

# LOCAL LYNX

BALE - BINHAM - COCKTHORPE - FIELD DALLING  
GUNTHORPE - LANGHAM - MORSTON  
SAXLINGHAM - SHARRINGTON - STIFFKEY

ISSUE 167

April - May  
2026



Stiffkey coastal path sheep, Spring 2015  
photo:RH

## SHG SID'S HOME AND GARDEN SERVICES

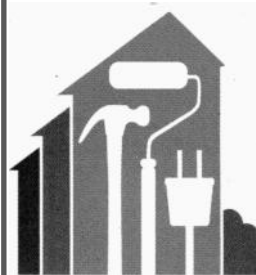
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## WHAT'S ON

VH = village hall

### APRIL

1<sup>st</sup> Wed. **Sharrington** Craft Group, VH 10.30am-12.30pm  
3<sup>th</sup> Fri. **Langham** Easter Egg Hunt, Rec. ground 10am  
4<sup>th</sup> Sat. **Binham** Easter Fair & Egg Hunt, BMH 10am - 2pm  
10<sup>th</sup> Fri. **Bale** Fish and Chips, VH 7pm  
15<sup>th</sup> Wed. **Sharrington** Tech Support Meeting, VH 10am-12noon  
15<sup>th</sup> Wed. **Sharrington** Gardeners Talk, Field Dalling VH 6.30pm  
18<sup>th</sup> Sat. **Sharrington** Vagaband Concert, 7.30pm VH  
21<sup>st</sup> Tue. **Binham** AGM, BMH 7pm  
22<sup>nd</sup> Wed. **Langham** FOLD talk, VH 7pm  
24<sup>th</sup> Fri. **Bale** Bale Oak Bar, VH 6.30-9.30pm  
24<sup>th</sup> Fri. **Binham** FOBP Talk by Christine Adams, BMH 7.30pm  
25<sup>th</sup> Sat. **Binham** Priory Concerts - Serenata Female Voices, BPC 6pm  
25<sup>th</sup> Sat. **Gunthorpe** 50:50 club, Coffee Morning VI 10.30am

### MAY

2<sup>nd</sup> Sat. **Gunthorpe** Quiz and Curry Night, VI 7pm  
2<sup>nd</sup> Sat. & 3<sup>rd</sup> Sun. **Morston** Local History Open Days, VH 10am-4pm  
6<sup>th</sup> Wed. **Sharrington** Craft Group, VH 10.30am-12.30pm  
8<sup>th</sup> Fri. **Bale** Fish and Chips, VH 7pm  
13<sup>th</sup> Wed. **Sharrington** Gardeners Talk, Field Dalling VH 6.30pm  
15<sup>th</sup> Fri. **Morston** Crispian Steele-Perkins Concert, All Saints Church 5.30 for 6pm  
19<sup>th</sup> Tue. **Langham** PCC AGM, VH 7pm  
22<sup>nd</sup> Fri. **Bale** Bale Oak Bar, VH 6.30-9.30pm  
23<sup>rd</sup> Sat. - 7<sup>th</sup> Sun. (June) **Binham** Rosamund Ulph, Open Studios, Buttlands Close 10am - 5pm  
24<sup>th</sup> Sun. **Binham** Priory Concerts - Suffolk Singers, 3pm  
25<sup>th</sup> Mon. **Langham** Bring and buy coffee morning, VH 10am-12noon  
27<sup>th</sup> Wed. **Langham** VH Committee AGM, VH 6.30pm  
30<sup>th</sup> Sat. **Gunthorpe** 50:50 Club Coffee Morning, VI 10.30am

### REGULARS

Mondays **Bale** Painting Group, VH 1-4pm (until 30<sup>th</sup> March, restarting after Easter on the 13<sup>th</sup> April)  
Mondays **Binham** Pickleball Group, BMH 3-5pm  
Mondays **Sharrington**, Yoga class, VH 11.00am-12 noon (Not Bank Holidays)  
Tuesdays **Binham** Art Group, BMH 9.30am-12.30pm  
Wednesdays - **Binham** Youth Group, BMH 6-8pm (during term time)  
3<sup>rd</sup> Wed. of month **Binham** Cosy Club, BMH 2-4pm  
Last Thu. of month **Binham** Social Evening, BMH 7pm  
First Saturday in the month **Langham** coffee mornings, VH drop in 10am-12noon

### POST OFFICE AND LIBRARIES

Thursday, **Langham** Mobile library, St Marys Estate 23rd April and 21st May 4.20-4.35  
Wednesdays, **Langham**, mobile post office, VH 9.45-10.15am  
Fridays **Sharrington** Library Bus, VH 3.25 pm, 24<sup>th</sup> April & 22<sup>nd</sup> May

## CLASH DIARY

*If you are arranging a big event, contact your village rep to add it to our clash diary, then check the diary to see what else is going on.*

### June

13<sup>th</sup> Sat. **Bale** Fete, Manor Farm Bale 2pm

### August

15<sup>th</sup> Sat. **Langham** Street Fayre, Holt Rd 10am - late

16<sup>th</sup> Sun. **Binham** Summer Fete

29<sup>th</sup> Sat. & 30<sup>th</sup> Sun. **Sharrington** Norfolk Jigsaw Festival, VH 10am-4pm

### November

28<sup>th</sup> Sat. **Langham** Christmas Fair, VH 10-12noon

28<sup>th</sup> Sat. **Sharrington** Christmas Fayre, VH 10am - 1pm

**Local Lynx is a non-profit-making community newspaper for the ten villages of the benefice.**

We welcome **articles, drawings, photos, poetry and advertisements** for publication from all ages but the editor reserves the right to edit or omit submissions. A **maximum of 400** words is recommended. Please contact your local rep on their email or phone number listed under your own village heading.

**All submissions must go through the village rep.**  
For general information: [lynxeditor@pobox.com](mailto:lynxeditor@pobox.com).

**Deadlines for submissions to reps are: 6 January, 6 March, 6 May, 6 July, 6 September & 6 November**

### Newsletter and Website Advertising

For enquiries about advertising in Local Lynx, contact Sally Metcalfe: [sallymetcalfe@btinternet.com](mailto:sallymetcalfe@btinternet.com)

#### Rates for advertising (pre-paid) are:

One column x 62 mm (1/8 page): £72 for six issues.

#### Small Ads Panel on the back page:

Available for individuals and businesses providing local services. Cost: £36 for six issues.

#### And please don't forget....

Lynx 167 and all back issues are permanently available on our website at [www.locallynx.co.uk](http://www.locallynx.co.uk). The website now has an **Ads Directory**, an **'In More Detail'** page and a **'Local Charities'** page to cover relevant articles in greater depth. (Paper copies of website articles are always available from Roberta on 01263 740188.)

*Advertising space in this publication is sold in good faith and the editor/publication team can take no responsibility for the quality of goods or services offered.*

## ST. PETER'S CATHOLIC CHURCH

Back Lane Blakeney NR25 7NP

Mass Sunday - 11am

Mass Wednesday - 9.30am

Holiday of Obligation 9.30am

[www.catholicparishofwalsingham.org](http://www.catholicparishofwalsingham.org)

## Church Services for Bale and Stiffkey Benefice for April and May 2026

HC=Holy Communion. CFS=Church Family Service. MP=Morning Prayer. BCP=Book of Common Prayer CW- Common Worship

Parish	5 <sup>th</sup> April Easter Day	12 <sup>th</sup> April	19 <sup>th</sup> April	26 <sup>th</sup> April
Bale	9.30am Easter Communion			
Field Dalling	11am Easter Celebration		At Saxlingham	11am MP BCP
Saxlingham	At Field Dalling		11am HC BCP	At Field Dalling
Gunthorpe	11am Easter Celebration			
Sharrington	9.30am HC	9.30am HC	9.30am MP CW	9.30am HC
Binham	11am HC	11am MP	11am MP BCP	11am MP
Morston	9.30am HC BCP		9.30am MP BCP	
Langham	11am Easter Celebration	9.30am MP BCP	At Stiffkey	9.30am MP BCP
Stiffkey	9.30am Easter Celebration	At Langham	9.30am HC BCP	At Langham

Parish	3 <sup>rd</sup> May	10 <sup>th</sup> May	17 <sup>th</sup> May	24 <sup>th</sup> May Whit Sunday	31 <sup>st</sup> May Trinity Sunday
Bale	9.30am HC				At Morston
Field Dalling		11am CFS	At Saxlingham	11am MP BCP	At Morston
Saxlingham		At Field Dalling	11am HC BCP	At Field Dalling	At Morston
Gunthorpe		11am MP BCP			At Morston
Sharrington	9.30am MP BCP	9.30am HC	9.30am MP CW	9.30am HC	At Morston
Binham	11am MP	11am MP	11am MP	11am MP BCP	At Morston
Morston	9.30am HC BCP		9.30am MP BCP		10.30am HC Group Service
Langham	At Stiffkey	9.30am MP BCP	At Stiffkey	9.30am MP BCP	At Morston
Stiffkey	9.30am MP BCP	At Langham	9.30am HC BCP	At Langham	At Morston

### Additional Services

Maundy Thursday (2<sup>nd</sup> April): Stiffkey, Maundy Thursday HC Service, 12 noon

Good Friday (3<sup>rd</sup> April): Morston, Stations of the Cross, 10.30am

Good Friday (3<sup>rd</sup> April): Langham, Lift High the Cross, 12 noon

Ascension Day (14<sup>th</sup> May): Sharrington; Ascension Day Service, 11am



## RECTOR'S LETTER

Dear Friends and Parishioners,

We enter now a sacred time when the northern hemisphere wakes to new life and delight, if we will let it. It is always sad to witness the spoiling of the good, whether that's people or buildings, or places of beauty, and sadly so many devote their energies to just that spoilation.

This is where the sacred comes in. God is, God reigns, God purposes. The fulfilment of his purposes is not yet come to pass but we're well on the way.

In the sacred and scarred land where Christ Jesus walked, laughed, bathed, enjoyed his fellows and gazed at mountains and over the lakes, he there ensured outside the walls of ancient Jerusalem the remaking of all things unto God. He dealt with sin and pain and suffering and disappointment, and so many since then have had their lives shaped by both sacrifice and resurrection. For after his crucifixion and burial in a rock tomb, Christ rose from the dead and the world was changed.

It is pitiful that humanity has not entirely taken this to themselves. Any act of cruelty is to spit in the Garden of Resurrection. It is then for us to recreate that Garden

in the wastes of modernity and to find ourselves delighted by simplicity and beauty.

May I wish you a most joyful Eastertide and a thumping good Spring and Summer.

Yours very truly,

Ian Whittle The Rectory, Langham 01328 830246

### **Beneath the Hazel's Dappled Shade**

Beneath the hazel's dappled shade,  
A partridge stirs the morning glade.  
His russet breast, a soft delight,  
Catching the first kiss of light.  
Through dew-kissed grass it softly weaves,  
Among the hawthorn's budding leaves.  
No hunter's call, no hurried sound -  
Just whispered winds and sacred ground.  
And on the hill where heather grows,  
The partridge nests as twilight glows.  
A fleeting heart in Ireland's green,  
Both shy and proud, yet rarely seen.

*David Dumpleton and John Ridley*



## LOOKING AFTER LOCAL LYNX

Local Lynx is a not-for-profit community paper covering the villages of Bale, Binham, Cockthorpe, Field Dalling, Gunthorpe, Langham, Morston, Saxlingham, Sharrington and Stiffkey.

Published every other month, it contains community news as well as news and articles from each of the villages together with details of church services and news from the local school in Langham.

Currently distributed to over 1,100 households it has an estimated readership of over 2,000 as well as over 800 readers on-line at [www.locallynx.co.uk](http://www.locallynx.co.uk).

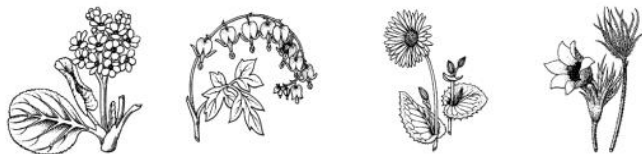
The paper is produced entirely by volunteers with the editor supported by village reps who collate the stories, distributors who pop the paper through each letterbox, proof readers who try to catch the typos, a designer who can add style and of course those that write the interesting articles and news.

Financially the paper is supported by the parish councils and parochial church councils of the villages concerned and by the wonderful local businesses who place their adverts with us. We also have great support from our readers. If you like what you read and would like to make a contribution to the running costs of the paper then these can be made by contacting the editor at [lynxeditor@pobox.com](mailto:lynxeditor@pobox.com) or by direct bank transfer to: Local Paper a/c 65004288 sort code 09-01-54.

### Lynx Internet Banking and Standing Orders

Account Name: Local Paper

Account number: 6500 4288 Sort code: 09-01-54



### HIRE YOUR LOCAL VILLAGE HALL

If you are planning a public event or private party, our benefice's village halls cater for all shapes and sizes at very reasonable rates. Think "community" and get in touch to find out more.

