

STALHAM NEWS

Issue 77:

January/February 2016

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Reg. Charity No: 1108151

Published by The Poppy Centre Trust,
76-82 High Street, Stalham, NR12 9AS
Tel: 01692 581775

WISHING YOU ALL A VERY HAPPY AND HEALTHY NEW YEAR

POPPY CENTRE CHARITY SHOP

Thank you to all the volunteers, supporters and customers of the Poppy Centre Charity shop, as we go into 2016, the shop has raised in excess of £230,000. Very shortly, all of the income will be saved towards the ground source heating so that the building can be finished and opened up for use.

THANK YOU to Ray Woolston, our Stalham News editor, for:-

Stalham News – producing this bi-monthly newsletter for all the residents of Stalham.

Santa's Grotto - for organising Santa's Grotto, along with other volunteers on the High Street (in the old Savannah) shop. A good time was enjoyed by the children who visited Santa. Thank you also to Mr. Bob Shearwood who allowed us to use the shop.

Mardle – another enjoyable evening reminiscing over the past when £50 was raised for the Poppy Centre.

2016 Nostalgic Stalham Calendar – a pictorial calendar featuring photos of Stalham through the ages proceeds to the Poppy Centre.

BUILDING UPDATE

Work has continued to completing both the exterior and interiors to the building. The final commissioning is taking place to electrical and mechanical systems which will just leave us with getting the funding in place to install the bore holes and the ground source heat pump for the heating of the building. We are very hopeful this will be in 2016.



*If you wish to contribute to our newsletter please write to: Stalham News c/o Poppy Centre Charity Shop, 76-78 High Street, Stalham, Norfolk, NR12 9AS or telephone 01692 581775 or email the editor **raywoolston@hotmail.com**. Copy deadline for the next issue is 26th February.*

ROBERT'S PROPERTY MAINTENANCE

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Car Link Volunteer Drivers needed in your area

Car Link is a partnership between ERS Medical and Voluntary Norfolk, providing non emergency patient transport throughout the majority of the county. Our volunteer drivers provide an essential service, transporting up to one hundred patients to their destination each day. We are looking to recruit new volunteer drivers to join our busy team, and would love to hear from caring, calm and reliable individuals with their own car. As well as drivers to do journeys to hospitals in Norfolk and East Anglia, we are also looking to find volunteers happy to go above and beyond the usual, by taking on early morning appointments, and appointments in London. All expenses are reimbursed, and training is provided. Please call Jules on 01603 883860 or email jules.alderson@voluntarynorfolk.org.uk. If however you would like to book transport for a medical appointment, please call 0333 240 4100 for further information. We are particularly short of drivers in your area, so any support you may be able to give, would be greatly appreciated. If you have any questions about the service, please do not hesitate to contact me, either by email, or by calling 01603 883860.

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WANTED FOR THE POPPY SHOP

- Second hand furniture (upholstered must be after 1988 and have safety labels)
- **Good** working order electrical items, including fridges, freezers, etc.
- Clothes (any condition) • Books (any condition) • Bric a brac
- Basically anything you no longer need, which may be of use to someone else but **please good condition – we are not a substitute for the local dump!** Even though we are nearer!

Sorry, we do not take Small Electrical Items, Computer Printers or Video Tapes.

To arrange collection of larger pieces please call the shop on 01692 581775
Sometimes we have to decline because of lack of space and it can take up
to two weeks as our collectors are all volunteers

BURNS NIGHT

Saturday 23rd January 2016
at 7 p.m.

ST.MARY'S CHURCH ROOM

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or Elizabeth 581389

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Message from County Councillor Nigel Dixon

NCC Childrens Services (CS) Many of you will have heard that CS recently failed a 2nd Ofsted inspection and that the Safeguarding part of CS is now the subject of a very detailed review by a Government appointed Commissioner who will decide whether to remove it from the charge of NCC. Just to be clear, the Children's Education part of CS isn't affected by this action so the support given to local Schools (2 of which in Stalham are now Academies outside NCC control anyway) will not be affected. Some of you will recall I have serious concerns about the key functions and poor performance of CS and that the major extra investment of almost £20 million over the past 2 years hadn't bought much improvement. It may be several months before we know whether NCC will lose the Safeguarding part of CS; this affects the range of care arrangements for 'Looked After' children who are removed from their families for various reasons.

