



# BAWBURGH NEWS

Issue 500 Volume 42

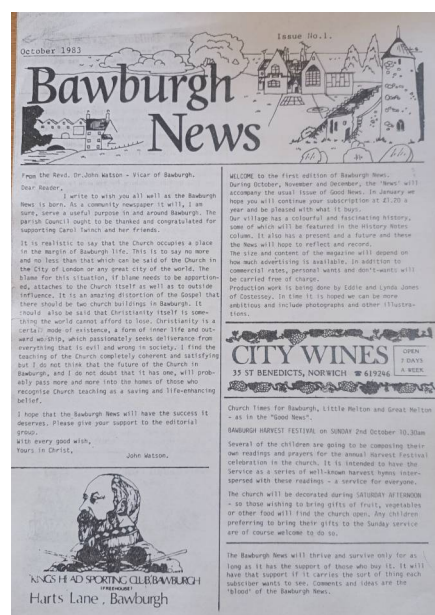
£5 per annum

September 2025

## Forty Two Years and 500 editions!

In October 1983, the first edition of Bawburgh News was published. Now, forty two years later, we publish the 500<sup>th</sup> edition!

The first ever Bawburgh News is still held in the archives and is a single sheet of A4 paper printed in black and white on both sides.



### The front page of Edition 1

It was edited by Carol Twinch, who continued to edit it for several years.

The first edition has elements which are still in the Bawburgh News today. As well as an advert for The King's Head and a hand-drawn banner, there is also an article from the vicar of the time, Dr John Watson, and information about events and some local history.

The 100<sup>th</sup> issue appeared nine

years later. By this time, some parts were printed in colour and a new editor, Betty Martins, had taken over.



### The 100<sup>th</sup> Edition

Betty continued to edit the newsletter for over 25 years, passing the responsibility on to Rob Anthony in 2016.

The Bawburgh News has continued to be published monthly ever since, with only a break during the Covid lockdown.

If you would like to get involved with the Bawburgh News in any capacity, please get in touch with Rob Anthony at:

[news@bawburghvillage.co.uk](mailto:news@bawburghvillage.co.uk)

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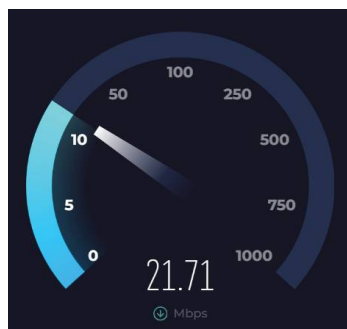
website

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

## Internet Speed improvements

Last month, we reported that City Fibre had finally finished installing Super-Fast fibre internet to the village.

Now people in the village are starting to get connected to the new service.



**Before: 21.71**

Rob Anthony, the editor of the Bawburgh News, made the change in the middle of August.

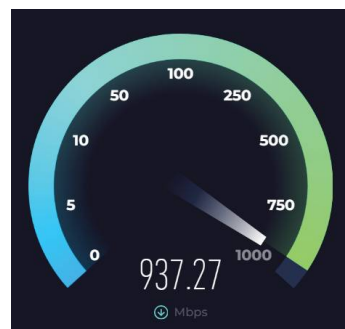
He said, "The process was quite easy. I chose my provider, booked a day for them to install it and then they came and set it all up."

"I have really noticed the difference," he said. "I work from home most of the time so

being able to have a fast and reliable internet connection really helps."

"I notice it most when I have to send or receive large files, such as sending the Bawburgh News to the printers. What used to take several minutes now only takes a few seconds and I don't have to wait for the children to finish their games before sending files!"

"I am still waiting to swap over my phone number to the new service but I am hopeful it will all be as smooth as the other transfers."



**After: 937.27**

## Help Required

Temporary help is needed for Bawburgh resident with meal preparation and washing up while she recovers from illness.

The rate is £14 per hour, hours preferred 5pm - 6:30pm and 9:30am - 10:30am but can be flexible - days by arrangement with applicant(s).

If you are interested or want further details, please contact Hayley on:

**hayleytink888@gmail.com**

## Thank you

Helen Liddle has contacted the News to ask if we "would kindly write a note of thanks for me to all those in the village who generously donated bottles to the bottle stall. It raised valuable funds for the church.

