

**Published quarterly by  
Yaxham Village Amenities Association  
(YVAA)**

# **Yaxham Community News**



**October 2020**

## **Welcome to the New Norm!**

Welcome to the latest edition of our local Newsletter. The last six months have certainly created some challenging new experiences for us all.

There have been some positive outcomes in our community, not least the setting up of Yaxham Cares, which was a joint operation between a number of teams in the village. The whole effort was administered by Trudy Gust and Jennie Smith, using the well-proven systems developed for the Community Car Scheme. An incredible 74 volunteers came forward offering help and assistance in many forms. This is without doubt a tremendous statement of community support and collective concern for others in need. Thankfully, all requests for help have been met and it is reassuring to know that the village has in place a support network ready to help those in need, should it be required. Well done everyone.

Whilst the Village Hall was closed as a result of lockdown, we took the opportunity to completely redecorate, including new entrance flooring which is much easier to clean. The curtains, which did not comply with current fire regulations, have been replaced with blinds and all rooms now benefit from a bright new colour scheme. The main hall floor has been re-surfaced. The Parish Charity generously provided a grant which covered just over 40% of the cost. Without this timely input, we could not have gone ahead, but the largest input was the amazing hard work that Steve (YVAA Trustee and Caretaker) and Gary (YVAA Cleaner) put in to make it happen, over some very hot days. In addition, Steve was able to get benches from the recently closed Mustard Pot in Whinburgh at a bargain price.

It is estimated that, as a result of the restrictions that have been in place and in certain scenarios that remain prohibited, the Hall will lose £25,000 to £30,000 in income. Whilst this means a strain on our resources, the most important point is the dramatic effect that it has had on the many events that were scheduled over the last 6 months.

We are now open and, despite operating under the strict Covid-19 rules, a number of regular bookings have returned; we also have demand from a number of new groups. We took advantage of the shut-down period to update our booking system, which incorporates invoicing, payment and diary all in one. Like all new systems, this will take a while to bed-down to ultimate efficiency and future benefit for users and the Trustees.

I am writing this piece whilst on holiday in Cornwall and the owner of the barn conversion we are staying in is also Chair of his local village hall. I also bumped into another VH chairman at a local pub; it was refreshing to find that the problems shared were similar. It was both informative and reassuring to learn of the experiences many of those in our situation are currently having; both Halls were undergoing renovation and both had play-area problems.

The current situation with our play-area is that, following many years of patching, the last RoSPA inspection highlighted more areas that require attention. The Trustees have sole legal responsibility for the play-area and the safety aspects that go with this. Whilst we have excellent public liability insurance in place, our insurers have made it clear that any degree of safety negligence would invalidate our cover. We reluctantly have made the decision that further patching is not without risk and have closed the play-area. Based on the reality that this would need to be replaced in the very near future, we prepared plans for a new play area, including adult exercise equipment some 3 years ago. Over this time, we have asked for users to come forward to refine the plans in order that we can develop them further. To date around 6 people have come forward and we will be meeting up in the near future to seek ways of creating a safe play-space. The Parish Council has kindly offered £1,000 to help move things forward. If you think that you could help us develop this project, then please get in touch at [yaxhamvh@gmail.com](mailto:yaxhamvh@gmail.com).

Sadly, we are aware that there are some who choose to ignore safety notices around the play-area and are using the equipment. Doing so is solely their responsibility and risk and YVAA cannot be held responsible for any injuries that may occur.

We continue to need to be flexible in the way we operate, taking into account the ongoing changes that this pandemic demands. As I write this, the latest rule of 6 does not prevent us from carrying on, but requires even more vigilance from our users.

Take care and stay safe.

Peter Smith, Chairman, YVAA

***“In the rush to return to normal, use this time to consider which parts are worth rushing back to.” (Dave Hollis)***

## St Peter's Church

*You have made known to me the path of life;  
you will fill me with joy in your presence.*

*Psalm 16:11*



For many of us, life as we know it changed during the month of March and we found ourselves doing things in new and unexpected ways.

As our country went into lockdown our physical church services stopped around the benefice and we moved to online services via Zoom. Morning prayer takes place at 9am Monday to Saturday with a worship service at 10am on Sunday mornings. These services have brought us together in a new way and some of us have had to learn new IT skills!

I am a great believer in the power of prayer and seeking God's presence in all things. More people have been joining us for daily morning prayer which has been good.

The interior of the church is looking a little different with roped off pews and the removal of all books and kneelers. In July we started to hold a physical service in one church in the benefice at the same time as the 10am online Zoom service. On 23rd August, the service was at St. Peter's and whilst at the time of writing this congregational singing is not allowed, we all felt that seeing each other in person made up for that.

On 6<sup>th</sup> August, our curate Rev Andrea Woods was priested at All Saint's Church, Mattishall. We look forward to her celebrating Holy Communion with us in the coming months.

