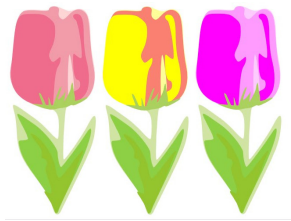


SHOULDHAM NEWS

Vol 14 No.4 Spring 2016



Sales, bails, sparks and spokes in Spring

Shouldham is awakening from winter, and there's a wide array of community events in the offing this springtime.

Top among them is our annual Village Bike Ride, which this year will take place on *Sunday May 1st*. We shall gather on the Green at 11am before setting off en masse on a tour of local villages – keeping away from main roads and having plenty of breaks for refreshment at local hostelrys. At lunch-time, we'll have a longer break and the chance to order a burger or a hot-dog, cooked by our heroic band of volunteers.

The ride is about 25 miles long and continues at a leisurely pace – suitable for adults and older children. We usually arrive back in Shouldham by mid-to-late afternoon. Entrance is just £2 or £5 per family, which helps swell funds that are distributed to worthy causes within our village.

If cycling is not your thing, fear not: there are plenty of other activities taking place in Shouldham over the next few months. On *Thursday April 21st* a bonfire beacon will be lit in a field on the village outskirts, to celebrate the 90th birthday of The Queen. This will be preceded by refreshments served in the village hall.

Later in the year, on *Sunday June 5th*, the village will stage two major events: Shouldham's Annual Cricket Tournament, where the King's Arms, the Chalk & Cheese, the Football Club and the Bowls Club will do battle for the village trophy in a series of Twenty 20 matches; and the Village Yard Sale – an opportunity for you to sell all those exquisite treasures cluttering your house.

Double award-winner!

Shouldham's pub, the King's Arms, has recently won two major awards. First it was chosen as West Norfolk pub of the year by the local branch of Camra (the Campaign for Real Ale). This prestigious award is decided upon by branch members visiting pubs throughout the region, and voting at a special meeting held in February.



Then, in March, the King's Arms won the Contribution to the Community award at the Mayor's Business Awards in King's Lynn. This award is given to a business or organisation with outstanding service that significantly benefits the community. Judges looked for evidence of a broad-based, continuing commitment to community service, public service and/or significant charitable contributions of benefit to the community - as reflected in a variety of activities, programmes and initiatives that have served the needs of the community in which it operates, demonstrating a real commitment to the neighbourhood. Congratulations to Ian and Abbie for both these tremendous achievements!

Advertising in *Shouldham News*

Shouldham News accepts advertising. The rates are:

Classified (up to three lines): £1

Quarter page: £10

Half page: £20

Full page: £40

For further details, or to place an ad in the Summer edition (deadline Sunday 12th June), please contact John Dovey (347802/ jdovey@btinternet.com).

Shouldham News is published four times a year and distributed free of charge to all households in Shouldham and Shouldham Thorpe.



Advertise for the whole year (4 issues) and get 25% off

Sole Solution Footcare



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Registered Member of the British Association of Foot Health Professionals.

*Providing foot care for nails, hard skin, corns, verrucas
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The convivial café!

The café attached to the King's Arms is run entirely by volunteers and provides an excellent way of getting to know your fellow villagers – as well as all the latest news in Shouldham! Serving behind the counter for a couple of hours is a convivial way to spend a morning or afternoon, and as more volunteers are urgently needed, you'll certainly be made most welcome. If you'd like to join our merry band of volunteers, please contact Chris Lawrence (chrislawrence@show-me-wow.com) or Sarah Willingham (sarahdee5481@hotmail.com/ 07905 628939).

The café is now selling milk and copies of the *Eastern Daily Press*, as well as tea, high-quality coffee and superb, locally made cakes. Please drop in to pick up a pint and the papers.



