

East Rudham Village News



Summer 2026

Members of East Rudham Parish Council

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<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 June 2nd

Tuesday July 7th

Tuesday September 1st

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

CHAIRMAN'S REPORT

I would like to take this opportunity to thank all the Councillors and the Clerk for their work over the last year and those who have undertaken tasks that would otherwise have cost the council money. I would like to thank David and Christine Weir, Stephen and Janet Walker and Kenny Harper for their work on the Cemetery, Play Park and Village Green.

This year saw the completion of the kerbing to the north side of the green which will prevent further erosion from traffic on the A148 and preserve the green for years to come.

The Council are continuing to communicate with Highways with regard to the noise from faulty covers on the A148 which are the responsibility of Anglian Water.

In the coming year the council intends to replace the plastic fencing at the east of the green with fencing matching that on the north of the green and to relocate its notice board onto the green as requested at a recent village meeting,

It is also hoped to remark the car park at the east of the green and add an additional trod running from the bus stop to the south of the green.

Lastly, I would also like to thank our unpaid volunteers who help keep our village looking so nice including John and Viv Dominy for all the work they do looking after Stonepit Wood and Adam Neeve for his work on the village green.



MUGA REPORT

We had a successful but tiring afternoon tidying up and making good some repairs at the MUGA in April. This should hopefully see us through another period of time although the 'carpet' is definitely beginning to wear out. Of course we are very pleased that it gets good use from so many people. It is especially pleasing to see the local young people enjoying the court. Unfortunately one of the arbour seats has been damaged, it seems that it might have been jumped up and down on and the bolts have been torn out in so-doing. We hope that it can be repaired. In the meantime the other arbour seat is fine and hopefully won't be vandalised.

Our AGM was held on Wednesday 6th May at 3pm at Wensum House. Anything needing to be updated following this will be covered in our next report.

We hope to hold a "Fun" Sports Open afternoon sometime in the summer. These always seem to go down well and in particular it is great to see so many families joining in with the fun sports we put on. Watch out for further information in the local monthly Reflector newsletter and on the MUGA Noticeboard. MUGA Membership is now up for renewal. It remains at £10 for a single membership and £20 for families: no increase on last year. This is a real bargain especially given the increased costs for most activities these days. Clubs are able to join for £40 per quarter. Please contact Dawn Collins at collinsdawn75@gmail.com for further details. Membership can be paid by bank transfer to: The Rudhams MUGA Management Committee, sort code 20-30-81, Account number: 30005096 Reference: Your surname You can also pay by cash to any members of the committee.

Women's Cricket Thriving at Rudham & District Cricket Club

It has been a fantastic start to the season for the ladies and girls at Rudham & District Cricket Club Ladies, with the club's newest section going from strength to strength.

After months of winter training and building a squad made up of experienced players, complete beginners, and talented juniors, the team has now started its softball season with some memorable performances.

One of the standout moments came when Rudham hosted Aldborough Cricket Club Women for what was their club's first-ever women's fixture in 229 years of history. In a special evening for both clubs, Rudham were delighted to record a victory in a match full of enthusiasm, teamwork, and great spirit.

Since then, the ladies have continued their strong start, picking up another win alongside a tough defeat against quality opposition, with every game showing just how much the team is developing.

Training continues to go from strength to strength, with excellent numbers attending each week and a brilliant team atmosphere. It's also exciting to see our Under-15 girls progressing, growing in confidence, developing their skills, and playing an important role in the future of women's cricket at the club.

Women's and girls' cricket at Rudham has never looked stronger, and we're excited to see what the rest of the season brings.

New players of all ages and abilities are always welcome.

Training - Rudham Playing Field. 6-7.30pm on Tuesdays



West Norfolk welcomes Government decision on Local Government Reorganisation in Norfolk

Councillor Alistair Beales, Council Leader of the Borough Council of King's Lynn and West Norfolk, said: "This positive decision is the right one for Norfolk and we are pleased the Government has listened to our local communities and our partnership of six councils, who worked so hard together to shape and champion this robust proposal for three unitary authorities, backed by eight local MPs.

"The Government agrees that three unitary councils, including a dedicated council for the West, will best serve the people and places of our large and diverse county. A one-size-fits-all mega council for the whole of Norfolk, with Norwich-centric thinking, was never going to be the right way forward.

