

COMMUNITY scene

EASTER



Easter at Stalham Baptist Church

GOOD FRIDAY 7th April

7.00pm Reflective Service

EASTER DAY Sunday 9th April

6.30am

Sonrise Service at How Hill NR29 5PG

(Next to car park)

Followed by Breakfast at The Stables

Contact Elaine to book a breakfast

07796 875785 or leave a message

Or email elainesmith364@btinternet.com

CELEBRATION Service at SBC

“He Has Risen” 10.45am to 12noon

**Welcome to the Easter 2023
edition of Community Scene produced by
Stalham Baptist Church.**

A Really Big Thankyou

To Steve English, who has produced all our great cartoons, Barbara and Geoff Reynolds who helped with production and Roger, Niki and Katie Newman at our printers Century Printing High Street Stalham – also all the amazing volunteers who deliver the magazine for all their help. You can contact us at editor@communityscene.org.uk or phone David Child on 07799262645

Exciting Times at SBC

£592,749 funds raised for the refurbishment of the schoolroom including a quarter of a million pound grant from the Norfolk County Council Social Infrastructure Fund. SBC now only needs £47,748 to start the project of a modern functioning area that the community can enjoy.

Currently the fellowship is growing. The last Sunday before the Community Scene went to print, the 19th February, over a hundred people were at the service and 70 children and adults took part in the Messy Church on the previous Thursday. Also there are growing numbers of young people.



Thoughts of compassion at Easter

Charles Darwin wrote “If the misery of the poor be caused not by the laws of nature, but by our institutions, great is our sin.”

Lord, when did we see you hungry and give you food? When did we see you thirsty and give you something to drink? ³⁸ When did we see you with no place to stay and welcome you into our home? When did we see you without clothes and give you something to wear? ³⁹ When did we see you sick or in prison and care for you?

⁴⁰ Then the king will answer, ‘The truth is, anything you did for any of my people here, you also did for me.’
Matthew 25: 35-40

In George Orwell's novel Animal Farm, it says “All animals are equal, but some are more equal than others.”
In Jesus we are all equal.



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For more information about SBC go to

www.stalhambaptist.org.uk

Community Scene is Printed by
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Stalham NR129AZ

Broadland First Responders

– learn how to use a defib for free

Never heard of us before, that is because we used to be the Stalham and Smallburgh First Responders. A first responder is a volunteer, selected and trained by the Ambulance Service, and makes themselves available when

they can deploy to most 999 calls where a blue light ambulance is required. This ranges from resuscitation, anaphylaxis, broken bones and serious cuts, heart attacks and now assisting people who have fallen and are uninjured to get back on their feet. First responding is our hobby in the same way as others play sport or go to the theatre. It is certainly a way of getting to know your community. We are in the main self-funded for our equipment and uniform so do rely on the community to support us and for those who have attended the events in Stalham High Street, we are the ones in green uniform outside the Town Hall showing people how to use a defibrillator.

That is the reason for this article in that we are very happy to train groups of local people in



resuscitation and the use of the defib for free and that can be bowls clubs, the Church, Rotarians, WI etc. The sessions last no more than 90 minutes and they are designed to be friendly and relaxed and we can accommodate those who can't get on their knees to do the chest compressions !! There are at least three public defibs in Stalham and you could be at a formal event or just a family event when someone has a cardiac arrest and you have 4 minutes to act. For those who say I wouldn't get involved because I couldn't make it worse – you can't – believe me – you can't. You could make it a lot better for the patient and their family. If anyone is

interested please contact me george@vistatraining.co.uk and I would be very happy to discuss and deliver the session(s) – they are free !!!

The Museum of the Broads opens for 2023!

We can't wait to welcome visitors again from Thursday 30th March.

Our special exhibition is on Broadland artist, Philippa Miller. The exhibition shows her personal response to the landscape she knew and loved and is complemented by her own words from the diaries and journals she left behind. Don't miss this tribute to a true artist of the Broads. Other displays have changed, there are new family activities, and our old favourites, our trip boats, will be running again too. We welcome groups, are introducing new combined Museum and boat tickets, and for 2023, all 12s and under come to the Museum for free.

www.museumofthebroads.org.uk @MuseumBroads on Twitter, Facebook and Instagram.



Become a Volunteer at the Museum of the Broads

Welcoming Team volunteers are the first point of contact for visitors, offering information and assistance as required. Full training and induction are provided for all roles

- We are looking for people who are:
- Approachable, cheerful and helpful
- Confident to deal with the general public
- Able to work well independently and as part of a team
- Looking to gain retail/ visitor services experience
- Able to promote excellent customer service
- Keen to discover more about the local area and the Museum's displays and to share that knowledge with visitors.

For full details, see www.museumofthebroads.org.uk, email: curator@museumofthebroads.org.uk or phone 01692 581681. Help us to bring the stories of the Broads alive!

The Museum of the Broads, The Poor's Staithe, Stalham, NR12 9DA.

Good News?

I want to start this Easter message by thanking those people who have faithfully trudged around Stalham's streets delivering the Community Scene magazine. I know some see it as a good way to keep fit and boost their steps, but, for whatever reason, they play a very important role, so "Thank You!" Writes Ron Skivington.

What all those dear people have done over the past few weeks is put the Easter message through letterboxes, for along with important articles and information about defibrillators, foodbank, warm space, community fridge, coffee & chat, Stalham Library, Wherry's the tragedy at Sea Palling in 1953 and the good news from the Stalham Junior (Academy) School there are other articles that, in different ways, speak of what the first Easter meant and how its message is still relevant and impacting lives today and so they have brought good news to you.

