

Maybe you're new to the area and would like to meet likeminded people. Perhaps you would like to start a new hobby or volunteer.

We're also here to support you if you run a community or voluntary group. Whether you require support to recruit volunteers, find funding streams or encourage more people to participate, we're here to help.

Contact the Community Connectors

Visit

www.north-norfolk.gov.uk/tasks/your-community/community-connectors/

Email

communityconnectors@north-norfolk.gov.uk

Phone

01263 513811

Address

North Norfolk District Council, Council Offices, Holt Road, Cromer, Norfolk, NR27 9EN

The Community Connector Team are funded by the Health & Wellbeing Partnership and North Norfolk District Council. Our aims are to improve the quality of life for residents in North Norfolk by connecting people, harnessing community spirit and resilience.