"Three unitary authorities will deliver clearer local accountability, with democratic decisions made by local representatives closer to communities, and more responsive services tailored to local needs, strengths and opportunities of each area, while still remaining large enough to operate efficiently across all council services.

"While three councils will still see the Borough Council of King's Lynn and West Norfolk replaced by a larger authority covering a wider area, we are already asking our residents whether they would like us to set up a town council for King's Lynn, to ensure Norfolk's biggest town continues to have a really strong local voice and civic identity into the future.

"We can be proud of the great partnership work and community engagement that has happened across six councils over the last year. We are already speaking with all eight councils to ensure that reform and service integration operates smoothly for the people of our fine county, and West Norfolk has a role in driving future change."

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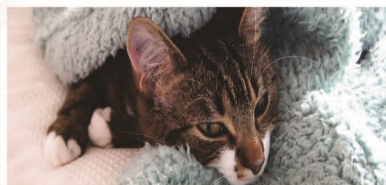
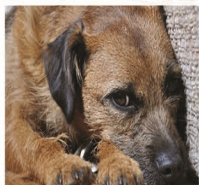
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Second annual garden wildlife competition returns to celebrate West Norfolk's nature friendly gardens

Residents across West Norfolk are once again being encouraged to showcase the wildlife thriving in their gardens, as the Borough Council of K L & W N launches the second annual Garden Competition.

This year's event focuses on how residents of all ages are helping nature flourish in their outdoor spaces — from small urban plots to larger rural gardens.

Cllr Andy Bullen, Mayor of King's Lynn & West Norfolk, said: "I was delighted to host the inaugural Garden Wildlife Competition last year and to see more than 40 high-calibre entries submitted. I hope even more residents will take part this year. "As an enthusiastic advocate for wildlife across our borough, I am pleased that these awards shine a light on the fantastic work happening in our gardens and neighbourhoods. By sharing these outstanding examples of successful wildlife gardening, I hope we inspire many others to help nature thrive across West Norfolk." Winners will receive certificates recognising their contribution to supporting local biodiversity and garden centre vouchers at an event to be held at King's Lynn Town Hall later this year.

Categories

This year's competition has been streamlined into two categories, each with a 1st, 2nd and 3rd place prize:

Small Garden — up to 500sqm

Large Garden — over 500sqm

Entrants may submit one entry per household, including up to four photographs that best represent the wildlife-friendly features of their garden.

Judging and key dates

Competition closes: Friday 17 July 2026

Judging: Early August 2026

How to enter

Full details, including how to submit your entry and the updated terms and conditions, will be available at:

www.west-norfolk.gov.uk/gardenwildlifecompetition



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VETERANS CENTRAL EVENTS, RAF WEST RAYNHAM SHQ NR21 7PL.

The Veterans Central charity is holding a number of events over the summer months at their RAF West Raynham SHQ facility. The events attract people from across Norfolk and are also designed to help Veterans Central find more veterans that might benefit from the support provided by Veterans Central.

All Events are FREE to attend. The Veterans Central café is open on all events.

Sunday June 21st: World War Two History Day.

Visit the Military vehicles, re-enactors and displays and learn about the role they played in the World War Two. Sit in some of the presentations – from the development of airfields in Norfolk, the Royal Norfolk Regiment in the war, 'Over Here' – the American presence in East Anglia, and more. Watch or take part on one of the World War Two wargame scenarios. Browse the various historical displays and photo albums. Get a fantastic book bargain in one of our bookshops.

This event is from 10 to 3.

Sunday July 19th: Annual Open Day.

Our biggest event of the year with a wide range of military and other displays, aircraft cockpits and vehicles, classic cars, craft stalls, children's activity zone, games and activities – including axe throwing and archery. A massive tombola and book sale. BBQ and Hog Roast. Live music. And more.

This event is from 10 to 3.

For more information, email events@veteranscentral.co.uk.



SWAFFHAM AREA

ARE YOU A VETERAN



The **Veterans Central** Swaffham drop-in centre is now well established (and popular) and we have now fixed dates for the rest of 2026.

4th Tuesday of the month. Join us for hot drinks, cakes and conversation.

Come along for a FREE hot drink, cake, chat and a spot of banter, or to ask questions about veterans support.