Food bank items can be left at Petersfield, Church Lane.

Going forward, details of when the church will be open and service times will be posted on the church notice board and benefice website.

I invite you to join me in praying for our school community as they settle into a new school year and let us give thanks for those whose presence has helped us through these past months.

Contact details: Rev Mark McCaghrey—01362 882260  
Rev Sally Thurgill—01362 692745

Churchwardens: Annette Cheeseman—01362 693214  
Lesley Hoyle—01362 692366

Website: [matvchurch.uk](http://matvchurch.uk)

## Pinns Corner and Woodland

Due to Covid-19 there has been a greater use of the facilities of Yaxham's open spaces during these difficult times. There are numerous walks to be enjoyed around and from Pinns. The litter bin has been replaced and is situated next to the picnic bench, which is cleared weekly.

The blackberries are now ripe, as are plenty of apples ready to be picked for all to enjoy.

Do come along and continue to use your open space.

The Pinns maintenance group, made up of all ages, meet on the first Saturday of each month from 10-12. If you would like a little exercise and can help with maintenance you would be most welcome to join us, share a mardle and cuppa. Tools are provided.



**The Trustees were delighted to receive an unsolicited offer to give some much-needed TLC to the Memorial Garden at Jubilee Park. Such offers are rare, and enormously appreciated!**

## Story Slot – Maid's First Day in 1820 (Part 1) by Barry Rochfort

It was a filthy day. It was Anne's first day on duty. She rose from her bed in the attic and felt the cold start to bite her as she poked around in the dim light for her maid's uniform, with its black dress, broad white collar, and her white apron. She jumped back into bed with



her clothes to warm up a little before putting them on over her pyjamas. The floor was cold as she slipped her feet into her shoes, lit a candle, opened the door and crept along the dark corridor to the steep narrow servants' stairs. She had to rise early and light the fires in the kitchen, the drawing room and library, open the heavy curtains to let the poor light attempt to outline the windows and accentuate the darkness of the fresh oak

panelling in the hall and up the main staircase, and the ghostly spectres of the Master's family portraits. She set about preparing in the way she had been instructed by the housekeeper for the start of the Master's day.

In the kitchen, the kettle was soon beginning to sing; she made herself a cup of tea and settled down on a chair by the large recessed fireplace at the north end of the kitchen, and looked around. She had no experience of such a room and was full of wonder at how her master and his family lived. The stone flagged floor was unevenly worn but smooth from use over the years. The large oak beams



across the ceiling showed their power in holding up the house above. They had been blackened by smoke billowing from the fireplace when the wind gusted from the north, breathing a cold flurry of murky air. She struggled to put a large log on the flames, and it fell with a clunk, steadying it with her foot as it tried to roll towards her.

[To be continued.](#)



<b>Yaxham Community Café</b>	<b>Welcoming back our community from 10.00am to 12.00noon on the following Thursdays:</b>
	<b>October 8<sup>th</sup> November 12<sup>th</sup> December 10<sup>th</sup></b>
	<b>Yaxham Village Hall</b>

**poultec**  
the training specialists

**Apprenticeships,  
Short Courses,  
Traineeships, and more!**

- Business and Administration
- Butchery Training
- Clinical Support Services
- Contact Centre • Customer Service
- Dental • Engineering • Equine
- Fitness • Food Manufacturing
- Hairdressing and Barbering
- Hospitality and Catering
- Information Technology
- Leadership and Management
- Manufacturing • Poultry Production
- Retail Skills • Speedway
- Warehousing and Storage



Apprenticeship



Traineeships



Education & Skills  
Funding Agency

For more information, speak to a member of the Poultec team

Tel: 01362 850983 Email: [enquiries@poultec.co.uk](mailto:enquiries@poultec.co.uk) Web: [www.poultec.co.uk](http://www.poultec.co.uk)

South Green Park, Mattishall, Dereham, Norfolk NR20 3JY



## Table Tennis

The outbreak of Covid-19 and the ensuing lockdown stopped our league season and our Tuesday evening social sessions in its tracks. Our Yaxham A team had reached the semi-final of one cup game participating in the Dereham league and were in a mid-table position. Our social sessions became very popular, attracting new players with some local residents also turning up to play. The social sessions at the Dereham Leisure Centre on a Saturday morning also ceased and are still not on the short-term list for starting up again.



The good news is that we started up our social sessions on 4<sup>th</sup> August but, in line with Government and Table Tennis England guidelines, we restricted the number of players to six in the hall at any one time with no doubles played and players staying at one end of the table. So now we have 2 x 90 minute sessions on Tuesdays starting at 5.30pm all of which have been full. Extra care is taken to ensure that tables are wiped clean after use and match balls sanitized. The social sessions are by appointment only by booking in with Paul Phillips on [epaulp@btinternet.com](mailto:epaulp@btinternet.com) and priority is given to league players and regular users with payment made at the end of the month by bank transfer. Our league season has been postponed and probably will not commence again until the end of the year, depending on guidelines issued.

