

East Rudham Village News



Winter 2022

Members of East Rudham Parish Council

Malcolm Pearson MBE (Chairman) 01485 529 086

Tony Elburn (Vice Chairman) 01485 528 273

John Dawson 01485 528 356

Rosemary Weeks 01485 576 138

Susan Jones 01485 528 243

Trevor Davis 07913 343 292

Mark Tizard 07818 757 676

Jodie Bond (Clerk) 07703 464409

eastrudhampc@gmail.com | www.eastrudhampc.info

Parish Council Meetings

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

We welcome members of the public at our Parish meetings.

Dates of our forthcoming meetings are as follows:-

Tuesday 17th January

Tuesday 21st February

Tuesday 21st March

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

The newsletter is funded and produced by the Parish Council.

News from the Parish Council...

Parish Councillors We are pleased to welcome Mark Tizard as our newest co-opted member he will no doubt be an asset to the Parish Council. It is however with regret that we say farewell to Rachel Wade, who has taken the decision to step down from the Parish Council. On behalf of the Parish Council and the community we would like to thank you for all your support and hard work during your time on the council.

Village Green Rules Did you know the Village Green is a Parish Council asset and the rules for displaying signage on the Green have just been amended to include both hospitality and retail businesses within 100m of the Green. Permission does need to be sought from the Parish Council first. Please contact us for a full copy of the rules. May we also remind you that no vehicles of any kind are permitted on the Green.

Bus Shelter at Eye Lane Junction A request has been made for a bus shelter to be installed at the bus stop at the Eye Lane junction of the A148. The County Council has granted consent and the Parish Council plan to apply for a grant to fund the project. If you have any comment about this, please let us know.

Electric Car Charging Points We are also considering installing 2 car charging points that would be sited on the Green car park. Three parking bays would be used to accommodate 2 energy bays. A grant would be sourced to fund this project. If you have any comments please get in touch.

Email mailing List Thank you to those who asked to be included on the e-mailing list to receive information from the Parish Council. Please do get in touch if you would like to be included. You can do this at any time via eastudhampc@gmail.com with Email Mailing List in the subject header.

Community Projects Do you have any ideas or suggestions for a community project in the village? If so we would like to hear from you.

Reporting Highways Issues If you notice a highways related issue (such as potholes) you may report it directly to the Highways dept at the County Council via their website www.norfolk.gov.uk/roads-and-transport/roads/report-a-problem

May I take this opportunity to thank all the Councillors and Volunteers who have worked hard throughout the year and continue to dedicate their time and efforts to help look after our community.

On behalf of all of us at The Parish Council we would like to wish you all a very Merry Christmas and a Happy New Year!



Jodie , Parish Clerk

eastrudhampc@gmail.com

MOBILE POST OFFICE OPENING HOURS

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

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

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

MOBILE POST OFFICE

As you may already know we operate a mobile Post office Monday to Friday, and visit your village five times each week. We are reaching out to you to ask for your support in raising awareness of our services to help keep the service sustainable for the long term. I am sure many of you know of our service, and indeed what services we offer on the van, but for those who are unaware we offer most services you would expect to find in any post office including:

All postal services for Royal Mail and Parcelforce including Drop 'n' go

Cash withdrawals

Cash deposits

Change giving for businesses

Cheque Deposits

Bill payments

Phone top ups

Balance checks for all high street banks

We can also redeem the Governments energy coupons

Also on board, we have a great selection of stationary, cards, sweet treats, cakes, pet treats and lots more.

All in all, we find that we can really help bring vital postal and banking services right to the heart of your community and also provide, in some cases, the only social interaction some customers have that week.

We want to raise awareness and spread the word that Nikki and Lisa would be delighted to welcome all on board

We can be contacted on 01485 520 272 or on

info@massinghamstores.co.uk if you have any questions.



WINTER 2022 REPORT

By the time you are reading this the MUGA Quiz will have been 'done & dusted' and we hope those who put their brains on the line enjoyed the evening and that it wasn't too taxing. Thank you to all those who took part and also those that helped at the event. Our last event of the year is the:

Mulled Wine & Mince Pies

Wednesday 14th December, 6.30 to 8pm at Sue & Tony Dessent's home: Wensum House (corner of Broomsthorpe Rd. with Station Rd.)

