Riverside News



Issue 30 – Winter Edition 2021

Welcome from the editor!

Hi everyone,

Firstly I would like to wish everyone a wonderful winter break and New Years however you choose to celebrate.

Secondly, thank you to all those who have contributed to this year's Riverside News issues. I have thoroughly enjoyed reading about all the local activities and community spirit especially in the madness of the last 18 months.

Finally, as always, this is our community newsletter so please send in any ideas, information and articles you would like to see featured.

You can email me at hilgayparishnews@gmail.com

Stay safe & happy reading!

Developing a more sustainable community

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

Your Parish Matters

CHAIR REPORT

Firstly, I'd like to thank our new Parish Clerk, Maintenance Officer, all Hilgay and Ten Mile Bank parish councillors and Natalie our Riverside News editor - for their time and efforts on behalf of our villages.

I'd like to take this opportunity to wish everyone a happy Christmas and new year. Let's try to make sure all members of our community are supported and feel valued. Goodwill binds us all together.

Please remember all our village assets, e.g. playing field equipment and bus shelters, are paid for by us all. During this year we have had to replace and restore numerous items due to vandalism and theft. Please be vigilant and contact the Parish Clerk or any members of your council with concerns. We would rather improve our surroundings, rather than using your monies to make repairs.

As responsible parishioners, please check your property boundaries and ensure they do not encroach on public spaces! Everyone has a legal responsibility to ensure this.

Happy Christmas and New Year

Graham Carter, Parish Council Chairman

Graham wrote his winter report at -14°C whilst visiting Riga, Latvia – "a beautiful city, well worth a visit!"





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

06 January 2022 - Hilgay Village Hall

03 February 2022 - Ten Mile Bank Village Hall

03 March 2022 – Hilgay Village Hall

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

Hilgay & Ten Mile Bank Parish Councillors

Name	Telephone	email
Hilgay Ward		
Graham Carter - Chairman	07841 715464	
Annabel Charlesworth - Vice Chair	01366 377 218	annabelaundry@hotmail.com
Peter Bates	01366 387 988	
Norman Highnam	07443 430195	norman.highnam@outlook.com
Jane Heatrick	01366 387 953	kipperheatrick@icloud.com
Peter Carter	01366 387 687	
Susan Annan	01366 385 303	Susanannan5@yahoo.co.uk
Zara Hipsey	07943 911505	zhipsey@gmail.com

Ten Mile Bank Ward

Andy Greening	07980 813806	uax6@btinternet.com
Elaine Hall	07979 846755	elaine@tenmilebank.com

Parish Council Staff

David Williams - Clerk	07706 345156	hilgayparishclerk@hotmail.co.uk	
Colin Wills – Maintenance Officer	07760 390 848		

Committees

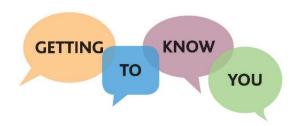
Data Protection	Graham Carter
Finance & Resources.	Susan Annan, Andy Greening
Planning Policy Elaine Hall, Graham Carter, Jane Heatrick	

Working Groups

Allotments	Peter Bates, Elaine Hall
Footpaths	Annabel Charlesworth, Elaine Hall, Susan Annan
Land Holdings	Graham Carter
Meadow Garden, Hilgay	Annabel Charlesworth

Your County & Borough Councillors

County Councillor – Martin Storey	01842 828016 & 07850 866854
Cllr.martin.storey@west-norfolk.gov.uk	
Borough Councillor – Alan Holmes	01366 380 606 & 07885 258418
Cllr.alan.holmes@west-norfolk.gov.uk	



Getting to Know... Father Christmas! By the intrepid reporter Zara.

For this special issue, one of our residents was lucky enough to speak to our most special guest!



How did you become Father Christmas?

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 Christmas are my favourite. I love the Fens because I can see for miles, I like going to visit the swans at Welney and the seal that often visits Ten Mile Bank.

What is your favourite Christmas memory?

I have to say my favourite memory happened in Norfolk funnily enough. It was when I delivered the presents down the chimney at Sandringham for Her Majesty the Queen. The decorations and the Christmas tree are always decorated so splendidly.

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

If I could go back in time, it would be to 1914 when the soldiers called a truce during World War I to play football on Christmas Day.

What is your favourite film?

Well, in fact I have two favourite films. Rudolph and I love watching Bambi together and Mrs Claus and I also love watching Elf.

What is your favourite food?

When I visit Norfolk, I love a good fish and chips from Wells Next the Sea as well as mince pies.