If you are interested in playing please drop me a line and we will do all we can to accommodate new players, maybe with extra sessions.

Paul Phillips

## School News

I know I am not alone when I say this has been the strangest few months. For the team at our school it has been an enormous learning curve, but we have felt blessed to be part of such a fantastic community.



From the moment we were aware of the challenges Covid-19 would present—staff, parents and governors worked together to do all they could to keep our school community safe and well. They have committed throughout to ensure children continue to learn, whether at home or school. The children have amazed us with the way that they have adapted - we couldn't be more proud! There is no doubt that home learning presents a huge challenge to everyone. Teachers worked tirelessly to plan activities that would keep children engaged, adapting to the mood as time away became more of a strain, and remaining committed to keeping a connection with the children throughout. Parents have been incredible, juggling their working lives to ensure the very best experiences for their children. I am sure that they have all made some very special memories during this time. Children have continued to learn in so many ways; as a team we cannot applaud parents enough for all they have done.

The children have made us laugh, cry and glow with pride throughout, from recording joke of the week, songs, dances, to calf updates! In addition, they wrote prayers and poems to get us through, alongside their everyday learning. We knew that our children were community-spirited and this period has been no exception. One of our Reception children was named a Norwich City Community Hero after making flowers and leaving them for her neighbours. A Year One child decided that she should make



everyone smile at Easter and bought eggs and left them on doorsteps. The whole school worked together to make contact with people self-isolating in the community with cards, letters and pictures. They also sent some to a local care home. The Norfolk and Norwich Hospital had to move the children's ward on to an adult ward so our pupils made pictures to help brighten it up. I am sure they will have brought smiles to lots of faces during these difficult times.

Throughout this time the messages and support we have felt from the community, and the Church especially, have really helped. The children have enjoyed online collective worship, although they can't wait for the day when we can join together in school, or at the Church.

Sadly, whilst all of this was happening, we didn't get to say our usual goodbyes to staff and children moving on, but we managed the best we could, with a socially-distanced picnic and an epic leavers video! They were all excited to prepare for the next stage in their educational journey and we can't wait to hear how they are getting on.



The new school year has now begun and we were pleased to welcome all classes back. Whilst this term won't be the same with no visitors in school, we are having to rethink many things, including the nativity! However it happens, we will work together to make it something special.

Best wishes to everyone from all at Yaxham Primary School.

Jennie Müller  
Headteacher

## **Yaxham Parish Council & Charity News**

Much has happened since the last edition of the Community News.

**Covid-19** – We didn't know then what was going to hit us with the pandemic. So, with a number of volunteers we helped set up "Yaxham Cares" (under the Parish Council), supported by the Yaxham Village Amenities Association, St Peter's Church, Yaxham Community Car Scheme and the Primary School. This was financed by grants from Breckland Council and Yaxham Parish Council. Over 70 residents came forward to volunteer and, since then, Yaxham Cares arranged for shopping, prescriptions and journeys to the surgery and elsewhere. We are now proposing to make Yaxham Cares a permanent setup – working with Community Action Norfolk as a "Good Neighbour Scheme". More details will follow. It has been Yaxham at its best – and now we want to ensure that Yaxham is ready should there be another lockdown this autumn, and will continue to support the vulnerable in our community. Thank you to all of you that have helped – here's to the future!

**VE/VJ Events** – Thanks to Covid-19 VE Day on 8<sup>th</sup> May was a virtual event, but nonetheless a great success. VJ day on 15<sup>th</sup> August was then the first village event at the Village Hall – another success – see the article in this edition. These events were financed by a grant from Breckland Council and managed by the Parish Council.

**Planning/NP4Yaxham** – This has continued apace, with mixed results, despite all the hard work by the Council and many residents – thank you. Yaxham Waters Middle Field application has now been reduced from 28 new lodges to 13 lodges and looks as if this will go forward. Reduction of affordable housing from 40% to 25% for the Lanpro/Glavenhill/Scarlets Homes 25 homes north of Norwich Road – which we lost. The Elm Close application by Flagship is now at Appeal, and we have all put our papers in and await the Examiner's decision. The application for 4 dwellings on the site of the Old Post Office is opposed by the Parish Council as it conflicts with the Neighbourhood Plan. There are also major planning consultations under way proposed by the Government which the Parish Council will be responding to.

**Yaxham Waters Café** – Sadly, this has not re-opened post lockdown, and some 27 people made redundant. This is a huge loss to the village. There is some talk of it being let-out to a new operator, but as matters stand it is closed.

