

Church & Village News

Baconsthorpe • Barningham Winter • Edgefield • Hempstead
Matlaske • Plumstead • Saxthorpe with Corpusty

April 2020



Baconsthorpe Sunset
Photograph by Rob Coleman

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Edgefield	Mark Cook	587735
Hempstead	Paul Sanders	713217
Matlaske & Barningham	Sara Buxton	577207
Plumstead	Nick Fulford	577433
Saxthorpe & Corpusty	Imogen Waterson	587610

Parish Council Websites or Email Addresses

Baconthorpe	http://baconthorpepc.wixsite.com/baconthorpepc
Edgefield	https://edgefieldparishcouncil.norfolkparishes.gov.uk
Hempstead	hempsteadpc@gmail.com
Matlaske & Barningham	http://matlaskeparishcouncil.norfolkparishes.gov.uk
Plumstead	https://plumsteadpc.wixsite.com/plumsteadpc
Saxthorpe & Corpusty	https://corpustyandsaxthorpeparishcouncil.wordpress.com

Local MP

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Tudor House, Grammar School Lane
North Walsham, NR28 9JH
duncan@duncanbaker.org.uk
<https://www.duncanbaker.org.uk/>
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01692 558458

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andrew.brown@north-norfolk.gov.uk
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Plumstead
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Pierre.Butikofer@north-norfolk.gov.uk

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Rector Revd Canon David Longe	577252
Lay Minister Gill Peat	734226
Lay Minister Judy Rosser	587584
Authorised Worship Assistant Dr Alain Wolf	577292
Church Wardens	
Baconthorpe Tessa McCosh	577611
Harry Steel	07711 890360
Barningham Winter Amelia Courtauld	577250
Edgefield Emma Cletheroe	587049
Angela Turner	587292
Hempstead Ann Udale	713656
Su Summers	710702
Matlaske Thomas Courtauld	577250
Plumstead Eleanor Faulkner	577868
Saxthorpe Judith Banks	587319
Cathy Stern	587014

What's On

APRIL

Wed 29 10.00am Edgefield Coffee Morning & Plant Sale The Old Rectory

THE MAJORITY OF EVENTS ARE CANCELLED OR POSTPONED
UNTIL COVID-19 IS UNDER CONTROL
THIS INCLUDES REGULAR EVENTS AND THE MOBILE LIBRARY VAN

Clash Diary 2020

May 2	Baconsthorpe Fashion Show	July 8	Matlaske Coffee Morning
May 4	Plumstead PC AGM	July 11	Edgefest 5
May 7	Plumstead Film Evening	July 15	Matlaske PC
May 8	Plumstead VE Day	July 25	Matlaske Fête
May 13	Matlaske PC	Aug 2	Hempstead Fête
May 14	Plumstead Community Coffee	Aug 15	Baconsthorpe Fête
May 15	Matlaske Quiz	Sep 7	Plumstead PC
May 16	Hempstead May Feast	Sep 16	Matlaske PC
June 7	Hempstead Charity Lunch	Oct 9	Matlaske Quiz
June 27	Hempstead Open Gardens	Oct 23	Hempstead Quiz
June 28	Hempstead Open Gardens	Dec 6	Matlaske Christmas Party
		Dec 7	Plumstead PC

If you are arranging an event please check with Corinne Youngs that there is not already an event being held that day
577263 / corinne@avyoungs.com

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Baconsthorpe Village Hall

Tuesdays 1.00pm – 4.00pm
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Fri 9.30am-6.00pm

Disclaimer: The views expressed in this publication are not necessarily the views of the Church & Village News. Apologies if contributed material is not published due to space constraints. All facts are believed to be correct at the time of going to press.



