



*Issue 229*

# CATFIELD NEWS

Your village magazine

January 2023



## Articles and pictures for the Catfield News

If you have an article for the magazine we would love to receive it, but please remember to include your name as we do not print articles if we do not know who the author is. We don't have to print your name, but we need to know who you are.

Do you have a picture that you think would look good on the cover? We are always on the lookout for cover pictures. Articles and pictures can either be e-mailed to one of the team or dropped into the Catfield News box in the Catfield Stores.

### **CATFIELD NEWS** *Contacts:*

Steve Beckley: Chair/Treasurer Tel: 582913 - Email: [stevebeckley1@gmail.com](mailto:stevebeckley1@gmail.com)

Heather Hollister - [secretarycatnews1@btinternet.com](mailto:secretarycatnews1@btinternet.com)

Judith Gardiner - [judithgardiner5@aol.com](mailto:judithgardiner5@aol.com)

***YOU CAN*** drop your competitions entries and /or ***ANY*** correspondence into the ***CATFIELD NEWS BOX*** inside the Post Office, Special thanks to Vish & Karthi.

*All submissions to be posted no later than the 10th of the month.*

*Please address your envelope to Catfield News*

**If you would like to view the Catfield News online  
it can be found on the  
Parish Council website**

**<https://catfieldparishcouncil.norfolkparishes.gov.uk>**

**and the Waterside Group website**

**[www.watersidegroup.org.uk](http://www.watersidegroup.org.uk)**

The Catfield News is an independent magazine with no affiliation to the Parish Council, Church or any other body. We are a self funded magazine, produced by a group of volunteers with the income from advertisers paying for the production costs.

## Helpful Information

### **Staithe Surgery Stalham**

[www.staithesurgery.co.uk](http://www.staithesurgery.co.uk) 01692 582000

#### **Surgery Hours**

Monday to Friday 8.30am - 5.30pm

#### **Dispensary Hours**

Monday to Friday 8.45am - 5.30pm

### **Ludham Surgery**

[www.ludhamsurgery.nhs.uk](http://www.ludhamsurgery.nhs.uk) 01692 678611

#### **Surgery Hours**

Monday, Tuesday, Thursday and Friday 8.30am - 6.00pm

Wednesday 8.30am - 1.00pm

#### **Dispensary Hours**

Monday, Tuesday and Friday 9.00am - 6.00pm

Wednesday 9.00am - 1.00pm

Thursday 8.30am - 6.00pm

### **Stalham Green Surgery**

[www.ludhamsurgery.nhs.uk](http://www.ludhamsurgery.nhs.uk) 01692 580880

#### **Surgery Hours**

Monday, Tuesday, Wednesday and Friday 8.30am - 6.00pm

Thursday 8.30am - 1.00pm

#### **Dispensary Hours**

Monday 8.30am - 6.00pm

Tuesday, Wednesday and Friday 9.00am - 6.00pm

Thursday 9.00am - 1.00pm

#### **Local MP**

Duncan Baker

01692 557140

[Duncan@duncanbaker.org.uk](mailto:Duncan@duncanbaker.org.uk)

#### **Local County Councillor**

Richard Carey Price

07880791258 (work hours)

[Richard.price.cllr@norfolk.gov.uk](mailto:Richard.price.cllr@norfolk.gov.uk)

#### **Local District Councillors**

Pauline Grove-Jones 01692 580071

[Pauline.grove-jones@north-norfolk.gov.uk](mailto:Pauline.grove-jones@north-norfolk.gov.uk)

Matthew Taylor 07557097597

[matthew.taylor@north-norfolk.gov.uk](mailto:matthew.taylor@north-norfolk.gov.uk)

#### **Local Police**

PC Matthew Pritty

Beat Manager

Hoveton Police Stn

[Matthew.Pritty@Norfolk.Police.uk](mailto:Matthew.Pritty@Norfolk.Police.uk)

## What's on in January - Your regular events

**Coffee & Chat Club**  
**Friday 6th January**  
10am  
Village Hall  
Contact Judith on  
01692 580391

**Indoor Cycling**  
Village Hall on  
**Mondays and Thursdays**  
6.45pm - 7.30pm.  
Contact Jane on  
07907844433

**Parkinson's Group Meeting**  
No meeting in January.  
Meetings will resume  
in February  
Contact Dave on  
07484173099  
for more info

**Catfield Stitching Group**  
in the Village Hall on  
**Tuesday 10th and**  
**Tuesday 24th** Contact  
Pat on 582978 or  
Brenda on 678128

**Mobile Library**  
The 2023 timetable for route  
CEN311 was not available at  
time of going to print. Check  
[www.norfolk.gov.uk](http://www.norfolk.gov.uk) or call  
route enquiries on 01603  
222303 for more information.