Binham Memorial Hall (max 150) contact: see page 17 for details

Field Dalling & Saxlingham Villagers' Hall (max. 100) contact: [booking@fdands.org](mailto:booking@fdands.org)

Gunthorpe Village Institute  
contact: 01263 860051 [tony\\_lin@btinternet.com](mailto:tony_lin@btinternet.com)

Langham Village Hall (max. 100) contact: [frances.mackay@btconnect.com](mailto:frances.mackay@btconnect.com)

Morston Village Hall (max. 70) contact: 01263 740038

Sharrington Village Hall (max. 90) contact: [sharringtonvh@gmail.com](mailto:sharringtonvh@gmail.com) 01263 860097

# COMMUNITY NEWS

## DISTRICT COUNCILLOR'S NEWS

### Social Tariffs

Some utility companies offer social tariffs - lower rates for those on limited incomes.

I've found social tariffs for Anglian Water and Eon (presumably they exist for other electricity providers). There is similar for broadband if you're interested.

<https://www.anglianwater.co.uk/services/extra-support/tariff-options/lite/>

[https://www.anglianwater.co.uk/services/extra-support/tariff-options/lite](https://www.anglianwater.co.uk/services/extra-support/tariff-options/lite/)

<https://www.eonnext.com/energy/guides/energy-fund>

<https://www.comparethemarket.com/broadband/content/broadband-social-tariffs/>

Don't forget the brilliant Financial Inclusion Team at NNDC - 01263516221- to help with accessing benefits and other resources.

### Food Bank in Holt

If anyone needs help with oil or energy supplies, you can get help via the Holt foodbank, who will also allocate someone from Citizen's Advice to ensure you have the correct benefits and debt advice. They can then be referred to the Energy Bank. The contact is Jules Hunter- Jennings on 07826 376343 in office hours.

Foodbanks can be accessed via referral at Holt (on Fridays at Holt Youth Project) or at Sheringham or Cromer.

Holt Foodbank can also deliver on a Friday for those who might find access difficult.

### Disabled Facility Grants

These grants are for any resident who needs a little help to make their home more accessible - no formal diagnosis needed. The team are very helpful and I would encourage you to reach out. <https://www.north-norfolk.gov.uk/tasks/housing-services/apply-for-disabled-facilities-grant/>.

### Urgent Dental Care

There are now more urgent dental appointments available in North Norfolk; 170 appointments per month. We're not told who are the three providers, but they are accessed via 111. Please spread the word.

For routine care, there is a new dental practice in Cromer opening in the Autumn in the old tourist information centre and they are now taking registrations of interest. Register here ( this is from last year so I hope still available) <https://www.thedentaldesignstudio.co.uk/cromer>

### STEFF AQUARONE M.P.

London Parliamentary Office: 0207 2197585

North Norfolk LibDem Office: 01692 404100

email: [steff.aquarone.mp@parliament.uk](mailto:steff.aquarone.mp@parliament.uk)

[www.steffanaquarone.com](http://www.steffanaquarone.com)

### JEROME MAYHEW M.P.

Broadland Conservative Assoc: 01603 865763

[www.broadlandconservatives.org.uk](http://www.broadlandconservatives.org.uk)

**Norfolk & Suffolk Foundation Trust  
Recovery College**

<https://www.nsftr.nhs.uk/recovery-college/>

The Recovery College, run by the mental health trust at Norfolk & Suffolk Foundation Trust, is open to anyone living in Norfolk (including carers, supporters and other professionals) looking to improve their mental health and wellbeing. The Recovery College offers free courses, online and in person. These will help you build skills and strategies to help your mental health or support others.

Email [RecoveryOnline@nsft.nhs.uk](mailto:RecoveryOnline@nsft.nhs.uk) or call 03003 034419 for more details.

**Ambulance Response Times**

The North Norfolk Emergency Ambulance Response Times Working Group met with the Ambulance Service recently.

Emergency and urgent response times are still over target. The Ambulance Service puts this down partly to ambulance delays at the hospitals. When possible they are managing patients without taking them to hospital. They were keen to stress that, when a patient is waiting for an ambulance, their case is clinically evaluated and prioritised if necessary. There are now 67 community first responders in North Norfolk but more are always welcome. The Holt Fire Station responds to cardiac arrests.

**Update from NNDC**

**Finance**

NNDC will have a balanced budget next year - ie no deficit - despite £10.6m of capital investment. Council tax has increased £5.13 per band D property. You may be interested to know NNDC only retains 7.3% of the council tax it collects. Norfolk County Council receives 74.9%, the Police and Crime Commissioner 14%, and town and parish councils, 3.8%.

**Coastal**

There is further investment for coastal adaptation into North Norfolk from government (£18m shared with the East Riding of Yorkshire, Great Yarmouth and East Suffolk). This is for developing options for communities where erosion is a real threat.

**Benefits and Housing**

NNDC continues to support households with housing issues such as tenancy sustainment and homelessness through discretionary housing payments. Apply to benefits at NNDC if this would be helpful.

There are 713 households on the housing list. Two hundred and sixty-five properties were let from April 2025 to January 2026. One hundred and thirty-eight

households were assessed as needing help with homelessness. It is hoped the Renters Rights Act will help with the homelessness caused by the end of a social tenancy, which is the leading reason for homelessness in North Norfolk.

As of 31<sup>st</sup> January there were fifty-eight household in temporary accommodation. NNDC holds thirty units of temporary accommodation and is purchasing seven more.

Six hundred and fifty affordable homes are in various stages of the development process with ninety-five coming on stream in 2026.

**Mobile Connectivity**

The Overview & Scrutiny Committee met with a representative from Mobile UK to discuss poor mobile connectivity in North Norfolk. The three mobile networks ( Vodafone/Three, Virgin/O2 and EE) are investing in 5G capacity.

However, we need more specific detail on this in our area. The Government has been supporting 4G investment in rural areas, but so far this has been mostly outside Norfolk, so we are asking if that can change. We are also supporting rural roaming (when your call, if your network doesn't have coverage, is routed into a network which does). You can enter your real life connectivity by postcode on the *Map My Mobile* website; to your network provider or contact me as I can feed it in. This will improve the accuracy of the networks' and Ofcom's data as otherwise what is used is predicted, not real life coverage.

*District Councillors' Contact Details:*

**Sarah Butikofer** e:[sarah.butikofer@north-norfolk.gov.uk](mailto:sarah.butikofer@north-norfolk.gov.uk)  
(Binham/Cockthorpe, Field Dalling/Saxlingham, Gunthorpe/  
Bale, Langham )

**Andrew Brown** e:[andrew.brown@north-norfolk.gov.uk](mailto:andrew.brown@north-norfolk.gov.uk)

**MORSTON  
HISTORY DAYS**

**Saturday 2<sup>nd</sup> and Sunday 3<sup>rd</sup>  
May 2026**

**Village Hall, Morston 10am to 4pm**

**Come and see the displays of photos,  
films, documents and pictures already  
collected by the Morston Local History  
Project.**

**Bring your own items to be recorded and  
scanned on the day.**

**FREE EVENT – REFRESHMENTS AVAILABLE**

More information from: [sallymetcalfe@btinternet.com](mailto:sallymetcalfe@btinternet.com)

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[rozzieulph@tiscali.co.uk](mailto:rozzieulph@tiscali.co.uk)  
mb 07745 443845

(Sharrington) 07970 298695

**Victoria Holliday:** (Morston & Stiffkey)

victoria.holliday@north-norfolk.gov.uk

County Councillors' contact details:

**Michael Dalby:** County Councillor Wells Division - Glaven, Priory and Walsingham Parishes (incl. Binham & Cockthorpe, Brinton & Sharrington, Field Dalling & Saxlingham, Langham, Morston, Stiffkey)

michaeldblues@outlook.com

**Steffan Aquarone:** County Councillor Melton Constable Division (incl. Bale and Gunthorpe Parishes)

steffanaquarone@gmail.com or 07879 451608

## LOCAL LIBRARY EVENTS

### Holt Library: Plant Sale

**Saturday 23rd May 10am to 2pm**

A Holt Library Friends event. Please bring your own bags. Cash only. Donations of plants for the sale welcome. For further information contact Holt Library on 01263 712202.

### Holt Library: Author Talk – Ross Greenwood

**Friday 29<sup>th</sup> May 6pm**

Ross Greenwood, author of the DI Ashley Knight series, based in Norfolk, will be giving a talk about his writings and forthcoming book, *Death on the Norfolk Express*, set in and around Holt. Ross will also be doing a book signing at the end of the event.

£3 includes refreshments. To book, visit or call Holt Library on 01263 712202. Booking advisable.

### Fakenham Library:

#### The Power of Photography in WWII:

**A Talk by Mark Glaister**

**Wednesday 29th April 2-3.30pm**

Discover how photography changed the way the war was conducted; spanning the historical 'big picture' to local history.

Tickets are £3 (includes refreshments)

Booking essential - to book call 01328 862715 or pop into Fakenham Library.

A Fakenham Library Friends event.



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## ARE YOU A VETERAN?

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

**Fakenham Library**

**Oak Street, Fakenham NR21 9DY**

**Thursday 2nd April from 10.30am – 12.30pm**

The Veterans Voice Project aims to help veterans and family members find how to access veteran organisations and support groups such as breakfast clubs and social hubs; identify opportunities for social interaction with other veterans and provide information about support resources.

For future Fakenham dates contact [loraine@veteranscentral.co.uk](mailto:loraine@veteranscentral.co.uk) or ring 07713 860040.

## SOCIAL WORKER DROP-IN

**Glaven Caring Centre, Thistleton Court,**

**Blakeney NR25 7PH**

**Twice-monthly, 10am – 2pm**

**Dates:**

3rd April and 13<sup>th</sup> April

1st May and 11<sup>th</sup> or 12<sup>th</sup> May

5th June and 15<sup>th</sup> June

3rd July and 13<sup>th</sup> July

7<sup>th</sup> August and 18<sup>th</sup> August

This is great opportunity to get help with social care assessments/packages of care, information about personal care/befriending, advice re capacity assessments/power of attorney, advice re residential care/funding thresholds/carers allowance, safeguarding etc. The social worker can either help directly or point residents to the right place.

*District Councillor Victoria Holiday*



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## LANGHAM DOME

### Volunteers needed

Can you spare a few hours a month to help your local heritage museum? A friendly disposition and an ability to communicate with the public is all that's required. Please contact Scott on 07833 099588 or email [manager@langhamdome.org](mailto:manager@langhamdome.org).

## LOOKING TO GROW YOUR BUSINESS?

The New Anglia Growth Hub, supported by national and local government, offers coaching, workshops, funding and growth programmes for Norfolk and Suffolk businesses. The service, which is hosted at Norfolk County Council, has an expert team of qualified advisers which helps business owners and managers successfully navigate the local business support landscape, ensuring they can access grants and free training and find the information and assistance they need. Free of charge to businesses, the service also offers retail support through the 'High Streets Matter' initiative, which is running alongside a new hospitality programme.

The Hub's website, intended as a first point of call for business support, also includes East Anglian business success stories. Visit [www.newangliagrowthhub.co.uk](http://www.newangliagrowthhub.co.uk).

## GLORIOUS GLORIAS IN NORFOLK

Join us on Saturday, 9<sup>th</sup> May at Fakenham Academy, for our Come & Sing Day 2026, when we'll be singing Glorious Glorias - a mixture of familiar pieces and a few surprises. All voice parts welcome.

The day will be run by Fakenham Choral Society's

music director, Mark Jones, with our accompanist Matthew Preston. The event starts at 10.30am, with a lunch break from 1-1.45pm. There will be a free informal performance at 4.30pm, with audience donations to AGE Concern's Fakenham Branch.

Register online at [fakenhamchoralsociety.org](http://fakenhamchoralsociety.org) and follow the 'Come & Sing' links. The registration fee is £22, with an early bird offer of £20, if you register before 25<sup>th</sup> April and only £5 for U21's. Includes score hire, tea, coffee, soft drinks and biscuits throughout the day. For further information contact [rosemary\\_dear@hotmail.com](mailto:rosemary_dear@hotmail.com).  
*Shirley Collyer*

## BALE

Contact: David Bridge  
[david@bridgeifa.co.uk](mailto:david@bridgeifa.co.uk)

## EILEEN SPOONER

1937-2026

Eileen was a Bale institution. She moved here as a young bride, brought up three children, and had been living in the same house for 67 years until going into the Norfolk and Norwich Hospital at the end of 2025. She died peacefully in Kelling hospital in February, her family with her.

During those many years



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in Bale, Eileen had been, and still was, a member of both the Parochial Church Council and the Village Hall Committee. She was also 'The Paper Lady', going out daily, on her bike, in all weathers, to deliver the newspapers that NewsKlip had brought to her at a very early hour. She was well into her 70s when she retired.

Eileen had a deep affection for Bale Church. Not only was she a regular worshipper, she also took pride in taking care of the altar cloths and silverware, ensuring that the church was properly and precisely set up for communion services. She provided Easter eggs for the children of villagers, and their visiting families and friends. She was, too, a stalwart of the church fete. She and her girls spent the morning making and labelling sandwiches and cakes, and the afternoon presiding over the teapots and watching their morning's work rapidly disappear.

