

Issue: 4

VILLAGE MAGAZINE

Aldborough & Thurgarton News

May/June 2021

www.aldborough.co.uk



ALDBOROUGH
& THURGARTON
Parish Council

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

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WELCOME ALONG

Our new issue has landed on your doorstep full of new articles and updates of events in the village.

It has arrived, our lives are returning to some semblance of normality. The well awaited opening of The Black Boys on the 17th of May has finally arrived.

Don't forget to get your seeds and seedlings for the Sunflower Festival 2021. A little competition in the village never hurts.

Wonderful photos of the Eco House, the way of the future. Activities starting again; Zumba, Walking Netball and the Tennis tables should be arriving shortly.

I hope you enjoy this issue and please keep us posted on anything you would like to share with us and the community. This is the fourth edition of the magazine already! We all hope that we are on the verge of things changing and events opening so please keep sending your events and article in.

Aldborough & Thurgarton Parish Council

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ZUMBA

Erpingham Multi-Purpose Court Exercise in disguise - ZUMBA.

Every Monday and Thursday evening (weather permitting) with social distancing. 6.15 - 7.15 pm. Under government guidelines numbers are able to increase from Monday 17th May so if you would like to join me then contact Sally on [07786697563](tel:07786697563) or millersally784@gmail.com or find me on my Facebook page under Zumba Sal or <http://bit.ly/ZumbaSal>



Come along to Zumba and party your way to a new shape. Transform your body the fun way. All levels of fitness welcome. £3.00 for your first class and then £5.00.



WALKING NETBALL

A sport for anyone who would love to get more active and have plenty of fun at the same time. Its exactly the same as netball, but a little slower because you can't run or jump.

Any age or ability can join, Tuesdays 9.30 - 10.30 am and 6.15 - 7.15pm

£2 per session.

Contact Ros [01263 768262](tel:01263768262)



ALDBOROUGH PLAYERS

During lockdown, Aldborough Players was not entirely dormant. We filmed three of Alan Bennett's Talking Heads and showed these online on December 9th.

We hosted a night at the AFTAs (Aldbrough Fabulous Theatre Awards) on March 12th which celebrated 27 years of pantomime performances. There have been requests for both to be shown on the big screen at the Community Centre, so that's what we will do!


<p>Alan Bennett's Talking Heads Three films</p> <p><i>The Hand of God</i> starring Heather Attew <i>Waiting for the Telegram</i> starring Dee Jupp <i>Her Big Chance</i> starring Antonia Gray</p> <p>MAY 21st, 2021 7.30pm Community Centre</p> 	 <p>Aldbrough Fabulous Theatre Awards</p> <p>Film JUNE 25th, 2021 7.30pm Community Centre <i>Red carpet/dress up if you would like to.</i></p>
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Actors are already rehearsing for our Summer production, *The Enchanted April*, postponed from last year and wonderful backstage people are already building and painting sets. Panto 2022 has been written and is ready to be

rehearsed in the autumn.

So here are some dates for your diaries. Restricted numbers for the audiences for the Talking Heads and AFTAs as per Government COVID guidelines for the Community Centre, but hoping to have full audiences for the summer production if restrictions are lifted as planned. Register interest in the film shows (May 21st and June 25th) by emailing dee.jupp@btinternet.com.

You will be seated in groups of six people. At seat bar-service with hands free card payment. Although free entry, donations will be welcomed.

	<p>An Enchanted April <i>'brimming with magic and laughter'</i></p> <p>Based on the 1922 novel by Elizabeth Von Armin</p> <p>July 8th, 9th and 10th Community Centre</p> <p>£ 7 Details of how to get tickets available in June</p>
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VILLAGE CARE

JANE MAGUIRE
01263 761578
FACEBOOK
@aldboroughvillagecare
EMAIL
sjmaguire0401@aol.com

Should we restart everything as it was, or is it the right moment to think about doing some things a bit differently? The committee is considering in particular Village Lunch but are open to any suggestions to help us keep Village Care relevant to what people would like to see.

Village Care is here for everyone – younger, older and in-between. We are planning an open drop-in event in the Community Centre in June or July with free refreshments to discuss various possibilities, with examples of what we might offer in terms of activities.

In the meantime, please tell us what you think! Otherwise we can't know! Email or talk to committee members (who are: Keith Good, Elaine Hayton, David Hooker, Jane Maguire, Eve O'Connor and Tracy Wright).

MAGAZINE DEADLINES

The Village Magazine will be produced roughly every 6 weeks.

If you would like to assist with the production of the magazine or have some feedback then please make contact. This magazine is run by volunteers for the benefit of the community and is expensive to produce. Donations are welcome to help us with running costs please contact the clerk on

aldboroughparishcouncil@outlook.com

Copy Deadline for next magazine:- 22nd June 2021

For advertising or to join the production team of volunteers please contact

Andy Hicks on andyhick428@gmail.com or [07494277303](tel:07494277303).

Digital copies at www.aldborough.co.uk

Magazine content should be sent to [ricki.gadsby@btinternet.com](mailto:ricket.gadsby@btinternet.com)

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**Kate Hammond
01263 761169
07918 673716
chestnutbarnnorfolk.co.uk**

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

THE POND



There has not always been a pond at the bottom of Aldborough Green, and for a period of at least 50 years it was filled in. Its rumoured this was on health and safety grounds.

An interested bystander Peter Wordingham writes to the magazine on the subject and having drawn up the agreement between the Aldborough Wildlife Group and Aldborough and Thurgarton Parish Council in 2014 Peter has more knowledge than most on the subject. Peter points out there is the agreement with the Norfolk Biodiversity Information Service on behalf of Highways to interrupt the Highways surface water drain between Manways MH11 and MH12, MH11 would drain surface water from Highways into the Village pond with MH12 taking the outfall

from the pond and maintaining the level during heavy rainfall. He believes that this Highways drainage system requires attention.

