



*Issue 230*

# CATFIELD NEWS

Your village magazine  
February 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)

## **February monthly events**

### **Coffee & Chat Club Friday 3rd**

10.00 - 12.00 in the Village Hall

Come along to the Village Hall and have a drink, a piece of cake and a either just sit and chat or join others playing games.  
All welcome.

For more information contact Judith on 01692 580391

### **Parkinson's Group Next meeting is Tuesday 7th February 12.00 - 2.30pm in the Catfield Crown**

This group is for anyone who has, or is living with Parkinson's Disease and is open to family and friends. We meet on a monthly basis and hope that through the group we can provide a place to meet and generally find out what help is available if so required.

A warm welcome awaits so please do come along and join us.  
Contact Dave on 07484173099

### **Mobile Library**

Visits Wednesday 15th February

10.05 - 10.20 Thorn Road

10.25 - 10.40 Village Hall

### **Environmental Group Meeting Wednesday 22nd**

7.00pm Village Hall

Email [catfieldenvironmentalgroup@gmail.com](mailto:catfieldenvironmentalgroup@gmail.com)

## February weekly and fortnightly events

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

### Catfield Stitching Group

We are a friendly group of like-minded people, all at different levels of experience. If you, like us, enjoy stitching and sharing creative ideas, we would love you to join us. Please bring your own project (Embroidery, knitting, crotchet, patchwork or creative sewing). We have occasional, optional group projects and workshops.

We next meet in Catfield Village Hall  
**on Tuesday 14th and Tuesday 28th**  
from 2pm to 4pm

**Please contact Pat Reid 01692 582978 or Brenda Hackney 01692 678128  
for more information**

**£3.00 per session.** Tea, Coffee & Biscuits included.  
Free first/taster session.

### Catfield Crafters

At each meeting members share new ideas and techniques as well as making two card projects. All tools and materials are supplied. The subs for each session are £3.00 which includes refreshments. New members are always welcome so if you feel you would like to try us out we can guarantee a warm welcome, so whether you are a novice or an experienced crafter we'd love to see you.

The February meetings are on  
**Wednesday 8th and Wednesday 22nd**  
1.00pm - 3.00pm.

In the Village Hall  
Contact Julie on 582934 for more information

## CATFIELD PARISH COUNCILLORS

Keith Bacon	01692 581314	keithbacon@keme.co.uk
Janet Briscoe	07747033056	jandmbriscoe@btinternet.com
Graham Edwards	01692 580219	office@telecomengineering.co.uk
Mike Filgate	01692 581421	michael.filgate50@gmail.com
Jennifer Harris	07842553478	jenben.harris@gmail.com
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
Neil Jordan	07818 451907	neil.j.jordan@btinternet.com
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  
[elainessmith364@btinternet.com](mailto:elainessmith364@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 4<sup>th</sup> January 2023**

- **Public** – Discussed Anglian Water procedures when residents have continuous periods without water, such as during the hot dry weather in Aug 2022.
- **Cllr Grove-Jones update:**
  - No movement on Nutrient Neutrality
  - There is a Saline Barrier at Potter Heigham to protect over wintering fish from saline surges. Anyone observing dead fish should report it to the environmental agency.
  - Conditions on Sands development have been agreed and work to commence in the spring.
- **Cllr Price update:**
  - County Council progressing with devolution deal. There will be a public consultation and participation is encouraged.
  - Potter Heigham bridge investigation works to take until the end of the month.
- **PA/22/2921 Laurels Farmhouse** – There are now 2 separate applications, installation of roof mounted panels and ground mounted systems. PC in support of roof mounted panels but stand by their concerns of the ground mounted systems.
- **PF/22/2897 14 Long Lane Two story extension to side of house** – No objections by PC
- **PF/22/2898 Ludham Water Tower Removal and installation of antenna and associated equipment**– No objections by PC
- **Polluted water into the Ant, Broads and Marshes SSSI** – PC to request date of dye tests and reasons why the Environmental Agency is taken so long to carry out the tests. Impacts of the pollutants can already be seen.
- **Mud on roads around Fenside** – Two written complaints received. Concerns also raised regarding damage to the verges. PC to write to Highways regarding the complaints and request any advice on prevention.
- **Catfield recreation ground** – A cost of £1000 was agreed to address the high-risk items and for work to commence as soon as weather permits.
- **Village Hall bench** – Bench to be delivered within 4 weeks.
- **Mushroom Site verge** – PC to investigate restoring the verge along the Mushroom site. A letter will be sent to the landowner asking to move the fencing into the Highways boundary. A letter will be sent to North Norfolk Council if landowner does not agree.
- **Flo Gas light pollution** – PC will monitor the lights as they potentially mimic car lights.
- **Hedging on The Street near The Crown** – Hedging protruding onto the road causing pedestrians to walk into the road. PC to request owner to cut the hedge back.
- **Village Hall** – PC representative appointed to liaise with Village Hall Management Committee and attend their meetings.
- **All Saints Church** – Grant agreed over 4 years for ride on mower for grass cutting.