Eileen was a deeply caring person. For many years she supported elderly residents in the village, she and her children taking them Christmas lunches before they had their own. There is so much more that one could say; it will take a long time to get used to Bale without Eileen. An institution indeed.

## WILD BALE Butterflies



Spring is heralding and our native butterflies will soon be on the wing enticed by the warmer days and brightly coloured flowering plants. Some 35 – 40 species of butterfly are recorded in Norfolk annually and around Bale

27 species are seen each year with this number having increased in recent years as some Lepidoptera have expanded their range including the Silver-washed Fritillary, White Admiral and the Purple Emperor.

The fleeting nature of butterflies, their short lives and unmatched beauty have always enthralled mankind. Their lifecycle and metamorphosis from caterpillar/pupa to winged butterfly remains a natural mystery.

Butterflies are attracted to nectar producing flowers and food plants for their caterpillars to feed on. Some species lay their eggs on grass stalks such as Ringlet & Meadow Brown. Bramble is an important food plant for the caterpillars of White Admiral and nettles are the food source for the larva of the Red Admiral and


Peacock. Butterflies will also feed on rotting fruit including Red Admiral while the Purple Emperor and Comma take nutrition from tree saps.

Butterflies occur in most habitats with some only seen close to trees such as Speckled Wood or the Orange Tip found along hedgerows with Jack Of The Hedge growing in abundance.

Norfolk is home to several specialist species including the superb Swallowtail found on The Broads and nowhere else in the UK. The Silver-studded Blue is found on Norfolk heaths, the Large Copper was once a regular sighting on the Fens of East Anglia, and the Dark-Green Fritillary can be seen in July along our coastal dunes at Blakeney Point and Burnham Overy.

Migrant butterflies from Southern Europe and North Africa often occur in England with the most common being the Painted Lady which can cross the Channel in tens of thousands having flown here from the Atlas Mountains of Morocco. The Clouded Yellow is a less common migrant with large numbers only being seen every ten years or so. The one European species many would like to see is the Camberwell Beauty or Mourning Cloak, which occurs in August and September. In some years as many as 300 can be sighted in the UK with Norfolk being a prime site as the butterfly originates from Scandinavia.

We can do much to help our native butterflies. 50 species of British butterflies have declined in the last 50 years with the Small Tortoiseshell population having fallen by almost 90%. Habitat loss, predation (mainly by non-native pheasants) and the use of pesticides/herbicides have all contributed to the large-scale decline in most of our invertebrates and certainly the acceleration of the decline of butterflies and moths in the last twenty years. Therefore, if we can use less glyphosate, leave wild areas and grow nectar giving



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plants so that we may ensure we have these beautiful and delicate creatures with us for at least a little longer.

*Paul Laurie*

*We abuse the natural world because we regard it as a commodity belonging to us. When we believe land to be part of a community to which we all belong, we may then begin to use it with the love and respect it deserves.*

Aldo Leopold, born 1887

The author of A Sandy County Almanac

One of the very best nature books ever published.

## BALE BOOK GROUP

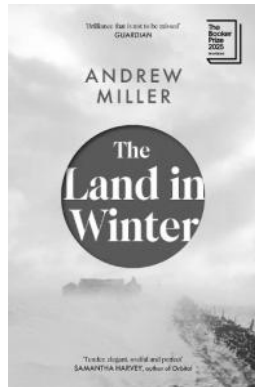
### *The Land in Winter* by Andrew Miller

I enjoyed this book when it came out last summer and enjoyed it even more when I re-read it in January. The characters are well-drawn and intriguing, the descriptions of England under snow during the winter of 1962/3 evocative and atmospheric. Miller paints a picture of the harshness of life in rural communities before central heating was widespread. The main protagonists spend much of their time struggling to keep warm in draughty old houses, lighting fires which seem to go out, running out of fuel, battling the extreme weather.

Mental health issues run through the book, one of the characters committing suicide, another plagued by voices that taunt her. The inside of the asylum is as bleak as the icy landscape outside and captures the isolation of the patients.

Class is another theme. The story revolves around two couples: Bill and Rita, Eric and Irene. Bill and Irene have both tried to leave their privileged backgrounds behind while Eric despises his working-class origins and clings to his status as a doctor. Only Rita seems true to herself, missing a more exciting life in clubland.

A subtle theme of aliens and spacecraft weaves in and out of the story. I link the idea of being 'alien' to the mental health, race and class themes: each character being alien to another. Rita and the asylum patients were alien to 'normal' people; Bill and Irene were alien to their spouses. Byron, of Afro-Caribbean origin, seemed so alien to Irene that she did not know how to speak to him. The ending of the book develops this theme but to say more would be a spoiler.



Lest all the above suggests that this is a depressing read, I assure you it is full of humorous dialogue. When Bill visits the bank to apply for a loan and mentions that his wife is 'expecting', the Dickensian bank manager exclaims: "The blessed state!" Rita, in particular, exhibits a quick wit. "Thank you, Reverend!", she says, when her husband avoids kissing her lips and kisses her forehead instead.

All Bale Book Group members liked something about the book but few were completely sold on it. All enjoyed the passages describing the snow, some liked the characterisation, several felt it lacked a definite narrative. In order to persuade you to read what I think is one of the best books of 2025, I would add that Miller writes beautifully and can conjure an atmosphere and a sense of place as few others can. *Maggie Thomas*

## BALE PAINTING GROUP

The opportunity to create a picture is only coming under certain conditions. It takes determination and being in the right situation. For most of us a stimulus is needed and that is provided by being in the group. Each week a topic is suggested and there is a choice, of course but without it the creative opportunity may be missed. In the term used by human resources not everyone is classed as a "self starter".

There are many artists who are/were recognised as such by their production of paintings from before the development of mass communications such as TV and radio. Art was rarely a "get rich quick" route to wealth. Innate talent wins through, usually. However successful artists used to work on commission either after attending a special school e.g. The Slade or through patronage. To establish a school themselves took great courage, self belief and funding. So like in general mainstream education where everyone was given the

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opportunity to try things, musical instruments and art in various forms, unless you take the chance to try you'll never know.

The opportunity to try as above now is not so prevalent as the education system has been changed to focus on specific subjects and time has been taken away from the arts, in general terms. Our group gives the time back and the opportunity to be creative. Everyone can paint is an often cited maxim...it's probably true. We are painting on a Monday afternoon, see the posters at the village hall for details. Join us if you would like to try.

*Peter Jones*

## VILLAGE HALL NEWS

The village hall continues to be a hive of activity. Despite Millie's absence over the past few weeks, the yoga sessions have been carrying on through the wonders of technology – although the devotees are very much looking forward to Millie's return. The weekly Pilates sessions continue on Wednesday mornings, giving another option for keeping fit indoors during the perpetual rain that has dampened the past few months.

The Bale crafters will be meeting for another day of hard work, conversation and delicious lunch on Tuesday 14<sup>th</sup> April. There will then be a break over the summer months, re-convening later in the year.

Fish and chips evenings are Fridays 10<sup>th</sup> April and 8<sup>th</sup> May – all are most welcome, whether Bale natives or visitors from other villages but orders must be in for fish pie by the Wednesday before and for fish and chips etc by 5pm on the day. If you are not in the village WhatsApp group, get in touch via **balevillagehall@gmail.com**.

The Bale Oak Bar will open its doors on Fridays 24<sup>th</sup> April and 22<sup>nd</sup> May, 6.30-9.30pm.

Gino will be hosting another pasta night on 18<sup>th</sup> April, so look out for his WhatsApp messages for booking details.

If you would like more information on any of the above, please email **balevillagehall@gmail.com** or call 07793 214703.

*Paula Moore*

**The 100 Club winners for Jan/Feb were:**

### January

- 1st Dan Marsden
- 2nd Jim Peppitt
- 3rd Jude Ryan
- 4th Freddie Powney

### February

- 1st Robert Letts
- 2nd Charlie Mitchell
- 3rd John Wall
- 4th Ann Wall

## ALL SAINTS BALE

There will be Holy Communion at Bale on Easter Sunday, 5<sup>th</sup> April and Sunday 3<sup>rd</sup> May.

Eileen Spooner, who sadly passed away in March, will be much missed in the church. Although she had been absent from services through ill health for some time, it was hoped that she would soon be returning. For many years, Eileen selflessly gave her time to ensure that all was prepared for the – then weekly – church services. She will be particularly missed on Easter Sunday, when she would generously arrive with chocolate eggs for the congregation, always remembering the favourite choices of selected recipients. God bless you Eileen, rest in peace.

*Paula Moore*

## BALE FETE 2026

### A date for your diary

This year's Bale fete will take place in the garden of Manor Farm on Saturday, 13<sup>th</sup> June at 2pm. Please bear this in mind before ridding yourself of items suitable for donation to any of the regular stalls – gifts, jumble, white elephant etc. There will also be a need for cakes, preserves and, above all, volunteers to help with stalls, sideshows and refreshments.



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# BINHAM

Contact: Paul Bailey 07401 315714  
paulbailey04@aol.com

## BINHAM ART GROUP

As I write on a grey, damp February day, there has been little encouragement for Binham art group members to venture out sketching en plein air. Yet the signs of spring are everywhere. The snowdrop walk at Walsingham Abbey is beautiful and cheering and there are some early daffodils, primroses and crocuses in the garden.

Soon the spring will be in full swing. And some of us will be able to enjoy sketching outdoors in our beautiful corner of North Norfolk again, bringing a sketch to completion at our friendly Tuesday morning meetings at the village hall.

Kay Rawlinson enjoys sketching outdoors. She was a worthy winner of January's picture of the month competition, with her delightful oil painting of Happisburgh lighthouse.

But members of the group are very diverse. Some are skilled water-colourists, others work in acrylic, oils, pastels or collage. There are as many different styles as there are subject matters and personalities. And part of the enjoyment of Tuesday mornings is having a wander round chatting and being amazed by just how different we all are. But all sharing the therapy of art however frustrating it can be, and however we choose to follow it.

Do take a look at Kay's picture in the gallery at The Chequers pub alongside many others. All are for sale at very reasonable prices.

For further information contact [susanedwards09@gmail.com](mailto:susanedwards09@gmail.com)  
*Barbara Lawson*




## THE FRIENDS OF BINHAM PRIORY

Tickets for our spring talk, "How Amazing Miss Savidge Moved her House", are available now from The Maltings at Wells. We are also thrilled to confirm that our much-loved Picnic to Jazz makes a comeback at the Priory on 25<sup>th</sup> July.

May Savidge was an incredible woman who refused to allow her pre-Tudor home to be destroyed to make way for a roundabout. Instead, she dismantled it, numbered each piece, then set about rebuilding it 100 miles away in Wells-next-the-Sea. Her story is to be made into a film.



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The talk, presented by May's niece, Christine Adams, is on Friday, 24<sup>th</sup> April at Binham Memorial Hall. Tickets are £12.50 each including a glass of wine/soft drink and can be bought online from The Maltings, in person over the counter, or by phoning 01328 710885. Doors open 7pm for 7.30pm start.

Our members' AGM will be held in the hall immediately before the talk. The AGM start time is 6.30pm.

More information about Picnic to Jazz, and where to buy tickets, will be available in early summer, but we are delighted to announce that DixieMix will be playing for us once again. If you have never been to Picnic to Jazz you have a treat ahead. Just bring chairs, picnic blankets and hampers, enjoy the music, and maybe even a dance, amongst the ancient and atmospheric ruins of Binham Priory.

For updates you can also visit [friendsofbinhampriory.weebly.com](http://friendsofbinhampriory.weebly.com).  
*Carolyn Raymond*

## BINHAM YOUTH GROUP

Even with the cold, dark evenings since the new year we have had good attendance at Youth Group with numbers in the high 20's and 30's every week.

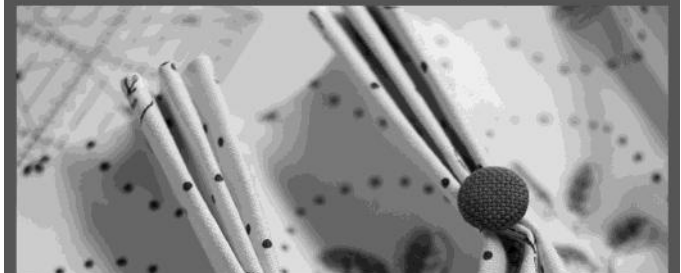
In February we had fun making Valentine's cards and there were some beautiful creations produced for sweethearts, Mums, Grandmas and teachers.

As Easter approaches we are looking forward to Easter crafts, hunting for eggs and the lighter nights after the Easter break will see the children back outside on the playing field.

If you think you could join our small team of volunteer helpers, even on an occasional basis, please do make contact or come along and meet us.

Youth Group runs every Wednesday in term time at

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Binham Memorial Hall. 6-8 pm. £1 entry. Tuck shop available. 5 - 16 year olds welcome. We do not allow mobile phones at Youth Group. Good behaviour, good manners and kindness to others is both encouraged and recognised. All helpers are first aid and safeguarding trained and police checked.