From Councillor Alan Holmes Borough Councillor for the Hilgay Ward of Hilgay Parish

Borough Council Matters

I said in my last contribution to Riverside News that your Borough Council was working on the budget for the next Financial Year – which starts on 1 April 2022. There is to be a special joint-panel meeting on 3 February 2022 to discuss the recommendations made by council officials.

This should be open to the public to participate – even if only briefly – and should also be available to view on Zoom. If you do want to put your view forward let me know and I can advise what to do closer to the time.

Borough Councillor Community Grant Scheme

Again, I mentioned this last time. Since then, it has become active but without a great peal of publicity. A missed opportunity, I think.

The first round of grants are available until 31 March 2022 for applications now – but see below about timing. There after a second round of grants of £1000 will be available.

So, if you are a part of a community group there is an opportunity now for you to get a grant to help with your activities. See below for details.

What the Borough Councillor Community Grant Scheme will fund

Applications should focus on projects, initiatives or events that deliver a clear and demonstrative benefit to the people of west Norfolk.

How much can you apply for?

Grants applications can range from £50 to £1,000.

Who is eligible?

Local constituted groups or organisations whose primary purpose is to benefit the residents of their community.

Who is not eligible?

- Other local authorities/public sector bodies/parish councils
- Individuals not part of a community group
- Profit-based businesses
- Political and lobbying groups
- Nationwide organisations

If you are part of a group who wish to bid for funding call me. I will then arrange to meet you to discuss your proposal and how to take it forward. As the first round runs out on 31 March 2022.

I suggest you call me ASAP (no later than mid-February 2022) if your group is interested. That should give enough time to get ducks in a row. I have considerable experience of Grant Schemes and I know that the more time available, the more likely that a successful application can be put together.

The only other thing to note is that once a grant is given the recipient must spend the grant within the following 12 months. So, less pressure there.

I can discuss other details about conditions etc during the application process. The aim of the Grant Scheme is 'a light touch' and aimed at the smaller groups in our communities. If you know of one, please pass this on to them.

And more information is available on the Borough Council website – put 'grant scheme' in the webpage question panel – top right of home page.

My contact details are in this newsletter and on the Borough Council's website

Alan Holmes December 2021



General Matters



Hilgay Silver Band

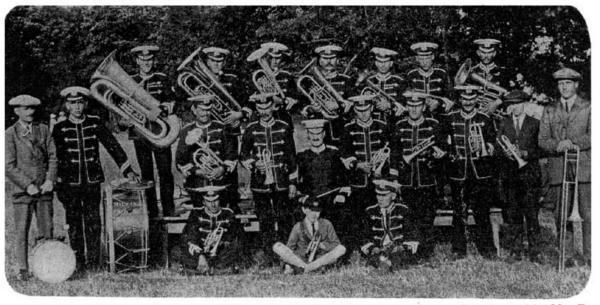
Hilgay Silver Band have gathered again and we are fortunate to have some additional members. We still meet on Thursdays in the Band Room in Hilgay, 730 to 930, and are very welcoming to any players, new or from our past!

Speaking of which, the band celebrates 125 years this year, and we are planning an event for 2022.

Maria is hoping to start a Training Band for children aged 8 and up. This will be held in the Band Room from 4.15pm to 5pm each Thursday, starting on 7th October 2021. No previous experience- this will be free tuition for beginners.

Maria's number is: 07961 087559. Please call ahead if your child/ren are planning on attending.

A photo from about 100yrs ago



Hilgay Excelsior Band in the late 1920s and early 1930s. The picture is one of two loaned by Mrs F. Webb, of 2 Tower Road, Hilgay, who notes that the bandmaster was Mr Parsonage of Downham Market. "Hilgay has had a band as long as I can remember," she writes. "Now it can be proud of Hilgay Silver Band and its young players, who are much appreciated".



Finding it hard to pay the bills



We have lots of ways to help you and your loved ones.

If you're finding it difficult to pay, we offer:

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Find out more

anglianwater.co.uk/extra-care

0800 011 3774

BSL anglianwater.co.uk/bsl



ANG131/08/21

An update from Magpie Centre

As we go to press, the winter looks to be setting in, and with it, increased costs for keeping the horses and ponies at the Magpie Centre, home of West Norfolk Riding for the Disabled Association, based at Wallington Hall.

All our 14 horses and ponies live out, which means that they are in their paddocks 24/7, except when they are working, but they are well rugged, and all have access to field shelters, hay and water at all times.

Horse need a lot of forage (hay), in winter, because a) they need the calories, b) the act of chewing keeps them warm, and c) horses/ponies are 'trickle feeders', which means that they need to have forage going through their gut on a regular basis.

