



Parish Council Matters

Various issues were raised in reports to the Council which will be of interest and relevance:

- The need to ensure you are on the electoral roll
www.west-norfolk.gov.uk/info/20090/elections_and_voting/76/register_to_vote
- Recycling — the cost of contaminated green bins, which affects Council Tax in the long run. Briefly, nothing should be in bags, and it is worth a quick check of what can be included
www.west-norfolk.gov.uk/directory/39/recycling_a_to_z is very helpful. Food waste does not have to be in specific caddy bags, and it can be a useful way to get rid of plastic bags that do not go in the green bin (see also boxed copy below).
- Fly-tipping prosecutions are underway. This and other environmental concerns should be reported to the Borough. As ever, overgrown hedges, issues with footpaths and potholes etc. on local roads should be reported to Norfolk County Council.
- Sandringham are looking at possible options regarding water run-off from the Playing Field — we are grateful for their help in finding a long-term solution.
- The Borough Local Plan is out for consultation — it is a very complicated process, and Council requests that, if a resident does reply to this, that they copy us in for information.
- 1,100 homes have been given outline approval in West Winch. As with all Local Authorities, the Borough is conscious that by refusing such large developments, there is a risk that an appeal takes place, and all decisions are then removed from local control.
- Speeding continues to be an issue. Visits by Police follow reports by the Speedwatch Team — if you are interested in helping with this, please contact the Clerk. It is worth noting that Police cannot respond to reports of speeding, which by their very nature are subjective, and prosecutions can only follow incidents caught on official cameras or by accredited officers.

Council agreed a donation of £300 to the Great Massingham Area Community Car Scheme. It was also mentioned how much Cllrs appreciated the *Bircham Times*!

Finally, a new Clerk has been appointed to take over from Simon in mid-September. Council welcomes Michelle Wroth and wishes her well. A personal note from Simon — "I thank Cllrs and residents for their support over the past three years, and wish you all well."

Our next meeting is on Wednesday 9th October at 7.30pm in the Social Club; as usual, Members of the Public are welcome.

As ever, if you wish to raise any issues with Council, please contact the Clerk on clerk@bircham-pc.gov.uk until a new postal address is available. Our website is bircham-pc.gov.uk/

You can line your food caddy with ordinary plastic bags, which can now be stripped out and used to generate electricity. For the full rules, see:
www.west-norfolk.gov.uk/info/20140/what_goes_in_each_bin/288/food_waste_bin

Newsletter Thoughts

Marking the end of summer we reach the height of ridiculousness on September 19 with "Speak Like A Pirate Day". An amusing bit of fluff that's led us to consider rum, pirates and, for one month only, swapping Norfolk Dialect for pirate-speak (more West Country than Norfolk, sorry!). We also have dunnocks, apple cake, a picaresque Irish tale, petty crime and the conclusion to both the bowls and cricket summer seasons.

Do remember that the *Bircham Times* can be delivered to parishioners by email. In addition, we publish on the 15th of every month on our website: www.thebirchams.uk



Foodie Fare

FRENCH APPLE CAKE

250 g plain flour
1 tsp baking powder
¼ tsp salt
125 g unsalted butter (at room temperature)
150 g granulated sugar
2 large eggs
1 tsp vanilla extract
3 tbsp dark rum or brandy (optional)
2 cooking apples (peeled, cored and chopped into large pieces)
Icing sugar to decorate



1. Preheat the oven to 180° C or 350° F.
2. Line and grease a 9 in/23 cm cake tin (loose bottomed is better, but not essential).
3. Mix together the flour, baking powder and salt and set aside.
4. Cream together the butter and sugar until light and fluffy. Beat the eggs, then add slowly to the creamed butter and sugar.
5. Add the flour, baking powder and salt mixture and mix well.
6. Finally, add the apples, optional rum and vanilla extract; if you want a crunchy top, sprinkle with a little granulated sugar before baking.
7. Bake in the oven for 35-40 minutes until golden brown; once cool, sprinkle with icing sugar.

This is quite a flat cake, so do not worry if it sinks a little after removing from the oven!
Serve with cream, ice cream, custard or eat on its own!