Donations of cheap red wine very welcome Adults: £3, Children: £1.50

This event has been very popular in the past and gives you the chance to meet up with old friends in the comfortable surroundings of Tony and Sue's. Come along, no need to book, and relax before the Christmas festivities take over. There may be carols to sing as well.

Floodlight tokens

With the increase in electricity prices we have reluctantly had to increase the price of tokens to £3 each. This gives you one hour's play. Please note: if you are playing for more than one hour, put a second token in just before the hour is up, the floodlights should then stay on rather than them going off and having to be re-started.

Tokens can now be bought or arranged to be picked up from the following places or people:

1. Squidgy and Moos village shop on the corner of Bagthorpe Road with the A148
2. Jane's Coffee Corner on East Rudham Green
3. Maggie 01485 528842 or magpattison@btinternet.com
4. Tony on 01485 528514 or tonydessent@gmail.com

We have a number of football teams using the MUGA over the winter months plus hockey and a new venture is a volleyball group now playing here once a week as well as the usual hardy tennis players. It is good to see that the court is being well used by the local community.

Please make sure you have paid your annual membership fee: it only costs £7(single) and £20 (family) to play all year round at the MUGA. Payment can be made by bank transfer. The details are: payment to Rudhams MUGA Management Committee, Sort code 20-30-81, Account number 30005096, Reference: your surname. All enquiries regarding membership should be made to Dawn Collins, membership Secretary on 07879844501 or collinsdawn75@gmail.com

*We understand pets
are part of the family*

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



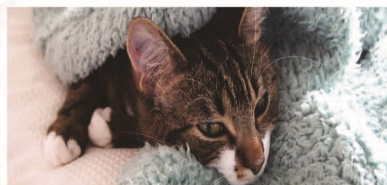
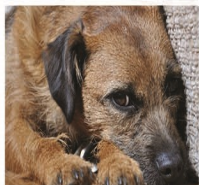
**ANCHORAGE BARN
VETERINARY CLINIC**

☎ **01485 528 221**

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

✉ reception@anchoragebarnvets.co.uk

🌐 www.anchoragebarnvets.co.uk



NW Garden Services

Garden, Landscape and Property Services

Neil Williamson

Free Estimates

NPTC Qualified Chainsaw Operator

Public Liability Insured

Waste Carrier Licence

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Mobile 07900 241 336



nwgardenservices@gmail.com

Are you worried about paying bills?

Don't panic, help is at hand. The most important thing is don't hide your head in the sand. Talk to someone and see if you can work something out.

Avoid loan sharks! It may seem tempting to take out a short-term unregulated loan to get you out of a fix, but this can lead to huge problems down the line, including violence and intimidation and paying back many times what you borrow.

The first port of call should be your G.P. practice - ask to be referred to a social prescriber, in some areas they are called community connectors or living well connectors. All GP services in Norfolk are connected to a team of social prescribers who are themselves connected to a range of advice and help providers and they can help you find the support you need in the quickest possible way.

Below are the details for a range of other agencies who may be able to help.



General advice and assistance

The Norfolk Assistance Scheme ([NAS](#))

helps people who are in financial hardship and cannot pay their living costs.

Norfolk [CABx](#)

offer advice on debt and money problems face to face, on the phone via e-mail and webchat.
tel: 0800 144 88 48 option 1

[MoneyHelper](#)

can point you towards local debt advice services online, on the phone or in person.

Money Saving Expert ([MSE](#))

offers help and advice on a whole range of subjects, including signposts to advice agencies

[Stepchange](#)

free debt advice online and support for as long as you need

Money Support Service ([MSS](#))

offer help and advice over the phone, or face-to-face support in your own home
tel: 01603 223392 (option 4)
e: MSS@norfolk.gov.uk

[Money Advice Trust](#)

The Money Advice Trust is a national charity, helping people across the UK to tackle their debts and manage their money with confidence

[Turn2Us](#)

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

[Breathing Space](#) debt relief

Govt scheme to give someone in problem debt the right to legal protections from their creditors.

