

The PICKENHAMS'

Community Newsletter for North and South Pickenhams

JANUARY 2025

In print and on-line this month

HAPPY

NEW

YEAR!

HOME HELP / PA & RESPITE

A big hello to all the lovely people of Pickenham.

Here at **A Helping Hand 4 You** we provide tailored home help support to not only enable individuals to continue to live independently but also to give access to the community and help combat loneliness.

Not only do we offer home help, we also provide a PA / Respite service for children and adults with SEND. Our wonderful PA has a wealth of experience in caring for and supporting children and adults with additional needs and is a fun, compassionate lady who adores working in this field.

We are a small family-run business which has very quickly realised the need for our services and has been able to provide help to many clients across Swaffham and the surrounding areas and watch our small business grow.

Whether it be PA/Respite, light housework, laundry, meal preparation, chaperoning to hospital appointments or some companionship we can tailor our time completely to suit your needs.

Please contact on 07811940677 / 07909091061 for an informal chat and to arrange a FREE visit to discuss how we may be able to help.

A Helping Hand 4 You

"A family-run Home Help Support Service, assisting with various tasks around the home and in the community"




- * Home Help
- * Companionship
- * Light cleaning
- * Laundry / Ironing
- * Medication collection
- * Transport & trips out
- * Meal preparation
- * Shopping and errands
- * Non medical post-hospital support
- * PA / Respite for children with SEND

"Fully Insured"
"Enhanced DBS checked"

Book your first FREE
visit to meet your
helper



Contact us on:
07811940677 / 07909091061
Ahelpinghand4younorfolk@hotmail.com

 AHelpingHand4You

"A family-run PA / Respite Service for families, carers and individuals with children and adults with SEND"



At A Helping Hand 4 You we provide quality PA / Respite Services within the community. Whether it be a fun activity, a run around a park or visiting a favourite place the list is endless and completely individual centred.


- * Your PA comes with extensive training and experience with SEND and Sensory processing
- * Experience in managing challenging behaviour
- * Confident in de-escalation techniques
- * A fun/friendly and nurturing approach

"Fully Insured"
"Enhanced DBS checked"

Book your first FREE
visit to meet your
helper



Contact us on:
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 AHelpingHand4You

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**Contact
The Estate Office
Tel 01760 756376
www.southpickenham.co.uk
info@specoffice.co.uk**

What's Happening at the Pickenham Hub

The Pickenham Community Hub, South Pickenham Road, North Pickenham PE37 8DA

Email: Pickenhamcommunityhub@gmail.com

Website: www.pickenhamcommunityhub.co.uk

Facebook: Pickenham Hub

Day	Activity	Time	Notes
Mon	Fitness in later life - exercise class	12.30pm-1.30pm	Re-starts from 6th Jan
	Table tennis	2.00pm -4.00pm	Re-starts from 6th Jan
	Gardening Club	6.00pm-7.00pm	Re-start date to be confirmed
Tues	Table Tennis	2.00pm-4.00pm	Re-starts 7th Jan
Weds	Craft club	2.00pm-4.00pm	Re-starts 8th Jan
	Bowls	2.00pm-4.00pm	Re-starts 8th Jan
Thurs	Table Tennis	7.00pm-9.00pm	Re-starts 2nd Jan
	Baby Massage classes	10.30am -11.45am	Starts 9th Jan
Fri	Pickenham Hub Café	10.00am-2.00pm	Re-opens on 10th Jan
	Legless Saxon Bar	7.00pm 'til late	Re opens on 10th Jan
Sat	Pickenham Hub Café	10.00am-2.00pm	Re-opens on Friday 10th Jan
	Kids Play Area	10.30am-2.00pm	Opens every week from 11th Jan
	Private Party	7.00 'til late	One off - 4th Jan
Sun	Dog Training	9.30am - 1.30pm	Re-starts 12th Jan

Large meeting space available for hire - full time, part time or one-off hire options for classes, groups events and parties. Contact us on pickenhamcommunityhub@gmail.com

The PICKENHAMS' - JANUARY 2025

Table Tennis at The Pickenham Hub

Mondays 2pm-4pm: For experienced players

Tuesdays 2-4pm: For beginners or returners

Thursdays 7pm-9pm: For all levels

For further details or to discuss which sessions would be best for you please contact:

Gwyn Richards on **07873 730291**

CARPET BOWLS

All equipment provided. First session free.