A big THANK YOU!

Thanks also to Caroline and Sue for helping to run it."

**OVER 600 CHURCHES AND CHAPELS OPEN TO VISIT NEAR YOU!**

Many historic churches, chapels and meeting houses are battling to survive. Roofs leak, lead roofs are stolen, ancient timbers rot and medieval stonework crumbles. **Now you can help** by joining a sponsored bike ride or walk discovering beautiful churches, which also raises money for their repair and preservation.

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**Saturday 13th September 2025**  
**9.00 am - 5.00 pm**

**HARVEST SUPPER AND SOCIAL EVENING**  
**FRIDAY 10<sup>TH</sup> OCTOBER**



**Harvest Supper at the Village Hall**  
**Tickets: £8 adults; £4 children under 12**

**You will need to book in advance by emailing Sue Williams on [smwstable@aol.com](mailto:smwstable@aol.com) and let us know whether you are a meat eater, vegetarian or vegan.**

**Money will be collected on the night at the door and payment can be made by cash or card**

**Once again we are looking for volunteers to make the amazing puddings which have been such a feature of this event in the past!**

**Money raised will go to the church, but in the spirit of Harvest, if you wish, we will collect any items of food which you might like to donate to the Norwich Food Bank - tinned soup, tinned veg, pasta, rice or toiletries would be very welcome**



## Talks for Everyone

Do come to our talks. There really is something for everyone!

Entrance, including tea or coffee: £3

**Tuesday September 9th 7:30pm in the Village Hall**

**Jan Bird: Conservation and Restoration of Ceramics**

**3D Jigsaws in Pottery, and a bit More...**

Jan is a retired Ceramics Conservator who worked at one of London's leading Museums before emigrating to Australia. Having returned to the UK, she settled in Poringland, and rekindled her interest in ceramics and conservation by joining the Caistor Roman Project (CRP). She will give an illustrated talk on her experiences as a Conservator, and discuss the difference between Conservation and Restoration, with particular focus on the large Roman pot from Caistor, shown in the photograph, which, with the kind permission of the CRP, she will bring for us to see.



**Tuesday October 14th  
7:30pm in the Village  
Hall**

**Cora Mullenger: Friends  
of Horsey Seals**

There have been wardens at Horsey since 2001, when the site was managed by Natural England. Following government-funding cuts, 'Friends of Horsey Seals' charity took over the stewardship of the site in 2011. As the numbers of seals has grown so has the organisation.

Cora is one of 350 volunteers who keep the seals safe; ensure minimum disturbance during the breeding season and annual moult; educate visitors; and rescue injured animals or abandoned pups.

\*An appeal from Friends of Horsey Seals\*

Injured seals are taken to the RSPCA at East Winch. The RSPCA is

always in need of old towels. So, if you have any, please bring them along and Cora will take them to

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## MP's Month

**Many of you have been in touch about the impact that parking and visitor numbers are having in the centre of Bawburgh, particularly around the river.**

The message I've heard loud and clear is that, while we're all proud to share such a beautiful spot, the sheer volume of visitors in peak season is making life difficult for residents - and it's starting to take its toll on the riverbank and the wildlife that make it so special.

Several residents have shared powerful personal accounts. Some have lived here for decades and now find themselves unable to get in or out of their own drives without putting traffic cones down first. Others have said the banks are being eroded, wildlife is disappearing, and that the character of what is, after all, a conservation village is under real strain. I understand these concerns and I want to thank everyone who has taken the time to write to me or speak to me about them.

Following these concerns, I raised the issue with Norfolk County Council. Their Highways Engineer has met with the Parish Council and provided the following feedback:

- If a formal Traffic Regulation Order (TRO) was introduced to ban parking on the unmetalled gravel section of Harts Lane, cars would likely just move onto the tarmacked section of the road instead. This could lead to obstruction and congestion for passing traffic.
- The current practice of putting out "no parking" cones appears to have helped manage the situation to some extent.
- Bringing in a TRO quickly would cost between £6,000 and £10,000. There is currently no funding available for this, so any progress would require identifying a source of financial support.

I know many may not be pleased with this response. While it sets out some of the practical and financial challenges, it doesn't yet provide the long-

term solution we had been hoping for. I will keep working closely with residents and supporting the Parish Council to try and find a way forward.

