

East Rudham Village News



Winter 2024

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

Richard Spencer 07703 483 220

Terry Hibbert 01485 528 894

Caroline Boyden (Clerk) 07368 861 696

clerk@eastrudhamparishcouncil.gov.uk

<https://.eastrudhampc.parishcouncil.gov.uk>

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 December 3rd

Tuesday January 7th

Tuesday February 4th

Tuesday March 4th

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

News from the Parish Council...

Cemetery

Work will continue in the New year and hopefully the maintenance issues have now been resolved. Money has now been ring fenced to ensure the cemetery is maintained to the standard we would all like. Once again our thanks to all the parishioners who have given their time and effort to this work.

Bus Shelters

The new bus shelter at the top of Eye lane has finally been completed following a long delay around the location of the entrance road for the new houses planned behind it. Quotes are being sought to clean the existing shelters on the green.

Village Green

Applications for grants etc are in progress for the installation of kerbing to prevent erosion on the North side, hopefully this will go ahead in 2025.

East Rudham Church

Currently there are no regular services at the church and no dedicated vicar. Although the Church does not belong to the Parish Council the clock in the tower does and they are responsible for the upkeep of the grounds. As a council we do not want to lose the village clock so will be working with the church to hopefully ensure vital maintenance is carried out to ensure we do not lose this key village asset.

The recent Historical display was well supported and raised £500 to pay for electrical work and future events linked to the history of the village are planned to take place in the new year. Please support these events, if you can, to help preserve our village clock

The School have a few services planned at the church which are in the school report on page 17, we are also looking to see what other events / activities can take place.

The Parish Council welcomed the new clerk, Caroline Boyden at the October meeting. Contact details are: mobile 07368 861696 email: clerk@eastrudhamparishcouncil.gov.uk Our former clerk, Jodie Bond, was thanked for her hard work and dedication.

All of us on the East Rudham Parish Council would like to wish everyone a Happy Christmas and a Peaceful 2025

A festive poster for a Christmas Market. The background is a light pink color with decorative elements including pine branches and holly leaves with red berries. In the top left corner, there is a small square icon with a black silhouette of a dog and a red circle with a diagonal line through it, indicating a 'no dogs' policy. The text on the poster is as follows:

**RSPCA EAST WINCH
WILDLIFE CENTRE**

**Christmas
MARKET**

DECEMBER 14, 2024

**RSPCA East Winch Wildlife
Centre, Gayton Road, PE321LG**

09:30-15:00



THE MUGA REPORT

Mulled Wine and Mince Pies evening for the MUGA

Our annual Christmas celebration will be held on Wednesday 18th December from 6.30 to 8pm at Sue and Tony Dessent's home, Wensum House, on the corner of Station Road with Broomsthorpe Road in East Rudham. Join in with a glass of mulled wine or apple juice and a mince pie and Christmas music. There will also be a raffle in aid of funds. The cost remains £3 per adult and £1.50 for children. Any donations of 'cheap' red wine would be very welcome.

For your diaries: We will hold our annual QUIZ on Saturday 8th February 2025. Please note, this is a change from the date advertised in The November Reflector. It will not be on 25th January.

We are still attracting new members as the year progresses. Membership allows you to book the MUGA in advance and to use it at other times throughout the year. It is a great asset to the village and we want to encourage its full use for tennis, small-sided football, netball, basketball shooting and outdoor table tennis. It is great to see both children and adults enjoying sports and being outdoors in this safe, enclosed area.

Please contact Dawn Collins on collinsdawn75@gmail.com for a membership form or Maggie Pattison on magpattison@btinternet.com. Many thanks for your continued support and we wish you all, 'A Merry Christmas and a Peaceful New Year'.

DEFIBRILLATOR ACTIVATION

STEPS TO TAKE IN BRIEF

1/ Call 999, ask for ambulance - BT operators do not know the location of defibrillators.

2/ Answer any questions they ask you e.g. Is the patient breathing? Is the patient conscious?

3/ Start CPR. Compressions only.

4/ Fetch defibrillator if asked to do so. Locked cabinet code will be given by ambulance control.

5/ Return defibrillator to cabinet after rescue. Data needs to be downloaded and defibrillator recommissioned. Inform Parish Council as any used pads will need replacing.

If necessary The Crown in East Rudham has the access code.

MOBILE POST OFFICE OPENING HOURS

Monday	9.20am - 10.20am
Tuesday	9.20am-10.20am
Wednesday	15.40pm -16.20pm
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.