As people we can react to good news in all sorts of ways. We might want to play it down, ignore it, pretend we didn't hear when somebody tells us something that to them is good and that they think others will want to, ought to, or even need to hear. Maybe it is because we don't see how it can apply to us, or we are, for some reason, convinced we don't want whatever it is, we can treat it with apathy, disdain or even hostility. The truth is how we react to someone telling us good news doesn't actually affect that good news, it only speaks of our reaction to it. A friend may tell us they have just won £1,100,000 with their Lotto ticket; the fact I am jealous and say "I don't believe you," try and pretend it never happened can't, won't, ever change the fact that £1,100,000 is now sitting in that friend's bank account. We know many are really struggling at present with their



costs of living so if someone told you when you have £1.00 only left in your purse or wallet, no source of income for another week, a family to feed and keep warm, "but, if you go to they will help" how would you react? Would you say "I don't believe you, it's not true and even if it is they won't help me" and so ignore the message? What then happens? Will you and your family spend a hungry, cold week living off scraps due to your pride,



stubbornness and determination to not believe the good news of available help? Life in this world can be very short, or it may last 100+ years but that's still a drop in the ocean compared to eternity. Do you know you were born to live for eternity, the trouble is we all, as people, have said, thought or done at least one wrong thing in our lives. Sadly, even that one wrong thing separates us from the Holy God and the result is eternity will not be filled with God's best life for us, it will instead be a dark place.

However, the Easter good news is that Jesus came, lived a totally spotless life, died on the cross in our place as our substitute, took all the penalties that should have been ours and in return He has given us His good life, simply because He loves us, always has and always will. To receive that life all any one need to do is say "Yes, I believe the good news that if I sincerely ask God to forgive me He will."

After His resurrection and ascension Jesus sent His followers into the world with the message of God's love. Some are much better perhaps at speaking about it than others; some show it through their actions, which is where our deliverers come in.

They are bringing to you the Good News that Jesus loves you and Easter is the proof, so, thank you our trusty band of helpers.

WHERRY CHARITY NORFOLK BROADS SAILINGS

Bookings are now being taken to sail on the Norfolk Broads this summer in a traditional Edwardian passenger wherry.

Only eight of these elegant vessels are still in existence - five of which have been restored and are maintained and operated by the Wherry Yacht Charter Charitable Trust.

Income generated from their just-published programme of scheduled sailings and bespoke charters helps preserve the historic wherries for the future while allowing current generations to enjoy the unique experience of sailing in them. Day trips are available on various dates between May



5th and September 30th, setting off from a number of Broadland locations including Wroxham, Stalham, Ludham, How Hill and Dilham.

Some sailings stop at local nature reserves and tourist attractions while others include lunch or supper.

In addition to the scheduled trips, up to 12 people can charter a wherry for the day or a longer period of time for a family gathering, special occasion or event - with refreshments provided if required.

Each wherry has a fully trained skipper and crew who are all volunteer members of Wherry Yacht Charter.

Behind the scenes more volunteers help maintain the wherries, take part in fundraising activities and undertake administrative roles.

To view the 2023 sailing programme, make a booking or to find out more about Wherry Yacht Charter and how to become a volunteer or Friend of the charity log on to www.wherryyachtcharter.org

A night to Remember

On the evening of 6th March 1987, I sat in the lounge of Sid Lowe who had been a retained fireman in Stalham for many years writes David Child. He was one of the firemen who rescued people in Sea Palling on the night of 31st January 1953 by wading through the rushing tide dragging a dingy, when a North Sea Surge broke through the sand dunes and seven people lost their lives including children.

Talking to Sid gave me feel for just how grim that evening was and how courageous the Stalham firemen were. The reason I could remember that date was his wife was watching the TV and as we were talking, the news broke that the MS Herald of Free Enterprise a roll-on/roll-off ferry capsized moments after leaving the Belgian port of Zeebrugge, killing 193 passengers and crew.

The following article was first written soon after. the meeting with Sid Lowe in 1987.

It is difficult to picture the scene when the waters of the North Sea rose up, sending a wall of water crashing into the cosy homes of Sea Palling. Now 70 years ago on Saturday January 31st, 1953, the combination of wind and tide conspired to produce one of Britain's greatest peace time disasters.

The first signs of trouble began in the early hours of the morning, when a deep depression moved into the Irish Sea producing winds of up to 125mph. In the afternoon, 132 of the 154 passengers and crew on the ferry Princess Victoria perished when the ship sank, all the women and children being lost when their lifeboat foundered, on launching. As evening approached the depression moved down the North Sea sending a storm surge of water two hours ahead of the high spring tide. Driven on by gale force winds the sea reached 5.6 metres (18 feet) above mean sea level. For Jessie Ridley in Sea Palling, the drama had begun around 8pm. A neighbour had warned them the sea was close to the top of the dunes, the local lady added "nothing to worry about tho, she won't come over." A little later Jessie and her father went outside to see what was happening and as they reached the garden gate a wave of water forced them back towards the house. "We managed to get back into the house, but we could see the sea sweeping across the garden" Jessie went on "I'll never forget that huge wall of water rushing towards us." Realising the single storey building (pictured below) was not going to offer any protection from the surging waters, they decided to move onto the roof. As they left the building by the front door their elderly neighbour Mrs Tilling and her daughter came through the back door, with both doors open the sea roared through the house. Using a ladder, the six climbed on to the asbestos roof of the building, Jessie pushing her friend Eva, who was wearing a plaster cast to protect a slipped disc, up the ladder with her head. There, Mr and Mrs Ridley, Jessie, Eva and the Tillings sat clinging to the chimney stack the wind shrieking around them, while Mrs Tilling sang "Nearer to God are we," while the rising floods, flotsam of trees, dead animals and household contents whisked past a few



The Scene After the surge. Centre Summer 1952



inches below. In Stalham the Fire Brigade siren sounded around 10pm, fireman Sid Lowe and his wife were on their way home with a fish and chip supper after watching the Stalham Players production of the "Paragon" at the high school.

When the brigade arrived in Sea Palling the flood water had reached the post office in Beach Road.

Needing a boat, they set off for Hickling to commandeer one. Sid Lowe and Jack Brackenbury travelling back on the outside of the tender to keep the boat in place.