WEDNESDAYS 2 – 4PM

Pickenham Hub, South Pickenham Road, North Pickenham

Ring Keith on 07771 936686

for more information

Fitness in Later Life

ADDING LIFE TO YOUR YEARS

Join us for an invigorating fitness experience tailored specifically for older adults looking to embark on a journey to better health and well-being.

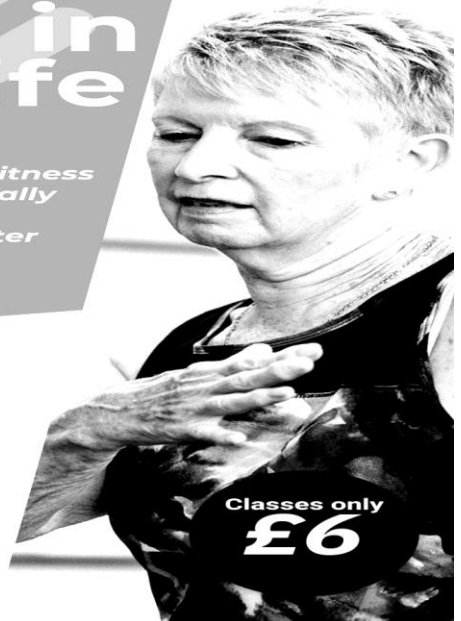
LOCATION:

North Pickenham Hub

Mondays 12:30pm-13:30pm

Simply pay on the day in cash
We hope to see you there ☺

FILL



**Classes only
£6**



Connect with us:
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For more info email:
reece@fill.fit



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The Pickenhams' Quiz: In the News in 2024

1. Which radio show celebrated its 100th anniversary on 1st January 2024?
2. The release of which TV show prompted then Prime Minister Rishi Sunak to say he would overturn and compensate hundreds of postmasters?
3. The shirt worn by Colin Firth in BBC's *Pride and Prejudice* was sold at a charity auction, how much did it go for?
4. Which country became the 32nd to join NATO?
5. In March, which iconic British confectionary brand celebrated its 200th anniversary?
6. Who won the men's singles at Wimbledon?
7. In May what natural phenomenon, previously unable to be seen from the UK, was visible?
8. What did the Oxford University Press declare its phrase of the year?
9. Meghan, The Duchess of Sussex, soft-launched a lifestyle brand in March. What was it called?
10. What was the name of the song that won Eurovision?

Answers next month.

Last month's answers: General Knowledge

- 1 – 1st July (183 days gone – 183 days to go). 2 – Sadly he only won one cap – v – Sweden 1970 (we won 3-1). 3 – Mexico, just southeast of Mexico City. Popocatepetl mean smoking mountain. 4 – Indiana Jones and the Dial of Destiny. 5 – 112. 6 – Captain Frank Drebin. 7 – Graham Gooch – England Captain at the time. 8 – West by North. 9 – Name was Beard, but only member who did not have one. 10 – Japan.

Well done if you got the right answers!

Happy New Year, Quizzers!





The Pickenhams' WI: JANUARY 2025 Update



For the Pickenhams WI, 2024 was a great year, when we had new members join and some excellent speakers come to entertain us at our monthly meetings. Our average attendance at numbered 23 and there has also been regular interest in going on the monthly WI walks, meeting for coffee at Margaret's Cafe and going for lunch out at Pentney. In December the Ukulele band performed at St Andrew's Church, North Pickenham and we also had our WI 'Bring and Share' Christmas Party at the Pickenham Hub, when our entertainment was provided by Three's Company.

