

Yours Sincerely

Edition 34 - April 2025



How to get in touch:

Broadland District Council residents: 01603 430431

South Norfolk residents: 01508 533933

Email: Helphub@southnorfolkandbroadland.gov.uk



Accessibility

Large print Yours Sincerely

If you would like a larger print version of Yours Sincerely, please let us know. Give us a call using the number below and we'll make sure all future editions you receive are in a larger font.

Coloured Overlay

If you would like your edition of Yours Sincerely printed on coloured paper, please let us know by calling the number below and let us know what colour paper you need for your future editions.



How to get in touch:

Broadland District Council residents: 01603 430431

South Norfolk residents: 01508 533933

Email: Helphub@southnorfolkandbroadland.gov.uk



Yours Sincerely

Welcome to the 34th Edition of Yours Sincerely!

It's finally Spring! This is the perfect time of year to do a bit of Spring cleaning or go for a nice walk in nature!

Try learning a new skill or taking up a new hobby:

- Try a new recipe from our recipe section.
- Try your hand at completing the crossword in our crossword section.
- Try writing a poem like the ones in our poem section.



How to get in touch:

Broadland District Council residents: 01603 430431

South Norfolk residents: 01508 533933

Email: Helphub@southnorfolkandbroadland.gov.uk



Yours Sincerely

Men and Women's Shed – Poringland

Key Information

Originally formed in 2014, Poringland Men's Shed is currently growing its newer women's side – and were recently nominated for The National 'Shed of the Year' Award. Both groups are equally popular and often operate way over capacity. Found from a desire to tackle social isolation in retired men, members from a variety of backgrounds now enjoy learning from each other through subject expert demonstrations, fixing up broken items, hosting community events for Poringland, and simply socialising with each other. They recently received £1,315 from South Norfolk Counsellors to refurbish their kitchen and social area.

Poignant research from UK Men's Sheds Association shows that:

- 97% of 'Shedders' made new friends
- 96% felt less lonely
- 89% felt less depressed
- 88% felt more connected
- 75% felt less anxious
- 39% believe they have saved a life that would have otherwise been lost to suicide.

Upcoming Activities

Using a £300 Keep It Going Grant (and further support from Poringland Parish Council, OneStop Partnership Programme, and Roys of Wroxham). The Sheds are hosting an open day and plant sale on Sunday 27th April 2025. It is a fantastic opportunity to support a very important community service and we urge you to pop along (with some cash!).

If you are interested in joining Poringland Men and Women's Shed, please contact Jill Wragg at jill.wragg@hotmail.co.uk.



Broadland District Council residents: 01603 430431

South Norfolk residents: 01508 533933

Email: Helphub@southnorfolkandbroadland.gov.uk



Yours Sincerely

Help Hub - Handyperson+ Service

If you have a job that needs doing and are struggling to find someone to help, look no further than our Handyperson+ Service.

Residents 65 and over or those at higher risk can benefit from this service to help with small repairs and changes that make homes safe and secure.

Our team is fully trained and insured and can help with jobs such as fitting key safes and locks, minor plumbing, putting up or replacing smoke alarms, fitting grabrails and putting up shelving.



As well as small works, our handyperson can chat to residents during a visit to see if they may be able to receive any additional help. They have an in-depth knowledge of available grants, allowances, and services a resident may be eligible for.

Services differ between the two districts, but we are working to align these in the future to give everyone the best service. Please be aware there could be a charge for the services offered to you, but we try to make these as minimal as possible.

If you feel the Handyperson+ Service is something you could benefit from, please get in touch:



South Norfolk Residents

Phone: 01508 505284

Email: handyperson.snc@southnorfolkandbroadland.gov.uk

Broadland Residents

Phone: 01603 430518

Email: handyperson.bdc@southnorfolkandbroadland.gov.uk

How to get in touch:

Broadland District Council residents: 01603 430431

South Norfolk residents: 01508 533933

Email: Helphub@southnorfolkandbroadland.gov.uk



Yours Sincerely

Community Awards 2025

Nominations for the South Norfolk Community Awards and the Broadland Community Awards 2025 are now open.

The awards recognise and celebrate the outstanding achievements of residents from across the district, who go above and beyond to support others or complete incredible achievements.

All shortlisted nominees will be invited along to the awards ceremony at Bawburgh Golf Club in South Norfolk and The Royal Norwich Golf Club in Broadland, and the winner in each category will receive £250 to give to their chosen community group or voluntary organisation.