Returning to Sea Palling around midnight. Arthur Dixon, Jack Brackenbury and Sid Lowe, at the mercy of the tide which was now rushing through a hundred metre gap in the sand dunes, set off in the boat along Beach Road.

Unable to direct the boat in the strong current and spotting a light flickering just above the water line the crew had no option but to get into the freezing water and drag the boat towards it. Trapped in a hedge they found Mrs Fox with a bicycle lamp round her neck. Sid said, "The poor woman was almost unconscious. As we struggled to lift her into the boat, we found her little daughter below the water attached to her mother by a length of rope." Nearby

they found her son; he also had succumbed to the icy waters. Mr Fox was alive, he and the family had tried to reach higher ground when the gable end of their home collapsed into the sea, the house had nestled close to the dunes that had now disappeared. A wave had carried the family into the hedge as they tried to escape, tragically washing away baby Edwin who was strapped to his father's back. Mrs Fox died later that night of exposure. In all Sid and the other Brigade members spent six hours in the water and with the help of the villagers 20 people including Jessie, her family and friends were rescued. The Stalham Brigade was later honoured when Sub-officer Sid Lancaster received the BEM for leading them in their heroic night's work.

But the wall of water that Jessie vividly remembers claimed seven of her neighbours' lives. 300 people died in the UK. 40,000 people had to be evacuated. Damage was estimated in today's money at £1.2 billion. Thousands of sheep, pigs, cattle, and poultry were drowned and in Holland and Belgium 2000 people perished.

North Sea surges have haunted the Norfolk Coasts throughout history, created when low pressure systems travel down the North Sea. Through the years villages have been washed away.

At some point in time, we will face another surge. It was thought the 1953 storm could have been worse because the surge was ahead of the high spring tide.

Who would I Have Been at Calvary?

The soldiers of Pontius Pilate, the governor of Judaea, carried out what was the norm before a crucifixion; they stripped Jesus, tied his hands above his head then flogged him with a scourge - a short whip made out of several braids of leather thongs of variable lengths in which small iron balls and sharp pieces of sheep bones were embedded. The number of strokes and severity was in the hands of the floggers and how they felt that day. As he had been dubbed King of the Jews the soldiers ridiculed him and gave him the full treatment. Writes David Child.

Jesus's back and legs were lacerated. He had deep cuts to the skin and tissue, flesh torn from the bone, it was known amongst the soldiers as "The almost death." Then he had a crown of thorns crammed on to his head and with the cross on his back was dragged through the streets of Jerusalem to Golgotha.

When Jesus arrived at Calvary who would I have been in the throng on the hill?

A Roman soldier efficiently ignoring the pain inflicted? "Just doing a job" as I hammered nails through his hands and feet, then made a bit of money gambling for His clothes.

Maybe one of the laughing, ridiculing group, shouting "If you're so special do something about it, go on, get down off the cross".

Or a member of the great and the good, who were neither great nor good, but with so much to lose. Our power, and influence threatened by the voice of a carpenter's son, so we orchestrated his crucifixion, we stood relieved and cheering not knowing our arranging of his torturous death was a failure.

Was I one of the "not fussed one way or another" type? A, "It does not mean anything to me," spectator, just out for the day for a bit of fun.

Perhaps I would have been amongst the doubters, "Not really sure if I believe this man is the Son of God; that he loves me and is dying for me".

Would I have been with those who love him, his mother Mary and the three other ladies, traumatised and weeping at the foot of the cross during his hours of agonising suffering and sacrifice?

One was the loneliest number as he died. After 6 excruciating hours on the cross saying "My God, my God, why have you forsaken me?" the darkness fell, the ground shook and the curtain in the temple was ripped in two - the Chief Priest's power had vanished, as his plan disintegrated. A Roman Centurion controlling the crucifixion, said, "This has to be the Son of God!"

The pathway to my salvation was opened, all I need, and nothing else, is to directly ask Jesus into my life. No one else is needed.

Forgive me Jesus for not walking that pathway much, much sooner and for not having the courage to proclaim your gift, hiding in the herd, walking away from Calvary rather unmoved when the show was over.



Earthquake reported off the coast near Happisburgh

At 7.14am on Sunday 13th February homes at Sea Palling, Happisburgh and Mundesley may have felt the tremor of a 3.7 magnitude earthquake. The epicentre was 56 miles from the coastline and at a depth of 10km which in earthquake terms is shallow, according to the British Geological Society.



Shallow earthquakes are felt more strongly than deeper ones.

Norfolk isn't a stranger to earthquakes 10 have been recorded in the last 24 years with magnitudes of between 3.5 and 4.2. In 1480 Reverend Francis Blomefield, in his topographical *History of the County of Norfolk*, reports an upheaval on December 28th, which affected most of England and threw down buildings in Norwich and elsewhere. "

In 1931 an earthquake centred on the Dogger Bank in the North Sea was the strongest quake with a magnitude of 6.1 the most damaging quake since 1580.

The Colchester earthquake, also known as the Great English earthquake, occurred on the morning of 22 April 1884 at 09:18. It caused considerable damage in Colchester and the surrounding villages in Essex. In terms of overall destruction caused it is certainly the most destructive earthquake to have hit the United Kingdom in at least the last 400 years, *The Times* reported damage "in the many villages in the

neighbourhood from Colchester to the sea coast", with many poor people made homeless, and estimated the cost of the disaster at £10,000 - in today's money that would be around a million pounds.

Many of us living around Stalham may have at times felt the rumbling of an earthquake or heard the train like sounds coming towards our houses and traveling under them.



Help Through Hardship Helpline



How we're helping people in crisis with financial problems
In 2020 Citizens Advice partnered with the Trussell Trust to launch a new phone line to support people with emergency food and advice support.

