



New Buckenham Parish News



December 2020 & January 2021

CARDS FOR GOOD CAUSES

* * CHARITY * * CHRISTMAS * * * * CARD SHOP * *



SUPPORTING LOCAL
& NATIONAL CHARITIES

SO, DON'T FORGET * *
ANYONE THIS YEAR! * *

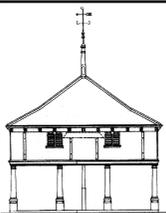
**The Forum
Millennium Plain
Norwich**

**Mon-Sat 10-5
Sun 11-4**

THE HOME OF CHARITY CHRISTMAS CARDS



WWW.CARDSFORCHARITY.ORG.UK



New Buckenham Parish News

December 2020 & January 2021

Merry Christmas and a Happy New Year

We would like to send season's greetings to all our readers. We wish you a very merry, safe and peaceful festive season with best wishes for the New Year.

We would also like to remind you that this issue of Parish News covers December 2020 and January 2021, so the next issue will be with you at the start of February.

Parish News Committee: Mike Boswell, Mary Dowson, Geoff Gildersleeve and Richard Hoggett.

Thank You

This edition of *Parish News* has been sponsored in memory of Brian Knappett.

We are very grateful to all our sponsors who have helped to cover our production costs during 2020. If you would be interested in sponsoring an issue of *Parish News* in 2021, please get in touch (see back cover).

Finally, we would also like to thank our delivery team who make sure you receive your copy of *Parish News* each month.

Parish News Committee

A Big Thank You & Update on the Community Car Scheme

In last month's *Parish News*, Karen Hobley, on behalf of the Parish Council, wrote of Violet Highton's recent retirement from her longstanding service as co-ordinator of the village car scheme and gave thanks and praise for all her diligence and dedication for over 10 years. I know that all of the many users of the scheme and the community at large, would also like to echo those thanks and appreciation to Violet for her commitment and conscientiousness in providing and maintaining such a reliable and responsive car scheme (even if it did occasionally require her, always most courteously, to 'lean on' a more hesitant volunteer driver!).

As Karen also mentioned, as a long-standing member of the scheme, I agreed with Violet and the Parish Council to pick up her role in a 'caretaker' capacity.

Obviously the Pandemic and the resulting government guidance has had an enormous impact on the service's ability to function over the last seven months. Having presented to the Parish Council a review of all of the elements of our current scheme, including age and vulnerability of our drivers, reduction of need following reduced availability of 'medical' services, alongside the government Coronavirus guidelines and requirements needed around health and safety for drivers and service users, it has been decided by the Parish Council to suspend the service and this will be reviewed in January 2021.

I have been linking closely with Alice Cattermole (NB Helping Hands) and will continue to do so regarding any urgent transport requests that may arise, as we do have possible access to a taxi service Breckland Council can provide, with sufficient notice (i.e. more than 24hrs) for URGENT medical appointments, when no other option is available.

Continued on page 6...



The Orchard Montessori

Preschool & Nursery

OFSTED registered

NEWLY OPENED!

- Free spaces available for 2, 3 and 4 year olds
- Idyllic rural location
- Full Montessori Programme in line with the Early Years Foundation Stage (EYFS)
- Experienced and qualified staff and management team
- High staff/child ratios
- Exceptional indoor/outdoor play opportunities

**The Orchard Montessori Preschool & Nursery
The Fen, Banham NR16 2BU**

t: 01953 887863 m: 07443658586
e: theorchardmontessori@gmail.com

www.theorchardmontessori.co.uk



Pete Vale



**Professional
Painter, Decorator
and Airless Sprayer**

Accredited by the P.D.A
High quality, friendly service
Fully insured
Free quotations

T 01953 861 230

M 07986 114 108

E peter.vale@hotmail.co.uk



PValeDecorating



Andy Free

Dip FD



Independent family funeral director

'Quietly helping and guiding bereaved families for many years now, our family team offer guidance and direction at a time most needed'

Pre-paid Funeral Plans and Memorialisation Available

Attleborough 01953 452455

Wymondham 01953 605222

attleborough@andyfree.com

wymondham@andyfree.com

24 hour service

This is an opportunity to take stock and also to thank all the existing (nine) volunteer drivers in the scheme, some of whom have been driving for the scheme for over 12 years, as well as those retired from the scheme but still around! We are all committed to the service and eager to get it back and running as soon as it is safe to do so.

In the meantime, I am happy to hear from anyone who might be interested in either becoming a volunteer driver or taking over the role of Co-ordinator on a permanent basis in the future.

I will continue to keep you informed of any changes or developments in relation to the car scheme and will use the coming months to review all the procedures and driver requirements that will be needed for when the scheme can be reopened.

Gerry Walsh

On behalf of the Community Car Service / 861027

Welcome to New Buckenham

We extend a warm welcome to Hazel and Gordon Bingham-Hall who have moved into 3 Moat Lane – they will always appreciate a wave as you walk past!