**Catfield Crafters**  
in the Village Hall  
**Wednesday 11th and**  
**Wednesday 25th**  
1.00pm - 3.00pm.  
Contact Julie on 582934

**Environmental Group Meeting**  
**Wednesday 18th**  
7.00pm Village Hall  
Email [catfieldenvironmentalgroup@gmail.com](mailto:catfieldenvironmentalgroup@gmail.com)



## CATFIELD PARISH COUNCILLORS

Keith Bacon	01692 581314	keithbacon@keme.co.uk
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Tim Harris (Vice Chairman)	01692 580220	tim@catfieldhall.com
Sam Hill	07881786690	samghill536@gmail.com
Nicolette Jeffreys	07966362762	nixsjeffreys@gmail.com
Angie Johnson	07770 581706	angiejohnson4@hotmail.com
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Ray Read (Chairman)	01692 580739	cranemarie4@gmail.com
Clerk of Parish Council	07555197530	catfieldparishcouncil@gmail.com

If you would like a copy of the full P C Minutes please contact the Parish Clerk, [catfieldparishcouncil@gmail.com](mailto:catfieldparishcouncil@gmail.com) . The minutes can also be viewed on the Parish Council website <https://catfieldparishcouncil.norfolkparishes.gov.uk> and are displayed on the notice board outside the Village Hall.

### Useful Local Contacts

#### **Village Hall Booking Clerk**

Elaine Smith 01692 580056  
[elainesmith364@btinternet.com](mailto:elainesmith364@btinternet.com)

#### **Catfield United Charities**

Jennifer Harris 07842553478  
[Jenben.harris@gmail.com](mailto:Jenben.harris@gmail.com)

#### **CATFIELD STORES & POST OFFICE**

Opening hours

Monday to Friday 7.00am - 8.00pm

Saturday & Sunday 8.00am - 8.00pm

Bank Holidays 8.00am - 8.00pm

Tel: 01692 583489

#### **Head of Catfield Primary School**

Mrs Jacqui Sinkins  
01692 580568  
[www.swallowtailfederation.co.uk](http://www.swallowtailfederation.co.uk)

# Catfield Parish Council meeting highlights

Wednesday 7<sup>th</sup> December 2022

- **Public** – Discussed CPRE (The Countryside Charity) and CLT (Community Land Trusts).
- **Cllr Price update:**
  - ◆ Currently focusing on Road Safety and is Planning an exhibit in Sea Palling 29<sup>th</sup> to 31<sup>st</sup> January 2023 to commemorate the 70<sup>th</sup> Anniversary of the East Coast floods.
- **Broads Authority Issues and Options Local Plan** – PC to respond to the local plan.
- **Environment:**
  - ◆ Two planters and a bench to be placed at the corner of New Road and The Street approved by PC.
  - ◆ The Environmental group has planted 4000 daffodils around the village and a hedge planted at the playing field on Ludham Road.
- **Fly tipping** – There is currently not much dog fouling or litter, but the gate will still be shut for winter as the cars are/will cause damage to the grass.
- **Polluted water into the Ants Broads and Marshes SSSI** - Ongoing tests and visits by various authorities and organisations.
- **Allotments** – Two drafts between PC and CUC and PC and tenant to be sent to Cllrs to review.
- **Catfield recreation ground** – High risk items identified and agreed a working group to propose a guide to the cost, materials and labour required to carry out the work on these items.
- **Village Hall bench** – Received funding for the full cost of a new Village Hall bench from an anonymous donor in memory of Queen Elizabeth II. A plaque will be displayed on the bench.
- **Highways inspection visit** – Conducted and inspected with issues and concerns raised by Cllrs. Cllrs to advise inspector in writing.
- **Speeding** – Raised as a concern by a Parish Cllr. Cllr price proposed some roundels for the rounds and PC agreed.
- **Grass cutting on the rond** - Costs and current agreement discussed. PC suggested that the Butterfly Conservation Officer approach the RSPB for assistance.
- **Village Hall** – Hedge cutting, and outside lighting discussed. PC to write to the Village Hall Management Committee.
- **All Saints Church** – Landowner installed gates opposite the Church. The car park is private but available only to those who are using the church or churchyard.
- **Poors Trust** – Reasoning behind the change in appointments for trustees was clarified. The Trustees are appointed, and ANY Parishioner is welcome to approach the PC when the date of appointment approaches. This will be advertised at the time when the opportunity arises.

Next Meeting Wednesday 4<sup>th</sup> January at 7pm in the Village Hall

## **Gate closure - Playing field on Ludham Road**

The Parish Council continue to monitor and discuss the gate closure due to fly tipping.

In the meantime, the Parish Council have decided to close the gate through the winter for safety of your vehicles and to protect the ground on the site of damage from vehicle tyres.

The Parish Council invites members of the public to attend Parish Council meetings the first Wednesday of each month at 7pm at the Village Hall to have their say on this and any other matters they wish to raise.

## **Sea Palling Independent Lifeboat**

A Happy New Year From  
Sea Palling Independent Lifeboat

What a year 2022 has been for Sea Palling Independent Lifeboat. The year started with much anticipation of our new boat "Canon Portal" and ended with not only the new boat arriving but also a new replacement for our quad bike which is an "ArgoCat" the crew and committee have worked hard raising funds for these and we now look forward to being ready for what we hope will be a quiet year but we will be ready 24/7 for every rescue we are called to attend....



The station will not only cover our normal 7 mile radius from Seapalling with the two boats but also assist Bacton Coastguards with our ArgoCat when needed for beach and dunes search and rescue together with casualty evacuation...

We are open to anyone who would like a tour and if anyone feels they would like to join or Sea Crew / Shore Crew or Fundraising Team please just get in touch or call in to see us Sunday Mornings or Thursday Evenings...