Our free helpline offers personalised support to people struggling to afford the basics, providing the tools, advice and connections needed to help them towards a future where they have enough money for essentials. We expect demand to increase as the long-term effects of the pandemic on people's incomes are felt. The reach and reputation of Citizens Advice enables us to help people from diverse communities and give specialist advice on a range of problems that may have led to food poverty. Call **Help through Hardship** for free to talk confidentially to a trained Citizens Advice adviser on:
0808 208 2138

(Open Monday to Friday, 9am – 5pm. Closed on public holidays.)

They can help address your crisis and provide support to maximise your income, help you navigate the benefits system, and identify any additional grants you could be entitled to. If needed, they'll issue you with a voucher so you can get an emergency food parcel from your local food bank. Helpline Client said:

"I'm a carer for my two disabled children and I can't work. I've called the helpline around 4 times since May last year. Each time I was supported with a different area that helped maximise my income. My first call dealt with my benefits situation and helped me with a Universal Credit claim. I was then given a full debt assessment on the helpline and this was followed up by a session with my local Citizens Advice to help manage my debts."

You can contact your local Citizens Advice Bureau at 3 St Nicholas Ct, North Walsham or email NR28 9BY <https://www.citizensadvice.org.uk/> or telephone 0800 144 8848.

Citizens Advice Debt Solutions



Dealing with money issues can sometimes be off-putting, but if you don't understand how things like credit or mortgages work, you could end up losing out financially or getting yourself deep in debt. Citizens Advice will give you the information you need to make the right choices, including help to deal with your debt problems, how to avoid losing your home and how to get your finances back into shape. There are various options that exist to help you deal with your debt problems. These include bankruptcy, debt relief orders, debt management plans, administration orders, debt consolidation and Individual Voluntary Arrangements (IVAs). We explain how they work and whether they might be right for you.

Go to <https://www.citizensadvice.org.uk/> and click on Dept & Money on the top menu.

You should always look at these options along with our pages on How to sort out your debts and Budgeting in our Help with Debt section. Source Citizens Advice Bureau.

Help *AVAILABLE*



Food Bank at SBC

SBC is a collection and distribution point for the Trussell Trust North Norfolk

Foodbank. SBC is open Monday to Friday from 10.00am to 12 noon to receive donations for the food bank and personal prayer. Jerry or Ron is always on hand for anyone who needs help.

We don't think anyone in our community should have to face going hungry. That's why SBC is working with the North Norfolk Foodbank to provide nutritionally balanced emergency food and support to local people who are referred to us in crisis.

A big thank you to all those who donate to the food bank in the current economic climate helping many people across the age spectrum.

During April the following items would be very welcome

- Tinned Ham, Tinned Fish, Tinned Potatoes, Biscuits, Crisps, Chocolate treats, Sponge Pudding, Custard, Jam, Fruit Juice, Squash, Long Life Milk – Semi skimmed or Full fat, Washing Powder and Liquid, Toilet Rolls, Children's Toothbrushes and Toothpaste, Nappies sizes 5 and 6.

Energy Bank

The Food Bank is also operating an energy bank.

The Fuel Bank will support households most in need of help by giving them funds to pay for gas and electricity alongside emergency food aid.

How to get help

The **Food Bank** at SBC is open on Fridays in the Stables, 1.15 to 3.00pm. If you need help, or know someone in difficulty, either contact the Citizens Advice Service 0344 411 1444, the Food Bank on 07826376343, or contact Ron Skivington at minister@stalhambaptist.org.uk

Will there be another cost of living payment in 2023?

The government has announced when further Cost of Living Payments will be made, between spring 2023 and spring 2024. These payments are:

- £301 for people on an eligible low income benefit, to be paid during spring 2023
- £150 for people on an eligible disability benefit, to be paid during summer 2023
- £300 for people on an eligible low income benefit, to be paid during autumn 2023
- £300 for pensioner households, to be paid during winter 2023 to 2024
- £299 for people on an eligible low income benefit, to be paid in spring 2024

Further guidance will be published when more details have been announced, including the qualifying dates.

Most people should have received their 2022 Cost of Living Payment. Source www.gov.uk/

If you have had a message asking you to apply or contact someone about the payment, this might be a scam.

Help *AVAILABLE*



The Mental Health Foundation

The cost-of-living crisis affects almost everyone and all parts of the UK. The cost

of heating our homes, keeping the lights on and running the washing machine has increased a lot. And the cost of food means that every meal has to be budgeted for and planned in a way we have not seen for decades.

And of course, the rest of our lives have not stopped. These latest financial worries are on top of our usual stresses around work, family, friends, and our health...

Worrying about these things every day means it can be hard to find the time to look after yourself – it may feel like you do not have the headspace to take on any more.

But even when there's so much going on, it's important to find time to protect your well-being and mental health.

Stay in touch with friends and family

Positive, healthy relationships are always important. In times of trouble these relationships can be even more important. Bottling up worries and letting them go round and round in your head can be damaging. Talking about things with someone you trust can help relieve the pressure, and solutions could even come out of it too. You might also find that they have similar feelings and want to talk about them as well. It's normal to worry about how friends and family might react to hearing about your financial issues – but many people are going through something similar and share the same concerns.

If you do not have someone you can easily talk with about your financial worries, you can call a helpline like **Samaritans** who will listen and help you think and talk through your options. www.samaritans.org/

Get help if you're struggling to manage your finances

It can feel overwhelming when bills keep arriving on your doorstep or in your email inbox, and tempting to ignore them. But try not to do this. Deal with them when they arrive – this way they will not play on your mind or lead to bigger worries like fines and penalties for non-payment.

Most banks, companies and organisations will understand if you get in touch and explain that you're struggling. If they know your situation, they may help you come up with a manageable payment plan or negotiate another way forward. Speak to your local **Citizens Advice** www.citizensadvice.org.uk if you're worried about paying bills and any debts you have. They can also advise you on any benefits you may be entitled to that you're not getting.