**Next Meeting Wednesday 1st February 2023 at 7pm in the Village Hall**



Our case this month is Milo, a 12 year old domestic short haired cat. He was brought in following gradual weight loss despite an excellent appetite. He was also more vocal than normal and his coat was dull and coarse where it was normally in excellent condition.

Initially his owners had put the weight loss and poor coat condition down to his age and assuming he was just getting old.

On examination Milo was still bright and responsive, but he was very lean and had lost over half a kilogram in under a year. He had developed a heart murmur which had never previously been detected and his thyroid gland in his neck was enlarged. Milo's owner agreed to blood tests which showed a significantly raised thyroid level confirming our suspicion of hyperthyroidism. The thyroid acts like a metronome for a cats metabolism and extra thyroid hormone leads to elevated blood pressure, strain on the heart and also the liver and kidneys as well. We were also able to scan his heart which showed enlarged on the left atrium consistent with heart disease.

The treatment options for hyperthyroidism are numerous and include surgery, a special diet and even radioactive iodine treatment! However, most owners opt for oral treatment and this is what Milo was started on. Within a month of starting treatment his thyroid levels was back within normal limits. He was also given medication for his heart which has helped to prevent further progression of his heart disease. All being well Milo will continue to respond to treatment and have a good few years with his owners.

Thyroid screening is available to all our patients and for those with no clinical signs of illness we offer a senior wellness package that includes screening for diabetes, liver and kidney disease as well. It is also worth mentioning that after many months of difficulties obtaining cat vaccines we are now able to offer routine cat vaccination again.



Toby Morrell MRCVS Westover Veterinary Centre



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



After a lot of practical activity at the end of last year, our group is having a quiet start to 2023 while we continue planning our activities.

If your new year's resolution was to spend more time outdoors, come along and join us to help make a difference to your village!

We await news from North Norfolk District Council about our proposed perennial planters and bench on the grassed area at the corner of The Street and New Road. Once permission is granted, we can set about raising the necessary funds and making that project a reality.

### Sandholes

In the meantime, we have taken the first small steps in a potential project at Sandholes, the Parish Council-owned area of land that links The Street with New Road with a public footpath. The area is thick with trees and marshy patches, and grasses bear witness to the previous existence of a pond. We would like to work on enhancing the biodiversity of the site and also make it more accessible to members of the public. To begin with, we have had a site meeting with Lucy Seely, Wildlife and Community Officer at Norfolk Wildlife Trust, who is going to enlist a conservation officer colleague to assist and also return in the spring to help us take some initial practical action.

The first thing we need to do is to do a baseline assessment of existing wildlife species in the area, so we know what is already there. This will cover not just trees, plants, mammals and birds but also fungi and insects, including butterflies and moths. If you have expertise in identifying and recording any of these, and would like to help us get this project underway, or if you would like to help in some other way, please do get in touch!

### New trees in your garden?

If you've been thinking about planting a tree or two in your garden it's not too late to do so this winter. While tree-planting schemes run by Norfolk County Council and Woodland Trust are generally aimed at larger numbers, and applications are currently closed, single trees can still be bought at low cost from the latter and also from reputable nurseries. You may find you have room for more than you think. Why not team up with some neighbours to plant a range of species? Or plan ahead now for the autumn!

### Litter pick

We unfortunately had to cancel our litter pick on 28<sup>th</sup> December due to bad weather, but aim to reschedule that in the not too distant future - watch this space!

Finally, we are running a bingo evening in the village hall on Friday 3rd March – details next month.

Catfield Environmental Group is open to everyone! To contact us, please ring 07932 191558 or email [catfieldenvironmentalgroup@gmail.com](mailto:catfieldenvironmentalgroup@gmail.com).