**Children's' Play space** – Sadly, this too has not re-opened post lockdown. There are safety, financial and manpower challenges in getting this back open. The Parish Council has offered to work with the YVAA and any volunteers, and an initial £1,000, to make this happen.

**Parish Charity** – It has been a busy few months. The YVAA asked for help with getting the Village Hall re-decorated during Lockdown and the Charity made a grant of £5,725 to cover much of this cost. The Football Club has had grants for the new Goal Posts, treatment of the grass and soon the new Dugouts will be installed – all largely courtesy of the Charity. We also have made small grants available to cover Covid-related costs of organisations re-starting. These have gone to: the YVAA, the Yaxham Community Café, Yaxham C of E (VA) School and the Yaxham Community Car Scheme.

**New Parish Clerk** – sadly Vicky Turner has had to stand down for family reasons, and we will really miss her. We have recruited a new experienced Clerk, Heidi Frary – welcome Heidi.

Who said village life was boring?

The thanks of the Parish Council to everyone who has worked with us to help so much happen.

Ian Martin, Chairman

For more information email [yaxhamparishclerk@gmail.com](mailto:yaxhamparishclerk@gmail.com) or visit [www.yaxham.gov.uk](http://www.yaxham.gov.uk)

**Yaxham Community Café is looking for volunteers!**

If you have a couple of hours to spare once a month, and would like to join our friendly team, please email: [yaxhamcommunity@gmail.com](mailto:yaxhamcommunity@gmail.com), or have a chat during a coffee morning.

## Village Hall Bookings

Yaxham Village Hall is a flexible indoor and outdoor space available for hire again after the lifting of some Covid-19 restrictions.

We have worked hard to make the Hall compliant with government guidelines and many of our regular events have resumed. The facilities have been recently refurbished and comprise of a large main hall perfect for children's parties, dancing, performances, events and classes, The David Myhill Room, a smaller separate meeting room, plus the Community Room with its own bar, perfect for coffee mornings and gatherings. Limited Kitchen facilities are available and the building is fully accessible. In addition, there is a large playing field with home and away changing rooms.

The Hall is run as a charity for the benefit of the community, by volunteers. It is not staffed. Any general enquiries can be sent to [Yaxhamvh@gmail.com](mailto:Yaxhamvh@gmail.com)

Prices for hire vary but, in brief, the main hall costs £13 per hour and the meeting room £7, with discounts for Yaxham residents. A three-hour children's party is £30, or £25 if you live in Yaxham. The easiest and quickest way to hire the hall is to visit our website, [www.yaxhamvillagehall.co.uk](http://www.yaxhamvillagehall.co.uk), where you will find an up to date calendar of events and detailed price list. Bookings can be made, online, through our Hallmaster booking system, with full instructions on the Bookings page. Questions can be emailed to [YVAAbookings@gmail.com](mailto:YVAAbookings@gmail.com). Once a booking is confirmed, an electronic invoice will be sent for the hall fee which can be paid through BACS or PAYPAL. The code for the front door will be sent to you before your event. A £100 damage deposit is usually required, which is best paid by cheque. Regular bookings can be invoiced monthly. Alternatively, booking requests can be sent in writing to: YVAA bookings, Forge House, Station Road, Yaxham, NR191RD. There is a list of events booked in this newsletter to help find an available date.



Finally, messages can be left on 01362 694508; this number is checked periodically and is not suitable for emergencies. The Yaxham Village Amenities Association (YVAA) own and operate the hall but do not run any of the events held.

**Yaxham Village Hall is a registered charity. It is run by volunteers who give their time for free and for the benefit of the community.**



studio@hcprint.co.uk | www.hcprint.co.uk  
**01362 694 222**  
Breckland Business Centre | St Withburga Lane | Dereham | NR19 1FD

- Brochures
- Leaflets
- Posters
- Folders
- Menus
- Newsletters
- Bespoke Wedding Stationery
- Invitations



**HARLEQUIN**  
Colour Print



## Diary Dates for Yaxham Village Hall

CR = Community Room; MR = Myhill Room.

Regular Events		
Dance Centre Stage and Performing Arts School	Every Monday, Wednesday and Friday	16.00 onwards
Beginners Pilates	Every Tuesday Morning	09.30-10.30
Tai Chi	Every Tuesday (term time)	11.00-12.15
Table Tennis	Every Tuesday Evening	17.30—21.00
Pilates (Beginners)	Every Wednesday Morning	09.00-09.45
Footloose	Every Wednesday and Friday	10.00-11.00
Watercolour Classes	Every Wednesday and Friday	13.30-15.30
Deep Cleaning (Hall & MR)	Every Wednesday and Friday	11.15-12.45
Community Café	Second Thursday of each month	10.00-12.00
Pilates	Every Thursday Evening	18.00-20.00
Oil and Water Art Classes	Every Friday	09.30-12.30 13.00-15.00
Community Room Bar Open!	Every Saturday	14.00-19.00

Please note that times listed indicate when the hall is booked, **NOT** necessarily the time that the event, club or activity takes place.

