

Riverside News



Issue 31 – Spring Edition 2022

Welcome from the editor!

Hi everyone,

We hope this issue finds you enjoying your Easter breaks, spring holidays and Ramadan celebrations.

Well, for a couple of days it felt like Spring had sprung but we are back battling some cooler weather!

To all you parents, we wish you luck keeping your littles entertained during the rainy days. Take a look at the end of the issue for a family baking recipe for some screen-free time.

I hope you enjoy our new feature – Allotment Jottings, by Elaine Hall.

If you have anything you would like to share with your neighbours in Hilgay and Ten Mile Bank, send it in!

You can email me at **hilgayparishnews@gmail.com**

Stay safe & happy reading!

Developing a more sustainable community

Index

Your Parish Matters	Page 4
Getting to Know...	Page 7
Cllr Alan Holmes	Page 8
General Matters	Page 10
PC Community Update	Page 17
Hilgay Village Hall	Page 18
Ten Mile Bank Village Hall	Page 20
Hilgay Methodist Church	Page 21
Hilgay All Saints Church	Page 23
Riverside Federation	Page 24
United Feoffees Charity	Page 25
Allotment Jottings	Page 26
Jubilee Bunting Biscuits!	Page 28
Useful Contacts	Page 30
Adverts	Page 31

Thanks to all of our contributors to this issue, especially Hilgay Parish Council for their support.

Your Parish Matters

CHAIR REPORT

Hi everybody, another mixed Spring has arrived with Covid uncertainties.

I'd like to take this opportunity to thank all Councillors and our Clerk for their contributions. Also, a special thank you to Claire Dornan our ex Clerk and Cemeteries Administrator. Claire very kindly continued as our Cemetery Administrator after resigning as Clerk and has now chosen to give up this role. Her support has been invaluable and on behalf of us all, I'd like to thank her for her services to the community and wish her every success for the future. Our current Clerk is now our Cemetery Administrator.

A vacancy for a new councillor exists. If you are interested, please contact the Clerk with your details and a CV.

Events are planned for the Queen's Jubilee celebration, please keep an eye out for details and support us. If you have any suggestions, please email the Clerk.

We are currently communicating with the Highways Norfolk County Council, with regards to the quality of repairs in our Parish.

Within our Parish, the cost of dog bins is over £1000 per year (a big chunk of all our local tax payer's funds) and yet we still find some dog owners allow their dogs to foul and do not clear it up. In addition, some clear it up and then throw their bags down. Please can everyone support the Parish - by encouraging all dog owners to clear up after their dogs.

The Parish Council usually meet the first Thursday of every month and welcome all parishioners at these meetings. These meeting are either at Hilgay or TMB and dates can be found on the next page! Just turn up on the night, however if you wish to make contact, please email the Clerk or speak to a Parish Councillor.

In these uncertain times I believe it is important we all continue to work together as the power of community is immense.

Jean Vanier said, *"One of the marvellous things about community is that enables us to welcome and help people in a way we couldn't as individuals"*

Graham Carter, Parish Council Chairman



Parish Council Meetings

We are pleased to announce that Parish Council meetings can now take place in person, at Hilgay and Ten Mile Bank Village Halls on alternate months.

Please continue to check your Village Hall websites and noticeboards for updates.

Meeting are the first Thursday of the month and start at 7.00pm

07 April 2022 - Ten Mile Bank Village Hall

05 May 2022 – Hilgay Village Hall (also annual meeting time to be notified)

02 June 2022 - Ten Mile Bank Village Hall

07 July 2022 – Hilgay Village Hall

04 August 2022 - Ten Mile Bank Village Hall (TBC if COVID-19 restrictions are in place)

01 September 2022 – Hilgay Village Hall

06 October 2022 - Ten Mile Bank Village Hall

03 November 2022 – Hilgay Village Hall

01 December 2022 - Ten Mile Bank Village Hall

If you have any queries, please contact the Parish Clerk: hilgayparishclerk@hotmail.co.uk