Oct. 22



RUDHAM CHIMNEY SWEEP

CCTV INSPECTION &
ADVANCED FAULT FINDING

OPEN FIRES & STOVES

SPECIALIST IN ROTARY
POWER CLEANING

FULLY TRAINED BY RODTECH UK

07917 718341

THE RUDHAMS AND DISTRICT VILLAGE HALL

“a fantastic space for your meeting place”

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

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

contact **Jaime Parry**

telephone: 07765 433100 email: jltooley77@gmail.com

SIMON WADE

Electrical Engineering Services

01485 528364 - 07876 508860

simon@sw-ees.co.uk

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

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

Our services include:

3 Phase power systems

Machinery and plant connections

Lighting upgrades and installations

Security and car park lighting

CCTV

Generators

Motors and controls

Pumps and Valves

Design and specifications

New and refurbishment works

Inspection and Testing

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





Jane's Coffee Corner
Teas, Coffees, Snacks & Light lunches

Free local delivery on orders over £5.00
(Within a 2 Mile radius of PE318RD)



Jane's Coffee Corner
Teas, Coffees, Snacks & Light lunches



ESSENTIALS CORNER

inside Jane's Coffee Corner

**Newspapers, Bread, Milk, Meat,
Sweets & Treats plus all your
daily essentials**

Open Tuesday - Saturday



8-8.30 & 9-2

Call
01485 528921



Jane And Rachel Welcome You To JANE'S COFFEE CORNER



Open Tuesday - Saturday 9.am - 2pm

Pizza Corner will be back open in the Spring

For groups and organisations we have a meeting room.
We also have a Pop up shop space available to hire on an
Hourly/ Daily/ Weekly basis

THE RUDHAMS COMMUNITY BOOK EXCHANGE

This is proving very popular,
Books, complete Jigsaws and DVDs in good condition.

Bring Swap or Buy. Tues-Sat 10am-2pm
here at the Coffee Corner.

All funds raised will be donated to local charities.

POLICING IN NORFOLK

Got a question about policing in Norfolk? If so, Police and Crime Commissioner Giles Orpen-Smellie will be hosting a live Q&A in King's Lynn with Chief Constable Paul Sanford to discuss the challenges and pressures facing policing in the county. Please pop along and 'Have your Say'....

When: Tuesday, 13 December, 6pm to 8pm.

Where: 'Discover King's Lynn' unit, Vancouver Quarter, 24 Broad Street, King's Lynn, PE30 1DS. More info: www.norfolk-pcc.gov.uk All are welcome



Handel's Messiah at St Nicholas' Chapel, King's Lynn Saturday 17 December 2022, 7pm

King's Lynn Festival Chorus teams up with period performance ensemble Noxwode Baroque for George Friderich Handel's most celebrated oratorio in the awe-inspiring setting of St Nicholas' Chapel.

The Chorus will also be joined by a wonderful line-up of soloists: Bethany Seymour, Luthien Brackett, Jonathan Hanley, and Geoff Clapham. Ben Horden will be the Conductor.

The dramatic oratorio portrays Jesus Christ as 'Messiah', from the prophecies of Isaiah through Incarnation, Passion, Resurrection, and to His ultimate glory-seat in Heaven.

A fond favourite of audiences and musicians alike, no Christmas season is complete without it.

Tickets £15 Under 16s free. Available from the Box Office 01553 764864. kingslynncornexchange.co.uk



JAIME'S FITNESS

MONDAY'S

HEACHAM SCOUT HUT

FITSTEPS – 9:45AM

FITNESS PILATES – 10:55AM

WALKFIT – 11:50

PILATES@THE CHAIR – 12:45

INGOLDISTHORPE VILLAGE HALL

FITSTEPS 6/6:45PM

FITNESS PILATES 6:50/7:35

WEDNESDAY'S

EAST RUDHAM VILLAGE HALL

INDOOR POWERWALKING – 9AM

**STABILITY BALL PILATES –
9:50(STARTS SEPTEMBER)**

FITSTEPS – 6:30PM

FITNESS PILATES – 7:20PM

**POP UP CLASSES – FOLLOW MY
FACEBOOK PAGE FOR INFO &
DATES/TIMES**

**FOR ALL ENQUIRIES AND BOOKINGS
JAIMEFITSTEPS@GMAIL.COM
07765433100**

HELP PAYING FOR CHILDCARE

Tax-free childcare

Tax-free childcare is a government scheme to help eligible working families save on their childcare costs. Eligible working parents and carers can open online childcare accounts – just like an online bank account – to pay registered childcare providers directly.

