

Yours Sincerely

Edition 36 – October 2025



How to get in touch

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South Norfolk residents: 01508 533933

Email: Helphub@southnorfolkandbroadland.gov.uk



Accessibility

Large print

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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



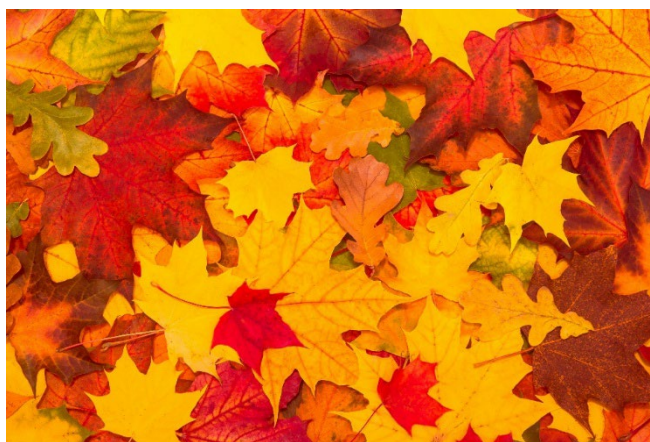
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Welcome to the 36th Edition of Yours Sincerely!

I hope you had an amazing summer and enjoyed the sun as much as the weather would allow! Autumn has now begun so time to get your jumpers and blankets out and make yourself a nice cup of tea!



Community Group Spotlight

St. Peter's Church, Haveringland is fast becoming a multi-purpose venue for groups, talks, services, and events. Located about 3 miles between Cawston and Horsford, it serves as both a Church and Community Hub in a beautiful rural setting, surrounded by grazing animals and with ample parking.



The project began in 2016 when a small group developed a vision for the Church, which was in poor repair and had a dwindling congregation. Adopting the 'Festival Church' model, it now holds at least six services a year (e.g. Easter, Christmas), while hosting activities for the local community and wider 'communities of interest'.

Over £500,000 has been raised for major repairs and improvements, including wheelchair access, a welcome area with an interactive Heritage Hub, an accessible toilet and baby changing, refreshment servery, improved lighting and heating, video streaming and furniture for events.



The Church is currently trialling interest groups, café-style gatherings, concerts, dances, heritage activities and more. It also supports nature recovery through its Conservation Churchyard and partnerships with local landowners.

As the only public building in the area, it is helping to reduce isolation and loneliness, especially among older residents. Active groups include knitting and stitching for charity, singing, crafts and others such as 'Eco Nuts' (focused on growing food). 'Shared silences' offer peaceful reflection inside the historic building and churchyard.

Recent visitor feedback includes:

- "A friendly welcome... a lovely church, definitely worth a visit."
- "The physiotherapy session was brilliant."
- "A joy to see how it is growing as a community hub."
- "Warm, welcoming people—knowledgeable and helpful."
- "The Quiet Day was a welcome opportunity to reflect."
- "A real oasis of calm."
- "Fantastic community facility and beautiful place of worship."



The group Haveringland Together, formed a few years ago, has been vital in fundraising for the church. To find out more or get involved with Haveringland Together, contact Andre Korolus at korolus007@aol.com.

Opening Hours:

- April–October: 9am–7pm
- November–March: 9am–4pm

Location: Just off Norwich Road, NR10 4PW

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 using the details below



South Norfolk Residents

Phone: 01508 505284

Email: handyperson.snc@southnorfolkandbroadland.gov.uk

Broadland Residents

Phone: 01603 430518

Email: handyperson.bdc@southnorfolkandbroadland.gov.uk



South Norfolk Community Awards 2025

On Friday 4th July, the South Norfolk Community Awards ceremony took place at the beautiful Bawburgh Golf Club, celebrating the incredible individuals who make a real difference in our communities. We were delighted to welcome our shortlisted nominees and extend a heartfelt thank you for their dedication and selfless volunteering. The evening was filled with inspiring stories and well-deserved recognition, culminating in the announcement of this year's outstanding winners. A huge congratulations to all our shortlisted nominees. Read more about the winners below.

The winners are:

Business in the Community Award Winner

The Wheel of Fortune, Alington

This incredible local hub is a shining example of community spirit, offering a welcoming, family-friendly space filled with games, events, and sports teams. Through initiatives like the Chatty Café Scheme and exciting plans for a community shop, they're making a real difference by tackling social isolation and supporting residents with free refreshments, social opportunities, and access to helpful resources. Sponsored by Loads4Less



Young Achiever of the Year Award Winner

Martha Hulse

As a Young Commissioner with the South Norfolk Youth Advisory Board, Martha has dedicated over 250 volunteer hours to making a real impact—improving youth accessibility, mentoring her peers, and leading meetings to ensure young voices are heard loud and clear. Sponsored by Citrus Security Shredding.