Your Hilgay & Ten Mile Bank Parish Councillors

Hilgay Ward	Name		Contact	Email	Committees
Chairman	Graham	Carter	07841 715646	grahamhpc@outlook.com	Data Protection -Finance - Planning - Land Holding
Vice Chairman	Annabel	Charlesworth	01366 377218	annabelaundry@hotmail.com	Footpaths-Meadow Garden
Councillor	Peter	Bates	01366 387988		Allotments
Councillor	Norman	Highnam	07443 430195	Norman.Highnam@Outlook.com	Communication
Councillor	Zara	Hipsey	07943911505	Zhipsey@gmail.com	Communication
Councillor	Peter	Carter	01366 387687		
Councillor	Susan	Annan	01366 385303	Susanannan5@Yahoo.Co.UK	Footpaths-Finance
Councillor	Jane	Heatrick	01366 387953	Kipperheatrick@icloud.com	Planning
Councillor	Vacant				
Ten Mile Bank					
Councillor	Peter	Mesher	07547882516	pete.mesher@live.co.uk	Finance
Councillor	Elaine	Hall	07979 846755	Elaine@TenmileBank.Com	Allotment - Footpaths - Planning
Councillor	Andy	Greening	07980 813806	uax6@Btinternet.com	Finance
Councillor	Vacant				
Parish Council Staff					
Parish Clerk	David	Williams	07706 345156	HilgayParishClerk@Hotmail.Co.Uk	
Maintenance Office	Colin	Wills	07760 390848		
Your Borough and Country Councillors					
County Councillor	Martin	Storey	07850 866854	Cllr.martin.storey@west-norfolk.gov.uk	
Borough Councillor	Alan	Holmes	07885 258418	Cllr.alan.holmes@west-norfolk.gov.uk	



Getting to Know...

How did you become Easter Bunny?

Well, now that would be telling! But it was a very important role my own father used to have, which I inherited. It is very magical.

What do you like about your trips to Norfolk?

The trips I have to Norfolk each Easter are my favourite. I love the Fens because I can see for miles, I like going to visit the swans at Welney with their cygnets as well as going for a wonder through the fields to see all of the leverets and kits...as spring is my favourite season!

What is your favourite Easter memory?

I have to say my favourite memory happened in Norfolk funnily enough. I was visiting a small village and one of the schools had an amazing Easter display of carefully decorated eggs that all of the school children had taken their time to do.

If you could go back in time, where would you go to?

If I could go back in time, it would be to when I first became The Easter Bunny after my father. As it was such an amazing experience.

What is your favourite film?

My favourite film is Peter Rabbit, my mum used to read me the Peter Rabbit stories when I was a kit.

What is your favourite food?

My favourite food is eggs, preferably scrambled eggs on toast. But I do also like some nice, juicy, raw carrots and some delicious milk chocolate.



From Councillor Alan Holmes

Borough Councillor for the Hilgay Ward of Hilgay Parish

Borough Council Matters

Dear Resident, Spring is here. Great, and were it not for dreadful and terrifying events in East Europe we could have been looking forward to a relatively normal Spring and Summer.

Council Meetings

On more down to earth and local matters, I was recently struck by the realisation that many people are not aware that they can be present at Borough Council meetings. That is because the Borough, Parish and County Councils are elected as part of our democratic process and these meetings are largely and routinely open to the public to attend. You can, should you wish to, address these meetings and ask a question. You need to check the respective website to see how to do that. To be absolutely clear, these are meetings of Councillors, not day-to-day working meetings of officials or similar.

Also, since the Covid 19 pandemic, almost all Borough Council meetings are available on the Borough's You Tube channel, either to watch live or later. It's not Netflix, but it does support our democracy, in my view. It is clearly much better to allow ordinary people – voters especially – to see what your councillors do. Council papers and agendas can be viewed on the Borough Council's website.

Litter etc.

It doesn't go away does it. So, I would be prepared to help organise a regular village (Hilgay): footpaths and local lanes, litter pick weekend. I would not propose to extend this to the A10 for safety reasons. In the first instance would anyone who would like to take part call me or e-mail me. If we get 6-8 keen volunteers I will set up a meeting to plan a day of action.

Waste Collection

On the subject of litter and waste, the Borough Council's new domestic waste collection contract has been running for about a year. I have heard rumours that some rubbish is escaping the lorries to add to the wayside litter problem: see above. I would be interested in real (real) evidence of problems with the new contract (same workers but new machines and supervision). Then I can feed that back into the review process. Again, let me know – by e-mail only this time.

