

June 2023



Published Quarterly by Frettenham
Parish Council

FRETtenham VILLAGE NEWSLETTER



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work as part of a team focused on developing
our local community?

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**WE HAVE TWO VACANCIES FOR NEW
COUNCILLORS. FOR MORE INFORMATION,
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FRETtenham.P.C@BTINTERNET.COM

NEWSLETTER CONTACTS

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For updates on activities, events and village life, please visit the village website (Frettenham.org.uk) or visit the Frettenham Village Facebook page

PARISH COUNCIL NEWS

This newsletter entry is dedicated to the wonderful David Yaxley, who has faithfully served the Parish Council for 36 years but has now stepped down to enjoy a well-deserved rest from public service! David has worked tirelessly as a councillor, and as Chairman, to improve our village in so many ways.

He has been behind the campaigns for many footpaths in the village such as the ones on Buxton Road, Mill Road and School Road. He managed to get the speed limit on the Buxton Road reduced to 30mph, remodelled the Village Sign and most recently, helped with the establishment of the playground at the Village Hall. Hopefully, we will next have the Bus Shelter installed on School Road to round off his many, many achievements. We will miss his wise words of advice and guidance on the council, but I think we all agree that he has very much deserved his retirement from the council. Thank you, David!

With the retirement of David, and the lovely Lorraine stepping down, we have 2 vacancies on the Parish Council. We are currently working with 5 Parish Councillors, Philip, Richard, Shaun, the newly elected Michael, and myself, and while we have a quorum (the minimum number of councillors needed), we would love to have more company join us at our monthly meetings. We discuss and try to solve a range of issues from highways and speeding to grass cutting and planning permissions, receive updates from our district and county councillors and work together as a team to improve Frettenham. If you would like to join us, please email the Clerk or contact one of the existing councillors.

We are also in the market for a new clerk, as Joe is stepping down after a year in the role. Duties of the clerk include, but are not limited to, minute taking and agenda creating, corresponding with a range of people and groups, maintaining all financial records including preparing an annual audit and end-of-year accounts, and other admin tasks. If you would like to apply or would like more information, please email the Clerk.

Joe Fagg (Clerk) e-mail: frettenham.p.c@btinternet.com;
phone number: 07562014003

Teresa Norton (Madam Chair) e-mail: teresa.norton@hotmail.co.uk;
phone number: 07712737175

Philip Norton (Vice Chairman) e-mail baddadsipad@icloud.com;
phone number: 01603 897641

Richard Fisher e-mail: richardfisher2@live.co.uk;
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phone number: 01603 736060

Michael Palmer email: michael.palmer.cllr@gmail.com;
phone number: 07535787658

Finally, a slightly delayed (and very out of season) announcement of the winner of the Village Christmas Lights Competition - congratulations to Ivan and Joy Johnson of Buxton Road. Thank you for the beautiful festive display.

NEWS FROM NORFOLK COUNTY COUNCIL

Can I start by welcoming Mark Goodman who is the new Broadland District Councillor for Buxton and Frettenham. Mark has big shoes to fill taking over from Karen Lawrence who was a really first class Councillor for the past four years. The District Council will certainly be an interesting place over the next few months with the move to different premises and the first ever change of political control.

In the past few weeks there has been a change of leader at County Hall with Andrew Proctor stepping down due to ill health and Kay Mason Billig taking over. So far there have been two changes of direction: the first is an attempt to renegotiate the devolution deal and the second is for the Council to have a Chief Executive again, a position it had abolished about five years ago.

The main issue from County Hall that will affect the Parish is the consultation exercise re closure of Mayton Wood recycling centre. The County Council is proposing closure from September in an attempt to save £70,000 with residents instead being directed to use the new centre off the NDR. My own view is that Mayton Wood is a well run centre that is valued by many residents and it is the wrong time to be closing any recycling centres.