Rum Rations

There's a mention in the recipe above of rum, and of course we all associate rum or grog (watered-down rum) with seafarers of all kinds, but most closely with the pirate fraternity. In turn, pirate names have provided inspiration for rum producers. Think Captain Morgan, Anne Bonny, or even Pyrat. Lidl has its faux-named rums James Cook, Ron Bengalo, Ron Pelicano and Ron Rumbero (*Ron* being Spanish for rum); whereas Aldi has Seadog and Old Hopking.

Rum is a spirit distilled from sugar cane and/or molasses; specifically, it was centred by the 17th century on Hispaniola. To finish it was fermented with yeasts and processed in stills. White rums are used in cocktails (Mojito, Piña Colada, Between the Sheets), daiquiris and rum punches, such as Planter's.

Not just for pirates, but regular military seafarers also extolled the benefits of rum and it was not until 1970 that the Royal Navy said goodbye to the rum ration (a tot or an eighth of a pint) given to the crew following the call of "splice the mainbrace".

*"Fifteen men on the dead man's chest
yo-ho-ho, and a bottle of rum!
Drink and the devil had done for the rest –
yo-ho-ho, and a bottle of rum"*

Robert Louis Stevenson
Treasure Island Chapter 1





From the Annals

PETTY CRIME HEREABOUTS

If you might as well be hanged for a sheep as a lamb, we don't know where nicking a bit of wool rates, but transportation to Australia seems a bit harsh. Also, hard labour for pea-pinching, imprisonment for nicking nuts, and fines for rabbit stealing? What the following do reveal is that you're going to get a stiffer sentence if you steal from nobility. Also, that gamekeeper John Woodrow was a very busy man.

BURY AND NORWICH POST – July 15, 1835

FROM THE WALSHINGHAM SESSIONS

"Henry Wm. Glaster and Bransby Fox were sentenced to 7 year's transportation for stealing wool off the backs of the sheep of Mr. W. England of Binham. Some wool having been previously missed, a watch was set, who surprised the prisoners in the fact, and a quantity of wool was found in their houses."

NORFOLK NEWS – August 14, 1880

FROM LODDON PETTY SESSIONS

[Before J. Holmes and R. Dashwood, Esqs.]

"Ransome Wadlow, laborer, of Great Bircham, was charged with stealing peas, value 6d., on the 5th of August, from a field, the property of Allington Carman, farmer, Haddiscoe. Police-constable George proved the case, and the Bench sentenced the prisoner to fourteen days' hard labor."

NORFOLK NEWS – October 31, 1868

FROM DOCKING PETTY SESSIONS

"William Fickle, of Fritcham, laborer, was charged by John Woodrow, gamekeeper, with stealing seven pints of nuts, on the 18th inst., value 3 1/2d., from a wood, the property of the Marquis Cholmondeley in the parish of Great Bircham, and doing other damage. He was committed for one day."

"Charles Wagg, of Great Bircham, laborer, was charged by John Woodrow, gamekeeper, with stealing four pints of nuts, on the 15th inst., value 2d., from a wood the property of the Marquis Cholmondeley, and doing injury and damage. Defendant did not appear, and a warrant was issued."

"John Easter, of Bircham Tofts, shepherd, was charged by John Woodrow, gamekeeper, that he did trap and take a rabbit on land in the occupation of John D. Nurse, at Bircham Tofts, on the 14th inst., not being authorised to do so, or having any licence for that purpose. Fined 10s. and 13s. costs."

Dates for the Diary

Bircham Windmill summer season. Tearooms open daily 9-4pm, Bakery and attractions open daily 10-4pm

King's Lynn Guided Walks Tues to Sat @2pm from Saturday Market Place, £5
Houghton Hall and Gardens (Suns, Weds, Thurs).

Antony Gormley *Time Horizon* exhibition runs Apr 21-Oct 31
Sandringham House and Gardens Mar 23-Oct 11 (exc July 19-Aug 4)

RAF Bircham Newton Heritage Centre Sundays fortnightly from September 15, 10-4

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September 14-29 Apple-picking at Sandringham orchard, Mon-Sat 1-5pm; Sun 10am-5pm

September 15 West Norfolk Food and Drink Festival, Hunstanton, 9am-2pm

September 22 Anmer Music Fest, Anmer Social Club, 2-6pm, £8/£5

Call or text 07899 872351

September 22 Soapbox Derby, Hunstanton, 11-5pm

September 26-29 Deepdale Festival, live music, food, etc www.deepdalefestival.co.uk