[mark@seapallinglifeboat.co.uk](mailto:mark@seapallinglifeboat.co.uk)

**Mark Skerrett**

(Chairman)

Sea Palling Lifeboat, The Boat Shed, Sea Palling, Norfolk. NR12 0AL

Registered Charity No. 267211



This month I wanted to share some details regarding the pros and cons of neutering our pets. The subject is currently at the forefront of our minds as we have seen serious uterus infections (pyometra) a number of times over recent weeks! These infections tend to occur most commonly around 6 weeks after a bitch is in season and start by causing an increase in thirst, a decrease in appetite, vomiting and sometimes a nasty smelling discharge as well. Ultimately they progress to be life-threatening unless treated, which usually involves an emergency hysterectomy.

Uterus infections are completely avoidable by neutering, but they are not the only reason that we advise neutering female dogs. Neutering massively reduces the risk of dogs developing mammary cancers in later life, but in order to see the greatest benefits they need to be neutered in their first couple of years of life, the exact timing depends somewhat on the breed and size. Neutering also prevents phantom pregnancies, cystic ovary disease and ovarian cancers. The arguments against neutering are that patients have a tendency to gain weight, although this can be controlled with diet and exercise, it can alter their coat condition and a very small percentage of bitches develop urinary incontinence in later life, once again this is usually manageable with medication. The other concern many pet owners have is with regard to the anaesthetic and the surgery. These risks are extremely low, especially in young fit animals and we now have the option of keyhole surgery to speed up recovery and reduce risks further.

There are benefits to neutering male dogs as well, although these are less profound and must be carefully weighed up for each individual in terms of their behaviour. The pros including preventing testicular cancer and reducing the incidence of prostate disease along with making them less likely to roam. It can however, exacerbate some behavioural traits if the patient is naturally nervous, so it is sensible to consult your vet first.

With cats, particularly those which go outside it is vitally important to neuter them to ensure that there are no unwanted litters of kittens.

Ultimately the decision with our canine pets is more of a personal one, but if you have any questions then please get in contact with your vets who will be able to advise you further.



Toby Morrell MRCVS **Westover Vets**

## News and happenings – Catfield Environmental Group, January 2023



### **We've been hedging!**

If you've been to the playing field recently, you'll have seen that our hedging project is now underway. We had two very productive mornings on the first weekend in December, and, with excellent teamwork, managed to plant all 350 of the whips provided by North Norfolk District Council. There were a few left over, which have been planted alongside as spare, in case we have any failures.

Huge thanks to everyone who came out to help, on what was quite a chilly weekend. With its nine native species, we're sure the hedge will be of great benefit to wildlife but we humans will also be glad of the shelter it will provide in the future!

### **An attractive spot to stop and rest ...**

A revised plan for the green space on the corner of The Street, and New Road was approved by the Parish Council on Wednesday 7<sup>th</sup> December. This will see a durable bench set to the side of the existing sycamore tree and two accompanying hexagonal planters that will be planted with wildlife-friendly perennials. The proposal now goes forward to Norfolk County Council Highways Department for approval.

### **... and remember?**

Assuming approval is granted, the group will need to find grant funding or other financial support to purchase the bench and planters. We wondered if there might be someone in the village who would like to sponsor one of these items, perhaps in memory of a special occasion or a loved one. Any contribution would be appropriately recognised in the form of a plaque or similar feature. Please do get in touch to discuss if this is of interest (tel: 07932 191558 or email [catfieldenvironmentalgroup@gmail.com](mailto:catfieldenvironmentalgroup@gmail.com)).

### **Festive trees and a post-Christmas tidy-up**

Hope you enjoy our tree at the church's Christmas Tree Festival, decorated on the theme of recycle/reuse/repurpose, and the decorations on the New Road/The Street junction. And a reminder that we will be litter-picking again on Wednesday 28<sup>th</sup> December, 10 am start from the village hall.

Catfield Environmental Group would like to wish all residents a Happy New Year and thank all who have helped us get going since our start in March – it's great to have your support!

## January Notice Board

THE CROWN INN, CATFIELD  
TEL 01692580128

PLEASE NOTE WE WILL BE CLOSING ON  
MONDAY JANUARY 2<sup>ND</sup> THROUGH UNTIL  
MONDAY JANUARY 16<sup>TH</sup>, REOPENING ON  
TUESDAY JANUARY THE 17<sup>TH</sup>  
SORRY FOR ANY INCONVENIENCE CAUSED

Regrettably the Village Hall Festive Quiz had to be cancelled due to lack of support. It is hoped to hold a quiz in the Spring which we hope will get more support.

### **The Catfield News Team are looking for a new member.**

Would you like to be part of the team that produces the village magazine? If you fancy a new challenge and have some spare time we would love to hear from you.

You would need to have access to a computer and have a knowledge of word. Initially you would help us agree the content of the magazine and do some proof reading, with a longer term plan of helping us to attract new advertisers, and maybe learning Publisher which we use to produce the magazine.