Town or Parish Councillor of the Year Winner

Cllr Gillian Barnes

A dedicated member of the Forncetts' community, Gillian has played a vital role in preserving St Peter's Church, founding the Friends of St Peter's group and securing essential funding to save this cherished landmark. As Churchwarden and a long-serving Parish Council member, Gillian is at the heart of village life, supporting local events, fundraising efforts, and ensuring the church and community continue to thrive. Sponsored by The Solar Panel Cleaning Specialists.



Environmental Champion of the Year Winner

Food and Beverage Buddies (FABB)

This amazing volunteer-led initiative fights food poverty and food waste by collecting surplus food—mainly from supermarkets—and turning it into parcels and meals for those in need. Each week, they support over 120 people, run community food tables, and deliver baked goods to elderly lunch clubs. With help from Local Area Coordinators, they also offer vital emotional support.

Sponsored by McKibben Management Consultants



Healthy and Active Award Winner

BikeActive Norfolk

BikeActive Norfolk is a fantastic inclusive, volunteer-led organisation offering adapted cycling opportunities for people of all ages and abilities, including those with physical and learning disabilities. Through their weekly and seasonal sessions across Norfolk, they promote physical and mental wellbeing, independence, and social connection—all in a safe and supportive environment.

Sponsored by Bawburgh Golf Club



Connecting Communities Award Winner

Heart of Gissing

Since its founding, Heart of Gissing has transformed a historic Victorian building into a thriving pre-school and built a modern community facility, together valued at over £1.5 million. This incredible charity brings people together by hosting events, supporting local clubs, and providing a welcoming venue for other organisations. They also champion environmental awareness and youth development, making a lasting impact on the community.

Sponsored by The Mayfields, Castlemeadow.



Volunteer of the Year Winner

Mark Ribbands

Mark has transformed Tibenham Community Hall into a vibrant venue for music, theatre, and events—donating hundreds of hours to install lighting, sound, and video systems, building a control room, and redecorate key areas.



Community Organisation of the Year Winner

Waveney Foodbank

Waveney Foodbank is a true lifeline, offering not just food and vouchers, but compassionate, flexible, and rapid support—even on weekends and in emergencies. Led by dedicated individuals like Matt, they go above and beyond to deliver essentials, top up utilities, and provide kindness without judgment. Sponsored by Help Alert.



Lifetime Achievement Award Winner

Susan Thain

For over 23 years, Susan has devoted her time to supporting older people across Norfolk through her volunteer work with Age UK. From advocacy to telephone befriending and bereavement support, her compassion has brought comfort and companionship to some of the most vulnerable in our community.



Age UK - Gift of Friendship

Gift of Friendship is a brand new, proactive, goal-oriented service designed to build meaningful relationships and support personal wellbeing.



There are two strands to this service:

1. Gift of Friendship Telephone Befriending. Weekly goal driven conversations tailored to each person's needs—fostering connection, encouragement, and growth.
2. Age UK National Telephone Befriending. Weekly calls from our national partner, providing friendly and engaging conversation

The Gift of Friendship service is not offered on a first-come, first-served basis. Places will be allocated as new volunteers become available. Eligibility criteria will apply, and their Companionship Team will be happy to guide you through the process. **To get in contact with them, please call 01603 785223.**

Better Off Calculator

South Norfolk and Broadland's Help Hub use 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 contact the Help Hub:

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Healthwatch Norfolk survey

Have you, or has someone you know, been admitted to an inpatient general rehabilitation ward in Norfolk recently?

Healthwatch Norfolk want to hear your views about how you, or your friends and family, have been looked after in the journey back to independent living.

The survey is focused on people who have been cared for by inpatient rehabilitation services at one of the following locations between July 2024 and July 2025:

- Alder Ward in the Mulberry Unit and the Willow Therapy Unit at Norwich Community Hospital
- Foxley Ward at Dereham Hospital.
- North Walsham and District War Memorial Hospital
- Ogden Court Community Hospital in Wymondham
- Pineheath Ward at Kelling Hospital
- Swaffham Community Hospital.

We want to hear your thoughts about:

- The ward environment
- The quality of care and therapy
- The discharge process including planning, discharge day and the care received after leaving hospital.

To provide your feedback, please call Healthwatch Norfolk on 01953 856029. Phone lines are open Monday to Friday, 10am to 4pm.