In January 2025 our WI meeting will be held at Broom Hall, at 11.30am on Tuesday 14 January, followed by lunch. During 2025 the Pickenhams WI will also be celebrating our 75th Birthday (on Tuesday 8 April) at The George Hotel in Swaffham! Further details about this will be available at the next meeting. Our regular monthly meetings will resume at St Andrew's Church, North Pickenham in February.

***We welcome all visitors to our meetings.
If you would like more information, please contact
our President, Carol Richards on 07873 744971,
or our Secretary, Melanie Cousins on 07840 814417.***

The Pickenhams' Newsletter welcomes adverts, which we publish in good faith but recommend that potential customers/clients should check on claims to qualifications and certification made in any advertisement.

Please email pickenhamsperiodical@gmail.com for rates etc.

Copy needed by the 15th of the month.

The Season's Greetings to all our advertisers!

January

Oh January, that icy month, the snow is on the ground,
Red berries on the holly, fir trees glisten all around.

The children dress up warmly, play snowballs in the park,
They have to go home early, before it gets too dark.

The Robin Redbreast sings his song, perched upon the gate,
The blackbird hunts around for grubs, not too far from his mate.

The pond is frozen over, the ducks have gone away,
The frosty morning brings a chill, it's cold again today.

People are out walking, few cars upon the road,
Children with toboggans, carry shopping by the load.

The snowman in the garden, hat, scarf and carrot nose,
Icicles hang down from roofs, it's a picture when it snows.

The snowdrops are just peeping through, spring is round the corner,
One more month of shivering, and then it will get warmer.

June Melbourn

JUST ANOTHER DAY

It's another day
Of vacuuming and dusting, chore after chore,
Dishes in the sink, it really is a bore.

It's another day
Of packing up sandwiches, taking the kids to school,
Having to watch the clock; must live by this rule.

It's another day
Of hanging out the washing, ironing what is dry,
Rushing to the supermarket, lots of food to buy.

It's another day
Of making beds and washing the floor,
Tidying up and gardening, what's more.

It's another day
Emptying the bins, putting rubbish out,
Preparing dinner, cooking; my day is all mapped out.

June Melbourn

St Mary's Church, Houghton-on-the-Hill



Winter opening times: **Saturday and Sunday, from 12 noon until 2pm**

The summer concert series will begin in early May.

See website www.houghtonstmarys.org.uk and facebook page ([houghtonstmary](https://www.facebook.com/houghtonstmary)) for news of what's planned and the dates on which bookings will open.

In July there will be another **Thanksgiving Service** – look out for announcements of the date and participants.

More volunteer guides are needed: One or two afternoons per month would be of enormous help. Contact us if you or others can give some time to the church.

Please join the Friends of St Mary's! Contact us by phone or email or via the website.

Thank you for your continued support of St Mary's church and its priceless wall paintings.

Contacts:

Visits - Alan Brinsdon 07900 570766. **Guiding Volunteers-** Jeremy Whigham 07768 288774. **Website** - www.houghtonstmarys.org.uk. Find us on [Facebook](https://www.facebook.com/houghtonstmary).

Iris Saxon's Super Recipes

CHICKEN TEX-MEX CASSEROLE: Serves 4 plus

1 large saucepan and 1 large casserole dish

Bake: 350F, 160 fan, 180 oven, gas 4 for 25 minutes or air fryer 160 for 15 minutes

1 large onion diced; 3 oz mushrooms sliced; 2 tablespoons olive oil; 1 lb shredded cooked chicken; 1 tin cream of chicken soup; 1 tin cream of mushroom soup; 4 oz finely diced green chillies; 1 large tin chopped tomatoes well drained; 1 teaspoon chilli powder; ¼ teaspoon salt; ½ teaspoon pepper; ¼ teaspoon garlic granules or 1 clove crushed and finely chopped; 12 tortillas x 6 inches; and 4 oz grated strong cheddar cheese divided into 2 oz portions.