The River Yare is one of the treasures of living in Bawburgh - a place to swim, picnic, and enjoy nature. We want people to be able to appreciate it. But I also know that when the summer season arrives, the numbers can become overwhelming, and that's when it starts to affect day-to-day life for the people who actually live here.

That's why I'm keen to help the village find a solution that keeps the river accessible while protecting residents' quality of life and safeguarding the environment. This might involve seasonal parking restrictions, a residents' permit scheme, or other creative ideas we can explore together.

If you have suggestions, or if you've been particularly affected, I'd like to hear from you so we can make sure your views are part of the ongoing discussion. You can reach me on

**[ben.goldsborough.mp@parliament.uk](mailto:ben.goldsborough.mp@parliament.uk)**

**01603 570332**

*Ben Goldsborough, MP*

### Like to advertise in Bawburgh News?

An advert this size would cost you £45 per year or £5 per edition.

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## Vicar's Voice

St Walstan's Shrine Chapel in Bawburgh was once a thriving place of pilgrimage, renowned for healing. Though the chapel was destroyed at the Reformation, people continued to visit the holy well, and in the 19th century pilgrimage there was at its height. Even today, visitors come from near and far – one recently from Norway – to honour Walstan's story. Yet I feel we could make more of this unique spiritual heritage and deep well of faith that we have on our doorstep.



By the time you read this, I will be on sabbatical. A sabbatical is not simply a holiday but a time set aside for reflection, learning and renewal. I have chosen to focus mine on pilgrimage: to explore how we might reconnect with this tradition in Bawburgh. My hope is that we can honour our local saint while also offering others the chance of a spiritual journey that speaks to the heart, just as Walstan's life has done for centuries.

In recent years pilgrimage has seen a surprising resurgence. Television programmes like the BBC's Pilgrimage show how ancient pathways still touch people deeply today. (Do catch up on iPlayer if you haven't already seen it!). But why? What draws people to set out on such journeys, and what makes a place feel holy? These are the questions I will be carrying with me.

This autumn I'll be visiting some of Britain's best-loved pilgrimage sites, this already began with a visit to Iona in the summer holidays and will continue when my sabbatical officially starts with walking the Walsingham Way from Norwich Cathedral to England's "Nazareth". I'll also spend time at, amongst others, the shrine of Julian of Norwich, at Bury St Edmunds, Ely, Peterborough and Glastonbury, as well as exploring part of the modern Via Beata, which is creating a new pilgrimage route across England.

At the end of my sabbatical I will return to Bawburgh, walking again in Walstan's footsteps. My prayer is to gather what I have learned and bring back fresh insight into how we might enrich pilgrimage here today. I long for more people to encounter Walstan's story, to feel the quiet holiness of this place, and perhaps to experience their own moment of healing or peace.

## Church Services - September

7th	10am	Service with Holy Communion, Easton
14th	10am	Service with Holy Communion, Marlingford
21st	10am	Service with Holy Communion, Marlingford
28th	10am	Service with Holy Communion, Easton

Communion at home can be arranged for those who because of illness or frailty are unable to come to the Sunday service.

If you have any queries about services, baptisms and funerals, you can contact Laura on 01603 744551 or by email at:

**[eastonbeneficeoffice@gmail.com](mailto:eastonbeneficeoffice@gmail.com)**

In the absence of Rev. Laura, please contact Lin Gibson, acting church warden, by email

**[lin.gibson34@gmail.com](mailto:lin.gibson34@gmail.com)**

Or ring

**07785 258519**

I'll be sharing reflections and photographs on my page 'Finding Walstan's Way':

**[www.facebook.com/profile.php?id=61579381805002](https://www.facebook.com/profile.php?id=61579381805002)**

Please do follow if you'd like to travel with me in spirit – and above all, I ask for your prayers as I journey.

*Rev Laura Montgomery*

## Church News

Rev. Laura is currently on Sabbatical and is due to return Sunday 23rd November. We are very grateful to Rev. Dennis Ackroyd who has agreed to take all Benefice services in her absence.

Bawburgh Church will continue to be closed for the duration of September pending tower repairs.

*Lin Gibson*



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## Doin' Different : North Elmham Chapel

In old English, the name Elmham means 'village where the elms grow'.