Your **local council** www.gov.uk/find-local-council may also be able to help with emergency loans and grants, and the government's '**Help for Households**' <https://helpforhouseholds.campaign.gov.uk/>

has lots of information about what support is available and advice and tips to help you save money. You can also search online for some free budgeting tools like apps or templates to help you get control of your incomings or outgoings.

Keep doing the things that support good mental health

It's important to keep looking after your physical health too. In times of stress things like our diet, sleep and getting enough exercise tend to suffer.

But neglecting these areas will have an impact on your mental health, so try to find and stick to good routines:

Sleep – go to bed and get up at the same time each day, avoid afternoon naps as these can interfere with your sleep patterns and avoid using your phone after you get into bed.

Diet – it can seem too much effort to cook healthy meals when you're stressed, but there's a lot of advice available about cooking on a budget, and most supermarkets offer inspiration and recipe ideas. Junk food can often be expensive, it does not fill you up and can even leave you feeling physically worse than you felt before.

Exercise – whether it's going for a walk in the park, a bike ride, a run, or just some stretching at home, using your body every day is important for your well-being. For more information go to

<https://www.mentalhealth.org.uk/> then click on Cost-of-living and mental health.

Norfolk Age UK



We know that growing older doesn't come with a manual. That's why we provide free information and advice to help you on topics as diverse as claiming benefits to care

homes. We aim to provide life-enhancing services and vital support to people in later life. We and our local partners deliver a range of services across the UK.

Each year, billions of pounds of benefits go unclaimed.

We can help make sure you're not missing out.

Age UK's advice line is a free, confidential national phone service for older people, their families, friends, carers and professionals. Our team will give you information that is reliable and up to date and help you to access the advice you need. Age UK Advice Line: 0800 678 1602

Lines are open 8am-7pm, 365 days a year.

If you're feeling lonely we do get calls from people who are lonely or tearful too. Although you might feel alone, you're not alone, and there are people out there who can help. Everyone, no matter who they are, needs someone to talk to and connect with sometimes. **The Silver Line is a free, 24-hour telephone service 0800 4 70 80 90** for anyone aged 55 or over. We offer friendship, support, and a listening ear.

As a free, confidential telephone service, we give older people the chance to pick up the phone and enjoy a chat, get some support, and feel all the wonderful benefits that come from talking to a friend.

Norfolk Age UK The Henderson Business Centre, 51 Ivy Rd, Norwich NR5 8BF 01603 787111 www.ageuk.org.uk

Stalham Junior (Academy) OFSTED Inspection Outcome

Stalham Junior (Academy) school welcomed OFSTED inspectors to the school on 29 and 30 November 2022. The report has now been released and highlights an exceptional set of strengths within the school.

The report states that “Pupils feel safe and are happy to come to school. They enjoy learning all the different subjects on offer to them, as well as taking part in extra activities like the Stalham Sixty, trips and having visitors into school. Every child is expected to take an active part in their learning, and they do. For instance, pupils use hand signals to show if they disagree or agree with a speaker. This encourages pupils to listen carefully. In lessons pupils behave well and show respect to each other.”

It continues to talk about the areas that children spoke to the inspectors about. “Pupils enjoy the extra responsibilities that leaders give them, such as being part of the school council, ambassadors or on the eco committee. Pupils say that this has given them confidence to speak in front of others when showing round visitors or making a speech. They feel they make a real difference in the local community, visiting the local care home or running charity events. Pupils enjoy taking part in lots of different clubs, including girls’ football, quidditch and yoga.

They know who to speak to if they are worried about anything. Pupils say that the staff really care about them.”

The report identifies what the school does well.

“Leaders have developed an effective and ambitious curriculum which is based on five key curriculum ‘drivers’. These help teachers to plan what they are going to teach. This approach makes it clear what all pupils will have learned before they go to high school.”

“At the beginning of each lesson, pupils are asked to revisit and review what they learned before. This helps them to remember what they have been taught. During lessons, pupils are involved in different types of paired and group work, where they learn together and share ideas. Discussions are used effectively in all subjects across the

school and help pupils to share and talk about their learning with confidence.”

“When pupils enter the school, leaders check to make sure that they have the phonics skills that they need. Those that need extra help are supported effectively to catch up quickly, so they can read with confidence and fluency. All pupils take part in daily ‘role, rotate, read’ sessions which help to develop their reading skills. Teachers also read aloud to pupils daily and leaders have thought carefully about the range of books read to or by pupils. As a result, pupils have a real love of, and quickly gain skills and knowledge in,

Reading. Leaders work hard to provide a wide range of opportunities for pupils’ personal development. This is a strength of the school. Leaders give mental health and well-being support for all a high priority. For example, there is a play therapist and an emotional literacy support assistant who support pupils with the obstacles they may face in school and at home.”

“The school is well led and managed. Staff appreciate the way that leaders carefully consider their workload and well-being and that leaders are always available to support them. All staff are proud to be a member of the Stalham team. Leaders, including those responsible for governance, know the school well and provide

effective support and training for all staff, including those new to teaching.”

Executive Headteacher, Glenn Russell, has said “This is an amazing opportunity for us all to be proud of what has been achieved within our learning community. 8 years ago the school was graded as an inadequate school and now we stand here with a school that has undergone two inspections, under two very different frameworks, and

each time it has been recognised as good, and not ‘just a good’ but a good with significant strengths and areas that we should be proud of. This report is a recognition of the part that everyone plays in giving the best to our children. The staff are exceptional, as is the support we get from our families and this is the culmination of this joint working. Everyone in the community should be proud of this achievement and I am excited for the future for Stalham and its young people”



It's all happening at SBC

MESSY Church...

...is free and happens on the third Thursday of each month from 3.15 to 5pm in the church. It starts with snacks during our activity time - 45 minutes - followed by a 15 minute "celebration" - story, song and prayer - then we share a meal [on February 16th 39 children and 31 people, including the helpers who lead the activities and story etc., enjoyed chicken dippers, potato stars, veg and yummy cakes!] Recent themes have been "Good Samaritan," where one activity was making a gift of a tea bag and decorated biscuit for our neighbour's cuppa, and "Jonah" when the craft included making fishy fridge magnets and an underwater frieze. Our next few meetings are:

- April 20th including Easter activities.
- May 18th yet to be decided.
- June 15th our Messy Birthday party [we're 1 year old!]

