

THE Horsford News

August 2020 Issue 165



News, Views and Information
for the Parish of Horsford



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local information and local businesses for the Parish of Horsford

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EDITORIAL

Dear residents of Horsford – well where do I start. It has been the oddest, scariest, most difficult, busy yet simple and sedate of times. Its difficult to know what to write without knowing what everyone has experienced over this last few months. Whilst wishing and hoping all those reading this to have come out of this unscathed – I know that for some – that is not the case. Therefore without wanting to trivialise events – I hope its possible to come out of this experience stronger and united as individuals, as family, as friends and as a village.

This is the first issue since lock-down having to make the decision to shelve the May 2020 edition of the magazine. For the first time in the magazines history – that's the first time an edition has been missed – but for obvious reasons. The world just seemed to stop. The term 'Lock-down' was a phrase only heard of in a movie. There was no school, businesses paused, no personal contact. Aside from the fact that the magazine could not be physically printed – there was very little to talk about with everything else to worry about. But also – there is little point in advertising a business – that is unable to Trade. I know we are not quite out of the woods yet – but hopefully we are well on track for a return to a new normality!

Paying tribute to the seriousness of the last few months, I know that I am one of the lucky ones. The loss of a holiday is nothing compared to what some have experienced. 2020 will go down in history as the year that everyone lost something. Whether it's a loved one, health, education, business or a lifetime event such as a wedding or a holiday – I'm sure it will shape what we do and how we do things in the future.

I found the early days of lock-down really strange. There was a run on toilet rolls! Delivery slots were hard to come buy if at all. Furlough was not a well known phrase, Zoom was fast-becoming as popular as Facebook as a means of communicating, Tik Tok was not a noise the clock made and working from home all of a sudden became a very normal thing to do.

Latterly – worries about health have subsided – with greater anxiety about when I can get my hair done. Having seemingly changed my hair with every colour of the rainbow during lock-down – and naturally supporting NHS blue for a good 2-3 weeks – thank goodness Bo-jo allowed salons to open early July. My husband however has clearly seen this as an opportunity to save money – clearly in no rush with him and the kids sporting cuts last seen in the 1970s!

It would be so wrong to focus purely on the negatives that this experience has created. Having watched the news religiously for updates and seen the good things that people have been doing – the key-workers and by that I don't just mean the NHS workers. Delivery drivers, supermarket workers, bin men, public transport drivers, cleaners and those teachers that enabled the key workers to do their stuff to name a few – amazing! 'Clapping for carers' became a weekly event and what about those on our doorstep – the Horsford Helpers! I would like to say a great big 'thank-you' for being here, there and everywhere to help those that needed the extra help most.

One thing that really impressed me was just how adaptable we have all become and especially

those businesses and clubs that rely on the physical participation. I'm sure there are many however I was so impressed with the efforts of the cubs and Scouts to maintain their weekly routines – giving two of my kids a reason to give the Xbox a break. The innovation of virtual camps and creativity of online activities has given them a chance to socialise – albeit from a distance – but helped retain an element of normality. Similarly – Master Wayne and his SESMA Sanseis' demonstrated that Jo Wicks was not the only option to keep fit from the living room with daily live workouts that really gave my husband no excuse to put on any weight during lockdown.

There have however been some business casualties though and one that I have got to mention is the closure of the Pre-school I think this is going to be a massive loss to the village. Having supported the pre-school by taking all three of my children there over the years and having at some point been the Chairperson – its such a shame that this service is closing after 51 years! I do hope there is an opportunity in the future for this to rise again from the ashes.

It has also been a time to realise just what is on our doorstep. I like a walk – and happily drag the dog for a

bit of a trek as Horsford has plenty of public footpaths to explore. It has been good to see so many people getting out and about to enjoy them and encouraged me to venture out further. Never before have I considered walking to Taverham or Drayton – but the route is so simple and scenic through Marriotts Way. It's a shame that we now have to visit the next village for a pint in a pub but lets hope the Social club will open again soon!

Finally – just a mention for all the local businesses. This must have been the most difficult and uncertain of times. I am hoping though that there are good times ahead. The Horsford News is here for you to promote the products and services that you provide in a medium that now reaches almost 2000 houses. Your support keeps the magazine running and I will continue to keep rates at these competitive levels for the foreseeable.

Enjoy the read!

Lisa Starling

Editor

HORSFORD PARISH COUNCIL

<http://www.horsfordpc.info>

Clerk to the Council - J.R.Graves C.Eng. DMS M.I.E.T. M.C.M.I.

Tel. / Fax 01603 898621
Mobile 07889 733392
e-mail horsfordpc@gmail.com

3 Lawn Close
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Norwich NR10 3DJ

NEWS FROM THE COUNCIL

The Parish Council has been in lockdown since March and government guidance is that they should not meet in public at the moment. Essential business has been managed by the Clerk in consultation with the Chairman and members.

At the March meeting, before lockdown, the Clerk gave notice to terminate his employment having carried out that role for 21 years and as a member of the Council for 24 years before that. Obviously the onset of the pandemic has hampered the recruitment process but a short list has been prepared from fourteen applications and, regulations permitting, interviews will be held in August.

The installation of play equipment at Park View as a joint venture with Broadland D.C. has been completed satisfactorily and at their first "virtual" meeting in July, the Parish Council confirmed that they would proceed with two more projects at Beckside and Coltsfoot Road, again on a 50/50 basis with BDC.

Sealed bids for the proposed toilets on the recreation ground were opened and the successful bidder selected. The Parish Council will fund this project before giving it to the Village Hall Committee to own and manage into the future. It will be referred back to the Village Hall Committee before starting as there may well be modification to the specification due to the implications of COVID19.

The Council are very appreciative of the voluntary help given to the elderly and vulnerable in the village and hope to develop more formalised arrangements should the need arise in the future.

Concern has been expressed by the Council at the application for 280 holiday units at Haveringland Hall and in particular the traffic implications for Holt Road. These concerns will be submitted formally to the planning authority.