In North Elmham village stands a ruined building which is in the care of English Heritage. It was originally a stone chapel and is thought to have been built over a much older timber building, the remains of the original Cathedral and the seat of the East Anglian Bishops from around 672 until 1080. The Cathedral was then moved to Thetford and Bishop Herbert de Losinga had the chapel built on the site.

In the 14th century Bishop Henry le Despenser had the chapel turned into his heavily fortified and moated country retreat. The Bishop had good cause to fortify his new home. He was known as the Fighting Bishop because of his love of a good battle.

He had become extremely unpopular locally after savagely quashing the final battle of Peasants' Revolt which had taken place near North Walsham. Bishop Despenser then had the rebel leader, Geoffrey Litister, executed and his followers massacred. He also had members of the religious group, the Lollards, burnt and buried at Lollards' Pit in Norwich. No wonder he wasn't very popular and needed a secure country residence!

The North Elmham building was left empty following his death, and slowly it was reduced to a ruin. It had many uses over the centuries, from a wooden cathedral, to a stone chapel to a fortified



house, so nowadays the remains are difficult to understand, but a second floor can be seen as well as part of the moat and turrets.

During last month's article about the Mid-Norfolk Railway, I discovered that there once had been a railway station at North Elmham as well as one nearby at County School. Repairs are being carried out by volunteers and it is hoped that one day this part of the line will be reopened.

North Elmham is situated about six miles from East Dereham. It is open to the public at all reasonable times.

*Jenny Press*

## 50 / 50 Club Winners

In August, the 50 / 50 Club winners were:

- Janet Baker
- Peter Jacques
- Peter Markham
- Sandy Gunning
- Pam Wimmer

If you would like to join the 50/50 club, just talk to Tishy Bayne at the next Coffee Morning.

## Coffee Morning

The August Coffee Morning was a bit smaller than usual - perhaps because of holidays - but still as chatty as ever and takings were £77.50. Richard made, brought and sold his beautiful cake.

The next Coffee Morning will be on Saturday 6<sup>th</sup> September from 10:30am at the Village Hall.

Everyone is very welcome.



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## Bawburgh Cooks

### Helen's Orange and Cranberry Traybake

Last month Hannah Reslan gave us recipes for Spinach Salad with Honey Mustard Dressing. Continuing the summer theme, Hannah's mum, Helen Reslan, contributes a recipe for a cake which is perfect to share out at barbecues or summer parties.

### Orange and Cranberry Drizzle Traybake

Traybake tin (recommended one tin 37x24cm or two 20cm tins)

#### Ingredients for main cake

350g soft butter or margarine  
350g sugar  
5 eggs

350g self raising flour  
2 oranges (zest of both, juice of 1)  
50g dried cranberries

#### Ingredients for crunchy topping

130g granulated sugar


Juice of the second orange

#### Method

1. Preheat oven to 180°C
2. Cream butter, sugar til light and fluffy, add orange zest, juice of 1 orange and cranberries
3. Slowly add eggs and flour, alternating between the two, stir as you go
4. Make sure all flour is incorporated and eggs well mixed
5. Grease the tin(s) then pour in the mixture
6. Bake in oven for 20-25 minutes, until sponge bounces back to touch
7. Meanwhile, make the topping - mix sugar with juice of the second orange
8. Once the cake is baked, skewer holes through the cake and then drizzle the sugar-orange mixture. Or, if you don't want it to soak in, just pour over. It will solidify for a crunchy top.

If you've tried one of our recipes, please let us know. Our cooks would love to have some feedback! You can contact me at: [mary01@clara.co.uk](mailto:mary01@clara.co.uk) Thank you!

Mary Wilkinson - [mary01@clara.co.uk](mailto:mary01@clara.co.uk)



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## John Innes

Last month I wrote about how we had started harvest earlier than I had previously known and despite some rain at the beginning of August we continued through to record our earliest finish to wheat harvest at least, completing this on 9th August. We do still have some later crops to harvest such as Phaseolus beans and potatoes and we will need to bring the combine out again for a trial of spring sown oilseed rape. For now though the team are busy processing all the data and seed from what has been harvested to make available to research staff for analysis.