Village Contacts for Co-ordinating Help & Support

Barningham Winter & Matlaske

Revd David Longe 01263 577252 rector@matlaske.org.uk
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Baconsthorpe

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Hempstead

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Su Summers 01263 710702 su@linaria.co.uk

Plumstead

Carolyn & Steve Price 01263 577401 clerkplumsteadparishcouncil@hotmail.com
Mary & John Lintott 01263 577718 mary.lintott57@btinternet.com

Saxthorpe with Corpusty

Andrea Bell, Jane Brewster, Cathy Stern and Imogen Waterson
01263 587998 covidcommunityteam001@hotmail.com

Foodbank Voucher Distributors

If anyone is in need of food please contact the following who can authorise vouchers for the local Foodbank (we can arrange for individuals to deliver food if necessary):

Revd David Longe 01263 577263 rector@matlaske.org.uk
Michael McMahon 07748 754550 mjmc25@gmail.com
Cathy Stern 01263 587014 cathy.duffy5@yahoo.com
Corinne Youngs 01263 577263 administraor@matlaske.org.uk

Local Initiatives for Support

Fakenham Food Service is offering free home deliveries in a 15 mile radius. Their details can be found on their Facebook page: www.facebook.com/fakenhamfoodserviceltd/

The **Love Holt** initiative is preparing a page on their website of useful information. By the time this goes to print it should be live: www.loveholt.com

Norfolk Online community noticeboard: www.norfolkonline.co.uk/

Norfolk County Council:

www.norfolk.gov.uk/care-support-and-health/health-and-wellbeing/adults-health/coronavirus

Please see pages 20 and 21 for more information.

Letter from the Rector - Revd Canon David Longe

577252 / 07881 950294 / rector@matlaske.org.uk

Dear All

I want to begin this letter with a quotation sent to me by the Bishops in the Diocese:

Mother Julian of Norwich, an anchoress who died in 1416, lived a solitary and isolated life of prayer. She lived through 'anxious times when there were plagues [coronavirus is a modern day plague] and uprisings'. While in her self-isolating cell she could still hear 'the bustle of the street outside', she had a vision of God speaking to her.

"He did not say, "You shall never have a rough passage, you will never be over-strained, you will never feel dis-eased"; but he did say, "You will never be overcome."

We live in anxious times and we are conscious that many long to hear God say in our own day, "You will never be overcome."

And we will not be overcome. God brings light out of darkness: this is the message of Easter and the message of Christmas. Goodness comes. Already we are seeing light and goodness in our communities as people look to see how they can care for others. Let us hold on to this as a sign of hope and light.

Still, we must remember and keep close to our hearts, those who will become increasingly isolated, the vulnerable, those whose livelihoods are threatened or will be lost, and those who have no one to care for them. We, as a church, within this Benefice, are committed to helping and serving all who are in need. We have as I write already begun to send funds to the local food bank, which will become increasingly in demand; and are working out how we can continue the food distribution to the homeless in Norwich, which I mentioned in this letter last month.

While church services may have ceased for the time being, our work as church is now more earnest than ever, as we serve God through prayer and action as we serve and care for all in our communities. (Do note the churches will remain open for private prayer.)

With public worship on hold, I would like to invite you to join me every Sunday night at 7pm to continue the vigil initiated by the Archbishops of Canterbury and York on Mothering Sunday, by lighting a candle in your window. If you would like to participate in this, I have set out in this magazine a small order of service. I would encourage you to use the word 'us' even if you pray this alone, using 'us' reminds us that we are never alone, for we pray as a community, even if we find ourselves in isolation for a period. This community includes the great cloud of witnesses (those we have loved and lost), the community of saints and all the Heavenly Host.

So I end with another quotation, this time from Kitty O'Meara, which was sent to me by the Bishop of Lynn:



The feeding of the 5000: we are called to be generous

And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently. And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal. And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed."

May the Lord watch over you all, those around you and all those whom you love during this time, and keep you safe, I continue to keep you all in my prayers day by day.

David

Sunday Evening Prayer during this period when we face the Coronavirus

Opening Sentence May your love and healing presence, O God, be within this household, this community and abound throughout your creation.

The candle is lit in the window

Prayer

God of compassion,
have mercy upon this nation and our world in this time of fear and confusion:
we bring before you those who are suffering and who tend to their needs;
may those in isolation know your comfort and company
and may neighbours show your love in works of care, kindness and prayer;
we pray for the National Health Service and all engaged in scientific research
and we pray too for those upon whose shoulders
the yoke of leadership rests,
that in their conversation and communication
your still small voice may be heard;
we ask this in the power of the Holy Spirit,
through the One who stretched out his hands to bless and to heal
even Jesus Christ our Lord. Amen.