Parish News Committee

Season's Greetings

A huge thank you to everyone for their support and kindness during lockdown. I wish you a very Happy Christmas and send all good wishes for the New Year.

Mary and Bess, Thatched Cottage

St Mary's Residential Care Home

Market Place, New Buckenham, Norfolk, NR16 2AN

tel: 01953 860 956 email: manager@stmaryshome.co.uk

A home from home, at St Mary's, we offer 24-hour person-centered care within safe, warm and friendly surroundings with an emphasis on providing a high quality of life.

- Care services offered include day care, respite, dementia, palliative, end of life and long/short-term residential care
- Day care services include hot meals & refreshments
- Freshly prepared meals, including catering for special diets - Consistently received highest Food Hygiene rating of 5 star
- Single occupancy rooms, passenger lift, two enclosed gardens, Wi-Fi, nurse call facilities, wheelchair friendly wet room and a hair salon
- Residents enjoy engaging and stimulating activities
- Top ratings by residents, family & friends and healthcare professionals
- Social Services and self-funding residents welcome
- Self-funding residents offered very competitive rates
- Care package tailor-made to meet your requirements
- No-obligation free trial day offered

For further information or for a fact-finding visit, please contact the manager on 01953 860 956 or email manager@stmaryshome.co.uk

Registered and licensed to provide services by the Care Quality Commission (CQC)

- Under new management -

Kokedama: A new shop for New Buck!

You may have noticed that the old shop in Bakehouse Cottage, King Street has bit-by-bit been turning into a wonderful plant and gift shop. In a way lockdown has given us a bit of space to set things up.

Caryn's stall on Norwich Market has now closed. It became unviable due to low footfall, lockdown and high rents. Earlier in the year Caryn and Tony, her partner, kept things going with home cooked food deliveries which was a great success and kept them very busy.

Moving on to their next project (they like a project!), realising the rising popularity of indoor plants and gardening due to all the restrictions and being lovers of plants and interior decoration opening the shop up again seemed like a no brainer!

Bakehouse Cottage has evolved over the years, having been a corn merchant's and many other trades long ago. Caryn's mother was a potter and sold her pots from the shop. Then, when Caryn moved into the Cottage, she opened it up again to sell off items that were remaining of her mother's, then gradually replaced this with clothes and 'bohemian style' items gathered from around the world. The stall on Norwich market was an offshoot of this.

Kokedama is a ball of soil, covered with moss, on which an ornamental plant grows. The idea has its origins in Japan, where it is a combination of the nearai bonsai and kusamono planting styles. Caryn and Tony have decided that this will be the name of their shop, which will sell indoor plants, homeware products, gifts, jewellery, gift vouchers, etc.

The shop will officially open on Thursday 3rd December. Until Covid is behind us, unfortunately people can only visit by appointment, which you can make by calling one of the three numbers on the advert or through the appointment facility on the Facebook page of the same name. One person at a time will be able to visit or more if part of the same bubble.

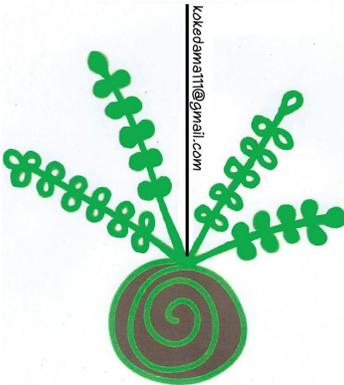
Customers will be asked to sanitise hands on entry and Caryn or Tony will be nearby for any help or advice.

New Buckenham has always welcomed new businesses into the village and Caryn and Tony are looking forward to welcoming new customers on their exciting journey into the world of plants!

Caryn Lewis

KOKEDAMA

THE JOY OF PLANTS



YOUR LOCAL SHOP FOR
PLANTS, GIFTS AND HOME
DECORATION IN THE HEART
OF NEW BUCKENHAM

OPEN FOR PRIVATE VIEWINGS
(DUE TO COVID). 1 PERSON OR
MORE IF PART OF A BUBBLE.
NO OBLIGATION!

APPOINTMENTS AVAILABLE
TUESDAYS-SATURDAYS 11-5PM
CALL CARYN OR TONY ON

01953 860 512 OR
07940377998 OR 07825664867

BAKEHOUSE COTTAGE, KING ST, NEW BUCKENHAM, NR16 2AF



Royal British Legion Poppy Appeal

Despite the lack of door-to-door collections, this year's Royal British Legion Poppy Appeal raised a total of £383.05p. Many thanks to all of those who made a donation!

Barbie Goes to Bethlehem: Can You Help?

In the first lockdown, when the church was completely closed, many people enjoyed the Mothering Sunday and Easter displays we put in the porch. This time round, you can get in to borrow books or for a quiet sit or even, hopefully, for Christmas services, but we thought we'd continue the practice of decorating the porch for all to see.