If you are interested please email [secretarycatnews1@btinternet.com](mailto:secretarycatnews1@btinternet.com)









# All Saints' Church Catfield January Services

Christmas Eve 11.30pm Benefice Midnight Service at **Catfield**  
Sunday 25th December 10am Benefice Holy Communion at **Ludham**

Sunday 1st January 10am Benefice Holy Communion Service at **Ludham** Rev'd Gary Noyes  
Sunday 8th January 10am Joint Morning Prayer at **Potter Heigham** Judith Gardiner  
Sunday 15th January 10am Joint Holy Communion at **Catfield** Rev'd Gary Noyes  
Sunday 21st January 10am Joint Holy Communion at **Potter Heigham** Rev'd Gary Noyes  
Sunday 29th January 10am Joint Songs of Praise at **Catfield** Judith Gardiner

## Resolutions.

2022 moves on to 2023. Out with the old, in with the new, some say. Have you made any new year resolutions? How are they going? Have you managed to keep them up?

The new year can be a good time to reflect upon and evaluate various aspects of our lives, including our spiritual lives. Christianity, what's it all about? Some people think it's all about resolutions. "I must be this", "I must be that", "I must be more ...". Making the right resolutions and keeping them, is that what it's all about? Others think it's all about rules. You need to know the rules, keep them and everything will be ok. Is that what it's all about? Some think it's all about ritual. You need to say the right words in the right way, be baptised, confirmed and take communion. Is that what it's all about? All these things can play a part in a Christian's life but they are not what it's all about. Christianity is all about relationship. It's about starting and developing a relationship with Almighty God who is a loving father. This relationship is initiated by God and made possible through Jesus Christ who paid the ultimate price so that we don't have to. When Jesus was challenged by the religious leaders of his day asking "what's the most important thing in life"? He replied, "Love God and love other people. There is nothing more important than these". Love is a relationship.

Whether you feel far from God or close to him, perhaps a good resolution for 2023 might be to move closer in our relationship with him. Happy New Year.

Stephen Pitkethly AWA.



## Funeral announcement

**Mary Elizabeth Frost**  
30<sup>th</sup> January 1927 – 4<sup>th</sup> December 2022



Mary Frost, resident of the Old Vicarage, Ludham, and member of the Waterside Scratch band, died in the Norfolk and Norwich hospital at about midnight on Sunday, 4<sup>th</sup> December 2022, peacefully after a short illness.

The funeral is on Friday, 6<sup>th</sup> January at 11 am at Cromer Crematorium, followed by a Service of Thanksgiving on Saturday, 7<sup>th</sup> January in St Catherine's church Ludham. All welcome at either or both services.

Further information from David Frost 07907679630.

David and Primrose thank you for the many kind messages of condolence and sympathy already received.

## **Christmas Tree Festival**

I am writing this before the end of the Christmas tree festival but hope you not only saw the new star shining above the church but managed to come and support both the church and Norfolk and Waveney Prostate Cancer group. There were some excellent trees and I would like to thank everyone who volunteered to put up a tree, spent time selling raffle tickets or served refreshments. But an even bigger thank you to the gentlemen who braved the very cold temperatures to hoist the large tree given by North Walsham Garden centre and adorn the trees and star with lights. I have a feeling that none of them would volunteer as Santa's little helpers in Lapland! The event hopefully gave a little sparkle to what can only be called a difficult year and I wish you, your family and all you love a very happy New Year.

Judith Gardiner



Parents and children making Christmas cards

## FARMING NEWS

Finally, Rishi has come out, following intense pressure from MP's, and now likes the idea of wind turbines on land as well as out to sea. The Eco warriors don't like the idea of solar panels on prime agricultural land. I can't see Rishi letting the Government pay £66/month to every household to subsidize their electricity next year, that's around £2.5 billion a month. So now would be the time to start looking at a carbon neutral Catfield for the benefit of everyone. We've heard the pros and cons but look at your bank statements and you'll soon make your minds up that something needs to be organised. There was a brief article on TV recently which initially I thought was anti-wind turbines but actually the resident was looking at his iPad checking the wind speed and he received more money off his electricity bill the faster the turbine 500m away went round. He seemed to be saying that although he would prefer the turbine not to be there, his iPad was showing him that it needed to be there as his electricity bill was lower. Having changed most of the lights around the farm to LED's to reduce power consumption I'm now looking at heating systems in houses. We have plenty of wood around the farms, so wood burners seem the answer. The tenant gets heat and I get the house warm and damp free. The first wood burner arrived yesterday but the wood needs to be under 20% moisture and that takes 2 years to dry, so it looks like we need a giant wood store.

The muck heap cover is finished and has really tidied up a wet and dirty corner of the farm. The big question is; did the contractors take more time building it than the Parish Council spent discussing it? My money was on the contractors but I have to say I lost the bet.

I seem to be having endless e mails to and from Rural Payments Agency recently. On 30<sup>th</sup> November I had a call to say that my e mails were going into their Spam and they had found them and how many more was I going to send. Another 5 hours' worth was the answer. In December I moved onto Stewardship Capital grant claims and new Mid-Tier Stewardship agreements starting 1<sup>st</sup> January of which there were many minor issues to be resolved. The most annoying issue was a marsh renowned for Snipe, Redshank and other waders where the RPA had turned the plot down because Natural England had not signed it off. Their reasoning; it was too small an area but have since said that the birds are there and are probably breeding and therefore the application is correct. It has now gone past the application window and we'll have to apply next year. I wonder if they have considered the Snipe (the most important thing here) whose habitat has changed slightly because there is no stewardship agreement at present. Time will tell if the net result of these delays are that the Snipe have gone elsewhere. The reductions in subsidies and problems with Stewardship and SFI coupled with high fertilizer prices are beginning to cause cash flow issues on some tenanted farms. RPA really need to sort out a way forward but no, they are about to go on strike and have a three-week Christmas break.

