



# KNAPTON NEWS

Welcome to the Knapton News and a belated Happy New Year to All. On behalf of the readers we would like to thank Michelle, who has sadly left the village, but made such a big contribution to the Knapton News during the year that she put the paper together. We now need someone to take over from her, so if there is anyone out there who would like to be involved in the Knapton News please get in touch. The Editorial Team would like to thank everyone who has supported our efforts, and may they long continue, please send all articles, events or items to the dedicated email address which is: [knaptonnews@outlook.com](mailto:knaptonnews@outlook.com)

## KNAPTON PARISH COUNCIL VACANCY

Knapton Parish Council would like to hear from anyone interested in becoming a Parish Council member.

The Parish Council meets in Knapton Village Hall at 7.30pm on the first Tuesday of most months of the year.

If you would like to find out more about joining the Parish Council, please contact either the Clerk, Dee Holroyd, on 01263720356, [deeholroyd@btinternet.com](mailto:deeholroyd@btinternet.com) or Chairman, Alan Young on 01263721544 [alanfreewheel@outlook.com](mailto:alanfreewheel@outlook.com).

We look forward to hearing from you.

Dee Holroyd

## Church Warden's Whispers

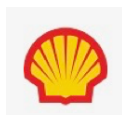
The Village Carol Service was held on Sunday 16<sup>th</sup> December at 6.30pm, led by The Rev Andrew Jones our Rector. There were 78 in the congregation, we sadly missed some of our regular attendees due to the Trunch Pantomime overrunning. With the donations of wine Allison kindly created the mulled wine, the donations of Mince pies were great, we had some for Christmas morning too, those left were taken to the Free Christmas Lunch at Mundesley Church Rooms. The Christmas Day service was well attended with 25 in the congregation for Holy Communion followed by coffee and mince pies.

Unfortunately, the Community Service Team who have looked after the church yard for the past few years can no longer carry out the task as they do not have the necessary serviceable equipment. The church is investigating other options, but if anyone would like to volunteer their services, we would be most grateful.

Another plea for anyone who is interested in Bell Ringing our team at Knapton would love to hear from you please contact: Andrew Lubbock on 01263 722929 or email [andyman1@live.co.uk](mailto:andyman1@live.co.uk).

Easter Day Service is Holy Communion at 0915 am.

We are very grateful to Shell, Interconnector, and Perenco for their kind sponsor-ship of this publication



## Knapton Village Hall

Knapton Village Hall is located at the Northern end of Hall Lane close to the junction with The Street and Mundesley Road and is opposite the Millennium Field. There is a small car park (about 10 cars capacity) for the use of patrons which is accessible via School Close. Wheelchair access is available via a ramp at the main entrance and there are a set of wide doors bordering Hall Lane allowing passage for unloading and loading large items of equipment.



The Hall is being refurbished, phase one having been completed and is available for hire. Hire rates for 2019 remain unchanged, offer great value and are listed below. The Hall capacity is between 50/60 people, is equipped with a small kitchen and has a stage.



## Hire Charges

### Session:

Morning 9:00 a.m. to 1:00 p.m.  
 Afternoon 1:00 p.m. to 5:00 p.m.  
 Evening 5:00 p.m. to 9:00 p.m.

### Village Hire: (i.e. Clubs)

£10.00 per session without heating  
 £12.00 per session with heating

### Private Hire:

£25.00 without heating  
 £30.00 with heating

### Organisations outside village: (morning or afternoon)

£15.00 without heating  
 £20.00 with heating

### Table Hire only: £20.00 (All)

**All booking enquiries to Mrs Mary Renwick-Forster (Booking Secretary) on 01263 720 908**

The hall is managed and maintained by volunteers and receives no funding. The programme of refurbishment is made possible by fundraising events such as the "Musical Garden Party" held in the walled garden of Knapton Hall; "Harvest Supper"; Cheese and Wine evenings and by the revenue from hire of the hall to local groups etc.