We can't put our fragile crib figures out there, so we're inviting the whole village to help make something different! Come and collect a Barbie/Action Man/Disney Hero from the church from 10am on the morning of Saturday December 5th; leave your name and tick off which character you'd like to dress them as – Mary, Joseph, angels, innkeeper and wife, shepherd(esse)s, wise (wo) men, and maybe a few others! I have 15 Barbies and 9 chaps (don't ask why) so plenty for all. Then, bring them back to make the

tableau on the morning of Saturday 12th December. This is open to all ages and if children have animal figures they'd like to lend, please bring them along too!

Google 'Barbie Nativity' for inspiration, then get sewing/sticking/stapling – no great skill expected!

Susan Jowett

860929

BEAUTY BOX

AND FOOT HEALTH PRACTICE

Dermologica facials / Body treatments

Aromatherapy and Swedish massage

Indian Head massage

Manicures / Pedicures

Nail extensions

Waxing Electrolysis

General foot care / nail cutting

Corns / Hard Skin

Ingrowing toe nails

Verruca treatment / Diabetic Feet

HOME VISITS AVAILABLE

Gayle Wilby Dip CFHP / MPSPract

A MEMBER OF THE ALLIANCE OF PRIVATE SECTOR
PRACTITIONERS

1 Norwich Road, New Buckenham

Tel: 01953 861 021

Just Ask

Property Maintenance

for all your property requirements
specialising in Kitchens and Bathrooms

Free No Obligation Quotes

Just Ask Paul

on

01953 861476 or 07584 283624

email: justaskpaul1@yahoo.co.uk



HAND-MADE WINDOWS
DOORS, KITCHENS
AND FURNITURE

JB CARPENTRY



EVERYONE IS TALKING ABOUT
JAMIE'S HAND MADE WOODWORK
TELEPHONE JAMIE ON
01953 860 933

Broadland

TREE SERVICES

- Tree Surgery
- Consultancy
- Landscaping
- Stump Grinding
- Wood chippings for sale
- Access Hire

J K Anderson
NDF F. ARBOR. A

P J Anderson
ND. ARB

The Limes, Rothbury Rd, Wymondham

t: 01953 607715

Sycamore House, Tanning Lane, New Buckenham

t: 01953 860370

www.broadlandtreeservices.co.uk

BIZ BUZZ



Greetings Biz Bods!

Time to catch up on the latest Biz Buzz

The crisis updates are continuing on Facebook and Next Door platforms.

This month, it's all about FOOD GLORIOUS FOOD! Well, perhaps it's more about how our

local businesses are overcoming lockdown

- ⇒ Angel Cakes takeaways are flying out of the door.
- ⇒ King's Head gets into the Best Pub Guide for 2021 and offers king-size Friday night takeaways.
- ⇒ King's Stores get a right royal thumbs up from the Queen's Lord Lieutenant of Norfolk.
- ⇒ Free Brexit webinars to help you get a handle on what's happening.
- ⇒ The latest on the County Broadband deal.
- ⇒ And, of course, the extraordinary twists and turns of the Mobile Phone Mast Mystery!

If you have any biz notes please send to: info@np4nb.online

Biz Buzz is a group of business folk and wannabes in and around New Buckenham spreading the news, offering support and swapping contacts.

Janet Trewin

Darren Rush

BUILDER & DECORATOR

All types of building work undertaken including: -

- Specialising in Older Properties
- Extensions / Loft Conversions
- Roofing
- Property Maintenance
- Landscape Gardening

MOBILE: 07778 602 026
HOME: 01953 860 693

SMART GARDENS

Lawns & Borders
Maintained

Spring & Autumn Pruning

Hedges Trimmed

For a free quote ring

Vicky or Alan

01953 860451

vickyal0712@gmail.com

HEALTHY FOOT CARE

Routine Foot and Nail Treatment in the Comfort of your

own Home
Please Call
07500 516276



YOUR SMART INSTITUTE

Fungal Nail Infections
Corns and Callus Removal
Ingrown Toenail Treatment
Footcare for Diabetic Patients
Reduction of Thickened Nails
Treatment for Cracked Heels
Verruca Treatment
Nail Trimming



Fully insured



Tacolneston Osteopaths

Yvonne Ayliffe D.O.FSCCO BSSCMD MICrA
Chloe Savage M.Ost DPO Chanté Batson M.Ost
9 The Fields, Tacolneston

Tel: 01953 789629
07770652839

reception@norfolkost.co.uk

- Experienced osteopath qualified for 38 years
 - Gentle Osteopathy for the elderly
 - Cranial Osteopathy
 - Headaches and migraine, acute necks
 - Sporting injuries, accidents & whiplash
 - For muscular and joint problems
 - Repetitive strain injuries at work or at home
 - Pre- & post- pregnancy for mother and baby
- OSTEOPATHY FOR ALL**
Also at Aylsham 01263 732028



Village Bookstall

Once again, huge thanks to everyone who has brought and bought books and DVDs, and above all to Jane Ling who has taken the project over while Ian has been in hospital and convalescing. It has provided some much needed income for the church.