Avian Flu is everywhere, there are dead birds in most fields which are quickly cleared up by foxes and badgers. I've heard that some foxes now have bird flu. A lot of dogs have been ill this Summer/Autumn with vets not finding anything in tests, one wonders if they have picked up a dose, however they seem to be over it now. The massive reduction in bird numbers has had an effect on the feed wheat market which has dropped some 20%.

AWA 9.12.2022

## How's your happiness?

With the bright lights of Christmas fast becoming a distant memory, many people find that January is the darkest and most difficult month of the year. Many of us have hope and good intentions for the New Year only to find that the end of the January becomes a real struggle to find enough light and inspiration to keep us going. If you are feeling low and out of sorts, check out the Action for Happiness organisation at [www.actionforhappiness.org](http://www.actionforhappiness.org) for free information and ideas on how you can improve your own happiness, and that of others.

Discover the **10 Keys to Happier Living**: giving, relating, exercising, awareness, trying out, direction, resilience, emotions, acceptance and meaning.

Everyone's path to happiness is different. Here's a look at Resilience found at <https://actionforhappiness.org/10-keys/resilience>. Check out the full page for strategies you can use to improve your resilience.



### **Resilience** **Find ways to bounce back**

*Everyone has ups and downs - difficulties are part of life for us all. Science shows we can learn skills, actions and habits of thinking that boost our natural resilience.*

We all experience small daily frustrations and everyday stresses and at times, bigger upsets, failures, unexpected change and challenges. Many of us will also experience traumatic events at some point in our lives such as the loss of someone we love, the sudden loss of our job, an accident or serious illness. Being resilient doesn't mean we will never feel pain, upset, hurt, sadness, fear or anger when we experience difficult times. It means in the moment or over time we can find ways to cope constructively, accept what has happened, adapt and eventually move forward.

Research shows that resilience isn't a rare quality found in a few, extraordinary people. Dr Ann Masten, a leading expert in resilience, describes it as 'ordinary magic' comprising many factors, internal and external, including our everyday capabilities, relationships and resources. It's not a static characteristic – it varies for all of us. We can each be naturally resilient in some situations or times in our lives and not others.

Importantly many studies from psychology, neuroscience, medicine and other fields show that we can learn skills, practices and habits of thinking that can help to boost and build our resilience. So although life may have unexpected twists and turns, we can develop our skillset and nurture our internal and external resources to help us respond flexibly, effectively deal with challenges, recover more quickly and even learn as a result. This can lower our risk of depression and anxiety and even enable us to age successfully. What's more the same skills can help us manage the fear of taking on new opportunities and so help us develop and grow in other ways too.

Spread some happiness and subscribe to the monthly calendar. You'll be pleased you did!

Content source: <https://actionforhappiness.org>

Thanks for reading,

Beverly Chilson, Milestone Therapy Centre [www.milestonetherapycentre.co.uk](http://www.milestonetherapycentre.co.uk)

## Help with living costs

You may be struggling with living costs for a range of reasons. Below is an extract from a leaflet that tells you what support is available and how to get advice. You can also find this information on website [www.norfolk.gov.uk/costofliving](http://www.norfolk.gov.uk/costofliving). If you don't have access to the internet at home, you can go online at any of our Norfolk libraries.

### Help and support with living costs

**Norfolk Assistance Scheme** can help you get support and financial assistance for food, energy, water, and other household essentials including white goods. You can apply yourself or a support organisation, such as Age UK Norfolk or Citizens Advice can apply on your behalf. The fastest way is to apply online [www.norfolk.gov.uk/nas](http://www.norfolk.gov.uk/nas). If you do not have internet access call **0344 800 8020**.

**Citizens Advice** provide information about benefits, how to deal with debt, what you are entitled to and who to speak to if you are at risk of losing your home. Visit [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk) or call **0800 144 8848** and select option 1.

**Fuel** - do you use oil to heat your home? Community Action Norfolk's community oil buying scheme can help get the best price and offer payment options to spread the cost. Visit [www.communityactionnorfolk.org.uk](http://www.communityactionnorfolk.org.uk), call **01362 698216** or email [office@communityactionnorfolk.org.uk](mailto:office@communityactionnorfolk.org.uk)

**Ofcom** provides advice on what to do if you are struggling to pay bills or need debt advice. There is also information on their website under Phones and Internet detailing social tariffs for cheaper broadband and phone packages for people claiming Universal Credit, Pension Credit and some other benefits. For more information Call **0300 123 3333** or visit [www.ofcom.org.uk](http://www.ofcom.org.uk)

**Age UK** offers free, confidential advice if you are over state pension age. Call **0800 678 1602** or visit [www.ageuk.org.uk](http://www.ageuk.org.uk)

**Ask Bill** offers free and impartial advice about money and bills. Visit [www.askbill.org.uk](http://www.askbill.org.uk)

**Your local council** will be able to check that you are claiming all of the benefits that you are entitled to. They can also help with emergency funding if you are in crisis and general signposting to other services that you may be able to benefit from. For more information contact North Norfolk District Council – Call **01263 516221** or visit [www.north-norfolk.gov.uk/cost-of-living](http://www.north-norfolk.gov.uk/cost-of-living)