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are part of the family*

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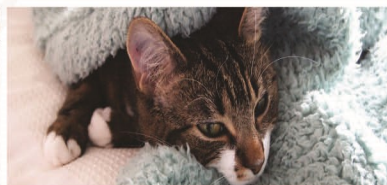
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Local Independent Lift Project. Update

At the recent Parish Council meeting your Council resolved to proceed with an application for funding to purchase a Raizer 2 inflatable chair and make available to the Community a Raizer together with a trolley and lockable storage container. The chair will be affixed to an external wall of the village hall accessible via a combination code. The last census showed that over 46% of the 553 residents in East Rudham are over 60.

The objective is to make locally accessible an easy to use inflatable chair, that can be safely assembled and operated by one person. This chair will be available to parishioners, carers and paramedics to provide assistance to the elderly or disabled within the Parish and the immediate neighbourhood who have fallen yet do not require a medical assistance. The vast majority of falls experienced by the elderly result in a paramedic or ambulance attending and a hospital visit often after a long wait. However in many cases all that is needed is for support to enable them to get back on their feet/into a chair. 8 -10% of all 999 calls are for falls many are minor or no injury falls (2010 aace.org factsheet)

We will provide a simple training demonstration in the assembly and operation of the inflatable chair and a simple traffic light card system showing when it's safe to use it or an ambulance should be called. Any parishioner who attends a demonstration session will be given the combination code to access the chair. We hope the inflatable chair will be a real asset to the health of our community.

Rudham Art Group (RAGs) **Charity Calendar**

We have produced a Charity Calendar for 2025 to support The Tapping House Hospice in Hillington. Fourteen of our artists have had their art work reproduced, all the paintings depicting scenes to be found in Norfolk. The more calendars we sell, the more we can donate the profits to the charity so if you would like to buy one they are now on sale at just **£5 each**. We hope they will be available in various local outlets so please look out for them in the local area or they can be ordered through Maggie Pattison at magpattison@btinternet.com or 01485 528842. Thank you and we would like to,
'Wish you all Festive Greetings from The RAGs'.



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Web: www.mattfarrowwindowsanddoors.co.uk

THE RUDHAMS AND DISTRICT VILLAGE HALL

“a fantastic space for your meeting place”

Regular activities

Monday	10.00-11.00	Short Tennis	Maggie Pattison	01485 528842 magpattison@btinternet.com
	17.50-18.50 indoors winter	Strong and Fit	Emma Williamson	07725 837417
	19.00-21.00	Dog Training	Lisa Pearson	07985 473821 hemptonogtraininggroup@gmail.com
Tuesday	9.30-11.30	Badminton	Tony Dessent	07943 396375
	7.30 2 nd Tues monthly	Horticultural Society	Trevor Williamson	07990 014270
	17.30-19.00 Term time	Brownies	Lisa Palmer	07774 542325
	19.15-21.30 1st Tues monthly	E. Rudham PC	Caroline Boyden	07368 861696 clerk@eastrudhamparishcouncil.gov.uk
Wednesday	9.00	Walkfit	Jaime Parry	07765 433100
	9.50	Stability Ball		
	18.00-18.40	Fitsteps fitness	Jaime Parry	07765 433100
	18.45	Fitness Pilates		
Thursday	19.30-21.30 Last Thurs. bi-monthly	W. Rudham PC	Caroline Boyden	07368 861696 clerk@westrudhamparishcouncil.gov.uk
Friday	8.45-9.30	Lift Lean	Jaime Parry	07765 433100
	10.00-13.00	Rudham Art Group (RAGS)	Maggie Pattison	01485 528842 magpattison@btinternet.com