Place the saucepan over medium heat and add the oil and onion plus the fresh garlic clove if using and the sliced mushrooms. Fry until lightly browned then add the soups, chillies, tomatoes, all seasoning and chicken. Cook until bubbling stirring frequently. Lightly grease your casserole dish. Tear 6 of the tortillas into small pieces and cover the base of your casserole dish. Top with half of the chicken mixture and sprinkle with 2 oz of cheddar cheese. Now tear the remaining 6 tortillas and cover the cheese. Add the remainder of the chicken mixture then sprinkle with the last 2 oz cheese. Bake until bubbling and lightly browned around the edges. Serve with rice and a green vegetable.

LEFTOVER HAM BAKED WITH CHEESE AND PASTA: Serves 4

Bake: 350F, 180C, 160 fan, gas 4 for 15-20 minutes – air fryer 180 for 10 minutes

1 small saucepan for white sauce; 1 casserole dish; and 1 medium saucepan for pasta
250g pasta of your choice (Fuselli is good). 250g cubed leftover ham. 2 packets white sauce mix making a pint of sauce. 180g grated strong cheddar cheese divided into 2 equal portions. 2 tablespoons fresh sage finely chopped. ½ teaspoon garlic granules. ½ teaspoon salt to taste as the ham may be quite salty. 1 teaspoon black pepper. 120g fresh breadcrumbs or panko breadcrumbs.

Preheat oven. Cook pasta in boiling water for 12 minutes, drain, cover and set aside. Make the sauce according to the packets, combining the 2. Stir in the pasta, ham, sage, garlic, salt, pepper and half of the cheese. Pour into the lightly greased casserole dish. Mix the breadcrumbs with the remaining 90g of cheese and sprinkle over the top. Bake in the oven then once cooked let it rest for 5 minutes before serving. NOTE: You can substitute the ham for leftover turkey and add some peas, sweet corn and finely diced shallot. Serve with garlic bread, peas, sweet corn or whatever vegetable you fancy.

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CHICKEN IN A PARMESAN, WINE AND MUSHROOM SAUCE: Serves 4

1 basin; 1 large frying pan; and 1 jug.

1 lb boneless, skinless chicken breasts diced. 2 oz plain flour. 1 teaspoon Season All. 1 teaspoon paprika. 1 oz butter. 3 tablespoons extra virgin olive oil. 4 oz sliced mushrooms. 2 garlic cloves crushed and finely chopped. 1 large shallot finely diced. 8 fluid oz dry white wine. 4 fluid oz chicken broth made with ½ chicken stock cube. 1 teaspoon dried thyme. 2 oz grated Parmesan. 4 fluid oz double cream. ¼ teaspoon salt. ½ teaspoon pepper.

Make up the chicken broth with boiling water. In the basin combine your flour, Season All, paprika, salt and pepper and mix well together then add the diced chicken coating all the pieces well. Put the frying pan on medium heat with the butter and 2 tablespoons oil. Add the floured chicken and fry for 5 minutes until lightly golden then remove. Add the remaining 1 tablespoon oil plus the shallot, mushrooms and garlic and sauté until beginning to brown then add the wine, broth and thyme. Place the chicken back into the pan, bring to the boil then reduce the heat to a simmer, cover and cook for 12 – 15 minutes. Remove the chicken from the pan again and add the cheese and cream. Cook, stirring constantly, until the cheese has melted and the liquid has thickened and reduced by half. Add the chicken back to the pan to reheat just for 2 – 3 minutes. Adjust the seasoning if necessary. Serve with either pasta, garlic bread or mashed potatoes and a green vegetable.

Iris Saxon's Super Recipes

The Pickenhams' Newsletter is produced by volunteers.