### Struggling to afford food

Norfolk Community Foundation's Nourishing Norfolk food hubs provide a range of food support. This includes:

- Community fridges and larders - these are usually open to anyone in the community and food can be taken for free.
- Food pantries- these tend to be members only and often charge small amounts for their food. They offer a greater choice of products than a community fridge.
- Community supermarkets- these have a membership system that allows customers to buy food at heavily discounted prices

For more details on the food hubs visit

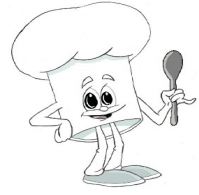
[www.norfolkfoundation.com/nourishing-norfolk-network](http://www.norfolkfoundation.com/nourishing-norfolk-network)

Foodbanks can provide short-term help if you are struggling to afford and buy food. To find a foodbank near to you search for food banks or supermarkets at

<https://communitydirectory.norfolk.gov.uk> or call Trussell Trust Tel: **01722 580180**

**Food apps** – there are low-cost food packages available in your local area through an app – Too Good To Go or Olio. These apps enable you to reserve bags of food at much reduced prices at local stores close to you. These will typically be a mix of products that are close to sell by dates

# Chef's Specials



## Roasted Root Vegetable Soup

### Ingredients

50ml olive oil  
1 small butternut squash, peeled, seeded and cubed  
2 carrots, cut into thick rounds  
1 large parsnip, cubed  
1 small swede, cubed  
2 leeks, thickly sliced  
1 onion, quartered  
3 bay leaves  
4 thyme sprigs, plus extra to garnish  
3 rosemary sprigs  
1.2 litres vegetable stock  
Salt and pepper  
Sour cream, to serve

### Method

1. Preheat the oven to 180C. Put the olive oil into a large bowl. Add the prepared vegetables and toss until coated in the oil.
2. Spread out the vegetables in a single layer on one large or two small baking sheets. Tuck the herbs among the vegetables.
3. Roast for 50 minutes until tender turning the vegetables occasionally to make sure they brown evenly. Remove from the oven, discard the herbs and transfer the vegetables to a large pan.
4. Pour the stock into the pan and bring to the boil. Reduce the heat, season to taste, then simmer for 10 minutes. Transfer the soup to a food processor or blender (or use a hand blender) and process for a few minutes until thick and smooth.
5. Return the soup to the pan to heat through. Season and serve with a swirl of sour cream. Garnish each serving with a sprig of thyme.

D.S.

**One Liner:** The test of any civilization is the measure of consideration and care which it gives to its weaker members.

## Shops in Catfield

Catfield is fortunate to have a shop and Post Office these days. In the past there were usually several shops in the village even though the population was much smaller. Most people in the past had to shop in the village because of transport problems; most families didn't have a car until the 1960s, the only alternatives were walking, cycling and between the 1880s and 1959 the train to Stalham or Yarmouth. The shopping revolution came to this area in 1963 with Latham's self-service supermarket at Potter Heigham. Village shops such as those in Catfield were definitely not self-service; shop assistants served and wrapped goods then took cash payment after adding up the bill without a computerised till.

The present shop, until the 1970s, had a large open space in the middle with counters along three sides. The shop was run by Reggie Wightman assisted by Gordon Riches. As you entered the Post Office was on the left behind a mesh grill. Gordon would shuffle around behind the counters from handing out pensions in the Post Office, to cutting and wrapping cheese, to handing out newspapers and magazines. This shop like the others, was open from I think 9am to 5pm, with early closing on Wednesday afternoons and closed all day Sunday.



Wightman's Shop

This shop and Post Office was owned from 1899 by Hugh Wightman and later by his son Reggie until about 1970 when Mr Ash took over and modernised it. There had been a shop in this building for at least a century before Wightman. John and Maria Moore ran it until the 1840s when the Barcham family took over until about 1880. It became the Post Office around 1880 when J W Huson took over and he sold it to Wightman in 1899.



Another shop which some people will remember was the White Horse Stores next to the Crown PH. The White Horse was also a pub until it closed in the 1930s and became a shop run by John and Connie Thompson who sold it to Mr and Mrs Urie in the late 1950s. Their daughter Joyce (Platford) worked as a hairdresser in one end of the shop. Through this time Nora Myhill worked in the shop. Later it was run by Shipstones and closed before 1980.



White Horse Stores

There was another shop on the corner of New Road and The Street at The Hollies. This was built in 1898 but it replaced an earlier cottage and shop. There had been a shop here since at least 1842 when Robert Rice was renting it. During the 1850s John Balls (son-n-law of Riches the wherry operator) took over and he became Catfield's first Postmaster before 1858. The Post Office was at the Hollies only while Balls ran it and transferred to its current location around 1880. For the next century The Hollies had many different shopkeepers until 1978 when Jimmy and May Miles closed it. A photo from the 1920s shows it being run as Watts and Baker who ran a delivery van as well.



The Hollies

A G Baker then seemed to move from The Hollies to Willow House where he ran a shop and egg-packing business in what had earlier been a butcher's shop. By 1939 this had become Jack Goodrick's Threeways Garage and there was a briefly another attempt by the Elseys to run a shop here along with the garage in the 1970s. Around the same time Mr Killett had a shop and butcher's next to Sunbury (Hi-Timbers) in The Street. There was another shop in The Street in a shed adjoining Pinehurst opposite the Sandholes run by Ollie Blaxell's wife in the 1950s and 1960s. This was popular with boys as she would sell us fireworks as well as sweets.