To hire this hall for

one-off functions, regular clubs and meetings

contact **Jaime Parry**

email: bookingsrudhamvillagehall@outlook.com



RUDHAM CHIMNEY SWEEP

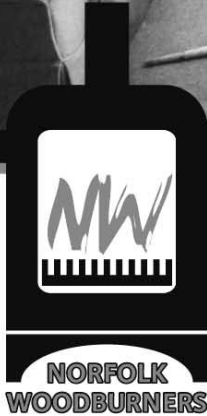
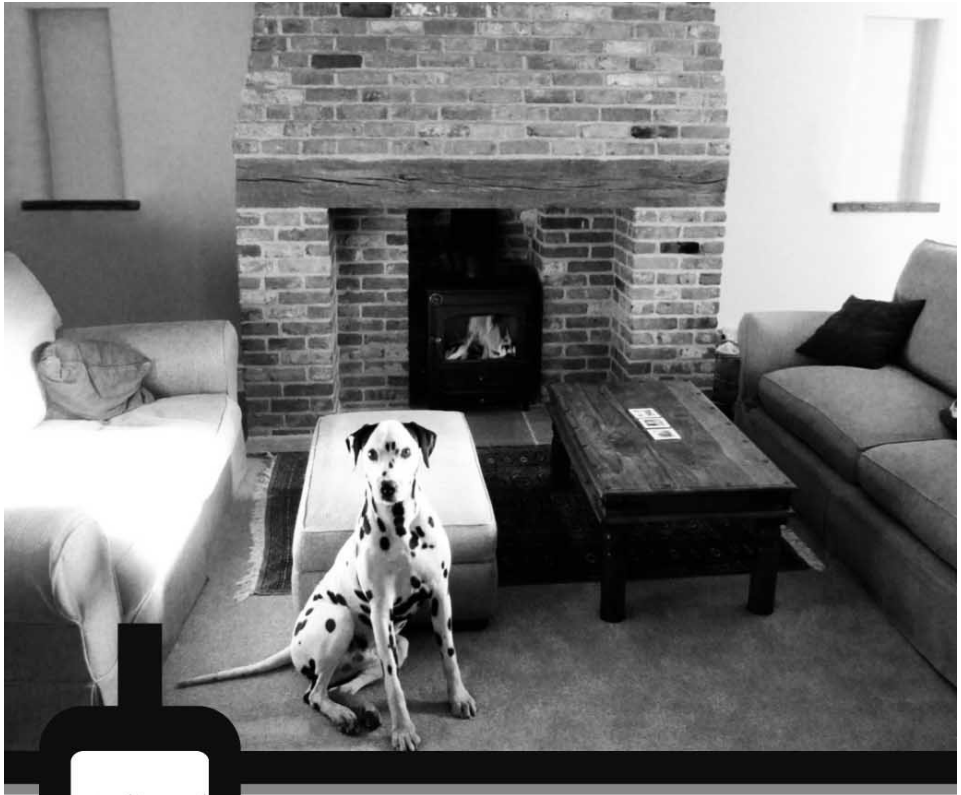
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Please help us make the roads safer in East and West Rudham

Volunteer for our Community Speedwatch Group!

Excess speed can increase the risk of road accidents
~~and it can increase the seriousness of accidents if they happen.~~

We have a range of initiatives that aim to reduce speeding through our villages. This includes various types of speed sign and we have a volunteer group that helps promote road safety: our Community Speedwatch Group

The aim of the Group is to reduce speeding and to encourage drivers to choose to drive at or below the speed limit.

[It is NOT to catch as many speeding drivers as possible!]



If you're interested in helping
or simply want to find out more,
please get in touch:

Visit: The Rudhams Community Speedwatch Group on Facebook

Tel: 07543 711 779

email: rudhams.speedwatchgroup@gmail.com

EAST RUDHAM SPEED WATCH REPORT

DATE	SPEED LIMIT	MAXIMUM RECORDED	REPORTED OFFENDERS
25/8/24	30	67	15
20/9/24	30	57	9
13/10/24	30	49	16



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SCHOOL REPORT

We have all had a good Autumn Term so far.

School has been very busy with stay and read sessions for parents and carers able to join their children for a reading session. These have gone down really well and we are hoping to hold a further one before the Christmas break. In our Tawny Owls class Miss Lavender held a phonics session for parents to come in and see how we teach reading from the very beginning.

Our School Council have been very proactive - they have decided to focus on 2 charities/organisations for this school year - the Food Bank and also the Sealife Centre in Hunstanton. We now have a collection box for food donations in our main entrance. Children and parents bring in non-perishable food items for us to donate to the Food Bank in Fakenham. Later in November each class will be visited by the Sealife Centre, so that children can find out about the important work they do there.

School Council have also noticed that there is a high amount of litter and have requested litter pickers as well as a further rubbish bin on the school field. They are also in the process of creating posters to remind dog owners to clear up after their dogs. We have noticed a lot of dog mess outside the school gates. The children involved in the School Council are a very proactive group!

We have had 2 of our classes enjoy Forest Schools sessions - these have been facilitated by one of our trained staff from Brisley. The last session is one of the favourites as the children get to enjoy hot chocolate and toasted marshmallows! We were able to enjoy a shared Harvest Festival at St Mary's Church with Father Clive and members of our local community. As I write this we are preparing for our Remembrance Day service.