### REGULAR EVENTS:

ZUMBA Gold 10 – 11am – Seated ZUMBA 1130 – 1230 TUESDAYS WEEKLY  
 Knapton Women's Own 2.15 pm 1<sup>st</sup> Tuesday of each Month  
 The Knitting and Stitching Group 1.30 pm 2<sup>nd</sup> and 4<sup>th</sup> Wednesday  
 Parish Council 7.30pm 1<sup>st</sup> Tuesday (unless advertised as differently)  
 Mundesley Players Fridays and Sundays (When in rehearsals)



Photos courtesy: K. Angus Robertson –  
 Photos from 2018 Musical Garden Party at Knapton Hall



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# Knapton Village Hall SPRING SALE

27<sup>th</sup> April 2019

10am to 1pm.

Plants, Cakes, Bric-a-Brac and  
 More.

Refreshments  
 Funds for Hall Repair Fund

Contact for donations Angus 01263 722275.



Dear Parish Clerk,

Would you be so kind as to read this letter out at your next Parish Council meeting to the respective Councillors and Residents in attendance, as well as recording in the minutes and any such communications in the local Parish news.

We're really keen to make everyone aware of CarersMatterNorfolk. It is a service to support unpaid carers across Norfolk, commissioned by Norfolk County Council and the five NHS Clinical Commissioning Groups.

The support is for young carers, young adult carers and adult carers, working in partnership with many organisations and community groups. Including those which have been established for many years, as well as new ones that have formed.

In your Parish we have local Carer Connectors providing face-to-face support, within a carers own home or a place of their choice. This could be helping to navigate and understand local services, benefits, housing and adaptations or providing emotional support and assisting them to attend local activities.

Our Carer Connectors can assess their needs and those of their cared-for and help them access the support which will benefit them most.

CarersMatterNorfolk provide a full breadth of support through:

- 7 days a week Freephone Advice Line
- Emotional Wellbeing support in the caring role (counselling)
- Education and Training through events and sessions for peer support groups
- An online e-learning portal (designed by carers for carers)
- Online community in The Pod, where carers can engage in peer support and speak to other carers
- Live Chat support on our website with our Advice Line
- Grants for local peer support groups
- Membership of Carers Voice – carers can have their voice on services and decisions which affect them and the person they care for.

Whatever the question or need of support the Advice Line Team are available:

8am – 8pm Monday to Friday

4pm – 8pm Saturday

8am – 12noon Sunday

Just call **0800 083 1148** or visit the website [www.CarersMatterNorfolk.org.uk](http://www.CarersMatterNorfolk.org.uk) to find out more and access support.

Many carers are hidden, often not aware that they're in a caring role or don't know where or how to access support. Accessing support at an early stage, rather than being discovered or reaching out at crisis, makes a transformational difference in the outcomes for families and our communities.

A Parish Council can play a critical role in identifying and helping carers to access the right support at the right time. We value and appreciate your help in raising awareness of CarersMatterNorfolk.

Thank You,

***Kevin Vaughan***

CarersMatterNorfolk

CarersMatterNorfolk c/o Voluntary Norfolk.  
St Clements House  
2-16 Colegate  
Norwich  
NR3 1BQ

# Zumba Gold Party Comes To Knapton!



Zumba is a very effective form of dance/exercise which uses various dance rhythms such as salsa, tango, swing and merange. Zumba Gold is a suitable exercise for everyone since it is a slightly lower impact exercise than full on Zumba but retains its sense of fun and all the stress busting moves.

One of the main benefits that Zumba Gold can provide is better circulation - this is done by getting more oxygen through your system. Other benefits include improvement of muscle toning, bodily co-ordination and balance. This is all done by the suitable strengthening of your core muscles. Julie runs two classes - one seated and one standing. The seated class is as much fun and works you just as hard but is particularly suitable for anyone that has any physical limitations, the security of the chair means, in fact, that a larger range of movements can be achieved whilst bringing an awareness of your core muscles and leaves you with a greater sense of wellbeing



The fully trained Zumba instructor is Julie Weston who has lived in Knapton for 7 years She would love to reinforce the sense of community within the village and she gives a gentle reminder that this is a class that is open to gentlemen as well as ladies!!