In Wood Street there used to be a shop which served people from there and Fenside, especially with paraffin. It was built onto the front of an old house Woodcroft in 1907 by Jimmy Pert who also did a delivery service on a tricycle. This shop continued until at least the 1950s, run by his daughters Elsie (Platford) and Louisa. Before 1907 Pert ran a shop nearby in the shed adjoining the former cottage between Wood Street Farm and Latchetts. He took it over from Rebecca Thompson in the 1890s she had been there since moving from Horning around 1882. As a boy Pert lived in Wood Street and was an apprentice grocer, presumably at one of the other Catfield shops.



Jimmy Pert outside his shop

If you have memories of Catfield shops please write to the Magazine or contact me; I'm always keen to see any old photos of Catfield people and places. I hope to have another article of Catfield history soon.

Keith Bacon

## **WROXHAM & HOVETON LIONS CLUB.**

I hope you all had an enjoyable Christmas and the Club's members join me in wishing every one a Happy and Prosperous New Year.

The Santa Sleigh had another successful year and is now back under cover ready for Santa next Christmas. We will publish the total collected, as soon as the final figure has been calculated but in the meantime, we would like to say a big thank you to everyone who kindly donated to our collections. Your help is greatly appreciated and will enable us to continue supporting deserving causes in our area.

Well, here we are at the start of a new year, when we will shortly be planning our fundraising activities for 2023. We have already allocated the dates for our **Craft Fairs**, which will be held on **Sunday, March 12th, May 21st, October 8th, & November 19th**, so make a note in your diary.

Another date for your diary is our annual **Hoveton Village Charity Fete**, which will take place on **Sunday August 6<sup>th</sup>** at the Village Hall and Playing Field. Full details of the attractions will be published nearer the time, but we are now taking booking for both stalls and classic cars Forms are available in pdf form to download from our website [www.wroxhamandhovetonlions.org](http://www.wroxhamandhovetonlions.org), by clicking on the "Fundraising Events" link.

Our charity shop continues to be busy and we still need your donations of good, clean items, especially bric-a-brac. So, if you are having a sort out, or down-sizing, would you please bear us in mind. You can drop items in at the shop, or alternatively ring them on 01603 783737 or myself on 07850091570 and we can arrange collection.

We always welcome new members, so if you have any spare time and feel you would like to put it to good use and give something back into your community, why not think about joining us. If you are interested, please give me a call 07850091570 or contact our membership chair-person Lion Lydia Spight via our "Learn More" link on web site [www.wroxhamandhovetonlions.org](http://www.wroxhamandhovetonlions.org)

[Lion Terry Vout](#)  
[President.](#)

## **Stalham & District Horticultural Society**

Lecture entitled - "Gardening for Butterfly's & the Changing Climate" by the  
renowned and ever  
entertaining Dr Ian Bedford  
Friday 20<sup>th</sup> January 7.15pm for a 7.30pm start.  
to be held in the "The Poppy Centre"  
off Recreation Road  
in Stalham (NR12 9BH)

Raffle and refreshments.

## **95% more homes are on the market today than a year ago**

This is excellent news for homebuyers and landlords because as properties are no longer flying off the shelf as they did last year, the number of properties available to buy is beginning to return to long-term averages.

This means there is greater choice for buyers and this will reduce the pressure on house prices and return us to a more normal housing market for buyers (and sellers).

**The average UK estate agency now has 25 homes for sale, the highest level of properties on the market since December 2021 (when it was 21 homes for sale).**

This growth in properties for sale has been seen across all areas of the British Isles. This is important because when there is a more significant availability of homes for sale, this diminishes the increasing pressure on house prices.

So how does a low number of properties for sale make such a huge difference?

Coming into the early spring of 2022, the levels of properties for sale were low. It was '*Hobson's choice*' for buyers, so they had to pay top dollar to secure their home.

**The value of properties that had their sale agreed upon in the early spring of 2022 (and completed their sale in September 2022) is 21.4% higher than those properties that had a sale agreed upon in the spring of 2021.**

The number of properties estate agents have to offer buyers is increasing; this will boost the choice for buyers, meaning we will move into a more balanced housing market.

Nevertheless, it's vital that sellers place their properties, when they go onto the market, in line with what homebuyers are prepared to pay, given the current hit to their buying power initiated by higher interest rates.

**House prices are not expected to crash in 2023, yet they will be lower than in 2022.**

If you are buying and selling in the same property market, it doesn't matter what happens to property prices.

What has an effect on the value of your home is the number of properties for sale at any one time compared to the number of buyers. When there is an over-supply of homes for sale, prices go down, and with reduced demand, house prices will go down. So how do the stock levels of properties for sale compare to the past?

If you recall at the start of the article, I stated the average UK estate agency had 25 properties on their books now. In 2018/9, that average was 36 properties for sale (and for added comparison, the long-term average, since records began in 2016, is 49 homes for sale).

A great way to determine what will happen to the property market is by measuring that stock level (*i.e. the number of properties for sale*). Check once a month and see how many properties are for sale. Let me break that down for specifically and how you can judge the market from your sofa.