The consultation runs until 26th June and can be found online at <https://norfolk.citizenspace.com/environment-transport-and-development/mayton-wood/>

Some good news is that the government has announced the extension of the bus fare cap of £2 until the end of October. The fares will then be frozen for another 12 months but at the higher level of £2.50.

If I can help with any Council matters please email me Daniel.roper.cllr@norfolk.gov.uk give me a call on 07920441970 or drop me a note at 1 Birbeck Way.

Dan Roper

NORTONS DAIRY



Our cows are now back out to grass and enjoying the lush spring growth that warmer and wetter weather brings with it. We will hope to continue fresh grazing right through into late autumn alongside stockpiling plenty of grass silage for our winter feed. To help keep our grass meadows productive, we have refreshed one by grazing it down and seeding directly into the existing meadow; this way we can invigorate the grass while reducing the amount of soil disturbance. The overwintering crops of wheat and barley are growing well, and these will provide the winter bedding for the herd. Last winters bedding and muck has been spread onto the land and ploughed in as a base for maize crops that will be clamped (stored in an oxygen-free environment) and stored for winter feed and so the cycle at Nortons Dairy continues...

We have just enjoyed another Frettenham Festival, organised by the Village Hall in association with the Rose and Crown Pub. For the first time, we made up some milkshakes to sell by the glass at the event and these were certainly well received and may be making another appearance at the Preschool Summer Fete on 9th July. We enjoyed sharing some of our old farm photos and bygone tools and were impressed with the clever guesses for their uses plus hearing some stories of a time when Frettenham Fetes and sports took place on our back meadow (the same meadow that has just been reseeded!). A special mention must go to Abby, who put in a great deal of work to make this year's festival a success.

In the dairy, we continue to process our own fresh milk daily and deliver this out to local businesses and homes. An ever-increasing amount is heading to Ronaldos Ices in Norwich as they make more and more ice cream in preparation for a busy summer season. It's the only ice cream around made with 100% fresh whole milk from us here in Frettenham so be sure to enjoy some for yourself whenever you see it!

Remember, we offer dairy to your door if you live in Frettenham, Hainford or St Faiths so be sure to get in touch to talk about receiving your own delivery.

nortons

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Family producers of Norfolk milk, cream, yogurt, butter and soft cheeses.



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UPCOMING EVENTS IN FRETtenham

FRIENDS OF FRETtenham PRIMARY SCHOOL
PRESENTS

SUNDAY 9TH JULY

GARAGE SALE

10:00AM TO 1:00PM

£8 per house to sign up.
Please go to
www.pta-events.co.uk/frettenhamfriends
Or alternatively put £8 in an envelope with
your address on to 28 School Road
Pay by 1st July to be included on map

Raising money for Frettenham Primary School

HAINFORD AND FRETtenham PRESCHOOL

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FROM THE VILLAGE ARCHIVE

When you look back at Frettenham village life over the years, there is one family that stands out having a key part in many aspects of the social life of our village and this continues right up to today. For us in this village, that family is the Nortons.

Many years before Frettenham Village Hall had been built, any local events took place on the grounds of the farm. Our first village football pitch was at the farm. Frettenham fetes were also held there raising funds for a village hall for Frettenham and all of the villagers.

Back in the 1950s Jack Norton became manager of the Norwich Stars Speedway which took place at the Firs Stadium which was near Norwich airport.

Speedway then was huge and had a very big following. Jack was instrumental in signing Australian rider Aub Lawson and Swedish rider Ove Fundin; they had the same status and notoriety of today's big football stars. As a result, both of these riders and their families lived in the village and despite them being world stars in the sport they took part in village life and drank at the Rose and Crown. They also participated in local events which helped draw in the crowds.

The picture below includes Jack Norton (in the hat); Aub Lawson is holding the flag and Ove Fundin is on the right-hand side next to Jack.