Our shelves are full at the moment, with lots more overspill in the pews on the far side of the church, which is also where the DVDs are. As we are now thinking about spacing congregations for Christmas, we regret won't be able to accept any more donations until the new year and then probably only fiction.

But, please do keep buying – there are some excellent food books, big sections on biography and well being, and a separate children's section, as well as lots of fiction.

Susie Jowett / 860929

New Village Interpretation Panel

Did you know that the Almshouses are built in a Jacobean style and have links to the Netherlands? Or that Chapel Hill was once known as Hippy Hill? Residents and visitors can now find these fascinating facts and lots of other information about our village on the new interpretation panel which is now on display in the parish noticeboard on the Market Place.

We also offer a handy pocket-sized preview of the panel on the following pages!

Andrew Bingham

Kings Stores

We offer a wide range of services and supplies including groceries, fresh meat and veg, newspapers, lottery, dry cleaners and lots more ...

**Opening Hours: Monday – Saturday 7 am to 6 pm
Sunday 9 am – 12.00 pm**

Post Office: Wednesday 10.30 am – 12.00 pm

Why not call in and give us a try?

Look out for our special offers!

01953 860264

***Breckland Brush
Chimney Sweep
& Stove Installation***



NATIONAL ASSOC. OF CHIMNEY SWEEPS

Qualified Experienced Professional

sweep@brecklandbrush.co.uk

01953 881579 / 07966 298777

Mrs Samantha McCluskey

BSc(hons) Pod Med, PGDip, MCPod, HCPC

Podiatrist/ Chiropodist

14 years' experience in the NHS

Professional assessment and
treatment in your own home

Tel: 07905 724408



Welcome to New Buckenham – a Norman planned town

The Town, our Village

After the Norman conquest King William II and his successor Henry I gave estates to the powerful Norman baron William d'Albini who moved his principal manor from Castle Rising to what is now Old Buckenham.

Around 1140 d'Albini started building a new castle, on higher ground close to a river crossing by the Norwich to Bury St. Edmunds road. Before his death in 1176 he founded a town at its gates.

Enclosed by a water-filled moat, the town of New Buckenham was planned on a gridded street pattern. The layout of the town, now effectively a village, and its relationship to the castle makes it of national importance. New Buckenham is, and always has been, a dynamic and changing village, and it is hoped that its heritage will be maintained well into the 21st century and beyond.



The village has retained much of its original grid system.

New Buckenham's economy was founded on trade and commerce resulting in tightly packed buildings and regularly aligned streets.

The medieval town had a thriving economy with numerous trades and drinking houses. By the late 16th century there were at least eight brewers in the town. In 1500 John Babdon was accused of running an immoral house, harbouring suspect persons and keeping an eating and drinking house open during divine service. The Bull Inn where this allegedly took place is now called Beech House and stands at the entrance to the village close to the playground car park.

Around the village you will see house names indicating



Few buildings in the village are Grade II-listed.

New Buckenham has largely retained its original layout, although a housing boom in the 16th century saw the town expand beyond the boundaries of the town ditch. There remains a wealth of timber framed housing and Grade II-listed buildings hidden behind 18th and 19th century brick frontages. Building continues in the village with some striking examples of 21st century housing sitting comfortably within the village's original medieval layout.

Church and Chapels

The historic parish church of St Martin **(5)** now a Grade II-listed building, was founded in the 1240s. However there is little left of the original medieval church, as later benefactors enhanced and expanded the building during the 15th and 16th centuries.

With some fine Victorian stained glass and restored bells, the church and churchyard are a peaceful and welcoming space.



New Buckenham Archive



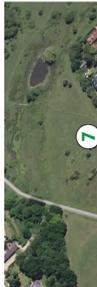
St Martin's church with its sizeable clock that faces towards the Market Place.

St Mary's Chapel **(7)** stands beside the castle. Built around 1150 it was probably the first place of worship in the village. The chapel fell out of use during the Dissolution of the Monasteries and was used as a cattle barn. It has since been restored as a dwelling.



St Mary's Chapel is a scheduled monument.

There were at least three nonconformist chapels in the village, built in the 1800s, all of which have now been converted into living spaces.



7

Markets and the Market Cross

The market cross building **(6)** has its origins in the 16th century. It was constructed with materials from older shops and stalls around the market place. On market days, the cross would have been used as a meeting point.



Painting of Market Cross - 1820s



'Whipping post'

The building also housed the town bustel, a container which was chained under the cross and deployed to ensure traders used accurate weights and measures. The Market Cross building was moved to its current position in the 18th century. By the mid-19th century markets were no longer held although a small number of annual fairs continued. The green is a registered common and is still called the Market Place.