'FANCY PLAYING AROUND'

THURSDAY 5 MAY 2016

SHOULDHAM GOLF OPEN

SWAFFHAM GOLF CLUB

IN SUPPORT OF WEST NORFOLK MIND

**PRESENTATION DINNER IN CHALK AND CHEESE, PIZZA AND PASTA FROM
THE MENU**

DRESS CASUAL

MAX ENTRANCE OF 15 PLAYERS

TEE OFF FROM 1258 HRS

COMPETITION STABLEFORD

MAX £25 GREEN FEE

DINNER AND SOME FUN FUND RAISING

IN THE CHALK AND CHEESE

(£25 per head)



1930 HRS FOR 2000 HRS (Partners more than welcome)

ENTRIES REQUIRED BY 14 April TO: seebnige@live.co.uk

MORE DETAILS TO FOLLOW ONCE ENTERED

A GREAT DAY, GOOD FUN AND MANY LAUGHS

West Norfolk Riding for the Disabled

If you enjoy trading, trotting or trivia, there's something to suit you in the Magpie Centre, home of West Norfolk Riding for the Disabled Association's spring programme.

An Equestrian Table Top Sale plus BBQ is scheduled for Saturday April 9th, 11am to 1pm in the indoor school at Wallington Hall, South Runc-ton, Kings Lynn, PE33 0EP. Find us on the A10, just north of Downham Market. Now's your chance to clear out your tack box, or kit out your horse with a summer wardrobe. Cost is £7 per pitch, £1 entry (children under-12 free). For enquiries and bookings call 01553 672756.

Sunday May 1st is the date of the Grand East Anglia Run. We are looking to make up a 'Magpie Team' of riders and supporters who would like to take part in this year's Mini-GEAR Fun Run. Last year Eddie, a volunteer, pushed Sadie, a rider and wheelchair user, around the course to raise funds for the Centre.

We also welcome sponsored runners for the main 10k event. To register your interest, call the Magpie Centre on 01553 810202 for more details.

And if trivia is more your line of country, make a note in your diary of our Quiz Night and Hog Roast (with vegetarian option), Saturday May 28, 7pm for 7.30pm at Stowbridge Village Hall, Downham Road, Stowbridge, PE34 3PE. Tickets for this are £10 each, to include hog roast and a huge variety of salads and deserts. We welcome teams of four to eight people, but singles and couples can make up teams on the night if they wish. Wine, beer, cider and soft drinks will be available from the bar. To book for this phone 01553 828935.



Panto donation

Many thanks to Nigel Walsh and the cast of the Shouldham panto for their very generous donation of £442 to the Village Hall. It will come in very handy.

Village Hall Committee

Thinning on Shouldham Warren

Thinning on the Warren started on March 4th, and updates of the work will be posted on the Shouldham Warren Forestry Commission webpage at:

<http://www.forestry.gov.uk/forestry/englandeastanglianoforestthetfordforestparkshouldhamwarren>

A map can also be downloaded which shows the zones being harvested, to help you plan visits to avoid the work areas. The map will be updated from time to time and sometimes changes may be short notice, so always follow safety signage on site.

Feedback received from the recent information session at the King's Arms on the new Forest Design Plan that was being written for Shouldham Warren has been passed on to the Forestry Commission planning team. They have taken it into account while producing the new plan, which covers the next few decades of forest management at Shouldham.

Stephen Brown

Sadly, the village has lost a kind and capable, if somewhat argumentative, resident. Steve Brown died on February 14th after a long and brave battle against cancer.

With shades of Robin Hood – not that he lived in Sherwood Forest – Steve was always ready to support anyone he perceived to be at a disadvantage.

Steve will be greatly missed as an employer, advisor, colleague and friend. He was also a parish councillor for eight years. In addition to his wisdom and charitable work, Steve was well known for his knowledge of aviation. Much of the material collected for the book he was unable to complete will be on display at the Royal Air Force Marham museum.

Steve was interested in all sport, particularly football. He was a former player for Fincham, Middleton, Rocklands and Waltham St Lawrence.

Our condolences go to Helen, Keith, and Paul, and all Steve's family.

Geoff Hipperson

Shouldham Bonfire Beacon



An early date for your diaries is Thursday 21st April. This is when bonfire beacons will be lit to celebrate the Queen's 90th birthday. There are further celebrations in June, but this is the date for bonfire beacons.