The categories are as follows:

- Young Achiever Award
- Town or Parish Councillor of the Year (*South Norfolk*)
- Business in the Community Award
- Environmental Champion Award (*South Norfolk*)
- Green at Heart Award (*Broadland*)
- Healthy and Active Award
- Connecting Communities Award
- Volunteer of the Year
- Community Organisation of the Year
- Lifetime Achievement Award

If you wish to nominate a community organisation, individual, school or business, please fill in the form on the next page and send it to the following address:

**South Norfolk and Broadland District Councils,
The Horizon Centre,
Peachman Way,
Broadland Business Park,
Norwich
NR7 0WF**

We can also take nominations over the phone or via email:

Call: 01603 430611

Email: communities@southnorfolkandbroadland.gov.uk

You may also fill in the following forms online:

[South Norfolk Community Awards Nomination Form](#)

[Broadland Community Awards Nomination Form](#)

How to get in touch:

Broadland District Council residents: 01603 430431

South Norfolk residents: 01508 533933

Email: Helphub@southnorfolkandbroadland.gov.uk



Yours Sincerely

Community Awards 2025 Nomination Form

Nominee's Name:	
Nominee's Email Address:	
Nominee's Phone Number:	
Nominee's Home Address:	
Which category would you like to nominate them for?	
Please describe what the person/organisation/school/business/Town or Parish Councillor does in their community?	
What impact has their voluntary effort made to yourself, others and the wider community?	
Please provide a recent example of something they have done to support the community?	
Please describe some of the qualities and values that makes them an asset to the community?	
Have you informed the nominee of the nomination?	
Do you consent for us to tell the nominee you nominated them?	
Nominator's Name:	
Nominator's Email Address:	
Nominator's Phone Number:	

How to get in touch:

Broadland District Council residents: 01603 430431

South Norfolk residents: 01508 533933

Email: Helphub@southnorfolkandbroadland.gov.uk



Yours Sincerely

Broadly Active

Broadly Active is a programme of subsidised exercise that is accessed by prescription from your doctor, nurse, physiotherapist or pharmacist.



Broadly Active is a 12 week exercise referral scheme, delivered by Broadland and South Norfolk District Councils.

A range of supervised sessions are available with our qualified and experienced exercise professionals. The exercises will be appropriate to you and any medical conditions you may have. The scheme is available for anyone aged 16 and over.

If you are interested in signing up speak to your doctor, nurse, physiotherapist or pharmacist about being referred.

To find out more, please call our Broadly Active team on 01603 430487.

Better Off Calculator

South Norfolk and Broadland's Help Hub uses the 'Better off Calculator' to ensure that when we work with you, our residents, we can ensure that you are receiving all the financial help you are entitled to, including Housing Benefit and Council Tax Assistance.

You can also apply for these through the calculator and the form will go directly to our Benefits Team. The calculator can currently be accessed through the front page of our website, but also through the Help Hub page, the Benefit Page, and the Council Tax page. Alternatively, you may contact us on the relevant phone number below.



The benefits you may be entitled to are listed below (this is not an exhaustive list):

Benefits	Other Financial Help	Bill Support
Universal Credit Pension Credit Housing Benefit Council Tax Assistance Attendance Allowance Child Benefit	Healthy Start Vouchers Free School Meals Tax-Free & Free Childcare	Warm Homes Discount Social Water Tariffs Energy Grants Social Broadband Tariffs

If you need any help with this, please call the relevant number below, or send the Help Hub an email.

How to get in touch:

Broadland District Council residents: 01603 430431

South Norfolk residents: 01508 533933

Email: Helphub@southnorfolkandbroadland.gov.uk



Yours Sincerely

Chatty Café Scheme

The Chatty Café Scheme is the UK's leading non-profit organisation tackling loneliness.

They offer three services, all designed to reduce loneliness and/or social isolation, however in Norfolk, at the present time, they only offer one service:

Face to face meet ups where venues offer 'Chatter & Natter' tables, where customers can get together and chat.

We have a wonderful team of volunteers who help deliver the above services.

Broadland Chatty Tables:

- Costa Coffee Tesco Sprowston, Blue Boar Lane, Norwich NR7 8AB – Tuesdays 09:00 – 11:00

South Norfolk Chatty Tables:

- Botany and Beans, 16A The Street, Poringland, Norwich NR14 7JR – Mondays 10:00 – 11:00
- The Wheel of Fortune, Wheel Road, Yelverton, Norwich NR14 7NL – Thursdays 11:00 – 12:30
- Long Stratton Leisure Centre, 41 Swan Lane, Long Stratton, Norwich NR15 2UY – Wednesdays 12:00 – 14:00



How to get in touch:

Broadland District Council residents: 01603 430431

South Norfolk residents: 01508 533933

Email: Helphub@southnorfolkandbroadland.gov.uk



Yours Sincerely

Fact Finder

Norfolk Facts

Norfolk has over 650 medieval churches, of these, 125 have round towers, more than anywhere else in the UK, and 10 have octagonal towers.