Members of the Council :-

Gary Branch	gary.branch@live.co.uk
Chris Brown (Chairman)	angliancarpets@angliancarpetsltd.co.uk
Kathryn Clarke	norwichdollshouses@gmail.com
Derek Jacks	derekjacks76@tiscali.co.uk
Katrina Johnson	hamina@btconnect.com
Joanne Keeler	joannekeeler@talktalk.net
Sandra Lombard	sandralombard@outlook.com
Angela Makinson	angelamakinson@gmail.com
Adrian Scott (Vice-Chair)	adrianpscott@btconnect.com
Deborah Scott	debscottt@gmail.com
Virginia Sokalsky	virginia.sokalsky@gmail.com

Jim Graves – Clerk to the Council
898621 horsfordpc@gmail.com

HORSFORD VILLAGE HALL MANAGEMENT COMMITTEE (VHMC)

There have been changes going on with the VHMC in that Andrew Drummee has decided to relinquish his dual roles of Secretary and Treasurer, although he is going to remain a Trustee. The Secretary position has been taken on by Jayne Burdett and any questions or concerns regarding the Village Hall should be sent to Jayne in the first instance at jayne.burdett@btinternet.com

Jo Keeler will be taking over from Andrew as Treasurer in due course, dealing with the financial aspects of managing the Village Hall.

Jo Keeler and Angela Makinson are working on a project to refurbish the Village Hall. The first area to feel the benefit of their attention, is the Committee Room. It is hoped that in the future the Committee Room will attract daytime hirers and there may even be the possibility of having a Community Café when life returns to 'normal'.

Talking about returning to 'normal' Jo and Angela are also working on the safeguarding measures that have to be taken, following Government guidelines, to re-open the Village Hall and make it Covid-19 safe for our users. This is a complex piece of work and a Risk Assessment is being prepared ready for discussion at the next VHMC meeting on 13 July.

Any concerns you have with any of the Recreation Ground facilities should be addressed to the Caretaker on 01603 891394

We are always looking to attract new Trustees. If you feel you would like to be involved in decisions regarding the Village Hall and Recreation Ground, have experience in building or ground management, or would just like to get involved in a Group within our community, please contact Jayne on the above email address and ask her for details about what is involved.

Angela Makinson
VHMC Trustee

BUSINESS ACTION PLAN GROUP UPDATE

Play Area Project

At the last meeting of Horsford Parish Council, it was agreed that work could start on upgrading the remaining two Play Areas, Beckside and Coltsfoot, as the final part of the BAP Play Area Project. As with Park View, the residents in the area will receive details of the plans in advance of work starting.

Sale of The Dog Public House

The BAP Group have been monitoring the situation regarding the sale of The Dog to establish whether any approach should be made to Horsford Parish Council to consider whether or not this building could be utilised by the village. The Agents say negotiations are taking place with an interested party. They will not allow anyone to view the building while these negotiations are going on. This means it is impossible to know the condition of the building and see what work would need to be carried out on it and whether this would be financially viable, particularly in the current economic climate.

Strengthening the Community

Horsford really came together during the pandemic and the BAP Group have merged two initiatives to look at how we can encourage the community spirit that has been experienced in the village since March. The first initiative is looking at activities we could provide for vulnerable people in the village. The focus had been on the elderly, but this pandemic has endorsed the fact that not all vulnerable people are elderly.

The second is looking at the possibility of having a Community Meeting, inviting representatives from the Clubs, Groups, Horsford Helpers, Places of Worship, Schools, Doctors, Dentist, Retail Outlets and Businesses in the village, to come together in an informal way and consider how we might encourage this community spirit. The Group would number around 20, to discuss whether or not this was a worthwhile exercise and if so, what the agenda for the initiative might be and how frequently the Group should meet. The hope being that this Group would work together to make the agenda a reality.

At the moment, such a meeting is not possible because of Government guidelines regarding meetings but it is hoped that later in the year, such a Community meeting might be a possibility.

Emergency Planning Framework

In order to be prepared if there were to be a second peak of Covid-19, BAP is working on the

possibility of a formal planning framework for the village and this will be discussed at the next meeting of Horsford Parish Council.

**This article has been written by the
Communications Group, part of the
Business Action Plan Group**

THANK YOU FROM HORSFORD PARISH COUNCIL

On behalf of Horsford Parish Council, I would like to thank everyone who volunteered so generously for those in the village who needed help during this extraordinary time of Covid-19 and lockdown. Horsford Helpers organised themselves very quickly and were a lifeline for many people who needed support, and there were so many people who also gave their time and energy to look after their neighbours and friends as well as their families. Horsford showed that we know what being part of a Community really means.

Chris Brown
Chairman Horsford Parish Council

HORSFORD PRE-SCHOOL GOODBYE

Horsford has had a Preschool in the village for 51 years. Many children benefitted from attending the Preschool and, parents have got many happy memories of the time their child/children spent at Preschool.

After a very stressful 6 months of trying to find a way of keeping the Preschool viable, the Committee had no other choice but to come to the conclusion that preschool would have to close at the end of the Summer term.

However on March 20th 2020 we were forced to close the Preschool due to Covid-19 but, we were hoping to reopen the Preschool as soon as we were able following government guidelines. Doing the lockdown, it was becoming more apparent the Preschool would have to close sooner than anticipated.

May 4th 2020 the Preschool closed its doors permanently.

On behalf of the Committee and myself, we would like to wish the children and their families all the best for the future, and all the staff members as they look for new employment.

Jayne Burdett
Chairperson Horsford Preschool



RECTOR'S RAMBLINGS FROM ALL SAINTS CHURCH, HORSFORD

What an extraordinary time we've had over the past 4 months. I don't think anyone could have guessed there'd ever be a lockdown. But what a community we're part of. It's been wonderful to see the community spirit and support for each other deepen and my privilege to have been a little bit of the amazing Horsford Helpers.