NCC Budget Consultation. Most of you will know there's a public consultation in progress about how £111 million must be saved from the revenue budgets over the next 3 years. Amongst the range of options there are proposals to make cuts to Norfolk Fire & Rescue Service (NFRS), especially its flood relief and water rescue capabilities; some of you may know there was a proposal to close several Fire Stations, including Stalham. I fought hard to ensure that proposal was dropped because it was totally unacceptable. That prospect has gone but the work of NFRS over the past 20 years has turned more towards rescues especially from road crashes and flood situations, including the recovery of bodies from rivers and broads. NFRS is already nearly the lowest cost and most effective Service in the UK and it would be dangerous to cut its capabilities further. You may wish to express your support for retaining NFRS funding at its level, or any other views about the budget cut proposals; the consultation closes on 14 Jan 2016.

Proposal for Police and Crime Commissioners (PCC) to Run Fire Services. You may have seen the proposal in the media recently. While there may well be merit in merging adjoining county Fire Services into one organisation, I have seen no evidence that NFRS could be more cost effectively run by the PCC. Moreover, there's no evidence that NFRS would be more accountable to the public or efficient if operated by the PCC. Until I see a strong compelling case supporting that proposal, showing the public would be better served under the PCC, I will be arguing strongly against such a transfer of responsibility of NFRS.

My best wishes for 2016 and I welcome your views on these or any other matters which concern you. My contact details are: Tel 783885 or email: nigel.dixon@norfolk.gov.uk or NigeINDD@aol.com



THE BIG SOCIETY

The Big Society Fund is provided by North Norfolk District Council to help build strong communities in the district. It aims to help communities to develop new and innovative projects which will improve their social and economic wellbeing. The Fund is available for projects that support people and activities within the North Norfolk District



geographical area for example:

- Local voluntary organisations, charities (whether registered or not) and community groups
- Parish and Town Councils within North Norfolk
- Larger regional or national charities or organisations if the funding is to deliver a specific project in North Norfolk
- Community businesses, social enterprises and other not-for profit organisations

An application pack containing:

- the guidance notes / application form and evidence checklist can be downloaded from the North Norfolk District Council website www.northnorfolk.org/bigscocietyfund

Alternatively, you can email: supporting.communities@north-norfolk.gov.uk or telephone 01263 516248 or 516173. The fund is open to applications throughout the year, although in order for your application to go forward to the March 2016 Panel applications will need to reach us by 8th February 2016.

Calling All Blood Donors December 31st 2016

If you gave blood at the High School on 31st December, you will have noticed something missing. The ladies of the Stalham W.R.V.S. certainly missed you! For 31 years, since the N.H.S. started using the Town Hall for collecting blood from the good Citizens of Stalham, the ladies of the WRVS have served teas, coffees, and snacks to the brave souls who give their life saving blood. If you wondered where we ladies were then here is the reason. Last September we all received a letter from the Blood Donor Service inviting us to go to Hethel to meet up with 'The Team' to have a cosy chat and also to take part in a day long training session . . . and could we please take a packed lunch. Most of us in Stalham W.R.V.S. have undergone Health and Safety, Safeguarding, Risk Assessment, First Aid, Vulnerable Adult and Child Development Training during recent years and felt that we did not really have the time or the will to undergo any more. Sadly, as we all decided against attending the course, we have not been invited anymore to serve refreshments to the Blood Donors of Stalham. We will miss meeting friends that we have made over the years amongst Nursing Staff (who have had nothing to do with this decision) and Donors alike. We all wish everyone a happy New Year and thank you all for doing 'your very special bit' for others, for so long. With our very best wishes, Elizabeth Jackson and all involved in the Refreshments Department of the Stalham W.R.V.S.!



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STALHAM COMMUNITY GYM Member Profile: Alan Clements



Alan is 66 and lives in Hickling. He has been a member of the gym almost since it first opened in April 2010. His initial reason for joining was to keep his general fitness going. Alan attends all three sessions and enjoys weightlifting. He has devised an extensive programme which pushes him to his limits. Over these last five years he has lost two stone in weight thanks to Clare Burt, the local NHS Health Trainer, who regularly visits the gym to meet members. Clare has helped Alan enormously with changing his eating habits. Alan says that 'Clare points me in the right direction with my healthy heating regime and she is worth her weight in gold'. Alan enjoys the social side of keeping fit with others too. There is great camaraderie at the gym and he has easily made new friends. Alan is a full-time carer for his stepson and believes that not only has it helped with his caring, the regular exercise that his stepson also takes is helping with managing his weight, especially important with the type of medication he is on. Alan has always worked out at home with a Bullworker and introduced the benefits to Paul, the gym's fitness professional. The concept has taken off and Alan and Paul now run a small class for ladies and gents of all ages and it's a lot of fun! Alan says, 'As for Paul, he is my bosom buddy - it's great that the gym has someone like him there to look after us all.'