October		
First Aid Training (MR)	Saturday 3 <sup>rd</sup> October	09.00-17.00
Community Café	Thursday 8 <sup>th</sup> October	09.00-13.00
Autism Anglia Training	Monday 19 <sup>th</sup> October	09.00-17.00
Little City Norfolk	Monday 26 <sup>th</sup> October	08.00-14.00

<b>November</b>		
Birthday Party	Sunday 8 <sup>th</sup> November	09.00-18.00
Community Café	Thursday 12 <sup>th</sup> November	09.00-13.00
Autism Anglia Training	Monday 16 <sup>th</sup> November	08.30-17.00
Dance Centre Stage Performing Arts School	Saturday 21 <sup>st</sup> November	09.00-11.00
Christmas Craft Fair and Community Café (Hall, MR, CR)	Sunday 22 <sup>nd</sup> November	08.30-17.30
Children's Party	Saturday 28 <sup>th</sup> November	10.00-15.00


<b>December</b>		
Norfolk Poultry Club (Hall & MR)	Saturday 5 <sup>th</sup> December Sunday 6 <sup>th</sup> December	13.30 Sat- 21.00 Sun
Community Café	Thursday 10 <sup>th</sup> December	09.00-13.00
Private Party	Saturday 19 <sup>th</sup> December	15.00-23.30

<b>Yaxham Village Amenities Association – Trustees</b>
The following trustees are all volunteers who give freely of their time for the betterment of this community facility
Peter Smith, Chair
Trudy Gust, Interim Treasurer
Daniel Hull, Bookings
Louise Dye
Steve Goldsmith
Lucy Vincent
Chris Couves—Parish Council Advisor & Community Consultant
Tony Varney – Community Consultant

## Yaxham's Elected Representatives & how to contact them

### Yaxham Parish Council

**Ian Martin, Chairman**


 01362 854248

[www.yaxham.com](http://www.yaxham.com) [www.np4yaxham.com](http://www.np4yaxham.com)

Yaxham House, Norwich Road, Yaxham NR19 1RH

[ian4yaxham@gmail.com](mailto:ian4yaxham@gmail.com)


**Maggie Oechsle, Vice-Chairman**

 01362 693646

Frogs Hall Farm, Cutthroat Lane, Yaxham NR19 1RG

[maggie01362@gmail.com](mailto:maggie01362@gmail.com)


**Anthony Cheetham**

 07917 418874

Gadwall Farm, Spring Lane, Clint Green NR19 1SA

[gadwallfarm@gmail.com](mailto:gadwallfarm@gmail.com)


**Chris Couves**

 01362 422515

12 Priors Grove, Yaxham NR19 4SL

[chris.couves@hotmail.co.uk](mailto:chris.couves@hotmail.co.uk)


**Bob Gust**

 01362 691659

The Cottage, Cutthroat Lane, Clint Green NR19 1RZ

[borgust@gmail.com](mailto:borgust@gmail.com)


**Peter Lowings**

 01362 690290

Pinebanks, Station Road, Yaxham NR19 1RB

[peter.lowings@btconnect.com](mailto:peter.lowings@btconnect.com)

**Richard Whadcoat**

 07780 972206

Mukinge, Well Hill, Clint Green NR19 1RX

[richard@RWClintGreen.com](mailto:richard@RWClintGreen.com)


**Heidi Frary, Clerk**

[yaxhamparishclerk@gmail.com](mailto:yaxhamparishclerk@gmail.com)

### Member of Parliament

**George Freeman MP for**

**Mid-Norfolk**

 01953 600617


8 Damgate Street, Wymondham, NR18 0BQ

[george.freeman.mp@parliament.co.uk](mailto:george.freeman.mp@parliament.co.uk)

[www.georgefreeman.co.uk](http://www.georgefreeman.co.uk)

### Norfolk County Councillor – Yare & All Saints Division (including Yaxham)


**Ed Connolly**

 07786 028055

[ed.connolly.cllr@norfolk.gov.uk](mailto:ed.connolly.cllr@norfolk.gov.uk)

### Breckland District Councillors – Mattishall Ward (including Yaxham)

**Paul Claussen**


 01603 880454


 07500 823115

Heath Cottage, 24 Heath Road, Hockering NR20 3JB

[paul.claussen@breckland.gov.uk](mailto:paul.claussen@breckland.gov.uk)

**Ian Martin**

 01362 854248

 07968 349 543

Yaxham House, Norwich Road, Yaxham NR19 1RH

[ian.martin@breckland.gov.uk](mailto:ian.martin@breckland.gov.uk)



**Mattishall**  
GOLF ACADEMY

**COMING SOON**

Mattishall Golf Academy an indoor golfing venue, using the latest Trackman simulators, with virtual courses and unique golfing games providing something for everyone; whether a seasoned professional or a social player looking to fun with a group of friends.