This is where YOU come in!

We currently have an appeal for folks to donate – no matter how much or how little - to help feed our loyal horses and ponies throughout the winter

Please might you be able to help us by visiting:www.gofundme.com/f/winter-feed-for-the-magpie-centre-rda-horses

At the same time, we are hugely grateful to Metcalfe, Copeman and Pettifar (MCP) Solicitors, Kings Lynn, for their generous donation of £600 for staff clothing, to help our loyal staff through the winter.

Although the horses live out, they need to be attended to every day, to check their welfare, hay levels, water supply and to have their paddocks maintained. Therefore, the staff need good winter clothing. We are so grateful to MCP Solicitors for supplying this.

If you have a legal problem, MCP may well be able to help. They cover family law, employment law, commercial and regulatory law, so, if you think you may have a problem, just give them a call on 01945 464331 for a preliminary chat.

To book, or for more information about riding/driving lessons, call 01553 810202, email magpiecentrewnrda@hotmail.co.uk or visit our website: www.rda-westnorfolk.org.uk

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

Welcome to my final blog of this year – 2021 seems to have flown by!

This is the time of the year when we traditionally see an increase in opportunist crime, and I mentioned last month some of our top tips for crime prevention with our #Keep It Christmas campaign. During this festive period if you are aware that a neighbour is away, I would ask that you please keep an eye on their property and to contact us if you see anything suspicious.

Remember, you can report non-emergency incidents via our 101 number or via our online reporting forms at www.norfolk.police.uk. In an emergency always dial 999.

If you are out celebrating with friends and family, please know your limits and look out for other members of your group. Please stay safe on our roads during this period.

The weather is now taking a turn for worse, and temperatures have really dropped off with some hard over-night frosts. Remember to always #Drive to Arrive – it is always best to arrive late than never get there. Have a plan for any Christmas parties; who is the driver for the night? Are you getting a taxi, or have you arranged a lift from a family friend? Whatever you do never be tempted to drink and drive. You could end up ruining someone else's life as well as your own. There is no excuse, and our annual Christmas Drink-Drive campaign is already underway.

With the cold and dark mornings and nights whether you are driving to or from work or making a social journey make sure your vehicle is fully road legal and ready to take on the weather. Make sure tyres, fluid levels, lights and batteries are checked and ready for the demands that this time of the year presents. Also, take a little extra time in the morning to make sure your windscreens are fully defrosted and clear prior to starting any journey, and be prepared for ice on the roads. Please keep safe and remember not to leave any vehicle unattended while the engine is running.

With this being the last monthly article before Christmas, I want to wish you all a Merry Christmas and a happy and very safe New Year. I look forward to continue working and meeting with you all in the next year.

Until next time, look after each other and stay safe.

PC Paula Gilluley

Community Engagement Officer
Kings Lynn & West Norfolk and Breckland District



Hilgay Village Hall Working for the Community



Hilgay Village Hall is OPEN!

Please contact **Kim on 01366-385234** for any booking enquiries.

TEA, COFFEE & CAKE MORNING

Our popular Tea, Coffee & Cake mornings are back.

All cakes made and donated by local volunteer bakers!

This event is planned to run on the last Thursday of each month.

REGULARS

Yoga

Every Wednesday from 7pm - Contact: Garry Younge - 07952591466 or garry262@btinternet.com
(Very popular and now limited spaces so book early!)

2022 Events

Craft Fair – Sunday 20th March 2022 – 10.00am till 3.00pm

15 tables of local crafts plus food, drink and raffle – All Welcome

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

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

Services at Hilgay begin at 10am and those at Southery at 11am.

We still wear masks during services but hymn singing is now aloud! For further details of services, please look at our noticeboard or contact me Lesley Dent on 01366 385986.

OTHER EVENTS



CAROL SERVICE @ HILGAY METHODIST CHURCH 6.30 p.m. on Christmas Eve led by our minister, Revd Paul Critchley All welcome! Refreshments served after the service.

Hilgay All Saints Church

Serving God and Serving the Community

We have seen a number of great events in the church this year as we learn to live with the uncertainties of the Covid issues.

We have seen the churchyard itself transforming with the removal of some of the overgrown trees and the possibility to improve the condition of the churchyard wall.

So as we look to enter 2022 let us look forward to happy times for all the villagers and enter into the community spirit that Hilgay is renowned for.

We wish you all a great Xmas and let's look forward to 2022.