One of the famous stories from the Bible is a story Jesus told about the Good Samaritan. Despite personal danger, a Samaritan man stopped and helped someone who had been attacked, robbed and left for dead. The Samaritan cared, gave his own money to an inn keeper to ensure the victim was looked after and was able to recover. That's true community and support, loving your

neighbour. Thank you to all of you who continue to do this in Horsford.

The Church Building is reopened!

Locking up a church building for more than 1 night is not something I ever envisaged or would agree to do but that was exactly what I had to do on the 17 March. It's been strange not being able to take services in the building. But I've been moved as many people in Horsford have asked me to include prayers in my Sunday service which I prayer in my study. It had made them more personal and focused. My thoughts and prayers have also daily been with those who have suffered or lost loved ones.

But now the church building is reopened (on 26 June) and services have started again! I was so excited to be able to unlock that door after almost 40 hours of work to ensure we can all be safe

when we go in. Thank you to those of you who were part of supporting the preparations. So you can again come in, sit, light a candle and find the space you might wish to have.

All Saints Church Horsford Facebook Page

I arrived in October 2016 and this page was already established. It is where the latest news, short videos and activities are published. At the beginning of lockdown 39 people were members. During the past 4 months it has grown to a community of 103! Thank you for following us and being interested and part of All Saints Church community.

Church Services

You'll always have a warm welcome. Services planned for the next 3 months are:

- Every Tuesday morning, 10.30am, a said communion service.
- From Sunday 2 August, 10.30am, services will resume every Sunday.

As I write, we can't sing or shout so Richard (our lay Reader) and I are hoping to be a little more creative in what we can do! Parking, as ever, is at our friends at the Spice of India.

The first Sunday service will remember those who have suffered because of coronavirus and to give thanks for those who have given so much to support others during this time. We have space for up to 35 people; if I find more of you wish to come, I will start a second Sunday service but I am just waiting to see what happens.

Our Church Warden

Wendy Tooby has serviced diligently, thoroughly and with humour and grace as All Saints Church Warden. Sadly she had to resign from the role she loved doing. My thanks for all she has done for the community and enabling the church building and churchyard to remain safe and well cared for.

Now we need a new Church Warden or, maybe 2 or 3 deputy Church Wardens to enable things to happen (you don't have to do it all). We also need the skills and talents of someone who can be Treasurer and someone else to be our Gift Aid Officer. I am currently putting together role profiles so if you are interested, do give me a call or drop me a line.

From the Registers

Wedding

Congratulations to David and Rachel married in February

Funerals

Our prayers for the family and friends of the

following whose funerals have taken place recently:

Derek Barrett; David Burton; Diana Gooch; John Graves; Lynda Kirby; Peter LeFevre; Vera Noble; Walter Pearman; Donald Wells; Caroline Wilton

Revd Margaret McPhee

HORSFORD METHODIST CHURCH

Sadly like all churches there has not been anything happening at the Chapel due to Covid 19. As we have had very little money coming in but the bills still have to be paid, and we were not able to have our Strawberry Tea this summer Kim put an appeal on JustGiving for our church (as the Strawberry Tea is the only fundraiser we have for ourselves) and at the time of writing she has raised £220.00 which will be a great help. We would like to thank everyone who contributed. We sincerely hope we will be able to have the real thing next year.

Although some of the Church of England churches have been allowed to open the Methodist Church is still considering how we can re-open safely. However at the moment we are considering opening in September so we will put a sign up outside when and if this happens.

We hope you have all stayed safe and well although we know a few people in the village have died from the virus so our thoughts and prayers go to their families and friends.

We have been really thankful to various businesses in the village who have been delivering to those people who could not or were not allowed to go out, like the butchers and Oakland Eggs. Let's hope people continue to support them when this is over.

We give thanks to NHS staff and all frontline workers who have risked their own lives in order to save others or keep the country running. We also give thanks to people who have continued to contribute to charities like the Food Bank so that they could still give to those in need. We know that many people are in really bad positions because of lockdown and we pray that they will get the help they need from the government.

We pray that now lockdown has been eased people will be sensible and keep to the rules so that we do not have to go into lockdown again.

And lastly we pray that next time the Horsford News comes out the situation will be much improved.

Pauline Kerry.

August 2020 – The Horsford News

Lockdown Lessons: Life first, Money second

The world has changed in 2020. As a result of coronavirus all of us are more aware that we can't take things like health for granted. As we emerge from lockdown, many of us are being forced to take a fresh look at our financial plans.

Our goals might be the same. We may want to buy a home, to build wealth and retire in comfort. But how and when we plan to reach those goals may have changed. We may not want to work for so long, preferring to spend more time with our loved ones, for example. We may want to increase the financial protection we have for our peace of mind. What sort of "normal" do you want? Do you want exactly what you had before, or has the lockdown changed your views on work, your home and your life in general?

As an independent financial adviser, I spend many hours researching investments and pensions and talking with people about their money, but money is there to add value in other areas of your life, possibly now more than ever. A pile of money is just a pile of money, whereas a pile of money that's used to good effect – possibly to create your own financial independence, either from your work or your business – has much greater worth.

What exactly is financial planning?

Financial Planning is about knowing how much money is enough to live your life as you want to live it. But how much is enough?

MONEY MATTERS



PETER BARTON

We don't reach financial targets by luck but by careful planning. It starts with an initial meeting with your financial adviser – which can be conducted via video conferencing if necessary. This will let your adviser get to know you and understand the things you want to achieve in your life by building up a picture of your current circumstances, your immediate financial needs and your long-term goals and priorities. It will be personal to you because your circumstances and plans will always be unique to you.

Your adviser will then work out the best strategy to help you to reach those goals.

The recommendations, including the strategies to reach your financial goals, will be recorded in a personal report, with costs and details of the products and investments you need. Your adviser will go through its contents, explaining the benefits and any risks. It should help you gain a clear picture of the kind of financial future you could be enjoying.