The Lord's Prayer

Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done;
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation;
but deliver us from evil.
For thine is the kingdom,
the power and the glory,
for ever and ever.
Amen.

The Lord bless us and watch over us;
the Lord make his face shine upon us and be gracious to us;
the Lord look kindly on us and give us peace.
Amen



Baconsthorpe

200 Club

February

£25 Sally Robinson, £10 Martin Jackson, £5 Daphne Allard, Yvonne Law March

£25 Ian Cook, £10 William Peck, £5 Sue Thurley, Corinne Youngs

Well, what strange times, suddenly all our lives are turned upside down. This is when we come into our own and show our better sides. As soon as the restrictions were announced a WhatsApp (whatever that may be!) group was set up and the Parish Council, village hall and church got together and set up "Help in Baconsthorpe with Coronavirus" group. Cards have been delivered to every house asking if people can help or need help and it has been put on the village web site. Less than 24 hours after these cards were delivered, I have been inundated with offers of help. I can't thank you all enough and well done, Baconsthorpe. Remember to check the website www.baconsthorpe.org for up-to-date and relevant news.

Village Hall News

In light of Government advice on how to limit the impact of coronavirus, the various events that were planned for the village hall in March, April and May have had to be cancelled. This includes the Pop-Up Pub and the Film Nights. We hope we will be able to recommence these popular events in the summer or autumn, subject to circumstances at the time. We will continue planning the film programme to restart in September, with an update in July/August, and will put *Bait* back into the programme at some point. We will use the Village News and the Baconsthorpe village website www.baconsthorpe.org to keep you informed.

The village Fête is currently planned to be held at the Village Hall on Saturday 15 August. For the moment we will assume this is going ahead and will continue to ask for volunteers for the various stalls. If you would like to help out for a few hours on that afternoon do email baconsthorpe.villagehall@gmail.com or call me on 07493 227591.

Thanks for all your support, we hope to see you all at the Hall again when the situation allows.

Piers Warner

Fashion Show Update

As you may know there was a plan to hold a Charity Fashion Show at St Mary's Church Baconsthorpe on Friday 1 May. In light of the government advice on limiting the impact of the coronavirus, this event will now be held next year, on Friday 14 May 2021.

Post Office

The Post Office will be at the village hall on Tuesdays from 1pm – 4pm. It will not be there on a Friday until further notice.



Corinne Youngs
577263



Barningham Winter

We send our best wishes for a speedy recovery to George Seaman who sustained a nasty ankle injury at rugby recently. Do hope you are on the mend soon George.

Thank you to all those that came to the Scrabble evening at Barningham Hall. We raised £410.00 for St Mary's Church. Well done to Mo Williams who scored an amazing amount of points and was the clear winner. Thank you to Mr and Mrs Courtauld for all the hard work they put into the evening.

If anyone from Barningham wants their tablets picking up from Aldborough surgery do please let me know. Leave me a message on 577207



Sara Buxton
577207

Edgefield

Church News

I had been hoping to write this month of our plans for the coming summer, with a Fun Day at the church with Parachuting Teddies and Roller Skating in the church!! We can only hope that we can enjoy this next year and that this appalling virus will have died down by then. It is a sad prospect that we cannot hold our church services at present, so let's hope that a lot of prayer continues, praying for safe health for all of us, our families, friends and neighbours.

It is also, unfortunately, most unlikely that we will be able to hold the Annual Meeting of Parishioners (the "Vestry Meeting") and the Annual Parochial Church Meeting (the APCM) in the usual way this year.

If you know of anyone needing help with shopping, fetching prescriptions, or wanting someone to talk to on the telephone, do please let us know: Emma 587049 or Angela 587292. If leaving a message on an answerphone, do please give your name and telephone number very clearly. With very best wishes for good health to you all.