It's delivered to all homes in North Pickenham and

South Pickenham and is on-line at:

<https://nthpickenhamparish.wixsite.com/nthpickenhampc>

and

<http://southpickenhampc.wixsite.com/southpickenhampc>

We can also send it direct to your email in-box.

Just send your email address to

pickenhamsperiodical@gmail.com

The PICKENHAMS' - JANUARY 2025

Mobile Library – NEW TIMETABLE

NORTH PICKENHAM:

14:50 to 15:00 HOUGHTON LANE; 15:05 to 15:25 BLUE LION;

15:30 to 15:45 WHITE OAKS

on WEDNESDAYS:

15 JAN 2025; 12 FEB 2025; 12 MAR 2025; and 9 APR 2025.

SOUTH PICKENHAM:

12:00 noon to 12:15pm at SOUTH LODGE

on TUESDAYS:

7 JAN 2025; 4 FEB 2025; 4 MAR 2025; and 1 APR 2025.

**Please note this information is subject to change or amendment
on a permanent or temporary basis.**

For all enquiries about these routes please call 01603 222303.

MOBILE POST OFFICE

**visits North Pickenham every Tuesday from 10:10 to 10:30
stopping opposite Latimer Way.**

GET IN THE SWIM OF THINGS

**Swaffham and District Swimming Club
meets 12 noon **every Tuesday** at Dereham Pool.**

Travel there and back by hired Eagles' coach.

**Picks up opposite the North Pickenham Bus Shelter at 1120, leaves Dereham
Pool to return at 1330. **ONLY £8 for the travel and swim.****

ALL WELCOME!

Further information is available from:

Marion in Necton on 01760 724477 or Geraldine on 07584 177295.

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The PICKENHAMS' - JANUARY 2025

South Pickenham Parish Council

New Year Greetings to all South Pickenham residents.

Date of next PC meeting – Wed 05-February-2025 at 6.00pm at the Home Farm Hospitality Suite.

Add Website address!

South Pickenham Parish Council Contacts	
John Blackburne (Chair)	01760 756219
Sue Bloomfield	01760 756204
Stephen Chalkley	4 West View
Carole Chalkley	4 West View
Simon Kroon	Contact via SPE Office 01760 756376
Melanie Cousins - Parish Clerk	07840 814417 or email sthpickenhamparishclerk@gmail.com
Breckland Councillor: Fabian Eagle	01760 440284
Norfolk CC Councillor: Fabian Eagle	01760 440284

North Pickenham Parish Council

A Very Happy New Year to All North Pickenham Residents

Next meeting – Tuesday 7 January 2025 at 7:30 PM

See: the Parish Council website at <https://nthpickenhamparish.wixsite.com/nthpickenhampc>

NPPC and other Council Contact Numbers	
Parish Clerk: Laurie Shepherd	07597 561478 or email nthpickenhamparishclerk@gmail.com
Tom Ryan (Chair)	07879 214651
Melanie Cousins	07840 814417
Ric Parsonson	07940 797666
Trevor Goodwin	07788 885702
Steve Haley	07900 517 401
Dave Barrington	07802 912823
Mark Saxon	07843 313577
Breckland Councillor and Norfolk County Councillor: Fabian Eagle	01760 440284
To contact Breckland Council	01362 656870 / http://www.breckland.gov.uk/
To contact Norfolk County Council	0344 800 8020 / https://www.norfolk.gov.uk/

The PICKENHAMS' - JANUARY 2025

NP PARISH COUNCIL NOTICES

Posters etc:

The Parish Council asks that posters for events etc are not attached to lamp posts, telegraph poles or street furniture. If you would like to put a notice in the notice boards in the village please contact Melanie Cousins on 440456.

Faulty street lights in North Pickenham?

