



HORNING

HORNING REACH

The PARISH PAPER



ASHMANHAUGH

For Horning and Ashmanhaugh

(Associated with the NIB magazine)



Your Village Needs You! – Horning
Parish Council Jubilee Meeting

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MARCH 2022 No. 531

Benefice of St Benedict

Legally imposed COVID precautions have been relaxed but we continue to monitor the COVID risk assessments in each of our churches against current government guidelines. Our churches remain open daily for services, visits, or individual private payer, but we encourage everyone using our churches to continue with certain precautions for the time being. In particular, please:

- Clean your hands with the hand-gel provided, both when you enter the church, and when you leave.
- Respect those who need to continue to observe social distancing guidelines.

Benefice of St Benedict – March Service Times

March 2021				
2 Mar	Ash Wednesday	10.00am	Holy Communion	Barton Turf
		7.00pm	Holy Communion	Ashmanhaugh
4 Mar	Friday	9.45am	World Day of Prayer	Barton Turf
6 Mar	Lent 1	8.00am	BCP Holy Communion	BartonTurf
		9.30am	Holy Communion	Irstead
		11.00am	Holy Communion	Horning
		11.00am	Morning Prayer	Ashmanhaugh
13 Mar	Lent 2	9.30am	Holy Communion	BartonTurf
		9.30am	Morning Prayer	Neatishead
		11.00am	Holy Communion	Horning
20 Mar	Lent 3	9.30am	Benefice Holy Communion	Neatishead
27 Mar	Mothering Sunday	9.30am	Holy Communion	Ashmanhaugh
		9.30am	Morning Prayer	Horning
		11.00am	Holy Communion	Irstead
		4.00pm	Evening Worship & Tea	BartonTurf

World Day of Prayer – 4th March, 9.45am at Barton Turf

This year we hope to be able to join together in person in church for the World Day of Prayer service (formerly the Women’s World Day of Prayer) in St Michael & All Angel’s, Barton Turf, at 9.45 am on Friday 4th March. All are welcome. This year’s service has been prepared by Christian women of England, Wales, and Northern Ireland and takes as its theme Jeremiah 29:11 – *“For surely I know the plans I have for you, says the LORD, plans for your welfare and not for harm, to give you a future with hope.”*

THE BENEFICE of ST BENEDICT
ASHMANHAUGH, BARTON TURF, BEESTON ST LAWRENCE, IRSTEAD,
HORNING and NEATISHEAD

Rector: Reverend David Smith, telephone 01692 630216

Readers: - Barbara McGoun and Pauline Simpson

From your Parish Priest

Give yourself a medal! No really! Each of the churches in our Benefice has received a Bronze Award from the Eco Church initiative, run by the global Christian environmental charity *A Rocha*. This award recognises the many ways in which each of our churches seek to care for the environment and foster a healthier, gentler, and better-informed pattern of life in the world we honour as God's creation. The award also points the way towards developing even better practices and undertaking new commitments: next in our sights is the 'Silver' award, which will require us to think hard about improving our environmental care, and placing sustainable living on our agenda in worship, teaching, the maintenance of our buildings, and our engagement with our local communities. Underpinning all of our efforts is our faith that God's creation is purposed for good through full and flourishing life. Central to the human vocation is the Christ-like stewardship and care by which all the world may indeed be 'filled with the knowledge of the glory of the Lord', as the Prophet Habakkuk proclaims. (For more information, see the website, at: <https://ecochurch.arocha.org.uk/how-eco-church-works/>).



Seeing and perceiving the love of God in all creation is of course at the heart of the Church's observance of Lent, a time of penitence and reflection which prepares us to behold afresh the glory of God in the radiant dawn of Easter. 'Open my eyes, O Lord, that I may behold wondrous things of your law', says Psalm 119, encouraging us to adopt that posture of patient attention through which God's love may be encountered and adored in all things, especially in what we have learned to ignore, neglect, or take for granted. The sacraments of which we partake in Church equip us to recognise that 'grace is everywhere' (as said the Curé d'Ambricourt); through them we are awakened to what St Paul called 'the mystery of God' (1 Cor. 2.1), by which a new life is brought to birth within us. But what did St Paul really mean by this word, 'mystery'? And what does that suggest for Christian life today? That will be the subject of our Deanery Lent Course, *The Meaning of the Mystery*, which will take the form of four sessions, each repeated three times around the Deanery, along with a recorded version online. See inside for further details!