Contact Andrew Marsh 01328 830178, or Amanda Able 01328 830828, or visit our Facebook page for more information.  
*Amanda Able*

## NORTH NORFOLK OPEN STUDIOS IN BINHAM 23<sup>rd</sup> May to 7<sup>th</sup> June

The popular North Norfolk Open Studios event is back after a year's break and for possibly the final time for me, it will again be held at my home - 9 Buttlands Close, Binham, NR21 ODR. The event is open from 10am to 5pm every day between the dates shown above, apart from the 2<sup>nd</sup> & 3<sup>rd</sup> June. Entry is free and you are welcome to just walk into the garden. My studio is accessible on one level from the garden. Free parking is available at Binham Memorial Hall, adjacent to Buttlands Close.

My work consists of local maps of the North Norfolk coast, together with giclée prints of these images. Giclée prints of flower cards will also be available, as well as oil paintings and some watercolours. I will also have some of my cards for sale. I have recently produced a slim volume of illustrations for a collection of poetry by Kevin Crossley-Holland and these will also be available, together with two other books created with poet Pauline Stainer. One about India, called The Monsoon Room and the other based on favourite coastal places, called The Silence of Sound Mirrors. These books are almost works of art in their own right and are well worth a browse.

It has been wonderful to meet so many visitors interested in art and gardens at previous events and I look forward to seeing you all again this year.

You will find brochures advertising the event in local shops, including The Parlour in Binham and for further information you can contact me on my mobile on 07745 443845 and by email at [rozzieulph@tiscali.co.uk](mailto:rozzieulph@tiscali.co.uk)  
*Rozzie Ulph*



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## BINHAM PRIORY CONCERTS

April/May

### Saturday 25<sup>th</sup> April, 6pm - Serenata Female Voices

Celestial Songs - Serenata will be performing a multilingual programme of celestial songs by composers and lyricists across the ages and around the globe, encompassing sacred and secular pieces. Tickets: Adult £15, Under 18 £5, Family £32 (plus booking fee) available from Wells Maltings Box Office, 01328 710885 (10am - 4pm) [wellsmaltings.org.uk](http://wellsmaltings.org.uk).

### Sunday 24<sup>th</sup> May, 3pm - Suffolk Singers

In Sweet Music - Suffolk Singers, a renowned a capella choir, will perform an eclectic mix of sacred and secular works with sublime harmonies spanning the 16<sup>th</sup> and the 21<sup>st</sup> centuries. The music, by composers including Palestrina, Bruckner, Albinoni, Poulenc, Moses Hogan, Arnesen and Hagenberg, forms a musical journey across time, culture and spirituality. This is a ticketless event and a retiring collection will be taken. Afternoon tea is available before the concert at The Parlour, adjacent to Binham Priory - booking is essential.

### Dates For Your Diaries

#### Saturday 27<sup>th</sup> June, 7pm - Viva Voce

Music When Soft Voices Die - Including music by Benjamin Britten and Charles Wood.

#### Saturday 11<sup>th</sup> July, 6pm - Sheringham & Cromer Choral Society

Echoes of the Divine - Music by Brahms, Vaughan Williams and Richard Strauss.

### Summer Concert Series

Tickets £20 per concert (with allocated seating) available from Wells Maltings Box Office, 01328 710885 (10am-4pm), [wellsmaltings.org.uk](http://wellsmaltings.org.uk)

#### Saturday 18<sup>th</sup> July, 6pm - Norwich Baroque

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**Saturday 8<sup>th</sup> August, 6pm - Xuefei Yang (classical guitar)**

A Spanish Tapestry - Music by Manuel de Falla, Rodrigo, Albéniz, Malats and Sabicas.

**Saturday 29<sup>th</sup> August, 6pm - Kyan Quartet**

A Multi-Century Journey from England to Central Europe - Music by Purcell, Elgar, Schulhoff and Brahms.

**Sunday 13<sup>th</sup> September, 7.30pm - Intesa Duo**

A candlelit concert, showcasing a unique combination of viols and voice, where folk and early music repertoire are placed side by side, bringing together European and Armenian traditions through narrative and self-accompaniment.

Full details of all concerts can be found on the website: [binhampriory.org](http://binhampriory.org)

*Geoff Scott*

## BINHAM MEMORIAL HALL

Now the days are lengthening, spring flowers are bringing life and colour to our village again, and we can start to get out and enjoy the forthcoming events at our village hall.

Our social evenings, 7-9pm on the last Thursday of each month, continue to be well attended. It would be great to see some new faces, so do come along and enjoy an evening of fun and games, chat and refreshments, jacket potatoes plus pool, table tennis and darts and with the longer evenings ahead, maybe we can have a game of something outside too.

The cosy club is also a chance to get together, from 2-4pm on the third Wednesday of each month, for a cuppa and a piece of cake.

As are our quarterly bingo nights. So eyes down for cash prizes, raffles and refreshments. Keep an eye open for the next dates to be added.

I was recently at the hall while the youth group were holding their regular term time Wednesday evening meeting. It was great to see so many young people from in and around Binham, having such a lovely time, crafting, making and playing. Good old fashioned fun and not a smartphone in sight. Those of us of a certain age remember youth clubs in every town. But now they're not so common place and so it's great that we have a thriving youth group in our village. Hats off to all the helpers for their commitment to the young people in our community.

Our AGM will be held at 7pm on Tuesday, 21<sup>st</sup> April, when we can come together to talk about the past

year and our plans for the future. New ideas and suggestions are always welcome. The AGM will be immediately followed by a meeting of the Binham with Cockthorpe Parish Council.

We're always looking to improve and maintain our village hall, so plans are being made to redecorate and to also make improvements to our drainage system, so that it's a place we can all enjoy. We're hoping to have a live music event soon, so watch this space, our Facebook page and our website.

Please see the separate article relating to our Easter fair & Easter egg hunt on Saturday, 4<sup>th</sup> April.

Finally, a very happy Easter to you all, from the village hall team.

*Kevin Howard*

## BINHAM WITH COCKTHORPE PC

As we gallop into spring, one hopes that the weather will settle down. 1<sup>st</sup> March arrived with daffodils showing their faces, such a joy to see them signalling spring is here.

There is little to report other than local elections will now take place on 7<sup>th</sup> May 2026. Local government council devolution preparation is delayed, and North Norfolk District Council's preferred option is for three councils in Norfolk.

The District Councillor's March report included a link to Norfolk Fire Service which I thought you might be interested in accessing to grasp just how much we rely on this service for problems other than fire (<https://www.norfolk.gov.uk/article/43666/Norfolk-Fire-and-Rescue-Service>). He also informed us that an increase in council tax had been agreed at 4.9% reflecting on the government funding and the reliance on local taxation to maintain core services.

May I remind dogs owners that depositing dog bags where one pleases is not acceptable, as illustrated in the photograph right.

There is a dedicated dog bin adjacent to the Binham Priory ruins, as well as two green bins i) at the bus stop and ii) on the lower green and or your own household waste (black bin/landfill)

securely tied, preferably in biodegradable poo bags.

The parish clerk has been in contact with Highways as to the issues associated with the junction between



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Front Street and Warham Road. As I have intimated previously the solution if there is one, is not straight forward and can be a costly exercise for both the Parish Council (PC) and Highways. By way of further explanation as to what is entailed, I include the underlying principles for local speed limits that are determined by local traffic authorities and police forces working together as outlined in <https://www.gov.uk/government/publications/setting-local-speed-limits/setting-local-speed-limits>, their aim being to achieve safe distribution of speeds. The factors generally considered include the following: history of collisions, road geometry and engineering, road function, composition of road users, existing traffic speeds and road environment, and may well be weighted differently in urban and rural areas. A further consideration being that speed limits should not be used to attempt to solve the problem of isolated hazards such as a single road junction. Whatever, if it is deemed necessary to engage with local traffic authorities including the police it would necessitate a feasibility study costing at least £15,000, including implementation of the scheme if deemed to be necessary. According to the guidance on setting local speed limits as above, a 20mph limit is deemed to be self-enforcing, and such zones are predominantly used in urban areas, town centres and residential areas, and most often in the vicinity of schools, shops, markets and playgrounds. Alternatives such as placing calming measures such as bumps, chicanes or other road narrowing measures might not be the answer to the problem, especially with the agricultural traffic that travels through the village daily. The PC will discuss further at their next meeting on 9<sup>th</sup> March and the outcome will be recorded and found at <https://binhampc.norfolkparishes.gov.uk> or on the village notice boards.

The parish council notes with regret that the village shop Howells Superstore will be closed for good on 4<sup>th</sup> April, after at least 85 years continuous service to the village. The shop has been the go-to place in the area for convenient shopping of all household goods, including a full range of daily newspapers and magazines, fresh produce and dairy products, and every other commodity that one might need to feed, wash and clean the household. As commented recently 'the service that the community and visitors alike experienced was always unique and nothing was too much trouble'. We shall all miss that and the convenience of the shop and would say thank to the Howell family for providing such a wonderful service for so long to Binham and the surrounding villages.

*Elizabeth S Brady,  
Chair Binham with Cockthorpe Parish Council*

## BINHAM PRIORY CHURCH

### Easter Day

Come and celebrate the festival of Easter at our 11am service on Sunday, 5<sup>th</sup> April. Everyone welcome.

*Geoff Scott*

## EASTER FAIR & EASTER EGG HUNT

Why not pop along to Binham Memorial Hall between 10am-2pm on Saturday, 4<sup>th</sup> April and enjoy some hot cross buns and other refreshments. Plus lots of stalls, including children's Easter activity table, raffle, with Easter bonnet and colouring competitions.

*Liz Brown*

## BINHAM MEMORIAL HALL

### 100+ CLUB WINNERS

#### January

Clare Colley £25  
Martin Murphy £10  
Abel Wales £5  
Alex Bartram £5

#### February

Alan Lawson £25  
Mike Bond £10  
David Frost £5  
June Read £5

For only £1 per month, you can help to provide much needed support for Binham Memorial Hall. Monthly cash prizes as shown above, with a £50 bonus draw in December. So if you would like to join, please contact [paulbailey04@aol.com](mailto:paulbailey04@aol.com)

*Paul Bailey*



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# COCKTHORPE

Contact: Juliet Case  
julietcase@live.com

## COCKTHORPE NEWS

The last two months seem to have flown by and we have already had half term. The rain continues but I think we have been lucky compared to other parts of the country.

The aconites, snowdrops and daffodils seemed to have enjoyed the weather and come out altogether in gay abundance.

Cockthorpe has been quiet after Christmas and the new year. A few early lambs have appeared so we need sunshine.

The Norfolk Churches Trust is coming to inspect the church next week as I fear we may have a small leak. Fingers crossed the wind has just moved a tile. Best wishes to you all.  
*Julier Case*

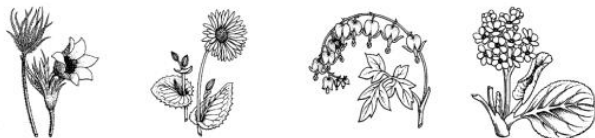
# FIELD DALLING

fielddallinglynx@gmail.com  
Queries: Samantha Duncan

## MRS JOY WRIGHT

Joy, who died peacefully on 15th February, lived in Holt but previously lived in Field Dalling for over 50 years; firstly at Manor House Farm with her late husband Philip, then at 96 Holt Road before moving to Holt.

Joy was a very active member of the community, organising the village fete, coffee mornings and WI. She was churchwarden for 13 years, leading family services and the Sunday school and continued to be a friend of the church after she moved away. She was a well loved friendly and always smiling character who will be greatly missed by anyone who had the privilege of meeting her.





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## VILLAGERS HALL

Reminder of regular events/groups we have at the hall:

U3A Military History  
U3A Art  
U3A Architecture  
U3A Psychology  
U3A Genealogy  
North Norfolk Judo  
Coffee Morning  
Firsty Friday  
Bingo

Checkout [www.fdands.org](http://www.fdands.org) for more details.

### Thank you

Annette Everitt has been doing the Villagers Hall cleaning over the years but has now decided to hang up her duster, so a big thank you from us all at the VH management committee and wider community for keeping the hall in tip top condition. We warmly welcome Sabrina Robb who has agreed to take on the role, it is really appreciated.

## ST. ANDREW'S CHURCH

We had a lovely, week-early, Mothering Day service with posies that the children gave out to the congregation followed by a lovely cuppa. We hold a service geared toward families, so it is not so long and has activities to involve children. Please do come along as all are welcome on the 2nd Sunday of the month.

We are looking forward to our Easter service which will be followed by a little Easter egg hunt in the church yard.

We are always trying to fundraise for our wonderful church and are looking forward to a quiz and supper evening. Tickets have sold well and we are all polishing up on our general knowledge.