Turning to the (relatively) recent reintroduction of the Pond we are reminded that in 2011 at a Parish Council meeting representatives of The Wildlife Group put forward plans to reintroduce a village pond. This was to be a natural habitat for plants and wildlife and the proposal was quite simple: to provide a pond area, research and carry out local planting, wildlife would then find the habitat provided colonising the area the vote supporting the proposal was overwhelming. The area proposed had support-ed pond, or ponds, in the past dating back to at least 1830. Photographs and drawings showed that they were used for animal drinking water and washing down carts and to some extent for recreation.

Work began on the 6th of February 2012 and by midday there was already water in the pond excavation and wildlife visitors included a Pied Wagtail and Blackbirds. By late March wetland plants had been collected and volunteers gathered by the pond to plant them out. Already frog spawn, crested newts, water boatman and water beetles amongst pond life were visible. People, particularly



those walking the Weavers Way, use the benches to sit and enjoy watching the dragonflies and damsel flies flitting around, also the swallows swooping to feed on the insects. There have also been visiting Mallards, Heron and a Crested Newt have been found. Our many visitors remark on the delight of seeing a natural pond on a beautiful green and how it enhances our village says Peter. Children, particularly the younger ones enjoy seeing the Frogs,



Newts and general pond life achieving one of the primary aims to provide a natural environment for appreciation and respect of nature.

The pond was opened at a Village Picnic on the Green to celebrate the Queens Jubilee, and a good crowd attended. The long-term management of the Village Pond is the responsibility of the Parish Council with the day-to-day management entrusted to the volunteers of Aldborough Wildlife Group.

As we approach July the peak maintenance period for cutting back the vegetation which involves both machinery and volunteers there are important questions to be answered and concerns to be addressed he says. In particular Peter asks if the Wildlife Group is able to honour the agreement made with the Parish Council now there is a proposal for the Wildlife Group to merge with the Gardening Club?

It should be noted that this merger has not yet been approved and will be discussed at a joint AGM of the two groups. The proposal should see the Wildlife Group continue and with shared ideals, interests and volunteers the new group would be well set moving forward. Meantime the Wildlife Group have said rest assured that the pond and it's wildflower surrounds will have maintenance carried out at the appropriate times.

Whatever the future of the Wildlife group this recently reintroduced feature of the Green is always busy with wildlife and people and we are sure that those passionate about the village and about wildlife will ensure that it is maintained.



SHEPHERDESS

Lambing started later in March and was 'fast and furious' continuing through to mid April.

90% of the flock lambed within 3 weeks so it was hectic working all hours with another person helping later in the day through to the early hours. The triplets, quads and quintuplets being the most time consuming as most ewes can only manage to feed /rear 2 lambs. The "spare" lambs have to either be fostered onto another ewe or are orphaned and so have to be bottle fed. Both options are very time consuming and not always successful.



Every lamb born, once licked clean and dry by its mother, in the open straw yard, has its navel dipped in iodine. This helps prevent bacteria entering the umbilical cord which can infect the lamb later on causing joint ill....not pleasant, very painful and sometimes fatal.



The new borns and mothers are put into individual pens allowing them to bond and the lambs to get their quota of colostrum in their first 6 hours of life. This is the "first milk" full of antibodies which is basically critical for the lamb to survive. 48 hours later providing all is well, they are transferred into a nursery yard. (6-8 ewes with their lambs)

This is where the lamb learns how to find its mothers in a “crowd” preparing them for life in a large field. After 2 days in the nursery they are turned out. They are then checked every day to make sure the ewe remains well, lambs are feeding and not lost.

Luckily the weather although very cold was dry during lambing. Lambs manage the cold with a good mother but wet conditions on top can often prove too much for them, not having a thick woolly coat until much older.



COMMUNITY CENTRE

At the time of preparing this article we are delighted to be preparing to welcome everyone back.

Sue Metcalf, Chairperson

TEL: 01263 761310

EMAIL: sue_brian_m@hotmail.com

Bookings can now be taken and we have produced a document to keep users and hirers safe - a copy of which is displayed in the window of the Community Centre. By the time this Newsletter is circulated we will have held our 'Reopening Evening' to welcome back previous hirers and organisations. As mentioned in earlier Newsletters, several maintenance and updating projects were completed during the past year and there are still more to follow.

Please Note : the date for our delayed AGM will be on **Wednesday June 9th** and each village club is entitled to have a representative on the committee. We also can have 6 public members, so if you would like to consider getting involved please contact Sue ([01263 761310](tel:01263761310)) or Peter ([01263 768546](tel:01263768546)). The year ahead looks exciting as, already, several people have shown interest in getting involved which is very encouraging.

YARD SALE

We're all in desperate need of a clear out, having been at home for so long!

With a couple of successful Yard Sales in the past, we thought it might be a good idea to organise another one for this summer. A date hasn't been agreed yet, but we'll include more details in next month's magazine. Stall fees will be £10 as usual and we're hoping to raise funds for Aldborough Primary School, through the stall fee and refreshments. We'll be ensuring that the event complies with government guidelines at the time and that social distancing measures are in place.

To register your interest for a stall, please get in touch with Antonia Gray, email antonalloyd@hotmail.com or call **01263 761883**

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Community Hall | Wedding Venue

Party Venue | Business Meeting Room



To discuss
making a
booking

01263 761310

**ALDBOROUGH
COMMUNITY CENTRE**

SURGERY & PPG NEWS

RECEPTION
01263 768602

DISPENSARY
01263 768819

aldboroughsurgery.co.uk

Welcome to Suraj De who started in the dispensary on 22nd March 2021.

Primary Health Mental Health Nurse

In March Aldborough Practice warmly welcomed their Primary Care Mental Health Nurse, Diane Wiles (PCMHN) into the clinical team. Diane will be based at the Practice one day a week providing initial clinical mental health assessments, mental wellbeing advice, and sign-posting alongside short-term therapeutic treatment/support.