Angela Turner

Village Hall News

As most of you will know by now, we have decided to postpone our quiz night until the autumn. Whilst we would like to carry on as normal, we decided in view of the fact we have an older than average core audience, it would be a sensible precaution to take. Your tickets will remain valid, but if you want a refund, please contact me on 587110. We will make no decision about Edgefest 5 for several weeks, so watch this space!

Jim Frost

Edgefield Toad Patrol 2020 Update

In spite of very changeable weather, the last few weeks has delivered a wonderfully large amphibian migration to Edgefield's village pond. Thanks to an enthusiastic and committed team of toad patrollers we have saved hundreds of toads, frogs and newts from being killed on the roads. The plan of patrolling from dusk in two shifts has worked incredibly well. The patrols will continue until we are satisfied that this spring's migration has concluded.

Richard Sea



Richard Peaver
587486

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Coffee Morning & Plant Sale

A coffee morning and plant sale in aid of Holt Youth Project will be held on Wednesday 29th April from 10.00am – 12.00noon at The Old Rectory, Rectory Road, Edgefield. There will be a bring and buy, cakes, books and a raffle. All are very welcome.

Hempstead

200 Club

£50 M Thody, £25 D Durst, £10 I Bassett, £5 A Matthews, S Hannah, M Thody

Coffee & Gossip Sadly we are closing for the foreseeable future. It will be all the more welcome when this crisis is over.

Easter Monday in the Church

We regret that this year there will be no Easter Egg Hunt or Coffee & Cake. Let's hope that it can resume next year.

Cancelled Events

Ian has taken the sad but necessary decision to postpone further musical events until it is safe to resume. Film Club and the May Feast are also cancelled until further notice.

Better news now!

New Village Website

I was delighted when Jonathan Neville sent me the link to the new Hempstead website he has created. He tells me that whilst dates of upcoming activities will be on the website, the main purpose is to collect, and make available to us all, the history of the village. With that in mind he would be grateful to receive photographs, anecdotes and memories from anyone, which could be added. The link to the website is www.hempstead-norfolk.co.uk and Jonathan's email, for the receipt of information, is jneville@digitalwild.co.uk

Village Hall Trust

As the village is aware the leasehold interest that Hempstead Village Hall Charitable Trust currently holds has only 5 years left of its term (originally ninety-nine years). For some years the management committee on behalf of the Trust has been trying to secure a settled long-term future for the Village Hall by either negotiating a new lease or by purchasing the freehold interest from the owners. We are pleased to announce that the Village Hall Committee and Trustees have now come to an agreement with the freeholders of the Village Hall to purchase their freehold interest. The Village Hall over the years has not been richly endowed, but we have been fortunate that public-minded villagers have given of their time and energy to keep the building in reasonable condition and pay its way. This ninety-year-old timber-framed building (given to the village by way of thanks for the sacrifices made by the community during World War 1) has become a much-loved secular community hub for Hempstead with its rich variety of activities annually. These activities have helped to build up a small surplus of funds that are now being used to purchase the freeholders' interest. This capital outlay will nearly exhaust our funds, but we feel that with this purchase, the village of Hempstead will have secured a valuable asset that can now attract donations and perhaps legacies for its financial future.



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Finally, please keep in touch with friends in the village by telephone and email. We are all going to miss each other's company in the weeks ahead and a phone call will be a great pleasure.

Matlaske

100 Club

£25 Ruth March, £10 Angela Lander, £5 Pam Rounce

Local Support & Help During the Coronavirus Pandemic

Hopefully you will have read the supportive message from Rev David Longe in this newsletter and his e-mail. Please do ask for assistance when it is needed and we will do everything we can to co-ordinate any help that is required. Please keep safe and well and let's look after one another.



Marion Shepherd
577521

Matlaske Quiz

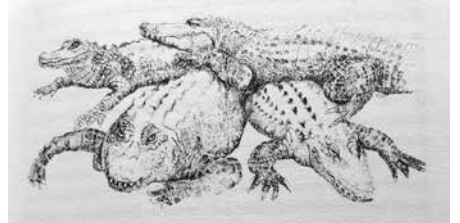
In the interests of our health we have decided to cancel our May Quiz. We will keep you informed regarding the October Quiz and our Coffee Morning.