Independent financial advisers, such as Continuum, will provide "whole of market" advice – meaning that they recommend the most suitable solutions for your needs from across the entire market.

Putting your plan to work

Once you're happy with the recommendations and agree on your personal financial plan, your adviser will implement the recommendations. They will help you complete the necessary paperwork and co-ordinate the entire process, ensuring that your plan is going to work to help you reach your financial goals. But your life will change, and your plans will change with it as the years go by, so at Continuum lifestyle financial planning means building a long-term relationship, with regular reviews. We work to ensure that whenever you need help to look at your circumstances, someone you already know and trust will be there to provide it.

The information contained in this article is based on the opinion of Continuum and does not constitute financial advice or a recommendation to a suitable investment strategy. You should seek independent financial advice before embarking on any course of action.

The value of investments can fall as well as rise and you may get back less than you invested.

Peter Barton is an Independent Financial Adviser at Continuum.
Tel: 01603 879875 or 07787 561087. Email: peter@mycontinuum.co.uk
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CHURCH ROOM NEWS

Lockdown came and all bookings, quite rightly, were cancelled. Suddenly Horsford Church Room had no income. How will the room survive?

Along came the 2.6 Challenge! My different kind of triathlon took place on Sunday 26 April when I did a 26 minute communion service followed by a 2.6 mile walk from The Rectory to All Saints Church, Horsford Church Room, Mill Lane site of Horsford Primary School and back to The Rectory, followed by a 2.6 mile cycle ride to the north of Horsford village, Green Lane and the around the Scrublands estate.

As I went round so many of you knew what I was up to and encouraged me round – thank you! Because of you all, £935 was raised to meet the overheads (insurance and utility bills) of the Church Room to almost the end of the year. Thank you!!! It showed how much the community really cares for such a lovely venue in the heart of the village where different community groups and celebrations can take place.

The Church Room is ready to reopen!

Becky, our Church Manager, has prepared the Church Room and we wait for our first booking. All safety measures are in place but do talk to Becky (0776 862 9751) if you have any questions about the Room. We look forward to welcoming you again.

**Revd Margaret McPhee,
Chair, Horsford Church Room Committee.**



HORSFORD CARNIVAL AND FUNDAY

As I'm sure many of you are aware sadly due to the current climate and events of the past few months we made the decision to postpone the Horsford Carnival and Funday 2020.

However we do have a new date to look forward to Saturday 10th July 2021.

All raffle tickets that have been sold will of course be honoured and rolled over to next year.

All stall holders will be contacted and given the opportunity to rebook for next year or have a refund.

All the bands have been rebooked.

Also a big thank you to all the volunteers that have given so much of there time.

We look forward to seeing you all next year#horsfordcarnival2021

Horsford Carnival and Funday Committee



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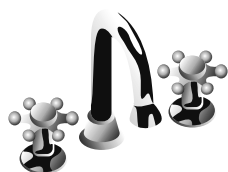
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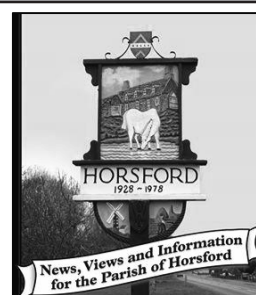
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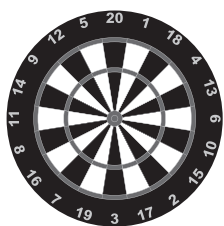
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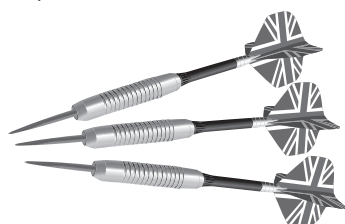
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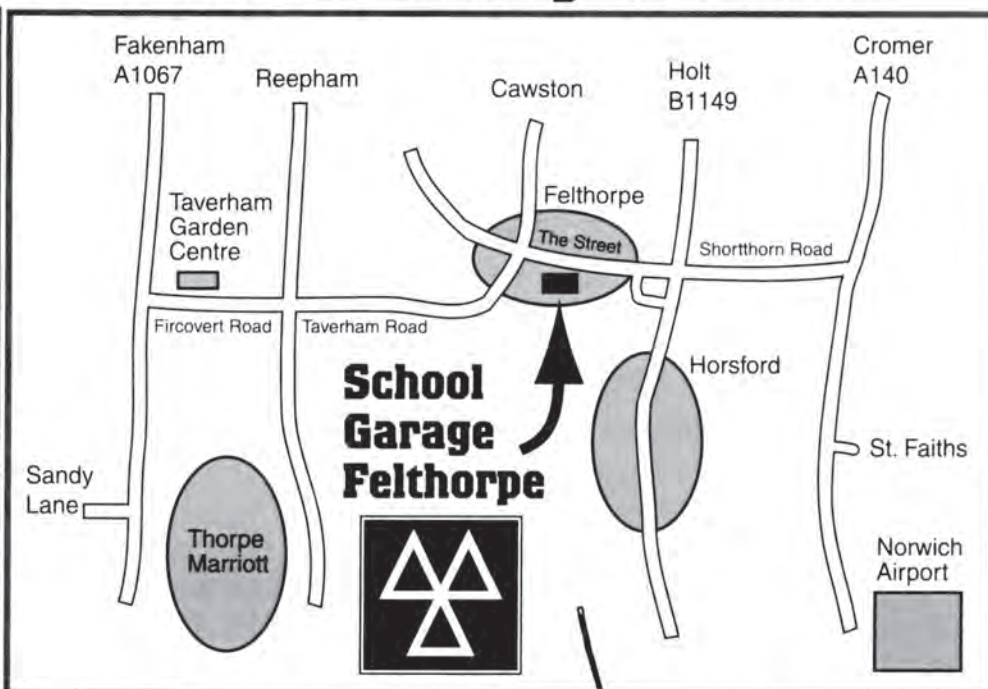
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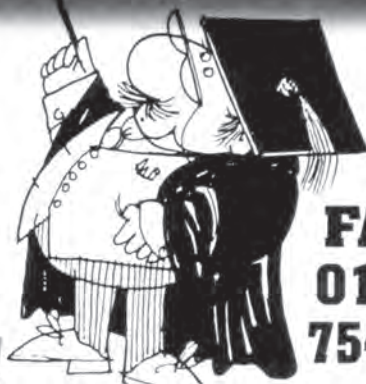