In the early 1950's Jack Norton and Mr Sexton donated the land for the playing field and in 1953 a committee was formed at a parish meeting to raise funds for a village hall and playing fields. The meeting was held at the farm and Jack was a joint secretary and treasurer along with Ernie Minter. At this time the funds raised were £52 15shillings & 6d. (£52.77). This was followed by years of fundraising

After Jack's passing, Bob took over the running of the farm and just like his father he was heavily involved in village life. He was part of Frettenham Cricket team for many years and also was a keen bowls player. Bob regularly ran bowls tournaments on his lawn alongside the farm house.

He would invite a mixture of regular bowls players along with total novices, everyone paid a small fee to play which raised funds for local charities. At the end of the match his wife Diane would serve teas, coffees and cake from the kitchen window for all of the players. It was great fun and instrumental in many of us starting to play bowls regularly and joining local clubs in the various bowls leagues.

The farm has continued to go from strength to strength with many generations of the Norton family working together and continuing to support the village in many ways. In 2007 they invested in setting up their own milk processing facility on the farm, reducing food miles and producing a quality local product that is delivered to Frettenham and other local villages, and also supply local shops with milk and cheese. It is an excellent example of a flourishing business that is still at the heart of Frettenham.

Geoff Woods

I currently hold the village archives and am happy to share these along with my many memories as I have lived in Crostwick and Frettenham all of my 84 years! I would welcome the opportunity to share these with other villagers along with your own stories and photographs. Tel. 01603 737711.

FRETTEHAM RAINBOWS

The girls enjoyed the end of last term with some Easter crafts and a visit from the Easter Bunny himself with some lovely treats hidden in the garden at Burroughes Hall!



This term we have started our new theme of Express Myself, and have already had fun making puppets and creating puppet shows to perform in groups.

With the election in the hall in May we took the opportunity to get out and visit Pull's Ferry on the River Wensum in Norwich. The building is a 15th century ferry house, owned by Girlguiding Norfolk. Whilst there we took advantage of the lovely evening weather for a wander around the grounds and a tour inside Norwich Cathedral itself. The girls were fascinated by the many hidden corners of the Cathedral, and the stained windows were a particular favourite! We then headed back to Pull's Ferry to enjoy a lovely picnic to celebrate the Coronation, and launch some paper boats on the river.

With the lighter (and hopefully warmer!) evenings of the Summer term we will be making the most of it and getting outside as much as possible with games, crafts and our annual Rainbow sports day!

If you know any little girls aged 4-7 that would like to come and join in the fun, then please get in touch or log onto the Girlguiding UK website to register your interest.

Thanks
Abby, Sally and Teresa
Frettenham Rainbows

HALL HEALTH & FITNESS

As we enter the second half of 2023, I wanted to say thank you for your support and remind you about the great classes that are taking place locally in Frettenham and Hainford.

Class Timetable 2023

STRENGTH & TONE - MONDAY @ 18:30

A full body workout that uses a selection of resistance equipment including barbells, kettlebells and dumbbells to build your strength and tone your body.

BOX BLAST - THURSDAY @ 18:30

This intense, exciting class combines boxing style training and conditioning for a full-on, high-energy workout.

LEGS BUMS & TUMS - FRIDAY 09:15

This workout has survived the test of time! With a Hall Health & Fitness twist, expect to work on your lower body, targeting your glutes, core & abs.

BARBELL BOOTCAMP - SUNDAY 08:30

Master the barbell basics including squats, deadlifts, presses and rows and then enjoy a workout guaranteed to build your strength and burn calories!

CLASSES COST JUST £6

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HALL
HEALTH & FITNESS

Along with the classes listed above, Vicki has recently started menopause fitness classes.

🦋 TRANSITION 🦋

Menopause Strength Training & Lifestyle Programme

Do you want to stay safe, confident, and strong during and after menopause? Do you want to become part of a community of like minded individuals who understand and support each other?