**Stalham Community Gym welcomes new members and meets at
Stalham Baptist Church Rooms Monday & Thursdays 9am - 2pm
and Tuesday evenings 5 - 8pm.**

Join today and get your first month FREE

Registered Charity No. 1157745

STALHAM IN BLOOM



On Monday, 30th November the weather was wet, windy and cold but were the children of Stalham High School and the volunteers of Stalham in Bloom deterred? Not a bit of it! They were out there planting daffodil bulbs (sponsored by Hopkins Homes) along the Ingham Road by the High School fence on the opposite side of the road to the Broadbeach Gardens development. We are all looking forward to a colourful display there next

Spring as well as along the Brumstead Road where we have previously planted daffodils. Thanks to everyone who supported our sale in the Town Hall on Saturday 12th December when a net profit of nearly £60 was made for our funds. We are a small, friendly group helping to make Stalham a brighter place and new members and offers of help are always welcome. Our next meeting is our AGM on Friday 12th February 2016 at 11.30 a.m. at The Swan public house. Please contact Flicka Henwood, Chairman on 584298 for more details.

STALHAM TOWN COUNCIL NEWS

TOXOCARIASIS – THE FACTS

Toxocariasis is an infection transmitted to humans by the accidental ingestion of the eggs of a parasite passed in the faeces of dogs and cats which remain viable in the soil for a very long time. The eggs hatch in the intestinal tract which then burrow through the wall of the gut into the bloodstream and then circulate to various organs of the body where they can cause fever and disease, for example, of the eyes, liver, heart and brain. Fortunately, for most people, an infection does not progress to significant illness and the larvae eventually die. However, if infection is suspected and symptoms develop such as fatigue, appetite and weight loss, skin rashes, wheezing or breathing difficulties, fits, blurred vision, pain and/or redness usually just in one eye, seek medical advice without delay. Treatment with drugs kills the parasites but may not reverse damage done particularly to the eyes where blindness can result from this infection. Prevention is paramount. Owners should regularly de-worm their cats and dogs including puppies and kittens. They should not allow dogs on playing fields as even if dog poo is picked up and properly disposed of some residue is bound to be left behind which may contain the parasites' eggs. This is the reason there is a **Public Order prohibiting dogs from Stalham Recreation Ground except for the car park area. Please respect the law and KEEP IT SAFE FOR ALL USERS OF THIS AMENITY.**

Vacancy

The Town Council has a vacancy for a Councillor. Anyone interested should contact the Clerk or any member of the Council.

Open mornings

The Town Council open mornings have recommenced now the work on the Town Hall kitchen has been completed. The Hall is open most Thursdays from 10am until noon. Do call in to meet the Councillor on duty and the Clerk. Comments and queries or reporting problems around the Town- you are always welcome.

Town Hall

Congratulations to all involved with the Town Hall kitchen refit. It is looking very smart and the Town Council is going to continue to work with the Town Hall Management Committee to consider more improvements and making the building 'fit for the future'. A questionnaire will be coming out later in 2016 so make sure you have your say.

Contact details for the Town Council: Clerk Susan Wellerd.

Tel: 01692 670531 email: clerk@stalhamtowncouncil.org

Address: Flint House. Low Road. Repps With Bastwick. NR29 5AH

website: <https://stalhamtowncouncil.wordpress.com/>

STALHAM TOWN HALL A.G.M.

If you are a hirer of the Hall or just a casual caller to any of the organisations which book it, PLEASE come along to the A.G.M. of the Town Hall on **TUESDAY January 19th 2016** at 7p.m. in the Town Hall. A LOT has happened in one year! Refreshments will be served from 6.50 p.m. in the newly refurbished kitchen. Further details from Secretary: E.F.Jackson 581389.



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STALHAM STAITHE CONSERVATION AREA CONSULTATION



Broads
Authority

The Broads Authority will be consulting with residents to get opinions and feedback on its appraisal of the existing Stalham Staithe Conservation Area. The appraisal is part of the Authority's continuing

programme of review of conservation areas and provides an opportunity to consider why the area's built heritage and landscape setting is important.

This helps to ensure proposals for development or change are considered carefully both by residents and the local planning authority. A critical part of this review will be the involvement of residents in the process to gather local knowledge and opinion on the written appraisal. A first draft of the appraisal document has been produced and the public consultation on this is anticipated to take place in February and March 2016. The Conservation Area is an existing designation first adopted in 1991. At that time a written appraisal wasn't essential but it is now seen as an important statement of local values.

