

Issue: 2

VILLAGE MAGAZINE

January/February 2021

www.aldborough.co.uk



Aldborough & Thurgarton News



**ALDBOROUGH
& THURGARTON
Parish Council**

WELCOME ALONG

Welcome along to the second Village Magazine.

As we wrote the last village magazine we realised that things were changing on a daily basis and much of what was written was subject to amendment. We didn't realise at that point that after weeks of planning we would have to cancel Father Christmas on the Green and also the annual carols. This was most certainly the correct decision. We are all dedicated to looking to a bright future and to ensuring that we appreciate everything and everyone we have. We will all work to make 2021 a year to remember, I am very sure.

We must focus on the positive things, and remember that just because we are again in lockdown we are not isolated, but part of a wonderful wider community. This magazine and the last one illustrate how large, varied and wonderful our community really is. Currently we have to find new ways to communicate and socialise.

Please continue to look out for one another and ask for help if needed. The Church, Chapel, Surgery, Parish Council, Village Care, Patient Participation Group and others all within this village are all ready and willing to help. Please do reach out to the various organisations in this magazine if you or others are struggling - contact details have been included in most cases and can be supplied if needed.

Aldborough & Thurgarton Parish Council

To raise any issues with this newsletter please use the contact details below.

DIGITAL COPIES
www.aldborough.co.uk

EDITORIAL
phil@davlos.co.uk

ADVERTISING
andyhick428@gmail.com
07494277303

EXTRA MAGAZINE COPIES
ricki.gadsby@btinternet.com



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VILLAGE MAGAZINE FUTURE

The December Parish Council Newsletter was put together at short notice. We were totally new to the process but since it was a community led project we allowed the content submitted to drive the direction of the venture, and it soon transitioned from our initially anticipated 16 page newsletter into a 40 page magazine.



There has been so much content submitted, so many requests for advertising and repeated requests from within the village to produce the magazine on a regular and ongoing basis that we have decided to do just that.

Many details have yet to be finalised but we need help to produce the magazine regularly as we move forward. There is already a small team who have worked hard on the first two magazines, but we now issue an open invitation for anyone within our community who wishes to be part of the project. Please join us - your input will be welcomed.

Particularly we are looking for:-

- Sub-Editors
- Article Writing
- Photos
- Interesting village history
- Graphic design experience

You do not have to have lived here for decades, and we would specifically welcome input from students at school, college or university who want to become involved. Your voice is often under represented within the village and we would like to offer younger members of the community a way to express yourself and become involved.

We are working in partnership with Village Care volunteers who kindly deliver your magazines, and we hope to extend the delivery route a little to include

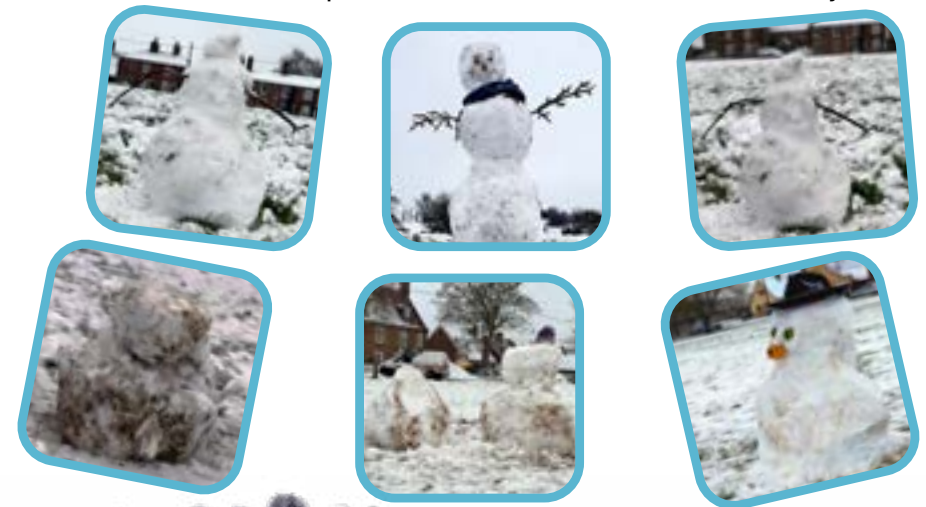


those members of the community who are not directly in the main village. If we missed anyone please note that copies are available in the Aldborough Village shop, at Alby Service Station and when the village amenities open up again, maybe at a few other places too. If we run out then it can be downloaded from the website at www.aldborough.co.uk

If you need a printed copy of the magazine (while stocks last) please contact Ricki ricki.gadsby@btinternet.com
For advertising or to join the team please contact Andy Hicks on andyhick428@gmail.com or [07494277303](tel:07494277303)
Magazine content should be sent to phil@davlos.co.uk and marked MAGAZINE in the subject line.

VISITORS TO ALDBOROUGH GREEN

For a few fleeting hours Aldborough Green had some mysterious visitors, one of which is pictured on our cover. All too soon they left.



ALDBOROUGH SURGERY



Covid 19



Due to the coronavirus outbreak, how you contact your GP Surgery will be different at the moment. This is to limit face-to-face contact where possible and help stop the spread of coronavirus.



On telephoning the Surgery the receptionist may ask you some questions regarding your condition to access what would be the most appropriate appointment for you.

Face to face appointments are available to all patients, but you may be asked to discuss your conditions over the phone or online first.

RECEPTION
01263 768602

DISPENSARY
01263 768819

aldboroughsurgery.co.uk

Chiropody

Kirsty Flynn is available for chiropody appointments at Aldborough Surgery on Fridays. Please feel free to contact Kirsty directly on telephone number [01263 511911](tel:01263511911).