St Mark's, Ten Mile Bank





Our recent Carols, Cakes and Craft birthday service was extremely well attended by parishioners from local parishes, raising over £300 for the Church. Paul baked a magnificent cake, Isla rang the bell, Rebecca just about managed to hold it together on the organ, Bernie and Sheilah were pros on the teas and coffees and 3 tables were chock full of crafts knitted by Mary and Rebecca. The 4th and biggest table was stacked with a large number of amazing items that were donated by the village's very own Krafty Kabin Creations. The skill and care in each piece was wonderful.





Upcoming Services

We are still hoping to hold our 4pm Christmas Eve service, despite the current increase in Covid cases. Unfortunately, face masks will need to be worn in order to protect each other and Father Christmas won't be attending as he is self-isolating, due to pre-existing health conditions. However, carols will be sung and candles will be lit.

Services continue to be held at 11am on the 2nd and 4th Sunday of the month.

Every good gift and every perfect gift is from above and cometh down from the Father of lights -James 1:17



Riverside Federation Hilgay & Ten Mile Bank School

At the Riverside Federation, we were delighted to welcome small face to face audiences for our Christmas Performances.

TMB performed 'It's Chriiiiiistmas!' and so did KS2 at Hilgay.

KS1 and EYFS at Hilgay performed Wriggly Nativity. All performances were delightful with beautiful singing, super acting and some great dancing!

The children, and our audiences, thoroughly enjoyed the shows!









The Rose and Crown Hilgay

Carol and Jim welcome all to their winter events all starting at 8.00pm.

December

• 18th Quiz Night



Rose & Crown
Bridge Street
Hilgay
Downham Market
PE38 oLJ
Tel: 01366 384507

Rambling On...

Bexwell – A walk through 900 years of history



Distance: 2.5 miles (4km)

Time: about an hour

Start and Finish:

Downham Home and Garden Store Car

Park

National Grid Reference:

TF 625 028

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Turn right out of the Garden Centre car park onto the concrete road, leaving the A10 behind. This track once formed part of a network of roads connecting the communal and dormitory sites of RAF Downham Market. At the end, turn left onto Bexwell Lane which curves to the right through a small wood. Once through the trees, on the right hand side can be seen some old airfield buildings that once housed members of the Women's Auxiliary Air Force. They are now used for agricultural purposes.

The hamlet of Bexwell has no less than three listed buildings within a few yards of each other. Tucked away on the right is the late 16th Century Bexwell Hall Farmhouse. Opposite is a gravel path leading to the charming round-towered 12th Century church of St Mary the Virgin which

is really worth a visit if it is open. At the front of the church there is an immaculately-kept green with a flagpole and a memorial to two airmen who flew from RAF Downham Market and were awarded the Victoria Cross for their bravery. At the end of the road by the junction with the A1122 is the listed 15th Century stone barn, once the gatehouse to Bexwell Hall, now sympathetically restored and in use as a wedding venue.



On the opposite side of the main road, which should be crossed with care, are more remains of the RAF station which have survived for over 70 years. RAF Downham Market was opened in June 1942 as a heavy bomber base in support of RAF Marham and closed after WW2 in 1946. Almost every night during that four year period, Stirling, Lancaster and Mosquito

bombers from six squadrons embarked on hazardous bombing missions over Europe. Sadly, many failed to return and a memorial to commemorate all those lost is being planned.



The building occupied by Bexwell Kitchens was once the guard room. More old airfield buildings can be seen on the right as you head along the footpath towards Downham Market. Once past the junction with Landseer drive, cross to the other side of Bexwell Road and continue towards the town. Opposite the school, turn left into Howdale Road. After less than 100yds, turn left again into Rouse's Lane.

On the green to the right stands a stone obelisk this is what remains of a water pump which used to stand in the town square. Continue left along Rouse's Lane, past some industrial buildings on the left and the entrance to the cemetery on the right. At the junction with Stonecross Road on the left, continue straight ahead past some corrugated farm buildings. With field on either side carry on down Rouse's Lane until after about three 300 yards, the gravel path turns to concrete and turns sharp right. Yet more buildings come into view on the right. Now housing a small engineering works, they were once the dining rooms for the air base.

Before crossing the A10, turn right at the end of the buildings to discover one last piece of history. Hidden among the bushes is a well-kept First World War memorial. It was built to honour two friends who were killed in action in France on the same date a year apart. They were Lionel Henry Pratt, son of the squire of Ryston Hall and Charles Dean Prangley, son of the rector of Bexwell. The remains of the original stone cross, after which the area is named, are built into the fabric of this grade two listed monument. As you cross the main road to return to the car park, on the left can be seen the proposed site for the RAF Downham Market memorial.