**John Innes Centre**  
Unlocking Nature's Diversity

Darryl Playford [darryl.playford@jic.ac.uk](mailto:darryl.playford@jic.ac.uk)

## Wild about Bawburgh - more insects

If you remember, last month, we showed a photo of the Yellow Tail Moth, plus eggs on a glass windowpane at Peter Markham's home.

This month we have a photo of the hatching caterpillars.



The Common Plume Moth, photographed by Peter Markham, can be found all year round. It has a very distinctive appearance, wings tightly furled, when resting. It is a night flying moth attracted to outside lights. The larval form feeds largely on bindweed.



The Red-Headed Cardinal Beetle, photographed by Peter Markham, are often seen sunbathing in the summer months in our gardens and hedgerows on flowers. They are predators, feeding on other insects flying by and visiting the flowers to feed. Their larvae are flattened in appearance and live under loose bark, feeding on other insect larvae.



The Sexton Beetle, photographed by Peter Markham, is a burying beetle and is known as an undertaker in the insect world, burying dead and decaying animals on which it feeds and lays its eggs. Its antennae are equipped with sensors that can sense dead meat from long distances (kilometres) away. Males and females pair up at the corpse fighting off rivals for the dead meat. They are unusual in the beetle world as they care for their larvae, feeding them from the dead corpse.



## Youth Club

In the Village Hall  
Meets on the last Friday of every month from  
6:30pm – 8:00pm (for children of 6 years and  
above). £2.50 entry per child.

Friday 26th September



Facebook Group: 'Bawburgh Youth Club'  
Contact: Bawburghyouthclub@gmail.com

## Bawburgh playgroup

Takes place every Friday during term time at  
the Village Hall from 9:30am to 11:00am.

Entry £1.50 per child includes snack for the  
children and tea/coffee for parents

Contact:

**Jo on 07840384646**  
**jocarlick2016@hotmail.com**

## Social Evening

at Bawburgh Village Hall on  
**Friday 12th September 2025**  
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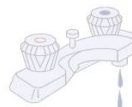
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## The Garden Shed - September

**SPRING BULBS** - Plant some bulbs, such as crocus, reticulate irises, muscari and scillas, in pots. Mix the compost with some grit to aid drainage and to prevent bulbs from becoming waterlogged. Place the pots in a sheltered position ready to move into the sun when new growth appears.

**PRUNE SHRUB ROSES** - At this time of year, shrub roses, such as the gallicas, 'English' roses, albas or Hybrid Perpetuals, are best trimmed with shears. Clip away all long, straggly shoots as though you were trimming a hedge, leaving a compact, slightly domed bush that is about two thirds of its former size. In March you can further inspect the shrub to remove any damaged or rubbing stems.

**LAWNS** - To aerate lawns, use a fork and work the tines into the ground at 12" intervals. Brush sand into the holes. Then give the grass a thorough scratch with a wire rake to remove thatch, weeds and moss. Sow grass seed to repair patches of worn areas, watering well and keeping it damp. The seed should germinate and grow in a few days. Do not mow it for at least a month.

**APPLES** - Pick over any apples at least once a week. Ripe fruit will fall into the palm of your hand with a gentle twist. To store - choose fruit without any bruises or blemishes. Keep cool and dark. Windfalls should be eaten fresh or cooked and then frozen.

**TOMATOES** - To ripen green tomatoes put them in a drawer with a banana!

**PLANT GARLIC** - choose 'hardneck' varieties such as 'Red Duke', 'Rocambole', or 'Early Purple Wight'.



Plant plump individual cloves (the bigger the clove the bigger the bulb it will generate) about 6" apart, pointed end up and buried at least an inch below the surface in well-drained soil.

**SOW SPINACH** -

Rake the ground to a level tilth. Sprinkle the seed thinly and evenly, about an inch deep and 9-12 inches apart. Cover them over and water. Germination takes 7-10 days.

**DEADHEAD** - anything and everything - every day - to extend the flowering season.

**LAVENDER** - Cut back hard to a compact shape leaving some new shoots on each stem - lavender

will often not regrow from bare wood.

**COLLECT SEEDS** - Cut the seed heads and upend them into brown paper envelopes. Label clearly with the date and name of the plant, and store them in a cool, dry place.

**CAMELLIAS, AZALEAS AND RHODODENDRONS** - Don't forget that these plants need a good soaking each week for the next couple of months to allow them to form their flower buds for next spring.