## February Notice Board

### Can you help Steve and his family relive some Catfield memories

“For many years, growing up, we visited Catfield to stay with our grandparents, Betty (Rebecca) and Alan Cooke. We have many memories of our time there with my mum (Rita Cooke) and aunt and uncle (Julie and Tony). In March this year we have booked a big family stay in the village to share memories of those great times and would love to know if anyone who knew the family is still local and may have stories they can tell! Betty’s sister, Maureen, along with her daughters and my mum, Rita, our family and my Aunt Julie and family will be visiting.”

If you remember the Cooke family and have some memories to share you can contact Steve via email [bushtuckerb@hotmail.com](mailto:bushtuckerb@hotmail.com), or leave your contact details in the Catfield News box in the Village Shop.

We had a number of our readers comment on how much they enjoyed Keith’s article on Catfield Shops. Tom Butler who lived in Thorn Road for 45 years before moving to Somerset still reads the Catfield News on-line and contacted us to say he found Keith’s article interesting and remembers The Hollies and Killits Store, but more so the Village Shop and White Horse Stores. He also remembers some people Keith did not mention. Mr and Mrs Timms who owned the Village Shop after Mr and Mrs Ashe. At the White Horse Stores he can recall Mr and Mrs Jones, Mr and Mrs Hales and Mr Bowden. He hopes many will remember his wife Maureen who worked for everyone of the owners listed at both shops

### JIGSAW PUZZLES FOR SALE

Some £3 each, some £4 each

Contact Sylvia on 07470655799

or come aand look at 7, Parkers Close, Catfield

## February Notice Board

### **Experienced and locally based caretaker/ cleaner sought for charming holiday cottage near Ludham/Catfield Norfolk.**

We look for 1 or 2 person team working to high standards for good remuneration. Short and longer bookings throughout the year. Change-over preferable on Saturdays. Start in April or sooner. Competitive rates. Please apply to owners on [greerwilson@hotmail.com](mailto:greerwilson@hotmail.com) stating motivation, experience and any conditions. Interviews early February.

### **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)

### **CATFIELD AND HICKLING FISHING CLUB**

If anyone wishes to become a member of Catfield and Hickling fishing club - membership is available to all residents of Catfield and Hickling at a cost of £5 for the 2023/ 2024 season.  
To apply please contact Keith Bacon: 01692581314 [keithbacon@keme.co.uk](mailto:keithbacon@keme.co.uk)



## All Saints' Church Catfield February Services

- Sunday 5th February 10am Benefice Holy Communion Service at **Catfield**  
Rev'd Gary Noyes
- Sunday 12th February 10am Joint Morning Prayer at **Potter Heigham**  
Judith Gardiner LLMT
- Sunday 19th February 10am Joint Holy Communion at **Catfield** Rev'd Gary Noyes
- Wednesday 22nd February 7pm Ash Wednesday Benefice Service at **Ludham**  
Rev'd Gary Noyes
- Sunday 26th February 10am Joint Holy Communion at **Potter Heigham**  
Rev'd Gary Noyes

Can you really believe that by the time this is delivered through your door, January will have gone and we will have entered the shortest month of the year, March will soon be with us! I could ask how the New Year resolutions are going but if you are like me these usually have come and gone and often focus on losing weight. Unfortunately, I never seem to have much luck on that front either; those sweets still find their way into my shopping basket but in fairness, so do the veg and fruit. So this year I have changed what I am aiming for, it's about self-esteem, compassion and good mental and physical health and not just for me.

It has been proved that kindness and being nice to others is one of the easiest, quickest and most inexpensive way to help your own mood. It takes the focus off yourself, can be very calming and if you are being kind to someone you are more than likely making them smile and feel relaxed and content. Did you realise this can affect the chemical balance of your heart and bring down your blood pressure? A winning situation for all concerned. You pay less attention to yourself and your own problems and in return your act of kindness will be appreciated by those that receive. You don't even have to do much, a smile, an acknowledgement that they are there, a few kind words. How would you like people to treat you? It could open the door to a new friendship and certainly lift spirits all round.

May I wish you a Happy and contented Year and don't forget 'In everything do to others as you would have them do to you' Matthew 7:12.