Diane will also provide assistance and advice to the GPs and other members of the primary healthcare team in managing the mental wellbeing of the practice population, as needed.

This role has been developed under the umbrella of the Primary Care Network, to support the wellbeing and good health of our population close to home.

Summer

Summer brings opportunities for getting out and about and renewing contacts, helping us to stay mentally and physically fit and well.

It is a time of increased social contact, outdoor activities, festivals, holidays and fun. We expect to feel good and enjoy life after the long winter chill and shut-in-ness (if there is such a word).

This year especially hopes are high, after the long lock down - being allowed unrestricted family/friend time and access, seems like a dream come true for many.

With last winter being so different for us all, with some of us totally isolated and others working at full tilt to get the crisis under control, and everything in-between.

Some have found purpose that they previously lacked, others isolation and a devaluing by society of what they do. While some found themselves juggling many roles others became completely task free.

As we now start to gather together again, and restart our lives, we may find that those we meet are changed by their experience or slow to warm to our social embrace. We may find that we ourselves react differently as our core values and experiences have been challenged.

This opening up of society will bring new ideas and greater understanding and may raise anxieties for some as we move into now unfamiliar but familiar social activities.

The local links listed below have many tips on staying mentally well and provide useful links and advice for anyone experiencing mental distress or ill health and their loved ones and carers.

For those aged 0 – 25 Support and advice can be found via;

<https://www.justonenorfolk.nhs.uk/mentalhealth>

For Adults it is;

<https://www.norfolk.gov.uk/care-support-and-health/health-and-wellbeing/adults-health/mental-health>
<http://bit.ly/norfolk-health>

We do face to face consultations

Some of you may have read a North Norfolk News article where patients complained that Surgeries were not seeing patients face to face. That is not the case with Aldborough Surgery. When you call you will go through a triage process which has been in place since the lockdown in March 2020. An assessment will be made of the best way to deal with your particular medical issue. If the view of the clinician is that a face-to-face appointment is the best solution then that will be offered.

Vaccinations

The Covid Vaccination programme is going well. The Surgery has a patient base of 3600 people. The vaccination programme can only proceed at the pace dictated by NHS England and in accordance with the quantity of vaccine allocated for each session. As at the 3/5/21 the following has been achieved:-

**1693 people have received their first vaccination.
Of those 1219 have received their Second vaccination.**

Fancy a walk?

Before the first lockdown the PPG had planned to start a walking group for all, but particularly those that would like to get more active but would welcome some companionship.

As restrictions will ease from the 17th May it seems a good time to give it a go. If you would like to join a fledging group David accompanied by Duffy (who's four legs are always ready for an outing) proposes a walk on Wednesday 26th May starting from the Surgery at 11.00. We will walk for no longer than 1 hour going at the pace of the slowest. Simply in order to support local businesses we can finish at the Black Boys for a refreshment, alcoholic or otherwise. Dr Fleming has been consulted and although he cannot prescribe it, does not feel it would do us any harm!

*Alex Reid Practice Manager
David Hooker Chair PPG*

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One Fox: A Counting Book Thriller

is a gorgeous picture book which will entertain the youngest in your family. It's a book that's perfect for sharing, with bold and beautiful pictures, a nice bit of tension and with a satisfying and perfectly realised ending.

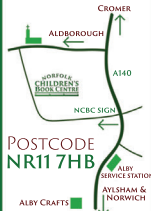
Children from 9 and up will thoroughly enjoy Sophie Anderson's **The Castle of Tangled Magic**. This prize winning author introduces Ollia, the courageous and charismatic heroine who bravely negotiates the twists and turns of the cleverly constructed plot. Sophie has created an entertaining, twisted fairytale with added spark and with roots in ancient mythology.



Our current favourite reference book has got to be **The Britannica All New Children's Encyclopedia**. Every child from nine to twelve would benefit from owning this browsable and fascinating tome - it has 424 pages of stuff you didn't know you didn't know. The pages are packed with interesting facts and informative illustrations about mummies, the brain, philosophy, history and so much else. It's written by experts, and edited by the genius that is Christopher Lloyd.

HOW TO FIND US

Going north on the **A140** between Aylsham and Cromer pass Alby Crafts then take the next left turn where you see the **NCBC** sign.



FOR MORE INFORMATION VISIT OUR WEBSITE NCBC.CO.UK



OR FIND US ON



VILLAGE VOICE

*Weather's been changeable this month, some days have been dull and overcast some have been bright and sunny. On the sunny days I've wandered around the village , on occasion I've sat on Ron Dobbies seat on the Green and watched the guys working on the cricket square. It seems to be the same few guys doing the square preparation. Fish ,Marcus and Peter I think ! . On this Saturday just gone there was an inter-club match, must have been 25 to 30 guys playing cricket. I hope they all appreciate the effort the 3 three lads put in on the square. This evening I was walking past the allotments and there was a chap with a wheelbarrow full of wood chippings putting little piles around. I remarked on his labours and he told me he was covering up "mines" left by a dog. There were plenty of piles of wood chips . He said it was the same dog as the piles were easily recognisable . The kids use this entrance to the field on their way to school. **Whoever's dog this is must know and should tidy up after it for sure .***

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

LOST/FOUND

Earring, silver coloured with 3 stones and specific mark on the back.

Please contact Sue **01263 761310**

MENU

When you have finished with your magazine and recycle it, the Menu in the centre can easily be removed and retained if needed.