As you will remember, we had a successful Shouldham bonfire beacon in 2012 for the Queen's Diamond Jubilee. The event in April will be similar, but on this occasion refreshments will be organised in the Village Hall beforehand starting at 6pm, with the bonfire lighting after dark.

In the meantime, could anyone with wood suitable for a large bonfire, or knowledge of wood that is available, please let Tim Peers know (01366 347232)? There are currently two locations within the village that are being used to store bonfire material.



Knitting and Nattering

At The King's Arms, Shouldham, every Monday afternoon from 3pm until 5pm

We are a lively group, from beginners to experts, who not only knit, but bring along all sorts of other craft activities to work on as we chatter, chuckle and enjoy tea and delicious cake from the pub café. In winter, we often enjoy doing this by a log fire and in summer we choose a sunny spot in one of the pub bars. We're a growing number, but always like to welcome newcomers, so sincerely hope we can tempt you.



New Exhibition Opening March 19— ‘Victors, Vulcans and a Pocket calculator’

The Howard Carter Connection and the Discovery of Tutankhamun’s Tomb

Treasures of Swaffham

History of Swaffham Market—and (New) Market painting of 200yrs ago

Archaeology Room

Children’s museum trails and activities in all Galleries

Gift Shop

Opening Times from Feb 15 to Dec 22 2016

Mon – Fri 1000 – 1600 Sat 1000 – 1300



Town Hall 4 London Street, Swaffham PE37 7DQ

Tel: 01760 721230



www.swaffhammuseum.co.uk for updated information

Interested in becoming a volunteer? Please contact

Steve Gregory 01760 755596



What did Swaffham Market look like 200 years ago?

Swaffham Museum reopened in February for the 2016 season. If you haven't visited recently - or indeed perhaps you have never visited - there is now a very good reason to make the trip, particularly if you enjoy the Saturday Market.

As part of the 800 Market Celebrations we had the oldest known painting of Swaffham Market conserved. It is a watercolour painted on paper and took a long time to clean and mend as it was very fragile. The artist is unknown.

Our volunteer photographers then enhanced it and it was put into a light box. We now have a fascinating view of Swaffham somewhere between, we believe, 1803 and 1817.

There are nine enlarged sections of the painting, one of which shows the Fakenham to Brandon coach, and another shows the Town Pit and the Well ... or maybe it is not a well but a weighing machine?

Come and see what Swaffham was like 200 years ago.

Normal museum entry charges apply.

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£1 per day Military Discount

All dogs £10 a day inclusive of food and bedding

Petlog Microchipping available – 1 dog £15, 2 dogs £25

Viewings Welcome



We can all benefit from your bottles!

Just another reminder that glass bottles and jars can be left in the two recycling bins at either the King's Arms' car park or the entrance to Shouldham Playing Field. Glass left in both places gives us funds to use within the community, such as helping towards printing costs for *Shouldham News*.

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Dates for your diaries

Saturday April 9th, 11am to 1pm, in the Riding for the Disabled indoor school at Wallington Hall, South Runcton, King's Lynn, PE33 0EP: **EQUESTRIAN TABLETOP SALE PLUS BARBECUE**. Cost: £7 per pitch, £1 entry (children under-12 free). For enquiries and bookings call 01553 672756.

Monday 18th April, 7.30pm, Shouldham Village Hall: **ANNUAL PARISH MEETING**. All welcome.

Thursday 21st April, from 6pm: **SHOULDHAM VILLAGE BONFIRE BEACON**. To celebrate The Queen's 90th birthday. Refreshments at Village Hall from 6pm; bonfire lighting after dark.

Saturday 23rd April, from 7.30pm, Downham Market Town Hall: **CHARITY CEILIDH**. Tickets (£10) from Mike and Wendy on 01945 780468. For further information, please contact Jan Scofield (jan_scofield@hotmail.com).

Sunday 1st May, 11am, starting on The Green: **SHOULDHAM'S ANNUAL VILLAGE BIKE RIDE**. All welcome, for a spin around local villages (and their hostelryes). A lunchtime barbecue will be available. Entrance £2 per person, £5 per family.