With every blessing - Revd Taylor Wilton-Morgan

Queen's Platinum Jubilee – YOUR VILLAGE NEEDS YOU!!

In 2022, Her Majesty The Queen will become the first British Monarch to celebrate a Platinum Jubilee, seventy years of service, having acceded to the throne on 6th February 1952 at the age of 25

Throughout the year, Her Majesty and members of the Royal Family will travel around the country to undertake a variety of engagements to mark this historic occasion culminating with the focal point of the Platinum Jubilee Weekend in June

An extended bank holiday, from Thursday 2nd to Sunday 5th June, will provide an opportunity for communities and people throughout the United Kingdom to come together to celebrate the historic milestone. The four days of celebrations will include public events and community activities, as well as national moments of reflection on The Queen's 70 years of service.

The Parish Council would like to work with parishioners to find a suitable way to celebrate the Jubilee. If any parishioners would like to form a team, supported by the Council with a view to celebrating the jubilee by way of a village party or any type of event, please contact the Clerk

Please attend the next Parish Council meeting to discuss plans for the weekend, even if you do not wish to become further involved, just to share ideas and build some momentum towards a wonderful village weekend.

Village Hall Car Park

The Parish Council is obtaining quotes for renewing the car park – if you know of companies who would like to quote, please contact the Clerk.

Parish Clerk and Responsible Financial Officer

Jo Beardshaw

E-mail: horningparishclerk@hotmail.com

Parish Council Website: Horning.norfolkparishes.gov.uk

Next meeting: The next Parish Council meeting will take place on **MONDAY 14TH MARCH 2022** at 7pm in St Benet's Hall

Horning Church Coffee Morning

The February Coffee Morning was a great success and raised £214.50 towards the upkeep of the fabric of St. Benedict's Church.

The next one will be on Saturday 5th March at the usual time of 10.00 to 11.30 and again in Horning Village Hall. Everyone is welcome to come for coffee and a scone to chat with old and new friends. There will be cakes etc: and of course a raffle.

Horning Village Hall 300 club Winners

The 300 Club winners for February were drawn by members of the Patchwork Group.

February 2021:

No.	Name.	Amount
142.	Mrs. P.Bourke	£25.00
296.	Mr. I. Johnston	£15.00
120.	Mr. R. King	£10.00

There may be a few numbers still available. If you wish to join contact Robin Paskins on 01692 631110 or email 300club@horningvillagehall.org

For hire bookings of the Village Hall or the Mill Suite please contact Jack Wright on 01603 782260 or email bookings@horningvillagehall.org

Horning Flower Club

Our February meeting took the form of a Workshop led by Linda Knights, a well known regional tutor. There was a good turnout of members all of whom produced an arrangement following her instructions, albeit interpreted by the individuals. All members said the afternoon had been thoroughly enjoyable.

The March meeting brings a demonstration by a National Demonstrator, Nick Grounds. The meeting is on Monday 14 March commencing at 2pm at Horning Village Hall. There are a limited number of tickets available to visitors costing £10.00 each.

Anyone interested should contact Mrs Sue McEwan on 01692 631163. It promises to be an excellent afternoon.

NAT – St. Benet's Abbey



St Benet's Abbey is an iconic place in the local landscape, much loved by locals and tourists alike. Cared for by Norfolk Archaeological Trust, a small Norfolk heritage charity, the site is free to be enjoyed by all. The charity not only manages the precious ruins, but also maintains the site including pathways and interpretation to help people make the most of their visit.

The charity is supported by a small but passionate volunteer team, and we are looking to expand this for 2022. With a busy year ahead, we are seeking additional Tour Guides, Site Wardens and Meet & Greet volunteers. Full training and induction is provided for all volunteer roles.

Free guided tours at St Benet's Abbey run from May to the end of September on Wednesday, Saturday and Sunday afternoons. No previous experience is required, just an interest in the history of St Benet's and the willingness to learn. If you enjoy talking with people, then this could be the role for you!

Throughout the busy summer months we also require additional Meet & Greet volunteers, to engage with visitors to the site – advising them what there is to see, and how to treat the site with respect whilst visiting. This is backed up by our Site Wardens who undertake checks on a regular basis throughout the year and advise of any issues.