Judith Gardiner LLMT

## **Friends of All Saints Church**

Many churches are struggling to raise money for the actual running of the church, the annual insurance, for repairs and of course if lucky for the improvements of the building adding facilities such as a toilet and kitchen. Catfield is no different! but what we haven't got is a group of people separate from those who worship who wish to look after and sustain the building for generations to come. True, there are rules to be adhered to when putting new facilities in the building but are you someone who would be interested in forming a group or being part of a Friends group? Have you been a fund raiser in an earlier life and need a new challenge? Don't forget, you do not need to believe in God to want to need to preserve a beautiful historic building. If interested please let us know and we can put you in touch with each other. Just put your name and contact details on a piece of paper and put it in the box in the village shop. Thank you in anticipation.

## **Catfield Community Christmas**



The first Catfield community Christmas event was very much enjoyed by all who attended. There was a tasty lunch, pass the parcel, musical entertainment and even our own showing of the King's speech. Many thanks go to all those who generously contributed and helped to make it such a success.

Diana

## FARMING NEWS

I've just looked back 12 months to see what was happening in 2022. *Covid, Avian Flu, uncertainty in agricultural commodity markets, in 2022 we already have all that plus huge rises in energy costs and uncertainty over deliveries of fuel, fertilizers, spare parts and availability of labour. We still have uncertainty over the future of the Environment with Defra offering schemes at near or below the cost.* Well not much has changed, except everything is more volatile.

Defra are struggling to get farmers to sign up to Sustainable Farming Incentive, so they are offering a signing on fee of £1000 for the first 50ha. The problem is that the payments are so low, the scheme is not worthwhile at present. Interestingly this is the same tactic the Government are using to try to get the nurses back to work and that is not going well.

If you think we have problems introducing beavers in Norfolk look at what is happening in the wilder parts of the EU in Lower Saxony and Italy. Wolves have been encouraged for the past 20 years with legislation to protect them. As a result, wolves have increased numbers by a third each year so that there are now around 160 packs across the EU. A success for environmental protection. The downside is that stock deaths related to wolf attacks has increased from 40 a year (20 years ago) to 2881 sheep and goats plus 251 cattle but more importantly Ursula Von der Leyen's miniature horse, Dolly. Ursula is President of the European Commission and a strict defender of all things European, especially their environmental regulations. What's the betting that rules on protected species are about to be changed in Europe and a bounty put on a wolf's head? I very much doubt its one wolf killing all these farm animals, so isn't the correct response to have a balanced environment? Then one gets into the debate of what is a balanced environment? Just leave it to professional farmers who know, we really don't need all this legislation, we just need a subsidy system that fits all situations and promotes sustainable food production alongside a sustainable environment.

We finally finished hedge planting with some 14,000 plants being planted in Catfield. It's transformed field margins and will have a positive effect on small birds. Its back breaking work and thanks must go to the 3 man team that's been planting, who only have 20,000 plants to go on other farms! Ponds and some ditches have been cleaned out and now water levels are back to seasonal normal levels, I've been really pleased by how clean and clear the water is, the wild life has also returned, especially the birds. I can't believe it's the water quality that's attracting them, but it may just be that the worst of bird flu is over and they feel safe coming back to my farm. If that's the case, where have they been hiding for the last 4 months and why pick this time of year to return home? Now they are here, they are getting fed with some very expensive wheat.

The Cantley Sugar Beet factory lime kiln fell to bits in mid-December and the factory closed. This has caused chaos in getting beet delivered to the next nearest factories at Bury St Edmunds and Wissington. For a business that was already struggling with its carbon footprint, this just adds more carbon to production costs. On the bright side we still seem to be getting our "Local Premium" for being close to the factory. Our planned visit to the factory was first cancelled but has been re-instated as a meeting. I'm guessing that at the meeting British Sugar will either be saying "we have the ability to re-build the factory" or "its going to cost too much to re-build the factory" just at a time when the negotiated 2023-4 price leaves a margin as long as we grow high yields.

AWA 9.1.2023

## **New Year New Start-top tips for planning a house move in 2023**

As each year ends, we reflect on the year before and set resolutions and goals for the year ahead. Here is what you need to know if a house move is on the cards for you in 2023.

New year is a time to reset and refresh things. Perhaps a new diet or exercise regimen or financial goals to aim for. But more often than not, these plans are simply too ambitious. Statistically, less than a third of new year's resolutions are still being followed in March. But one goal that you can definitely stick to is moving house.

The property market slows down in the lead-up to Christmas as attention is directed to shopping for and wrapping gifts and preparing and cooking food.