Thursday 5th May, tee-off 12.58pm, Swaffham Golf Club: **SHOULDHAM GOLF OPEN**. In support of West Norfolk Mind. Followed by dinner at the Chalk & Cheese. Contact Nigel Walsh (seebnige@live.co.uk) for details.

Saturday 28th May, 7pm for 7.30pm, Stowbridge Village Hall: **RIDING FOR THE DISABLED QUIZ NIGHT AND HOG ROAST**. Tickets £10 each, to include Hog Roast (veg option available) and a huge variety of salads and desserts. To book, phone 01553 828935.

Sunday 5th June, from 10am, King George V Playing Field, Shouldham: **SHOULDHAM ANNUAL VILLAGE CRICKET DAY**. Twenty20 cricket tournament. Hot and cold refreshments available. Contact Nigel Walsh (seebnige@live.co.uk) for details.

Sunday 5th June, from 10am, all around the village: **SHOULDHAM VILLAGE YARD SALE**. Pitches £5; for details, contact Emma Gibson (emma.gibson@shouldham.info/ 348199).

Dates for your diaries

Sunday 12th June: **SHOULDHAM NEWS DEADLINE.** The final date for copy for the Summer edition. If you have any news, views or details of forthcoming events (up to September 2016), please contact Phil Harriss (01366 347244 or 01844 238868/philharriss@icloud.com). Or pop a note through the door of 'Dunromin' on the Green. Electronic, colour copies of the newsletter can be found at www.shouldham.info and on the Shouldham Parish Council website: <http://shouldhampc.norfolkparishes.gov.uk/category/newsletters/>

Saturday 9th July, from noon, The Green: **SHOULDHAM VILLAGE FETE.** Fun and games on the green: bouncy castle, dog show, tractor rides, refreshments, stalls, grand draw and more!

Saturday 23rd July, 7.30pm, Colts Hall Barn: **SHOULDHAM'S EVENING 'DO'.** This year the 'do' will be held on a separate date from the fete, featuring a ceilidh dance and 'food from the grill'. More details in the Summer edition of *Shouldham News*.

Classical CDs for sale

Classical CDs for sale at £1 each, in aid of the Zipper Club (raising funds to support the Cardiology department at Papworth Hospital). Ring 347420 for details.

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Organisations, clubs and services

Please contact *Shouldham News* if any of the details below change.

All Saints' Church

Vicar: Revd Barbara Burton, New Rectory, High Street, Fincham, King's Lynn PE33 9EL (01366 348079/barbaraburton@btinternet.com).

Church wardens: Brian and Ann Hullah (347814/annhullah@btinternet.com/ bbhullah@btinternet.com).

Bell ringing: practice night Thursday 7-8.30pm; contact Brian Hullah (347814).

Bowls Club

New Clubhouse, Fairstead Grove, Shouldham (01366 347550). Whist drives on Tuesdays at 7.30pm.

Bus services

Shouldham has a bus service (Monday to Saturday) to Marham and King's Lynn, run by Norfolk Green buses ([www.norfolkgreen.co.uk/01553 776980](http://www.norfolkgreen.co.uk/01553776980)). There are also occasional bus services (the No.51) run to Norwich and Downham Market by Eagle Coaches (01760 755641/www.eaglescoaches.co.uk).

Good Companions

A social club for the village's older residents, meeting on the third Wednesday of each month from 2pm to 4pm in the Village Hall. Contact: Jennie Thorley (01366 347261/thorley_j@sky.com).

Ladybirds (formerly Shouldham Women's Institute)

Contact: Emma (01366 348199/emma.gibson@shouldham.info).

Scouting

2nd Runcton Holme & Watlington beavers & cubs. Meet at Runcton Holme Scout Hut next to the school in Runcton Holme. Contact: Bob Keens (01553 810855/scout.keens@btinternet.com). Beavers meet on Tuesday 5.30-7pm, cubs on Wednesday 6.30-8pm.