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SPRING/SUMMER TIMETABLE

April-September

TUESDAYS

1200-1400 WEST RUNTON (Renwick Park)
1600-1745 WEYBOURNE (Station Road)
1800-2000 HOLT (Edinburgh Road)

WEDNESDAYS

1200-1400 BEESTON REGIS (Britons Lane)
1600-1745 ALDBOROUGH (Village Green)
1800-2000 ERPINGHAM (Spread Eagle)

THURSDAYS

1200-1400 GRESHAM (The Loke)
1600-1745 OVERSTRAND (School Lay-by)
1800-2000 CROMER (Clifton Park Lay-by)

FRIDAYS

0800-1430 CROMER MARKET
1600-1745 SHERINGHAM (Community Centre Lay-by)
1800-2000 SHERINGHAM (Boulevard The Leas)

SATURDAYS

0800-1430 SHERINGHAM MARKET
1600-1745 SHERINGHAM (Churchill Crescent Lay-by)
1800-2000 SHERINGHAM (Boulevard The Leas)

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FISH

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- COD (L) £6.00
- HADDOCK (M) £5.00
- PLAICE £6.00
- with homemade tartare sauce
- WHITBY SCAMPI £5.00
- FISH CAKE £1.50
- with sweet chilli dip
- BUTTERFLY PRAWNS £5.00
- WHITEBAIT & TARTARE (S) £4.50
- WHITEBAIT & TARTARE (L) £6.50
- ROCK 24hrs notice Market Price
- SKATE 24hrs notice Market Price
- HALF LOBSTER 24hrs notice Market Price
- with aioli & chips

RESPONSIBLE FISH SOURCING

We source the best quality, sustainable, wild sea-fish on the market. The Cod and Haddock we serve is fully-traceable, caught by the trawler company Thorfish in the crystal clear, MSC certified waters of Iceland.

CHIPS

- CHIP CONE £1.50
- MEDIUM CHIPS £2.00
- LARGE CHIPS £2.50
- CHEESEY CHIPS £2.50
- CHIP BUTTY £2.50
- DIRTY FRIES £3.50

(chips, cheese, onions, gherkins, bacon, peas & choice of sauce)

GOURMET BURGERS

(all our burgers locally supplied by M&D butchers, Sheringham, in either a sesame or brioche bun)

- FIDDY DELUXE £5.00
- 4oz burger with Monterey Jack cheese, bacon, onion rings, lettuce, pickles & relish
- FIDDY BLUE £5.00
- 4oz burger with Stilton, bacon, onion rings, rocket & chilli onion jam
- FIDDY MACK £5.50
- double 4oz burger with cheese, lettuce, pickles & relish in a double cut bun
- FIDDY SURF & TURF £5.50
- 4oz burger with butterfly prawns, cheese, lettuce, pickles & seafood sauce
- FIDDY ULTIMATE £6.50
- 4oz burger with southern fried chicken breast, bacon, cheese, onion rings, lettuce, pickles & relish

CHICKEN

- SOUTHERN FRIED CHICKEN BURGER £4.00
- southern fried chicken breast with mayo, cheese, lettuce & pickles
- SOUTHERN FRIED CHICKEN BURGER DELUXE £5.00
- southern fried chicken breast with mayo, bacon, cheese, onion rings, lettuce & pickles
- SOUTHERN FRIED CHICKEN WRAP £3.50
- southern fried chicken breast with mayo, cheese, lettuce & pickles
- 12 CHICKEN NUGGETS with choice of dip £4.50

PORK

- PLAIN OR BATTERED SAUSAGE £1.50
- PLAIN OR BATTERED JUMBO SAUSAGE £2.00
- CLASSIC HOT DOG BRIOCHE £3.50
- Jumbo sausage in a brioche roll with fried onions & mustard mayo

VEGETARIAN

- FALAFEL BURGER WITH HALLOUMI FRIES £7.50
- falafel burger with hummus, rocket, spring onion, gherkin, cucumber & garlic mayo
- SPICY BEANBURGER WITH HALLOUMI FRIES £7.50
- spicy beanburger with guacamole, rocket, peppers, tomato & chilli onion jam

BREAKFAST MENU

(served 0800-1430, Friday & Saturday)

- FULL ENGLISH £6.00
- 2 sausages, 2 bacon, fried egg, tomato, mushrooms, hash brown, beans & fried slice
- BREAKFAST WRAP £3.50
- 2 sausages, 2 bacon, fried egg, cheese & hash brown in a tortilla wrap
- BREAKFAST MUFFINS £3.00
- double sausage, fried egg & cheese with your choice of sauce
- double bacon, fried egg & cheese with your choice of sauce
- double bacon, double sausage, fried egg & cheese with choice of sauce, +50p

CHILDRENS MENU

(all served with chips & peas or beans)

- BATTERED SAUSAGE £4.00
- 5 CHICKEN NUGGETS £4.00
- FISHCAKE £4.00
- CHEESEBURGER £4.00
- TIDDLER COD £5.00

MEAL DEALS

- MEDIUM COD OR HADDOCK WITH CHIPS, PEAS & HOMEWARE TARTARE £7.50
- ANY FIDDY BURGER (ultimate +£1.00) WITH DIRTY FRIES £7.50

SIDES

- MUSHY PEAS OR BAKED BEANS £1.00
- CURRY SAUCE OR GRANY £1.00
- ONION RINGS £2.00
- BUTTERED ROLL £1.00
- FRESH SIDE SALAD £3.00
- HALLOUMI FRIES £4.00
- HOMEMADE TARTARE SAUCE £0.30
- CANS OR WATER £1.00
- CHOICE OF SAUCE (complimentary)
- tomato, brown, garlic mayo, sweet chilli, barbecue, burger, mayonnaise

ALLOTMENTS

A well attended AGM was held on Sunday 9th May when the Chairman, Treasurer and Secretary were each re-elected. All plots are now taken but if you would like to put your name on the waiting list please contact Sue



on **01263 761310**. We also have a community plot being developed by the Gardening Club, for anyone who wants to grow and harvest some produce but may not be ready to take on an allotment on their own yet. Contact Tina Hooker for more information. email t.hooker@talktalk.net

FROGS

You may have noticed some temporary and unusual signs at the bottom of the green recently.

A small band of volunteers moved many toads and frogs plus a few Common Newts to the safety of Aldborough pond during the annual migration. A wonderful sight and sound erupted when the pond was full. Thanks are offered to all those who drove very carefully around The



Toads crossing

**on mild, damp evenings.
Please drive carefully!**



For more info contact:

www.froglife.org/loadsonroads

Green and a special thanks to those who gave up their time to assist the amphibians in their crossing of the road safely.