Venue: The Regency Room, Swaffham Assembly Rooms, 1030 to 1300.

Location: The Assembly Rooms are located in the centre of Swaffham and there is adjacent free parking for 2 hours (but use machine to get a ticket).

You are welcome to bring partners or carers.

Please spread the word to any military colleagues in the area.

On Tuesday:

June 23rd

July 28th

August 25th

September 22nd

October 27th

November 24th

December 22nd

More information?

Contact: ops@veteranscentral.co.uk

Mobile: 0771 3860040

Veterans Central

The Veterans Central charity (#1208763) is based at **West Raynham SHQ** (NR21 7PL) and is a facility for Military veterans, serving personnel and families, to support activities, wellbeing and social engagement. Veterans Central is open every Wednesday, Thursday and Saturday from 1000 to 1500.

BOROUGH COUNCIL OF KING'S LYNN & WEST NORFOLK

MY PERSPECTIVE

We have been nominated for 2 Local Council Awards; 1 as most improved Council and 2 our housing scheme. We await the adjudication but notwithstanding the result, we are in a cohort of top local Councils which is not only where we want to be but, also, we will continuously improve from here. Any suggestions as what we can do even better are welcome but, until we become a Unitary, our powers are limited.

FINANCE – To balance our budget we had to increase our Council Tax by £5 per household and our discretionary fees by 7%. This resulted in a Band D charge of £152.87 but only 7p in the £ against the total Council Tax you pay at this Band when the County and Police demands are added to total £2,318.64. We still have to give 40% of our Council Tax receipts to support Internal Drainage Boards. We can't wait for both the Government to come up with a more equitable way of funding IDBs and for us to manage the existing County Services more efficiently. We have already delivered efficiencies of 15% since taking over and have built in a further 10% for 26/27. With a pay bill in excess of £25m you can easily calculate the efficiency impact. It has given us a General Reserve of £10m and ensured we pulled ourselves away from the black hole we inherited. We can now start to significantly invest in our communities and I look towards my colleagues to come forward with plans and projects to do just that. We are not waiting for a "rainy day", further significant improvements start now. Those visiting King's Lynn should already notice the work currently under way on major construction projects, this is only the start for the whole District.

In Bircham with Rudhams we will have 2 new Reform colleagues and we look to them, for the short while they will be with us, for considerable support.

OTHER ASPECTS OF NOTE:

OUR HOUSING PROGRAMME – a programme to build 1,000 houses, primarily for rent, with a significant number being affordable. To date 972 are completed or under construction. 260 market sales, 127 affordable houses being occupied, 27 sold under shared ownership, 92 in occupation by private rental. A programme worthy of significant recognition and not only in my view.

COASTAL – You will recall the extensive work we helped coordinate to remove the oil nurdles from the North Coast beaches, we have recently fixed the extensive sink hole in the promenade and put significant £m's on one side for coastal repairs. In our capital programme we have also set aside many upgrades to welfare and public facilities.

CIL – the process changed and training delivered to Parish representatives. Syderstone have a Neighbourhood Plan which will evolve. It would benefit all Parishes to prepare a Parish Infrastructure Investment Plan to support future CIL application; help is always available.

LOCAL PLAN – the Government, in setting political targets before analysis, are reducing the weight of public opinion. I recommend each Parish sends a representative to training sessions, (currently arranged for 15th and 22nd June).

ASSET MANAGEMENT – we want to make best use of our buildings as well as our finances. Contrary to initial reactions, we do undertake a very considered and community approach to changes. We have an ageing or limiting estate but we will invest to deliver better outcomes in many ways, health, well-being, enjoyment, sport and the like. This goes hand in glove with a Marmot programme to reduce health inequalities in West Norfolk.

YOUTH EDUCATION – where your tax and fees help deliver our own apprenticeships and showcase opportunities and learning for this important sector for the future prosperity of the area.

WASTE and FLY TIPPING – we have invested in a team to address this, sadly, ever growing problem and have extensive powers to prosecute and fine. We will do this.

This is just a “potpourri” of my view of our actions to support our communities. Each Borough Councillor will have their own perspective of “deliverables 2025/26”. We are all available to help.

Chris Morley

Cabinet Member for Finance

What is the Crisis and Resilience Service

You can apply for support from the Norfolk Heating Oil Crisis Fund through CRS.