For more details please visit www.norfarchtrust.org.uk/ or contact Jules Armour on julesarmour@norfarchtrust.org.uk



Horning Cinema

There will be no Horning Cinema showing in March, instead HATS will be presenting the pantomime “**MOTHER GOOSE**” from the 10th to the 13th of March.

Friday 22nd April starts the New Year for the Cinema with a screening of “**DOWNTON ABBEY**” (2019)

Doors open 7p.m. for 7.30 start. Certificate PG. Running time 122 minutes. Starring: Hugh Bonneville, Michelle Dockery and Maggie Smith.

The continuing story of the Crawley family, wealthy owners of a large estate in the English countryside in the early 20th century.

Before the main feature we will be showing the short film “**HORNING IN LOCKDOWN**” as many people have requested to see this. Tickets purchased for the cancelled December showing will be accepted for this showing.

Tickets: Adult £5, accompanied child (16 and under) £1. On sale (and reservations) at Tidings Newsagents (Tel: 01692 630434) Admission by ticket only. Seating is governed by our complying with Health & Safety and Fire Regulations. **BOOK EARLY!**

Horning Cinema is held in Horning Village Hall (NR12 8LF)

Horning Get Together Club: A Social Group for the over Fifties

We had a very pleasant meeting on February 8th, David Boulter was our speaker who gave a beautiful display of Broadland photography.

We have a busy calendar this year with many outings planned our first one is on April 5th to the Racecourse pub for lunch in May we are going to Hoveton Hall Gardens for a look at the gardens and a cream tea.

If you are new to the area come along and see us we meet on the second Tuesday of the month at 2:15 p.m. in Horning village hall .

For further details contact Nicky Headey 01692670762 or Lin Galley 01692630330.

Sea Palling Independent Lifeboat



2022 is the 50th year since the Sea Palling Independent Lifeboat was formed. With the service going from strength to strength with new skills and equipment, we are delighted to be able to tell you that thanks to the generosity of the Mark Benevolent Fund from the Freemasons, we are shortly going to be taking possession of a brand-new lifeboat!

Our current lifeboat "Lionheart" has done us proud for the last 12 years but lifeboats lead a hard life and the acquisition of a new boat with latest spec radar and navigation systems, will put us in a very strong position to help people in need for many years to come, so a massive "Thank You" from us all to the Freemasons.

Watch this space for further updates on the arrival of our new boat and events to celebrate our 50th Anniversary.

For details of our supporter's merchandise, memorial plaques, business advertising space or how to make a donation please see our website, face book page or e-mail Hannah@seapallinglifeboat.co.uk or dave@seapallinglifeboat.co.uk

Neatishead Community Gym

Put a spring in your step with your local, friendly community gym. Small steps can make a big difference! Whatever your shape, fitness levels or goals, we can help. Whether you want to just improve your movement and balance, or develop muscles. Whether you want to lose weight, or set yourself a fitness challenge! Help is close by. We're a not for profit low key, low cost, relaxed facility for ordinary people like you, and you chose your own pace and goals. Gary, our friendly, experienced instructor will offer you a tailor made programme. There's no need for specialist clothing either, anything comfortable can be worn. Our gym is for any body and every body!

The Gym meets three mornings a week in Neatishead's New Victory Hall. We offer a free trial for anyone who wants to pop in and take a look.

For more information go to: <https://www.neatisheadcommunitygym.com>
The Gym can be reached via gym@victoryhall.info or by calling Gary on 07387 876216.

Thanks, your Community Gym.

Museum of the Broads



Become a Volunteer at the Museum of the Broads

Do you fancy doing something different this year? We are looking for local people to join us. The Museum has several volunteering opportunities for 2022. You could join our front of house team, welcoming visitors and selling tickets and items from the shop helm one of our boats, learn to be a steam boat engineer, or join our maintenance team and hone your DIY skills. We are also looking for people willing to help with marketing and promotion.

Would you like to join our happy team? We offer training, social events, free entry for volunteers and their families, and the chance to bring the stories of the Broads alive.

More information on our website, or give us a call. If we're not in, just leave a message and we will get back to you.

www.museumofthebroads.org.uk/support-us/volunteer-at-the-museum

The Museum of the Broads, Poor's Staithe, Stalham, NR12 9DA, 01692 581681

www.museumofthebroads.org.uk @MuseumBroads on Twitter, Facebook and Instagram

St Benet's Deanery Lent Course – 'Meeting the Mystery'

Join us in four sessions throughout Lent, as we journey deeper into the 'mystery' of Christianity and the beating heart of the spiritual life: a meeting with the living God in the face of Jesus Christ.