Rainbows. For girls aged five to seven. Meet at Runcton Holme Scout Hut 4.30-5.30pm Thursdays. Contact: Poppy (Jane Rose-Land; 01366 347452/jsroseland@gmail.com).

Brownies. Meet at Runcton Holme Scout Hut 6-7.15pm Thursdays.

Contact: Brown Owl (Mandy Randle; 01366 388554/mark.randle@tesco.net).

Guides. Meet at Runcton Holme Scout Hut 7.30-9pm Thursdays.

Contact: Guide Leader (Sarah Mac; 01366 501942/sarahjmack@hotmail.co.uk).

Organisations, clubs and services

Shouldham Football Club

Website: www.shouldhamfc.co.uk

Chairman: Keith Matthews; vice-chair: Nigel Nixon (01366 347288); treasurer: Tim Owen (01366 347926); welfare officer: Nicola Smith (07867 523896/
nicolasmith@piersjacabltd.com); secretary: Anne Goodenough (07443 046104/ annegoode-ough@hotmail.com).

Shouldham Oil Syndicate

Contact Mike Mann on mann@dsv-uk.co.uk to be added to his mailing list.

Shouldham Parish Council

Contact: Val Negus, parish clerk (01366 347495/ shouldhampc@talktalk.net). Website: <http://shouldhampc.norfolkparishes.gov.uk>

Shouldham Post Office

Westgate Street, Shouldham (01366 347789).

Shouldham Thorpe Allotment Society

Contact: John Cowin, treasurer, 43 Westgate Street, Shouldham (01366 347526/orrycowin
ol@aol.com) or Jim Ross (07960350128/mudlarkin@gmail.com).

Oddler Group

Contact: Angela (angelajcaley77@gmail.com).

Village Hall

Contact: Ann (01366 347669).

Village Weekend Committee

Contact: Emma (01366 348199/ emma.gibson@shouldham.info).

Businesses

If you would like your Shouldham-based business included in this directory, please contact shouldham@shouldhamnews.co.uk

Chalk & Cheese

Contact Andrew & Bridget Archibald, 1 Eastgate Street, Shouldham (01366 348039/
fo@chalkandcheesenorfolk.co.uk/www.bed-and-breakfast-west-norfolk.co.uk).

Organisations, clubs and services

Elizabeth Fitzgerald Carter – Artist

Figurative paintings and drawings in a variety of media. Also printed fine-art cards. Commissions accepted. Contact 01366 348116 or shouldhamthorpe-artist@sky.com

Keith Matthews Accountancy

Contact 01366 347848/ keithjmatthews@aol.com).

King's Arms

www.kingsarmsshouldham.co.uk/ 01366 347410

Now owned by Shouldham Community Enterprises (SCE). SCE and Support Our King's Arms (SOKA) can be contacted by emailing info@kingsarmsshouldham.co.uk. To book a meal at the pub, please phone the manager, Ian Skinner, on 01366 347410.

Free Home assessment offer

Older, disabled or vulnerable residents of West Norfolk are being encouraged to book an appointment for a free home assessment from Careline Community Services. The assessments, which are carried out by a team of qualified staff, will help residents – who may be living with a disability or dementia, or who are simply older and less mobile – to identify concerns in their property, which may be affecting their day-to-day life. The assessor, trained by the Disabled Living Foundation, will inspect the home to see whether measures could be introduced that would reduce the possibility of slips, trips and falls, and generally make it easier for people to live safely and independently in their own homes. Measures that could be considered include installation of a Careline personal alarm, improved lighting arrangements, heating checks, draught-proofing, smoke detectors and easy-to-use taps, along with recommendations for other adaptations that may reduce any potential risk to the resident. Practical solutions for those living with dementia are also available. This includes signage or colour differentiation for those who suffer with memory loss and are visually impaired. The assessors will also be able to advise whether any grant funding is available for any works required. To book an appointment call the Careline Community Team on 01553 760671.

Vernacular Shouldham

Part three

If anyone were able to predict the future accurately, they would probably rule the world. Predictions often have a grain of truth in them, but future visions are never realised in the way they were described, so we will not make predictions. In the future will the controlling hands be the exploitation of the village by others, or could the village implement a plan?