Aldbrough Surgery Dispensary

Orders for medication can be made by telephone to the Dispensary on Monday and Wednesday between 9:00am and 10:30am, and every weekday between 2:00pm and 4:00pm. Orders take 2 working days. Please telephone: [01263 768819](tel:01263768819) to make your request. We understand



that you cannot always order your repeat prescriptions during our designated hours, so why not do it online? Simply visit the Dispensary with a form of photographic ID, and they can give you a password to log in to *Systmonline* with. You can order your repeat prescriptions and book GP appointments at the click of a button! This would save you waiting to get through on the phone or until their telephone lines open at the allotted times.

Other Surgery News.

The Surgery are pleased to be able to announce some new additions to the staff.

Allison Holt will join on 1st February 2021 as a full time GP alongside Dr Mark Fleming.

Louise Bailey has joined the practice as a Health Care Assistant.

From February 2021 the surgery will have a Mental Health Nurse on Mondays of each week. Start date to be confirmed.



VILLAGE CARE

Village Care wishes everyone a Happy New Year!

We are still here and we have a team of volunteers who can help you by delivering groceries from the village shop or prescriptions from the surgery. Just ask at the shop or the dispensary and they will arrange it with us.



If you need transport to a medical appointment, please contact Shirley Candler (768608) in the normal way. She will try to arrange a volunteer driver, but please be aware that we cannot guarantee finding one at this time.



If you would welcome any other kind of support or for any other queries, please call 761578 and we will do our best to help you.

A huge thank you to everyone who made donations at the foodbank over the Christmas period. It was a fantastic response. Now more than ever, the foodbanks are needed, so please do



consider donating to the food bank as often as you can, even if it's just a tin of beans, a jar of pasta sauce or a packet of biscuits. It all helps. The collection point is at the front of the Aldborough Community Centre.



Thank you.



JANE MAGUIRE
01263 761578
FACEBOOK
@aldboroughvillagecare



CHESTNUT BARN

A spacious holiday barn with three double en-suite bedrooms and a mezzanine with four single beds, sleeps total of 10 plus two cots and two extra fold up bed can be provided, pets welcome, large parking area, garden with outdoor seating, outdoor games, BBQ and table tennis.

Kate Hammond
01263 761169
07918 673716

chestnutbarnnorfolk.co.uk

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Andy
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07799264370

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Board walk and bird hide
Lavatories
Gardens - reopen spring 2021
Enquiries about weddings/parties/receptions welcome

01263 584175
admin@walpoleestate.co.uk
www.manningtonestate.co.uk

FOUNDRY ARMS

The foundry Arms is at the heart of Northrepps Village and is the sister pub of the Aldborough Black Boys. We offer great home cooked food and a wide range of drinks to suit all palettes. Check out our facebook page and website for latest details. Joint deals and discounts with the Black Boys coming soon.

The Foundry Arms
01263 579256
Fb: @TheFoundryArms
www.northnorfolkpub.co.uk

COMMUNITY CENTRE

Still Closed!!!

It is such a shame that plans to brighten our winter days with films, productions by The Aldborough Players and social events have all fallen by the wayside. Our building is, of course, closed until who knows when.



Sue Metcalf, Chairperson
TEL: 01263 761310
EMAIL: sue_brian_m@hotmail.com

However, some groups have managed to keep in touch with each other and here are some of the messages they have sent :

Art Group

The Aldborough Art Group has been in abeyance since March 2020. Some of the members have been stars and kept on painting. We have been communicating through email and have loved seeing the work they have done. In the summer months a few of us have met in private gardens which was a treat. We look forward to getting together again whenever we can in 2021.

Spanish

A Spanish learning group has been going at the Aldborough Community Centre every Thursday pm from 2-4pm from 2017 until the closure due to Covid. Our group has about 25 members; some are absolute beginners and some are intermediate, and some speak very good Spanish. Classes are not too serious and include music, games, grammar, Spanish and South American culture and history with, of course, plenty of coffee and cake and occasionally Tapas. We have also shown Spanish films in the wonderful hall at the Centre. No one is the main teacher or in charge; we are a collective and anyone can take the lead and attempt to teach others some aspect of Spanish. All are welcome whatever their level. The only cost has been to contribute towards the cost of hiring the room. Since the closure due to Covid we have used email to communicate in Spanish and more recently a small number of us have met using Zoom. Our next Zoom meeting is planned for 7.30pm on Thursday 11th February. More recently with Zoom we have been joined by Carlos, who is Spanish but works and lives in North Norfolk. If you are not known to the group and are able to Zoom, email us on WSallyL@aol.com or ring Terry on 01263 768676. Muchos abrazos, Terry y Sally.

Bridge Club

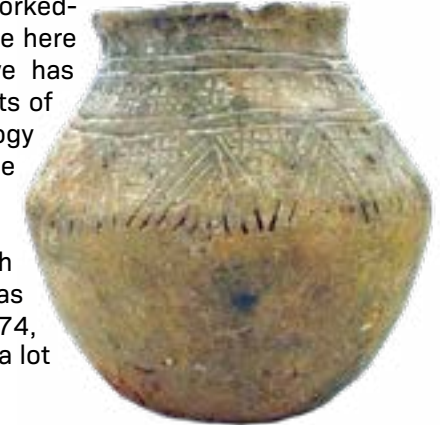
We miss our Tuesday evening get-togethers - some are making do with on-line games, whilst others have had to resort to sudokus and crosswords !