Alan Holmes

March 2022

cllr.alan.holmes@west-norfolk.gov.uk

Mobile: 07973980266

Notices from the Parish Council

Dog fouling

The council regularly receives feedback regarding some owners not picking up after their dogs. If a child or adult falls in to the faeces then there is the potential to All faeces contains bacteria that can cause stomach upsets if ingested. However, the greatest risk to public health from dog faeces is toxocariasis which is an infection of the round worm, spread via dog faeces. Young children in particular are at risk due to their weaker immune systems and because they are more likely to expose themselves.

We thank the vast majority of Hilgay and Ten Mile bank dog owners who are considerate of others in the village, and dispose of their dog waste in a responsible manner.

In an effort to try and remind the remaining few owners to pick up after their dogs, The Parish Council has placed a number of additional signs around the village.

These striking signs are 'glow in the dark' and are proven to be an especially effective reminder while we are heading into the Spring months. The Parish Council have 11 dogs bins placed within the parish and these are emptied on a weekly basis and the Parish Council are invoiced by the Borough Council of King's Lynn & West Norfolk to the amount of £1080 per year. So please use the bins to keep the parish clean and tidy.



Bonfire laws in the UK

The law on domestic bonfires in England and Wales is very simple: there isn't one; there is, however, a law against any subsequent nuisance that having one might cause. As the Government puts it:

You can't get rid of household waste if it will cause pollution or harm people's health. This includes burning it. However, the legal principle is that any nuisance must usually happen on a regular basis to be considered.

Your council can issue an 'abatement notice' if a neighbour's bonfire is causing a nuisance. A bonfire must happen frequently to be considered a nuisance. Your neighbour can be fined up to £5,000 if they don't stick to the notice.

So, the occasional bonfire should be fine as long as there are no local bylaws in place that prevent it (check with your local council) and you abide by the following two points:

- You must make sure that the smoke from your bonfire doesn't blow across a road and so cause danger to the traffic on it
- You don't burn anything that could cause pollution or harm to public health. That rules out burning anything like plastic, rubber, old engine oil, and anything else that might produce poisonous fumes. Burning stuff like this won't just harm your health and that of anyone else around you, it is also likely to be a criminal offence.

Having said that, just because you can do something doesn't mean you necessarily should. Telling your neighbours what you're planning is the right thing to do, if for no other reason than it gives them time to get their washing in and close their windows.

Finally, a quick word on the use of metal incinerators. We build freehand bonfires when we've got a lot of big stuff to burn but everything else is burned in a metal incinerator. We do this because using an incinerator makes it easier to keep the fire under control, and as we stand it on an old patio slab, it doesn't scorch the earth either. We feel happier leaving it to smoulder gently (with the lid on) when we get lunch or take a break, something we'd never do with a live bonfire; any fire needs constant supervision, which can be a pain when you've misjudged your quantities and it's still burning brightly when you want to go to bed...

There will be posters placed around the village highlighting information on Bonfire safety.

GARDEN BONFIRE SAFETY



- Don't light fires when it's windy
- Watch out for flying embers
- Don't build fires near your house, shed, garage, fences or hedges.
- Don't use flammable liquids to start a fire.
- Never burn rubbish such as aerosol cans, paint tins, foam furniture or batteries.
- Keep a bucket of water or hosepipe handy for putting out flames.
- Keep children or animals a safe distance from fire and check for anything nesting or hiding in the pile before you light it.
- Never leave a fire unattended - if you must leave it, then damp it down first.



General Matters



THE QUEEN'S
PLATINUM JUBILEE
BEACONS
2nd JUNE 2022



A Parish Beacon event is being planned for the **2nd June in the evening** on the land at the rear of the Hilgay Playing Field.

With thanks to -

Hilgay Parish Council

Hilgay Silver Band

All Saints Church

Riverside Academy

We need help to make bunting to line the Church Avenue.

Any shape – Any size – Any Colour

(Just no plastic please)

Bunting drop off point to be advised and further event details to be published closer to the date.

Provided by your parish council. Need to know more then get in touch
Hilgayparishclerk@hotmail.co.uk

Parish Past – Hilgay in 1845

by Tony Hall

Whilst carrying out local history research over the last few years, I have made use of a number of County directories held in the collection of Norfolk Libraries. What follows are extracts from the Hilgay Parish entry in **White's Norfolk Directory for 1845**. They give an interesting insight into life in the parish almost 180 years ago. (The original text is in *italics*, the rest is mine).