Fact finder

Norfolk Castles

Norwich Castle

Norwich Castle was built by William the Conqueror shortly after 1067 as a Norman stronghold and later served as a county prison for over 650 years. Norwich Castle was originally designed to be a royal palace for the Norman kings, but no Norman king ever lived there. The only recorded royal resident was King Henry I, who stayed at the castle for Christmas in 1121.



Castle Rising

Castle Rising is a remarkably well-preserved Norman castle located near King's Lynn in Norfolk, built around 1138 by William d'Aubigny II, Earl of Arundel. Originally designed as both a fortress and a luxurious hunting lodge, it features one of the finest surviving Romanesque keeps in England, surrounded by vast earthworks covering 20 acres. The castle gained historical prominence in the 14th century when it became the residence of Queen Isabella, widow of Edward II, who lived there in regal comfort after her fall from power.



Castle Acre

Castle Acre Castle, located in Norfolk, is a well-preserved Norman motte-and-bailey fortress built in the 1070s by William de Warenne, a close ally of William the Conqueror. Strategically positioned at the junction of the River Nar and the Roman road Peddars Way, it served as a symbol of Norman power and control in East Anglia. The castle was part of a larger planned settlement that included Castle Acre Priory and a fortified town.



Burgh Castle

Burgh Castle is one of the best-preserved Roman forts in Britain, located near Great Yarmouth in Norfolk. Built in the late 3rd century AD as part of the Saxon Shore defence system, it was designed to protect the coast from seaborne raiders like the Saxons and Franks. The fort features massive flint and brick walls, still standing up to 4.6 meters high on three sides, and includes six bastions that once supported Roman artillery. In later centuries, the site was reused as a monastic settlement and then as a Norman motte-and-bailey castle in the 11th and 12th centuries.



Caister Castle

Caister Castle is a 15th-century moated castle near Great Yarmouth, Norfolk, built between 1432 and 1446 by Sir John Fastolf, a wealthy knight who inspired Shakespeare's character Falstaff. It was one of the first major brick-built structures in England, combining defensive features like a 100-foot tower, machicolations, and gun-ports with luxurious living quarters. The castle became famous during the Wars of the Roses when it was besieged in 1469 by the Duke of Norfolk, a dramatic event recorded in the Paston Letters.



Baconsthorpe Castle

Baconsthorpe Castle is a picturesque, partly-ruined moated manor house near Holt in Norfolk, built in the 15th century by the ambitious Heydon family. Originally constructed as a fortified residence, it evolved over generations into a grand country house, reflecting the family's rise and fall in Tudor society. The Heydons, who built Baconsthorpe, were once so powerful that they used the castle as a base for both legal and illegal activities—including sheep-stealing and feuding with local rivals!



Book Club

Our next book review has been written by another employee at South Norfolk and Broadland District Council, Lauren. The books Lauren chose to review for the 36th Edition of Yours Sincerely are:

The Housemaid Series I've always liked the idea of reading, but never quite found the time unless I was on holiday, lounging with a book and a cocktail. That all changed when a family member handed me *The Housemaid* by Freida McFadden. I thought I'd give it a go... and I haven't stopped reading since!



This series, like many of Frieda McFadden's books, is a psychological thriller, but she manages to keep them from feeling dark or heavy. It's the kind of story that pulls you in straight away. You follow a young woman who hasn't been dealt the best cards in life, who then takes a job as a housemaid in an extremely affluent, lavish and seemingly perfect family home. But as you turn the pages, you start to realise things aren't as they seem. Throughout the whole series, there is a constant stream of mystery, drama, and "No way!" moments.

I'm usually pretty good at guessing plot twists. Whether it's a film, TV show or book, I can often spot the baddie or the big reveal early on. But Freida McFadden has me completely fooled. The twists in these books have given me genuinely jaw-dropping moments. I'd finish a chapter and just sit there, stunned, and to this day I have never successfully predicted an ending or plot twist. Even after learning to expect the unexpected and forcing myself to think even further outside the box, I've never come close – which I LOVE!

What really surprised me though, was how much I cared about the characters considering the genre of the books. Although writing this now and reflecting further, I would definitely consider this to have a strong romantic element, which is an extremely common theme throughout Frieda's collection. Her ability to combine such levels of empathy alongside intense suspense and mystery, makes the books even more gripping. This incredible combination is what makes the series so memorable, leaving you thinking about them long after you've finished reading them. I'm still hoping now there may a surprise addition to the series!