She stresses that all the classes are fun, friendly, non-judgemental and lots of laughter is always a very important ingredient of each session.

Sessions are held **every Tuesday** at Knapton Village Hall, standing class between 10.00am & 11.00am & the seated class between 11.30am & 12.30pm.

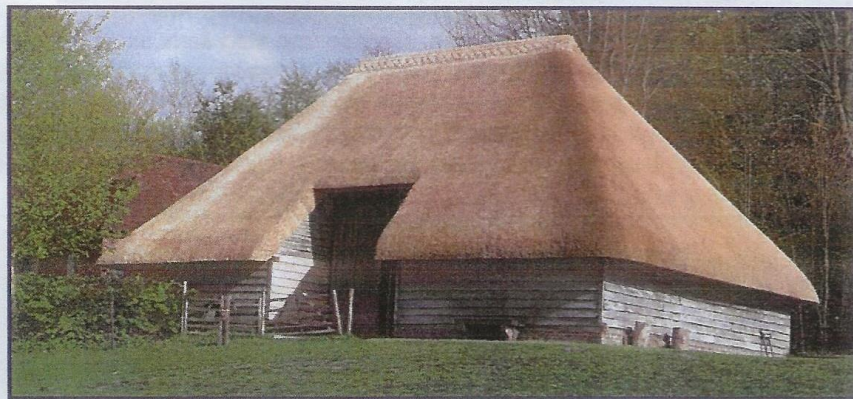
Classes are £4.00 each including refreshments & Julie would love to see you there!!!

Initial report from the Archaeologists available at the open morning 6<sup>th</sup> March 2019

## *DISCOVERING A MEDIEVAL BUILDING*

### LIFE ON A MEDIEVAL FARM

As archaeologists have cleaned back the layers of soil under School Close, they have revealed patterns of circular holes, both large and small, that when aligned to form the outline of a medieval building. Despite their simple status, these small farmsteads required clever engineering, with larger posts supporting a long thatched roof, and smaller posts framing wattle-and-daub panels that created a solid wall. But this type of structure, probably occupied by serfs, was almost entirely organic, so all we find left are the holes that the posts were sunk into.



## ARTEFACTS LEFT BEHIND

Within some of the pits surrounding the house are items discarded as rubbish after they had been broken, in particular pieces of pottery that would have been used as cooking pots. The cooking pots could be jars or bowls that were placed over a hearth, so many have soot encrusted on their outer surfaces. The shape of the pottery vessels also tells us that were made locally in the 11<sup>th</sup> to 13<sup>th</sup> centuries, about 1000-1300AD, when the Normans controlled England and re-shaped the manors, castles and monasteries that owned the rural farmsteads.

tē. anspati. i. cār. 7 dim. ēre. tenent. quos tenet corlanus. f.  
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 fot. m. xxx. n. fot.



At the time of the Domesday Survey in 1086, Knapton had a population of 32 households, probably over 100 people (in latin, above). Tenant farmers and serfs who would have had to grow their own food, give a portion of it to their lord, William of Warrene (at Gimingham) as rent, and had very limited opportunity to trade in towns. So this building may have been one of those households, with a relatively poor diet based on dark bread made of rye grain, and stews called 'pottage', made from peas, beans and onions

Meat was rare, but many farms kept pigs that could be kept loose and fend for themselves in local woodland, allowing farmers to till the land and tend crops. Pork could be salted and preserved as bacon to be consumed throughout the year, probably in more luxurious stews. Cows were also kept as dairy animals to produce milk and cheese, but were far more valuable alive than as meat. Bread may even have acted as plates, with thick slices partly scooped out to hold stew, and known as 'trenchers'. Their only sweet food was the berries, nuts and honey that they collected from the woods, sometimes used with cereal to produce a more flavorsome pottage or porridge called 'frumenty'.