Sundays – 13th, 20th & 27th March, and 10th April at the Mill Suite, Horning Village Hall

Tuesdays – 8th, 15th, 22nd, and 29th March 2.00pm at Happisburgh Rectory or 6.00pm at North Walsham Church Hall

Hoveton, Wroxham and District Gardening Club

Enjoy Gardening? Need to keep fit and active? Like meeting like-minded people? -- Why not join our gardening club!

We have talks by amateur and professional gardeners. The next talk is by Mrs. Rosemary Ward - talk entitled Unusual Plants for the Garden and Conservatory on Friday March 4th 7.30.p.m. at the Hub, Norwich Road Wroxham. Raffle and refreshments.

£20.00 subscription per annum, discount off plants from Salhouse Garden Centre on production of club card.. Competition of 1 Bloom in vase provided and pot or pan of Bulbs, any size.

We look forward to seeing you. More details - Pam 01603782041

Ways to get back on track with your training

Staying motivated with your exercise and nutrition can be difficult sometimes but being true to yourself and setting achievable realistic goals is important. An example is to power walk or jog your first 5k and do this within your comfort zone so you don't put yourself off by going too fast too quickly.

Monitor your progress - by investing in a smart tracker watch a timed run or physical changes like measuring your waist and weight at the beginning of your journey to achieving your goal.

Choose an activity you enjoy - a dance class can be an enjoyable fun way to burn calories or Zumba classes; .or look for a cycling or local running group if you want to meet new people and enjoy other people's company.

Eat more healthily. - Most people know that their diet could be improved to help themselves feel better and get to the weight loss goal if that's the intention just by cutting out pastries, sugar laden cereals, and fatty foods. Eat a sensible balanced diet not the fad diets most celebs promote. Choose to drink more water and increase fruit and vegetables and eat lean quality protein meat or vegan based substitutes to help your body recover after your exercise.

I wish all Horning Reach readers a Happy Healthy 2022

The Neatishead Village Screen Night



On Monday 7th March, Rotary Club of Wroxham Bure Valley and the Neatishead Village Screen Team will host a special charity showing of the film “**Breathe**” at Neatishead Victory Hall to raise money for Rotary’s “**End Polio Now**” project. All takings from the ticket sales will be donated to “**End Polio Now**”

as permission has been granted by the film’s distributors for this screening.

“**Breathe**”, a very moving, romantic and sympathetic story, stars Andrew Garfield, Claire Foy, Tom Hollander, Steve Mangan and Hugh Bonneville. It tells the true story of polio victim Robin Cavendish condemned to a life in a hospital bed with months to live who together with his wife Diana moves out of hospital and finds a way to live a near normal life against all the odds helped by Diana’s twin brothers and their inventive friend Teddy.

Polio is a virus that sometimes causes paralysis and death. Rotary started this project in 1985 to eradicate polio worldwide and together with the WHO, UNESCO, many governments and latterly the Gates Foundation eliminated its presence from all but 2 countries – Pakistan and Afghanistan. Although close to total eradication, fundraising is still needed in the fight against this terrible disease. The Gates Foundation *trebles* everything that Rotary raises for Polio.

We look forward to seeing you at the New Victory Hall, Neatishead at 7pm for 7.30pm when coffee/tea will be available before the film. Tickets are £5 and **may be bought from the Neatishead Village Shop** or reserved by contacting Christine on 01692 631347. Unreserved tickets will be for sale on the door, numbers permitting.

Rotary Club of Wroxham Bure Valley and the Neatishead Village Screen Team

King Cnut (Canute) and St Benet's Abbey



Cnut, born in 994, was a Dane who started his life being trained in the art of combat as a Viking warrior and a Pagan with his father Sweyn Forkbeard who attacked East Anglia several times. In 1013/14 they attacked Norwich and Thetford before turning to Lincoln, taking hostages as they went. After defeating the Saxon King, Ethelred, Sweyn Forkbeard proclaimed himself king of England, though was never crowned as such. Within six weeks Sweyn Forkbeard died suddenly in Gainsborough. According to legend, he had made demands for unfair taxes on the people who lived on St Edmund's lands. St Edmund's shrine at Bedricsworth (now known as Bury St Edmunds) was very

significant and attracted a lot of pilgrims. The people prayed to St Edmund to release them from tax burden. These prayers appeared to be answered when, early one morning, after a feast at Gainsborough in Lincolnshire, Sweyn cried out in agony – "I am struck by St Edmund", immediately dying. His sudden death by "the saint's spear" when his tax demands were refused, brought increasing respect for St Edmund's powers. St Edmund was England's first Patron Saint until the 14th Century, when he was replaced by St George.