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# GUNTHORPE

Contact: Jane Carwardine 07989 534145  
jacarwardine@googlemail.com

## FOGPC

### 50/50 Club Draw Results

January		February	
Elaine Francis	£20	David Ward	£20
Diane Blakeley	£10	Simon Latham	£10
Steve Starkings	£5	Valerie King	£5
Hazel Hammond	£5	Lindy Soame	£5
Peter King	£5	Louisa Clark	£5
Be Kassapian	£5	David Partridge	£5
Marcus Aitman	£5	Marie Denholm	£5

Our current subscription year ends on Sunday 31st May 2026 and the May 50/50 Club Draw will be held on Saturday 30<sup>th</sup> May 2026 with the year-end prize fund enhanced to ensure that 50% of subscriptions are returned to club members.

Subscriptions for the year 2026/27 (£12 per person for 12 draws) can be paid at any time from now onwards and payment can be combined with Friends membership (£5 per person minimum). Payment can be made by BACS (Acct: "Friends of Gunthorpe Parish Church", Sort Code: 53-50-73, Acct No: 2572 7532), by cheque payable to "Friends of Gunthorpe Parish Church" or by cash. If paying by BACS please notify the amount and date by email to [jbconsult@btinternet.com](mailto:jbconsult@btinternet.com) to ensure that records are updated as soon as possible and you do not miss a draw. Good luck.

If you would like more information on the Friends and 50:50 Club, please contact either Myfi Everett on 01263 860035 or John Blakeley on 01263 861008.

*John Blakeley*

## ST MARY'S CHURCH NEWS

Saint Mary's came into its own on 13th of February as a haven and final resting place for the ashes of Lewis Wood, son of Susan and Andrew Wood and husband of Sarah. Lewis died at Christmas, tragically and wholly unexpectedly of medical complications. He was thirty-five. Susan and Andrew had just, only just, been welcomed into our village.

There was a moving memorial service conducted by The Reverend Ian Whittle, the church resplendent with

daffodils in a sea of green attended by many from far afield. This was immediately followed by the burial of Lewis' ashes amongst the snowdrops in the churchyard under a fine new deciduous English oak which the family had planted. It will thrive for centuries as a fitting memorial and a magnificent addition to the landscape.

## FRIENDS OF GUNTHORPE PC

Jane, David and Liz have had great success canvassing the village people for additions to the Friends Committee and we are in planning mode for the future. They have put in a huge effort, and I can't thank them enough for taking on the task. Kind John B. will be busy appealing for subs for the new Friends and 50/50 Club year (running June to May) and we hope the enthusiasm gains momentum for the AGM coming this summer. Liz has done a great job keeping us up to date with village news via the village WhatsApp group and a more modern running village is emerging – a great asset to us all – and not a small job. Many thanks Liz.

Please keep your memberships going and if new to the village, join if you can -we will keep in touch.

More to come and bring on the Spring.

Best wishes and enjoy it.

*Marie Denholm, Friends chairman*

## SOUP SATURDAY 31<sup>ST</sup> JANUARY

After a slightly hesitant start to the bookings for Soup Saturday, the event was a huge success, so much so that we were asked to do it again! There was a choice of homemade apple and parsnip soup with a hint of curry, and pea and ham - both equally delicious. What better way to celebrate the end of January. Thank you, Julie Frost, for both the idea and such wonderful catering.

*Liz Marsden*

## THE VILLAGE INSTITUTE FOLK CONCERT

On the afternoon of Sunday 22<sup>nd</sup> February, we had a delightful folk event at the Village Institute given by Joan and Dave Hill. They belong to the folk club in Beverley where they had recently given a performance and were able to use some of their programme again for our Gunthorpe concert.

They cleverly spun the tunes together into a musical tour around the coast of the British Isles, so we had music and anecdotes from Lincolnshire, Northumberland, Scotland, Ireland, Wales, finally

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ending up in Norfolk.

They are both very versatile musicians, being accomplished on several instruments and we were treated to instrumental combinations between fiddle, harp, accordion and keyboard and I ventured to join them as an extra fiddle for two of the destinations and the grand finale.

Joan and I shared digs in London when she was studying the classical piano and violin at music college. She went on to develop a thriving piano teaching practice and is a well-respected accompanist in her local area. However, although she had a cousin who was a folk musician and dance caller, it was when she met Dave that the whole folk world opened up to her

Dave worked in the family business but always found time to pursue his interest in music and was included on the bill at several national folk festivals.

My experience of learning the few melodies for this concert from memory, made me appreciate what a feat it is to have so many tunes on the go in one's mind. Joan told me that a fellow band member said to her when she first joined, that 'the first 300 are the worst!'

The Institute provided just the right informal atmosphere for the concert, and the audience were extremely appreciative. There were nibbles, drinks, tea and cake served on arrival and in the interval. Many thanks to Marie Valk, Liz Marsden, Glenda Foster and David Paton for making all these goodies. The money raised from the concert has been split between the Institute, Church and the Friends. *Jane Carwardine*

## GUNTHORPE UPCOMING EVENTS

### Spring 2026

Here is a reminder of the upcoming events in the village. Do let Liz Marsden know if you can come along.

#### Quiz & Curry Night, Village Institute Saturday 2<sup>nd</sup> May, 7-9pm

Steve and Christine Starkings are once again running a village quiz night, this time with a homemade curry to enjoy (Veg/GF options). Whatever standard of quizzier you are, this will be such a fun evening that everyone can take part in. Simply bring your own drinks.

**Tickets £8.50.** Fun, food & quiz. [liz\\_marsden@outlook.com](mailto:liz_marsden@outlook.com).



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## Monthly Happenings

### 50/50 Club Draw & Raffle

Takes place the last Saturday of each month:  
25<sup>th</sup> April, 30<sup>th</sup> May 10.30-11.30am at the Village Institute.

All welcome. Tea, coffee and cake available.

### St Mary's Church Services

A service at 11am on every second Sunday of the month led by Rev Ian Whittle.

Refreshments served afterwards.

5<sup>th</sup> April Easter Service and 10<sup>th</sup> May.

### Village Defibrillator

Located on the right side of the Village Institute. Simply pull open to gain access, grab the bag and take to the patient. Once activated the defib will speak to explain exactly what to do.

### Village Bottle Bank

Two bottle banks are located in the church car park. Please add all your glass bottles. Funds received help with the upkeep of the church.

### Village Communication

The village email and WhatsApp group are the main ways to find out about Gunthorpe events. Contact Liz if you need adding to either. [liz\\_marsden@outlook.com](mailto:liz_marsden@outlook.com)

## GUNTHORPE HISTORY

*The following article is Part 1 of the "Introduction" to the "History of Gunthorpe" written by Ray Steffens and completed in the 1970s. There have of course been many changes in the village since then, so the article may not always reflect today's Gunthorpe.*

Gunthorpe, a small village in northwest Norfolk, lies about seven miles from Fakenham, the nearest market town, and is about the same distance from Holt and

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*The village from the air in 1963*

from the North Sea coast. It has an area of about 1,100 acres and is in the Holt 100, the Diocese of Norwich, and the Archdeaconry of Lynn. Essentially an agricultural area, it is well known also as a pheasant and partridge shoot. Its chief crops are wheat, oats, barley and sugar beet. Some guidebooks have described Gunthorpe as being a village in a valley, and it certainly gives this appearance when viewed from higher ground on the western side near the "Keeper's Cottage". A tributary of the River Glaven passes through the village.

There are various theories for the name of the village. Some believe it was named after a family or tribe called Guns or Gunt. It has not been possible to verify this theory, but it is perhaps relevant to mention that Norwich itself is thought to have been called Caer-Gunt at one time. Such a name would have been derived from King Gurgunt, one of the East Anglian kings who are reputed to have held their courts on the great mound upon which Norwich Castle now stands. It is also

known that Gunhild, who was a sister of the King of Denmark before the time of Edward the Confessor had her connection with Norwich established by the Saxon Chronicles. The most plausible theory, however, is that it was named after a Danish family called Gunner or Gunnar, and this would explain the earliest spelling of the name of the village Guntatorp.

The first part of the name can therefore be explained in various ways. The second part of the name is easier to explain. The word thorp or thorp is, commonly, taken to mean a small village or hamlet. However, it is more likely to derive from the Danish word meaning of subsidiary farm, or, possibly, from the Saxon word "Dorp" meaning a manor house. It should be noted here that the Danish invasion circa 840 had a very strong influence on Norfolk and East Anglia, and that there are about 30 places in Norfolk that have the word thorp or thorp as part of their name. Most probably, our village took its name from being an outlying farm or settlement of the Gunner family who are known to have had their main seat at Gunton.

*Editor's note: the following extract from a book of village names offers confirmation of the above "Seems it comes from old Norse during Danelaw. It's taken from the Female name Gunnhildar's settlement/homestead or the diminutive Gunnl's farmstead. Listed in the Domesday book of 1086 as a settlement of 18 dwellings".*

The village is believed to have changed its name to be called Gunthorp or Gunthorpe in the 14th or 15th century.

The village is mentioned as a manor or lordship in the Domesday Book, and the changes in the lordship from that time onwards are well documented. Most probably its population reached a peak in the 19th century, at about the time the first of the Sparke family came into the lordship. During that time, particularly circa 1840, it had a population of about 350, although it is doubtful if there were more houses here then than there are now. The population had fallen to about 250 one hundred years ago, and just over 50 years ago had fallen further to below 200. Today (1970's) it is about 125, which is about the same as it was in 1650.

In common with other villages of its type, Gunthorpe has undergone many changes during the last half century or so - within the lifetime of many of the older villagers. Fifty years ago, it had two or more shops, a smithy, a public house, a school, a chapel and a "reading room". At one time, not so long ago, it also had its own library. This was housed in the Institute and

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# PILATES

## Binham Memorial Hall

Thursdays

Advanced Pilates 8:30 - 9:30

Intermediate Pilates 9:45 - 10:45

Beginners Pilates 11:00 - 12:00

Contact Susi on 07515 834729 or  
thereflexologystudio@hotmail.co.uk

Mrs. May Stevens ran it until it was superseded by the mobile library that serves the village from Wells today. The shops, trades and other facilities that were once a common feature of village life have long since gone. Today there is not even the usual village stores, although a sub-post office run by Mrs Fincham still remains. *(Part 2 will follow in Lynx 168) John Blakeley*

# LANGHAM

Contact: Debi McIntosh 01328 830767  
debimcintosh0@gmail.com

## VILLAGE GATEWAYS



Some years ago the parish council, in an effort to try to reduce speeding through the village, bought four sets of village gateways and sited them on the Field Dalling Road, Binham Road, North Street and Holt Road entrances to our village. They are now looking (more than) a bit shabby and in need of a clean up. I have done the Field Dalling Road ones (see before and after photos) and wondered if anyone else would be up for doing the others?



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## STREET FAYRE QUIZ TROPHY

Call out for it's return please

As many of you will no doubt remember, it is a village tradition to hold a quiz night in our village hall linked to the running of our biennial Langham Street Fayre (LSF) event.

As your organising committee for LSF26 prepare for the big day itself, this is an early 'Save-The-Date' appointment for your calendars for Friday 7<sup>th</sup> August – which is when the street fayre quiz night will be held. Look out for more details about this quiz nearer to the time.

In advance of early August, can we please ask that the winning quiz team (pictured below), from the last event of this kind back in 2024, who are currently in possession of the Glass Plate Trophy prize (made by the Langham Glass Company), kindly return it to the LSF26 organising committee in good time for it to be awarded again to the winners at this year's quiz event.



Would anyone with information or relevant details about this trophy please contact [langhamstreetfayre@gmail.com](mailto:langhamstreetfayre@gmail.com).

Thank you all, and look forward to seeing you on both the 7<sup>th</sup> and the 15<sup>th</sup> of August. *LSF26 committee*

## QUIZ NIGHT

Another successful quiz evening will have taken place on 20<sup>th</sup> March. Thanks so much to Colin Sherriff for undertaking the role of quiz master and for setting the questions. Thanks also to the team of people who helped organise the event. All proceeds will go towards village funds.

There will be more quiz evenings taking place throughout the year so watch this space.

Please note that a special quiz evening will be taking place on Friday 7<sup>th</sup> August to raise funds specifically for Langham Street Fayre.

## Langham Street Fayre

Our famous biennial street fayre is taking place on Saturday 15<sup>th</sup> August. Please put the date in your diaries. A fun filled programme of events will be published nearer the time but we can confirm that there

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will be a dog show, lots of stalls, games, food, entertainment (for children and adults) plus music throughout the day and evening. It promises to be a great day with fun for everyone so looking forward to seeing you all there.

As ever, we are looking for volunteers to help man a stall, sell raffle tickets or marshal the car parking. If you feel you can spare a couple of hours please call Debi on (01328) 830767 or email; [langhamstreetfayre@gmail.com](mailto:langhamstreetfayre@gmail.com). Many thanks in advance. *LSF26 Committee*

## LANGHAM VILLAGE HALL

### Coffee mornings

The village hall welcomes all at coffee mornings from 10am-12noon on Saturday 4<sup>th</sup> April and 2<sup>nd</sup> May.

### Upcoming event

'So How Do You Test Flight a Shuttle?' is the fourth and final talk in the fascinating series by Friends of Langham Dome, at 7pm on Tuesday 22th April; tickets at the door.