One thing is certain, there is bound to be change. Will the changes maintain the old, the current or create a new appearance for the village? From village dwellings in clusters spread along green country lanes, there has been change. The hedges are disappearing, hard surfaces, open spaces for vehicles, are appearing. Larger houses, in isolation from neighbours, are now common. Will or should this creeping suburbanisation continue?

Devoid of exposed timber-frames or pargetting (decorated plaster), such as in Suffolk and Essex, Shouldham's buildings are largely brick with some stone. Once, simple rectangular blocks extended to the rear or side and topped by gable-ended roofs clad in pantiles or slates. Older steep-roofed buildings were probably thatched at one time. But could other building forms start to dominate new structures? Could steel or concrete frames and glass walls and flat roofs become a new standard for building design, although this is rare in rural areas? Timber-frame buildings are common in some areas, such as Pentney, although not in Shouldham (other than for garden sheds or stables), but might they spread here?

Originally buildings came in clusters, quite dense clusters, but more recently the space between buildings has been increasing – no doubt for vehicles, privacy and possibly as an antidote to crowding in towns, from where their occupants have fled. Many dwellings appear to have large or long private rear gardens. Would this be a blueprint for development: small clusters with space around the cluster of buildings? There is one open space edged by buildings facing on to it – The Green, awarded the status of a Conservation Area. Could this be an alternative design principle to clusters?

Other spaces within the village, with one exception, are fenced-off land with some dwellings overlooking them. The exception – an old allotment and known as the 'rhubarb patch' – is not overlooked and is bisected by a public footpath and edged on one side by another. If these open areas are not to be lost through development on them, they should be maintained by development on their periphery not clustered in their centres. By its nature the 'rhubarb patch' might best be developed by emulating The Green, building around north and west edges, focusing on a green public open centre, with hedgerows to the south and the row of trees to the west.

If developments followed the old pattern, they would consist of short terraces, of simple but varying design. If they were repeating later designs they would be detached and fairly ornate, though this style is not in keeping with the general pattern of Norfolk houses.

A radical alternative would be development outside the village. Would any farm want to sell off parcels of land, and would the district council be prepared to allow that? It seems unlikely. But perhaps if RAF Marham massively expanded maybe there could be a new town established to support it and just possibly development would creep towards Shouldham and then absorb it. Perhaps the proposals for Downham Market will create an influx of new employees looking for somewhere to live?

It might be possible to implement either the design concepts of detached houses or short terrace clusters on the larger land parcels that might become available. All changes to the village in recent years have been small infill sites, several being the exploitation of garden space. In the future, might there be a further reduction of the open space in gardens? Perhaps it will depend upon who owns those dwellings with large gardens that are no longer wanted, and whether they can create an access to the land. This could further reduce the country lane appearance as the thoroughfares are peppered with driveways that meet highway specifications for visibility. Ironically, highway standards for road safety invariably enable faster traffic movements – which contradicts the need to reduce traffic speeds to reduce accident damage.

The village thoroughfares have many hazards: poor visibility, a general lack of street lighting, narrowness and lack of segregation of pedestrians from large vehicles; massive farm tractors with trailers, and double-decker buses mixed with school children walking home. Would you want a one-way traffic system imposed – along with increased vehicle speeds and your land grabbed for road widening, kerbs and footpaths? Or do you want traffic lights or more street lighting? As most of Shouldham is not on a major traffic artery, and public money is in short supply, it is unlikely that any of this could happen.

A simpler change would be to introduce a widespread 20mph speed limit, maintain existing traffic-calming features of bends and road narrowing, adding more especially on the straighter and wider sections that encourage vehicles to speed, and to try and segregate pedestrians from roads with new, separate footpaths or trogs in conjunction with any development. All development proposals should consider their accumulated effect on the network of movement, such as to and from school or the school bus and existing road-safety hazards. Too often any small development is judged simply by how much vehicle traffic it would generate and whether that could be accommodated on the road network.