Carpet Bowls

I would like to correct the title in last month's magazine 'Indoor Bowls' - it should have been 'Carpet Bowls'. This is a game where all ages can compete on equal terms. No equipment is required and if we can attract sufficient players we can challenge Gresham, our nearest club. Changing leisure interests have reduced the interest in what was county wide with competitive events at Potters near Great Yarmouth. Potters' website refers to "Carpet Bowls devised as a variation to indoor bowls but on a much smaller scale. While the principal aim remains the same, Carpet Bowls is played on a synthetic temporary surface approximately 30ft long and 6ft wide. The bowls are also smaller, but still biased which allows players to avoid an 18-inch circular block in the middle of the mat". We have such a carpet and Bowls at the Community Centre when it re opens. Do let me have your contact details. If you are interested please contact Peter Wordingham (peterword@aol.com)

Aldborough History Group

Aldborough, the 'old fort', has a long history and was clearly here when the Saxons gave the place its name. It is thought that there may have been an Iron Age hillfort here, hence the name. Certainly, there has been settlement here for appreciably longer: there are Bronze Age (c. 3000 to 1000 BC) ring ditch barrows recorded in the fields above the village. Walking my dog recently I came across what appears to be a small, worked-flint scraper which shows that people were here much earlier still. In Sustead, John Toye has found a pottery scatter including fragments of probable medieval date. Once the archaeology service is back at work we can have these objects more firmly identified and dated.



Peter Wordingham has sent this photograph of a small Saxon cremation urn that was found in a garden near the Green in 1974, and this is quite a decorative pot. There is a lot of history right on our doorstep!

I have been working on the early records of the



Hereward or Herward family, who were lords of the manor of Aldborough from at least the thirteenth century to the end of the sixteenth. There are two magnificent brass reliefs on the floor of the aisle in the Church of Robert Herward (d.1481) and his wife, Anne (d.1485). The Herwards seem to have been an important family with land holdings throughout East Anglia. Sir Robert de Hereward was sheriff of Cambridgeshire c.1300, and then of Norfolk and Suffolk (1302-1305) at the time of Edward I, 'the Hammer of the Scots'. There are records of taxes being levied to finance the Scottish campaigns and correspondence from the Court to Sir Robert on this and other matters. He has been referred to as 'one of the first professional sheriffs'. One of Edward's political reforms along with parliamentary representation.

Rochelle Massingham hosted an exhibition of old wedding photographs at the Church Rooms earlier in the year, and the photographs have now been captured digitally and will form part of the local archive we are hoping to set up when we can. If anyone has old photographs of local people and places, the Group would love to digitally photograph or scan them for this archive. David Brown – david@dbld.co.uk

Bingo

Hopefully this will resume but since lockdown Val and Steve Barnes have decided it is time to hang up their numbers. It is amazing to think that they have run this weekly event for almost 20 years. We thank them for their dedication – it must be a record ! So.... this means that we are on the lookout for someone to take over. If you're available on a Tuesday evening and fancy calling out numbers to an eager audience, this could be for you.

AGM

We very much hope to be holding our AGM in late spring and welcome newcomers onto the committee. When I joined the Community Centre in 2017 the Trustees were faced with a Fire Safety Order (150 pages) replacing the Norfolk Fire Service inspection service as well as the Health & Safety Risk Assessment required by Government. Fire and Health & Safety actions were added to a Building Survey commissioned by the Parish Council producing a schedule of repairs running into some 11 pages covering the External works amounting to approximately £70,000 plus VAT and Internal works amounted to £20,000 plus VAT, these were presented at the 2018 Annual Parish Meeting stressing that this level of expenditure from a surplus operating margin of approximately £2000 per year was impossible. Progress has been slow particularly with the external works as contractors have shown little interest until funding is available. Internal works were considered a priority as they affect income, water leaks from copper piping buried in the concrete floors, a

familiar story from installation's carried out in the 1970's were unplanned and added to the planned works now total £33,600 hopefully "covid" permissive will be completed this year.

The closure of the facilities came as a big shock to our financial situation as we are a Charity with no other income except for the hirer's fees - our operating expenditure has to come out of the annual income and accumulated assets. Thankfully we qualified for a Small Business Grant of £11,330 as well as rate relief. But all other expenditure remains: BT, heating oil, water, insurance, electricity, cleaning as well basic maintenance. Our present 5-year forecast through to 2024-25 shows that there are likely to be losses for the next 3 years returning to a trading profit of around £2500 per year providing our hirers return and perhaps new ones are encouraged to come along.

Research has shown that Aldborough & Thurgarton were no different from the majority of villages. A Charity Commission survey of 9000 village halls and community centres showed that many were struggling to survive because of the falling demand for the services provided, ageing rural populations, lack of interest among younger people and competition from nearby towns. In the majority of cases income from the facilities is not sufficient to fund the upkeep let alone the changes with regulations such as disability access and Health and Safety. However, the survey goes on to say there is a move away from the traditional village/community hall concept towards the grouping of charities providing a broader service- a kind of "community hub". Last year's extended power failure of around 40 plus hours could spark the beginning of a new project as it is understood that a "Emergency Plan" for the village is being considered. The Community Centre has space available, is centrally heated with kitchen facilities, toilets, internet etc". The present covid problem brings sharply into focus the possibly of a community hub availability.

peterword@aol.com

Stay Safe – Peter Wordingham, Secretary



VILLAGE VOICES

Dear Editor

Christmas in Aldborough was very quiet this year, no Father Christmas for the children nor for us adults that enjoy the Children's excitement around the Christmas Tree. Having mentioned the tree, it started off with just a small white lights, just a little underwhelming, however after a short while an upgrade was made and bingo coloured lights twinkling into the night. Well done to whoever arranged for the extra lights.

Now we are in lockdown again. New variant Covid has taken the UK by storm, we all have to be extra careful and stay in our homes as much as possible. The Black Boys is closed and how I miss the welcoming lights of the pub normally so warm and inviting. I'm intrigued to see the new sign, the post has been up for weeks but the signboard has not appeared as yet (let's hope it does not take as long to appear as the village sign) perhaps it will come when the pub opens again.

Otherwise, it's been a quiet month with little to comment on - perhaps the new Parish Council Magazine will give me something to chew on for next month?

IF YOU HAVE COMMENTS WHICH YOU WOULD LIKE FEATURED PLEASE DO LET US KNOW.