GARDENING CLUB

www.aldboroughgardening.com

Spring has finally arrived and lots of us are getting our gardening tools out and checking out seeds and seedlings in preparation for sowing and planting.

For clarification an error occurred in the last issue of the magazine:-

‘We would like to invite anyone (gardening club members or not) who would like to get involved, initially, preparing the plot for spring sowing and refreshing the paths.... The allotment is run on ‘no dig’ principles, do have a look at Charles Dowding’s website where we took our inspiration, so no heavy digging! No pesticides are used on the plot and last year Bob and Sheila, who have been sowing, planting and harvesting, produced a wealth of lovely healthy salad and vegetables.



Evidence from this difficult year has highlighted the benefits to be gained from being outside and growing food and plants with the added benefit of having social interactions with others whilst staying safe.’

Now an update on the Community Plot! We have put a plan together and are starting to prepare the beds for a range of fruit and vegetables ie. strawberries, rhubarb, squashes, beetroot, sweetcorn and potatoes to start. The plan this year is to plant for low maintenance and to build a small but interested group of people who want to be involved but may not have lots of spare time. The hope is to fill the polytunnel with salad ie. tomatoes and hopefully cucumbers and we would love to be ‘gifted’ different varieties of tomato seedlings. Our idea would be ‘a tomato tasting’ at the allotments later in the summer combined with a picnic.

The plan is to have the allotment plot manned once a week at a regular time so anyone interested in getting involved can pop by and have a chat. Initially, Wednesday afternoons from 2 – 4pm throughout May. Information will be posted on Aldborough Gardening and Aldborough ‘What’s On’ Facebook pages which public can access.

Covid protocol will be observed on the Plot so please bring a mug with you if you would like a cup of tea or coffee and a biscuit. Hope to see you!

CHURCH SERVICES

St. Mary's Church, Aldborough

First Sunday in the month is a communion service at 11am.

Second Sunday in the month is also a communion service at 11am.

Third Sunday in the month is an early service at 8am.

Fourth Sunday in the month.... Will be the village breakfast...as soon as it's safe to re-start them. Sadly, not just yet.

Where there is a fifth Sunday in the month, we will be having a group service. The venue for this service changes as we visit the other Churches in our group each month.

We'll put more info on the Aldborough Church Facebook page and on the website.

www.aldboroughparishchurch.org.uk

<https://www.facebook.com/Aldboroughchurch>

Rev. Tony Lynn

TEL: 01263 735524

EMAIL:

revtonylynn@btinternet.com

Church Warden - Jill King

TEL: 01263 768077

EMAIL:

jill.king4@tiscali.co.uk

www.aldboroughparishchurch.org.uk

KIT/CCN

The ever popular *Keeping in Touch* is available online.

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

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

admin@aylshamparishchurch.org.uk

PRINCE ANDREW'S CHAPEL

The Chapel is not opening yet but will do so as soon as they feel it is safe. When the decision is made to restart services and groups at the Chapel, the information will be put on the Chapel notice boards.

For more information, please contact us.

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.

FOOD BANK

Thank You to Aldborough and to Village Care. During April you contributed 51 kg of food which helped towards a monthly total of 2953kg.

We totally rely on donations, both food and financial, to operate and we are extremely grateful when people choose to support us. So thank you for thinking of us and enabling us to serve the people in crisis across our district.

If you would like to be involved in fundraising for us in the future or would like one of us to come to talk about the work of the Foodbank either on zoom or in person when allowed, then please get in touch.

Due to the increasing demand on our service, the trustees have decided to appoint an Assistant Project Manager who will assist in the day to day operations and take on, and work with current volunteers, on all aspect of communications. To cope with increased demand, we have decided to put an order in for another van. It will be the same model as our present one, but increased battery capacity will enable us to cover greater distance. We plan to use the van, which we hope will be with us in August, at distribution centres when we eventually return to opening them fully. It is likely that we will continue to offer delivery for clients along with the opportunity to visit the centre to collect and speak to someone about their situation.

For a long time now we have been discussing whether a different name would better reflect who we are and so it has been decided that we will re-brand as North Norfolk Foodbank. We are very aware that we have always been a district wide Foodbank and our boundaries in the last year have stretched even further, so it seems a logical step for our name to reflect this. We will be in touch with you about this in due course.

We had a very successful Christmas hamper delivery programme and we are now planning to offer schools support with their breakfast clubs, which will enable the neediest children in each school to receive a meal at the start of the day. We will also continue to support the community larders and fridges that are spread across our district. In addition, we have decided to extend our Energybank scheme supporting people with their energy bills through the summer.

However, whatever projects we take on, we will never lose sight of the fact that our main aim is to support people in crisis with food parcels and, if necessary, signpost them on to agencies that can provide help with the issues that cause the crisis. This we will continue to do with your support, for which we are incredibly grateful.

CHILDREN'S SOCIETY

The Children's Society

As you may know last year's Children's Society annual box opening in April was cancelled due to the Covid-19 pandemic lockdown. In order that any outstanding donations can be made to The Children's Society it will be helpful if boxes can please be returned to John Brown's House, The Green, Aldborough, by Monday 31st May. If you have any queries on this please contact Enrica at enrica.botwright@outlook.com

SUNFLOWER FESTIVAL 2021

Aldborough Gardening Club has been asked to put on a Sunflower Festival in the Village to bring a smile and perhaps a little competition to replace the Flower and Vegetable Show.