(contd.)

**There are 191 properties and plots for sale now. To give context, the long-term 16-year average is 296 properties and plots for sale, yet in the credit crunch of 2008, it reached 515 properties and plots for sale at one point.**

I envisage some component of scarcity to persist in the property market, meaning whilst the house prices that were being achieved in the spring of 2022 won't be replicated in 2023, it also won't fall dramatically next year.

The incentives and impetuses to move home have changed in the last six months and will continue to do so into 2023.

As I have written before, there are a larger number of mature homeowners in their 60s and 70s downsizing to help with heating bills, whilst the desire for more space means younger families will continue to look for new homes to live in, in 2023.

If younger 20-somethings can access the Bank of Mum and Dad for mortgage deposits, they will also carry on buying. This is especially true because double-digit rental inflation makes renting quite expensive compared to buying (even with the increased interest rates).

These are my thoughts on the property market this week. Do put in the comments (or send me a message) your thoughts on the matter discussed and any other property-related topic you want some advice and opinion on.

Thank you in advance ...

Daniel Trett    e-mail [Daniel@trettphillipsresidential.co.uk](mailto:Daniel@trettphillipsresidential.co.uk)    tel: 01692 531400

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Tickets are £5 each, which includes tea or coffee in the interval

## Answers to December Festive Quiz

1. 8. 2. Capricorn. 3. Button. 4. St Stephen. 5. Bob the Builder Can we fix it.  
6. Sir Isaac Newton. 7. Chestnuts. 8. Gaspar. Melchior and Balthasar. 9. Vixen.  
10. 23. 11. Germany. 12. Tom Smith.

Winner was Jenny Sharpe

### SUDOKU

Complete the grid so that every row, Column and every 3x3 box contains Every digit from 1 to 9

			8					1
					2		8	
	4	1				9		
		3	6			2		
1	7			2			5	6
		9			5	7		
		2				6	7	
	3		1					
6					3			

### Last Month's Solution

6	9	5	1	3	2	7	4	8
4	8	3	5	7	6	2	9	1
1	2	7	9	4	8	3	5	6
3	7	9	8	2	5	6	1	4
8	6	1	7	9	4	5	2	3
2	5	4	6	1	3	8	7	9
5	1	2	3	8	9	4	6	7
7	4	8	2	6	1	9	3	5
9	3	6	4	5	7	1	8	2

### CATFIELD AND HICKLING FISHING CLUB

If anyone wishes to become a member of Catfield and Hickling fishing club -  
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Your Beat Manager

PC Matt Pritty

## YOU SAID, WE DID

A dispersal order was issued in Stalham town centre at the end of October in direct response to antisocial behaviour (ASB) that had been taking place in the area. The order gave officers extra powers during a certain period of time, to direct people to leave the area and not return within 48 hours if they were suspected of causing ASB.

Regular patrols were undertaken in Stalham and known areas of antisocial behaviour, particularly during half term, and during and after the dispersal order had finished, and a number of young people were spoken to.

A man was sentenced after stealing a £35K boat from Barton Broad last year, following an investigation.

Beat Manager PC Matt Pritty has been on regular patrols across Stalham over the last few months in both the town centre and more rural areas including in Horning and Hoveton.

He's visited schools including Catfield Primary School and continues to support the seal rescue teams at Horsey during the seal pup birthing season, as visitors to the area increases, putting the wildlife at risk.

## YOUR PRIORITIES

- Anti-social behaviour and reassurance patrols.
- Retail theft prevention.



## NEED TO KNOW

The next Safer Neighbourhood Action Panel (SNAP) Priority Setting meeting for Stalham will take place on Wed 4 January 2023, between 6:30pm – 7:30pm, at The Poppy Centre, Recreation Road.

Email [SNTStalham@norfolk.police.uk](mailto:SNTStalham@norfolk.police.uk) if you'd like to attend, or to suggest a new priority.



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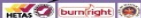
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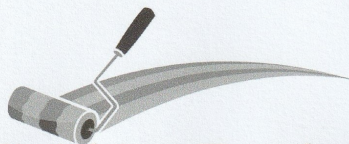
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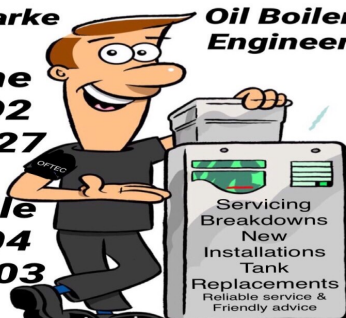
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Items for inclusion need to be received no later than **10<sup>th</sup>** of each month. Items can be e-mailed to the team, *contacts detailed on page 2*, or left in the Catfield News box in the Village Shop. Articles should be no more than 400 words and have the contributor's name attached, but the name does not have to appear in the magazine.

The Catfield News aims to be a magazine of local news and events and although we cannot always guarantee to include all items received, we will always give priority to Catfield news and events. If you have something you would like published in the magazine, please contact one of the team. For Business advertisements or small Classified Ads., please contact one of the Catfield News Team for details.

Catfield News items are published in good faith with every effort made to ensure accuracy of content as given to us. No liability can be accepted for inconvenience arising from error or omission. *The views expressed in Catfield News are not necessarily the views of the Team.*

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