The majority of the area falls within the Broads although a small part is within North Norfolk's planning jurisdiction. The Broads Authority is therefore taking the lead in the exercise in conjunction with North Norfolk District Council. The town council and each property within the conservation area will receive a written consultation. But residents in the wider area may well have an interest in participating in the consultation and the Authority is keen to hear from anyone who wants to be involved. An exhibition will be held locally during the consultation period to give people a chance to discuss the matter with officers and get a deeper understanding of what is being suggested. Information will be posted on the Broads Authority website from the beginning of the consultation period in early February at www.broads-authority.gov.uk/public-consultations Alternatively you may wish to register your interest and be notified when the consultation begins. You can do this by contacting: **Ben Hogg Historic Environment Manager at The Broads Authority, Yare House Thorpe Road Norwich NR1 1RY01603 756074** or by email to:

ben.hogg@broads-authority.gov.uk

STALHAM TOWN COUNCIL BUDGET 2016/17

The Town Council has been considering, for several months, its spending plans for 2016/17 and beyond. Each committee looks at its commitments for that time and makes a recommendation to the full council.

At the meeting held on 14 December 2015, a final decision was made about the whole budget, earmarked reserves (monies put aside for planned future work) and the level of "precept" (the Town Council part of the Council Tax).

Full details of the individual budgets can be seen on the Town Council website, or hard copies requested from the Clerk.

It was agreed to set a precept of £60,000 for the 2016/17 year and, based on the figures provided by the District Council, it is estimated that there will be an increase of £4.01 per year for someone with a band D property (your household band will be detailed on your Council Tax demand). This is less than 50p per month, but will show as an increase of around 7.36% for the Town Council element of your Council Tax bill. (The Council Tax is made up of other elements, for example District and County Council.)

The Town Council agreed this figure as a result of assessing its future spending requirements, details of which are given below:

- An additional amount has been agreed to pay for a full structural survey of the Town Hall. A grant to help with expenditure on improvements or repairs is also included. This building is owned by the Town Council and run by the Town Hall Management Committee.
- Following a thorough risk assessment of all the trees on land for which the Town Council is responsible, it has become evident that money will need to be spent to carry out the recommendations to ensure public safety.
- A grant from the British Heart Foundation is being applied for to install a defibrillator outside the Town Hall. The Town Council has to contribute £400 towards the cost.
- A Parish Partnership bid with the County Council is being applied for to improve the signage and install temporary 20mph signs for all three schools in the Town, with a 50% contribution of over £2,000 from the Town Council.
- The Council is continuing to replace old street lights in a planned way and also has to replace ones that become obsolete.
- It is responsible for the maintenance of the Town's Burial Ground and both of the Church Burial Grounds.
- The Recreation Ground is maintained by the Council and monies are being earmarked for improving the car park there; this will be a large expenditure.
- This year it successfully registered the 'picnic area' near the Staithe with the Land Registry to protect and preserve it for future public use. It will be looking to register the Recreation Ground on behalf of the Charity that is responsible for it in 2016.

The Town Council takes its responsibilities very seriously and welcomes suggestions for improvements around the Town.

Emotional, Charity Bingo for Stalham Academy pupils.



Two young girls, Katie McAllister left and Ella Edwards (aged 11), successfully hosted a charity bingo in aid of Diabetes UK, at Stalham Academy during November. The Girls worked tirelessly together, to promote and advertise the event within the Stalham area, with support and donations received from local businesses. They chose to support and raise funds for Diabetes UK, following the loss of Katie's Grandfather in April.

The evening was attended by many people from the community, coming together to help others, including some children and their families from Stalham Academy. There were prizes to be won, cakes to be eaten and fun to be had for everyone. The girls' maturity and dedication helped them to raise £247.46 for Diabetes UK. Well done!

Katie and Ella would like to express their sincere thanks to the local Stalham businesses; Tesco, Snappers, Truly Local, Flower Moments and Broadland Chicken/Fish & Chips who kindly donated prizes to be won at the bingo. Also a special thanks to their families and friends who donated prizes and came along to support their cause. An extra special thank you, to Mr Glenn Russell, Head teacher, for allowing the bingo to take place at Stalham Academy, which proved to be a most comfortable venue. Katie's parents said, *"We are extremely proud of the girls' thoughtfulness for others and how they took time out of their lives, willing to help Diabetes UK provide care and advice to Diabetes sufferers."* *"We know Katie's Grandfather, would be honoured and proud too."*

Watch this space, for what's up next from the charitable duo.