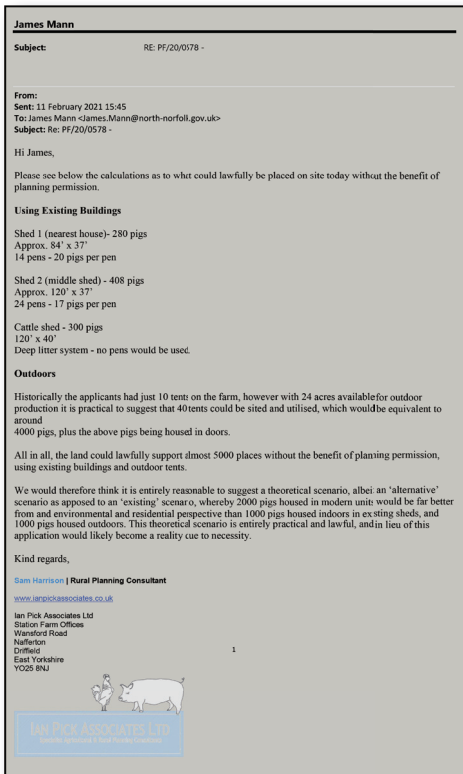
We will be delighted to initiate this but will need the backing and involvement of the villagers. Our idea is to encourage households to plant a range of different types of sunflowers in their front gardens/containers. We are planning to set seeds and offer seedlings for those without 'green fingers' and some packets of seeds will be made available in May for those that have not managed to source their own. If villagers get behind this we could have a wonderful display of not only sunflowers but community throughout the summer months.

To encourage the younger villagers to get involved there will be a competition for the tallest bloom grown by a child under twelve! We also hope to put together a 'montage' of photographs of Sunflowers being grown around the Village.

Posters will soon be displayed in the Village to promote this and give further inspiration and information!

S.A.V.E. CAMPAIGN

Rectory Farm Pig Farm Planning Application [PF/20/0578]



It is with interest that we can report a recent post on the NNDC Planning site from the agent to Rectory Farm, Mr Harrison of Pick Associates. This now appears to present the historical figure of 2000 pigs on site as 'theoretical', rather than 'actual', providing a clear indication that the villagers who challenged the figure in the planning application were right to do so.

Document in the public domain at <http://bit.ly/PigNos>

S.A.V.E. takes the view that this acknowledgement, as to the untruth of there being 2000 pigs on site, (now or in the past), invalidates the planning application, (together with all the consultants' supporting assessment reports). The application asserts that by introducing 1900 pigs to the site, a 'betterment;' situation would be created (less pigs) but this is now discredited.

A key request from S.A.V.E. and many members of the public to NNDC for nearly a year has been that there should be sound evidence-based validation of historic pig numbers, and that the impact of the 1900 pig proposal must be robustly assessed against the benchmark of that true historic number.

Our view remains that unless and until the application is revised onto that basis, it should be rejected. Also, the threat of a higher outdoor number being introduced, as mentioned in this latest document, is no more than a bullying attempt to influence the planning decision in their favour, and should be totally disregarded.

PARISH COUNCIL NEWS

The last meeting of the Aldborough and Thurgarton Parish Council took place on the evening of Tuesday 4th May 2021 and was once again a virtual meeting. Very brief summary below – full details are in the draft minutes now on the website.

- Councillor Phil Chapman was voted as Chariman for the coming year and Councillor Ricki Gadsby as vice Chair.
- Following a suggestion from a member of the public that litter picking and kerb tidying should be organised the Parish Council agreed this was a good idea to be organised/supported.
- The Community Centre is to reopen and has been disinfected by NNDC for the elections, and a Covid risk assessment carried out. The Community Centre AGM will take place on Wednesday 9th June. It will be open from 17th May.
- The village magazine would be produced around every 6 weeks.
- The Table Tennis table was about to be ordered and will be inspected weekly by Village Care.
- A new above ground electricity supply will be installed.
- Pot holes around village will be addressed once storage and ordering of materials has been resolved.
- The Cricket Club will at times leave a practice net on the green.
- The Gardening Club will be organising a sunflower competition.
- A village yard sale is proposed and is being planned by villagers.
- Planning matters were discussed including the Rectory Farm Application - full details in minutes and on NNDC portal. One new application [PF/21/1023 extension at Amarante, Chapel Road) to be considered.
- Insurance premium approved and Annual Governance and Accountability Return (AGAR) approved.
- Payments also approved.
- Fund have been spent on items for the play area which will be installed when they arrive.
- The next meeting will have Christmas arrangements on the agenda.

The next meeting will be on Monday 5th July 2021, and will mark a return to physical meetings.

Members of the public are invited to attend and will be given the opportunity to speak.



Please feel free to contact your friendly Parish Council team on any Parish Council matters using the contact details on the website.

KERB TIDY

Over a year ago it was decided that the village would request NCC not to spray nasty chemicals around the village.



This was agreed but as a consequence grass is now growing around the kerbing in the car parking spots and a few other areas at a faster rate.

In response to a suggestion from a member of the public and in memory of David Waine the Parish Council has agreed to try and organise a work party where volunteers spend a few hours dealing with the issue. For matters of this nature we rely entirely upon the assistance from volunteers.

Provisionally discussed date is **Saturday 24th June** - further information will be circulated.

SPEED SIGNS

You may have noticed the speed signs in the village.

They will move to different locations but please use the opportunity these temporary signs provide to reflect upon your speed as you enter our village.

VILLAGE FAIR

I am sure that we all look forward to June 21st when, with any luck, we all get let free again. We missed the annual Fair on the Green last year and probably will again this year. There has been some sort of Fair on the Green on the 21st and 22nd June for many centuries.



Armstrong's History and Antiquities of the County of Norfolk (1781) has this to say about the Green and its annual Fair:

The green is pleasant and looks chearful, from a number of small brick'd houses which surround it.