You already know menopause can be a massive life TRANSITION. You might be experiencing difficult changes, like unexplained weight gain, hot flushes, poor sleep, or lack of energy.

You may also find yourself dealing with nagging aches and pains, injuries, or increased soreness after your workouts. And those are just a few of the physical symptoms.

Menopause can also be mentally and emotionally challenging. You might feel uncomfortable with how your body is changing, feel hopeless or frustrated that the nutrition and exercise strategies you used to use are no longer working the same way, or feel a sense of grief and loss about how your body and life are different than they used to be. On top of that, you might be dealing with mood swings, brain fog, anxiety, or depression.

This programme will:

- 🦋 Improve your energy levels
- 🦋 Help you to lose body fat
- 🦋 Build strength, muscle, and bone tissue
- 🦋 Improve your confidence, sleep, recovery, and mood
- 🦋 Make you feel more comfortable and empowered in your body
- 🦋 Help you to rebuild trust in your body

While strength training might not address all menopause-related symptoms — it's as close as you can get to a magic pill for menopausal women!

Sessions are held on Wednesday 10th May at [@nr12fitness](#) at 10:30. Sessions are £9 and booking is online via NR12 Fitness website.

For enquiries or for more information, don't hesitate to contact me on 07767 463816.

Thanks, Vicki
Hall Health & Fitness

FILMS AT FRETtenham VILLAGE HALL

A MAN CALLED OTTO

Friday 30th June 2023

A remake of the Swedish film A Man Called Ove. Otto is a curmudgeonly widower with staunch principles, strict routines, and a short fuse. People think him bitter, and he thinks they are idiots. Ove's well-ordered, solitary world gets a shake-up one November morning with the appearance of new neighbours, a chatty young couple and their two boisterous daughters, who announce their arrival by accidentally flattening Ove's mailbox with their U-Haul. What follows is a heartwarming tale of unkempt cats, unlikely friendships, and a community's unexpected reassessment of the one person they thought they had figured out.

EMPIRE OF LIGHT

Friday 28th July 2023

Margate, England, 1980. As widespread unemployment and a rising wave of extremism plunge the seaside town and Margaret Thatcher's Britain into recession, depressed Hilary (Colman) sticks to her daily routine as the dutiful front-of-house manager at the Empire: a dying, golden-era movie palace. But movies can't keep lonely Hilary's inner demons at bay. And then, bright-eyed new employee Stephen (Ward) suddenly enters the picture, shaking Hilary's troubled existence. If the celluloid-scented power of cinema can pave the way for meaningful human connection, is there still hope for the once majestic movie theatre?

THE FABELMANS

Friday 25th August 2023

New Jersey, 1952. Entranced by his first visit to a movie theatre and haunted by the powerful imagery of Cecil B. DeMille's The Greatest Show on Earth, young Sammy Fabelman returns home seeking to recreate it. Encouraged by Mitzi, his doting mother, Sammy discovers an irresistible passion for making home movies, and his creative projects become increasingly ambitious. However, when he discovers a shattering family secret, Sammy has to embrace the slow process of growing up while pursuing his dream to become a storyteller

Doors open at 6.45pm, film starts at 7.30pm

Entry £5 this includes 5 raffle tickets. Everyone welcome, pay on the door.

Licensed bar available.

Details from Alison 01603 737504

BECK FARM DIARY

Nearly a week into May and at last the cold wind from the north has been replaced by warm, wet, westerlies. Some recent frosty nights have kept crops in check, but the environmental grasses, at Beck Farm, are now growing well and the flowers in the seed mix, are emerging. I have 'topped' these fields in mid-April, with a tractor mounted cutter. This removes the taller weeds, and self-sown rye, from the previous crop, and lets in the sunlight to the new crop. These fields have had no pesticide or herbicide applied, no artificial fertiliser applied; and significantly reduced amounts of diesel fuel used! Benefits to wildlife should follow!