Old Buckenham Archive



Although markets no longer take place in New Buckenham, it is still a favourite place for gatherings, fairs and local events.

Chapel Hill

A cul-de-sac with a set of picturesque timber framed cottages built between 1615 and 1635. Restored with love in the 1970s, it is now known fondly as 'Happy Hill' **(3)**



Old Buckenham Archive

former inns, such as Swan Cottage and White Horse Cottage. Now just one public house remains, the King's Head which has its origins in the 17th century.



The Castle and Town Ditch

Buckenham Castle **1** comprises a large earth mound surrounded by a deep moat, on top of which stands the earliest circular keep in England. The inner bailey and the ramparts are a glory of snowdrops in the spring. The original entrance was on the east, linking the castle to the town. At some point in its history the earthworks were raised, the eastern gate blocked, and a new western gate and bridge were constructed, which are still used to access the castle today. The castle was occupied from the 12th to the 17th centuries, and was finally abandoned during the civil war. Connected to the castle moat is the Town Ditch, which was originally at least five metres wide and enclosed the Norman town. Most of the Town Ditch has since been filled in but you can still see traces of it by the village hall or beside the footpath between the castle and Church Street. The castle was only attacked once in its lifetime, in 1265, when it withstood an attack by the forces of Sir Henry Hastings.



The keep.



The earthworks are overwhelmed with trees and undergrowth, but you can climb a set of steps to the top of the ramparts.

The Almshouses

There have been Almshouses **4** on Castle Hill Road since 1692 when William Barber left a bequest to build houses for the poor. In 1861 the current houses were built to provide homes for poor people of the parish to live rent free. This characterful Victorian terrace harks back to a Jacobean style with gable ends, so popular in the grand houses of Norfolk, establishing our links with the Netherlands.



Refurbished and restored, the Almshouses offer affordable housing for single occupants who have some family links with the parish.



Chapel Hill in the 1970s.

The restored buildings.

The Common

New Buckenham Common **7** is one of the largest Norfolk commons still used for grazing. Outside the eastern gate of the planned Norman settlement, the common borders Carlton Rode parish and disputes over the boundary and use of the common are recorded from the 16th century onwards. Today, some parishioners retain grazing rights.



The northern part of the common was designated A Site of Special Scientific Interest (SSSI) in 1985.

The common is owned and managed by the Norfolk Wildlife Trust and is home to a rich variety of flora including a large colony of green-winged orchids plus three other species of orchid. One of the pools, Spittle Mere, usually holds water all year and is a very good habitat for great crested newts.



The landscape is part of the village Green-winged orchids for all to enjoy.

There are three suggested circular walks, all starting from the play area or park. Detailed leaflets can be found in the village shop, the pub, the church and the village hall.

- A. Around the castle
- B. Around the town
- C. Across the common

New Buckenham Parish Council
Community Fund

We hope you enjoy visiting our village



Sign designed by Ruth Murray 2020

New Buckenham Climate Action Now Adopt a Tree Project

This has been a joyous and uplifting project in these dark and uncertain times. We started this project back in February this year with an application to the Parish Council Community Fund which we were delighted to get. Thank you Parish Council for supporting this project. We leafleted the village to find adopters of trees and we were astounded and excited that all the trees had gone in under 6 hours! The next stage was to decide on and buy the trees and we were expertly helped in this by Phil Anderson who is a tree encyclopaedia. One wet Sunday morning in October some of us from CAN visited Phil's glorious wood and chose the trees we wanted for the project. It was a magical visit and we were protected from the rain by the many diverse and beautiful trees and were serenaded with bird song.



We began planting on Saturday 24th October. Gerry and Geoff Gildersleeve were our first planters, ably assisted by their son Simon. They had chosen a Field Maple. Tom and Cheryl Underwood with their lovely boys (*left*) planted our second tree – they had chosen a Rowan as this is Tom's middle name! The boys were enthusiastic diggers and found some interesting artefacts in the form of old bones and a mobile

phone. Grandparents John and Alison were there for moral support and photos. In the afternoon, Michele and Chris planted a flowering cherry for their grandchildren in Australia.

On Sunday the 25th October Andrea and some of her childminded children planted a Holm Oak, an evergreen oak. She started digging with two boys and then two girls arrived to help. The children are already planning to decorate their tree for Christmas and are visiting it every day to tell it stories and sing it songs. Nicky and Mark from Oak Cottage planted their chosen tree, which is a Bramley apple, and have dedicated this to Mark's mother and father, who had a Bramley, and Mark remembers the delicious apple pies made by his mum. In the afternoon, another flowering cherry was planted by Hollie, who has only lived in the village a few months.

The next planting was on the 27th and the weather had changed. Undaunted, Michele guided Archie, Ellie and Carolyn to plant the beautiful Winter Orange Lime tree on the Village Green (*right*) after a false start of old roots blocking new! In the afternoon, Sue was on hand for the planting of our second Field Maple, planted by Nicola and John King.