HILGAY *is a considerable village on the southern acclivity of the vale of the River Wissey, opposite Fordham and 4 miles S of Downham. Its Parish contains 1,515 inhabitants and 7,583 acres of land, half of which is fen but now well drained, forming part of the Great Bedford Level. For improving the drainage, a steam engine was built on the Ten Mile Bank, in 1842. W.L. Jones Esq. (William Lowton Jones of Wood Hall) and Mrs Peel (of Wallington Hall) are the principal owners of the soil but here are several smaller proprietors. The first is lord of the two principal manors, called Woodhall and Modeney Priory. The Church, All Saints, is a large and handsome edifice, approached by a long walk margined with trees. It has a nave and chancel of equal breadth and height and a square tower, rebuilt of brick in 1794 and containing eight bells. The rectory valued in KB at £10 and now at £1,600, has about 70 acres of glebe and is in the patronage and incumbency of the Rev.W.J.Parkes, MA. (The following year, Rev. Parkes went on to build St Mark's Church in Ten Mile Bank). In the parish are many scattered houses, two Wesleyan and two Primitive Methodist Chapels. The old workhouse was converted into a National School a few years ago. The Church Estate comprising two houses and 53A, 2R of land, is let at rents amounting to £111 per annum (approx £13,000 today).*

One of the houses and 11A, 2R of the land were left by the Rev. Nicholas Spencer, in 1701, subject to the yearly distribution of 30s (£177 today) among 15 of the poorest parishioners and 20s for the ringers (£118 today). For the general benefit of the poor parishioners, there are two allotments, viz:- the Town Hundred, comprising 102 Acres, supposed to have been awarded at the enclosure of the Sedge Fen, on the west side of the river Ouse, in the reign of Charles II; and the Poor's Parts, 67 acres, supposedly to have been given partly to the poor in exchange for other land in Flag Fen. These lands are let by the overseers, at rents amounting to about £130

SPRING AND SUMMER EVENTS AT THE MAGPIE CENTRE

With days getting longer and the promise of warmer weather to come, plans for events at the Magpie Centre, home of West Norfolk Riding for the Disabled Association, are well under way.

First of the season's monthly Tea With a Pony sessions is scheduled for Wednesday April 20, to enable anyone with health or mobility problems to meet, socialise over tea and cakes and meet one of our lovely ponies. The venue, our recently-opened Sensory Garden, which has a covered area, is wheelchair friendly and the cost is £10 per participant, including carer. Other friends or relatives are welcome to attend at £5 each. Booking is essential, so call the Centre on 01553 810202, during office hours, to reserve your places now. The Magpie Centre is located at Wallington Hall, South Runcton, Kings Lynn, PE33 0EP.

Attention all riders! There will be a Charity Ride on Sunday June 12, with routes of varying lengths around the beautiful Wallington Hall estate. No road work involved, and the shorter ride is suitable for all, even those on lead rein. Full details are on our website: www.rda-westnorfolk.org.uk.

And moving on, there's a Craft Fair and Have a Go Dog Agility event at the Centre on Saturday June 25. Well-behaved dogs on leads are welcome. The Craft Fair will be held in the indoor school, with surface cover to ensure it is accessible to wheelchair users, and will run from 10.00 am to 4.00 pm. Admission is £2.00 for adults, and free for under-16s. Stallholder spaces, approx. 3 metres wide, are £10.00 each and setting up will start at 8.30 am. For more details, see our website, as above, from which Craft Fair Booking forms can be downloaded, or call Jan Calvert on 07715 467866. Cost for Dog Agility is £2.00 per attempt.

We look forward to welcoming you.

**Have you got some news or a story you'd like to share with your neighbours?
We want to hear from you! Email hilgayparishnews@gmail.com**

Community Update from PC Gilluley

With the increase in heating oil costs we anticipate that we may see a rise in theft of domestic heating oil. Please have a look at our top tips on how to prevent becoming a victim of heating oil theft. For more crime prevention advice on lots of other topics visit

www.norfolk.police.uk/advice/crime-prevention-z

COMMUNITY UPDATE #CrimePrevention—Heating Oil Theft



www.norfolk.police.uk



HEATING OIL THEFT PREVENTION—TOP TIPS



Tip 1: **Layers of security** around your property and oil tank is much more effective than relying on any one product. Examples include; **Perimeter** – make sure that boundary fencing and lockable gating is in good condition and strong enough to prevent easy access into your property. **Lighting** – fit low energy “dusk-to-dawn” sensor security lighting to remove dark places around your property and in particular around your oil tank. **Property** – Ideally oil tanks should be close enough to be overlooked by you in your home, where suspicious activity is more likely to be noticed and action taken than if the tank is distant or positioned out of sight. Your own natural surveillance will deter the criminal and also help increase the chances of any thief being deterred or caught.