But, once that's all out of the way, our thoughts turn to making plans. If there has been any discussion in your family about possibly moving house in 2023, these plans will start to formulate in those in-between days from Boxing Day and New Years eve.

Between Boxing Day and New Years eve, there is a general lull in activity. No formal plans are made, you are living off Christmas dinner leftovers, and you're not entirely sure what day of the week it is.

During these days, your mind will start contemplating the future house move. What can you do to make this plan come to fruition?

### **Value-**

First, you need a property valuation, which can be done instantly online. You can find out a rough value of your property in 60 seconds from the comfort of your living room. Armed with this information, you can consider what is available on the property market.

### **Registration-**

Are there any properties on the market that you might be interested in? Look at the estate agent's websites and register your information so that you are notified of new properties as they are instructed to the market.

### **Viewings-**

There may be some properties that seem perfect for you and your family, exactly what you've been looking for. So, why not book viewing appointments and get a feel for what is available.

### **Preparation-**

Make a start on decluttering whilst taking down the Christmas decorations. Don't stop with the tree and lights. Carry on and clear out some drawers and cupboards.

Perhaps go through your wardrobe or the kids' toy boxes and see what you can take to the charity shops. Ahead of photoshoots and viewing appointments on your home, you will want to declutter as much as possible. Cluttered properties look smaller than they really are and can distract viewers' attention so that they don't take in the property fully.

This can negatively impact your chances of getting an excellent offer for your property.

Decluttering and doing those little DIY jobs that you've been putting off can pay dividends.

Daniel Trett of Trett Phillips Residential 01692 531400

## Sea Palling Independent Lifeboat



A busy Christmas schedule for the Sea Palling Lifeboat Crew this month, many of you might have seen us out on the beach putting the crew through driving training on our new ArgoCat rescue vehicle this is still awaiting its new stretcher carrier rack which should be fitted early January.

We have started our pre season training, Thursday nights and Sunday mornings which will refresh us all with First Aid and rescue techniques.... follow us on our "Sea Palling Independent Lifeboat" Facebook page..

We are always open to anyone who 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)



### CATFIELD UNITED CHARITIES (POORS TRUST)



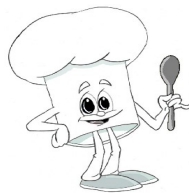
We would like to remind you that if you are in financial hardship and have lived in Catfield for over three years you can contact us at any time. Help can be offered in the form of grants at times of specific need.

Any applications for assistance received by the trust are held in the strictest confidence and only known to the Trustees who are Keith Bacon, Steve Beckley, Neil Jordan, Jennifer Harris and the Reverend Gary Noyes.

Contact details:  
Keith Bacon: 01692581314  
[keithbacon@keme.co.uk](mailto:keithbacon@keme.co.uk)  
Chairman  
Catfield United Charities



# Chef's Specials



## Meringues with Passion Fruit Coulis

### Ingredients (makes 6)

10 egg whites  
550g icing sugar  
2tsp lemon juice

### **For the coulis**

7 passion fruits  
Caster sugar, to taste  
1tbsp orange juice

### Method

1. Preheat the oven to 100C. Place the egg whites in a mixer and whisk. After they froth and begin to fold in on themselves, slowly add the sugar. Whisk until stiff peaks form, then slowly whisk in the lemon juice.
2. Scoop out a large serving spoon of the mixture for each meringue and drop onto a non-stick baking tray or silicone mat. Create peaks by gently touching the mixture with the back of the spoon and lifting it away.
3. Bake on the middle shelf for about 2 hours. If you like your meringues a little chewy, remove them at this point and leave to cool on a wire rack. If you prefer them crunchier, leave them a little longer.
4. To make the coulis – cut the passion fruit in half and scrape out the seeds and pink flesh. Using a blender, blitz the fruit with the pulse button until the flesh comes away from the seeds but the seeds remain whole. Pass through a sieve, ensuring you keep all the juice. Add sugar to the juice in a ratio of approximately 2:1 juice to sugar, according to taste. Pour into a pan with the orange juice and bring to the boil whisking continuously until the quantity is reduced by half. Remove from the heat and allow to cool.
5. When ready to serve, drizzle a tablespoon of the coulis over the top of each meringue.  
D.S.