For help, support and advice about Diabetes, visit www.diabetes.org.uk

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visit: www.helpinghands.co.uk





Food grown by the community
for the community

The Local Community Smallholding is a friendly group of people interested in growing their own produce. We would like to involve as many people, families and groups in The Local Community Smallholding as possible so everyone can benefit.

If you feel that an allotment is too big to manage . . .

If you feel you want to learn about growing your own, using permaculture techniques.

If you would like to combine creativity with gardening . . .

Then come and check our group out. We have 3 acres of land in East Ruston which we are developing. We aim to create a communal/rain water collection area, children's area, labyrinth, natural habitats and as many mixed beds as possible. We also have chickens and hope to have bee hives.

Members and Volunteers can come and go as they please and take part in specific rotas for livestock if they wish. We also have our Community Work & Picnic days every weekend, alternating between Saturday and Sunday mornings. Family Membership is only £10 per year. If you would like to find out more about this, about us, about how you can be involved, please contact Rachel on **07799154623** or tlcsmallholding@gmail.com

STALHAM SPORTS CENTRE



Available for hire: Every Weekday Evening from
6 pm to 10 pm and at Weekends and School Holidays
from 9 am to 8 pm. Our sports facilities at

The High School are available for hire all year round
by Clubs, Organisations and Private Hire Groups.



Sports facilities

- A 32m x 17m sports hall – you can hire for football, basketball, roller skating, martial arts and more. **£25 per hour.**
- A floodlit artificial grass pitch – the five-a-side football pitch is perfect for football training or casual games. **£25 per hour.**
- Four floodlit hard tennis courts with racket and ball hire. **£2.50 per person per hour**
- Four badminton courts for casual and club players. **£10 per court per hour.**

To Book: To find out more or to book just call 01692 580864 or

Are you interested in Woodworking?

Turning, Carving,
Cabinet Making,
Model Making, etc.

Would you be interested in forming a club?

If so, please contact the editor
Ray Woolston on 01692 580844 /
07759181856 or by email
raywoolston@hotmail.com

BIG SCREEN CINEMA at Stalham Town Hall

Next Film coming up! Friday 5th February

'Mr. Turner' – an exploration of the last quarter of a century of the great, if eccentric, British painter J.M. Turner's life. 12 Certificate

**Doors Open 6.30 Film Starts at 7p.m.
£4 Donation including Refreshments.**

For more information telephone:
Elizabeth F. Jackson 581389

Stalham & District Horticultural Society Events for January / February 2016

Annual General Meeting and Light Entertainment – featuring Ruth Smith with “My Other Hat”, a monologue to be held in the “Refectory” at Stalham Academy School on Friday 15th January, 7 pm for a 7.30 pm start. Raffle and refreshments. Entrance via Ingham Road.

Lecture entitled – “Roses” by Bill Le Grice, to be held in the “Refectory” at Stalham Academy School on Friday 19th February, 7.00pm for a 7.30pm start. Raffle and refreshments. Entrance via Ingham Road.

Watch out for the year's full programme in the next issue of Stalham News.

PRIZE RINGWORD

Win a £15 Tesco Voucher

Find the American place names listed below in the grid opposite and ring them with a pen.

Iowa, California, Oregon, New Mexico,
Mississippi, Oklahoma, Michigan, Nevada,
Ohio, Tennessee, Kansas, Alabama

Then find the one that is not in the list which is:-

.....

Cut out or photocopy and put in a sealed envelope and add your name and address and send or drop off to the Poppy Centre Shop by 7th February. First correct entry out of the hat wins the Voucher.

Last issue's ringword winner is:-
Mrs. M. Wright, Teresa Road, Stalham

M	U	A	K	O	A	M	A	B	A	L	A
O	I	D	T	A	R	O	I	T	I	C	M
C	M	S	H	O	N	N	O	G	E	R	O
I	W	I	S	L	S	S	W	M	O	P	H
X	I	C	C	I	E	E	A	E	R	A	A
E	F	A	O	H	S	L	N	S	E	P	L
M	T	F	E	H	I	S	T	N	S	T	K
W	S	H	B	A	I	G	I	S	I	E	O
E	T	E	X	A	S	O	A	P	I	M	A
N	Y	N	E	V	A	D	A	N	P	N	W
U	E	E	S	S	E	N	N	E	T	I	M
L	B	A	I	N	R	O	F	I	L	A	C