Hingham is an ancient settlement, recorded as the property of King Arthelstan as early as 925AD.

The Swallowtail butterfly is the largest butterfly in Britain and can only be found on the Norfolk Broads.



Old Catton was inhabited as far back as the Stone Age.

In 1086 Sprowston was first officially mentioned in the Domesday Book.

The ancestors of Abraham Lincoln came from Swanton Morley and Hingham.

Norfolk gets approximately 7.45 million visitors a year.

Norfolk is home to the last remaining wherries:

- Albion (Trading Wherry)
- Maud (Trading Wherry)
- Hathor (Pleasure Wherry)
- Olive (Wherry Yacht)
- Norada (Wherry Yacht)
- White Moth (Wherry Yacht)
- Ardea (Pleasure Wherry)
- Solace (Pleasure Wherry)



Figure 1 - Pleasure Wherry Ardea

Norfolk is home to Britain's deepest well at around 331m deep. It is at Tibenham Airfield.

How to get in touch:

Broadland District Council residents: 01603 430431

South Norfolk residents: 01508 533933

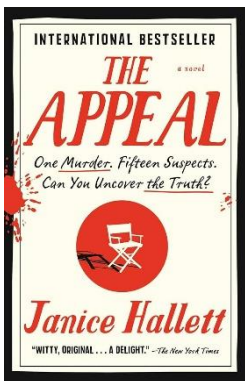
Email: Helphub@southnorfolkandbroadland.gov.uk



Book Club

Our next book review has been written by another employee at South Norfolk and Broadland District Council, Nikki.

The books Nikki chose to review for the 34th Edition of Yours Sincerely are:



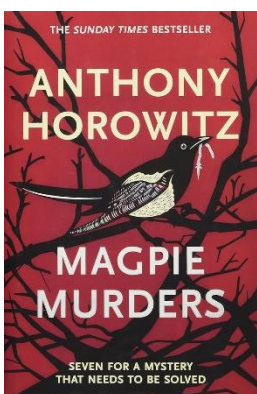
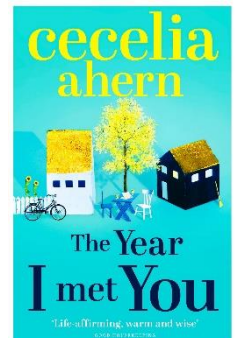
The Appeal – Janice Hallett (murder mystery)

This murder mystery is a very clever twist on storytelling, as there's no "normal" narrative. The story is told through digital communications of everyone from a local village involved in a murder. The email, texts and other digital messages have been compiled together ready for the legal appeal in court, so a majority of the book is showing the events leading up to the murder. I was hooked when I read this and found it easy to follow the story once I worked out who was who! I recommend it to everyone who likes a twist on a murder mystery.



The Year I Met You – Cecelia Ahern (romance)

At first, I wasn't sure I was going to enjoy this book – it follows Jasmine as she comes to terms with being fired from her job, but due to a clause in her contract she can't find a new job for another year. The story is told as if she is directly writing to her neighbour Matt, which took me a while to get into. Jasmine must come to terms with problems she's caused in her relationships with family and friends. This is a romance, but also a fun read of someone re-discovering themselves and finding new passions.



Magpie Murders– Anthony Horowitz (mystery)

This mystery follows editor Susan Ryeland as she receives a new manuscript from her author Alan Conway – but while she's reviewing it, he suddenly passes away. Susan is left to work out if there's clues to his unexpected death in his manuscript, which is included as a 'book within a book'. The manuscript is an Agatha-Christie style mystery, so really, you're getting two murder mysteries in this book for the price of one! I really enjoyed this mystery and how the manuscript is incorporated. The bonus is, if you like this book, there's a sequel – Moonflower Murders.