We had a short break from planting and, oh dear, the second lock down happened! So, well done planters for planting in your own family groups with no CAN supporters. On Saturday 7th November, Mandy and her family planted a Cox apple; the Diss Express came to take photos and have written a wonderful article which appeared on 12th November:

<https://www.dissexpress.co.uk/news/villagers-unite-to-make-sure-real-change-is-rooted-in-trees-9129867/>

Continued on page 21...

Later that day, Kim planted the beautiful Fastigiata Oak which she has named Gabriel. You will need to ask Kim why (*or brush up on your Thomas Hardy – ed.*)! Later still, Mark planted the second Rowan. This planting project was completed on Saturday 14th by Anke and Cliff who planted the elegant Silver Birch Tree.

Each adopter has been given a plaque for their tree and a pack about their tree, a tree-finding search around New Buckenham, a wild flower guide, a book about the importance of being outdoors and a tree card game.

CAN would like to thank all the adopters mentioned above for their enthusiasm for this project and for agreeing to nurture and care for these diverse and beautiful community trees. The trees belong to the landowners and we thank Karen Hobley and the Parish Council for allowing us to plant on village land and supporting this project. We would also like to thank Jimpy Casson for allowing us to plant on the Village Green, which belongs to the High Bailiff's Trust.

Finally, huge thanks go to the Anderson family. Phil, Tom and Rory for guiding us and teaching us about the trees and for ensuring we could dig our holes! Thank you also for staking and securing these young trees. Thanks go to Jeanie for giving CAN some residue money from the closed New Buckenham Ball fund which enabled us to buy three more trees and satisfy three adopters who were on a waiting list.

If you read the article in the Diss Express you will see some of the ideas that CAN have for rewilding and rediscovering some neglected habitats in the village which we hope will give joy to you all.

Thank you New Buckenham for embracing this project!

The CAN Team – Annie, Fizz, Mandy, Michele, Phil and Sue.

New Buckenham Parish Council

Our next meeting will be held on Tuesday 8th December and will take place via Zoom. In order to join us you will need to download Zoom on to your laptop, tablet or phone. Details of how to join us for the meeting will be posted a few days beforehand on the Parish Council website and on our noticeboard on the Village Green. All parishioners are welcome to sign in. In the meantime, contact details for the Parish Council can be found on the back cover in this *Parish News*. Please contact me or any other councillor if you need further information about the meeting or any other Parish Council matters.

Dates for 2021

All meetings are held on the second Tuesday of the month at 7:30pm in the Village Hall. The meeting dates for 2021 are: 12th January; 9th February; 9th March; 13th April; 11th May; 8th June; 13th July; 14th September; 12th October; 9th November and 14th December. The Parish Council does not meet in August.

As a result of discussions in our last meeting, please may I ask people who park in Boosey's walk to give some consideration as to where and how they park? There have been a number of issues where vehicles have been unable to drive safely between parked cars. This has affected the refuse collection lorry and would, of course, impact on any emergency vehicles trying to get through. Your co-operation in this matter is very much appreciated. Thank you.

At the end of a very difficult year, I send best wishes to all *Parish News* readers from everyone on the Parish Council - above everything, we hope you and your families have a healthy Christmas and New Year.

Karen Hobley

01953 860529 / karenhobley@hotmail.com

Summary of Draft Minutes November 2020

1. Minutes were approved as correct subject to two additions:
Cllr Bingham's request for a letter to be sent to Breckland about land at Cuffer Lane.
Cllr Bingham's offer to draft a letter for Parish News about County Broadband.

2. Matters Arising
Clerk reported a conversation with the owner of land adjoining Cuffer Lane. Despite the land being within Old Buckenham Parish, Council asked the Clerk to write to Breckland, copy to Old Buckenham, highlighting Cllr Bingham's concerns as to whether planning consent is needed.

3. Public Participation
 - a) Parish Councillor Reports
 - i) a resident has complained about an overhanging laurel hedge on Castle Hill Rd.
 - ii) there has been a positive response to the map/information recently added to the PC Noticeboard.
 - iii) William Barber Trust requested action regarding the drain overflowing in front of the Almshouses.
 - iv) Cllr Martin will be standing down from the Council after accepting a job overseas.
 - v) a wall in Boosey's Walk has been damaged by the refuse truck, Chair to write in PN to remind people who park there to leave adequate clearance.

Continued overleaf...

4. Financial Matters

- a) Financial Report for October was noted.
- b) Payments for November were approved.
- c) Chair and Vice Chair now have online access to the Council's bank account.

5. Community Car Scheme.

Violet Highton has stepped down as coordinator of CCS and Geraldine Walsh has volunteered to take up her role for the time being. The outstanding balance on the CCS has been transferred to the PC's bank account. The PC resolved that the scheme be suspended until the end of January because of difficulty providing the service due to Covid-19 restrictions. This to be reviewed at the January meeting. Gerry will be liaising with Helping Hands should there be a need for emergency transport. It was decided to decline the remainder of the Breckland Council grant. Council expressed enormous thanks to Violet for her outstanding contribution over many years.