**One Liner:** Whoever has a book is not alone.

## The Kings of Catfield

The painted panels of medieval church screens are one of the artistic glories of Norfolk. While not as familiar as some, those at Catfield church, which date to c. 1450-75, are among the finest in the quality of their painting, which has all the richness, fluidity and charm of the best art of its period. The imagery of the Catfield screen is equally remarkable. Ranged along the lower, solid part of the screen is a series of sixteen saintly kings. The costume of most consists of a mantle over a tunic, coloured red or green and accented here and there by blue or mauve. Each has a gold crown, matched in some cases a gold belt of the heavy type known as a baldric. There are youthful kings (beardless), middle aged kings (brown hair and beards) and old ones (bearded, with grey or white hair). The differences do not relate to the identity of the figures but was intended to make the ensemble more interesting to look at.

This ensemble is unique. No other parish church roodscreen is known to have more than four kings painted on it. However, the larger stone screens that stood in cathedrals and large monastery churches routinely had sculpted images of kings on them. For example, the great screen at York Minster has fourteen figures of kings. Catfield's screen was probably influenced by such displays. However, there is an important difference between its imagery and that of the great churches. In the latter, the kings were primarily historical rather than saintly. (At York Minster, they represent the kings of England from William the Conqueror to Henry VI.) By contrast, the Catfield figures are all of saints.

Who are the Catfield kings? Regrettably, we cannot identify most of them. Originally, the name of each was to have been painted on a little white scroll, but this seems never to have been done. (One of the scrolls can be seen on the south side of the screen, above the king flanking the chancel doorway.) Only a few of the kings hold emblems that make identification clear. Thus, on the north side, the middle-aged king holding a golden lily is St Kenelm, a prince of Mercia martyred in the ninth century, while the beardless king holding a ring is St Edward the Confessor (died 1066), to whom St John the apostle of Christ is supposed to have miraculously given a ring. On the south side, the king with an arrow represents St Edmund, the king of East Anglia killed by the Vikings in AD 869. Other kings probably represent St Oswine (holding a spear), Edmund Ironside (considered a saint), also holding a spear, St Ethelbert of Kent (holding a church), St Sebert, king of the East Saxons (also holding a church), and St Oswald of Northumbria, holding a cross (now very hard to see). Although unparalleled in screen painting, the Catfield kings have parallels in late medieval stained glass and texts. They testify to an unusual interest in royal sanctity which nobody has yet been able to explain.

Prof. Julian Luxford  
Professor of the School of Art History, St Andrews University  
President of the British Archaeological Association

## Catfield Church Roodscreen



## 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)

## ThinkWilt on the year ahead

The good ship *ThinkWilt*, readers will recall, was last seen in irons on a lee shore of despair, battered by the winds of circumstance and with no bottom for an anchor of hope and reason. A rescue tug sent by our Editor and some loyal readers resulted in a tow to a safe haven, where a refit has enabled *ThinkWilt* and her eponymous captain to venture onto the choppy waters of a new year. This piece was written on New Year's Day, so although readers will not see it until the end of January, it is not too late for ThinkWilt's forecasts for the year.

Coronation King Charles III will be duly crowned, in a ceremony striking a balance between ceremony and economy, and His Majesty will govern wisely, within the bounds of his constitutional powers.

Politics This government will still be in power at the end of the year, but with a different leader. The ruling party will not risk a general election, so its term of office will run its course until 2024.

Fossil fuels New licences will be issued, despite the efforts of Just Stop Oil. Protests will continue, as will legal challenges to the plans for the new coal mine in Cumbria. No clear plan will be published for migration to renewables and the creation of the necessary infrastructure, so a piecemeal approach will continue.

Free speech Increasingly restrictive laws will be passed, despite moderating efforts by the House of Lords. The police and the prison service will struggle to cope with an increasing number of "offenders".

Railways The pay disputes will be resolved eventually, but the system will remain dysfunctional. The ills of privatisation, having come home to roost, are not easily cured.

Health These disputes, too, will be resolved, but not before some people have died on their kitchen floors or in the backs of ambulances outside A&E, and others have spent their savings on private treatment. ThinkWilt blames not the hard-pressed health workers but years of underinvestment in infrastructure, training and retention. The NHS will survive. Somehow. Because it does.

Football The Lionesses will reach the semi-finals of the World Cup, and be knocked out by Germany, the Netherlands or the USA. They will be fêted on their return. Norwich City, under their newly appointed head coach, will reach the play-offs but will not achieve promotion. There will be no change of ownership.