### Regular meetings

The next parish council AGM and regular bimonthly meeting is at 7pm on Tuesday 19th May in the village hall.

The village hall committee AGM and regular meeting is at 6.30pm on Wednesday 27th May. The VH committee would welcome all Langham residents to this meeting in particular, and would welcome an extra face onto the committee if someone was willing to get involved with bookings or occasional tidying up and new activities at the hall.

*Richard Gozney*

## UKRAINE, 13TH /17TH FEB 2026

### Convoy4Ukraine

I was asked if I would join as a driver in an aid convey to Ukraine, raise £9,000 to buy half a truck, to get it serviced, and fill the load space with medical aid.

I'm so pleased to report that the convoy of 22 pickups filled with donated aid arrived on schedule to Lviv, Ukraine, 1,256miles from kick off.

Day1: Towcester. Left at 0600, down to Chunnel and then on to Dortmund (Germany) via Antwerp, 434 miles. Sun, cloud and rain.

Day2: Dortmund to Gliwice (Poland), left 0730, arrived 1900, 547miles. Sun, cloud, light snow, -11C

Day3: Gliwice to Lviv. Left 0730, arrived 1800, 275 miles. Border crossing took 2 hours getting out of EU to Ukraine. cloud, snow but roads ok.

Each pickup had 2 drivers and the convoy was a "loose" convoy bar day three. The leader would send a message on WhatsApp to the next fuel stop and with

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*Convoy arrives in Ukraine*

google maps we all arrived mainly on time!

A lot of driving, tired at the end of the day then an early start the next day. To bring it all home to us why we were there, we had an air raid siren at 0610 in the first morning in Lviv. I didn't see any drones though.

Having arrived in Lviv, we were taken to a military rehabilitation hospital to meet injured soldiers being taught how to walk with prosthetic limbs, a very moving experience.

We then moved to a newly created cemetery with some 1,000/1,500 new graves from war casualties from the city.

This was one of the most moving experiences I have ever had, every grave had flowers, photographs of boys, girls, men and women. A terrible price to pay. I came across a grieving mother dusting off the snow of her son's grave. We looked at each other, tears in our eyes, moved towards each other and hugged.

Not a word but such a prominent action. I have tears in my eyes as I type this and if you talk to me, about this incident, I will have tears.

Moving on to the Cathedral, we were met by two



*The cemetery*

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priests who said prayers and blessed us and the trucks and aid. They are so grateful for the support they are receiving from us all and wanted to thank you all for your help.

My truck was one of the ones to be left for the people of Lviv, some of the team and trucks then moved on towards the front line, Kyiv and then Dnipro.

We then had a meeting at the mayor's office with a talk about the mental rehabilitation needed and a talk by an ex front line surgeon.

Back to the hotel with two more talks by a lady doctor about the problems they face and another one from wounded soldiers, all very thought provoking.

Next morning those returning to UK then took a taxi to the border post, stopping at 0900 to get out and stand on the road for a minute to pay respects to the fallen. This happens all over Ukraine, every day at 0900. Exit Ukraine, walk through no-man's-land and entry back into Poland, taxi to train station, stunning ticket hall! Then train to Krakow airport, flight to Stansted, taxi to Norwich and guess what, the taxi driver is married to a Ukrainian!

The "Management" had booked hotels and restaurants in advance, brilliant choices; they have done this trip 10 times so they know the ropes.

I hope for their sakes that Putin looks back to 80 years ago and pulls out; sadly it's a dream, I fear.

I am to go again on another convoy if it's needed in the autumn.

I was asked to try to raise £9,000. Some of the drivers could not make this so I am very pleased to report to you that my supporters raised £12,500.

*Edward Allen*

## WELCOME

We would like to offer a very warm welcome to Bianca and Terry Eccleshall. We hope you will be very happy living in Langham.

*Langham P.C.C.*



*Local priests blessing the convoy and aid*

## NCT BIKE RIDE

### Walk & Drive 14<sup>th</sup> September 2025

Thank you to all those who took part in this event to support Langham Church. We have received a cheque for £146.06 from the Norfolk Churches Trust which consisted of half-share sponsorship monies £118.75 and half-share Gift Aid £27.31.

Please consider taking part this year when the event will take place on Saturday 12<sup>th</sup> September. Details of prize giving can be found on the NCT website: [norfolkchurchestrust.org.uk](http://norfolkchurchestrust.org.uk).

Many thanks to all those who manned the welcome desk. We were one of the few local churches that had a full rota of people to welcome participants, so well done everyone and huge thanks from Langham PCC.

## BANK HOLIDAY MONDAY 25TH MAY

### Bring and Buy Coffee Morning 10-12 noon

Do come and join us at this annual event. Depending on the weather, this will take place in the churchyard or in the church or maybe even in the village hall. More details on posters nearer the date.

Small bric-a-brac welcome (no furniture though please). Items for the raffle, cakes and book stalls will be gratefully received. Refreshments available, in the village hall.

We look forward to seeing you. Please bring and buy. Free entry. Roadside parking. All proceeds for Langham Church General Fund. *Langham P.C.C.*

## EASTER EGG HUNT

### Friday 3rd April

The Langham Street Fayre team will be hosting a fundraising Easter egg hunt on Friday 3rd April at the recreation ground for the 2026 street fayre (due to be held on Saturday 15th August). See poster for details. Children big and small welcome! We would be glad to receive any cake donations on the day to sell alongside our tea/coffee and breakfast rolls. *LSF26 committee*



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# MORSTON

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## ALL SAINTS CHURCH

### Loose Gravestones

The PCC periodically checks that the gravestones in the churchyard are safe and stable, although the responsibility for each gravestone rests with their owners - the heirs to the deceased to whom the monument relates. A few of the gravestones have developed a 'wobble' and need attention and the PCC is keen to contact family members to work out the best solution for each of these. Having pursued various routes and drawn a blank we are reaching out to see if anyone can help trace family for the following: Dennis Walter Docking (1965) - SE corner; Marjory May Farrow (2008) - SE corner; Marilyn Mace (2006) - NE corner. If you can help please contact the churchwarden, Gill Kay, on 01263 740063.

### Crispian Steele-Perkins Concert

Let's blow our own trumpet for securing Crispian Steele-Perkins to play at All Saints' Morston on Friday 15<sup>th</sup> May.

Crispian is an internationally acclaimed classical trumpeter having performed with the Royal Philharmonic Orchestra and accompanied some of the world's greatest singers, including Kiri Te Kanawa. He has also played in numerous film scores including Jaws, Gandhi, Star Wars and six Bond films and played the theme tune to Antiques Roadshow. From classical to contemporary, using a variety of trumpets from his vast

collection, this promises to be a hugely entertaining evening. And of course, there will be drinks and canapes during the evening.

The performance starts at 6pm with drinks from 5.30pm. Tickets at £15 include a glass of wine and canapes and can be purchased from [dennyroffey@gmail.com](mailto:dennyroffey@gmail.com) (07969 594029) or [annerolfe45@gmail.com](mailto:annerolfe45@gmail.com) (01263 741125).

### And Another Coup...

The Old Royal Naval College Trinity Laban Chapel opens its tour of Norfolk at All Saints church on Sunday 23<sup>rd</sup> August. The choir sings a varied repertoire spanning 500 years of sacred music. It is considered one of the most successful sacred music ensembles in London and is unique in being the only collegiate chapel choir in the UK to be supported by a conservatoire. It is directed by Dr Ralph Allwood MBE who was for 26 years Director of Music at Eton College. More detailed information on tickets and timing will be announced in the next issue of the Lynx.

## MERSTONA QUIZ

(answers on page 31)

1. In 1026 which King was the ruler of England as part of his North Sea Empire?  
(a) King Knut the Good  
(b) King Cnut the Great  
(c) King Burt the Wise  
(d) King Kong the Hairy
2. In 1126, King Henry I of England solidified his succession plan by requiring his nobles to recognise who as his heir, following the 1120 White Ship disaster?  
(a) His niece, Princess Sophie  
(b) His aunt, Queen Hortensia



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- (c) His daughter, Empress Matilda  
 (d) His granddaughter, Violet Beauregarde
3. In 1226, scholars migrated from Oxford to which new university?  
 (a) Cambridge  
 (b) St Andrews  
 (c) Hull  
 (d) Imperial College
4. In 1326, England experienced a successful invasion led by whom, which deposed King Edward II?  
 (a) King Harold of Sweden and his cousin, Hugh Despenser  
 (b) Duke Thomas of Normandy and his brother, William  
 (c) Sir Neil Innes of Rutland and his son, Godfrey Daniel  
 (d) Queen Isabella of France and her lover, Roger Mortimer
5. In 1426, held in Leicester to avoid the volatility of London, parliament earned what nickname because the Duke of Gloucester prohibited the carrying of swords?  
 (a) The Parliament of Bats  
 (b) The Parliament of Balls  
 (c) The Parliament of Bails  
 (d) The Parliament of Dunces
6. In 1526, Henry VIII was actively pursuing Anne Boleyn, with his interest made public at what popular event?  
 (a) The Manic Monday shove  
 (b) The Shrove Tuesday joust  
 (c) The Good Friday egg race  
 (d) The Ash Wednesday riots
7. In 1626, King Charles I granted a Royal Charter to where, making it a 'free borough'?

- (a) Peterborough  
 (b) Middlesbrough  
 (c) Scarborough  
 (d) Leeds
8. In 1726, during *The Mary Toft Hoax*: Mary Toft of Godalming convinced doctors she was giving birth to what?  
 (a) Cats  
 (b) Rats  
 (c) Rabbits  
 (d) Badgers
9. In 1826, weavers in Lancashire rioted against the introduction of what invention?  
 (a) Power Looms  
 (b) Waterproof Fabric  
 (c) Friction Matches  
 (d) Yorkshire Tea
10. In 1926, who vanished in December, creating a national mystery, and was found 11 days later in a Harrogate hotel?  
 (a) Rudolph Valentino  
 (b) Agatha Christie  
 (c) Harry Houdini  
 (d) Winnie the Pooh

## NEWS FROM THE ANCHOR INN

We have been winding our way through winter trying to keep cheerful despite the gloomy weather. The first brainwave we had to keep us all jolly and entertained was getting a screen in place ready for the rugby Six Nations. The girls egged me on to kit us out with a TV facility, which was an exciting first for the pub. We have discovered that the best interest is for the England matches, and the support for that has been

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steadily growing! It's proving exceptionally popular and has created a lovely atmosphere (although winning would obviously improve things somewhat) and in all honesty it has even caught my attention!

To start January off, we had a "game night", with an exceptional menu from Harry. It was another chance for him to show us what he can produce, and it was definitely of the highest quality. We continued to be treated to Harry's culinary skills on Valentine's night - another triumph from the kitchen - with the added joy of Tina Blaber singing acoustic and taking us down memory lane with her amazing voice and talent. The singing was quickly transferred from the big end of the pub to the little end, as we had managed to cause a clash having introduced the rugby. One of the amazing features of the pub has been the ability to host all sorts under the same roof at the same time. So, one end was raucous rugby, the other end romantic meals and roses - and it all flowed seamlessly with the amazing front of house team taking it all in their stride.

We had a busy half term with the boats starting to visit the seals again, so a bit more activity up and down the lane (getting everyone to know we are open is a full-time job for me), which was a great reminder of spring being just round the corner.

The days are getting longer, which is something we all get to smile about. Our darts and quiz nights are fabulous fun and well supported, so a huge thanks to everyone for turning up for them. We raise money for the Wheelyboat on quiz night, and rumour has it they are going to put a team in. We also have a handmade trophy (Nick Hamond) coming for the winning team to keep for the month - which is very exciting news indeed!

We have just had our February culinary delight - steak night! Harry went all out and cooked the steaks

and all the trimmings on his BBQ. It was incredible. We are certainly lucky to experience his ability as head chef.

Which brings me to the next chapter for the Anchor inn. Harry has helped me so much opening the doors of the pub, helping me with all the work it took to get us set up and serving, and has organised a great kitchen with Aaron, Ross and Harvey working as a formidable team. It is now time for Harry to move on, and he needs to be in a different environment to truly develop his career, to showcase his skills. He is moving into a restaurant establishment that will be opening shortly in Wells, and we wish him all the very best with his new adventure. We truly believe he will shine. Meanwhile, we have a fabulous head chef in Aaron, who is happy to take on the role and move the pub forward under his umbrella - he is fantastic and, along with Ross, will run the kitchen making it his own. We are very excited with the next step. At this point we are also having to say goodbye to Harvey, who has been a fantastic bonus for the kitchen, and a ray of sunshine for the pub. His ability at winning darts is also off the chart, so we know we will be seeing plenty of him on the other side of the bar. We wish you the very best Harvey, we will miss you.

Huge thanks to everyone for their continued support. It's very much appreciated.

*Jane Temple*

## **ANNUAL MORSTON QUIZ - 2026**

The annual Friends of Morston Church quiz in Morston Village Hall was held on Saturday 7<sup>th</sup> February.