How to get in touch:

Broadland District Council residents: 01603 430431

South Norfolk residents: 01508 533933

Email: Helphub@southnorfolkandbroadland.gov.uk



Main Meal of the Month

Cottage Pie

Equipment:

- 20-22cm square (1.5-2L) oven-proof dish
- Colander
- Potato masher
- Large frying pan
- Wooden spoon/spatula
- Medium pot

Ingredients:

- 30g butter
- 3 medium potatoes
- 50ml milk
- 250g ground beef
- 150g frozen peas and carrots
- 125ml beef stock
- 1 small onion
- 1 tbsp tomato puree
- 1 tsp Worcestershire sauce
- Salt and pepper
- 50g grated cheddar cheese



Instructions:

1. Preheat the oven to 190°C/170°C Fan.
2. Chop the potatoes and add them to a medium pot of water and bring to a boil. Cook them for 12-15 minutes/until soft.
3. Drain the potatoes with a colander, then mash with butter and milk. Set aside.
4. Heat a large frying pan over a medium heat and add the ground beef and onion, cook until browned.
5. Stir in the tomato puree, Worcestershire sauce, peas, carrots, and beef stock. Leave to simmer for 5-7 minutes.
6. Transfer the cooked meat mixture to your oven-proof dish.
7. Spread the mashed potato over the top and sprinkle with cheese.
8. Bake in the oven for 20-25 minutes (until the top is golden-brown)
9. Enjoy!

How to get in touch:

Broadland District Council residents: 01603 430431

South Norfolk residents: 01508 533933

Email: Helphub@southnorfolkandbroadland.gov.uk



Bread and Butter Pudding

Equipment:

- Medium oven-proof baking dish (15-18cm, 600-800ml)
- Mixing bowl
- Whisk/fork
- Cutlery knife
- Measuring jug
- Spoon
- Oven

Ingredients:

- 2 eggs
- 2-3 slices of bread
- 15g butter
- 250ml milk
- 2 tbsp sugar
- 1 tsp vanilla extract
- 20g raisins (optional)

Instructions:

- 1) Preheat the oven to 180°C/160°C Fan.
- 2) Butter one side of each slice of bread.
- 3) Cut the bread into triangles or squares for layering.
- 4) Place half of the bread pieces into the greased baking dish.
- 5) Sprinkle with half of the raisins
- 6) Add the remaining bread on top and sprinkle with more raisins.
- 7) In a mixing bowl, whisk together the milk, eggs, sugar, vanilla extract.
- 8) Pour the custard mixture over the bread, making sure all the pieces are soaked.
- 9) Let it sit for 5 minutes to absorb.
- 10) Place the dish in the oven and bake for 25-30 minutes.
- 11) Let the pudding cool for 5 minutes before serving.
- 12) Enjoy!



How to get in touch:

Broadland District Council residents: 01603 430431

South Norfolk residents: 01508 533933

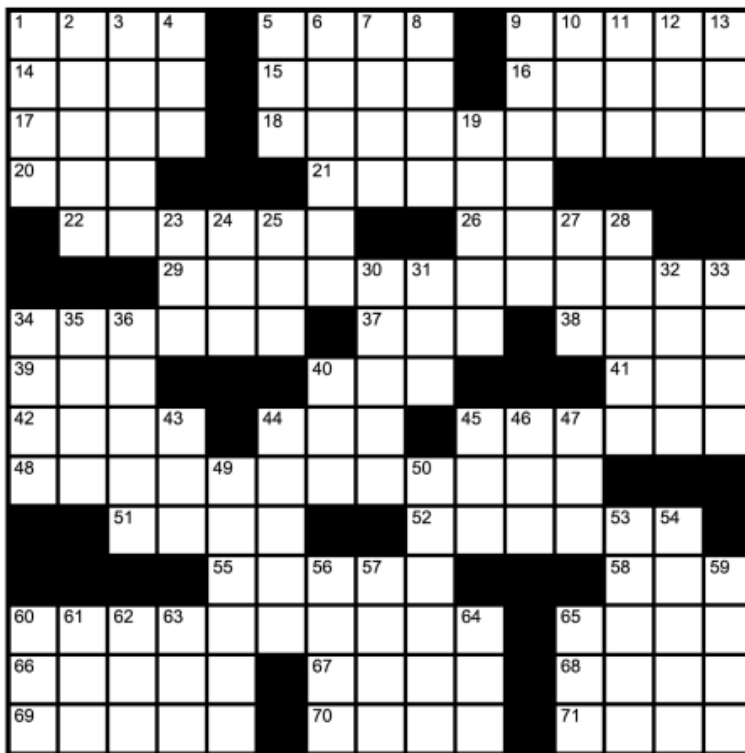
Email: Helphub@southnorfolkandbroadland.gov.uk



Brain Teasers (Answers are on the bottom of the colouring page)

- 1) A man lives on the 10th floor of a building. Every day, he takes the elevator down to the ground floor to go to work. But when he comes home, he only takes the elevator up to the 7th floor and walks the rest of the way—unless it's raining or someone else is in the elevator. Why does he do this?
- 2) Two fathers and two sons go fishing. They each catch one fish, but they come home with only three fish. How is this possible?
- 3) A detective receives a note that says: *"I know who the murderer is. Meet me at midnight."* At midnight, the detective finds the informant dead in a locked room. The only thing in the room is the note, which is now blank. How was the message erased?