Immigration Attempts to reach this country will continue. Many voters, including some readers of this article, will agree with the government's approach of increasing cruelty to people who are "other". Worldwide, the only feasible practice will continue of placing refugees in camps until the problem goes away. It won't, and climate change and economic hardship will make it worse.

So, what can we do as individuals? Sorry, not a lot. Just be kind to those around you.

HAPPY. NEW. YEAR.

ThinkWilt is the pen name of Richard Reid. The views expressed are his own.

**Varied UK Green Energy solutions for the Future**

I am heartened by the speed of scientific advances & innovation in this exciting & wide-ranging field, as well as the increasing interest companies of all sizes are showing in the potential & benefits in investing in such technologies.

Over the next months I plan to address the advantages of & problems arising from each of the following technologies:

<b>Tidal (barrages, lagoons )</b>	<b>Offshore Wind Turbines/tidal streams</b>
<b>Onshore Wind Turbines (tall/small)</b>	<b>Hydro-electric power</b>
<b>Solar Power (small &amp; large scale)</b>	<b>Hydrogen-powered Grid substations</b>

I would really like readers to join this conversation with their reactions to my words. More importantly, I welcome any superior knowledge so a good debate can ensue!

**1. Tidal barrages & lagoons****Welsh Swansea Bay £1.3bn Tidal Lagoon**

This green project started in 2014 has sadly foundered. In Dec 2022 the Appeal Court ruled that the company involved had gone beyond their DCO (development consent order) time to start work (within five years) so the latter is no longer valid.

Ref. R.Hakimian New Civil Engineer



[www.newcivilengineer.com/latest/1-3bn-swanea-bay-tidal-lagoon-officially-sunk-as-developer-loses-planning-appeal-07-12-2022/](http://www.newcivilengineer.com/latest/1-3bn-swanea-bay-tidal-lagoon-officially-sunk-as-developer-loses-planning-appeal-07-12-2022/)

Fortunately, other tidal lagoon projects are currently being proposed along the Welsh coast in Flintshire, Denbighshire & Swansea.

**Swansea Blue Eden Project** £1.7bn renewable energy project. A team of engineers from several private companies will initially build a hub for electric vehicles charging but the larger scheme is set to include a raft of facilities including a tidal lagoon, a mega data centre, a high-tech battery manufacturing plant, green hydrogen production, floating solar panels & a battery storage facility. Ref. R. Hakimian Dec 22

**Finally...** "Tidal power could become a vital portion of the UK's energy mix and help provide energy security if given appropriate government priority and backing, according to experts.

Earlier this month the Environmental Audit Committee (EAC), a group of cross-party MPs, published a report into the government's 2022 British Energy Security Strategy following on from collection of evidence from experts and stakeholders in the country's energy sector. The EAC did challenge the government to include targets for electricity generation via **tidal energy sources** in its upcoming refresh of the UK net zero policy."

Ref. R. Hakimian New Civil Engineer, 12 January 2023

**March TINPB article The WashTidal Barrage      annefilgate@yahoo.co.uk**

## WROXHAM & HOVETON LIONS CLUB

Well, here we are in February already and I hope everyone has recovered from the Christmas and New Year festivities.

The sleigh is now tucked away until Santa joins us next year and we are pleased to advise that a total of £3,368.52 was collected during its outings in December. We would like to say a huge thank you to everyone who donated to us – your generosity is greatly appreciated and will allow us to continue to support deserving causes and those less fortunate.

With Spring hopefully not too far away, we are now starting to plan this year's Charity Village Fete, which will be held on Sunday August 6th at the Hoveton Village Hall and Playing Field. 10am to 4pm. Bookings for all pitches (including Craft pitches both inside the hall and outside) as well as Classic vehicles, are now being taken. Forms can be downloaded by going to our website [www.wroxhamandhovetonlions.org](http://www.wroxhamandhovetonlions.org) and clicking on the link "Fundraising Events" or alternatively by telephoning Lion Mike Clipston on 07767810027. We have already allocated the dates for our 2023 Craft Fairs, which will be held on Sunday, March 12th, May 21st, October 8th, & November 19th, so make a note in your diary.

We have recently purchased 10 slow cookers and presented them to the Norfolk Community Foundation who will distribute them to needy families in our area so they can make cheap and wholesome meals during this present crisis.