We were pleased to welcome back the *Langham Lagarags* after an absence of six years and a new team, the *Morston Mawkins* completed the eight teams, who vied for the coveted trophy. There were the usual nine



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*Morston Mavericks*

rounds of eight questions each, with topics from 'Countryside' and 'Geography' to 'Puzzles'. It was a hard-fought contest with intense but friendly rivalry between all the teams. Several teams were in contention for the trophy going into the last round of questions.

This year we had another new name on the trophy with the *Morston Mavericks*, captained by Martin Cardoe, the ultimate winners, pipping the *Langham Lagarags*, who were puzzled by the puzzle round. Many congratulations to Martin and his team, who also won a bottle of wine each. All present were treated to a delicious dinner of cottage pie with salad followed by a wonderful assortment of puddings.

Thank you so much to all the volunteers who produced the excellent meal and the washer-uppers. Thank you also to Rob Metcalfe and Sue Smith for scoring, Pete Tibbetts for acting as our quizmaster supremo, David Beale, who, once again, did a superb job as manager of the bar, and all those who contributed a great range of raffle prizes. We are delighted to

announce that the event raised just under £1600, so thank you to all the attendees, for their generosity, and particularly to the team captains for assembling their teams. We look forward to seeing you all again next year.

## FRIENDS OF MORSTON CHURCH Annual General Meeting

In a slight change of tradition, it has been agreed by the committee that the date for the 2026 AGM of the Friends of Morston Church will be held on Wednesday 24<sup>th</sup> June at Morston village hall starting at 6pm. We look forward to seeing you there.

## SWAMP UPDATE

Spring may have officially started on 1st March but the good SWAMP folk of Morston together with new recruits have been beavering away at the village pond. Initial attention and effort has been applied to pollarding the willows, clearing up around the fringes of the pond and to designing and assembling our very own environmentally friendly natural bench created out of the fresh cut down willow branches. Expertly designed



Photo: Richard Longley



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and engineered by David Beale, visitors can sit back and relax in comfort while enjoying all the fabulous aspects of a renewed pond with very clear water. We are also delighted to report early season sightings of pond life. Frogs, frogspawn, toads, mallards and moorhens. It is so very pleasing to see a pond rejuvenated and makes all the work put into it very rewarding.

However, work never stops at SWAMP. The evil that is the highly invasive plant, *crassula helmsii*, will soon start to take hold and we must return to the water itself (without of course disturbing frogs or frog spawn) to start the tireless and seemingly endless job of removal. So, our plan is to get back into the pond in March and assess where problem areas of the Crassula exist.

If you would like to see our progress and/or lend a hand to the many jobs we still must tackle, do come and join us. We meet at the pond Monday afternoon at 14:30 for a two-hour session

For more regular updates on what's happening down at the pond, please check [www.morstonpondswamp.org](http://www.morstonpondswamp.org) and do please contact us at [morstonpondproject@gmail.com](mailto:morstonpondproject@gmail.com) Our social media postings can be found on [@morstonpondproject](https://www.facebook.com/morstonpondproject) and [@morstonpondproject](https://www.instagram.com/morstonpondproject) and [@morstonpondproject](https://www.tiktok.com/@morstonpondproject).

## MORSTON LOCAL HISTORY

### 'Open Days' Coming in May

The Morston Local History Project will display some of the material it has collected so far in Morston Village Hall on Saturday May 2<sup>nd</sup> and Sunday 3<sup>rd</sup> May from 10am to 4pm.

The group is inviting anyone with items of local interest such as photographs and documents to bring them along so that they can be scanned on the spot, logged and returned straight away. We can also convert videos and films to digital formats.

The collection already includes vintage photos, postcards, maps and property details, such as major local estate sales. Some video footage of village events has also already been digitally transferred for long term storage. However, we know that there must be many more Morston items that people have and it would be great to make sure that they are copied for posterity.

And if you have a Morston story to tell, come along to the village hall and let us know and we'll arrange to record your memories.

Refreshments will be available throughout the event, and all are welcome. For more information call Sally Metcalfe (07813 369145) or Roberta Hamond (07788 740187).

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# SAXLINGHAM

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[jcwpridham@gmail.com](mailto:jcwpridham@gmail.com)

## DOWN BY THE FARM

The days are lengthening and the ground is getting warmer while this is the time of year that is even busier than harvest.

The sheep have finished grazing, and the land is being prepared ahead of spring crops. Also, fertilizer is being spread on winter crops, barley, wheat and rape.

Spring barley, sugar beet and vining peas are all being drilled

This part of the year is when everything wants to happen at once and there is more decision making.

However, at the time of writing we have had five days in a row without rain so a better week is behind us.

# SHARRINGTON

Contact: Claire Dubbins 01263 862261  
[cdubbins@btinternet.com](mailto:cdubbins@btinternet.com)  
[www.sharrington.org.uk](http://www.sharrington.org.uk)

## SHARRINGTON AND DISTRICT GARDENING GROUP


Our 2026 season began on 11<sup>th</sup> February with a well attended AGM, followed by an excellent talk on the history of the National Garden Scheme (NGS) by Julia Stafford Allen.



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Our spring programme continues with a couple of interesting talks. Firstly on Wednesday 15<sup>th</sup> April, Tim Jennings, RHS award winning landscape and garden designer based in Cambridgeshire <https://www.timjenningsdesign.co.uk/> gives a well-timed talk on naturalistic planting design. Tim works across East Anglia, creating naturalistic and wildlife friendly gardens with a strong architectural structure. Details of Tim's talk, which is sure to be popular, are on our website <https://www.sharringtongardening.org.uk/news/>.

On Wednesday 13<sup>th</sup> May Sarah Hammond from English Peonies, based at Knapton, will give a short talk on May flowers and what is currently being grown in the cutting garden. This will be followed by a demonstration using seasonal, sustainable, flowers and foliage grown on the flower farm.

Both meetings above will be held at Field Dalling Villagers Hall from 6.30pm.

If you are interested in joining our group or would like to come along to one of our talks, details are on our website. RB

## THE BBC COMES TO SHARRINGTON

After the successful campaign to save the village telephone kiosk last year the BBC followed up the story by recording a feature on phone boxes for 'Morning Live' a daily mid morning programme on BBC1. On the 15<sup>th</sup> of January a small team visited the village, interviewing Derek Harris and hosting a drop in session at the village hall to interview and record residents views.

The BBC team was headed by Clare Wales, who made the visitors to the village hall feel at home and spotted the golden nuggets in the interviews which would carry a succinct narrative with maximum interest for the viewer. The interviews were carried out by Rick Adams, an experienced broadcaster who has won awards for his work and he produced outstandingly superb interviews.

It was apparent that the media saw the human interest aspect of the story which struck a chord globally and the programme including our phone box and those in other areas was shown on 22<sup>nd</sup> January.

The village hall must be thanked for laying on refreshments at short notice on the day of filming and also thanks to those who turned up to meet the BBC team. DH/CD

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## SHARRINGTON VILLAGE HALL

We started our programme of events this year with a Q & A with the Healthwatch Norfolk team. This charity is the 'watchdog' for NHS services and social care in Norfolk. We were lucky to have the whole team present and to learn so much about how we can give feedback on a variety of issues. So if you have a good or bad experience with a health care provider you can anonymously put feedback on their website at: [www.healthwatchnorfolk.co.uk](http://www.healthwatchnorfolk.co.uk).

If you want to see how a particular health care provider is performing just go onto this website, click on 'reports' and type in who you want to find out about. And, in case you are wondering, the last report for Holt Medical Practice is dated November 2024. All feedback is treated in the strictest confidence and the health care provider does have to respond to the feedback, directly to Healthwatch Norfolk.

Our craft group has been doing some lovely block printing ready to make into cards and will be getting together again on the first Wednesday of the month.

We are also fortunate to have Holli visiting from the Norfolk County Council initiative "Tech skills for Life". With so many things now needing access to a computer, iPad or smartphone, many of us are just not using the full capabilities of the technology. Holli runs a one-to-one surgery over a cuppa giving confidence to the user and maybe adding things to your device like that NHS App we all need now. If you haven't got any of the technology, she also advises on what might be useful for you to use and how to join wifi. Holli is coming back to us on Wednesday 15th April from 10am -12noon so why not pop along with your tech issues? We hope to make this a regular monthly event, so even if you are not a resident of Sharrington, please feel free to come along and get some help from Holli.



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And finally a date for your diary, the third Norfolk jigsaw festival will take place on August 29<sup>th</sup> and 30<sup>th</sup>. Already we have over 300 checked and new puzzles but if you do have some jigsaws you would like to donate please contact us at: [sharringtonvh@gmail.com](mailto:sharringtonvh@gmail.com).

*Village Hall Committee*

## CHURCH NEWS

Come and join us to celebrate Easter at 9.30am on Sunday 5<sup>th</sup> April when the church will be once again filled with spring flowers. *TP*

## VAGABAND CONCERT

Please check the Sharrington village hall website at <https://sharrington.org.uk/village-hall/whats-on/> for details of tickets for the Vagaband concert on Saturday 18<sup>th</sup> April. Doors will open at 7pm and the concert will start at 7.30pm.

## NEW LYNX REP FOR SHARRINGTON

You may remember that last year I said I would be passing on the baton to someone else to take up the role of village rep for the Lynx magazine. So far nobody has applied to take on the role but after 13 years I will be giving up at the end of the year or earlier if anybody steps up. So, my last issue will be for December/January 2026/27 and anyone happy to take on the role would have some time to familiarise themselves with what's involved as I would be happy to help them with any questions they may have. With only six issues per year it's not a full time job but it is time for someone with new ideas and perhaps more IT skills.

My details are at the top of the Sharrington section so please get in touch if you would like to know more and think you have the necessary skills and enthusiasm to carry on the worthwhile role of village rep for Sharrington, ensuring we still have a presence in the magazine and helping the Lynx to continue its role in the local community. *CD*



# STIFFKEY

Contact: Sophia Williams 07800 590262  
[stiffkeylynx@gmail.com](mailto:stiffkeylynx@gmail.com)

## GENERAL NEWS

I must first offer a correction from last edition. I incorrectly described Matt and Kiki's child as their daughter, and I apologise for the error. I am delighted to welcome Matt, Kiki and their young son as the latest residents to join our village community.

Our dark skies are one of Stiffkey's most precious assets. Away from light pollution, we are fortunate to have skies here that still reveal the stars in something close to their full glory. Light pollution disrupts the nocturnal rhythms of a huge range of wildlife. Insects, which are vital pollinators for so much of our local flora, are drawn fatally to artificial lights. Bats, which feed on those insects, lose vital foraging habitat when the night is too bright. Migrating birds can be disorientated by light spilling upwards into the sky. Even plants are affected, with artificial light at night interfering with the seasonal cues that govern flowering and growth. Our dark skies are not just beautiful, they are an important part of what makes this stretch of the North Norfolk coast such a rich environment for wildlife. I would encourage everyone to be mindful of unnecessary outdoor lighting, and to enjoy the spectacle overhead on a clear night whenever the chance arises.

The community speedwatch programme continues to need additional volunteers. If you are interested in helping monitor traffic through the village and improve road safety for all residents, please drop me an email at [stiffkeylynx@gmail.com](mailto:stiffkeylynx@gmail.com) and I will put you in touch with the coordinator.

### THIS MONTH'S SEASONAL RECIPE

Cromer crab and asparagus on toast, serves two.

- One dressed Cromer crab
- One bunch of Norfolk asparagus
- 75g unsalted butter
- One lemon, zested and juiced
- One tsp Dijon mustard
- Small bunch of chives, finely snipped
- Two thick slices of sourdough toasted
- Salt and white pepper to taste

Mix the brown crab meat with the mustard, half the lemon juice and a little seasoning. Set the white meat aside. Melt the butter in a small pan over a low heat, add

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the lemon zest and remaining juice and keep warm. Bring a pan of salted water to the boil and cook the asparagus for two to three minutes until just tender. Drain and toss in half the lemon butter. Spread the brown crab mixture generously over the hot toast, lay the asparagus spears on top and finish with the white crab meat. Drizzle over the remaining lemon butter and scatter with chives. Serve straight away.

Sophia's sommelier recommendation would be a glass of something bright and coastal to match. A Chablis Premier Cru is the dream pairing, its mineral edge and clean acidity a perfect foil for the sweetness of the crab. Closer to home, try a Solaris from either the Walsingham Estate or Burn Valley, the citrus notes work beautifully with the asparagus and lemon butter.

*Sophia Williams*

## TALES FROM THE RIVERBANK

I finished my last column reporting the welcome arrival of three glossy ibis into the village before Christmas. Since then I have enjoyed numerous sightings of the birds feeding, socialising and flying. In flight I think they are comical and they somehow remind me of Roadrunner from the famous cartoon series. Hopefully his legendary adversary Wile E. Coyote will not be showing up too.