The young Cnut, as an inexperienced military commander, returned to Denmark for a few years after his father's death, but returned to the UK in 1016 with a large army and proceeded to seize large parts of the country. Cnut, by now a Christian, fought in several conflicts against King Edmund a Saxon ending in a final battle at Ashington in Essex on Oct 18 1016. There was a great loss of life on both sides and a truce was declared with an agreement to divide the country into two parts until one of them died. Edmund dies only a few weeks later, on 30th November 1016 and Cnut became King of all England, reigning from 1016 to his death in November 1035.

Records show that King Cnut founded St Benet's Abbey around 1019 by providing the holy men, living at Cowholme (the site of St Benet's Abbey), with the parishes of Horning, Neatishead and Ludham. This, along with other endowments from the King's wealthy friends & relatives, enabled the abbey to

be established & flourish. There is a story, passed down through history, that King Cnut was visiting his royal estate near Horning, when he was told of the holy man, Wolfric, and his friends at Cowholm, and that they had been speaking slander against the King. Cnut travelled to meet them in disguise, dressed as a peasant, to see and hear for himself. Wolfric recognised who he was and welcomed him as his King, and with great respect.

Cnut saw this as a sign from God and realised that Wolfric had been wronged. He decided that the site should become a Benedictine Abbey with Wolfric as the first abbot. One year after founding St Benet's Abbey, Cnut ordered that 12 monks from St Benet's Abbey, as well as several from Ely, and half the moveable furniture, books and other items be taken to Bedricsworth to found a Benedictine Abbey at the shrine of St Edmund. It is said that he did this to atone for his father's sin against St Edmund. It is interesting to note that St Benet's Abbey's history is linked so closely to that of Bury St Edmunds yet one went on to thrive as a busy market town and the other is now a few stones by the River Bure.

Compiled from various sources by Marion Jackson
Volunteer guide at St Benet's Abbey



Neatishead, Barton Turf & District WI

January and February have been busy months – in the January meeting, we discussed and voted on Resolutions to decide what is taken forward to the Annual Meeting. There was a trip to Norwich's Theatre Royal to see "The Sound of Music", which was much enjoyed – however, nobody at the February meeting offered to sing their own version of "The Hills are Alive with the Sound of Music" and skip around the stage in their dirndl dress and stripy pinafore, much to our disappointment (or perhaps relief !).

And we were given a splendid slide presentation by Gavin Bickerton-Jones on "Norfolk Wildlife through a Lens" at the meeting and were shown stunning photos of barn owls, hares, kingfishers, buzzards and all manner of other animals and birds, many of which we are lucky to see in our gardens or on walks in the local area. The March meeting will be our birthday tea (our Institute is 88 years old) so we're looking forward to a full cream tea with Committee-made cakes, sandwiches and scones - and nobody will be counting the calories !

Monica Riley 01692 630336

The Preston Rooms – Ashmanhaugh

Maintenance work continues at the Preston Rooms and by the time you are reading this article the re-decoration of the toilet block, porch and internal/external doors should be complete.

Molly's Pop Up Cafe is as popular as ever and a great way to spend a Tuesday morning, and once a month there is a Farmer's Market with all local produce. The next Farmer's Market is Tuesday 15th March. Both Cafe and Markets are open 9.30am – 11.30am ish!

The Committee is holding its AGM on Tuesday 15th March, at 7pm in the Preston Rooms. Everyone is invited, it is your chance to put ideas forward for the coming year, whether they are events you would like to see happen, maintenance project ideas, or just to find out how the Preston Rooms is run and how we stand financially. The Committee would also love to have more members, so do come along and let us know if you are interested.

It would be great to see you there.

Sue Watts, Secretary

Horning Bowls club



Everyone welcome at our Open Day -
Saturday April 2nd

Whether you are aged 5 or 95, you will be very welcome any time between 1030am to 230pm

for a practice game or some fun target bowls.