If you see a street light is not working please contact: the Parish Clerk on 07766 204176 or email nthpickenhamparishclerk@gmail.com

Report it:

Below are occurrences that you may need to report to Breckland Council on 01362 656870 or at <http://www.breckland.gov.uk/>

Abandoned Vehicles; Benefit Fraud; Damaged Wheeled Bin;

Change Of Address; Change Of Circumstances; Compliments; Complaints; Comments; Dog Fouling; Empty Dwelling; Fly Tipping; Full Public Dog Bin; Full Public Litter Bin; Full Recycling Bank; Highway Problem; Litter and Dog Mess; Missing Wheeled Bin; Noise or Nuisance;

Street Name Plate Issue.

The Parish Council asks that dog mess is not disposed of in the black bin near the play equipment. Please use the red dog mess bin near the entry gate of the playing field. Many thanks.

DOG OWNERS/WALKERS



Do your bit to help keep North and South Pickenhams safe, clean and healthy by making sure you pick up your dog's mess. It can be disposed of in the various bins provided. There's a bright red bin for dog waste at Johnson's Playing Field, North Pickenham.

Please don't put dog waste in the black bin in the children's play area near the picnic tables, nor in the bin in the Bus Shelter.

Also, it's best not to let your dog approach another person unless it's someone you know likes dogs!

Please keep your dog under close control at all times and do not let it wander unattended particularly on the playing field.

Residents who have direct access to the playing field, please keep your gates shut at all times so that your pets cannot gain unsupervised access to the playing field.

Many thanks!

The PICKENHAMS' - JANUARY 2025



ROTARY CLUB OF SWAFFHAM

The Swaffham Rotary Club has a new President! Charles Howard-Vyse was presented with the Chain of Office by the Ray Burman, the outgoing club leader at our December Christmas Party meeting. After outlining his plans for the club in the coming 18 months Charles' first act as President was to hand our Member Scott Stones and his partner Honorary Member Zoe Waites a cheque for £24,780. This money has been raised by us with the extraordinary help of other Rotary clubs and individuals over the past year. Scott has recently embarked on his 20th trip to Ukraine, this money will be used by Scott and Zoe to finance a delivery truck to be garaged in Ukraine for the distribution of essential supplies. Other presentations during the evening included a Letter of Commendation from Rotary International World President Stephanie A. Urchick to our member and past president Malcolm Whittle, a Rotarian of fifty years standing. Acknowledgements also made during the evening included those to Clare Howard-Vyse and Honorary Member Sue Whittle for their contributions to the Club during the year. If you would like to find out more about Rotary or to come along to a meeting, contact our secretary Vicky Burman victoria.h.burman@gmail.com

Richard Skinner



We Serve

Swaffham and District Lions Club

This year once again we had a tree in the Christmas Tree Festival at St. Peter & Paul's church, and helped during the week of the Festival with ushering and serving refreshments. We ran our usual Christmas Charity Tombola stall at the Rotary Christmas Fayre, and our thanks go to all who supported this. The Pensioners' Christmas Lunch was held on Sunday 8th December at the Nicholas Hamond Academy, and was attended by about 80 people, who all received a free turkey lunch and Christmas pudding, with drink and entertainment. The Mayor Councillor Paul Darby and the Deputy Mayor Councillor Lyndsey Beech attended, and a good time was had by all. At time of writing this, our Santa sleigh is being prepared for our Charity collections at Tesco and Waitrose, and we very much appreciate all the generous donations we receive at this most expensive time of year. In March we will be holding another "Lions Den" at The Nicholas Hamond Academy, where we will have a pot of money to donate to various causes, and we would like to invite all local youth organisations to present their "pitch" for funding. For more information contact us by email at the address below.

We wish you all a Happy New Year and all the best for 2025.

Contact your local Lions club by emailing usatswaffhamlions@gmail.com

Or phone us on 01760 723377.

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**South Pickenham -
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The PICKENHAMS' - JANUARY 2025

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Introducing the Anne Robson Helpline - If you or someone close to you is dying, you can talk to us.