September 27-29 King's Lynn Literature Festival kllitfests.com

September 27-29 Duration Brewing Oktoberfest, Abbey Farm, West Acre

5-10pm/noon-5pm and 5pm-10pm/noon-5pm, £15

September 27 Anmer Social Club Quiz Night

Open 7pm for quiz @ 7.30pm, £3 per person

September 28 *The Fall Guy*, Village Screen Cinema, Syderstone, 7.30pm



Digital Digest

For getting the best flight tickets

"Millions of cheap flights, One simple search" claims the skyscanner website. Just add your destination, departure dates and cabin class and, depending on where you want to go, this site throws up dozens and dozens of flights you can choose from. Add-ons include car hire and hotels.

www.skyscanner.net/

For getting advice on your next-best piece of reading

On GoodReads, readers rate books, giving their books reviews and 1-5 star approvals. There are also community groupings for discussion, lists to explore and loads of categories to help you choose your next new piece of fiction or non-fiction. Can feel a little too American in nature, but a brilliant resource when you need inspiration.

www.goodreads.com/

History Corner

BIRCHAM: GATEWAY TO THE WORLD

Sometimes it's easy to think of this corner of Norfolk as something of a sleepy backwater, largely disconnected from the rest of the country. For one thing, this is one of only five English counties without a motorway.

But it wasn't always so. Long before the Romans took over, our little part of the world was very well connected to the rest of the country, continental Europe and beyond. The Icknield Way ran close by, from somewhere around Holme-Next-the-Sea all the way to Salisbury in Wiltshire and perhaps further. This was an ancient trackway, the exact age of which is unknown. Its importance endured well into the Middle Ages, when it was recognised as one of the four highways of England. When the Iceni tribe ruled the roost around these parts, it was clearly an important trading route for them. There is conjecture that its name may even be derived from the tribe's.

Good evidence of those trading links was provided when the Snettisham Hoard was unearthed. Found from 1948 onwards around Ken Hill, this comprises the largest collection of Iron Age golden torcs found in Western Europe. These were dated to around 70BC. The fine quality of the torcs has led to some belief that these belonged to the Iceni rulers — torcs were the Iron-Age equivalent of today's royal crowns. (Another torc was found at Sedgford in 1965, buried around a similar date of 75BC.) As well as the gold torcs, the Snettisham Hoard included many coins.

Most of the coins are associated with two Gallic-Belgo tribes that settled in Britain: the Atrebates (in present-day Hampshire/Berkshire/West Sussex) and the Belgae (Hampshire/Somerset/Avon). It is likely those coins travelled along the Icknield Way. One coin even originated in Carthage.

Holme-Next-the-Sea appears to have been an important destination, being the terminus of the Icknield Way and the later Peddars Way. Its history was extended back to the Bronze Age, when in 1998 the remains of a monument built around 2049BC were excavated. The monument consisted of an upturned tree root surrounded by a timber circle. Officially named Holme I along with its neighbouring timber circle, Holme II, it was soon dubbed by the press as "Seahenge" — a reference to Stonehenge, even though the two are quite different, in both age and structure. Seahenge would have originally stood on land, but was long ago consumed by the sea, leading to its burial in silt and sand, before being revealed again much later by the same sea.

So there we have it: the two ancient monuments of Seahenge and Stonehenge directly connected by the ancient route of the Icknield Way, running right past our door.

LR



Speak Like A Pirate Day

"Ahoy Me Hearties" — September 19 every year is Speak Like A Pirate Day, a notable piece of silliness not just for the kids. So be prepared to greet scurvy friends and neighbours with a cackling demonic laugh and an array of swears and pirateese.

Whether you be "me matey" or a notable "land lubber" then be cautious around the "briny deep" or you'll end up in "Davy Jones's Locker". "Arrr Matey" with a "shiver me timbers" and a "yo-ho-ho", it won't be long before copious amounts of grog leave you "three sheets to the wind". As the "scurvy dogs" that you are, be sure to hide your "booty" or it'll be the "cat o'nine tails for ye".

And we're all familiar with unique pirate grammar: "I be [not I am] a swashbuckling fellow"; "hand over ye [your] doubloons"; "I aint got no fear [double negatives]". Pepper that with sufficient "arrrs", "ahoys", "avasts" and "yarrs" and you'll become fluent in no time at all.