Dear Editor

I write reference to the Community Speedwatch article in Issue 1 of the Village Magazine I would like to draw your attention to 30mph signs that I persuaded NNDC Highways to install at each end of the village in 2011 when I was a Parish Councillor. These signs were large advising the motorist, HGV and tractor driver to slow down and could not be missed and was sufficiently important to have been reported in the EDP. But my achievement did not last, for after 3 weeks Highways removed them advising that after 3 months they would be returned. No explanation was given why they were removed and not replaced. So, I do hope that this Parish Council have better luck in trying to stop speedsters through our village.

Dennis Bacon

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butterflycottage@btinternet.com

The Community Centre boasts a large hall with Stage, Lounge Bar, Snooker Room, well-equipped kitchen and Modern Toilets with separate disabled facilities. The Centre is used for all kinds of activities ranging from Pantomimes, Zumba, Discos, and Bingo.

Community Hall | Wedding Venue

Party Venue | Business Meeting Room



To discuss
making a
booking

01263 761310

ALDBOROUGH
COMMUNITY CENTRE



SURGERY VACCINATIONS



Aldborough Surgery is pleased to announce that we received our first deliveries of COVID Vaccinations in January.

We will contact patients to book them in for appointments. Please do not ring us - we will contact you as we have to book patients strictly in the order that is specified by NHS England.

The initial vaccinations clinics will be held at Rossi's Leisure Centre in North Walsham. We are dedicated to making these vaccinations available as quickly as possible. We hope you will all work with us regarding this, even if it means sometimes having to cancel other appointments at short notice to gather together our vaccination teams. Likewise you may be asked to attend your vaccination appointment at short notice.

We recognise that the location is not particularly ideal for some but don't worry. Village Care have secured 13 Volunteer drivers on standby to help people with no other means of transport to get to the centre. A great community effort.

BEWARE COVID SCAMS

There have been reports of scams relating to Covid vaccines and also scams relating to all of the support offered by the government via HMRC. Criminals were quick to launch a variety of scams which can be by letter, email, text or phone call. In relation to the vaccines please be aware that according to .gov they are currently **only available via the NHS and under all circumstances are free.** If you are asked to pay it is a scam.



COVID vaccination scam



- No one will be asked to have a vaccination at home
- Callers will identify themselves and say they are calling on behalf of your GP
- Callers will never ask for money



VACCINATIONS NOW UNDER WAY

I thought it would be helpful to give everyone an update on the Covid19 vaccination position as it affects our surgery.

The whole programme is being driven down from NHS England as a national campaign via NHS East, the Clinical Commissioning Groups and Primary Care Networks (PCN) within which individual Surgeries sit. There are 5 practices within our PCN. The 5 practices are charged with working together as one group to deliver the Pfizer vaccine. That is going well but, of course, adds an additional level of complexity.

As we all know there are significant challenges presented in terms of both the extreme low temperature at which it needs to be stored and the limited scope for movement. The centre is Rossi's in North Walsham where our Surgery is twinned with Paston on vaccination days.

The vaccination programme, for Over 80's as a first wave, took place on Friday 15 January when the first 85 of our patients were vaccinated. The remaining 80+ years olds will receive their vaccination on Wednesday the 20th January. Attendance is strictly by appointment only.

Patients will be checked in on arrival by their own surgery receptionist, but once in will be vaccinated by the next available clinician irrespective of whether they are an Aldborough or Paston patient. This makes for the most efficient use of the Doctors and Nurses.

There will be subsequent programmes for younger age groups but as yet we have no information on when that will take place, however, the Surgery will contact eligible patients and invite them to attend as and when they know that vaccine is available. Please don't contact the Surgery as that may only cause delays.

Village Care have secured 13 Volunteer drivers on standby to help people with no other means of transport to get to the centre. A great community effort. The Patient Participation Group have secured 9 marshals to help manage the flow of patients through the vaccination centre. Paston will provide some marshals also.

David Hooker
Chair Patient Participation Group



CLF

PLUMBING & PROPERTY MAINTENANCE

07557 349 520

ADVERTISING

This Village Magazine is now to be a regular feature for the village. If you would like to advertise please

contact **Andy Hicks** on

andyhick428@gmail.com

or **07494277303**



PYJAMAS UPDATE

In the North Norfolk area, there are over fifty child carers all doing a magnificent job. That is schoolchildren who care for a member of their family. One of these carers is just five years old. These are frightening statistics.



Late last year Aldborough and Neighbouring Churches launched a campaign to collect new pyjamas for these carers. The hugest thanks must go out for the amazing response received.

With 50 child carers we needed a tad more than fifty pairs of pyjamas. **You have donated an incredible 120 pairs!**

Thank you so much for your extraordinary generosity. This figure is way way beyond what we expected. As there was that extraordinary response, some pyjamas will be given to disadvantaged children in North Norfolk. We are sure the donors will be very comfortable with that. Again, thank you.

Paddy Seligman and The Reverend Tony Lynn

Telephone: **01263-735524**, email: revtonylynn@btinternet.com

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Summer Opening Times: Tuesday-Sunday 10am-5pm
Winter Opening Times: Tuesday-Sunday 10am-4pm

COMMUNITY STAR UPDATE

Thank you to everyone who displayed a star in their windows over the Christmas holiday. It was really lovely to see how many there were as we walked round the villages. The purpose of this project was to remind us all that every individual is important and we were so pleased to be part of spreading this message.

KIT/CCN

Although no longer delivered to Aldborough the ever popular *Keeping in Touch* is available online.

<https://www.scarrowbeckbenefice.org.uk/keeping-in-touch/>

The alternative Church publication *Community and Church News* is also available via email.

admin@aylshamparishchurch.org.uk

CHURCH SERVICES

Aldborough Parish Church

Yet again, alas, Sunday services in the church are suspended. My hope is that we may be back in business for February, but that is looking more and more unlikely. Please look on websites, or contact me, for up to date information.