Tip 2 : **Tanks** can be easily emptied if the criminal is given time and where there are no effective security measure in place. Close shackle padlocks will help protect against bolt croppers. Some padlocks feature integral alarms which can provide an early warning that the tank is being tampered with.

Tip 3 : **Garden-screening and Planting** is often used to disguise the presence of a tank, however do not disguise the tank to the extent that you screen both the tank and the criminal from view. Planting thorny shrubs around the tank is considered to be an effective barrier and deterrent for the criminal to negotiate.

Tip 4 : **Inexpensive warning signage** that indicates you have taken security measures to combat crime will be noticed by any thief and help to deter their interest. Signage should be displayed on the public facing side of your property.



CONTACT US THROUGH OUR
SOCIAL MEDIA CHANNELS



CALL US ON 101 OR 999 IN
AN EMERGENCY



TALK TO YOUR LOCAL
BEAT MANAGER



Hilgay Village Hall

Working for the Community



HILGAY VILLAGE HALL NEEDS YOU...

Now the restrictions around the pandemic are subsiding, Hilgay Village Hall is looking to relaunch as the hub of community activity in Hilgay.

Your hall is a fantastic resource. It has a large open space with the option of being divided if needed. There is a kitchen and bar area as well as toilets. Outside is a secure garden area.

The hall is available to rent at the very reasonable cost of £10 per hour for village residents and £12 per hour for those outside the village.

There are some funds available to help villagers who with the set-up costs of groups.

The Village Hall Committee meet throughout the year to oversee the running and promotion of the hall - we don't bite - are very friendly and would love to see you at any of our meetings. Sadly, without the active involvement from village residents to help with the planning and running of events, the hall cannot fulfil its potential and is being underused.

The popular Coffee Mornings are back up and running. Thank you for everyone who turned out in February when around £80 was raised. It would be lovely to see some parents/carers with pre-schoolers joining in, as there is a whole cupboard full of toys and equipment available for use. The next coffee mornings are on April 28th and June 30th. They are held the last Thursday of alternating months.

On 13th April a fun Easter Event is planned for children (who must be accompanied by an adult) to make some fun crafty Easter things. DONATIONS of Easter eggs for the raffle will be needed ...please see further notices for details.

A Pamper Day (for anyone who would like to attend!) has also been suggested but no date yet set.

Do you have any ideas for events we can run?
Can you help with the planning and organising?
Would you like to set up a regular group?

The Hall is there for everyone to use and enjoy. In these very uncertain and testing times, it serves to bring the village together for enjoyment and support.

Unfortunately, due to dwindling attendance and escalating costs, the Film Nights won't be running for the foreseeable future but we hope to arrange a Fish and Chip Quiz Night(s) if there is interest / support, and hopefully live music nights will also be back too.

So, in a nutshell,

1. What are we worried about?

The Village Hall is greatly under used

There is lack of interest from villagers to get involved in running and / or supporting events.

2. What's working well?

There are lots of good ideas for events

There is a strong community spirit in Hilgay

3. What needs to change?

We need more people to come forward to help develop ideas into reality - and support the events being held the more people who get involved, the more we can do.

The next Village Hall Committee meeting is on 24th March at 7.00pm. Please get in touch if you would like to get involved or have any ideas to put Hilgay Village Hall back on the map and at the centre of our community.

Di Farrow

For bookings email

Bookings@Hilgayvillagehall.co.uk

Find Hilgay Village Hall on Facebook

Hilgay Village Hall is owned and maintained by Hilgay United Charities (The Feoffees) and run by a volunteer management committee on a non-profit basis for the benefit of the community.

Ten Mile Bank Village Hall



Ten Mile Bank Village Hall, in Station Road, is owned and operated on a non-profit basis for the benefit of the local community by Hilgay United Charities – also known as “The Feoffees”

It has been extensively refurbished with new ceilings, lighting and heating. A projection screen has been installed and a high-definition projector is available for hire.

Free broadband is also available for users of the hall.