Anyone can come; we've welcomed all from tinies to 80s, so far- children under 16 need to be accompanied by an adult - so drop in, especially if you like fun, a good story and something tasty for tea.

For more information you can contact Barbara Reynolds
barbarageoff@gmail.com



Warm Space

The warm space is continuing through the spring and summer months. In the Stables Monday 2.00pm to 4pm, Wednesday 10.00am - 12.00pm and Thursday 10.00am to 12.00pm in the Stables.

Warm space has turned out to be warm and friendly social meeting place with tea, coffee and biscuits always available as well as games. Everyone is welcome and its free.

Coffee and Chat

Every Tuesday Coffee and Chat is open 9.30am to 12.00pm. Great social gathering with cakes, biscuits and bacon butties available. Money is

raised from the bric-a-brac table for various charities.

Table Tennis

Over 60s Table Tennis Club every Wednesday In SBC Schoolroom Next to the Church 9.30 to 12.00pm No annual subscription just a donation. Coffee, tea and biscuits always available The club has been going since 2008

It's a great way to get some exercise and have a chat
For more info call Stewart on 07421129812

Community Fridge

The Community Fridge has become a social hub with people coming in for a chat and local people donating produce from their gardens and allotments - Tesco donates regularly with produce that would otherwise go to waste.

Magazines and puzzles are available as well.

The Community Fridge is open Mondays 2.00pm - 4.00pm -Tuesday to Friday 10.00am to 12.00pm. Get regular updates on what's available by going to the Stalham Community Fridge Facebook page.

Men's Breakfast.

Our Men's Breakfast has restarted, taking place about every 6 weeks our next breakfast is Saturday April 1st. Men from the regular church fellowship plus those invited from among family, friends and neighbours have gathered for a full English style breakfast, conversation, and a short talk by someone about their life. At the recent breakfast 32 men heard Shaun Cushion, a local Methodist lay preacher well known in Stalham, share how he arrived in that job.

There is no charge for attending but a donation box is available for those able and willing to donate towards one of the churches Baptist Missionary Society Prayer Partners, or some other Mission Project around the world that SBC has an association with.

There have been 4 breakfasts in the new series with total attendance being 108, and, after food costs, £432 -66 has been sent to help the projects. Thanks go to the gents for their generosity.

For more information email Geoff geoffreynolds51@gmail.com

Bible Art Group a huge Success

The idea of a Bible Art group has been a great success. People's first reaction

was "I'm not creative," or "I'm not an artist." Simone said "I completely get that as I'm not an artist in that sense either. But I believe that everyone can be creative. To be creative implies that something is created, and it doesn't ask for a certain level of professionalism or artistic skills. It's not about creating perfectly sellable pieces of art but more about learning to express ourselves in a different way, reflecting on the Word of God and having something in hand that can remind us of what we have learned or what became important to us. I love it when different people come together, try out new things and learn together. And that's what happens at our Bible Art group at Stalham Baptist Church. We read a few Bible verses each time, reflect on them and think about their relevance in our own lives. Then each person has the chance to create something in reflection of the Bible passage. It can be a painting, or it can be words, it can be a post card or a big canvas, everyone can choose their own creative method.

We meet biweekly and it has so far been very encouraging. We are open for people to join in (reading age to no age limit) either as a one off or on a regular basis. If you have your own craft materials you are welcome to bring them along." Any questions? Feel free to contact Simone Otieno: sim1otieno@gmail.com and or 07436837210

BIBLE Art is taking place every other Thursday morning at 10am to 12pm in the school room at Stalham Baptist Church. Upcoming dates: 6th April 20th April. 4th May 18th May 1st June (Holidays: Children and adults are welcome)

Sundays at SBC

SBC has had a steady growth in the numbers of people attending services on a Sunday. We have been blessed by many new faces many of whom have volunteered to help in various ways. We are also attracting more younger people.

The last Sunday before the Community Scene went to print, Feb. 19th over a hundred people filled the church.

Sunday's at SBC are social and relaxed, musicians and singers on the stage, the words to songs coming up on three screens which are also used for videos. We are blessed again by ladies who regularly lead services, two pastors Ron and Jerry and guest speakers. And, tea, coffee and biscuits in the Stables after the service.

Nicholson's Stalham Engineering's 85 years of evolution

When Jimmy Nicholson launched his business in 1938 he could not have foreseen how it would grow into the multi-faceted firm it is today.

For more than eight decades Nicholson's Stalham Engineering has evolved from its origins providing plant hire and contracting for agriculture to having a petrol station, local shop, garage and machinery hire.

"We don't do contracting anymore," said Jimmy Nicholson's daughter-in-law, Sarah Nicholson, who took over the business with her husband, Tim, in 2018.

"It was between the 1940s and the 1970s that the company started to change into what it is today.

"In the 1950s we put the petrol station in - which we still have - and a local shop. It was a proper old-fashioned petrol pump with an attendant who came out and filled your car and washed your screen. Jimmy brought in the petrol station probably when there weren't an enormous amount of cars around, but he could see how it was going. I think that was the thing about Jimmy Nicholson was he was very forward-thinking."

Mrs Nicholson revealed that the workshops for car repairs were added in the 1960s, which saw the Stalham-based firm move away from contracting and into agricultural machinery sales and servicing.

She added: "By the 1970s we were selling agricultural machinery, had the petrol station, shop, and the car services and repair workshop. It sort of starts to look like how the business is now."

Jimmy Nicholson and his wife had 14 children, eight of which were sons who all worked at the company.

After retiring in the early 1980s, the eldest son - Malcolm - took over and ran it until 2018.

Sarah and Tim Nicholson, took charge after moving back to Norfolk from London.