In Daniel Defoe's readable and entertaining Journal of a Plague Year, he writes that when the plague was too close, priests abandoned their churches, and other, perhaps less reputable, characters moved in.

The church building itself will remain open for prayer, solace, peace. But you will know that the Church is more than just a building. It's all Christian people, ready to offer what help they can. And we will. Though I live in Aylsham, let me reassure you that I have not abandoned Aldborough. I'm still here for you: a word, a prayer, a giggle, a question, an answer.

God bless,
The Reverend Tony Lynn

Rev. Tony Lynn
TEL: 01263 735524
EMAIL:
revtonylynn@btinternet.com

Church Warden - Jill King
TEL: 01263 768077
EMAIL:
jill.king4@tiscali.co.uk

PRINCE ANDREW'S CHAPEL

The Chapel is closed at the moment but looking forward to reopening when appropriate.



If you are feeling isolated and alone and in need of a chat please contact

John
TEL:
01263 577624
or
Peter
TEL:
01263 577646

They are happy to pray with and for you.

NEIGHBOURING PARISHES

Services in January are all cancelled because of Covid-19.
Planned services in February, though subject to change (please check).

Aldborough

Sunday, 7th	11am	Holy Communion
Sunday, 14th	11am	Holy Communion
Sunday, 21st	8am	Holy Communion

Itteringham

Sunday, 14th	11am	Family Service
Sunday, 21st	9:30am	Holy Communion

Little Barningham

Sunday, 14th	9:30am	Holy Communion
Sunday, 21st	11am	Family Service

Wickmere

Sunday, 7th	9:30am	Holy Communion
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Services are streamed each Sunday from Cawston Parish Church and Aylsham Parish Church.

Rev. Tony Lynn
TEL: 01263 735524
EMAIL:
revtonylynn@btinternet.com

SPECIAL DAYS IN FEBRUARY

2nd	Candlemas Day
5th	Sir Robert Peel, the founder of the police force, was born.
6th	In 1952 Queen Elizabeth had her coronation.
7th	Author Charles Dickens was born in 1812
11th	in 1847 the inventor Thomas Edison was born.
14th	Valentine's Day. Valentine was a priest in Rome in the 3rd Century. The Emperor Claudius II has banned marriage as he thought that married men made bad soldiers. Valentine still conducted marriages in secret. Claudius found out and had Valentine jailed and sentenced to death. In jail, he met and fell in love with the jailors daughter and when he was taken out to be killed on 14th February, he sent her a love letter signed, "from your Valentine."
15th	In 1971 Britain changed to decimal coins. The banks closed for two days to prepare and over three million pounds was spend changing the telephone boxes to take the new coins. Every cash register in the shops had to be changed.
16th	Shrove Tuesday.... Pancake Day!
17th	Ash Wednesday
19th	Kissing Friday. (the Friday after Ash Wednesday) Schoolboys were allowed to kiss a girl on the cheek without being punished for doing so. This custom was still going until the 1940's.
23rd	In 1632, the diarist Samuel Pepys was born and in 1685, the composer George Frederick Handel was born.

PANCAKE DAY

Shrovetide is in February. Many people don't really know much about Shrovetide, but this is what happens.... or at least, it used to happen!

Shrovetide covers the last three or four days before the beginning of Lent. Traditionally, Lent is a time when Christians would try to give up luxuries and rich foods to remind themselves of the 40 days and nights that Jesus spent in the desert, in preparation for the events of Easter. Some people would skip meals and spend that mealtime praying for forgiveness for wrong things they had done. This was called fasting. They gave up the food to show that they were genuinely sorry.

Egg Saturday. This is what the Saturday before Shrove Tuesday used to be called Collop Monday. Sometimes called Shrove Monday. This was named after a traditional meal of: collops of bacon served with eggs. (A collop is a chunk or slice of meat or fat.) The collops were the meal for Monday and provided the fat for making the pancakes the next day.



Pancake day is also called Shrove Tuesday. When people were strict about such things as observing fasting during Lent, Shrovetide was celebrated with games, sports, dancing and other fun events. Each year on Shrove Tuesday and Ash Wednesday in Ashbourne, Derbyshire, one of the oldest, largest, longest and maddest football games takes place. The two teams consist of about a hundred players and the playing field is three miles long, two miles wide and has the town of Ashbourne in the middle!

Traditionally, the feasts were to use up all the foods that could were not allowed to be eaten during Lent. People made pancakes as to use up their milk and eggs before the fasting began. Shrove Tuesday is on February 16th this year.

The Pancake Bell

More than a hundred years ago, Shrove Tuesday used to be a half day holiday. A church bell, called the 'Shriving Bell' would have been rung, telling everyone the holiday had begun and to let people know it was time to come to church to confess to God the things they had done wrong. The church bell was rung at eleven o'clock in the morning to remind housewives to get the pancake batter ready and so the bell is also known as the 'Pancake Bell.' The bell is still rung today in some villages across England, although Shrove Tuesday is no longer a half day holiday.

Pancake Races

The object of the race is to get to the finishing line first whilst flipping a pancake in a frying pan. You have to run as fast as you can, but you also have to toss and catch the pancake, while you are running. The pancake must be intact when the finishing line is crossed. A famous pancake race takes place at Olney. According to tradition, in 1445 a woman of Olney heard the shriving bell while she was making pancakes, realised she was late, and ran to the church in her apron, still clutching her frying pan.



COMMUNITY SPEEDWATCH Volunteers Required



ALDBOROUGH NEEDS YOU

Volunteers are still needed to help tackle the common complaint of speeding in Aldborough.

Although there has been a good response and we have plenty of volunteers for SpeedWatch we would like to have spares to deal with peoples availability. If you were holding back until after Covid please note that at this stage we simply need numbers to plan training for when things get back to normal.