As Captain Pugwash, children's TV's ineffectual pirate would say, "Kipper me capstans!!"

Curl Up With a Good Book

Round Ireland With a Fridge (1998) by Tony Hawks

This amusing travelogue around the coast of the Emerald Isle is a must-read for those who enjoy humour with an Irish slant and a sense of ridiculousness.

Taken on as a £100 bet, the author tells the wild tale of his ludicrous adventures. Whilst hitching from town to town he meets many diverse characters: a mother superior, surfers, landladies and the many drivers willing to give lifts to this strange man with a fridge in tow. Mention must also be made of the hospitality he received and the many pints downed in various pubs ... and the consequences.

This is a farcical tale of a journey which at the very least should bring a smile to your face.

Clemency

KL Literary Festival

Dubbed the "small festival with a big heart", the King's Lynn Literature Festival is to be held at the Town Hall from September 27 to 29. Guest talks are given by 17 authors including poet Wendy Cope, novelists Louise Doughty and Lisa St Aubin de Teran and political writer Vernon Bogdanor. The full programme is listed here kllitfests.com/programme/

You can buy tickets online at King's Lynn Corn Exchange, by telephone on 01553 764864 or in person at the Corn Exchange in the Tuesday Market Place. £15 per session or £51 for the full festival.

Dates for the Diary

September 28 *The Marvin Gaye Songbook*, Princess Theatre, Hunstanton, 7.30pm £32

September 29 National Theatre Live: *Present Laughter*, Westacre Theatre Studio, 2pm £14

October 3 Bircham Banter, St. Mary's Church, 2.30-4pm

October 3 Matt Curtis, "The work of British Divers Marine Life Rescue", Stanhoe & Barwick WI, 2pm

October 3-12 *Colder Than Here*, Westacre Theatre Studio, £18/£10 7.30pm (3pm on the 5th and 12th)

October 4-5 Oktoberfest at Warehouse Taproom, Garage Lane, Setchey 6-11.30pm £25

October 9 Bircham Parish Council Meeting 7.30 @ Social Club

October 12 Harvest Festival, St. Mary's, 6.30/7-10pm

October 15 Bircham in Bloom, Bircham Stores, 9.30am

October 15 Riverdance 25th Anniversary Show, Cinema Live 7.30pm £15.50

October 17 *The Murder Mystery Play*, West Acre Theatre Studio, 7pm, £40 includes dinner

October 21 Whirling Wader Walk & Breakfast, RSPB Snettisham 8-11am from £28

October 23 *Anatomy of a Fall*, Westacre Theatre Studio, 2pm £10

OCTOBER 25-NOVEMBER 1
SCHOOLS HALF-TERM

October 26 Peta Wainwright Artist Open Studio, Fring Road, Great Bircham, 10-4pm

October 26 *Wilding*, Village Screen Cinema, Syderstone, 7.30pm

November 4-8 and 11-15
Norfolk Restaurant Week
www.norfolkrestaurantweek.co.uk/



History Corner (cont.)

PIRATES

You think you know what pirates got up to? But piracy was a multi-layered "career". Pirates were not born but made, generally starting their lives as honest seamen, and before becoming a fully fledged pirate you might go through a series of incarnations.

Privateers (also **freebooters**) were the quasi-legal face of piracy during the Golden Age (16th-18th centuries). In times of war or as advised by a government they were required to harry and capture enemy vessels and relieve them of goods... the "spoils of war". Both privateers and their sponsors made money. This essentially unlawful action was protected by "Letters of marque". Sir Francis Drake (who the Spanish called *El Pirata*) and Sir John Hawkins were privateers.

Buccaneers likewise were licensed attackers of Spanish vessels in the Caribbean, with their HQ out of the island of Hispaniola, who robbed the Spanish colonisers of treasures/precious metals.

Corsairs formed part of organised pirate fleets. They operated out of North African strongholds – Algiers, Tripoli and Tunis. Infamous for capturing civilians of the British Isles and selling them into slavery in Africa, they also demanded ransoms, which were often paid. These corsairs, also called **Barbary pirates**, based themselves on Lundy island in the South West but also plundered the coastline of Norfolk and were greatly feared. Local authorities made repeated pleas to arm the barricades against them in King's Lynn for example. Thousands of pilgrims making their way to the Walsingham shrine were regular targets.