We can supply bowls. Please wear flat soled shoes.

Find us in the corner of the recreation ground, behind the village hall. David
01692 631540

Whist Drive- with genial host Ralph, the next will be on Wednesday March 9th 7pm at The Swan- do come!

NABS Words and Music Event

"Come one, Come all" NABS is Back!!

I am pleased to announce that NABS will be returning to our local stage in all their glory on Saturday 23rd April 2022.

The long over due show of **Words and Music LIVE 2 - The Revival** will be opening its doors, for one night only.

Limited tickets will be on sale at the beginning of April so be sure to keep them eyes peeled so you don't miss out. These are £7.50 per adult and £5 for under 12s.

We hope to see you soon!



NABS

Notes from your treasurer at St. Benedict's Horning Reach means Business !

One of the unexpected duties as treasurer has been to identify and account for advertising revenue generated by the Horning Reach (HR). To help me understand, a meeting was suggested as both Adam (Editor) and I are both relatively new to our roles, also at the meeting were Barbara (previous Editor) and Christine (previous treasurer and now Church Warden), then at subsequent meetings David (Rector) and Trish who manages the distribution. Between us all, it was most refreshing and encouraging to see enthusiasm to improve the HR for our community.

You will have noticed a change in how the HR is presented, with a full colour front cover picture and some colour inside. Every colour page costs money and has to be paid for with our existing budget only being for black & white.

The theory is, an improved (colour) HR will be more attractive to our advertisers, so increased advertising revenue will pay for the colour, that together with editorial changes from Adam will increase the relevance and benefit of the HR to our community. You have probably spotted a circular argument....

So this needs to start somewhere and that is firstly with the Editor and secondly with an investment from Church funds to finance the initial use of colour, that as your treasurer I have been happy to authorise (I view this as an investment into the community).

To help on the business side I have been number crunching to produce an advertising rate schedule, we hope will prove attractive to our advertisers, particularly with the use of colour to make their advertisement stand out, so Adam is putting together a pack we can take to both existing and new advertisers.

Now, this is where you can help, because when you use a service advertised in the HR, if you say that you found them or have been reminded to use them because of their advertisement, it will help them understand the benefit of advertising with us. Since moving into the village 2½ years ago, we have used HR advertisers as our first choice for local services.

Thank you to all those who donate to the Church and should you wish to help in some way or make a donation, please contact myself or anyone connected with St. Benedict's Church.

Martin Dibben 07770 93 55 12 martin@shy.co.uk
The Old Vicarage, Church Road, Horning NR12 8PZ

Funny Corner

Did you hear about the mathematician who is afraid of negative numbers?

He'll stop at nothing to avoid them.



HORNING REACH

Editor: Adam Varley 07585936345
horningreach@gmail.com

DEADLINE FOR APRIL REACH – 16th MARCH

Contributions welcome, but the Editor reserves the right to amend, copy or omit unsuitable articles at his discretion. No responsibility can be accepted for errors or omissions, although the Editor does his best to ensure that the information printed is correct. Views expressed by individual contributors are not necessarily those of the Horning Reach.

ADVERTISEMENTS

For SMALL advertisements the rate for each insertion is £1.50 for each line. For copy and payment instructions please contact the Editor at horningreach@gmail.com

Please note that all adverts are placed in good faith in this publication. The Editor suggests you take up references where applicable before engaging the services of any company or persons advertising in this publication.



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VILLAGE INFORMATION

USEFUL TELEPHONE NUMBERS

Doctors' Surgery Hoveton	01603 782155
Doctor's Surgery Ludham	01692 678611
Norfolk & Norwich Hospital	01603 286286
Cromer Hospital	01263 513571
NHS Help Line	111 – or visit

WHBVCC Medical Appointment Transport 01603 784455

Norwich Practices Health Care (Walk in Centre), Rouen Road, Norwich –
Open seven days a week. Contact 01603 677500.

DEFIBRILLATORS

Village Hall, Mill Hill	NR12 8LF
The New Inn, Lower Street	NR12 8PF
Ferry Marina Reception Ferry Road	NR12 8PS

Norfolk County Council 03448008020

North Norfolk District Council 01263 513811

Veterinary Surgery Wroxham 01603 783920

Citizens Advice Bureau 03444 111 444

Police non-emergency 101

Samaritans FREE PHONE 116123