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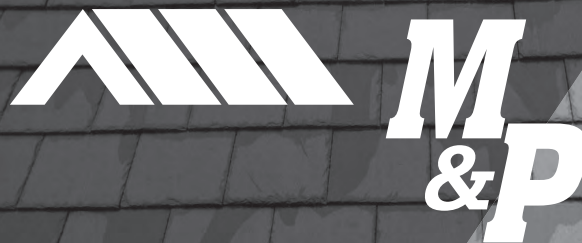
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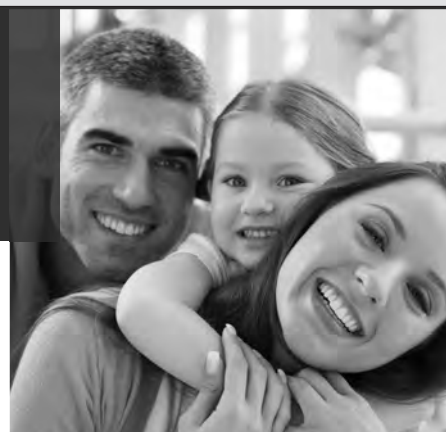
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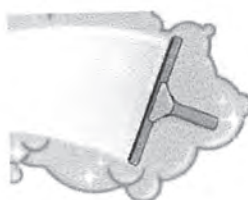


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WE WELCOME EVERYONE AT HORSFORD SOCIAL CLUB

The Social Club has been running in the village of Horsford since 1993. It was started by a few friends putting a few pennies together to run a social evening behind the bar in the village hall.



Since then, the social club has evolved to what it is today.

Horsford Social Club is organised by committee members who all volunteer to help keep the social club running for all to visit. Anyone interested in joining the committee are welcomed with open arms, as does anyone who wishes to help, but without the commitment.



The Social Club promotes itself as a place where everyone is welcome.

Literally everyone... You, your children, your neighbour, your family that are visiting for the weekend.

All children welcome, whatever age and whatever time of the day. Secure play area available.

You never need to worry about the babysitter again!!



We have entertainment on Saturday evenings. Children's Events at Easter and Halloween and even the Christmas Party for the children of our social club to meet the big man himself - Father Christmas.

Along with the children's gatherings and Saturday night bands, the Social Club runs annual events to London to see the top West End Musical Productions, Race days, Golf days and many more trips.

Details of all events are always on the notice board and social media.

As we are a social club, there is a membership fee on an annual basis, but you ask any member and you soon get your money back on the cheap(er) drinks. You'll even get change from a fiver!!

LIKE & WATCH THE
HORSFORD SOCIAL CLUB
FACEBOOK PAGE FOR
MORE INFORMATION

CHECK THIS OUT!



DO WE HAVE YOUR ATTENTION NOW?
IF SO COME AND CHECK US OUT, AND REMEMBER -

MORE SOCIAL. LESS MEDIA!!



BECOMING A NEW MEMBER

If you would like to join the social club, please feel free to drop in and ask for a joining form.

Or alternatively email horsfordsocialclub@hotmail.com

Under 18's free, Junior membership available (16-18)

Take advantage of the membership offer and join for £15 until 2021.

Look out for further details

Men's & Ladies Darts Teams
Tuesday Poker Nights
Pool Teams
Local football teams
Sky TV & BT Sport

OPENING TIMES

Monday	17:00 - 23:00
Tuesday	17:00 - 23:00
Wednesday	17:00 - 23:00
Thursday	17:00 - 23:00
Friday	17:00 - 23:30
Saturday	14:00 - 23:30
Sunday	12:00 - 23:00

HORSFORD SOCIAL CLUB

As you will be aware the Social Club closed on 20th March under government advice and guidelines due to the lockdown. As I write this article we are still not open due to the health and safety of members and staff along with the viability from a financial position. We have been very fortunate to have had our rent stopped over the lockdown period by the Village Hall Management Committee which has undoubtedly made a vast difference to our financial position. We also furloughed the staff at the club in this lockdown period. The committee had its first meeting in 13 weeks in June and decided to wait and see how things developed before deciding to re-open the Social Club. Since this meeting the government announced that clubs and pubs could open again on 4th July. The committee is meeting again on 14th July and will decide then how to move forward re-opening the Social Club considering all aspects of running the club. As the Social Club is completely voluntarily run there are many things to consider before opening again to members. The new date for this year's AGM will be set at the July meeting and will be publicised on our facebook page together with any decision on reopening dates. Memberships for this year will also be discussed at the AGM due to the renewals being due on 1st April as lockdown started. Those of you who have already renewed your membership will have your new cards waiting at the club and they will stay valid once the

decision has been made on membership.

Over the lockdown period we have had some outstanding work done in the club with new seating and décor. This was all planned to take place in March/April so once it was ok for the work to take place with social distancing we went ahead with the plans. Sadly the beer garden at the rear of the premises has not been completed as planned due to lockdown but we have this on hold until we can do the work once it's ok for people to be working together. Obviously any future events organised are on hold at present and all bands have been postponed until its safe and guidelines show we can continue with our normal events. Thank you to all members being patience with us and we look forward to seeing you all back in the club when the time is right.

The committee intend to meet monthly in a social distancing situation and if any member wishes to attend these meetings please contact the secretary prior to the meeting to make sure this is possible. The committee meets on the second Tuesday of each month in the committee room adjacent to the Social Club.