Pirates, as you all know, were totally lawless! They often started as privateers, who decided not to share their spoils with the state or sponsors. Some, in the end, tired of piracy and sought pardons. Though many tore up their pardons and returned to the High Seas once again. Almost all died in combat before fully being able to spend their ill-gotten gains, there being no honour among thieves and all that. Ex-pirates would go over to the other side and became pirate-hunters.

One pirate who supposedly came from Norfolk (probably King's Lynn) was Benjamin Hornigold, who had a fleet of privateers. One ruffian to whom he gave a command was a rascally seafarer called Edward Teach, who came to be better known as the notorious Blackbeard!!

Bircham in Bloom

"Bloomers" have continued to look after public areas in the village over the summer months. The playing field entrance off Lynn Road, the school and churchyard entrances, the shop frontage, Jubilee Gardens, war memorial and bus shelter have all benefited from their care and attention. The churchyard meadow has had its late summer mow.

We also keep an eye on road signage becoming obscured and promptly inform the Norfolk County Council Highways Department when hedges need cutting back. The greatly improved footpath between Stocks Close and the Pond shows what a good job they can do if prompted. The men working on that path said that the more people who report issues directly to NCC the better. Go to www.norfolk.gov.uk/highwaysproblem and choose the appropriate icon.

Thank you to all who joined in the "Guess the Number of Dead Rose Heads" competition in the Church Summer Fayre. Would you believe the correct answer was 2,812! £85 was raised at the BiB stall, which will be used to buy more plants.

New members are always welcome at BiB. Please join us if you can at 9:30 am on Tuesday October 15 at the Bircham Stores.

Chris F



In the Garden

THREATENED PLANTS

Plant Heritage runs a Threatened Plant of the Year Award and their shortlisted entries, all 12 of them, were on display at the RHS Hampton Court Palace Garden Festival in July,

The People's Choice Winner was *Rhododendron* 'Leonardslee Primrose', a blowsy white bloom with deep maroon speckles. The Judge's Winner was *Aubretia* 'Shangarry', a double-flowered lavender-coloured plant that originates from Ireland.

Other finalists included camellia, delphinium, iris, lily, fern, salvia and rose. The reasons why plants become threatened range from changes in taste as well as pest invasion and of course climate change. Threatened plants may be Critical in cultivation (not found alive), Endangered in cultivation (grown in only one or two locations), or Vulnerable in cultivation (three or more sites). For more and for how you can help turn back this tide, do visit www.plantheritage.org.uk/

Changes to Recycling

Changes are in the offing for anyone who uses the local recycling sites on an occasional or regular basis. From a (as yet unspecified) date in November you will be required to book your appointment to visit the recycling centre. So no impromptu drop-offs....you'll need to be savvy and pre-plan.

According to Norfolk County Council (NCC) the booking system will "help reduce congestion and waiting times" and "save the council money by spreading customer visits across our opening hours" (not sure what logic is being used here). At Docking they seem genuinely pleased to see another human being, so not sure about congestion there.

Anyhow the process seems to be that you'll need to book a date, time and recycling centre up to 7 days in advance on the NCC website; alternatively, there will be a phone service.

Reading between the lines, it seems that NCC is trying deterrent tactics for those posing as householders but who are actually disposing of trade waste. The obvious concerns are that there may be an increase in fly-tipping as a result, especially if your movements (your name, address, vehicle reg) are being tracked. It may also be the thin end of a monetary wedge where the Council starts to charge for more items. Full details are here:
www.norfolk.gov.uk/article/61369/Introduction

We aim to keep you up to date with further developments. On the plus side, maybe there will be fewer abortive trips to the dump, to be told that you can't drop off thanks to nesting birds in the skips. Though we don't expect the system to be that sophisticated!!



VILLAGE SCREEN CINEMA
at Amy Robsart Village Hall, Syderstone



The Fall Guy (12A) Saturday September 28

Fresh off an almost career-ending accident, stuntman Colt Seavers has to track down a missing movie star, solve a conspiracy and try to win back the love of his life while still doing his day job. Starring Ryan Gosling and Emily Blunt.

Wilding (PG) Saturday October 26

Wilding is a documentary based on Isabella Tree's 2018 memoir of how she and her husband Charlie Burrell completely overhauled the 1,400-acre Knepp estate he had inherited in Sussex.