On this green is annually held a fair on the 22d of June, for horses, cattle, toys, etc. About forty years ago it was always honoured with the company of the neighbouring nobility and gentry, who frequently attended this scene of rural festivity in such numbers, that ten coaches together was no uncommon appearance. At that time country assemblies were less frequent, and men of fortune were glad even to make a fair a place of rendezvous for meeting each other; but since every market town now has its balls and assemblies, people of fashion can see each other in public, even during their retreat in the country, without the disagreeable necessity of mixing perhaps sometimes with their own servants. At present this fair, though attended by many reputable farmers, is chiefly crouded with the more numerous orders of mankind, labourers and servants, who annually assemble here to forget their cares and their dependance.

So, in the 1740s it was a very fashionable and well-attended local event. Valerie King has been searching for the record of the original Charter, believed to date from the time of King John (reigned 1199-1216). The Green at Aldborough was part of the manor of Hanworth historically and so the Charter would have awarded the right to hold a Fair to the Lord of that manor.

According to the Victoria County History section on Hanworth: King John, in his 5th year, granted to Roger Bigot Earl of Norfolk, lord of this town, the privilege of a fair, on the vigil, the day, and the day after St. Bartholomew. St Bartholomew's is the parish Church. However, St Bartholomew's Saint's Day is August 24th so this refers to a Charter for a different Fair.

A case in Chancery before the Sheriff of Norfolk at Hanworth in 1347 refers to Edward de Montacute [Montagu] owning a substantial estate at Hanworth and the rights listed include that to hold three annual fairs worth £8 12d. By the reign of Henry VII in 1489, the Lord of the manor of Hanworth had Picage (the right to charge fees) for stalls at Aldborough Fair and Hanworth Fair.

A right to hold a Fair at Aldeburgh, Suffolk, is recorded in 1275 (3rd of Edward I) as being awarded to Roger Bigot, 5th Earl of Norfolk (and to his Uncle also Roger, the 4th Earl, previously), to be held on 29th June, on the Feast of St Peter and St Paul, the saints of the parish Church there. The Bigod family, held extensive estates in East Anglia and throughout England, including our Aldborough and the Suffolk Aldeburgh.



So the Charter for a Midsummer Fair at Aldborough remains lost but we will keep digging around for it!

(Pictures: David Bale. - Credit: Archant)

(Words Aldborough History Group)

HOSPICE ETHIOPIA UK

Hospice Ethiopia UK is a small UK registered charity based in Aldborough. It supports the provision of palliative care in Ethiopia.



Ethiopia is a huge country with a population of more than 105 million. It may seem extraordinary that a charity in a small north Norfolk village supports those living over 3,500 miles away but as is so often the case it happened by pure chance.

I am a specialist palliative care nurse based at Priscilla Bacon Lodge (PBL) in Norwich. I've lived in Aldborough for nearly 30 years and have been interested in the care of the dying for more than 40 years. In 2011 a small group of us at PBL decided that we would like our hospice to be 'twinned' with one in a low income country. Our research led us to Hospice Ethiopia based in the capital of Ethiopia: Addis Adaba. Our initial plans were much more about exchange visits, exchange of medical knowledge and education. However, what has become apparent over the years is that what they really need above all else is funds. They receive no funding from the Ethiopian government and virtually no funds from within Ethiopia. Hence our support group has grown from raising £2,000 a year to more than £50,000 a year (with unflinching support from family and friends) to support the nurses to deliver symptom control to those dying in difficult circumstances in Ethiopia. This is all done from our kitchen table; we do not employ anyone so that all money donated goes to where it's really needed. The support we've had locally for our charity has been humbling.

Access to cancer treatment is very limited in Ethiopia, so the only realistic option for people with a terminal illness is the relief of pain and other distressing symptoms. The nurses visit patients in their own homes and provide free of charge medicines, for example pain killers, medical supplies, advice and support for those approaching the end of their lives. In addition, they run courses to train other health care professionals



in how to promote quality of life in their patients by relieving the suffering caused by symptoms such as pain, nausea, vomiting, anxiety and depression.

Prior to the pandemic, Jamie and I visited Ethiopia at least once a year to deliver small items of equipment which are difficult or impossible to obtain there (for example stoma bags). We have built up a strong relationship with the Director of Hospice Ethiopia and his staff. We spend time visiting their



patients, understanding what the needs are in Ethiopia and checking how the funds we send there are spent. Seeing patients in Ethiopia who need palliative care, I am struck by the fact that their symptoms and worries are no different from those I visit in North Norfolk; they have the same fears about pain, family, dying that we have in Norfolk. We feel privileged to have met many

inspirational people living and working in Ethiopia and are looking forward to returning as soon as the pandemic has subsided.

After many years of trying to obtain a UK visa the Director of Hospice Ethiopia finally came to visit us in Aldborough in 2019. What a lot of 'firsts' for him; from celebrating harvest festival in Aldborough Church Room (with local produce rarely seen in Ethiopia), eating fish and chips in Cromer, seeing Norwich Cathedral, to seeing the sea (he had no idea that waves were so noisy). It was a memorable trip for us all and we hope it won't be too long before he returns for another visit.

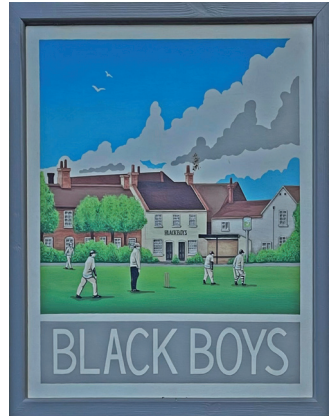
Sue Mumford

For further information please visit our website www.hospiceethiopia.org.uk or ring me at home.

ROYALIST PUB?

With our local pub having a new sign and opening again on May 17th it seems a good time to reflect on its name. Doing a little research it quickly becomes clear that The Black Boys is not a rare pub name.

There are at least a dozen or so around the country, the next nearest being the one in Aylsham. Various different reasons have been put forward for the name. The WI village history for Aldborough suggests that Dominican friars from a nearby priory at Thurgarton may have strolled in for a pint and be the root of the name. However, although the Prior of Holme held land in Thurgarton, Norfolk, there is no record of a priory here. There is a Priory at Thurgarton, Nottinghamshire, which may be the source of the confusion.