For every £8 paid into an account, the Government will add £2 (£4 for a disabled child), and the total amount in the account can only be spent on childcare. The maximum that can be paid into an account each year is £8,000 and the maximum that will be received from the Government is £2,000 (£4,000 for disabled children.)

Parents can open an individual account for each child for whom they pay childcare. Only a parent or carer can set up a tax-free childcare account, however money can be deposited into the account by parents, friends, family and employers.

This is for working families, including the self-employed, in the UK earning under £100k and at least £152 per week (equal to 16 hours at the National Minimum or Living Wage) each who aren't receiving Tax Credits, Universal Credit or childcare vouchers with children aged 0-11 (or 0-16 if disabled)

FREE Childcare Support

For families in England, receiving some forms of support with 2-year-old children and for all families with children aged 3-4 years old.

15 hours of free childcare or early education for 38 weeks

To be able to take up 15 hours of free childcare for your two-year-old you or your child must meet the eligibility criteria.

This is total of 570 hours per year, that you can use flexibly with one or more childcare provider. Some providers will allow you to 'stretch' the hours over 52 weeks, using fewer hours per week.

For working families there is a scheme providing 30 hours free childcare a week.

For further information about this or other childcare support visit [GOV.UK](https://www.gov.uk).

SCHOOL REPORT NOVEMBER 2022

We have enjoyed a busy return to school. This term all classes have been able to experience Forest Schools - working outside, building dens, learning how to tie knots etc.

We see how much the children enjoy this and flourish during these sessions.

We have also enjoyed being able to use St Mary's Church again. Father Clive has visited the children in school - we held a special service when Queen Elizabeth sadly passed away in September. We have also had children visiting the church as part of their RE topic as well as holding our Harvest Festival Service there and also more recently the Remembrance Service.

Plans are well underway for the Christmas period - we will be adding more information into the December Reflector with dates and services etc.

Some of our children enjoyed a friendly football match against another local school recently.

As we move into the Spring Term, some of our older children will be getting ready for their residential visit to France. We will share more information about this in the next edition.

In the meantime, we would like to wish you all a very Happy Christmas and peaceful New Year!

Mrs. Belinda Allen Executive Head Teacher
Hope Federation of Church of England Primary Academies



Canine Cared For

**If I pass away.
If I receive a life-changing diagnosis.
If I move to a care home.**

**Feel reassured with our FREE
Canine Care Card service**

Registered charity numbers: 227523 & SC037843

Call Paige on
01953 497912 or email
paige.pope@dogstrust.org.uk
for more information

REMEMBERING YOUR FAITHFUL FRIEND THIS CHRISTMAS

Christmas may be a time to remember family and friends - but Dogs Trust Snetterton is also asking local dog owners to remember their four-legged friends this festive time, with a *Canine Care Card*.

The *Canine Care Card* is a free service, which helps to ensure your dog's future, in the event of you either passing away, receiving a life-changing diagnosis or moving into a care home. This can often be a great concern to some people, who perhaps do not have a family member or friend in a position to look after their dog, should the worst happen. Therefore, by signing up to the service, Dogs Trust can offer peace of mind, reassuring you that your faithful friend will be well cared for by the charity.

It is easy to sign up to the service, which simply asks for some information on your dog, including their likes and dislikes, as well as your dog's medical history and your vet details. It also asks for you to confirm who you would like as your Dog Guardian. This should be someone you trust, like a friend, family member, solicitor, neighbour or vet, who can sign over ownership of your dog to Dogs Trust on your behalf, should you become seriously ill or pass away.

You can register online by going to www.dogstrust.org.uk and searching for 'Canine Care Card' - or if you do not have access to the internet, you can request a paper version of the application form. Once the form is submitted, Dogs Trust will then write to you, to confirm when your application has been processed.