Any queries or questions please email us on horsfordcocialclub@hotmail.co.uk or message through the facebook page.

Jackie Carter
Social Club Secretary

1ST HORSFORD & ST FAITHS SCOUT GROUP

It's fair to say that the last four months have been challenging for everyone within the Group - face to face Scouting UK wide being suspended on 16th March. This meant that Beaver, Cub and Scout evening sessions could not be held and the Leaders could not meet. It also meant that a whole range of spring and summer events that had been planned were cancelled.

But Scouting hasn't stopped - it's just changed to meet the current circumstances. Very quickly, meetings and challenges for Beavers, Cubs and Scouts were established using the internet, and this continues. Although this could never be the same as getting together, it has worked very well.

The Scouts have enjoyed indoor pioneering, looked at community issues focussing on one in particular, took part in a UK wide mass sleep-out in April, learned sign language, done live cooking together (but in their own homes), and also had fun with quizzes and challenges. The Cubs have had quizzes and Bingo, did work towards a range of badges and taken on challenges, the best one being to parachute an egg from upstairs with it landing and not breaking! They have gone for individual hikes to find 'treasure', taken part in a hobbies night, and even held a virtual cub camp weekend. Beavers, a little more shy of appearing on screen, were given challenges and things to do to keep them busy.

Scouts UK, led by Bear Grylls, put on "The Great Indoors Weekender", with many great events on the agenda that everyone could dip into as much as they liked.

As the threat from the virus reduces, we are anticipating returning to "normality" in stages - the first stage being meeting outside in small groups and retaining our online meetings. This planning is happening now, and it's anticipated that we will be ready to start these meetings in September.

We do have spaces for young people in Beavers, Cubs and Scouts - and always for Leaders, and while the way we currently work is a bit different, it's still Scouting, so please get in touch if your young person is interested in joining us.

HORSFORD AFTERNOON WI

It seems impossible the way life has changed since our January meeting when we considered the Resolutions which would go to the WI AGM later in the year and voted for the option to increase potential stem cell donation. We also voted for the Big C to be our charity for the year. We had an

auction of unwanted gifts which was great fun and raised £66 for our charity.

In February we welcomed Rosie Wilkin who talked about medieval food and drink. Rosie was dressed as a nun from the order of St Gerome and it was very interesting to learn about the food and drink of the time. We also had tasters of Turkish Delight, sugar lozenges, bread and spiced wine to name just a few.

In March we made good use of the new audio equipment provided by the Horsford Village Hall Management Committee for use by people hiring the big hall. Our guest for the meeting was Stephen Amer from The Voice cCloud which is an arts organisation committed to promoting the role of the creative arts in health and care and heritage. This was his second visit to our WI and this time we were delighted that he sang for us. There were big band classics and some English singalongs which we thoroughly enjoyed.

Sadly, due to Covid-19, we had to cancel our April meeting and have now missed four of our meetings along with every other WI in the country. During the lockdown, Committee members kept in contact with as many of our members as we could and it was good to chat with them and share our feelings about this terrible virus and the changes it made to all our lives.

We know that work is being done to safeguard us in the Village Hall when it opens again and we will be ready to hold meetings as soon as possible after that. One thing we know for sure, our meetings will look different going forward. We will obviously be socially distancing from each other and our free time, when we normally have a cup of tea and a good chat, may also look different. Rest assured we will do all we can to continue to make coming to our WI a friendly and enjoyable experience and we look forward to welcoming you and our speakers later on in the year.

**Penny Brunt-President
Horsford Afternoon WI**

WHAT HAPPENS WHEN LIFE RETURNS TO NEW 'NORMAL'?

This has been such an extraordinary time. The words elderly (over 70) and vulnerable appeared in the same sentence but we very quickly learned that vulnerable had nothing to do with age. We learned that 'underlying health issues' also needed to include epilepsy, autism, dementia, Parkinson's disease, motor neurone disease, multiple sclerosis, a learning disability, cerebral palsy or diabetes and this is probably not a complete list. And what about the carers, both young and adult, in our community.

Community spirit in Horsford was amazing with a veritable army of people springing up spontaneously to help each other. We got to know people who had lived in our streets for years that we had never spoken to before and generally we became a kinder place to live. There were still a few spats on Horsford Life, but I guess that will always be the case.

Now Government guidelines are being relaxed and we have 'freedom' again, but life looks very different. My handbag now contains face masks, gloves, hand sanitiser and anti bacterial wipes. I am one of the people who was shielding so perhaps I am more cautious than others but as we approach the future, these are items we probably need to keep with us at all times.

Sadly, we need to be aware that with this new freedom comes the potential for an explosion in mental health and emotional support issues. Those people in our village who deal with loneliness and isolation every day, will probably have experienced a welcome surge in attention, akin to that following the death of a loved one, when everyone rallies round. However, as life moves on, the bereaved is left to deal with their grief alone. It is one thing to miss something you have never experienced; it is quite another to find that something you have become used to and welcomed, has gone away.

That is why, going forward into a new 'normal life', encouraging the kinder, more caring society is so important. Wellbeing is an expression bandied about a great deal these days but during the pandemic Horsford showed that we understood the word and spontaneously offered help and support in a very generous and caring way. We showed that the wellbeing of our community is important to us. Long may it last.

Kindly written by **Angela Makinson**



**HELLO FROM ALL OF US AT
HORSFORD FOOTBALL CLUB!**



Like most things, our football season was sadly curtailed in March. Despite this, we're massively proud of our teams and their players achievements

from the 2019-20 season. Firstly, a congratulations to the Under 13's who retained their Premier League title, and also to the Under 7 Harriers, Under 14's and Under 16's for reaching their respective cup finals, which we are still crossing our fingers for.

Our Annual Tournament at the start of May was postponed, we've rescheduled this for the 23rd of August, hoping that the government will allow a return before then. It's our biggest fundraiser each year, so we're hoping for the best. In June, we were due to hold our Presentation Evening, once again this has been postponed and rescheduled for the 17th of October.