Pictures are courtesy of : K. Angus Robertson taken on the 6<sup>th</sup> March 2019








**Mundesley SSAFAgettes**

**Coffee Morning**

**Raffle & Stalls**

Wednesday 17th April 2019

10 - 12 midday at

Coronation Hall

Cromer Road

Mundesley NR11 8DD

**ENTRY FREE**

All money raised will go to SSAFA Norfolk supporting the Service and Ex-Service community in Norfolk

## Knapton Neighbourhood Watch

Saturday 30<sup>th</sup> March 2019 10 – 1pm at Knapton Village Hall

Please come along and find out more information about Neighbourhood Watch and join us in an effort to keep Knapton a safe place to live. We are the largest crime prevention movement in England and Wales with 2.3 million member households. We need you too!!

Neighbourhood Watch aim is to create safer and stronger communities.

Together we can look out for our neighbours, especially those on their own.

We look forward to seeing you on 30<sup>th</sup> March.

Georgina Neatherway

## What's On In Knapton? April – July 2019

### April

Tuesday 2 <sup>nd</sup>	10.00am- 11.00am 2.15 pm 7.30pm	Zumba Gold – 11.30 – 12.30 Seated Zumba – Village Hall Knapton Women's Own – Village Hall Parish Council
Tuesday 9 <sup>th</sup>	10.00am- 11.00am	Zumba Gold – 11.30 – 12.30 Seated Zumba – Village Hall
Wednesday 10 <sup>th</sup>	1.30pm	The Knitting and Stitching Group - Village Hall
Friday 12 <sup>th</sup>	10.00am	Coffee Club
Tuesday 16 <sup>th</sup>	10.00am- 11.00am	Zumba Gold – 11.30 – 12.30 Seated Zumba – Village Hall
Tuesday 23 <sup>rd</sup>	10.00am- 11.00am	Zumba Gold – 11.30 – 12.30 Seated Zumba – Village Hall
Wednesday 24 <sup>th</sup>	1.30pm	The Knitting and Stitching Group – Village Hall
Friday 26 <sup>th</sup>	10.00am	Coffee Club
Saturday 27 <sup>th</sup>	10am – 1pm	Village Hall Spring Sale
Tuesday 30 <sup>th</sup>	10.00am- 11.00am	Zumba Gold – 11.30 – 12.30 Seated Zumba – Village Hall

### May

Thursday 2 <sup>nd</sup>	0700am - 10.00pm	Local Elections
Tuesday 7 <sup>th</sup>	10.00am- 11.00am 2.15pm 7.30pm	Zumba Gold – 11.30 – 12.30 Seated Zumba – Village Hall Knapton Women's Own – Village Hall Parish Council
Wednesday 8 <sup>th</sup>	1.30pm	The Knitting and Stitching Group – Village Hall
Friday 10 <sup>th</sup>	10am	Coffee Club
Tuesday 14 <sup>th</sup>	10.00am- 11.00am	Zumba Gold – 11.30 – 12.30 Seated Zumba – Village Hall
Tuesday 21 <sup>st</sup>	10.00am- 11.00am	Zumba Gold – 11.30 – 12.30 Seated Zumba – Village Hall
Wednesday 22 <sup>nd</sup>	1.30pm	The Knitting and Stitching Group- Village Hall
Friday 24 <sup>th</sup>	10am	Coffee Club
Tuesday 28 <sup>th</sup>	10.00am- 11.00am	Zumba Gold – 11.30 – 12.30 Seated Zumba – Village Hall