At the Anne Robson Trust we aim to be there to listen to anyone who is struggling with the imminent death of someone they care about. We know that facing the end of life can leave you isolated and alone.

Calls are free and confidential – **Call us on 0808 801 0688**

Being able to access support whilst a loved one is dying is really important for a number of reasons. Gaining knowledge of what may happen towards the end and having a sense of 'preparedness' helps both the person dying and their family gain as much control as possible.

Please visit www.annerobsontrust.org.uk/helpline-service to find out more.

The PICKENHAMS' - JANUARY 2025



TRANSPORT FOR ALL YOUR NEEDS

Our Community Car Scheme provides transport for shorter or longer distances e.g. Kings Lynn/Norwich/Addenbrookes mainly for medical appointments.

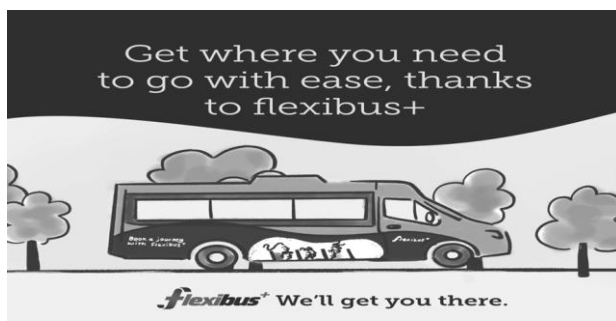
Our friendly volunteer drivers, all DBS checked, help us to offer this scheme which is a chargeable service to cover the cost of the mileage for the volunteer.

The following charges apply: 45p per mile from drivers' home to pick up; 50p per mile from your house to the destination; the price includes a given waiting time and an admin fee for booking; Should your appointment exceed the given waiting time, this will be charged at £3 per half an hour.

We will always try and find the closest driver available to help make the transport as cheap as possible for you. It also helps if the booking is made with plenty of notice.

We also operate a RURAL DIAL-A-BUS SERVICE EVERY WEDNESDAY TO SWAFFHAM.

For more information or to book transport please call 01553 770310



Norfolk County Council



Transport for All

A fully accessible bus service for Swaffham and the surrounding area has arrived! You can phone 01760 305022 to book your journey!

The flexibus+ service will run from 7am – 7pm Monday to Saturday.

Passengers will need to book their journey in advance which can be done quickly and easily using the flexibus+ app, online or via telephone. You can take your dog, too.

The flexibus+ is a Norfolk County Council service delivered



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CHURCH UPDATE

Sunday Church Services 2025

January 5th

Necton 10am Holy Communion [CW]

Holme Hale 11.15am Morning Worship [CW]

January 12th

Necton 10am Morning Worship [CW]

North Pickenham 11.15am Morning Worship [CW]

January 19th

Necton 10am Morning Worship [CW]

Holme Hale 11.15am Holy Communion [CW]

January 26th

Necton 10am Morning Worship [CW]

North Pickenham 11.15am Holy Communion [CW]

(BCP) denotes a traditional liturgical service according to the 'Book of Common Prayer'.
(CW) denotes a modern liturgical service according to 'Common Worship'.

FRIENDS OF ALL SAINTS NECTON

3pm Sunday 12 January 2025

David Flood – Organ Recital and Tenor

Tickets available from:

Francesca Shearcroft 01760 722610; fran48@mac.com; or

**John Mills 01760 788294 johnmills4@aol.com; or
at the door!**



Every Monday morning (except Bank Holidays) is
COMMUNITY COFFEE MORNING TIME!

10.30am to noon
at St. Andrew's Church, North Pickenham.
Coffee/tea; cakes and savouries.

Only £2!

See you there!

All ages welcome to this gathering.

Sit round the table and chat over a cuppa and goodie foods.

Children's area - "The Boat" - has many activities, books and jigsaws. See the choir of angels advent scene, made by one of our young people.

For more information please contact Jackie 07421 100601

Wishing you all peace and happiness for 2025.