6. Planning

Application: Petersfynde, Rosemary Lane – erection of 1.65 metre wooden fence to front and side of the property. Council does not formally object, but is concerned that it may diminish the appearance and character of the road.

Applications approved since last month: Thatched Cottage, Marsh Lane and 4 Chapel Street.

7. Neighbourhood Plan

The Steering Group invited the PC to an online workshop on Monday 7th December to discuss the revised Plan, which would be circulated w/c 22nd November.

8. Play Area.

Council accepted quotation from Sunshine Gym of £6733.90 + VAT for the supply and installation of adult outdoor fitness equipment, to be funded from the Community Project Fund.

9. Allotment

Plot 12 has become available, but a number of waste items will need to be removed before being handed over to new tenants. Clerk agreed to ask Phil Cook to clear the ground.

10. Amenities

Tree works in the cemetery and between Moat Lane and the Cricket Pavilion have been completed.

Mary Dowson, on behalf of New Buckenham Parish Council

200 Club Lucky Winners

Thank you for your continued support of the Village Hall. Here are the lucky winners for the latest draw. If you would like to join the 200 Club, please call Paul Madden (860850).

£20

Peter Wilson, Phil Hartley.

£10

Jim Orr, David Oliver, Chris Hoble, David Greenhill, Ellie Hupton, Emma Bird, Ann Gascoyne.

Winter Mindful Moments

As New Buckenham moves into the depths of winter months and daylight hours diminish, it is ever more important to look to ways which support and maintain our mental and physical wellbeing.

Making use of informal mindfulness might be something to consider. You may have heard the term mindfulness or being mindful in the media, but this can often give the impression it is something you have to be taught and comes with a sense of complexity and commitment. This can be true, but in this instance it does not need to be the case.

We already experience moments of mindfulness, but do not recognise it as such. We fail to attach any significant importance to our activity or experiences through our senses such as what we hear or see, smell, taste or touch, which can lead to us not being connected with the environment. In turn, the mind and body fail to communicate, losing the ability to monitor our overall wellbeing.

Relaxed mindfulness, full of appreciation and being kind to yourself, is simple and achievable for all. It just takes you having the mind to take a moment to pause, notice and be curious about what you are experiencing.

As daylight hours diminish, going for a Mindful walk during the day is a simple, yet effective, well-known practice rather than a walk for a walk's sake. To walk mindfully, notice your feet touching the ground and any sounds you make, pay attention to the activity and movements in the trees and hedgerows. Notice the breeze on your face, the temperature of the air and the sense of the winter sun. Being outdoors enables the brain to produce Serotonin, improving energy levels whilst regulating the urges to eat, supporting better sleep and fighting infection whilst lifting mood.

Continued on page 28...



SPIRE
SOLICITORS^{LP}

Outstanding advice
and legal expertise for
the region

How can we help?

- Agriculture
- Conveyancing
- Employment
- Family
- Wills, Tax & Probate
- Tenancy Management
- Litigation & Disputes
- Corporate & Commercial

Attleborough | Aylsham | Dereham | Diss | Norwich | Walton | Wymondham



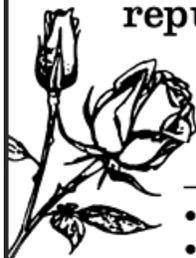
Lexcel
ACCREDITED

www.spiresolicitors.co.uk

SPIRE
SOLICITORS^{LP}

Rosedale FUNERAL HOME

Providing the very best care.
We have established our
reputation by providing
an exceptional
service at an
affordable cost.



- BEREAVEMENT SUPPORT GROUP
- ADVICE ON FUNERAL GRANTS

A family
business –
we believe it
makes a
difference



Yard House
High Street
Attleborough
NR17 2EH

24 HOUR TEL
01953
452538

Any activity which demands focus and attention, such as crafts, baking a cake, knitting, walking the dog or even making a cup of tea, can be viewed as being mindful, but all too often we do these things on autopilot. By reminding ourselves to take a step back, pause, take a breath and observe we offer the mind the opportunity to reset itself and reassess its priorities, in doing so feeling less pressured and stressed.

The difficulty people tend to find with mindfulness is they try too hard, and the harder you try the more elusive it becomes, setting up a resistance to what you are trying to achieve. So, focus on one task, relax, be yourself and make mindfulness your own.

How can we just pause and step back? Well, the first step in becoming mindful is the ability to notice you need to take a step back, perhaps because something is going wrong or you are aware that you are feeling stressed. Try taking a reasonably deep breath in through the nose and a longer steady out breath through the mouth at a speed to make a lit candle dance but not be blown out. As you breath out, allow the body to soften and the shoulders to drop away from the neck and face to soften. Repeat once more so you have achieved two cycles of breath. Now, allow the breath to be natural and notice how you feel. Using this breathing technique regularly throughout the day you may find that it reduces stress, feelings of low mood, anxiety and tension.

