

Yours Sincerely

Edition 35 - July 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 35th Edition of Yours Sincerely!

I hope you are all enjoying the sun as much as you can! Make sure you drink lots and stay cool!



How to get in touch:

Broadland District Council residents: 01603 430431

South Norfolk residents: 01508 533933

Email: Helphub@southnorfolkandbroadland.gov.uk



Yours Sincerely

Community Group Spotlight

Key Information

Dementia Adventure is an award-winning charity promoting active, fulfilling lives for those with dementia.

Founded 15 years ago by Neil and Lucy, who supported their family members with dementia, the charity recognises the rapid life contraction post-diagnosis.

With around 900,000 people in the UK living with dementia, projected to rise to 1.6 million by 2040, they emphasise the health benefits of nature and outdoor activities, proving that with support, life can be less limited.



Summary of Activities

Carer Support for family & friends: 'Understanding Dementia Better' and 'Mood and Motivation' are free, online sessions for family and friends supporting someone with dementia at home.



Supported holidays: Dementia Adventure offers fully supported dementia holidays, understanding the needs of those with dementia and their carers. The holidays are not only for the benefit of the individual with dementia but offers respite for their carer. Each year, they take a total of over 300 guests to destinations like Cupar, Lake District, North Yorkshire, and more. **Funding support is available on a case-by-case basis and is not means tested, please ask.**

Supported Days Out (Green Letter Days): For those who might find a holiday too much, they now have supported days out. Last year they visited Lords Cricket Ground, this year they are looking at other sporting events and outdoor excursions.

Training for Professionals: Dementia Adventure is a sector leader in working with organisations in blue, green, health, and care sectors. Their team of qualified and experienced consultants deliver a range of training support, to encourage more people to promote regular outdoor experiences to those with dementia.

Research: As a research-led charity, their work is rooted in the latest evidence. They also support other organisations through funding proposals and project ideas, and by sharing relevant research or written resources.

Volunteers: They rely on volunteers to help deliver their fantastic service, and currently boast over 135 volunteers across Holiday Supporters, Travel Buddies, Community Connectors, Vehicle volunteers, and much, much more.

Interested? please call them on 01245 237548 or contact them via <https://dementiaadventure.org/about/contact-us/> for more information.

How to get in touch:

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 are now closed and will reopen soon for 2026.

Nominations for 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 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
- Business in the Community Award
- Environmental Champion Award
- Healthy and Active Award
- Connecting Communities Award
- Volunteer of the Year
- Rising Star Award
- 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:

**Broadland District Council,
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 form online:

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

A wonderful team of volunteers help deliver these 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

Norwich Chatty Tables:

- Bar Marzano, Millenium Library, The Forum, 2 Millenium Plain, Norwich NR2 1TF – Wednesdays 10:30-12:00



How to get in touch:

Broadland District Council residents: 01603 430431

South Norfolk residents: 01508 533933

Email: Helphub@southnorfolkandbroadland.gov.uk



Yours Sincerely

VE Day 80th Anniversary Celebrations

To commemorate the 80th anniversary of Victory in Europe (VE) Day on 8 May 2025, South Norfolk and Broadland District Councils introduced a special community grant scheme. This initiative was designed to support Town Councils, Parish Councils, and community organisations by providing funding towards the costs of local VE Day celebrations. The grant aimed to encourage inclusive, community-focused events that honoured this significant historical milestone.



Aylsham Town Council

Aylsham Town Council used the grant provided by Broadland District Council to pay for the VE Day and Union Jack bunting used to decorate the Market Place and Red Lion Street.



Saxlingham Nethergate Parish Council

Saxlingham Nethergate Parish Council utilised the grant provided by South Norfolk Council to pay for the costs of hiring the village hall for the event.



Honingham Village Hall Committee

Honingham Village Hall Committee used the VE Day Grant provided by Broadland District Council to pay for entertainment and refreshments.



Swainsthorpe Parish Council

Swainsthorpe Parish Council used the VE Day Grant provided by South Norfolk Council to pay for the food and the entertainment.

How to get in touch:

Broadland District Council residents: 01603 430431

South Norfolk residents: 01508 533933

Email: Helphub@southnorfolkandbroadland.gov.uk



Yours Sincerely

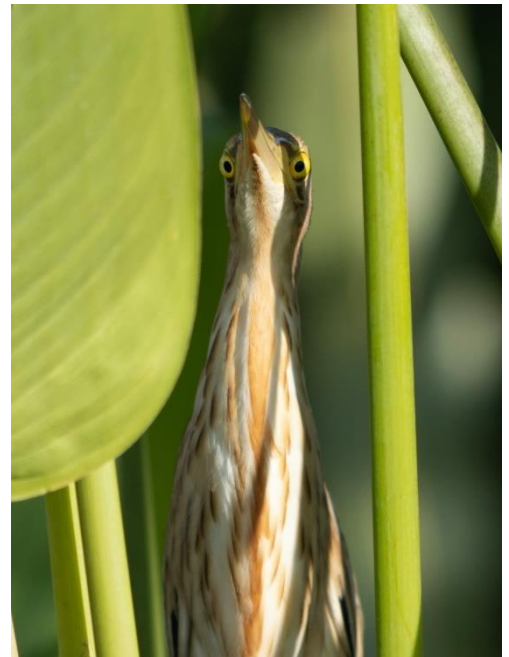
Fact Finder

Norfolk Broads

The Norfolk Broads were created because East Norfolk was running out of Timber and needed a new fuel source. This resulted in peat-digging (turbary). It was only discovered that the Broads were man-made around 60 years ago.

The Norfolk Broads are home to some of Britain's rarest wildlife:

- Swallowtail Butterfly
- Norfolk Hawker Dragonflies
- Bitterns
- Cranes
- Black longhorn beetles
- Water voles
- Cuckoos
- European eels
- Marsh Harrier
- Fen Raft Spider



Lord Horatio Nelson was born in Burnham Thorpe in North Norfolk and his sister lived in Barton. It is claimed that he learnt to sail on Barton Broad and legend says that he lost a chain and locket in there.



There are over 50 Broads, ranging from small pools to large expanses. Of the 63 broads, 13 are navigable and 5 are partially navigable. The largest broads are Hickling, Barton and Oulton.

The Broads are home to the last remaining wherries in the world.

There are 63 windmills scattered along the area of the Broads.

How to get in touch:

Broadland District Council residents: 01603 430431

South Norfolk residents: 01508 533933

Email: Helphub@southnorfolkandbroadland.gov.uk

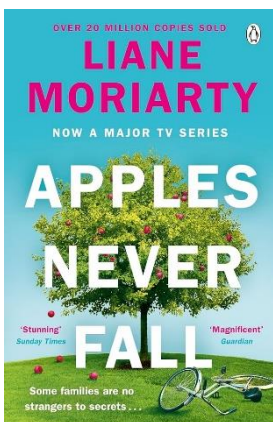


Yours Sincerely

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 35th Edition of Yours Sincerely are:

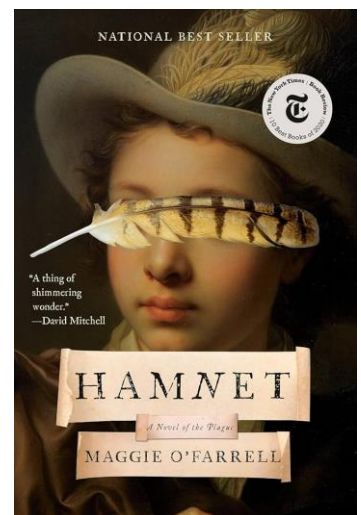


Apples Never Fall – Liane Moriarty (mystery)

Set in Australia, one day a perfectly happy wife and mother of 4 grown children disappears with no note left, and no hint of where she may have gone. It quickly becomes clear that this family is not everything they seem on the surface, and they mysterious girl who came into their lives plays a key role. The narrative moves around, between characters as well as between past and present, but I found this added to the story as you built a better idea of each character, their choices, regrets and secrets, while trying to work out what exactly happened to Joy.

Hamnet – Maggie O'Farrell (historical fiction)

Hamnet is based on William Shakespeare's son, who died aged 11, and history doesn't know much about his cause of death – but it's likely that the tragedy 'Hamlet' is partially influenced by the events. This was an interesting take on what could have really happened, and the story doesn't only focus around Hamlet, but the whole Shakespeare family and how they lived around the late 1500's. Shakespeare himself is never mentioned by name – he is a son, a husband, a father, and this story instead focuses on his family in Stratford. My favourite part of this book was possibly the journey of the flea!



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 Beef Hotpot

Equipment:

- Large shallow frying pan
- 1-2L casserole dish with a lid
- Sharp knife
- Food tongs
- Tin foil
- Small microwaveable container

Ingredients:

- 600g diced stewing beef
- 4 tbsp vegetable oil
- 1 medium onion, chopped
- 2 carrots, peeled and chopped
- 2 cloves of garlic, crushed
- ¼ leek, sliced
- 1 tbsp plain flour
- 400ml beef stock
- 200ml red wine
- 3 sprigs fresh thyme
- Salt and pepper
- 5/6 medium potatoes
- 2 tbsp melted butter



Instructions:

1. Preheat the oven to 180°C/160°C Fan/ Gas Mark 4.
2. Place the pan over a medium/high heat and add half the oil
3. Add the seasoned beef pieces in two batches and fry until seared well.
4. Once the beef is done, put it in the casserole dish and set aside.
5. Add more oil to the frying pan and then add the onion and leek and fry for a few minutes.
6. Add the garlic and carrots and cook for a further two minutes.
7. Add the flour and stir through
8. Pour in the red wine, stir it through and let it bubble and reduce a little bit.
9. Add the beef stock and bring to a boil.
10. Add the thyme and pour everything into the casserole dish over the seared beef, add salt and pepper and mix it all together.
11. Slice your potatoes into 1cm slices and arrange overlapping on the top.
12. Melt the butter and brush it over the potatoes.
13. Put a sheet of tin foil over it and then put the lid on.
14. Cook it in the oven for 1 hour.
15. Remove the lid and turn the oven up to 200°C/180°C Fan/Gas Mark 6, then put it back in the oven without the lid and cook for a further 30 minutes.
16. Enjoy!