Are you ready to take a walk on the seriously wild side?



An exciting new book is now available, *Walks on the Wild Side* by our local Matlaske author, John Pakenham, describing his lengthy

walks through the volcanic deserts of East Africa 40 years ago. Alone with tribesmen and loaded donkeys he walked 1,200



parched miles in an area of constant tribal raiding and beset by bandits. Full of adventures, blood, sweat and fears, including the horrific killing of a companion. "Hugely gripping and highly recommended." Let's support John Pakenham who has written this excellent book and his wife Maureen who has added the marvellous line drawings. It's available now from the publisher Eye Books. On

eye-books.com look under 'Authors' for John Pakenham, or under 'Books' for *Walks on the Wild Side*. Available on the High Street and Amazon from May. Only £9.99. Enjoy, with a strong drink!

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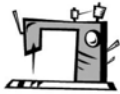
email: yogalward@gmail.com

Rev Paul Bell

Paul died on February 17th and a Thanksgiving Service was held on March 11th at Christ Church, Totland Bay, Isle of Wight. Paul was rector of the Barningham Benefice from 1995 until 2002 and for part of that time was also Rural Dean. Paul and Lucie retired to the Isle of Wight after Matlaske but carried on playing a very active part in the Anglican Church despite decreased mobility in the last few years. Paul was ordained in Burundi after serving as a teacher at a Mission station there. He and Lucie remained there for some years and Paul spent time teaching new Pastors. They retained their close ties with that region. Paul's lasting legacy in Matlaske church is the Rector's board as Paul spent many hours at the Norwich Record Office researching the Rectors of St Peters Matlaske from 1305 to the present day. Paul will be remembered with affection by many Parishioners.

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Plumstead

We live in odd times, as I write this the impact of the coronavirus is taking hold. So much of the news this month will be about postponement, which obviously means that many of our social gatherings will no longer take place. However, in some ways we are lucky living in the countryside where we can still go for a walk and abide by the social distancing advice. For those who are unable to go out for whatever reason we must be grateful for the phone. It will be important in these coming weeks. Being aware of our neighbours and their needs is crucial at this time. So, pick up the phone!



Mary Lintott
577718

Parish Council News

Hopefully you will have received the coronavirus leaflet a couple of weeks ago. We are able to provide assistance and welcome offers from fellow residents to join the 'helpers'. Please contact Carolyn Price or myself if you or a neighbour are experiencing difficulties of any kind:
clerkplumsteadparishcouncil@hotmail.com or 577401.

The planned VE celebrations cannot take place. However, if you happen to have a glass in your hand, you may find it mysteriously filled. The Church bell will be rung at 7.00pm to join all the other Churches in the UK. The large notice board beside the flagpole will be cleared. Any information (including photos) on members of your family affected by the War would be welcomed. Please leave these on the table in the Church - please make sure you name them and they will be returned afterwards.

NF

Church News

Firstly, news of altered dates. The Community Coffee morning scheduled for May 14th has been cancelled. The Film Evening on May 7th has been postponed until November. We will let you all know the date in due course. However, all is not lost as you can see from the advert. Plumstead is planning a Halloween event to appeal to veg and flower gardeners and their desire to compete (innate in all of us I suspect though many of us would vehemently deny it!) Those who enjoy pumpkin art and the sense of the mysterious centered around Halloween. There will be a workshop where you can carve the most gruesome face. Who can grow the largest pumpkin, the most sumptuous dahlia, the most bizarre shaped squash? All will be revealed in due course. Despite the coronavirus we can enjoy planting out pumpkins, squashes and dahlias. So get growing!

It is with great sadness we say goodbye to Jill Fisher who has lived in our Village for 28 years and been a stalwart member of our community. She is moving to Lloyd Court in Holt where she hopes people will come and visit as soon as this current crisis is over. We wish her well in her new home.