01362 850111



[www.mattishallgolfacademy.co.uk](http://www.mattishallgolfacademy.co.uk)

©2013

## What Helped with Covid-19

We, in Norfolk, are lucky enough to have had a relatively low incidence of Covid-19, and many of us do not have friends or family who experienced the virus personally. Annie Green-Armytage was not so fortunate, and has written the article below about her experience of having the illness. Annie's full article, together with links that may be useful to anybody who contracts the virus, can be found at: [anniegaphotography.wordpress.com/2020/04/20/what-helped-me-with-covid-19/](https://anniegaphotography.wordpress.com/2020/04/20/what-helped-me-with-covid-19/)



**This is a piece about the things that supported me through my bout of Covid-19. I was one of the lucky ones. I didn't need hospitalisation, I was able to stay in the comfort of my home. But it still had its scary moments.**

**What follows is what helped me. We are all different, so that doesn't necessarily mean everything will help you, but I hope at least some of it does. Feel free to take what you will and ignore the rest. And tell people you think might benefit.**

**The brilliance of our NHS staff.** The system may have been systematically underfunded and undermined but the people are amazing: compassionate, patient and full of reassurance. They deserve better. In particular:

**The doctor who gave me facts,** support and reassurance which I trusted. Who took time to explain symptoms, helping me to understand what was happening. And listened to my anxiety and prescribed an inhaler just in case.

**The NHS 111 nurse** who took the time to talk to me as a human. I cannot tell you how much difference that made.

### **People:**

- My husband, who looked after me, cooked, cleaned and gave me regular back massages in a particular place which seemed prone



- My family and friends who checked in on me, talked to me, sent me positive thoughts and wishes.

**Self-help:**

**Doing breathing exercises** as recommended by a doctor and nurse at Queen's Hospital.

Who knew that your lung alveoli in your back played such an important part in breathing? I definitely felt better when I did this exercise.

**Vitamin C:** This is anecdotal, although there is a study in China currently underway, which hypothesises that high doses of vitamin-C can reduce damage to the alveoli and protect against other kinds of damage. A herbal throat spray also eased the scratchiness and coughing.

**Paracetamol:** I was lucky in that I wasn't in a great deal of pain, but once I understood that my bouts of shaking were caused by fever spikes, I dosed with paracetamol in the early evening, when it seemed to be worst, and at other times as I started to recognise the signs of an attack.

**Distraction:** when my anxiety levels crept (or rocketed) higher, reading, TV (so much crappy TV), and on sunny days just watching and listening to the birds in the garden.

**Pilates:** exercising was counter-intuitive, in fact one of the nurses suggested bed-rest. Somehow though I felt that keeping my body moving just a bit would help. The gentle stretching of



a very few basic Pilates exercises - and it was very, very gentle - felt good. My muscles relaxed and breathing, an integral part of the exercises, became naturally deeper and easier.

**Continued over ...**

**Walking and fresh air:** just getting up and walking slowly around the garden every so often, felt helpful. Listening to the birds singing their hearts out.

Crucially, using these remedies gave me at least the illusion of some kind of control. I was taking some action in the fight - and it did feel like a fight - rather than lying back and letting it happen.

I learnt the importance of listening to my body, trusting myself to move around gently and stretch, walk and sit or lie when I needed to.

And of course, the interconnectedness of mind and body. Before it happened I had a great deal of anxiety around getting the virus, both for myself and for my husband. Once it did happen I was conscious of the importance of trying to maintain a positive attitude, a strong and clear intent to get better. Don't get me wrong, during the waves of attack this nasty bug kept mounting, I veered from anxious to scared to relieved and back to scared again. I tried to keep in mind a need and want to keep living and a determination to do so. This sounds melodramatic when I read it back now, but that's how it felt.

The other part of this interconnectedness was to nurture a sense of healing. For me that meant letting go of the (bad) news, the tales of mismanagement, lockdown transgression, mad statements by crazy so-called leaders. I stopped watching or listening to anything that made me angry. Good news was ok, no news was even better. Being in the moment, right here, right now: the sun is shining, I can see blossom from my window. And the birdsong - did I mention the birdsong?





# CHRISTMAS Craft & Gift Fair

YAXHAM VILLAGE HALL  
Sunday 22nd November  
10 am - 4 pm

Join us for our Christmas Extravaganza!

Something for all the family!



12 Norwich Rd, Yaxham, Dereham NR19 1RJ

## Yaxham Football Club

Firstly, on behalf of Yaxham Football Club I would like to wish everyone good health in the challenging times we find ourselves in.