On a positive note, we received our funding from the Football Foundation for our Grass Pitch Improvement works, this work has now taken place for the year at Horsford Village Hall and the Primary School. This is a continuous improvement for the next 6 summers in which the Football Foundation will support us in improving the pitches that we use.

Our teams were able to return to training in June, whilst respecting social distancing guidance. We are extremely thankful to Hannants Cleaning for providing us with large quantities of hand sanitiser and sanitiser spray at short notice, which allowed our teams to return promptly. It's been great to see everybody return, and we hope that we can start our Mini Skills and Wildcats groups back in the near future.

Once again, the club is set to grow even more for the 2020-21 season, our new Under 7's team are entered into the Norfolk Combined Youth Football League, and we're also looking to enter a girls team at Under 10/11 in the Norfolk Women's and Girls Football League. Felthorpe FC have agreed to join the club and will now play on Sunday mornings in the Norwich & District Sunday League at Horsford Village Hall. As with every new team that starts, we become under more and more strain. The venues that we hire are becoming increasingly full, and costs are on the up.

As the club continues to expand and grow (we could have over 40 by the end of 2020), we are looking for a home to call our own. Any landowners in the village that would be willing to work with us to provide a community facility for all - we'd love to hear from you.

Chris Brown

Chairman

07540753894

chris.brown@brownco.uk

chris@horsfordfc.co.uk

www.horsfordfc.co.uk

twitter.com/horsfordfc

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instagram.com/horsfordfc



A MESSAGE FROM THE HORSFORD HELPERS!

Horsford Helpers was set up on the 13th March for support at a local level during the lockdown especially for anybody that was going to face difficulties. The response to the Facebook group was astonishing, over 350 people joined within 3 days, local businesses immediately came forward with donations.

This enabled us to be up and running so that when the lockdown came we were a fully functioning support group, this has meant in the last 8 weeks and going forward we have been able to provide services such as posting leaflets through the whole of horsford with contact details so people could ask for help, Food shopping, collecting prescriptions, giving food parcels and doing welfare checks, and I've more recently set up a Horsford Food Bank.

Horsford Helpers would like to thank all the Horsfordonians for their continuous help and support throughout this difficult period

THANK YOU CLAIRE ASHTON for the brilliant idea.

THANK YOU everyone for everything you have done and our doing.

THANK YOU Horsford FC Fundraising and Ambers Army for paying to have the leaflets printed.

THANK YOU to Kerry Lincoln for giving us a big discount, and printing off all the leaflets.

THANK YOU to Horsford Social Club for all the crisps and snacks and also a load of produce amounting to £65 that Derek Jacks brought round today,

THANK YOU to Oakland Eggs Ash Lawrence and Jessie Bloom for all the fresh produce in the boxes

THANK YOU Keeler's Butchers, Jo Keeler for all the meat to go in every box

THANK YOU Hannants Cleaning Tony D'eath for all the toilet rolls and the 2 sacks of spuds from his sisters farm

THANK YOU to Dave and Lisa for their amazing donation of all sorts

THANK YOU to everyone that even though we are all struggling at this moment in time still went through their cupboards and gave us lots of donations.

THANK YOU to all the people that helped put the leaflets through all our doors

THANK YOU to all the people that have delivered food to my house so I can make up parcels

THANK YOU to everyone that has become what's now known as a Horsford Helper

THANK YOU THANK YOU THANK YOU

This was written to me from Anna Green, so from me and many of you **THANK YOU**

ANNA GREEN who also had a major part in the Horsford helpers.

LOCAL COUNCILLORS

Where do you even begin with how the world has changed the past few months. On the 23rd March the UK went into Lockdown.

Local authorities like Broadland and Norfolk County Council utilised their staff and went into support mode for their communities. In addition Horsford responded with their own group the Horsford Helpers. They have been incredible and we were both keen to support financially and with food donations as well. All of them deserve all the praise that comes their way and we hope to see the group carry on into the future.

There have been plenty of good news stories from around the village and examples of neighbours helping each other in these uncertain times. Horsford should be proud of its response.

For us the work didn't stop. We have our Facebook page where we have been sharing information and also attending meetings via Zoom at Council. We have been picking up local issues throughout and will continue to do so and report back. Minor successes we are happy to see are the manhole covers along the Holt Road are being repaired. If we can ever help or assist with anything please do get in contact. Stay safe.

Dave Thomas

@dthomas83uk

davetldsw@yahoo.co.uk

07903 820 140



Unfortunately like other clubs our doors had to shut on the 23rd March responding to the government request and the current situation. We do not know when we will be able to reopen and trust all members will appreciate the situation.

My apologies for this.

Bob Daykin for R.I.B.C

HOW CAN YOU KEEP YOUR RIVER HEALTHY AND CLEAN?

In a series of articles Norfolk Rivers Trust will provide advice to help maintain the health of our globally rare chalk streams and lowland rivers in Norfolk. In times of drought and hot weather it is especially important because of the wildlife our rivers support. Endangered white clawed crayfish, brown trout, eels, and water voles are just a few of the iconic species at risk in Norfolk and you can do your bit to help protect them.

Vegetation: while it is tempting to “tidy” the river by pulling out the plants, you are doing

more harm than good. The vegetation in the river helps in so many ways! Firstly, plants shade the channel reducing the temperature of the water and keeping the water oxygenated. Secondly, plants hold back water in exceptionally low flows allowing the invertebrates and fish to survive in the damp conditions. Thirdly, plants take up the excess nutrients and pollutants resulting in cleaner water downstream; plants act as natural filters. And lastly, by taking out the vegetation you are removing the essential food that most of the aquatic food chain relies on! If you feel the river is “choked” you can call the Environment Agency for advice but generally the vegetation dies down over winter.