Further information:

www.bit.ly/ALD-SW or PC Pete Davison at North Walsham Police Station (calling 101 or emailing peter.davison@norfolk.pnn.police.uk)

To volunteer or discuss what is required please contact Andy Hicks on
andyhick428@gmail.com or
07494277303



WEAVERS WAY

Weavers Way is a very scenic footpath which passes through Aldborough, Thurgarton and several adjacent villages on its 61 mile route from Cromer Pier to Yarmouth Pier.



Use is made of public footpaths, disused railway line and some minor roads as it meanders around the county (this is not the quickest route between two points!). Along the way historic railway infrastructure such as station buildings, bridges and crossing cottages are widely observed. It passes a number of fine flint churches, several large country houses, and a large number

of wind-pumps as you witness the various different elements of the Norfolk countryside.

Along its route, as well as passing many areas of wildlife interest, the Weavers' Way takes in several market towns and country house estates and passes numerous medieval flint churches and tower wind pumps that are characteristic of this part of the county.



Named after the once important weaving industry, which flourished in the late Middle Ages around North Walsham, Weavers Way offers a rich contrast of scenery, from the woodlands and mixed farmland of north Norfolk to the grazing marshes and tidal mud flats beside the rivers Thurne, Bure and Yare.

Weavers Way can be subdivided into between 2 and 7 separate sections to be tackled on different days. It is mostly flat, with a wide variety of terrain - open country and crop fields, woodland, dismantled railway, marsh, road (roads tend to be lanes). Quite a varied but gentle experience.



Although if you thought of Norfolk as totally flat a couple of the parts of this walk will convince you otherwise.



Some parts of the trail are available for cyclists and horse riders although notably some of the narrow paths in Aldborough ***are not.***

The public footpath at Aldborough Mill is part of Weavers' Way and has recently been repaired. The Council has pointed out that **cycling is prohibited on this path and signs highlight this fact.** Cycling,

particularly at speed, can be dangerous, as riders would not be able to see small children or other walkers as the path turns down to Scarrow Beck.

To prevent accidents, and respect other users of the path and woods please ensure that everyone observes the rules and dismounts along this narrow path.

Several websites have more information on Weavers Way and were consulted extensively to produce the information shown here.

www.aldborough.co.uk/other/weavers-way for more information.



ALDBOROUGH'S TWIN



Our village signs announce "Aldborough Twinned with Villiers St. Denis". There is a heavy framed key and an enormous decorated champagne bottle displayed in the Community Centre. What is all this about?



In 1989 the Parish Council started looking into the advantages of twinning with a village from another European country. Ruth Bayes led the initiative and devoted much time and energy to making it a success. The villages of Aldborough and Villiers Saint Denis were officially twinned during ceremonies held in 1995 in France and in 1996 here. These were impressive events, attended by MPs and MEPs and other dignitaries. Flags, bunting and balloons were everywhere and local traditions were celebrated. There were special church services, bringing together our local CofE rector and their Roman Catholic priest, the unveiling of our road signs and signing of the twinning charters. These were all followed in Aldborough by a meal and dance in Mr Hammond's barn before fireworks were set off outside.

Our two villages are of a similar size and can be reached easily in one day. They both have a primary school, a church and a restaurant. They both lie in attractive but different countryside and offer many interesting excursions. For us, one attraction was always the champagne vineyards which surround Villiers



day. They both have a primary school, a church and a restaurant. They both lie in attractive but different countryside and offer many interesting excursions. For us, one attraction was always the champagne vineyards which surround Villiers



and provide a living for many of their families; special bottles were produced with labels to celebrate the twinning. For them, it was the beach and our National Trust properties. We enjoyed the opportunities to make day trips to Paris and Euro Disney and they appreciated visits to Norwich and Cambridge. Meals in their local restaurant were a highlight for us and they loved both our Black Boys and Red Lion pubs.

Families as well as individuals embraced all the opportunities offered by a twinning and it was enthusiastically supported by the primary schools in both villages. After the official



inaugural celebrations there were many organised visits over the years between the two communities and many individual friendships were forged, some of which continue today. Accommodation was always in families, where the welcome was extremely warm and where there were valuable opportunities to get to know people from a different country, their traditions, their language, their culture and their everyday



life. We tried to learn each other's languages, with French classes here in the Church Room causing great merriment. Once there was an international cricket match in a field outside Villiers. Alarmingly, our French friends caught onto the rules of this very British game all too quickly but, just when all was looking lost, our country's honour was rescued by magnificent batting from Father Brian.





If you were fortunate enough to have been part of this (or if you are just interested), you may like to borrow the photo albums or even watch the videos made at the time (these could be put onto memory sticks for you). A fascinating set of memories of the village back in the 1990s.

Beyond individual friendships, the twinning has unfortunately not been active for several years and it is, for many of us, a sad coincidence that the 25th anniversary of this happy relationship should have fallen in the year of Brexit. However, we should not allow this to either cloud our memories of, or prevent any revival of, this treasured partnership.



The official links remain in place and more details can be obtained from Jane Maguire.

www.aldborough.co.uk/other/twinning



North Norfolk Muscle Therapy

Professional Massage Clinic situated on Aldborough Green offering therapeutic and restorative deep tissue treatment through **Traditional Thai Bodywork** or **Sports Injury therapy**

Treatment benefits include (not limited to) - Muscular and Joint Pain, Injury recovery, Stress, Anxiety, Depression, Sleep Quality, Improved mobility, Improved Quality of Life through pain reduction in whatever you do in work or hobbies and day to day activities.

Jon Winnett MFHT has trained with the internationally acclaimed London Institute of Thai Yoga Massage and is regulated and insured by the Federation of Holistic Therapists

To find out more or book a treatment visit www.nnmt.co.uk email info@nnmt.co.uk
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PARISH COUNCIL NEWS

The last meeting of the Aldborough and Thurgarton Parish Council took place on the evening of 12th February 2021 and was a virtual meeting on Zoom as has become usual practice. Very brief summary below – full details are in the draft minutes now on the website.