The rye for the A.D. plant is already well grown, and will be harvested in about 8 weeks time. Thank you to nearly all the walkers and dog walkers for not walking in Mill Field since the rye was drilled. After harvesting has finished, 'permissive' access will be allowed to the usual area.

Those of you who went to vote at the Village Hall on May 4th might have realised that there was no election for Frettenham Parish Council this time round. This was because only 5 people put themselves up for election, and there are 7 needed for a full council. The council is able to co-opt new members, so if you think you've got what it takes, why not come to the Village Hall at 7pm, on the 2nd Friday of the month. I described being on the Council to somebody as "the lowest form of democracy", but actually, "foundation of democracy" sounds a lot better!

The Parish Council also needs a new clerk at the time of writing.
Philip.

THANK YOU KAREN AND WELCOME MARK

As previously mentioned by Dan, Karen Lawrence has stepped down as District Councillor for the village and we would like to welcome Mark Goodman to the role.

In the four years that Karen represented the area she has certainly had a positive impact on the lives of Frettenham residents, as well as our neighbours. Contributions to our village during this time include supporting Frettenham Funsters, the Cricket Club, our local Rainbows and most recently Hainford & Frettenham pre-school. Karen also provided much support in the local area during COVID.

Mark Goodman has taken over from Karen and we would like to wish him the best in his new role. Mark grew up in Buxton so knows this area well and we look forward to working with him.

I love getting out early in the summer. As the slight chill of the night gives way to the warmth and light of the swiftly rising sun the day holds such sparkling promise. I sometimes think I might be a little cold-blooded! I certainly love the light and warmth of the days that stretch longer and longer.

I love being out late in these months as well. There is a warm stillness to a summer's evening. Pausing in a field gate as the low sun gives its rich, slow light it is hard not to feel at peace. The same sun that gives such life and energy also gives such calm and stillness.

Moving from Manchester to Frettenham, the seasons were one of the things I noticed the most. Of course we were affected by the annual changes from winter to spring and spring to summer when we lived in the middle of the city, but much less so. There was so much electric lighting, so much tarmac and concrete that the impact of longer days, leaves and flowers, sun and rain was much less obvious.

Here in Norfolk our weekends as a family look completely different depending on the time of year. With summer paddleboarding and splashing in the sea or crisp winter walks and occasional snowman building.

There is a certain joy to wrapping up and pulling on a cap to go for a windy walk in January but that joy is tempered if the wind is driving the rain into our faces! In one sense I enjoy the different seasons – surely God knew we would appreciate the variety – but in another sense, I love the light. We all do. In the fresh sunshine of a summer morning or gentle stillness of its evening the smiles from those we meet are wider. We stop to chat and catch up. We smell barbecues and hear the shrieks of children playing outside.

It is no surprise that we love summer, for God created the sun as a picture to us of the light and warmth of Jesus, his Son. In the Gospel of John chapter 8, verse 12, Jesus declares, “I am the Light of the World. Whoever follows me will not walk in darkness but will have the light of life”.

He is saying that he is the source of all the joy and peace, and the life, that we get a taste of during the long, warm days of summer. Jesus is light and life to us. To follow him is to walk in the light rather than stumble in the darkness. That too was something I learnt when we moved away from Manchester. I remember early on in our time in Norfolk cautiously inching along a road in the pitch black of a cloudy winter's night (before mobile phone torches!) clicking the keys in the desperate hope that the car's lights would flash.

Don't we feel that stumbling? Life feels so hard as we try to care for relatives, bring up children, keep up with the jobs around the house and garden, work hard at our jobs and keep in touch with our partner. For some of us we are exhausted and long for five-minutes peace. Others of us watch the hours dawdle past in loneliness and isolation. Life is hard and full of trials for most of us. We stumble along in the darkness, trying to make sense of it and find the energy to keep going.