In December, by kind permission of Father Clive, we will be holding our Christmas Nativity play at St Mary's on 11th December at 2pm and 6pm. It would be lovely to see members of our community join with us in this celebration. Also on 17th December at 2pm, we will be holding a Christingle Service at St Mary's. Again, if you are able to join us, please do.

We are looking for any member of the community to join us on our Local Governing Body. If you feel that this is something you might be interested in, please email office@rudham.dneat.org and we will get back to you.

Rudham CE Primary Academy would like to wish everyone a Happy Christmas and a peaceful New Year.

Belinda Allen
Executive Headteacher
Hope Federation of Church of England Primary Academies
(Brisley and Rudham)

Latest Designs for Key King's Lynn Gateway Revealed

The latest proposals for improvements to a key gateway into King's Lynn have been revealed.

The proposals, informed by stakeholder input, seek to fully utilise the potential of this significant area in the town, focusing on the historic South Gate.

With a focus on creating an attractive and active gateway that supports safer and greener movement and improved connections, better public space, and new mixed-use development, the Southgates Masterplan reflects the rich history of the area whilst looking to the future.

Now, new designs for the public realm and green space have been revealed which show creation of new spaces around the South Gate providing opportunities for relaxation and play, and incorporating references to the area's maritime history.

In addition, scope for possible development plots which could offer high quality new homes for the community together with commercial and retail uses and facilities have also been highlighted in the designs.

The draft proposals develop the vision and principles set by the Southgates Masterplan, which was first published in 2022, into an initial design.

The Southgates Masterplan is being led by a partnership of the Borough Council of King's Lynn and West Norfolk and Norfolk County Council. The updated proposed designs were presented at the Borough Council's Regeneration and Development Panel by multidisciplinary design practice BDP on Thursday 12th September. To facilitate the public realm and mixed use development, the Southgates Masterplan requires road layout changes which will be delivered by the STARS (Sustainable Transport and Regeneration Scheme) project, led by Norfolk County Council. One of the first phases of the Southgates masterplan to come forward, the STARS project - which has received £24M in government funding - also focuses on improving active travel to benefit the environment and people's health by creating a revised junction layout.

Look at the Label Recycling Week

The borough council was encouraging residents to Look at the Label both during and after Recycling Week in October 2024.

The waste and recycling team visited shops, schools and markets to spread the message about looking at the label and also answer any waste or recycling questions residents may have had.

Cllr Sandra Squire, Cabinet member for Environment and Coastal, explained: "During Recycling Week we were reminding residents to look at the label of everything they throw away because in West Norfolk everything that can be recycled is recycled but only if it is put correctly in the green recycling bin in the first place.

More and more packaging on the products we buy has a readily identifiable label which tells you if the packaging can be recycled. This label, created by the On Pack Recycling Label Scheme (OPRL), is used on both brand packaging and own label packaging. By giving our residents confidence to potentially recycle more this will help two of our corporate priorities of protecting the environment, as well as the efficient and effective delivery of our services."

"Look at the label also extends into non-food packaging, many bathroom products when empty can also be put in the green bin. I hope to see an increase in this kind of recycling following this awareness week."

Some packaging which has multi pack packaging will provide specific instructions. An example may be a microwave meal or a pack of sausages sold in a wrapped plastic tray with a cardboard sleeve. OPRL gives you the facts you need to recycle.

School visits in Emneth and West Lynn during recycling week and further visits after half term to local schools have been arranged. The team were also based at Morrisons in King's Lynn and the popular Friday Market at Downham Market during the week.

Collection vehicles will display the OPRL message from Recycle Week and the borough council will share advice across its social media channels to look at the label and see what can be recycled.

Funding confirmed for Fakenham Sports and Leisure Hub

North Norfolk District Council is delighted to confirm the £11m Fakenham Sports and Leisure Hub project will definitely go ahead.

The funding was initially granted by the previous Government under the Levelling Up Scheme - and NNDC has been waiting for this confirmation it would still be available following the change of Governments earlier this year.

The Ministry of Housing, Communities and Local Government have this week notified the Council that work on the £11m project can proceed after funding was given the green light in Wednesday's Autumn Budget.

The Council has been granted £9.875m to build new facilities at Fakenham Sports Centre, including a 25-metre public swimming pool and improved outdoor sports facilities.

Funding will enable the District Council to develop a full size 3G all-weather artificial grass pitch for competitive sports and outdoor sports changing facilities on the Trap Lane sports ground owned by Fakenham Town Council.