- Members of the Public spoke positively about the new village magazine, Christmas Tree lights and a question was asked about the access change on the green.
- District Councillor John Toye warned about Covid which is rife in our area now.
- Peter Hall was appointed liaison for lighting to deal with reports of failures and to deal with contractor. Hopefully this will speed up repairs.
- The ground maintenance contract was approved (cutting the green).
- A new cable and box is required for next years Christmas tree as some parts now worn out.
- Skateboarding provision, bench refurbishment and pothole repair are planned but on hold during the winter months.
- The December newsletter/magazine had been well received and requests had been made for the Parish Council to carry on producing it. This was unanimous approved. Village Care kindly volunteered to continue delivering to all properties in the village. Many volunteers are already helping but more always needed to produce it regularly.
- Temporary Speeding signs will be requested and will return to the village.
- We have enough volunteers for SpeedWatch (but could do with more) - currently no one can do the training but can still sign up.
- Village Sign maintenance contract approved. There will not be a flint run off at the bottom.
- New planning application (Kent's Cottage/Swifts Cottage) - supported. Details on NNDC website.
- Update on Rectory Farm application and Parish Council Communications (see update on page 36)
- Precept increased by 3.25% on taxbase. Therefore the 2020/21 Band D current cost of £39.14 will increase by around £1 (complicated calculations and will vary - formulas available online).
- Clerks hours now under control and no need for increases now Parish Councillors have taken up some tasks previously done by Clerk.
- Next Financial Budget approved.

Next Full meeting is 1st March but Village Magazine meeting may be scheduled before this date.



What do they do?

The Parish Council consists of 7 individuals who give up their time on a voluntary basis to serve the village and help manage some projects.

This includes the play area, village green, some of the lighting, most of the bins, some recycling, this magazine and several other matters. It is funded by a small part of your Council Tax (around £40/year for Band D).

The Parish Council is here to serve the members of the community and the needs of the village. If there is a project you think we should be undertaking please do let any of us know. You may note we have entered into several new initiatives which we hope you will start to see as the year progresses.

Additionally we welcome help and support from any volunteers wishing to lend a hand with any of our endeavours. Help is both essential and very much appreciated.

Village Lighting

Around the green there are various street lights which the Parish Council maintain.

Sometimes these lights fail and need



repair. To ensure this is done swiftly we have appointed Councillor Peter Hall as liaison for lighting.

If you notice a light with a problem please let Peter know - details on website.



CRICKET



As for everyone else, 2020 was a year like no other for Aldborough Cricket Club, with leagues and friendly fixtures cancelled before the season had even begun.



Even so, as we approached Summer, and with the relaxation of the first lockdown, the enthusiasm and ingenuity of the members eventually enabled some much appreciated socially distanced in-club friendlies and nets sessions to be

held on the Green during July and August. Sadly, no sooner had the season started, than it seemed it was over, with the Chairman's 4x team round-robin tournament, held on Sunday 6th September, once again a great success.

With the pre-Christmas Covid-19 restrictions raised to new levels, and the prospect of a worsening spread of the virus as we head into 2021, the prospect of Aldborough CC being able to enjoy a full season of cricket on the Green this year, remains very uncertain.

Nevertheless, there remains optimism that, following a pre-season AGM, there will be pre-season indoor nets sessions when allowed, and the start of the season will be marked by a friendly against Coltishall CC on 24th April. Thereafter, depending on the rules, hopefully a season of league matches, friendlies, nets sessions, and junior cricket coaching will become possible, as the season unfolds.

Aldborough Cricket Club takes this opportunity to show its appreciation for the use of the Green for another season, and passes on its Seasons Greetings and best wishes to the residents of the village.



Snowdrops are appearing around the village - such a beautiful flower in the depth of winter.

SNOWDROPS

The legend of the snowdrop: The flower called snowdrop appears in February and is a symbol of hope. According to legend, the snowdrop became the symbol of hope when Adam and Eve were expelled from the Garden of Eden. When Eve was about to give up hope that the cold winters would never end, an angel appeared. She transformed some of the snowflakes into snowdrop flowers, proving that the winters do eventually give way to the Spring.



MEN'S CLUB

At the present the Men's Club that normally runs on Wednesday mornings is closed along with all other facilities in Aldborough. The men's club is normally open to all male residents of Aldborough and surrounding villages. John and Peter host the club and supply Bacon Rolls, Coffee, Cake and biscuits. There is the opportunity to play Dominoes, Chess, cards and there is also a quarter size Snooker



Table. The club when allowed to open has between 10 and 20 attendees who come along for a general get together and chat. It is a very welcoming atmosphere with everybody

chipping in to conversation and games. All are welcome so when we can come along and spend a little time in genial company. Soon I hope. Stay safe all.

STAMPS

Val Barnes is collecting used stamps again this year to raise funds for the RNIB.

Please leave them in her porch or post through the letterbox (Antares Thurgarton Road).



GARDENING CLUB www.aldboroughgardening.com



By now the Club should have held its AGM, obviously this is practically and legally impossible in the current total lockdown. At some point we will have to organise this. Our best and most optimistic opportunity may be some form of open air meeting around Easter. If and when we can organise this, a new committee will have to be nominated and elected, as not all the currently serving committee may be able to continue throughout the year.

The other question which we all have to resolve is last year's proposal to amalgamate the Gardening Club with the Aldborough Wildlife Group. Members from both were consulted last year and from the responses received, the overwhelming reaction was positive.



The original idea was to keep the separate identities and meeting dates of both groups, but merge the 2 separate committees into one management group.