Doors open 7pm; tickets £4 pay on the door

Contact 01485 578171 or syderstonecinema_ARVH@outlook.com for further details.



MOBILE POST OFFICE

The scheduled stop at Bircham Social Club, Church Lane is as follows.

Monday	10:45-11:30
Tuesday	10:45-11:30
Thursday	10:45-11:30
Friday	12:10-12:55

MOBILE LIBRARY SERVICE

Friday October 11/November 8
Stops at:

Monks Close	15:15-15:35
Village Shop	15:45-16:00
Social Club	16:05-16:15
Windmill Hill	16:20-16:35

BUS 33/33A

To Hunstanton (from King's Head): Mon-Fri
07:36 10:36 13:36 17:16; Sat 8:21 10:36
13:36 15:41
Return from Stand A Bus Station

To Lynn (from Bircham Stores): Mon-Fri
07:22 09:23 12:23 15:38 15:43; Sat 09:23
12:23 15:38 17:08
Return from Stand E Bus Station

GREAT MASSINGHAM AREA COMMUNITY CAR SCHEME

Offering a reliable door-to-door car service,
7 days a week for anyone without personal
transport. Book on 01485 520823
Please give at least 2 days' notice

Bircham Weather

Possibly not the biggest achievement, yet August could secure the position of being the driest month of the year despite its reputation for usually being the wettest of the summer months. A total of 22 dry days along with just 24mm of rain staked its claim and until the 14th there were only 2.8mm measured. It began as July had finished with warm, humid conditions along with plenty of hazy sunshine but by the 3rd fresher conditions had prevailed along with cloudier weather with the 6th one of the few disappointing days with drizzle for much of the time.

This was to be the last of the rain until the 14th though as temperatures rose, reaching a high of 33.1°C on the 12th, a day which saw Cambridge recording a UK maximum of 34.8°C. Following a brief spell of more changeable conditions it was back to more sunshine by the 16th although wildfires in North America led to hazy skies due to smoke in the upper atmosphere. As the Atlantic winds broke through once again on the 20th it was back to clearer air although it also introduced Storm Lilian, an unusual feature for the time of year which brought gusts of wind in excess of 55mph that were sufficient to bring down tree branches.

This feature also produced the wettest day on the 24th when 8mm of rain was recorded but it was to be the last recording of the month as the sun returned and temperatures responded, giving the second warmest day on the 28th with 28.5°C. Overall, the average maximum was 1.1°C above average at 23.1°C but on the final day of summer it failed to make 20°C for only the second time in the month.

Bryan

St Mary's 100 Club Draw

Please contact John or Sally on 01485 779669 or email lsallyjohn@gmail.com for details of how to enter each month's draw. **SEPTEMBER RESULTS:** 1st prize no. **18**; 2nd prize no. **9**

Harvest Supper

This year's harvest is well underway and we will be having our annual harvest supper in St. Mary's Church on Saturday October 12 at 6.30 for 7pm.

Join us if you can for this informal evening, bringing one of the following sharing plates or similar: a flan/quiche or cold meat dish; some salad item(s); a dessert dish. Do bring your own drinks -- glasses, plates etc. will be available.

Sally and Antony



Words on Birds

DUNNOCKS

What's in a name? Quite a few common birds have more than one name. The unobtrusive dunnock for instance is also known as the hedge sparrow and it's easy to see why. "Dun" is an old English word meaning a dingy brownish-grey colour (dun cow, dun horse, dun fly etc.). Add in the streaked plumage and you do get a passing resemblance to sparrows. In reality the dunnock belongs to a group of birds known as "accentors", of which there are about 13 species in the world, mostly found in the mountain ranges of Asia.

Our "hedge accentor" does indeed nest in hedgerows and other vegetation, placing the nest often relatively low down and well-hidden, which is just as well as the most colourful thing about this bird are its eggs – a vibrant pale blue which could be spotted easily by predators. Despite its dull appearance and reclusive nature, when it comes to attracting a mate, the dunnock (and all other accentors) picks a prominent spot such as the top of a tree from which to deliver its loud, jumbled song, a feature of many of our gardens in the spring. And the name "accentor"? It means "one who sings".