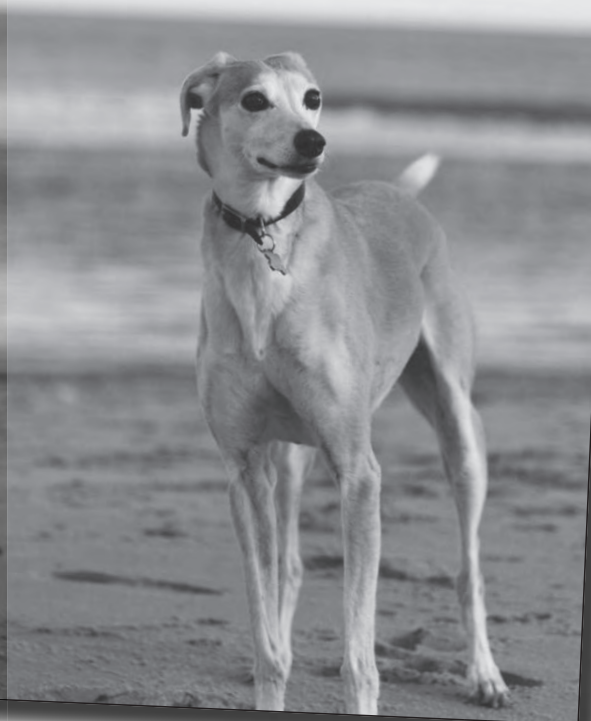
If you are a landowner with riparian land and would like to talk to us about restoration and rewilding please do get in touch with us at Norfolk Rivers Trust. We offer a wide range of services including surveys, restoration and management advice. Email info@norfolkriverstrust.org



MEGAN THE MARVELLOUS!

Megan is a gorgeous 12 year old Lurcher who was referred to us by a local practice with suspected heart disease. She was coughing intermittently and her vets had noted she had a heart murmur. Our Cardiologist Tom Robertson performed an ECG (a test which measures the electrical activity of the heart) and an Echocardiogram (a scan used to look at the heart and nearby blood vessels). This showed that Megan had enlargement of the left atrium of her heart and thickened mitral valves, consistent with Myxomatous Mitral Valve Disease (MMVD). MMVD is a slowly progressive disease which usually progresses to heart failure over time. Medications were prescribed to manage her condition and her owners were informed to monitor Megan closely for symptoms of breathlessness, exercise intolerance, fainting and abdominal swelling.

Megans condition was stable for several months but sadly her condition did worsen recently and she returned for a repeat heart scan to check the progress of her disease. The scan revealed evidence of congestive heart failure. Megan was struggling to exercise and had lost her appetite. It was touch and go and her owners were prepared for the worst. Megans medications were adjusted and additional medications were prescribed in accordance with her changed condition. Wonderfully, Megan has made brilliant progress and is currently coping well on her new treatment regime. Her owners are so happy to have her with them and sent us these beautiful pictures of Megan loving life and being a typical goofy Lurcher on the beach on Christmas Day.



Useful information

Churches

Horsford All Saints

Church Warden

Wendy Tooby 01603 897240

Rev Margaret McPhee

01603 893108

revmargaretmcphee@gmail.com

Horsford Methodist Church

Rev Mary Sachikonye

01603 411295

sachies@btinternet.com

Secretary

Kim Fletcher 01603 897089

Humanist Celebrant

Chris Copsey 01603 710262

Clubs

Horsford Bowls

Malcolm Makins 01603 891422 see
advert in Horsford News

Horsford Youth Football Club

Chris Brown 07540753894

Chris@horsfordfc.co.uk

Norfolk County Cricket Club

Manor Park, Horsford

01603 424635

Horsford Social Club

Jackie Carter

01603 787329

Horsford Players

Pat Wright

01603 898634

Horsford Afternoon WI

Penny Brunt

01603 897665

Coffee Morning at Church Room

Carol Makins

01603 891422

Emergency Utilities

Anglian Water

Emergency 03457 145145

Electricity Emergency

0800 783 8838

Transco Gas Emergency

0800 111999

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Drayton Medical Centre

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01603 897766

Prescriptions 01603 898300

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Drayton Surgery 01603 867532

St Faiths 01603 898235

Pharmacy Pledger Pharmacy

01603 893993

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Crimestoppers 0800 555111

Local authorities

Horsford Parish Council

Clerk Jim Graves 01603 898621

Broadland District Council

0844 8008020

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Horsford Church Room.

Becky Blyth

01603 891433 or 07768629751

Schools

Horsford Primary School

Ashley Best-White Head

01603 898348

St Faith VC First School

Mr John Marshall-Grint - Head

01603 898353

Taverham High School

Mrs C Dallas

01603 860505

Hellesdon High School

Mr J Batty

01603 424711

Scouts

1st Horsford & St Faiths Scouts group

Mike Gleeson - Scout Club Leader

01603 891269 gsl@hsfscouts.org New

membersltreasurer@hsfscouts.org

Beavers beavers@hsfscouts.org

Cubs cubs@hsfscouts.org

Membership enquiries

membership@hsfscouts.org

Guides

1st Horsford Rainbows

Rachelle Margitson

rachellemargitson75@gmail.com

929935 or 07948085517 or

Ragan Barrett. 07766660500

Brownies

Carole Smith

01603 890657

carole.j.smith24@btinternet.com

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Diane Baxter

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The Travel, Tourism, Entertainment and Hospitality industries have been hit hard and will be the last to move forward - we just don't know when; and it could be some time before some of it can.

But there is a light at the end of the tunnel and many trips are being rearranged to new dates and we are looking to add some new trips to local destinations in Norfolk and Suffolk, and with Cambridgeshire and maybe Lincolnshire also within 60-90 minutes travelling time so where we can, in a small way, support local businesses and attractions as they attempt to recover from the lockdown.

Outdoor locations like the seaside, gardens and parks are the sort of thing in mind although it might also be possible to arrange a visit to some indoor places too.

We are also taking coach hire bookings and airport transfer work as holidays start to rebook.

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