Given that the promotion of wildlife gardening is now a mainstream topic, this could be an opportunity for anyone interested in developing a sustainable future for our local green environment. If you would like to be involved in this in any way, please email aldboroughgardening@gmail.com



As Spring approaches we hope to organise safe plant and seed swaps. We managed this safely last year, during the first lockdown, when we had a wide range of tomatoes and other veg, some new and exotic to many of us. If you have excess seedlings this year please contact us, or post on our Facebook page.

The Club's no dig organic allotment is in its 3rd year and features an annual potato trial with a class from Aldborough Primary School. This Spring is starting in very restricted circumstances but we hope to make the allotment more of a collaborative feature as the season progresses. This is a healthy open space and could easily be used as a focus for activity this year when hopefully we are allowed to meet up collectively.

Club activity continues on line, mainly on our Facebook page, members and registered contacts receive regular posts by email, if you would like to join this list please email your contact details.

If you haven't heard of this wonderful organisation, you are missing out. They are now looking to relocate to a new 2 acre site in the Aylsham area. If somewhere could be found nearer our area we would all reap the many benefits for years to come.

If you would like to be involved in any future activity, forward your contact details to aldboroughgardening@gmail.com



S.A.V.E.

Rectory Farm Pig Farm Planning Application



In the December edition of this magazine, it was reported that NNDC's Planning Case Officer had written to the Aldborough & Thurgarton Parish Council (ATPC) giving various undertakings in respect to the Rectory Farm Pig Proposals.

The NNDC Case Officer has since advised that he is leaving his post, and so on 24th December the ATPC wrote to NNDC's Head of Planning to seek assurance that NNDC is duty-bound to honour the Case Officer's undertakings. At the time of going to press, a response from NNDC has not yet been received.



Planning Law in the UK presumes towards approval, unless the material objections 'outweigh' that presumption.

In the case of Rectory Farm, ATPC has made clear its position that the

consequences and risk to public health, and the contravention of various local and national policies constitutes an overwhelming 'weight of objection', which should lead to NNDC's decision for the Planning Application to be rejected.

These collective material objections relate to Conservation Area policy; flooding and ground water pollution and river contamination; biodiversity & ecology; odour and noise; public health risk to the occupants of 30 residences within 250m of the site from the ammonia plume and the risk of airborne pathogenic infection arising from the pig's excrement; and

the health & safety risk from the increase in HGV traffic on the inadequate road system around Rectory Farm. Recent flooding of the Scarrow Beck highlighting the risk of flooding at Rectory Farm.



These objections are founded on the fact that there have never been pig numbers even close to the 1900 pigs now proposed at Rectory Farm, and that the applicant's claim of improving the situation in respect to all of these

issues, (by reducing pig numbers), is fundamentally untrue.

Whilst the residents and the Parish Council acknowledge the principle of farming being an integral part of Aldborough village life, it is the scale of the proposals and the consequences arising from this industrial scale and more intensive operation that forms the foundation of objection from many members of the village.

The Covid-19 pandemic has opened a new debate, being the whole question of the pathogenic and zoonotic risk arising from significant pig operations in close proximity to housing.

Meanwhile, we await an update specifically with regard to NNDC's decision for a full Environment Impact Assessment, and the announcement of a date for the 3rd public consultation period.

To help fund this campaign please visit www.aldborough.uk

The 'SAVE' campaign group, (Save Aldborough Village Experience www.aldborough.uk), is funded by donations from village residents opposed to this new development.



FINAL WORDS

One more word from Ricki Gadsby Vice Chairman of the Parish Council.



I write this in the wake of a Christmas like no other. A Christmas on zoom; one without Grandma's famous treats, Grandchildren getting overexcited, or the usual squeeze to fit too many people around the table. This was the Christmas of scaled back decorations and panicked last minute research: "If I bought a 20lb turkey for the 2 households I was hoping to have, can I cut it in half and freeze some?"; "How long do brussel sprouts last?"; Can Santa visit a Tier 4 area?".

What dilemmas! I still have most of my presents for my family and friends, waiting for a time we can be together. I have the crackers, the hats, and the Baileys. And you'd better believe that they will all be used in the middle of August if that's when we are united.

I should be clear: I had a truly lovely, quiet Christmas with my husband. It was cosy and warm, there was good food, movies, carols and wintry walks. While I missed the usual gaiety with my family, I am lucky that we have each other, we have family and friends on the other end of Zoom, and an incredible network of support around us. And I want to extend my thoughts to those who weren't this lucky. I want to assure you that as a parish we want to support you however we can, and that as soon as we may, we will organise events so we can be together and provide longed-for social interactions.

I have never missed anything as much as I missed things this year, but simultaneously, I have never been as grateful for what I have. We are not out of the woods yet, but with the vaccine here, an increasing understanding of the virus being fought, and the days getting longer, I hope that we have a summer we can truly look forward to.

Please continue to look out for one another. I am proud to be a resident in a village as kind and supportive as this one.

The Black Boys ALDBOROUGH

--- JASON, SANDRA & GARY ---



In the current circumstances the pub has remained closed.

Please rest assured that we have still been working very hard and have just finished building a lovely new function room which we hope to show off in due course.



**CASES OF COVID-19 ARE RISING
RAPIDLY IN THIS AREA**

GOVERNMENT ADVICE IS TO STAY AT HOME



**NO HOUSEHOLD MIXING INDOORS.
ONLY MEET WITH ONE PERSON FROM
ANOTHER HOUSEHOLD OUTSIDE FOR
EXERCISE ONLY**



**BARS, PUBS AND
RESTAURANTS CLOSED**



**NO OVERNIGHT STAYS
AWAY FROM HOME**



ESSENTIAL SHOPS OPEN



**REMEMBER
HANDS - FACE - SPACE**

**PROTECT OURSELVES. PROTECT OTHERS.
PROTECT NORTH NORFOLK.**



STAY HOME ▶ PROTECT THE NHS ▶ SAVE LIVES