Shouldham is changing because of the prevalence of cars. Can the village agree a plan for its future? But would a village plan for the future minimise the effect of motor vehicles, or will the car continue to dominate and shape change?

Alan Austin (to be continued)

'I say anyone for cricket?'

SUNDAY 5 June 2016

SHOULDHAM ANNUAL VILLAGE CRICKET DAY

TWENTY 20 CRICKET

KING GEORGE V PLAYING FIELD

ADAPTED RULES

PLAYED WITH OFFICIAL TRAINING BALLS

Invited Teams:

SHOULDHAM BOWLS CLUB (Reigning Champions)

SHOULDHAM FOOTBALL CLUB

KING'S ARMS

CHALK AND CHEESE



2 X SEMI-FINALS (1000 HRS AND 1200HRS)

3RD/4TH PLAY OFF (1400 HRS)

FINAL (1600 HRS)

HOT AND COLD REFRESHMENTS AND FOOD ON THE DAY

A GREAT DAY, GOOD FUN AND MANY LAUGHS

SEMI-FINAL DRAW TO TAKE PLACE ON SUNDAY 1 MAY

AT THE VILLAGE BIKE RIDE LUNCH

Carols round the tree

Carols round the tree was a great success, with even more singers than usual – and the weather was kind too. A total of £66 was raised in donations and was sent to Riding for the Disabled. I have had a nice letter from them thanking us. Thanks once again to the Harriss family for the welcome hot punch.

Jennifer Malby

Watlington Surgery update, Lent 2016

I hope everyone had a restful festive season and that by the time you read this you have managed to keep your New Year's resolution to get fit/give up smoking/give up alcohol, etc.

Many of you will know Caroline Marshall, our practice nurse who has worked tirelessly at the surgery for the past 32 years. She has decided to take her well-earned retirement to be able to spend more time with her grandson. Caroline has been the backbone of our nursing service for many years and has an excellent reputation for being able to cure leg ulcers where others have failed. We shall certainly miss her and wish her well for the future. On behalf of all the patients she has helped, I would like to thank her very much and hope she enjoys her new caring role as much as she did in looking after our patients.

In recent months, I have been saddened to see an increasing number of elderly patients who are struggling with low mood. Although there are many factors that can contribute to this, more often than not it is a matter of loneliness and isolation. Quite often it can be the loss of a spouse, or friends moving away, or the loss of independence as patients become increasingly frail and give up driving. There are many of our patients who try to deal with this on their own and are stuck in their homes, but feel unable to take the steps required to have interactions with other members of the community. Not everyone is outgoing or gregarious and the less forceful patients land up spending most of their time on their own. There are lots of activities within each village, which encourage people to join in, but sadly this is not for everyone.

There is however a charity called The Silver Line, which is run by volunteers. They are available 24 hours a day. The following is taken from their website:

'Call in confidence and for free

You can tell us how you feel and express feelings about your life with complete honesty, knowing that your call is treated in the strictest confidence. We always trust and respect your privacy but if you feel vulnerable, neglected or abused, then with your permission, we'll guide you to organisations that will help.

No problem is too big or too small

If you're home alone or feel you have no-one to turn to, don't struggle with loneliness.

Even if all you need is information or advice, pick up the phone. We will be there for you.

Calls are free: 0800 4 70 80 90'

In addition to coming to see us, I would encourage anyone who recognises what I am talking about to try The Silver Line.

Dr Philip Koopowitz

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jtowlercarpentry@gmail.com



Yoga With Dawn

New Yoga Class in Shouldham Village Hall

6 week introductory Course including mat £45

Starting Tuesday May 10th at 7pm

**Contact Dawn for details
and to book your place**

07811 185310

www.Yogawithdawn.co.uk

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Call Keith Matthews (ACMA)

01366 347848 07818 438066

Shouldham Ladybirds

Meets the 3rd Tuesday of the
month, 8pm

Shouldham Village Hall

All ladies welcome

For more information

Contact

shouldhamladybirds@gmail.com

Sandra 01366 347789

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