"Tim worked in the business from the age of 16 but we moved as I had a job in the city of London," said Mrs Nicholson.

"We were away for about 15 years and then we moved back and decided for us both to get involved."

Although a complete change to her job in investment

management, Mrs Nicholson described it as a "nice business" and that they

were "surrounded by so much knowledge and support to move it forward".

After surviving the pandemic lockdowns, the couple are looking to grow the company.

Mrs Nicholson said: "There is a lot of modernisation that needs to happen on the site. For instance, our shop is relatively small and we're planning next year to double the floor space and provide a broader range so we can do more groceries and fresh produce and become more of a village shop. Our garden machinery business has been growing quite significantly and is outgrowing the space we have so we want to drive that business forward. On the agricultural side, we are particularly keen to look at the new innovations and machinery that drive efficiency in farming. We all know the cost of farming has increased rapidly and it is genuinely difficult for the farmers, so we want to look at the technology that can help reduce and maintain those cost levels."

The company is also looking to bring through the next generation of family members into the business.

"At the moment we have Tony, our agriculture sales manager, and Tim as the last of the eight brothers involved in the business, but we've got four of the next generation already working at the company," added Mrs Nicholson.

"I have two sons who are not involved at the moment but who very much want to join in the future. In

total there are 42 of the next generation and a number of them are interested in different parts of the business. There is so much we can build and expand in terms of innovation and technology and bring these things to our customers. Hopefully the next generation will continue to build on this."

Source Eastern Daily Press: Norfolk Live News go to www.edp24.co.uk/ for more news and articles.



£592,749 Funds Raised for Refurb

SBC is a church with the local community at its heart. Our vision is to make an inclusive space for everyone with Foodbank, Community Fridge, Coffee and Chat and other activities utilising the Stables. We hope to be able to soon begin the refurbishment of the Schoolroom and associated rooms to bring them up to an acceptable standard for the community and surrounding villages to access. Writes Maggie Harpur.

Priority areas identified:

The Schoolroom – a complete refurbishment including a damp-proof course, new floors, windows, wider doors, new roof lights, ceilings, electrical rewiring, a new heating system and more.

Installation of Unisex/Disabled Toilets to incorporate baby changing facilities. Our toilets are currently outside in a courtyard.

Installation of a new and larger kitchen the existing kitchen facilities have restricted the type, number and

scale of activities and events that could take place in the Schoolroom.

Creation of a room over the toilets and kitchen for small group meetings/office.

Widening the link corridor to facilitate wheelchair users and a larger number of people.

When works are completed we will not only be able to re-instate the programme of activities and social events we had prior to the Pandemic but will also be able to introduce new activities and expand our letting space for others to make use of. This will enable us to help and support more people both in Stalham and the surrounding villages.

Funding Update: **Project Costs £640,497 Funds Raised**

Dr Jesus-- The True Spiritual Doctor

The Easter season is a time of joy and celebration. It is also a time of reflection on the selfless sacrifice of Jesus Christ on the cross.

Writes Jerry Otieno. Jesus came to die for all people, regardless of their race, gender, social status, or religious beliefs. Stuart Townend, in his song "Vagabonds", reminds us that Jesus came for all kinds of people from every station and orientation: ***the vagabonds, the 'don't belongs', winners and losers, the fallen, broken, helpless, hopeless, restless, dreamers and schemers, movers and shakers and givers and takers, the happy, the sad, the lost and alone, the self-sufficient with wearied ambition, fiery debaters, the religion haters, accusers, abusers, hurt and ignored.***

Though we know that Jesus came to save all sorts of people, some still think that Jesus is not for them because they are either "good" or "bad" people. In the Bible, in Mark 2:13-17 Jesus seeks to correct misconceptions people have about

who qualifies to benefit from His loving sacrifice on the cross. The passage begins with Jesus and His disciples eating with tax collectors and other sinners. When the Pharisees ask why Jesus allows Himself to be seen with such people, Jesus responds by saying that it is precisely these people that He has come to save. He explains that the sick need a doctor, and the sinners are sick and in need of spiritual healing.

The tax collectors and sinners represent people considered unqualified for God's saving grace. Jewish tax collectors were regarded as outcasts and traitors who collaborated and supported the oppressive Roman Regime. Their own people hated them because they often charged extra taxes to enrich themselves (Luke 19:8). As a result, they could not serve as witnesses or judges and were expelled from synagogues. On paper, they would seem very unqualified to be followers of Jesus. However, Jesus was willing to associate with tax collectors and sinners because He knew they were also worthy of His love and grace. He knew that they, too, needed His forgiveness and mercy. He wanted them to see that they

£592,749 Shortfall £47,748

SBC are delighted to be the beneficiaries of very generous grant aid from:

Congregational and Charitable Trust	£20,000
R.C. Snelling Charitable Trust	£7,500
Geoffrey Watling Charity	£5,000
Norwood and Newton Settlement	£15,000
N.N.D Council 'Sustainable Communities'	£15,000
Beatrice Laing Trust	£7,500
Norfolk C. C. Social Infrastructure Fund	£250,000

May we take this opportunity to say a very big thank you to all in the community who have supported/volunteered with our many fundraising events. Being so near our target figure we are very excited.

were valuable in His eyes and that He wanted to save them. He didn't come to exclude them but to welcome them into God's family.

Jesus does not call the qualified; He qualifies the called. God

delights in using ordinary and unqualified people. Do you think you are unfit for God's grace? Then you are the kind of person God is looking for. His call is simple. Just two words; ***"Follow me"***. He invites everyone to join Him,

walk with Him, learn from Him and trust in Him. While tax collectors and sinners were considered outcasts by the religious establishment, Pharisees were regarded as "good and righteous" and therefore deserving of God's grace. However, Jesus confronted their self-righteousness, causing them not to see their need for salvation. Jesus rebuked them, saying, ***"It is not the healthy who need a doctor, but the sick. I have not come to call the righteous, but sinners."*** If you think you are good enough to live without Jesus, you are like the Pharisees who were blind to their disease and their need for healing.