To book the Village Hall for your Birthday Party, Anniversary Party, Children’s Party, Club Meeting, Training Course, Coffee Morning, Craft Fair, Keep Fit , Dance Class or any other event, please **contact Jill Field on 01366 377 640**

All rates include heating, lighting, kitchen facilities and Wi-Fi.



The Hall is COVID-secure with hand sanitizers and a full risk assessment. It is also equipped with an external Automatic Emergency Defibrillator

Hilgay Methodist Church

Serving God and Serving the Community



CONTACTS

Revd Paul Critchley 01366 388766 (For enquiries about baptisms, marriages, bereavements, or funerals)

Mrs Pauline Driver – Church Steward 387317 (Bookings and details of Guild Meetings)

Mrs Lesley Dent – Church Council Secretary 387337 (Enquiries about church events)

WORSHIP – New times!

Currently we are holding services fortnightly at Hilgay and going to Southery Chapel on alternate weeks to worship with them.

All services now begin at 10.30am

	27/3	3/4	10/4	17/4	24/4	1/5	8/5	15/5	22/5
Hilgay	J.Nash	X	M.Cumbers	X	Revd G Kerry	X	A.Bishop	X	Revd B Arnold
Southery	X	B.Foster	X	V.Fisher	X	M.Blowers	X	P.Driver	X

GUILD

GUILD has been meeting on alternate Tuesdays since October. The meetings begin at 2.30pm. We have a varied programme. Meetings always end with time for a cuppa and a chat. After Easter, we take a break until October 2022 but before then we will be having meetings on 22nd March (Craft, Tea & Cake), 5th April AGM followed by a bring and share tea and a short informal service on Good Friday. A warm welcome awaits you if you would like to join us regularly or occasionally.

OTHER EVENTS



VILLAGE COFFEE MORNING

@ Hilgay Methodist Church

THURSDAY, 31st March

10.00a.m. until 11.30a.m



Arty Crafty Café

At Hilgay Methodist Church

2.00 – 3.30 pm SATURDAY, 9th April

Fun craft activities for all ages

All children must be accompanied by an adult.

For further details, please ring 01366 385986

EASTER SERVICES



GOOD FRIDAY WORSHIP @ Hilgay Chapel

An informal service of reflection at 2.30pm on 15th April



EASTER SUNDAY SERVICE @ Southery Chapel

10.30am on 17th April

And finally, we plan to hold a Songs of Praise followed by an afternoon tea to celebrate the Queen's Platinum Jubilee on Sunday, 5th June. Further details will be available nearer the day.

Hilgay All Saints Church
Serving God and Serving the Community



⊕ Church of England

ALL SAINTS' CHURCH

HILGAY

From Sunday 27th March

Every Sunday

9.15am

Everyone welcome



Riverside Federation Hilgay & Ten Mile Bank School

Sonia Dudzik and the parents of Riverside Federation stepping up to help the families in Ukraine by organizing the campaign for this Shoebox Appeal and then delivering it all to Peterborough for it then to travel the 1,600 miles to Ukraine.



SHOEBOX APPEAL



HILGAY UNITED CHARITIES

Further Education and Apprenticeship Grants

Hilgay United Charities (The Feoffees) offer Further Education and Apprenticeship Grants to persons living in the Parish of Hilgay and Ten Mile Bank

The grants are available for the purchase of tools, books, equipment or uniform required for Starting Work, Apprenticeships, Training Schemes or Higher Education

If you wish to be considered for a grant, please write for an application form to the Clerk to the Charity

**Mr AJ Hall, Windrush, Church Road, Ten Mile Bank
Downham Market PE38 0EJ**

Or send an email to

hilgay.feoffees@aol.com

The Trustees meet three times a year and will consider applications at their next meeting

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Conditions of Application

Grants are available to all persons aged 16 or over

Applicants must live in the Parish of Hilgay, including Ten Mile Bank

Applicants must have been on a course or in training for a period of at least three months

Applicants must be able to demonstrate that their training or course is being accomplished in a satisfactory manner

Previous applicants can apply to continue their courses or training

Grants cannot be used for accommodation, tuition fees or travel costs

Hilgay United Charities are registered with the Charity Commission – No. 208898



Allotment Jottings by Elaine Hall

In 2011, after waiting two years for an allotment to become available in Hilgay, I was contacted by the Parish Council with an offer of one. I went to take a look to see it as soon as I could, full of anticipation and a feeling of “what have I done?” It was a cold, frosty November day and I felt a little overwhelmed as I could see the ground was covered in weeds even under the frost and the plot seemed to be much bigger than I remembered!