### June

Tuesday 4 <sup>th</sup>	10.00am- 11.00am 2.15pm 7.30pm	Zumba Gold – 11.30 – 12.30 Seated Zumba – Village Hall Knapton Women's Own - Village Hall Parish Council
Tuesday 11 <sup>th</sup>	10.00am- 11.00am	Zumba Gold – 11.30 – 12.30 Seated Zumba – Village Hall
Wednesday 12 <sup>th</sup>	1.30pm	The Knitting and Stitching Group – Village Hall
Friday 14 <sup>th</sup>	10.00am	Coffee Club
Tuesday 18 <sup>th</sup>	10.00am- 11.00am	Zumba Gold – 11.30 – 12.30 Seated Zumba – Village Hall
Tuesday 25 <sup>th</sup>	10.00am- 11.00am	Zumba Gold – 11.30 – 12.30 Seated Zumba – Village Hall
Wednesday 26 <sup>th</sup>	1.30pm	The Knitting and Stitching Group – Village Hall
Friday 28 <sup>th</sup>	10.00am	Coffee Club

### July

Tuesday 2 <sup>nd</sup>	10.00am- 11.00am 2.15pm 7.30pm	Zumba Gold – 11.30 – 12.30 Seated Zumba – Village Hall Knapton Women's Own – Annual Strawberry Tea - Supporting this Year's Charity Cromer Hospital Friends EVERYONE WELCOME – Village Hall Parish Council
Tuesday 9 <sup>th</sup>	10.00am- 11.00am	Zumba Gold – 11.30 – 12.30 Seated Zumba – Village Hall
Wednesday 10 <sup>th</sup>	1.30pm	The Knitting and Stitching Group – Village Hall
Friday 12 <sup>th</sup>	10am	Coffee Club
Tuesday 16 <sup>th</sup>	10.00am- 11.00am	Zumba Gold – 11.30 – 12.30 Seated Zumba – Village Hall
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Wednesday 24 <sup>th</sup>	1.30pm	The Knitting and Stitching Group – Village Hall
Friday 26 <sup>th</sup>	10.00am	Coffee Club
Tuesday 30 <sup>th</sup>	10.00am- 11.00am	Zumba Gold – 11.30 – 12.30 Seated Zumba – Village Hall

**ANYONE WHO WOULD LIKE TO COME TO COFFEE CLUB CALL ALISON ON 01263 722323 FOR INFORMATION**

# USEFUL NUMBERS

## DOCTORS

### Emergency No: 111

#### Mundesley Medical Centre

Appointments & Enquiries Tel: (01263) 724 500 - Repeat Prescriptions Tel: (01263) 724 506

Munhaven Close, Mundesley, Norwich, NR11 8AR

#### Birchwood Medical Practice

Appointments and Enquiries Tel: (01692) 402 035 - Repeat Prescriptions Tel: (01692) 406 885

Park Lane, North Walsham, Norfolk, NR28 0BQ

#### Paston Surgery

Appointments, Enquiries & Prescriptions Tel: (01692) 403 015 - 9-11 Park Lane, North

Walsham, Norfolk, NR28 0BQ

## Hospitals:

Norfolk & Norwich University Hospital (NNUH) Tel: 01603 286 286 Colney Lane, Norwich, NR4 7UY

Cromer & District Hospital (Minor Injuries Clinic only 8am to 8pm)

Tel: 01263 513 571 Mill Road, Cromer, NR27 0BQ

North Walsham & District War Memorial Hospital (No A & E)

Tel: 01692 408 070 Yarmouth Road, North Walsham, Norfolk, NR28 9AP

## North Norfolk District Council

Council Offices, Holt Road, Cromer NR27 9EN 01263 513811

<http://www.north-norfolk.gov.uk/>

**Norfolk County Council** : 0344 800 8020 (Monday-Friday 9am-5pm)

<http://www.norfolk.gov.uk>

## Water & Drainage: Anglian Water

Tel: (0845) 145 145 Freephone: (0800) 145 145

## Power: Electrical

UK Power Networks - To report an electrical emergency or power cut:

Tel: 0800 783 8838

General Enquiries Tel: 0845 601 4516 - Customer Relations Tel: 0800 028 4587

New Connections Tel: 0845 234 0040

## Gas Emergencies

National Gas Emergency Number Tel: 0800 111 999

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