Due to the current situation, our football season was finished early in March. We finished the season having played 25 games; winning 14, drawing 2 and losing 9. This left us mid-table and we were due to play in the League's most prestigious Cup Final. We would like to thank everyone who helped and supported the Football Club last Season.

The Club volunteers have been very busy over the summer months with lots of improvements being made. We painted the changing rooms, installed new goalposts, over-seeded & remarked the pitch and are in the process of building new dugouts.



More excitingly we now have three Teams which include a Saturday Reserve side and Veteran's Team that play on Sundays.

**We will be putting all of the Home fixtures for all three Teams on the fixture board at the front of the Village Hall, so keep your eyes peeled!**

We are also holding a Race Night on the evening of Saturday 19 December at Mattishall Social Club raising funds for the Football Club. If interested in attending or sponsoring a horse/race, please get in touch.

Phone: Bryn Hughes on 07914 538963

E-mail: [YaxhamFC@gmail.com](mailto:YaxhamFC@gmail.com)



**Yaxham is a group member of Thinking Fuel, Community Action Norfolk's collective oil buying scheme.**

**If you need oil, contact Thinking Fuel, and join the many members of our community who take advantage of their competitive prices.**

**ThinkingFuel** offers a fair, flexible and economic way to buy your heating oil. For more information and to register visit **thinkingfuel.org.uk** or call **01362 698216**.



### **Centre Stage Performing Arts School**



Established in 2004, Centre Stage Performing Arts School has locations in Dereham, Yaxham and Reepham; we provide professional tuition and examinations through our affiliation with the Imperial Society of Teachers of Dance (ISTD) in Ballet, Tap, Modern and Contemporary.

Enquiries/Information, or to book your taster session

✉ [centrestagepas@gmail.com](mailto:centrestagepas@gmail.com)

☎ 07770 944848

[www.centrestagepas.com](http://www.centrestagepas.com)

### **Yaxham Evangelical Chapel, Clint Green**

The news from the Chapel is that the roof has been replaced — this was planned for August before lockdown started. Now that the roof has been completed, we hope to get the building decorated inside and out before re-opening.

Praying we will soon be able to hold worship services again, but we don't yet have a date and cannot therefore plan services or Christmas events at this time.

Carole Beavis on:

01362 696846



caféverde

**OPEN EVERYDAY**

**9.45am - 2.30pm**

**BREAKFAST | LUNCH | AFTERNOON TEA | SUNDAY CARVERY**

Measures are in place for the safety of our staff and customers. Socially distanced indoor seating and lots of outdoor seating available.

**BOOK YOUR TABLE TODAY!**



Tel: 01362 857157 | [www.cafe-verde.co.uk](http://www.cafe-verde.co.uk) | Mattishall, Dereham, Norfolk NR20 3JY





**Four star bed and breakfast in the heart of Mid-Norfolk.  
Ensuite double, twin and superking rooms.**

**01362 697729**

**[www.forgehouseyaxham.com](http://www.forgehouseyaxham.com)**



### **Note from the Editor**

Please get in touch if you would like to contribute an article or comment on anything in this issue—we'd be delighted to hear from you.

An electronic copy of this newsletter can be found at:

[www.yaxhamvillagehall.co.uk](http://www.yaxhamvillagehall.co.uk).

Deadline for copy and advertising in the January issue is **Tuesday 1st December**. Advertising rates per issue:

Full back page—£65; full inside page (portrait) - £40; half page (landscape) - £25; quarter page (portrait) - £15.00.

Please send copy or ads to: [YourYaxhamNews@gmail.com](mailto:YourYaxhamNews@gmail.com).

## A Tribute to the Fallen of World War II

In the Spring, pre-COVID, Yaxham Parish Council formed a VE/VJ Day Working Group. This group applied to, and received from, Breckland a £500 Grant to enable the Parish to mark the momentous 75<sup>th</sup> Anniversary of the end of WWII. COVID-19 meant a change in plans!

As May was during Lockdown VE Day was a 'Virtual VE Day' event. It was a great success, especially for the toast to heroes on Friday 8th May at 3pm, held over Zoom. Well done everyone who mastered Zoom, often for the first time. All parts of the village joined in, including front garden parties at Well Hill, Priors Grove and Oaklands,

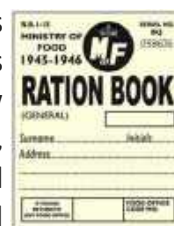


plus residents in Spring Lane, Norwich Road Yaxham and Clint Green, Church Lane, Dereham Road, Elm Close. It was a great moment across the whole Parish to pay tribute to the heroes of WWII - members of the armed forces and everyone on the home front. Thank you to all who entered the WWII Quiz and the Hat Competitions; winners received a VE Day 75<sup>th</sup> Anniversary Mug.