Steve Rooke

Local Independent Life Team (LIFT)

LIFT is a new community-driven project offering trained local volunteer support to the elderly who have suffered a fall. We intend to operate under the umbrella of West Norfolk Carers, a registered charity based at Queen Elizabeth Hospital, King's Lynn. They are providing management support, governance, policies and insurances. The aim is to buy and keep seven inflatable chairs (as used in care homes) based in village halls across West Norfolk and then recruit and train volunteers within the community to attend elderly residents who have fallen and assist them getting up off the floor when safe to do so.

The vast majority of falls experienced by the elderly involve a paramedic or ambulance attending, often after a long wait when all that is needed is for support to enable them to get back on their feet/into a chair. The LIFT project would enable local volunteer support to be available in a timely manner using a freephone number. Thus enabling paramedics and the ambulance service to focus on more urgent cases.

If you would like to learn more about volunteering or helping with the project, please contact East Rudham Parish Councillor Mark Tizard at tizard@btinternet.com

Stanhoe & Barwick WI

Forthcoming events held at the Stanhoe Reading Room, Cross Lane PE31 8PS

Thursday October 3: Matt Curtis, "The work of British Divers Marine Life Rescue".

Thursday November 7: Wells Community Supermarket, aiming to give access to healthy but low-cost food.

Visitors are always welcome. Our charge is £5, which includes refreshments. Please contact Valerie (01485 576261) for further details.

Bircham Banter

Next Banter session is at St. Mary's, Great Bircham on Thursday October 3 from 2.30 to 4pm. Come along for a relaxed chat among friends, with drinks and indulgent fancies available.

Sue



Bircham Cricket Club

Autumn's here, so time for a wrap-up of the season. Crowned league champions, and celebrating promotion to the heights of Division One of the Norfolk Cricket Alliance, our First XI look forward to trips to the likes of Lowestoft and Thetford next year. We think we're probably the smallest village club competing at that level – we'll see how much higher we can go!

A thumping victory against Saham Toney confirmed our Second XI as runners-up of the Norfolk Cricket League division 4 – an excellent achievement for the mix of youth and the elderly who form the core of that side.

A less happy season for the Over 40s – a combination of bad weather, lack of players and clubs dropping out meant that the friendly local village league petered out this year. Let's hope 2025 brings renewed chances for those of us who want to play less strenuous cricket of an evening.

Having started completely from scratch, the ladies' squad attracted 22 players, a mix of young and old, inexperienced and even-more-inexperienced. Some simply came along for training and the social aspect; others put their name down for every single match. Played 33, won 16 – we're very happy with that! Our plan is to play both soft-ball and hard-ball games next year.

And finally, the youth sessions and matches continued to be immensely popular, with just over 60 kids in total, from ages 4-15, coming along to play over the spring and summer. The better weather in August brought an influx of younger ones – it's been great to see them make new friends and enjoy themselves. At the other end of the age scale, our U15s finished the season having been defeated just once. Thanks to all the volunteers and supporters making this happen.

Alex

Bircham Bowls Club 2024

Bircham Bowls Club players have just completed their third competitive season. After 78 League and KO Competition games, which started on May 8 between Lee Pattinson and Terry Salmon, the season was brought to an end by Hugh Porter playing Darri Pattinson on September 4. The League Winner was Lee Pattinson, followed by Chris Weldon in second and Darri Pattinson in third. The KO Competition was won by Darri Pattinson, who defeated Yan Forest in the final.

The 25 Playing and Social members enjoyed a season at the tranquil Houghton Hall bowling green on the Houghton Hall Estate. Social events (barbecue, bingo and end-of-season Dinner at the Hall) were also held in partnership with our friends from the Houghton Bowls Club.

Sadly, we lost one of our members – Air Commodore John Mitchell CBE – in the summer. He will be greatly missed and our condolences go to his wife Wendy and family.

If you would like to join us next summer, please call me on 576154 or on 07979 471904. We do not play in a local league but hold a summer-long round robin league competition amongst ourselves, plus of course a KO competition. All games are played at Houghton. If you have not played before we will be most happy to see you and can loan you bowls for practice.

Chris Weldon

Thank You Marian!

Great Bircham residents along Lynn Road from Fring Road to the War Memorial and on to the King's Head have had their Parish Newsletter delivered by Marian French of Fring Road for many years. She has recently given up this service and on behalf of all recipients and local Church members we give her sincere thanks and wish her well.

Antony Woolridge