How to get in touch:

Broadland District Council residents: 01603 430431

South Norfolk residents: 01508 533933

Email: Helphub@southnorfolkandbroadland.gov.uk



Carrot Cake

Equipment:

- 2 x 20cm cake tins
- Whisk
- Jug
- Mixing bowl
- Skewer

Ingredients (for the cake):

- 230ml vegetable oil
- 100g natural yoghurt
- 4 eggs
- 1 ½ tsp vanilla extract
- ½ orange
- 265g self-raising flour
- 335g light muscovado sugar
- 2 ½ tsp ground cinnamon
- ¼ tsp ground nutmeg
- 265g carrots
- 100g sultanas
- 100g walnuts (optional)



Ingredients (for the icing):

- 100g butter
- 300g icing sugar
- 100g cream cheese

Instructions:

- 1) Preheat 180°C/160°C Fan/Gas Mark 4.
- 2) Oil and line the base of the two 20cm cake tins with greaseproof paper.
- 3) Whisk the oil, yoghurt, eggs, vanilla and zest in a jug.
- 4) Mix the flour, sugar, cinnamon, nutmeg and a pinch of salt in a bowl.
- 5) Add the wet ingredients to the dry, along with the carrots, raisins and half of the nuts (if using).
- 6) Mix well and divide between the tins.
- 7) Bake for 25-30 minutes/until a skewer comes out clean, then leave to cool.
- 8) To make the icing, beat the butter and sugar together until smooth.
- 9) Add half of the soft cheese and beat again, then add the rest.
- 10) Once the cakes have cooled, remove them from the cake tins and sandwich them together with half of the icing.
- 11) Put the remainder of the icing on top of the cake.
- 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) What begins with an 'e' and only contains one letter?
- 2) What do you throw out when you want to use it but take in when you don't want to use it?
- 3) What has a head and a tail but no body?
- 4) I have branches, but no fruit, trunk, or leaves. What am I?

Crossword

I	Y	A	S	I	Y	X	H	M	Y	N	P	A	A
I	R	A	R	I	E	R	E	N	M	E	E	T	A
A	X	O	N	C	M	Y	C	T	Y	X	R	S	P
E	L	O	N	T	H	I	A	O	N	C	I	H	O
U	R	L	D	Y	I	A	L	Y	O	L	P	Y	S
P	O	E	I	A	Y	T	I	E	T	A	H	P	T
H	H	L	O	T	R	G	H	S	E	M	R	A	R
E	P	O	X	S	E	A	L	E	M	A	A	L	O
M	A	B	Y	H	O	R	P	P	S	T	S	L	P
I	T	R	M	L	E	P	A	E	R	I	I	E	H
S	E	E	O	R	U	X	I	T	A	O	S	G	E
M	M	P	R	N	G	X	I	R	I	N	Y	O	Y
R	E	Y	O	C	L	I	M	A	X	O	A	R	O
M	L	H	N	E	H	C	O	D	C	E	N	Y	S

Allegory
Synecdoche
Climax
Archaism
Antithesis
Euphemism
Pun
Alliteration
Periphrasis
Apostrophe
Exclamation
Hyperbole
Paradox
Metaphor
Oxymoron
Metonymy
Irony
Simile

How to get in touch:

Broadland District Council residents: 01603 430431

South Norfolk residents: 01508 533933

Email: Helphub@southnorfolkandbroadland.gov.uk



Colouring



Answers:
1) Envelope
2) An anchor
3) A coin
4) A bank

How to get in touch:

Broadland District Council residents: 01603 430431

South Norfolk residents: 01508 533933

Email: Helphub@southnorfolkandbroadland.gov.uk



Flower Pressing

Equipment:

- Flowers
- Heavy books
- Newspaper
- Card
- PVA Glue
- A pen



Instructions:

1. Pick your flowers.
2. Open a book in the middle and line it with newspaper.
3. Place your flowers (as flat as possible) on the page.
4. Carefully close the book and weigh it down by putting other books on top of it.
5. Place the pile of books somewhere warm and dry.
6. Check on you flowers daily.
7. Once the flowers are dry, carefully remove them.
8. You can create your own artwork out of them or make a card for someone, or even create a collection of flowers!

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