Crossword



Down

- | | |
|--|------------------------|
| 1 Primatologist's Study | 36 Get a wife |
| 2 Sick and tired | 40 Muckraker Tarbell |
| 3 Moore of "The Saint" | 43 British verb ending |
| 4 Iron number | 44 Kind of acid |
| 5 Capture | 45 Chinese tea |
| 6 Visual | 46 Jar part |
| 7 Folk singer Guthrie | 47 Expose, in verse |
| 8 Assist | 49 Forever, poetically |
| 9 Investor Otis | 50 Picturesque |
| 10 Family member | 53 It's a no-no |
| 11 ___ generis (unique) | 54 Involuntary twitch |
| 12 Sea eagle | 56 Footless animal |
| 13 Time delay | 57 Mah-jongg piece |
| 19 Hardly modern | 59 Sloth's home |
| 23 Japanese sash | 60 Kind of burglar |
| 24 Beachgoer's goal | 61 Ripen |
| 25 Unit of work | 62 Napkin's place |
| 27 Air hero | 63 "A pox on you!" |
| 28 Black ___ | 64 Moo ___ gai pan |
| 30 Big Bertha's Birthplace | 65 Explosive initials |
| 31 Take a powder | |
| 32 Indian bread | |
| 33 Universal times (Abbr.) | |
| 34 Tarradiddle, in the UK | |
| 35 UN agency concerned with civil aviation | |

Across

- | | | | |
|------------------------------|---------------------------------|---------------------------------------|----------------------|
| 1 60's hairdo | 22 Honeypot shrub genus | 45 Rodeo protection athletes | 66 From the top |
| 5 Ancient mariner | 26 Spring event | 48 Rodeo contestants' special skill | 67 Miscellany |
| 9 Ford flop | 29 Cowgirls' rodeo event | 51 Abominable snowman | 68 Very slim margin |
| 14 Hacienda hand, maybe | 34 Rodeo event difference maker | 52 Space followers | 69 Home of the brave |
| 15 Fair-sized garden | 37 ___ Paulo, Brazil | 55 Related maternally | 70 Artistic movement |
| 16 Author ___ Ingalls Wilder | 38 Wax-coated cheese | 58 Pertinent | 71 Heavy reading |
| 17 Halftime lead, e.g. | 39 Wood sorrel | 60 Rodeo event that highlights riatas | |
| 18 Exciting rodeo event | 40 Suffix with ideal | 65 Skier's transport | |
| 20 Good name for a lawyer | 41 Feedbag morsel | | |
| 21 Runs easily | 42 Rani's wear | | |
| | 44 Drink suffix | | |

How to get in touch:

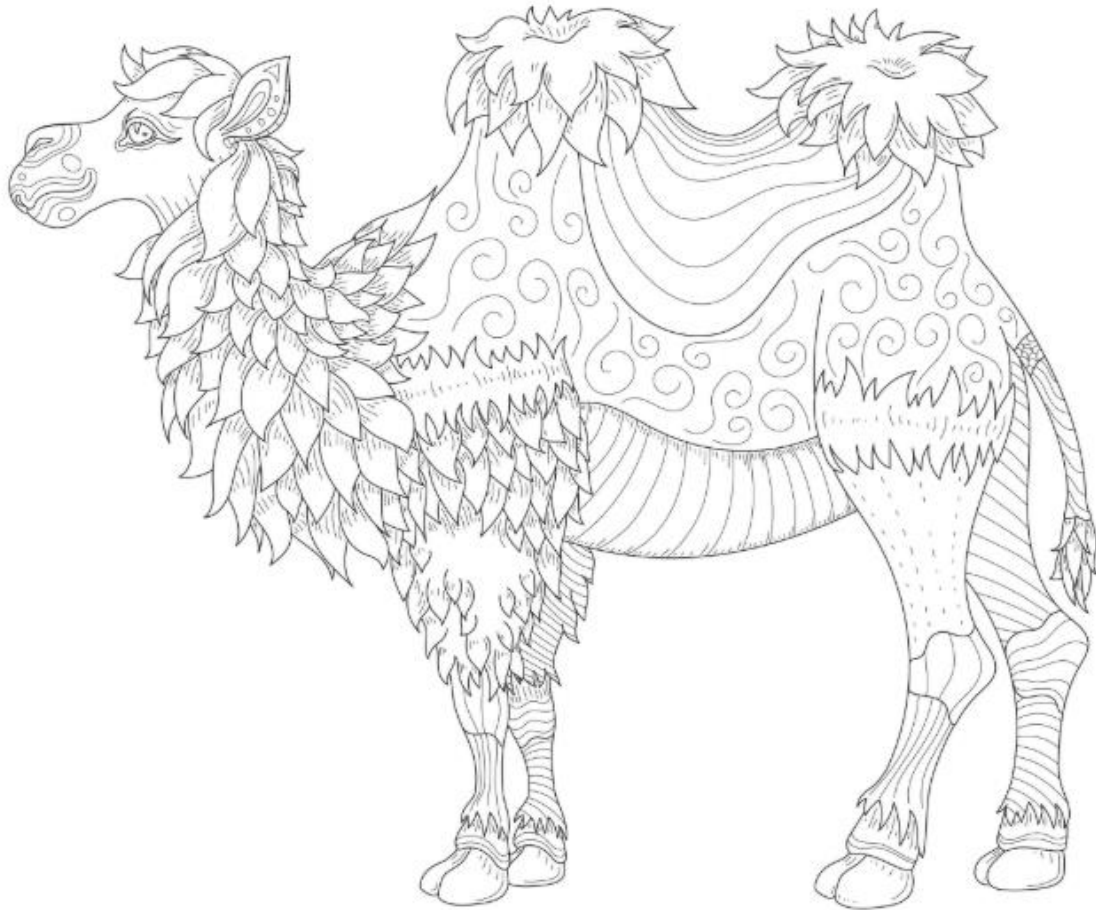
Broadland District Council residents: 01603 430431

South Norfolk residents: 01508 533933

Email: Helphub@southnorfolkandbroadland.gov.uk



Colouring



- Answers:
- 1) The man is short! He can reach the ground floor button, but he can only reach the 7th floor button unless it's raining (when he uses an umbrella) or someone else presses the button for him.
 - 2) There are three people: the grandfather, the father, and the son.
 - 3) The note was written in lemon juice which acts as invisible ink, which disappears in heat, therefore, the murderer turned the heat up in the room, erasing the message.

How to get in touch:

Broadland District Council residents: 01603 430431

South Norfolk residents: 01508 533933

Email: Helphub@southnorfolkandbroadland.gov.uk



Write a Poem

A Cinquain

First line: Two syllables to name the subject, for example "statue"

Second line: Four syllables to describe what the subject looks like, for example "softened white stone"

Third line: Six syllables, for the action or purpose, for example "standing silent and tall"

Fourth line: Eight syllables to express feeling or emotion, for example "recalling ancient memories"

Fifth line: Two syllables, an echo of the first, for example "stillness"



**Statue,
Softened white stone,
Standing silent and tall,
Recalling ancient memories,
Stillness**

A Haiku



Rules of Haiku:

1. Your haiku should aim to convey a moment of insight, probably from something you've observed, either in the world or in your mind and heart.
2. Write your haiku in three lines. Use the 5-7-5 syllable count for as long as you find it helpful, and when you don't, don't.
3. Write with directness, using clear images.
4. Find a way to break the haiku into two parts, with the second part creating a contrast or surprise after the first one.

First line: Five syllables
Second line: Seven syllables
Third line: Five syllables

**"An old silent pond
A frog jumps into the pond –
Splash! Silence again."
– Matsuo Bashō**

How to get in touch:

Broadland District Council residents: 01603 430431

South Norfolk residents: 01508 533933

Email: Helphub@southnorfolkandbroadland.gov.uk



Yours Sincerely

We've come to the end of this month's Yours Sincerely.

Thank you for reading this edition!

If you have any questions regarding this edition, would like to send in some feedback, please do not hesitate to do so using the contact details listed at the bottom of this page.

Yours Sincerely,
Emily



How to get in touch:

Broadland District Council residents: 01603 430431

South Norfolk residents: 01508 533933

Email: Helphub@southnorfolkandbroadland.gov.uk