People struggle financially for many reasons. The Crisis and Resilience (CRS) team wants to help you to manage better and for things to improve. We want to help you to live independently wherever possible and get out of financial hardship.

We can:

Provide targeted crisis payments to support people experiencing an immediate financial shock, such as a reduction in income or an unexpected expense.

Support you to improve your financial resilience providing holistic support including money management and budgeting support and advice, supporting grant applications, providing cost comparisons for utilities tariffs and underlying issues tipping you into financial crisis.

Connect you to debt agencies and support with any initial appointments
Make referrals on your behalf to support workers, advice organisations and voluntary agencies

Support you to get back into work through Adult Learning Employability skills and other employability organisations

Assess your hardship support request to see if you are eligible for essential household items, to assist with relocating or remaining in your own home

Support you with [Disability Related Expenses](#) claims - these can reduce the amount that people must pay towards their care

The Crisis and Resilience Service aims to assign your request to a Crisis and Resilience team member within 10 working days of the request being received but this can be subject to change.



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ADULT LEARNING COURSES

With the weather warming up and evenings getting lighter, why not think about taking some time for yourself and checking out the courses Adult Learning have to offer!

With choices ranging from Acting to Creative Writing, Crochet to Cooking, Life Coaching to Nutrition and much more, there are a variety of courses all suited to helping you gain new skills and giving your confidence and wellbeing a boost! Looking to build your confidence, gain a qualification, or take the next step in your career? We offer free English, maths and digital skills courses to help you get there — and they're available right on your doorstep.

Our courses run in venues across Norfolk as well as online, making it easy to fit learning around your life. Whether you want to strengthen everyday skills, support your children with their homework, or improve your employment prospects, we have friendly, supportive tutors ready to help you succeed. Already feel confident and want to progress quickly? We also offer fast-track options for those who are able and keen to gain a recognised qualification in a shorter timeframe. No matter your starting point, we're here to help you move forward.

Adult Learning offer qualification courses in English, Maths and Digital Skills along with vocational subjects such as Early Years, Accounting, Teaching Assistants and more

To see the full list of available courses go to

news@newsupdate.norfolk.gov.uk

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THE PRISCILLA BACON HOSPICE CHARITY

Our new Impact Report, *Compassion Without Walls*, outlines how the Charity supports people both at Priscilla Bacon Lodge and across Norfolk and Waveney, alongside our NHS partners at Norfolk Community Health and Care NHS Trust (NCH&C).

Many people still think hospice support is only for the final days of life. In reality, specialist palliative care increasingly helps people to live as well as possible with serious illness, including working-age adults and families, as well as older people who may face barriers such as long journeys, limited transport links or digital exclusion.

Our website (including how to access support and how to get in touch) : www.priscillabaconhospice.org.uk A link to our Impact Report: *Compassion Without Walls* <https://www.priscillabaconhospice.org.uk/news/compassion-without-walls-our-2025-impact-report/>



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Regular activities				
Monday	10.00-11.00	Short Tennis	Maggie Pattison	01485 528842 magpattison@btinternet.com
	19.00-21.00	Dog Training	Lisa Pearson	07985 473821 hemptonogtraininggroup@gmail.com
Tuesday	9.30-11.30	Badminton	Anna Feistner	01485 528486
	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		Norfolk Sew Together	Jane Conway	07768444578 janeelizabethconway@icloud.com
	19.30-21.30 Last Thurs quarterly	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 **Amanda Farrow**

email: bookingsrudhamvillagehall@outlook.com

THE RUDHAMS SCHOOL REPORT

Life in school has been wonderfully busy. As mentioned in our previous newsletter, some of our children recently visited Cadbury World as part of their Chocolate topic. They had an excellent day and thoroughly enjoyed learning about the origins and journey of chocolate.

Over the past few weeks, we have also been placing a strong focus on our environment. Our Eco Saviours group, working closely with Mrs Allen and Mrs Odell, is striving towards achieving the Eco Flag for Schools in partnership with the Diocese of Norwich. In April, the group visited Cawston Church to take part in a special Earth Day workshop. The children learnt about water conservation in the home and explored the types of ‘green jobs’ that can be carried out in school. They also enjoyed a session led by the National Wildlife Trust.