Then came the planning. I was going to need a shed and a compost bin, not to mention a spade, a fork, a wheelbarrow and a trusty hoe. So the list went on. Then I had to consider what I was going to grow to fill this space and more importantly how do I go about growing it? Having little or no experience apart from a few memories of growing some cress seeds on a saucer of wet tissue and throwing a few herb seeds in a pot on the kitchen windowsill, this was probably not going to be of much help. I did not have to worry for long as I started to receive lots of help and advice from fellow allotment holders and even the offer to rotavate my plot.

The kindness and encouragement I received was amazing. Not only the sharing of valuable information but seeds and plants and always top tips! I have made some very good friends over the years and my allotment buddies are always there to offer a hand, have a chat and generally put the world to rights.

I soon started to build my confidence at growing different fruits and vegetables. I also began to grow cut flowers because as well as looking good in a vase, they encourage the bees and help with pollination and companion planting discourages aphids from my cabbages. Each year I like to set myself a challenge and grow something different. So far, I have tried sweet potatoes, loofas and aubergines. My goal this year is to grow land cress, so watch this space. These trials are not always successful but each year is different, depending on the weather and is all part of learning new skills.

Although it is hard work and quite a big commitment, I always say that my allotment is my oasis; a place to escape the everyday stresses, particularly when I worked as an operating theatre nurse. On my day off it was my sanctuary. Lots of life's worries can be put into perspective when digging our black fen soil, then watching seedlings start to grow. I always remember the time I dug up my first crop of potatoes; it was like finding a pot of gold. The excitement and disbelief that I had actually achieved this - my very own potatoes.

Sometimes when I come home after working on my allotment, bones aching and tired, I think of others who have worked those allotments for 50 years and more and are still going strong and I'm full of admiration for them.

What that piece of land gives me in return is, hopefully, better mental and physical health and lots of fresh air. With the added bonus of freshly picked produce, with no air miles, to make healthy meals from the fruits of my labour.

Just sitting with a flask of coffee, planning for the year to come and the anticipation of possible successes, I listen to the birds singing and the cry of the occasional buzzard overhead. If I'm lucky enough to plan my visit to coincide with a Hilgay Silver Band rehearsal, I might get serenaded whilst I work which is always a bonus.

The benefits I gain go much deeper than the soil that I dig.

Elaine Hall



BUNTING BISCUITS

Prep: 10 mins, plus chilling | Cook: 8-10 mins | Makes: 10-12

Add some fun to your Big Jubilee Lunch with these easy-to-make bunting biscuits! Visit Iceland in-store or online for all the ingredients you'll need.

Once baked use icing to create patterns, write out a celebratory message, or set up a station so people can decorate their own on the day. Un-iced biscuits can be frozen for up to three months so they're great for making in advance.



Show us your
best bakes using
[#TheBigJubileeLunch](https://www.instagram.com/thebigjubileelunch)



eden project

RECIPE BROUGHT TO YOU BY

Iceland

the food
WAREHOUSE

HOW TO MAKE BUNTING BISCUITS

YOU'LL NEED

Biscuit ingredients

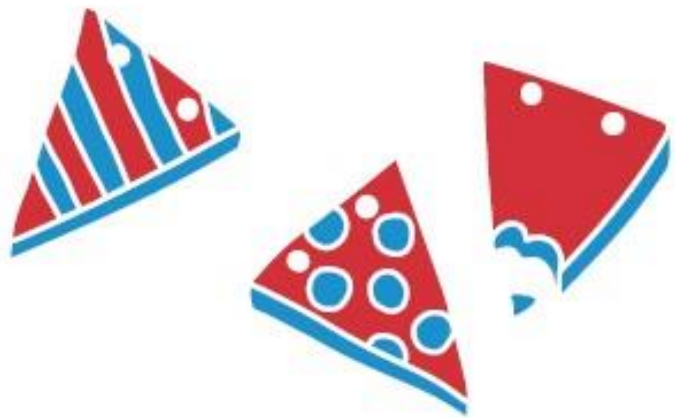
- 200g butter
- 50g sugar
- 2 egg yolks
- 250g plain flour