Since we had a couple of successful broods last year there are higher numbers of moorhen about. Sometimes this can create social stresses, but trying to work out the dynamics between the birds is very difficult because males and females are identical in appearance, and individual birds do not seem to have distinguishing features of any note. Recently three moorhens were feeding on the bank at the same time and it appeared that two birds were tolerant of each other, while the third was very much bullied and chased about. In this moment I felt like I had identified a pair bonding, however my next few sightings were just as confusing, so short of capturing and ringing them all they must remain unidentifiable. They are fun to watch and their continual tail flicking is amusing, although I have no idea if it represents some type of communication amongst our mysterious little brood, and no idea how you would work it out.

Early in the new year the weather got bleak with strong winds and snow blasting across the marshes. My wife Sophia went down to the riverbank to scatter some seeds for the ducks, a favourite pastime to help the birds out, especially in bad weather. I happened to be watching and was nearly as surprised as she was when

about 20 egrets flew up from the river in all directions as she reached it. This was the most we had seen at one time on our stretch, a mixture of little egrets and cattle egrets. We assume they had come up from the marsh due to the awful weather, however since then this large flock has been a frequent visitor to the water meadow and riverbanks. We think they have discovered a good source of food. While some maintenance work has been going on to fences and hedges in the meadows they have been scouring the tyre tracks of the trucks and tractors for whatever has been exposed, often walking in an evenly spaced linear formation that looks peculiarly well organised. It has been great having them so close to observe.

Another interesting sighting this winter was a couple of Egyptian geese and a couple of teal all swimming on the river together at the same time. I have never seen the geese swimming before, they are usually just on the meadow. We have been blessed with lots of interesting birds recently, and I sincerely hope the many visitors to the village I have seen with their binoculars and telescopes have had some good sightings too.

Despite last year being one of the driest on record, in early January the river water level rose significantly due to heavy rain. As I watch the heavy flow go by, often with quite a bit of debris in it, I wonder where it has actually come from. Our river flows through Warham, Wighton, Great and Little Walsingham, past the Barshams, from Great Snoring and the countryside beyond. The journey of some of the things which float past and the water they are in must be quite lengthy, in global terms it is a mere heartbeat of an enormous system of which our beloved River Stiffkey is one tiny part.

My favourite mallard Daphne has chosen her mate and is now surveying potential nest sites as she heads towards this year's clutch of ducklings. I was delighted when she spent a good 10 or 15 minutes making a thorough inspection of the big hedge alongside the western side of our garden. I do not think she has made her choice yet, but if it were to be our garden this year it would be wonderful.

*Martin Williams*

## NORTH NORFOLK BOOK WORMS

Our first reads of 2026 have been a gentle easing into the year. Ted a "Pawtobiography: My adventures on Gone Fishing", 2025 and our classic selection of "The Alchemist" by Paulo Coelho, 1988.

Anyone who has enjoyed the television series Mortimer and Whitehouse gone fishing, will be familiar



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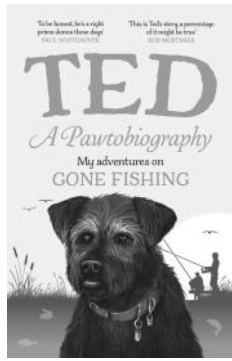
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with their co-star Ted, the cheeky Patterdale terrier with the underbite and an outsized personality. This charming memoir recounts Ted's life story from being abandoned outside an animal shelter before being rehomed by a member of the production staff behind the hit show. Since joining the programme in its third season, Ted has found fame and fortune, and his book offers an amusing glimpse into what it's like working alongside two comic geniuses both on and off camera. Told from a dog's-eye view, the book gives readers Ted's unique perspective on life, loyalty, and love.



The second half, once Ted achieves television fame is the most enjoyable section. As we read, we could almost hear the voices of his two co-stars coming through, although Ted does not reveal whether they helped ghost write his memoir.

We especially appreciated the gentle insights into canine companionship and aging. While Ted may remain puzzled by fishing, he understands human emotion. His reflections on loving our animals, particularly in their later years, were genuinely moving. Bookworm score 5/10.

The Alchemist was originally written in Portuguese by Brazilian author Paulo Coelho before becoming a widely translated international bestseller. The novel follows Santiago, a young Andalusian shepherd in his quest across North Africa to reach the Pyramids in search of treasure, prompted by a recurring dream. Along the way he encounters a range of characters, some helpful, others obstructive, as he pursues what the novel calls his Personal Legend. Among them is

Fatima, a young Arabian woman with whom he falls in love.

Written in the style of a fable, the novel centres on themes of destiny, self-discovery, and the importance of following one's dreams by listening to the heart and recognising life's omens. Coelho blends mysticism, spirituality and allegory into a story he famously wrote in just two weeks, several years after completing the



Saint James of Compostela pilgrimage. The novel often divides opinion. Some readers find it beautifully written, moving and inspirational, others view it as a self-help book in disguise, unsubtle in both message and execution.

Several in our group were rereading the book after many years, others had never encountered it before. As a group, we found passages containing profound and memorable quotes that spoke of awakening of possibility. The writing flowed and many of the descriptive sections created imagery that could translate well to the cinematic screen. However, for some of us, the repetition of its central themes began to grate. Santiago himself can feel more symbolic than human, lacking emotional depth. The sole prominent female character is not afforded a personal journey equal to her male counterpart. One member found the novel unsympathetic to those who sacrifice their dreams, not through fear, through responsibility as providers for their families. Overall, an uplifting story that could also work as an older child's story. Bookworm score 6.5/10.

*Jane Hiscocks*

## RESCUE WOODEN BOATS

Thanks to our volunteers' help in preparing our Maritime Heritage Centre in Stiffkey, it will be open from Easter on Sundays and bank holiday Mondays from 11am to 4pm with new displays and merchandise.

Heritage tours on the Lucy Lavers will begin daily from Easter, thanks to our volunteers who are currently working on varnishing and painting her in preparation for the season. Ninety minute tours are available to book, or the whole boat can be booked to celebrate special occasions with a maximum of twelve people for ninety minutes or one and a half hours. The tours focus on heritage including Lucy Lavers, lifeboats, Dunkirk, local wooden fishing boats and Wells Harbour. Dates, times and booking are available on the website.

Our Maritime Heritage Festival takes place on Saturday and Sunday 20th and 21st June, bringing together local wooden fishing boats to celebrate North Norfolk's maritime heritage. The flotilla departs at 11.30am on Saturday 20th June. Throughout the weekend there will be stalls, demonstrations, food, drink and shanty bands alongside the boats on display.

A Sea Shanty Summer BBQ takes place on Thursday 13th August from 7-8pm at Stiffkey. A live shanty band performs with self-pay BBQ and bar available.

We remain keen to recruit volunteers to join our friendly team at the Maritime Heritage Centre, boatyard

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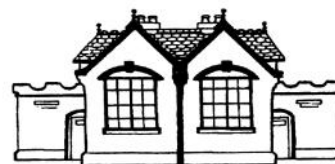
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For more information, [info@rescuewoodenboats.com](mailto:info@rescuewoodenboats.com) or 07796 951414. *Wendy Pritchard*



## CHURCH NEWS

Stiffkey church is usually quiet in January and February; this year some tree trimming was undertaken along with the felling of the ash, which has been removed to protect other ash trees in the vicinity. Donations were received for the recoverable firewood, and all unusable timber has been moved to create a habitat to help protect the large number of beetles living in the timber.

The PCC will be hosting the "Then and now" exhibition first shown in August 2025 on Saturday 4th and Sunday 5th April, 11am-4pm in the church. Refreshments will be provided, all donations going towards the church fabric fund.

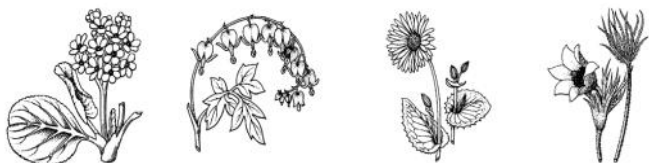
The Easter Sunday service will still take place at 9.30am. An Easter egg hunt in Stiffkey churchyard takes place at 3pm on Sunday 5th April.

Thanks go to those who have offered help with the flower and cleaning rota for 2026. There are a couple of months, July and September, to fill. Volunteers are also welcome for the mowing team. Contact the PCC via email [stjstiffkey.sec@outlook.com](mailto:stjstiffkey.sec@outlook.com) for enquiries or to offer support. *Alan Duff*

## MERSTONA QUIZ ANSWERS

*(questions on page 22)*

- 1.(b) King Cnut the Great
- 2(c) His daughter, Empress Matilda
- 3.(a) Cambridge
- 4.(d) Queen Isabella of France and her lover, Roger Mortimer
- 5.(a) The Parliament of Bats
- 6.(b) The Shrove Tuesday joust
- 7.(d) Leeds
- 8.(c) Rabbits
- 9.(a) Power Looms
- 10.(b) Agatha Christie



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## LANGHAM VILLAGE SCHOOL NEWS

Spring has been a busy and productive time at Langham Village School, with pupils enjoying a wide range of learning opportunities both inside and outside the classroom.

Jet class recently completed its Bikeability course, with every pupil passing confidently and demonstrating excellent road safety awareness. The instructors specifically commented on the children's positive behaviour, focus and mature attitude throughout the training.

Quartz class enjoyed a fantastic visit to The Bug Parc as part of its science curriculum. The trip provided valuable hands-on learning opportunities, allowing pupils to explore habitats, life cycles and classification in a real-world context. The children represented the school beautifully and engaged enthusiastically with the activities and workshops.

Year 5 pupils have continued their horticultural work at Holkham walled garden, developing practical skills alongside their understanding of plant science and sustainability. Their sessions provide a wonderful opportunity to learn outdoors while building teamwork, responsibility and resilience.

Jet class girls entered two teams into the girls' football tournament at Alderman Peel. Competing against teams from Wells and Burnham Market, both teams played with determination, teamwork and excellent sportsmanship. We are proud to share that they finished in third place overall.

Our pupil parliament continues to be highly active and enthusiastic in driving positive change across the school. It has organised a children's raffle, which will be drawn in March, with funds raised going towards the creation of a quiet reading area on the playground. This initiative reflects commitment to promoting wellbeing and inclusive play opportunities.

The group recently met with Karen, the manager of the Norse catering contract. Following the meeting, she distributed a pupil survey which pupil parliament collated and analysed before presenting feedback and suggestions. Karen was extremely impressed with the children's engagement, thoughtful contributions and sense of responsibility. As a direct result of their work, changes have already been made to the school menu.

We also have an upcoming meeting booked with Steff Aquarone MP, giving pupils the opportunity to meet him, ask questions, and learn more about democracy and how the country is governed. This will further enrich their understanding of citizenship and British values.

It has been wonderful to see our pupils continuing to represent the school so positively in all aspects of school life, showing enthusiasm, responsibility and pride in their learning.

Langham Village: 'A place for fun, creativity, friendship, ambition and discovery.'

Polly Kossowicz - Head teacher

For further information please visit our website [www.langham.norfolk.co.uk](http://www.langham.norfolk.co.uk).

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<b>R</b>	<b>RESPONSE</b> CHECK THE CASUALTY NEEDS HELP CHECK RESPONSE BY TALK AND TOUCH. SPEAK TO THE CASUALTY IN BOTH EARS, TAP COLLAR BONES. DO NOT SHAKE THEM!	✓
<b>S</b>	<b>SHOUT</b> SHOUT FOR HELP IF THE CASUALTY DOES NOT RESPOND, SHOUT FOR HELP. DO NOT LEAVE THEM AT THIS STAGE. DIAL 999 NOW!	✓
<b>A</b>	<b>AIRWAY</b> ENSURE AIRWAY IS OPEN AND CLEAR OPEN THE AIRWAY BY LIFTING THE CASUALTY'S CHIN AND TILTING THEIR HEAD BACK. DO NOT PUT YOUR FINGERS IN THE CASUALTY'S MOUTH. YOU MAY PUSH AN OBSTRUCTION FURTHER DOWN.	✓
<b>B</b>	<b>BREATHING</b> LOOK, LISTEN & FEEL FOR NORMAL BREATHING KEEP THE HEAD TILTED BACK AND LISTEN FOR BREATHING & LOOK TO SEE IF THE CHEST IS MOVING FOR AT LEAST 30 SECONDS. IF THE CASUALTY IS NOT BREATHING NORMALLY OR YOU HAVE ANY DOUBT, CALL 999!	✓
<b>C</b>	<b>COMPRESSIONS</b> NOT BREATHING NORMALLY? START COMPRESSIONS! PLACE YOUR HANDS IN CENTRE OF THE CASUALTY'S CHEST AND PRESS DOWN HARD. JUST DO COMPRESSIONS. YOU CAN DO BREATHS IF YOU FEEL CONFIDENT - 2 BREATHS FOR EVERY 30 COMPRESSIONS - PUSH TWICE PER SECOND	✓
<b>D</b>	<b>DEFIBRILLATION</b> GET SOMEONE TO FETCH A DEFIBRILLATOR IF YOU ARE ALONE DO NOT LEAVE THE PATIENT. DO CHEST COMPRESSIONS AND WAIT FOR HELP TO ARRIVE. IF SOMEONE IS AVAILABLE SEND THEM TO GET YOUR NEAREST COMMUNITY DEFIBRILLATOR	✓

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