*John King, The Beams / jwkmind101@gmail.com
Clinical Mindfulness Practitioner & Trainer*

C.A. Rush Ltd., t/a Mill House Garage

MILL HOUSE GARAGE

THE COMMON, NEW BUCKENHAM

Tel: 01953 860 572-Fax: 01953 860 090

E-Mail: clive.rush@btconnect.com

EVERYTHING FOR THE MOTORIST...

M.O.T Station inc. Diesel and Catalyst cars

Full Diagnostic Facilities

Up-to-date E.C.U - Engine Management Scanner

Servicing

Exhausts, Batteries, Welding, Bodywork. Fully Equipped Tyre Bay

Insurance and Accident Repairs

Breakdown Service

AIR CONDITIONING SPECIALISTS

All makes of tyres at very low prices

WE WILL COLLECT AND RE-DELIVER YOUR CAR

John Underwood Antiquarian Books

from 16th to 19th centuries

Newspapers from 17th century

Modern First Editions

Children's Books

from Pooh to Potter

All the above and much more!

Book Room and Bindery open most
days .. please check before
visiting.

**BOOKS WANTED
TO PURCHASE**

BOOKBINDING CLASSES

Plum Tree Farm, Uppate Street,

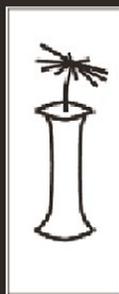
Carleton Rode Tel: 01953 860746

www.johnunderwoodbooks.com

SWEEPERS

Chimney and Flue Cleaning Services

FOR A PROFESSIONAL SWEEP



Call Marty on:

**01953 888544
07826 595385**

Email: marty.the.sweep@gmail.com

EVENING AND WEEKEND SERVICE AVAILABLE

St Martin's Church – December

Sunday 6th	11:00am	Parish Eucharist	Advent 2
Sunday 13th	6:30pm	Carol Service	Advent 3
Sunday 20th	11:00am	Morning Prayer	Advent 4
Thursday 24th	9:30pm	Christmas Communion	Christmas Eve
Friday 25th	11:00am	Family Service	Christmas Day
Sunday 27th	10:00am	Benefice New Buckenham	1st Sunday of Christmas

We hope (and pray) that we shall be able to hold these services!

TEL - 01953 860008

EMAIL - STACEY@ANGELCAKESTEAROOM.CO.UK

ANGEL CAKES TEAROOM

NEW BUCKENHAM
NR16 2AF

FACEBOOK:
WWW.FACEBOOK.COM/ANGELCAKESBYSTACEY/



We are a family run Tearooms/Cafe specializing in great homemade cooked food, refreshments, home comforts, customer service & most importantly CAKE!!!

Pop in for a cup of coffee & cake or a spot of lunch in a relaxed environment. Stay as long as you like & chat with friends and consider us your home away from home.

Table service is provided so no need to wait around, just take a seat, you may lounge on the ground floor by the fireplace or sit upstairs by the large windows overlooking the beautiful village of New Buckenham.

SERVICES

- Bespoke Celebration Cakes (Birthdays, Weddings, Christenings etc)
- Afternoon Tea (Booking only)
- Private functions (Birthdays, Christenings, Funerals, Meetings etc) (Capacity 25 upstairs, 12 downstairs)
- Outside Catering (Functions, Corporate, Afternoon Tea etc)
- Wedding Afternoon Tea Catering (All China Supplied)
- Cake Decorating Classes.

For all inquires please speak to a member of our staff in store or by telephone or you can drop us a message through our Facebook page.



New Buckenham Parish Council

Chair: Karen Hobley
(01953 860529 / karenhobley@hotmail.com)

Vice-Chair: Andrew Bingham
(01953 861150 / andrew.bingham100@gmail.com)

Councillors: Don Crossman (01953 861246)

Mary Dowson (01953 860320)

Steve Highton (01953 860499)

Mary Manning (01953 861242)

Paul Martin (01953 861117)

Clerk: Trevor Wenman
(01379 641423 / parishclerk@newbuckenham.net)

The Parish Council meets at 7:30pm on the second Tuesday of every month. At present, the meetings are being held online via Zoom. Further information about how to join these meetings, and the Parish Council more generally, can be found on our notice board on the Village Green or on our website www.newbuckenhampc.info.

Contributions for the February 2021 issue of *New Buckenham Parish News* should be submitted by 6:00pm on Wednesday 20th January 2021 to Linda Bryan, Pine Cottage, Marsh Lane (861107), Michael Boswell, Peel House, Chapel Street (860015), Richard Hoggett, 9 Church Street (860136) or by email to editor@newbucknews.co.uk.