To decorate

- A jar of strawberry jam
- 200g royal icing sugar
- Food colouring
- Icing pens
- Edible glitter and sprinkles

Other items

- Rolling pin
- Cling film or reusable wrap
- Cardboard (to make a cutting template)
- String for hanging



METHOD

- 1** Preheat the oven to 200C/180C fan/gas 6. Whisk butter and sugar together in a mixing bowl.
- 2** Follow with the egg yolks, and slowly add in the flour until the mixture resembles fine breadcrumbs.
- 3** Mix together with your hands to form a soft dough then wrap in cling film and rest in fridge for 10 minutes.
- 4** Roll the dough out evenly and cut the dough into triangles – make a cardboard template to cut around.
- 5** Lay the shapes on a parchment-lined baking tray, cover with cling film and chill in the fridge for 30 minutes.
- 6** Remove the cling film and bake in the middle of the oven for 8 to 10 minutes, flipping once until the biscuits are just beginning to colour.
- 7** Once baked, pierce two holes in each biscuit for hanging, transfer to a wire rack and leave to cool.
- 8** Decorate your shapes with icing and toppings and feed the string through for hanging.

For more things you can make and do visit TheBigJubileeLunch.com

USEFUL CONTACT DETAILS

HILGAY

Hilgay Riverside Academy	Office	01366 387 685
Friends of Hilgay Riverside Academy	Hayley Burton	07748 164536
St John's Ambulance	Peter Taylor	01366 324 558
Hilgay Silver Band (free tuition & instruments available)	Shona Lidgey	07885 712636
Hilgay Good Companions Club (over 55s Club)		
Hilgay Methodist Church	Pauline & David Driver Lesley Dent	01366 387 317 01366 387 337
All Saints' PCC	Peter Bates	01366 387 988
All Saints' Church	Priest in Charge – Fr James Mather	01366 382 187
Hilgay Playing Field/River Field	Colin Wills	01366 377 743

TEN MILE BANK

Ten Mile Bank Riverside Academy	Office	01366 377 310
Friends of Ten Mile Bank Academy	Jessica Rolph	01366 377 774
Ten Mile Bank Village Hall Bookings	Jill Field	01366 377 640
St Mark's Church Ten Mile Bank	Father Alan Davies	01553 810 675

OTHER CONTACTS

Hilgay Parish Council Clerk	David Williams	07706 345156 hilgayparishclerk@hotmail.co.uk
Hilgay United Charities	Tony Hall	hilgay.feoffees@aol.com 07900 518153
Neighbourhood Watch (Hilgay)	Nigel Congdon	07798 700561 ncongdon@hotmail.co.uk
Neighbourhood Watch (Ten Mile Bank)	Colin Wills	07760 390848 c.wills669@btinternet.com

If you think a child or vulnerable adult is at risk of County Lines, criminal or sexual exploitation in Norfolk:

- Call 0344 800 8020 and speak to someone at Norfolk Children's Advice and Duty Service (CADS)
- Ring 101 to speak to Norfolk Police - Operation Gravity.
- **In an emergency always dial 999.**
- Ring 0800 555 111 for Crime stoppers or contact them via the Crime stoppers website

The ROSE Campaign (Reaching Out on Sexual Exploitation) is a registered charity that can also help.

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ELIZABETH TRUSS MP



Elizabeth Truss MP is your local **Member of Parliament** for **South West Norfolk**

Elizabeth regularly holds surgeries across the constituency and attends meetings with Parish Councils. She can be contacted via email, post or telephone to help you with any enquiries or to make surgery appointments.

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Riverside News Advertising

The Parish Council have decided that as from 01 June 2020 if you would like to advertise for the next year the advertising rates for Riverside News will be as Follows:

Quarter page advert	£20 a year for up to 6 issues
Half Page Advert	£30 a year for up to 6 issues
Full Page Advert	£40 a year for up to 6 issues
Charity Event	£5 an advert
New Business	One free advert
Hilgay Cinema	Free full-page advert per issue
Hilgay Village Hall	Free full-page advert per issue

Commercial adverts for activities in Riverside Academy premises will be charged according to the size of the advert.

No deductions will be made for pro rata requests.

The Parish Council will start invoicing at the beginning of May 2021 for payment by 30th June 2021. They will remain mindful of payment terms given the current climate on an individual basis.