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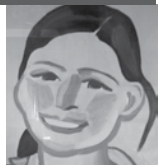
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A Message from the Parish Council

Owing to the government advice about reducing social contact, in order to slow the spread of Covid-19, the Parish Council meeting on 17th March had to be cancelled. The Clerk, Kirsty Cotgrove, has arranged an extraordinary Parish Council meeting, which will have taken place by the time this publication goes to press, to give the clerk delegated powers to deal with the urgent payments such as insurance.



Sophia Hodgson
587510

The Parish Council is investigating ways of helping the local community, especially those who are self-isolating, to get the supplies that they need. We will work with the village shop to achieve this. Steffan Aquarone our County Councillor has shared a card which could be widely circulated to try and identify those in need of support, which is replicated here:

Please contact Imogen Waterson(imogen.waterson@btinternet.com) if you would like your name to go forward on the card printed below.

The proposed celebration of 75th anniversary of VE day due to take place on May 8th will be postponed.

The Parish Council very much hopes that everyone can weather this crisis with fortitude. We hope that as many people as possible who do contract the coronavirus will have mild symptoms. Please let either Imogen Waterson or Kirsty Cotgrove (c.sparishclerk@gmail.com) know if we can help.

St Andrew's Church News

The Annual Vestry meeting, when new church wardens and officers are elected, closely followed by the Annual Parochial Church Meeting (APCM) will be held on Wednesday 22nd April at 7pm in St Andrew's Church. Anyone may attend the meeting, but only PCC members may vote in the officers

However, due to the serious health issues raised by COVID-19, the PPC recommends that anyone thinking of attending can, alternatively, submit their questions or recommendations by email to the PPC Secretary, Jill Perry-Warnes, at perrywarnes514@btinternet.com ahead of time. All points raised will be discussed at the meeting. Please check Church notices for any changes..

HELLO! If you are self-isolating, I can help.

My name is

I live locally at

My phone number is

If you are self-isolating due to COVID-19 I can help with:

☐ Picking up shopping ☐ Posting mail

☐ A friendly phone call ☐ Urgent supplies

Just call or text me and I'll do my best to help you (for free!)

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep. #ViralKindness

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Norfolk Wartime Remembered

School Days & Army Connections

The second in a series of recollections by Arthur Pentney



Seeing Miss Tooke, our young infant teacher, throw a wobbly when one young pupil proudly dumped a belt of live machine gun ammunition on her desk. (Not the writer!)

Watching from our playground as a large army lorry full of soldiers went past, plus a young lad's mum in the back with them!

Being issued with bottles of concentrated orange juice (lovely!) and cod liver oil (horrible!)

Playing 'soldiers', consisting of two groups, 'Them' and 'Us', with 'Them' being marched around with hands aloft in surrender. Odd how war seems to encourage children to act like this.

Hiding around the spigot mortar base in the corner of the playground. It's probably still there, but covered up.

Being issued with a slim metal tube to hold our pencil stubs in when they were too short to hold, thereby extending the use of the pencil much longer.

Working in the school's garden. The infants had a small plot at the water tower end of the playground. The senior children had a much larger plot across the road, which has now been incorporated into the field.

Visiting an uncle who was in the army and deployed on a mobile searchlight unit on the road between Tuppenny grove and Barningham Winter.

A group of children talking to one young lad's father who was home on leave and asking him, childlike, "How many Germans have you shot?"

The local Home Guard contingent met at The Jolly Farmers and my mother being horrified to learn that they were in the room where the late publican "Brew" Burton was lying in his coffin. My father retorted "He ent going to do us no harm, is he?"

Seeing my father return home from Home Guard duties and hanging his sten gun up on the kitchen wall.

Watching hundreds of soldiers marching down our street, and my friend Dennis S and I running indoors to get some apples to hand out to them as they marched past.

Recalling a great build-up of military traffic through the village, including American jeeps with the star insignia painted on the vehicles' bonnets. This was probably the build-up to the D Day landings of 6 June 1944.

Attending a packed church service at Baconsthorpe where extra benches had been provided at the rear for emergency seating. Much 'Top Brass' with staff cars were in attendance. This was not a victory service, though, but believe to be when the Home Guard was stood down in December 1944.