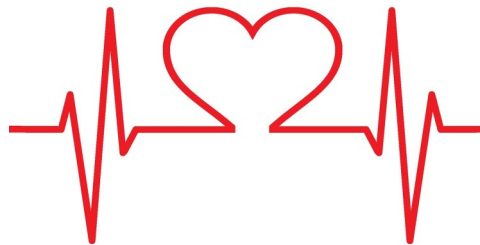
Jesus is the true spiritual doctor who brings true spiritual healing to sin-sick people like tax collectors and people who know that they are sinners in need of a saviour.

Dr Jesus dined with the outcast sinners but did not sin with them; in fact, He did not sin at all (2 Cor 5:21; 1 John 3:5). He lived in the world but didn't live like the world. He calls us to follow His example, dine with Him, trust Him and find grace, satisfaction, forgiveness and healing in Him. The Easter season is a time to remember and celebrate Jesus' selfless act of love. God's love for us is unconditional. He doesn't judge us based on our past mistakes or sins. He doesn't exclude us because of our race, gender, social status, or religious beliefs. He loves and wants us all to come to Him for forgiveness and grace. As we reflect on Mark 2:13-17, let us remember that Jesus came for sinners and that His love and mercy can be extended to all of us. Let us be inspired by Dr Jesus' example and extend grace and forgiveness to those around us this Easter season.

"Christ died once for our sins. A righteous person died for those who are unrighteous. Christ did this to bring you to God when His body was put to death, and His spirit was made alive." 1 Peter 3:8

To listen to Stuart Townend's song Vagabonds go to

<https://www.bbc.co.uk/programmes/p06fw9k9>



Your local library: *more than just books*

If you haven't visited Stalham Library before, or your last visit was a long time ago, you may think that our only purpose is lending books in a very hushed atmosphere. This is perhaps an outdated view of libraries, as we offer so much more.

Our vibrant and busy library is at the heart of the community we serve, where everyone can expect a warm and inclusive welcome.

Of course, you can still browse and borrow books but we offer so much more and it is all free! We offer regular activities for children and their families, such as Bounce and Rhyme, Mini Movers and Drop in and Do Club. We also organise social events for adults, like our Just A Cuppa and Knit and Natter clubs. We also host two reading groups for adults.

Ensuring that everyone has access to digital services is incredibly important to us, and visitors can use our public computers and scanners free of charge. There is a small charge for printing. You can also use the space for quiet study.



With the cost of living rising, we are helping where we can by providing a warm space with free hot drinks for everyone. You can also take away one of our free Warm and Well bags, as well as our Toiletries-to-go or Tricky Periods bags, with no questions asked.

Other services we offer include baby weighing scales, blue badge forms and friendly, knowledgeable staff who can help by signposting people to other services.

To keep up to date with our events, pick up a flyer in the library, or follow us on Facebook, find us under Stalham Library.

BRINGING THE LIBRARY TO YOU

YOUR LOCAL LIBRARY AT YOUR DOORSTEP

The *Norfolk Home Library Service* delivers books and other media free of charge to people unable to get to their local library. The service is open to all ages and includes those who may be housebound, living in long-term care, with vulnerabilities or mobility issues, and carers.

To use this service, please contact the Norfolk Library and Information Service on 01603 774 777 (Option 1) or email libraries@norfolk.gov.uk

To learn more about becoming a Home Library Service volunteer, visit us at royalvoluntaryservice.org.uk, call 0103 397 998 or email

Stalham Fringe Festival

The Stalham Fringe Festival will take place this year on Sunday 21st May.

Starting at 11 am and running through to 5pm. This free music and dance festival will be hosting local dancers and singers, choirs, bands etc and take place in St Mary's Church, the Town Hall, the Baptist Church and along the High Street.

There will be a food and drink festival as well with local producers bringing their products. We also hope to have plants. Anyone wishing to join in, either as a performer or to have a stall contact stalhamcob@gmail.com or ring 07760 115153. There is also a Stalham Fringe Festival Facebook page.

African Drummers in Stalham Baptist Church and Morris Dancers in the street.



Sonrise Service

"Good News"

The How Hill Easter Sunday
Sonrise Service – and Breakfast

Easter Sunday services have been held at How Hill for over 30 years, and over that time the hardy flock of worshippers have been treated to ice, snow, and biting winds sweeping off of the wetlands below, all testing the musicianship of the frozen-fingered guitar players, before a rising, watery sun provides them with a little warmth.

The service starts at 6.30am and will be led by David Osbourne, Methodist Church Circuit Steward, and Stalham Baptist Church Minister, Ron Skivington. (Pictured above)

"He has Risen" will be the shout, followed by readings and songs. The congregation will be joined by the singing tree-top birds, honking geese, and the circling seagulls squabbling, squawking cries. The outdoor service is a spiritually moving event. The

celebration of
God's love
expressed by
Jesus's torturous
sacrifice for us on the cross and His
resurrection for our salvation is physically and emotionally

powerful on an exposed hillside, rather than the cosy, comfort bubble of our churches.

At the end of the service the car park quickly empties as many of the worshippers head back to the warm Stables at Stalham Baptist Church for hot coffee or tea and a breakfast of cereal, croissants and hot filled rolls.

Everyone is welcome to the Sonrise service which lasts about 30 minutes.

If you would like a breakfast telephone Elaine 07796 875785 or

email elainesmith364@btinternet.com and leave a message to book breakfast.



SBC in Pictures



Young people pictured enjoying time at SBC. Left Messy Church on a Thursday monthly [third Thursday]. Below Sunday school children are an essential part of Sunday services, there is always a children's slot before they go to the school room and often show what they have achieved when they return.



To the right a painting created during Bible Art held fortnightly on Thursday, During school holidays youngsters with adults. Details on page 11



THE ROAD HOME