**CUTTINGS** - Another method for taking cuttings is to 'tear' the chosen stem (greenery without buds or flowers) from the plant, leaving behind a 'heel' - see image. Cut off the lower leaves, coat the heel with



some rooting powder and pot in well-drained potting compost. Keep the compost moist and mist the leaves daily. When roots appear (look for thread-like roots on the underside of the pot) transfer to larger pots with a mixture of garden earth and compost; then to their permanent home when you are ready.

Note that a plant grown from a cutting will always be exactly the same as its parent plant whereas one grown from seed will always be different.

*With thanks and acknowledgements to Monty Don.*

*For more tips and advice visit his website*

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

*Marion Malone*



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**KINGS  
HEAD**  
BAWBURGH



**6 New Boutique Rooms**  
Harts Lane, Bawburgh, NORWICH NR9 3LS 01603 744977  
[www.kingsheadbawburgh.co.uk](http://www.kingsheadbawburgh.co.uk)

## Useful Numbers

Police: Emergencies 999  
non-emergencies 101  
101 is available 24 hours a day, seven days a week.  
Beat Manager: James Smith  
james.smith2@norfolk.police.uk  
Wymondham Police Station: 01953 424242  
N.H.S. Direct: 111  
Bawburgh Parish Clerk: Nicola LeDain  
07855 947797  
pc@bawburghvillage.co.uk  
Bawburgh Parish Chairman:  
Peter Markham  
01603 811339  
Vicar: Rev. Laura Montgomery  
01603 744551  
Village Hall Bookings: Kathy Watchorn  
bookings@bawburghvillage.co.uk  
Bawburgh School:  
01603 742329  
Road problem reporting:  
www.norfolk.gov.uk/roads-and-transport/  
roads/report-a-problem

### Busses

#### Monday, Wednesday and Friday

The 806A leaves the Kings Head at 10:00am and goes to Wymondham, arriving at 10:37am. It returns from Wymondham at 12:18pm and gets back to the Kings Head for 12:55pm.

#### Tuesday and Thursday

On a Tuesday and Thursday, the 808 leaves the Kings Head at 9:06am. It travels to Longwater and arrives at 9:32am in time to catch a connecting bus to Norwich City Centre. There are two return buses. The first leaves at 11:15am and gets back to the Kings Head at 11:37am.

The second bus leaves Longwater at 12:50pm and gets back to Bawburgh at 1:10pm.

#### Park & Ride

This is managed by First Bus

firstbus.co.uk/norfolk-suffolk/routes-and-maps/norwich-park-ride

510 serves Hospital and 511 the University ONLY from Costessey Park and Ride.

**Thickthorn Timetable:** first bus to City Centre (Bus Station) from 0635 Mon-Fri, 0700 Sat. 0915 Sun

Last bus from City Centre (Bus Station) to Thickthorn P&R 1930 Mon-Fri (later on Thursdays), 1845 Sat. 1720 Sun.

**Please note that Bawburgh News copy date is the 20th of each month or earlier if possible, please. Check your village Website at: www.bawburghvillage.co.uk**

## Diary dates

### September 2025

Tue	2nd		Green bin collection
Thu	4th		Mobile Library:
		9:55am	Stocks Hill
		10:15am	Church Street
Fri	5th	9:30am	Playgroup (Village Hall)
Sat	6th	10:30am	Coffee Morning (Village Hall)
Tue	9th		Green bin collection
Tue	9th	7:30pm	Talks for Everyone (Village Hall)
Fri	12th		Brown bin collection
Fri	12th	9:30am	Playgroup (Village Hall)
Fri	12th	6:30pm	Social Evening (Village Hall)
Sat	13th		Norfolk Churches Bike Ride
Tue	16th		Green bin collection
Thu	18th	7:00pm	Parish Council Meeting (Village Hall)
Fri	19th	9:30am	Playgroup (Village Hall)
Tue	23rd		Grey bin collection
Fri	26th	9:30am	Playgroup (Village Hall)
Fri	26th	6:30pm	Youth Club (Village Hall)
Fri	26th		Brown bin collection
Tue	30th		Green bin collection

For the latest calendar details, see:

**bawburghvillage.co.uk**

## Bawburgh News Team

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