Self-isolation Education Ideas & Resources for Parents

Hello, let me introduce myself; I moved here with Rick in July and we are busy renovating our house on The Street in Baconsthorpe. However, I was a teacher who always tried to prioritise helping people to learn that learning is fun; I taught ICT and media studies at KS3 and KS4 and web development, maths and computer programming to level 1 & 2 at university and I remain an 'expert' in on-line and distance education.

I am aware that many links to on-line resources can be overwhelming, so I am curating some to simplify the process for parents trying to help their kids. I am sharing these via my blog at <http://blog.edtechs.info>.

Links on this website will go to public Google documents which I will keep updated with new resources as friends, colleagues, and hopefully you, share with me.

While the world begins homeschooling/remotely/digitally educating our kids, if you need assistance with understanding something that has been assigned for your child or some technology they are being asked to use and struggling with, please just give me a shout via edtechs.info@gmail.com.

I will be happy to answer questions. If I don't know the answer, I can probably find someone who does! #BetterTogether



We have a few children in the village who may only be getting out on walks rather than doing all their usual exercise. Let's make it more fun for them (this is an idea spreading via social media so could become global), they can draw or paint a rainbow and put in the window - anyone can do this bit - and then when they are out, see if they can find any. With any luck, over time, they will find more and more. Coming soon - learning resources around the theme of rainbows.

Mandy Honeyman

Useful Organisations

Silverline: 0800 4708090 www.thesilverline.org.uk

Confidential, free helpline for people aged over 55 open 24/7 offering info, friendship, advice; links to local groups and services; regular friendship calls. They also protect and support older people who are suffering abuse and neglect.

The Samaritans: 116123 - whatever you are going through the Samaritans will listen.

Social Services in Norfolk: 0344 8008020

Childline: 0800 1111 www.childline.org.uk

Helps anyone under 19 with any issue they're going through - big or small. Free, confidential and available any time, day or night.

Stay at Home Advice from the NHS

No need to panic but it would be sensible to follow the following advice from the NHS.

You'll need to stay at home if you have symptoms of corona virus (COVID-19) or live with someone who does. Staying at home means you should:

- not go to work, school or public areas
- not use public transport or taxis
- not have visitors, such as friends and family, in your home
- not go out to buy food or collect medicine – order them by phone or online, or ask someone else to drop them off at your home

You can use your garden, if you have one. You can also leave the house to exercise – but stay at least 2 metres away from other people.

If you have symptoms of coronavirus (a high temperature or a new, continuous cough), use the 111 coronavirus service to find out what to do.

If you have symptoms you'll need to stay at home for 7 days. After 7 days:

- if you do not have a high temperature, you do not need to stay at home
- if you still have a high temperature, stay at home until your temperature returns to normal

You do not need to stay at home if you just have a cough after 7 days. A cough can last for several weeks after the infection has gone

If you live with someone who has symptoms, you'll need to stay at home for 14 days from the day their symptoms started. This is because it can take 14 days for symptoms to appear.

If more than 1 person at home has symptoms, stay at home for 14 days from the day the first person started having symptoms.

If you get symptoms, stay at home for 7 days from when your symptoms start, even if it means you're at home for longer than 14 days.

If you do not get symptoms, you can stop staying at home after 14 days.

If you live with someone who is 70 or over has a long-term condition, is pregnant or has a weakened immune system, try to arrange for them to stay with friends or family for 14 days.

If you have to stay at home together, try to keep away from each other as much as possible:

- try to keep 2 metres (3 steps) away from each other
- avoid using shared spaces, such as kitchens or bathrooms, at the same time as each other
- open windows in shared spaces if you can
- clean a shared bathroom each time you use it, for example by wiping the surfaces you have touched
- use a dishwasher if you have one – if you do not have one, use washing-up liquid and warm water and dry everything thoroughly
- do not share a bed, if possible
- do not share towels, including hand towels and tea towels.

For more information visit: www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/

The Village Gardener

To Plant a Garden is to Believe in Tomorrow



If the weather behaves itself, then April can be one of the busiest months in the garden, so take advantage of any fine weather day that we are given. The mower should be making an almost weekly appearance as everything starts to go up a gear.