Once signed up, should your card ever need to be activated, Dogs Trust will then arrange with your Dog Guardian for your dog to come into the rehoming centre or into foster care. With a team of vets, trainers and behaviourists on hand if needed, your dog will then be welcomed, loved and well cared for by the charity, who will work tirelessly to find a loving new home for your much-loved canine companion.

If you would like further information about the *Canine Care Card*, or to request a paper application form, please contact Dogs Trust Snetterton's Supporter Relations Officer, Paige Pope, at paige.pope@dogstrust.org.uk or phone 01953 497912.



Do you have three hours a month to spare?

East and West Rudham needs you

to promote village road safety with our friendly

Community Speedwatch Group

roadside Speedwatch sessions and
occasional group meetings at a local pub or café.

Full training given. Authorised by Norfolk Police.

Tel: 07543711779 or email:

rudhams.speedwatchgroup@gmail.com

to find out more.



WITHDRAWAL OF BUS SERVICE 22 TO FAKENHAM

The bus service 22 serves villages such as West Raynham, Colkirk and Gt Ryburgh into Fakenham. A contract was let back in 2020 for the service. The demand for the service has proved to be very low during and after the pandemic. Earlier this year information was delivered door to door to many residents on this route with the aim of improving passengers numbers, however, since then they still prove to be low. The Council was planning on reviewing and revising the service at Easter 2023, however, West Norfolk Community Transport Ltd gave notice on the contract and ceased operating on 19th November which has brought forward the review.

The average passenger usage per day from each village was as follows:

Gt Ryburgh: 0.5

Colkirk: 0.8

East Rudham: 0.6

West Raynham and Kiptons: 0.2

Having assessed the passenger usage and alternative ways of providing the service, there is not going to be any timetabled replacement bus service. When the demand from an area is this low, infrequent, pre book transport is often the best matched outcome for passengers.

There is an existing pre book dial-a-ride route into Fakenham which operates on Thursdays, this can include any demand from Colkirk and West Raynham. The difference passengers would see is that the journey would be door to door and there is a charge of £4.50 (Colkirk) £5 (West Raynham) with Fakenham Dial a Ride.

Passengers from Gt Ryburgh can use the existing Sanders 98 bus service which operates on Thursdays only to Fakenham.

Passengers from East Rudham can use Lynxbus services.

In addition to this if passengers require transport at other times of the week, for example for a medical appointment, there is the Transport plus scheme which uses voluntary drivers as well as the Community Car Scheme on 01485 520 823

PUBLICISE YOUR SOCIETY OR EVENT

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

Please send to ernews@outlook.com by February 10th for inclusion in the Spring edition which is delivered to every household and also published on our website

Advertisements are very welcome

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

SCAMS PREVENTION SERVICE

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

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

The service offers free and confidential specialist support to those who have been targeted by scams and helps to increase awareness of scams in Norfolk.

Supported by the agencies which make up the [Norfolk Against Scams Partnership](#), the Scams Prevention Service identifies and assesses the needs of victims, working with them to improve their confidence and safety, and develop a plan to reduce vulnerability to being victimised again.

If you would like support after being the victim of a fraud, then contact the Norfolk Scams Prevention Service on 0300 303 3706. or on

nsvictimcare@victimsupport.org.uk.

LOCAL SCAMS

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

www.eastrudhamparishcouncil.norfolkparishes.gov.uk

SOME CURRENT SCAMS

As fuel costs increase, oil becomes a favourable target for thieves. Don't become a victim.

Scam phone calls from people pretending to be involved in the government insulation scheme/energy grants.

Scam phone calls asking for money due for Amazon Prime and telling you to press 1 to hear more, hang up immediately.

Cold callers pretending to be from Money Saving Expert, this company never cold calls anyone.

For more information on scams and advice should you become a victim look on the Action Fraud website or call 0300 123 2040. Friends Against Scams help protect and prevent people from becoming victims of scams. Check their website.

Do not ever give out either in person nor on line the

Following :-

Passwords

Pin Numbers

Bank details

Personal details

Do not let a stranger into your house

USEFUL TELEPHONE NUMBERS

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