The route described is on public rights of way. All other tracks, woods and land are private property. Please respect the owners' privacy.

Further information:

Strike Hard (RAF Downham Market) by John B Hilling (Sutton Publishing 1995) The Buildings of England – Norfolk 2 by Sir Nikolaus Pevsner (Yale UP 2002)

Another delightful Delia recipe

CHOCOLATE DROP MINI MUFFINS WITH RED NOSES

Tiny little chocolate bites - soft, light, with melted chocolate swirled on the top, on which to fix a whole cherry.

INGREDIENTS

5oz (150g) plain flour 4 fl oz (120ml) milk

2 level tablespoons cocoa powder 2oz (50g) butter, melted and cooled slightly

1 level dessert spoon baking powder 2oz (50g) plain chocolate drops

1 large egg, lightly beaten

1 1/2oz (40g) golden caster sugar

For the topping:

• 2 3/4oz (65g) plain chocolate drops

• 24 red glace cherries

Icing sugar, sifted

Pre-heat the oven to gas mark 6, 200°C

METHOD

Start off by sifting the flour, cocoa powder, baking powder and salt into a large bowl.

Then in a separate bowl mix together the egg, sugar, milk and melted butter. Now return the dry ingredients to the sieve and sift them straight on to the egg mixture (this double sifting is essential because there won't be much mixing going on).

What you need now is to take a large spoon and fold the dry ingredients into the wet ones - quickly, in about 15 seconds. Don't be tempted to beat or stir, and don't be alarmed by the rather unattractive, uneven appearance of the mixture: this, in fact, is what will ensure that the muffins stay light.

Now fold the chocolate drops into the mixture - again with a minimum of stirring; just a quick folding in.

Divide the mixture between the muffin cups, about 1 heaped teaspoon in each, and bake on a high shelf in the preheated oven for 10 minutes, until well risen. Then remove the muffins from the oven and cool in the tins for 5 minutes before transferring them to a cooling tray.

While they're cooling, place the remaining chocolate drops into a small bowl. Then place this into a saucepan of barely simmering water without allowing the bowl to touch the water, and allow the chocolate to melt.

Then, when the muffins are cool enough to handle, spoon a little melted chocolate on to each one, then place it back on the cooling tray and fix a cherry on top.

If you like, before serving you can give them a dusting of sifted icing sugar.

For the Delia Online Cookery School video lessons, techniques and more Delia recipes, please go to https://www.deliaonline.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	01366 387 317
	Lesley Dent	01366 387 337
All Saints' PCC	Peter Bates	01366 387 988
All Saints' Church	Priest in Charge –	01366 382 187
	Fr James Mather	
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	Nigel Congdon	07798 700561
(Hilgay)		ncongdon@hotmail.co.uk
Neighbourhood Watch	Colin Wills	07760 390848
(Ten Mile Bank)		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.

Adverts







Dog walking, Pet Visits, Pet Sitting, Vet/Pet Taxi & More

In and around the Hilgay area

Contact Keith Hemming
Tel 07880943121
Email emmospaws@gmail.com

DBS Certificated



Baytree of Hilgay Farm Shop, Garden Centre and Barn Restaurant.

Steels Drove, West Fen, Hilgay, Downham Market, Norfolk, PE38 0QH. Tel: 01366 385661

Adverts

N P BATES ELECTRICAL

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NPBates.elec@gmail.com

D Nicholls Fencing

Domestic, Commercial & Agricultural All types of fencing and gates supplied & fitted David Nicholls 01366 385234 or 07876 744548

hilgaydn@aol.com

7 Greenhill, Hilgay, Downham Market, Norfolk PE38 0JL



Rose & Crown Bridge Street Hilgay Downham Market PE38 0LJ Tel: 01366 384507



Adverts

Master Locksmith Locks, Safes, Alarms & CCTV Service, Repairs & Upgrades Locked doors opened

(To come - Car Key Cutting & Repairs)
Call Jim on 01366 384507
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Day Care & Boarding

Contact Hanna for details on:
Mobile – 07977 486393
Email – hana_hc@hotmail.co.uk
Via our Facebook page

West End, Hilgay PE38 0HZ



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- · Diabetes foot care
- Neurovascular assessment

To book your home visit, please call Peter on

Freephone 0800 066 5499 or 07842 553554



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First Aid for Mental Health
Please contact Aneta Barham for further
information via

Email: a2b.trainingltd@gmail.com Website: www.a2btrainingltd.co.uk Mobile: 07398 726415

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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www.elizabethtruss.com



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.