I find April one of the busiest months in the veg garden - there is always a big list of to-do jobs. One of the most pleasing tasks is to set peas and surround them in pea sticks. That first flush of squeaky green growth sums up for me spring in the veg garden, a very good chirpy moment! Main crop potatoes will need planting this month. Remember to draw-up any soil round any emerging 'early' crop stems, this should help ensure a bigger better crop. This month should also be good for planting out onion sets, but do cover them with some sort of twiggy defence as many birds seem to find the tops of onion sets irresistible and will keep hoicking them out unless you take determined steps. Do set short rows of salad regularly - you will be so pleased you bothered when you have a good drip, drip supply of young baby fresh lettuces rather than a deluge of tough bitter monsters. Other seeds to set in the veg patch are carrots, radishes, spring onions, swede and turnips. For extra protection cover these with cloches just in case. In the flower garden sweet pea plants can be set out, you can also start to bring out any pots and planters that have been hidden up out of harm's way. In the fruit garden keep a check on your raspberry canes and pull up any that come up between rows or in paths just to keep them in check. April is also a great month to mulch round fruit bushes to help retain moisture and deter weeds, and it's also a good month to prune and tidy up fig trees.

This month's question is from Ella Fry, who says she was fortunate to have been given a beautiful lemon tree for Christmas but has been nervous of feeding it in the winter months. Ella asks is her gut instinct correct? The answer is yes, you were right to be nervous. What we don't want to do is to encourage a citrus tree to put on young vulnerable growth that is potentially at risk if we do get a frost. By April we should (fingers crossed) be OK!

Do keep the questions coming in! Email me at redmaple@btinternet and as ever the most interesting question will be published next month.

Mick McCarter



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Meet the Neighbours

Ben Elwes - Barningham Winter



Ben is a professional photographer who was born and brought up in Burgh-next-Aylsham. After working for PR companies and magazines in London Ben completed a Fine Art Photography MA at the UCA Kent and now works independently, developing publications. From 1990 – 2010 Ben regularly went to Keys Auctions in Aylsham and documented the Monday sales. These photographs were kept in a box until 2016 when they were unearthed and put together in a book called *Monday Market: Photographed at G A Key Fine Art Auctioneers & Frazer's Yard of Aylsham Norfolk (1990-2010)* with passages of text by Elspeth Barker and the retired Keys

auctioneer Martyn Fox MBE. Keys sales started in 1955 and Ben's images capture the characters and workings of the sales. Rural Norfolk seems to change very little and Ben's book demonstrates this beautifully whilst also remembering the livestock sales at Frazer's Yard.

In 2016 Ben went on an American road trip to photograph events either side of the Presidential Election. Having seen how the European Referendum had divided the UK he thought that the Presidential election in America would cause the same sort of divisions and wanted to be there to hear peoples' stories. He started in Brownsville in the south and travelled 8,000 miles through 13 states in all including reaching the gates of The White House in Washington DC, then returning to Brownsville and returning to Mexico where he also lives. The publication *Divided States* is now complete and Ben is approaching publishers. He hopes to do a further journey covering this year's highly emotive and important US election.

In 1912 Ben's great aunt, Honor Elwes, went on a camping trip with two other young women and a groom in a horse drawn caravan around Norfolk. A really very unusual thing to do over one hundred years ago. They started in Castle Rising, followed the coast to Overstrand and went home across the Broads and south Norfolk. In 2019 Ben retraced their journey with family genealogist Juliet Webster using historic documents, photographs and poems written by Honor. Juliet

then published the book *The Yellow Caravan: Camping Round Norfolk in 1912* which features Ben's contemporary photos of their 2019 trip to compare with the Box Brownie photos from 1912.

On Wed 13th May at 7pm Ben will be talking about *Monday Market* at the Heritage Centre in Aylsham. *Monday Market* is available from Keys reception and *The Yellow Caravan* from Holt Bookshop & Jarrolds Norwich. *Monday Market* is also available from The Saracen's Head run by his brother Tim. www.benelwesphoto.com



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