The current facilities, owned by the District Council and operated by leisure partners Everyone Active, currently comprises of a sports hall, fitness suite, multi-use area, dance studio, changing rooms and reception area.



Become a parent champion volunteer



Would you like to be a Parent Champion, and volunteer to help other parents and carers in your community?

Becoming a Parent Champion means you can:

- Meet new people
- Learn new skills
- Gain confidence
- Give something back to the local community



Interested? Email: parentchampions@norfolk.gov.uk or visit our website: norfolk.gov.uk/parentchampionvolunteers

Training available!

Area	Location	Day 1	Day 2	Times
Online	Teams Meeting	Monday 5 August 2024	Monday 12 August 2024	6-9pm
East Norfolk	Great Yarmouth, St George's Theatre/ Café	Tuesday 17 September 2024	Wednesday 18 September 2024	10am-1pm
Norwich	Millennium Library	Monday 23 September 2024	Monday 30 September 2024	10am-1pm
South Norfolk	Wymondham, Hope Church	Tuesday 15 October 2024	Tuesday 22 October 2024	10.30am-1.30pm
West Norfolk	Downham Market, ECFS Base	Wednesday 25 September 2024	Wednesday 2 October 2024	10am-1pm

Both Day 1 and Day 2 of the training must be attended.

Lunch and refreshments provided at all in person training. Travel expenses reimbursed.

SCAMMERS ARE TARGETING VULNERABLE PEOPLE

Vulnerable people using pendant care alarms, and council tax payers – scammers are targeting them all at the moment.

The council is most concerned about people who may be vulnerable to pressure tactics from scammers demanding payment over the phone or account details for refunds.

In the latest scams, pendant users may be told either that a payment is due for their unit or that they need to make a payment to keep their unit working because of the digital switchover.

In one incident in West Norfolk, a pendant user was called by a person asking for bank card details to ‘renew’ their payments. In another the scammer appeared legitimate because they already knew the user’s name and some other details. (This is a common tactic - scammers will get a few details, sometimes from publicly-available information, sometimes from information hacked from other sources/websites, to appear genuine.)

“However, the council would never just phone someone asking for money like this. Our advice is, if someone calls asking for money for any reason, put the phone down and press your pendant. Wait until you receive a call and then talk to the operator. whatever you choose to do, never, ever, give out your bank or card details to a cold caller – even if they already seem to know some of your details.”

The council’s own service, Careline Community Service, has approximately 3,500 users but there are many other providers and users of any of these services may be targeted.

It isn’t the first time users have been targeted – the council issued a similar warning last year. As well as asking users of care alarms to be vigilant, it is appealing to family and friends to check on loved ones to make sure they are aware of possible scams and know to say no.

Finally, the council is aware of fraudsters calling people asking for bank details to pay council tax refunds. Again, the council has not currently been made aware of any incidents in West Norfolk recently but people can be targeted at any time.

If anyone calls saying they are from the council asking for bank details, hang up. Call the council on 01553 616200 or go to www.west-norfolk.gov.uk and click onto a webchat. Our customer service colleagues can check and will be happy to help. If you are calling, you should wait for at least five minutes after you hung up before calling or, preferably, call from a different number.

These have come via national scam alerts that the council receives through its membership of scam prevention partnerships.

LOCAL SCAMS

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

SCAMS PREVENTION SERVICE

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

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

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

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

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

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

PASSWORDS PIN NUMBERS BANK DETAILS PERSONAL DETAILS

NEVER LET A STRANGER INTO YOUR HOUSE

USEFUL TELEPHONE NUMBERS

TITLE	NAME	NUMBER
BADMINTON	Tony Dessent	01485 528 514
COMMUNITY CAR SCHEME		01485 520 823
DOCKING SURGERY		01485 521 135
FAKENHAM SURGERY		01328 851 321
HORTICULTURAL SOCIETY	Trevor Williamson	01485 528 302
JAMES WILD MP		James.wild.mp@parliament.uk
LITTER/FLY TIPPING HOTLINE		0800 253 2687
MASSINGHAM SURGERY		01485 520 521
MUGA	Maggie Pattison	01485 528 842
POLICE		101
OIL BUYING SCHEME	Susan Jones	01485 528 243
RUDHAM PRIMARY SCHOOL		01485 528 230
SPEED WATCH GROUP	Russell Taylor	russell.taylor@solarsplace.com
VILLAGE HALL BOOKINGS	Jaime Parry	bookings-

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, is published on our website and has a link from our facebook page. Advertisements are very welcome.

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