Freida's writing is easy to get into, with short chapters and a natural flow that makes reading feel effortless. After finishing this series, I tried other thrillers, but nothing quite hit the spot. So I went back to Freida's other books (thankfully she's written loads) and I've been reading daily ever since. I'd now say reading is one of my favourite hobbies.

If you're looking for something to reignite your love of books or just want a story that's easy to get into and impossible to put down, *The Housemaid* series is a brilliant place to start.

Main meal of the Month

Chilli Con Carne

Equipment

- 2 saucepans
- Knife
- Chopping board
- Wooden spoon

Ingredients

- 1 onion
- 2 garlic cloves
- 1 tsp medium chilli powder/
½ tsp hot chilli powder (or less if you prefer a chilli with less heat)
- 1 tsp smoked paprika
- ½ tsp turmeric
- ½ tsp ground cumin
- 1 tsp mixed herbs
- 500g beef mince
- 400g tin chopped tomatoes
- 1 tbsp tomato puree
- 300ml beef stock
- 400g tin red kidney beans



Instructions

1. Heat 1 tbsp oil in a saucepan over a medium heat.
2. Slice or dice your onion and add it to the hot oil to sauté, stirring occasionally to prevent it from sticking.
3. Once your onions are translucent, mince your garlic and add it to the onions and stir into the onions, cooking for about 1 minute.
4. Add your herbs and spices and stir through.
5. Add your beef mince, breaking it up with your wooden spoon and ensuring it is coated in all of the seasoning.
6. Once your beef is browned, add your tomatoes and tomato puree and stir through.
7. Add your beef stock.
8. Simmer until it is a sauce-consistency
9. If you would like to have rice with your chilli start cooking this according to package instructions now.
10. Drain and rinse your red kidney beans and then cook them in your chilli for at least 10 minutes.
11. Serve and enjoy!

Dessert of the Month

Apple and Rhubarb Crumble

Equipment

- Ovenproof dish
- Large bowl
- Knife

Ingredients

- 450g rhubarb
- 350g apples
- 1 tsp vanilla extract
- 120g caster sugar
- 200g plain flour
- 1 tsp ground ginger
- 100g butter
- 70g light brown soft sugar



Instructions

1. Preheat 200°C/180°C Fan/Gas Mark 6.
2. Roughly chop your apples and rhubarb.
3. Toss the rhubarb, apples, vanilla and caster sugar together in your oven-proof dish, then roast for 10 minutes.
4. Mix the flour and ginger in your large bowl.
5. Rub in the butter with your fingertips until the mixture is breadcrumb texture.
6. Stir through the sugar.
7. Sprinkle the crumble onto the fruit.
8. Cook for 30-35 minutes/until the topping is golden-brown.
9. Enjoy!

Brain teasers

(Answers are at the end of the activity section)

- 1) I have a heart that doesn't beat. I have a mouth that doesn't speak. I have a head that doesn't think. What am I?
- 2) What room can't a skeleton enter?
- 3) I have a 9 letter word, 123456789. If I lose it, I die. If I have 234, I can 1234. If I have 56, I am very sick. 235 is the same as 789. What is the word?
- 4) What can travel around the world but stays in one corner?

Puzzle

(Answers are at the end of the activity section)

Hidden in the grid below are eight, 7-letter words.

Each word begins with the central R and you can move one letter in any direction to the next letter. All of the other letters are used exactly once each.

What are the words?

T	A	E	R	O	B	O
E	T	G	S	T	N	W
R	N	E	E	A	I	E
I	N	U	R	E	F	R
N	B	U	O	E	E	E
B	S	E	A	E	V	E
I	D	H	T	S	G	N

Colouring



Brain teaser and puzzle answers

- 1) An artichoke
- 2) The living room
- 3) HEARTBEAT
- 4) A stamp

T	A	E	R	O	B	O
E	T	G	S	T	N	W
R	N	E	E	A	I	E
I	N	U	R	E	F	R
N	B	U	O	E	E	E
B	S	E	A	E	V	E
I	D	H	T	S	G	N

Potpourri

Equipment

- Dried herbs (rosemary, sage, etc)
- Dried spices (cinnamon sticks, cloves, star anise, etc)
- Dried apple or orange slices (to dry them put them in the oven at about 200°C for a couple of hours)
- Orange peel
- Dried flowers
- Pinecones
- Your favourite essential oil
- Glass jar or potpourri pot



Instructions

- 1) Ensure all of your ingredients are completely dry before beginning, this should take 3 days to a week.
- 2) Toss your ingredients in a bowl with your chosen essential oil.
- 3) Place it all in a jar and seal tightly.
- 4) The smell is strongest after several days of being sealed.
- 5) Remove the lid and enjoy!

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



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