We were glad to be able to organise VJ Day as a 'real' COVID-19 compliant event on 15th August at the Village Hall. This was the first main event held in the Hall since lockdown ended. The Event included afternoon Tea and Cakes provided by the Yaxham Community Café. In keeping with the War theme, everyone was given a Ration

Ticket entitling them to a free drink. Visitors were serenaded by the wonderful Kitty Collins, Norfolk's very own Vera Lynn, and had a chance to view memorabilia from the war. Outside were a dozen stalls, a mini-roundabout and "Hook-a-Duck" which kept all ages entertained. The Community Bar was open, and the Football Club played two matches; they also ran a very successful BBQ. In all over 150 people checked-in for these events – a great result all round – Yaxham at its best.



Susan Martin

Coordinator for Yaxham VE/VJ Day



gymtec<sup>™</sup>  
fitness

# BACK TO GYM

Join from  
**£24.75\***  
per month

**All memberships include  
anytime gym + classes\***

\*Terms and conditions apply. see website for details

*tailored for you*

 [gymtec-fitness.co.uk](http://gymtec-fitness.co.uk) Find us on   01362 857195  [enquiries@gymtec-fitness.co.uk](mailto:enquiries@gymtec-fitness.co.uk)

 South Green Park, Mattishall, Dereham, Norfolk, NR20 3JY

## **It was just a hop – from school to shop**

**by Daryll Banyard**

When writing my previous article on Victorian gentleman William Critolph, I hadn't been aware that he had relatives still living in the area. Mrs Betty Brown, William's great granddaughter, kindly showed me the family tree illustrating that he had not only the 4 children buried at Old Moor, but a further 9, all 13 born between 1851 and 1875. The appalling child mortality rate at the time meant that most did not survive childhood. Rosalie, one of William's children who did live, married William Barlow of Station Farm (now Yaxham Park), and it was he who built the shop, Gants, soon to be demolished, as a business for one of his daughters, who was disabled. It was Betty's mother, Marjorie, who ran it as a flourishing General Store right through until the 1960s. Marjorie married Cecil Harvey who also ran a market garden on land behind where bungalows now stand in Well Hill.

I have been told about vivid memories of the store. As the door opened a bell announced your arrival, and you walked onto a wooden floor with counters on either side. On one counter were weighing scales for tea, butter, cheese, sweets and biscuits, all sold loose and put into paper bags. Rows of glass jars sold sherbet dabs, liquorice laces and Parma violets. On the other side were many household items from shoelaces, candles, cleaning materials and stationery. Everyday medical needs were catered for, providing a useful, necessary centre for the village. The shop emptied on a Tuesday when the ice cream man came from Dereham on horse and cart, serving his wares from an insulated container.

The Post Office was run by Mr and Mrs Aldous from a building, now no more, opposite the store on the corner of Well Hill, before which Joan Isbill ran it from her bungalow. The Post Office transferred to the store when Paddy and Dennis Gant took over around 1970.

The original Church of England school, as seen in the picture, was built in 1843. The earliest pupil photo (alas, of insufficient quality to reproduce here) is from 1912 with 19 girls identically dressed in smocks and 19 boys, similarly smart and sporting white collars. Uniform in a photo

from 1924 was not so regimented, though every child had a floppy hat! In the 1930s the children walked to school, fair weather or foul. The two classrooms were heated by coal fires with guards, around which wet clothes could be hung and dried. An adjacent toilet housed a bucket, emptied when the night soil cart called, earth (soil) being added to the pail after use. The headmistress at this time was Mrs Mallett, and one of her assistant teachers was Miss Register (very appropriately), and the other, Miss Bass.



I have enjoyed hearing memories of harmless childish pranks, but so as not to embarrass the near octogenarians who have told me them, suffice to say Mrs Mallett's ample rear, drawing pins on chairs, balls of knitting 'accidentally' lobbed onto the fire, nettles on loo seats and snowballs down the chimney, all came into play. The old school, and many such memories vanished when the new building was opened in 2005, all that remained being the original foundation stone and the old Victorian bell.





A wealth of expertise  
on your doorstep



## RICHARD TIDY WEALTH MANAGEMENT

*I provide a comprehensive wealth management service, offering specialist face-to-face advice tailored to you. My services include:*

- INVESTMENT PLANNING - TAX & ESTATE PLANNING -
- RETIREMENT PLANNING - INHERITANCE TAX PLANNING -
- CORPORATE FINANCIAL PLANNING -

*For further details please contact:*

Richard Tidy Dip PFS, P.G.A

Tel: 07900 927215 Email: [richard.tidy@sjpp.co.uk](mailto:richard.tidy@sjpp.co.uk)

Website: [www.richardtidy.co.uk](http://www.richardtidy.co.uk)

Associate Partner | St. James's Place Wealth Management, 4 Birkdale House, Drusilla Way, Yaxham, NR19 1DT