Jesus gives strength for today and wisdom to make sense of it. He loves us. He is not a distant God nor an aloof Saviour. He is close, and he is kind in his closeness. We push him away and ignore him, but he is always ready to welcome us if we make the slightest move towards him. Why not try him? Why not see if he is as good as that? He doesn't mind you taking it slowly, and any of his churches would love to help you. It is better to live in the Light than the darkness, and the Light is a person, full of love and gentle kindness.

John Hindley



Sunday, 4pm at The River Rooms

Broadgrace church meets on Sundays at 4pm at The River Rooms in Coltishall. You can also join the meeting online using *Zoom* (details are on our website).

Children are a very welcome part of our Sunday meetings and we provide supper for them when the adults are having a cup of tea and biscuits.

To find out more about us, contact John Hindley or see our website:

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Fitness classes throughout the week and weekends with Hall Health & Fitness, regular weekly clubs from Funsters, Short Mat Bowls & Dog Training, Monthly Gardening Club and Film Night, Sunday Football with Frettenham FC and home to the newly promoted Frettenham Cricket Club.

New changing facilities with disabled toilet and showers.

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or call Sandra on 07863 433399



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PUPPY AND DOG CLASSES

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When? Tuesdays 7pm and 8pm

****Classes begin from 1st of August****



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- Roofing, Ridge Repairs, Garages
- Conservatories, Garden Rooms
- Kitchens, Bathrooms, Wet Rooms
- Plastering, Tiling, Painting & Decorating
- Restoration & Renovation Projects
- New Builds, Extensions, Conversions
- Roof Windows, Dorma, Solar Energy



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Michael Taylor Electrician

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- Do you need a light replacing?**
- Do you need a full house rewire?**

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Village Contacts

Cricket	01603 737505
Dog Club	01603 460644
Film at Frettenham	01603 737504
Frettenham Funsters	01603 738948
Gardening Club	01603 890407
Hall Health & Fitness	07767 463816
Nortons Dairy	01603 736569
Pre-School	07896 202657
Primary School	01603 737405
Rainbows	07392 488573
Scouts	01603 582590
Short Mat Bowls	01603 737553
St Swithins Church	01603 737255
Village Hall	07863 433399

Other Contacts

Broadland District Council	01603 431133
Norfolk County Council	0344 800 8020
Anglian Water	0345 791 9155
UK Power Networks	105
Aylsham High School	01263 733270
Broadland High (Ormiston)	01603 782715
Sprowston High School	01603 485266
Norfolk & Norwich Hospital	01603 286286
Coltishall Surgery	01603 737593
Spixworth Medical Practice	01603 898583
St Faith's Surgery	01603 867532

WHAT'S ON IN THE VILLAGE

Day	Time	Event
Every Monday	6:30pm	Strength & Tone (Hall Health & Fitness)
Every Wednesday	10:00am-12:00pm	Frettenham Funsters
Every Wednesday	10:30-11:30am	Mobile Post Office
Every Thursday	6:30pm	Box Blast (Hall Health & Fitness)
Every Friday	9:15am	Legs, Bums & Tums (Hall Health & Fitness)
Every Sunday	8:30am	Barbell Bootcamp (Hall Health & Fitness)
1st Friday of month	7:30pm	Gardening Club
2nd Friday of month	7:00pm	Parish Council Meeting
3rd Tuesday of month	7:30pm	Village Hall Meeting
Last Friday of month	6:45pm (7:30 start)	Film at Frettenham
Sunday 9th July	10:00am-1:00pm	Garage Sale
Sunday 9th July	11:00am-3:00pm	Summer Fete

Why not combine a wander around the village garage sale with a visit to the pre-school summer fete? A fun day out for all, supporting the children of our village.



THANK YOU FOR READING THE FRETTEHAM VILLAGE NEWSLETTER — FEEDBACK, IDEAS AND STORIES ARE ALWAYS WELCOME.
IF YOU HAVE ANY SUGGESTIONS PLEASE DO GET IN TOUCH.