Another line of argument is that the name derives from the covering of the face with soot to hide identity when begging, alleged to be the beginning of 'black face' in Morris dancing (apparently now changed to 'blue face').

Other suggestions are the footmen of coaches being covered in mud, however before Toll Roads carriage speed was probably rarely sufficient to throw up any mud! Most of the pubs named The Black Boy, The Black Boy's or The Black Boys appear in records from the seventeenth century onwards but there is a record of a transaction at the sign of The Black Boy at Sevenoaks in Kent in 1592, so there were clearly pubs of this name before the mid-seventeenth century.



There may therefore be specific reasons in each case. Recent DNA research on skeletons from the Mary Rose has identified one sailor as being of North African (Moorish, Berber) origin, so people with darker complexions were certainly present in English society from an early date, long before the transatlantic slave trade began. There is nothing inherently racist or slavery-related about the pub name.

The pub sign below is for The Black Boy at Wyre Hill, near Pershore in Worcestershire <https://www.geograph.org.uk/photo/2129447> The accompanying text reads:

"This splendid new sign has only been up a few months, and replaces the



previous much-faded Banks's sign. It shows King Charles II."

Bewdley was a strongly Royalist town in the 17th century civil war between the Royalists and Parliament. During the few years the country was a republic under Oliver Cromwell, the Royal Toast was forbidden. It became the custom for Royalists in that period to drink a toast to the health of "The Black Boy Across The Water". This was a reference to the fact that Charles II had a fairly dark complexion.

Eventually he was restored to the English throne in 1660.

Norfolk is usually described as a Parliamentary stronghold but this glosses over the complexity of the issues that led to the Civil War. While the largely Protestant merchants of the urban centres such as Norwich supported Parliament against Charles I, the absolutist Catholic monarch, there were plenty of aristocrats and gentry in Norfolk whose power resided in the court rather than in Parliament. There were also plenty of ordinary Catholics afraid of the persecution that would follow a parliamentary victory. It follows that in the rural areas of Norfolk there was plenty of Royalist support. This support had to be expressed in secret, among friends, during the Commonwealth period. Hence all manner of secret signs and symbols to show 'which foot you kicked with'.



After the Restoration of Charles II in 1660, some of the public houses were renamed as a celebration of the famous toast. The Aylsham Black Boys Hotel became a public house about this time. In 1679 Sir John Hinton, Charles II's physician, wrote to the king about General Monk who famously marched the army south from Edinburgh to control London, reinstate Parliament which then invited Charles II to take the throne. In his letter he says:

The day before General Monk went into Scotland he dined with me, for I had contracted a great friendship with him, when he was of our party ; and after dinner, he called me into the next room, and after some general discourse, taking a lusty glass of wine, he drank a health to his Black Boy (as he called your Majesty), and whispered to me that if ever he had power he would serve your Majesty to the utmost of his life.

As with many things of this nature the exact reason for the name may never be known and are often not as obvious as may be thought at first sight.

(Words Aldborough History Group)

ECO-HOUSE BUILD

With five weeks to go until the house was due to be delivered, the ground works team arrived. The surveyor had previously been to site and had plotted the foundation trenches using GPS.

- Day one The groundwork crew dug the trenches.
- Day two The concrete was poured into the trenches.
- Day three The surplus soil was removed, leaving a house shaped hole.
 The surveyor returned, this time to peg out the house (again using GPS)
 The bricklayer laid five courses of bricks as shuttering for the house slab.
- Day four With an aggregate base and reinforced metal the concrete slab was poured.
- Day five The Project Manager came and checked all was in order for delivery of
 the house.

At 07:00 on Monday 19th April, the first articulated lorry, a forty ton crane and a crew of six arrived.

Along with many spectators, we watched in awe as the panels were craned into position. By 11:00 Dave and myself donned hard hats and entered our new home for the very first time. We looked up to see sunshine and then ceilings, later that day the roof was almost finished. In six weeks time we'll be moving into our beautiful new eco home.

This surely is the way to build houses in this modern world!!



FINAL WORDS

The clocks leaped forward and the days are getting longer, such a wonderful time of year.

We have just received all the cleaning equipment from Weber to clean the barbeque in anticipation of the 17th of May and having 6 people around the table; hugs, drinks, laughs and good grub. It has arrived: our lives are returning to some semblance of normality. In the village, the cricket has started and it is with pure joy that we listen to the wonderful sounds of children, parents and cricketers enjoying time on our beautiful green.

Maybe some of our readers are packing for their holiday abroad, or at least hesitantly reserving tickets and hotel rooms. Nick and I, now both fully vaccinated, have taken the plunge and booked a short staycation not too far away and very much look forward to eating in a restaurant again and staying somewhere new. However, I can't yet shake the feeling of uncertainty – I am sure that all of this unlocking and reintegration will become easier with time.

Just a final word – do what feels safest for you while these things reopen. It has been a long time of seclusion, lack of socialising and worry for many and there is no expectation for anyone to leap back to normality. There will be plans over the coming months to get the village together in as safe a way possible and we look forward to seeing everyone in the coming weeks and months, as and when people feel comfortable to do so.



01263
761649

The Black Boys ALDBOROUGH



The Black Boys opens on May 17th with a full range of drinks and food. The staff welcome you all, under the watchful eye of Sandra. The Black Boys has undergone refurbishment and further details will be outlined in due course.

<https://www.facebook.com/BlackBoysAldborough>

www.blackboysaldborough.co.uk

Aldborough Primary School

“Outstanding outside area, fabulous school!”
Come and find out what we can offer your child.
#Iwantthatformychild

“The outside space is amazing at this school. I have witnessed first hand how being outside not only supports their literacy and maths but also their confidence, and self esteem - brilliant!”

Aldborough Primary School

Alby Hill, Aldborough, Norwich, Norfolk, NR11 7PH

01263 761264

www.aldborough.norfolk.sch.uk