Our charity shop continues to be busy and we still need your donations of good, clean items, especially bric-a-brac. We would respectfully ask anyone donating clothing to our charity shop, to please make sure that they are in a saleable condition, as recently we have been receiving some dirty and soiled items, including ladies and gentlemen's underwear. Not only is this hazardous to our shop staff, but it also uses charity money for its disposal. 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.

As we are still in the winter period, please remember to spare a moment to keep an eye on vulnerable and elderly neighbours.

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

Lion President Terry Vout hands over the 10 donated slow cookers to the Norfolk Community Foundation. "



## **A New Year – a New Role! Join the volunteer Welcoming Team at the Museum of the Broads**

Welcoming Team volunteers are the first point of contact for visitors, warmly welcoming them to the Museum and offering information and assistance as required. Some are also till trained and sell tickets and items from the shop and café. Full training and induction are provided for all roles

We are looking for people who are:

- Approachable, cheerful and helpful
- Confident to deal with the general public
- Able to work well independently and as part of a team
- Looking to gain retail/ visitor services experience
- Able to promote excellent customer service

Keen to discover more about the local area and the Museum's displays and to share that knowledge with visitors.

The time commitment is flexible and could be anything from one occasional three-hour shift to a more regular commitment.

For full details, see [www.museumofthebroads.org.uk](http://www.museumofthebroads.org.uk), email: [curator@museumofthebroads.org.uk](mailto:curator@museumofthebroads.org.uk) or phone 01692 581681. Help us to bring the stories of the Broads alive!

The Museum of the Broads, The Poor's Staithe, Stalham, NR12 9DA.

### **Stalham & District Horticultural Society**

Lecture entitled - "Gardening for Wildlife" by Simon Harrap  
Friday 17th February 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.



## **Norfolk Wildlife Trust Hickling Broad**

Since November we have been running our guided Ramble to the Roost. We've had fantastic sightings this winter; marsh harrier numbers regularly between 20 – 40, up to 60 crane, barn owl, bewick and whooper swan, short eared owl, merlin and on several evenings we have had 5 hen harriers. This month is your last chance to join our fabulous guides on the 5<sup>th</sup>, 14<sup>th</sup> & 19<sup>th</sup> of February (14<sup>th</sup> is especially aimed at families)

Join us for more family events during this half term.

### **Bones and Body bits, 14 February, 12:30 - 2pm.**

Look at our natural history items and learn how to tell the difference between a fox and badger skull, which rodents have eaten which nuts and how to identify what an owl has eaten.

### **Crafty Creations, 16 February 10:30 – 12pm.**

Create your own woodland works of art; look out for wildlife as we collect natural materials, then use these materials together with clay to create masterpieces.

### **Feed the Birds, 16 February 1:30 – 3pm.**

We'll be making something to feed the birds and take home. Feeding the birds is a fantastic way to encourage birds to your garden enabling you to get a closer look at our feathered friends.

### **Did you know the 14<sup>th</sup> – 21<sup>st</sup> February is National Nest box week?**

Traditionally, boxes for tits and other small birds are best put up in early spring before the new breeding season starts. That's why National Nest box Week starts February 14<sup>th</sup> – St Valentine's Day – when birds are reputed to start their courtship. We have several different styles of nest box for sale at the visitor centre why not come and take a look?

For more information and to book onto any of the above events please visit [www.norfolkwildlifetrust.org.uk](http://www.norfolkwildlifetrust.org.uk)

Rachel Frain – Senior Visitor Centre Coordinator NWT Hickling Broad



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

**SUDOKU**

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

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

**Last Month's Solution**

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

**Tip:** To stop losing buttons from your shirts put a drop of clear nail varnish on the thread in the buttons. This prevents the thread from fraying.

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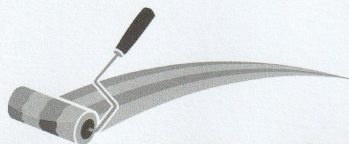
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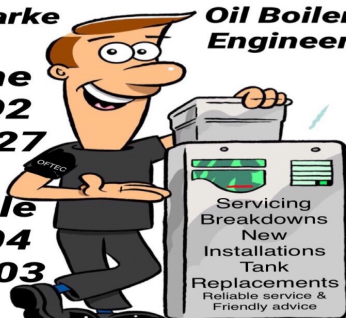
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Items for inclusion need to be received no later than 10<sup>th</sup> of each month. Items can be e-mailed to the team, *contacts detailed on page 2*, or left in the Catfield News box in the Village Shop. Articles should be no more than 400 words and 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.

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