As a result of this work, we are now developing a wildlife garden within the school grounds. Later this term, we are planning a ‘switch-off day’ to see how much energy we can save during a typical school day. We are also hoping to create several bug hotels to place around the grounds. If you have any materials you would be willing to donate for this project, please contact the school on 01485 528230.

Our Year 6 pupils will be sitting their SATs in mid-May, and we wish them all the very best. They will also be spending time in their new high schools over the coming weeks as part of their transition.

This is Mrs Allen’s final contribution to the Parish Newsletter, as she prepares to leave Rudham after 21 years and step away from Executive Headship after an incredible 13 years of dedication. Her commitment, warmth, and unwavering support have shaped the school community in countless ways, and she will be deeply missed by children, staff, and families alike. We send Mrs Allen our heartfelt thanks and wish her every success and happiness in the next chapter of her journey.

Hope Federation of Church of England Academies
(Brisley and Rudham)

FOOD FOR THOUGHT RETURNS TO KINGS LYNN—WITH A TWIST

The Borough Council of King's Lynn & West Norfolk's popular Food for Thought programme is back this spring, bringing a fresh new format to its 13th full season.

Running for 12 weeks from Wednesday 15 April, the free Wednesday morning sessions will once again help residents build confidence in the kitchen, learn to cook from scratch, and enjoy healthy, budget-friendly meals. Since launching in 2022, the LILY team has delivered more than a hundred two-hour demonstrations across West Norfolk, led by professional chefs showcasing simple, nutritious and cost-saving recipes.

Sessions run every Wednesday from 9.30am to 11.30am until 1 July. This year, however, the programme is stepping up a gear.

Thanks to the newly opened King's Lynn Library on Conduit Street – complete with a fully equipped Training Kitchen – Food for Thought will now offer interactive “cook-along” sessions. Up to 12 participants at a time will be able to prepare dishes at six cooking stations, guided throughout by professional chef Jen.

Alongside the hands-on experience, additional attendees can watch the session live on a large screen in the adjoining classroom and sample the finished dishes. The team also hopes to live-stream the sessions on YouTube, enabling anyone to join in from home, either live or later.

As in previous series, each week will explore a different theme – from breakfast ideas to low-calorie meals, dietary-friendly options and the ever-popular “fakeaway”. Every session focuses on practical skills, reducing reliance on processed foods, and building confidence in a friendly, welcoming and safe environment. Recipe cards will be available for all attendees and published online for wider access.

Attendance is free. Anyone is welcome to watch, but cooking spaces must be booked in advance. Each week has 24 cooking places available, and bookings are taken per session. Twelve will cook while the other twelve watch and then they will swap so that everyone can cook in the kitchen each week.

How to book

Call: 01553 616200 (option 1)

Email: asklily@west-norfolk.gov.uk

Book online: <https://www.eventbrite.co.uk/e/food-for-thought-cook-along-tickets-1986430463991>

All ingredients are provided at no cost. Join us, have fun and embrace mealtimes. The Borough Council of King's Lynn & West Norfolk's popular Food for Thought programme is back this spring, bringing a fresh new format to its 13th full season.



Rudham Village Hall

Wednesday's

9:00 WALKFIT - Low impact cardio

9:50 STABILITY BALL - Full body conditioning on the fit ball

10:45 FLOW - Gentle Pilates, standing and mat based.

11:30 SEATED FITNESS - Exercises for older adults

18:45 FITNESS PILATES - Standing & mat work Pilates

Friday's

8:45 LIFT LEAN - Strength training using hand weights, weighted bars and resistance bands

Full timetable and more information visit:
jpf-movewithme.co.uk

Bookings & enquiries to:
jaime@jpf-movewithme.co.uk Tel;07765433100

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 - 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.

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.eastrudhampc.parishcouncil.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.

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DOCKING SURGERY		01485 520 521
FAKENHAM SURGERY		01328 851 321
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
VILLAGE HALL BOOKINGS		bookingsrudhamvllagehall@outlook.com

PUBLICISE YOUR SOCIETY OR EVENT

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

Please send to ernews@outlook.com by August 10th for inclusion in the Autumn edition which is delivered to every household is published on our website and has a link from our facebook page. Advertisements are very welcome

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