

Raynhams' Newsletter - May 2021



Hello everyone, here's hoping the weather gets better soon so we don't have to wrap up when meeting neighbours and friends. Apparently it has been the coldest Spring for 60 years!

Thanks to Debbie Lamont for the photo above taken from St. Margaret's ruins, and please send any images you would like included by emailing the Newsletter at: westray.newsletter@gmail.com.

Tractor Road Run - Sunday 16th May

A tractor run will be starting from West Raynham village hall car park on May 16th. The meeting will begin at 9:30 and a burger van will be on hand to provide second breakfasts. Tractors will depart from 10 am, stopping at Great Massingham for lunch and then returning to West Raynham from about 2 pm. The route may be cut short in case of poor weather. So come along if you want to see the tractors and maybe take part in the convoy!

Village Hall and Reading Room

Please note the Reading Room in West Raynham is now open daily following the redecoration work. Do pop in if you are looking for any books or DVDs to take as we will be sorting through the collection soon.

West Raynham Village Hall will be open on Thursday 6th May as a polling station for the local elections and election of a Police and Crime Commissioner for Norfolk. The hall has been fogged by North Norfolk District Council about a week before Election Day.

As we look to reopen the village hall and start up social and community events again, please let us know if there are any particular activities you would like to see take place. Leave a note in the village hall postbox or send an email to: westraynham.vhc@gmail.com.

Sunflower Growing Competition

Most of the information packs and seeds have been delivered throughout The Raynhams, but if you haven't received your free seeds yet, then do get in touch with Judy Pell at westray.newsletter@gmail.com.



Norfolk Citizens Advice database on grants for individuals

Norfolk Citizens Advice has launched its Grants for Individuals in need database, <https://www.ncab.org.uk/grants>, which could provide financial support for people you know who may need help. The database is funded as part of the Coordinated Community Support Programme and is open access on the Norfolk Citizens Advice website. The database contains mostly small local grant giving organisations that operate in Norfolk.

The webpage contains:

- Brief information on how to use the database
- A short video demonstration
- A tips document on maximising successful applications with hints and tips from grant organisation trustees
- A feedback link to report out of date information, suggest organisations to include, or just give feedback on your experience of using the database

Contact Isobel Abbott at i.abbott@ncab.org.uk for further information.

Himalayan balsam on the River Wensum

Norfolk Rivers Trust and the Norfolk Non-Native Species Initiative (NNNSI) have joined forces to reduce, and where possible, eliminate Himalayan balsam from the Wensum river catchment, as part of a project funded by Anglian Water.

Why is this needed?

Although it may look attractive, balsam is an invasive non-native plant that can spread rapidly in aquatic environments and out-compete our native species. Balsam can therefore be detrimental to local biodiversity, and due to its seasonal nature, it can also leave entire sections of riverbanks bare during the winter months - leading to bank erosion and sedimentation of the river channel.

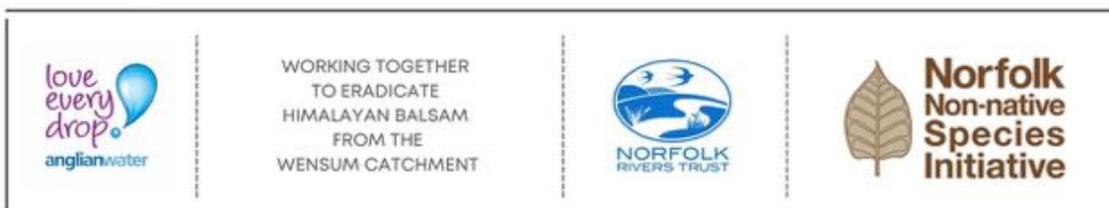


How you can get involved

The project aims to bring together and collaborate with many organisations, landowners and river users - all with a common goal to improve their local river. With the project spanning several years (until 2025), and manual pulling of balsam as the preferred method of control, there is plenty of opportunity to get involved! Keep an eye out for upcoming events by visiting: <https://norfolkriverstrust.org/project/himalayan-balsam-on-the-river-wensum/> or send an email to: NNNSI@norfolk.gov.uk.

Further information:

- Project webpage: <https://www.nnnsi.org/invasive-non-native-species/himalayan-balsam/>
- Himalayan Balsam quick ID sheet: <https://www.nnnsi.org/assets/NNNSI/HB-ID.pdf>
- Report a sighting: NNNSI@norfolk.gov.uk



News from Raynham Estate - Jo Bosch

Around the Farm

Spring has finally sprung, and although the frosts continue to be challenging for gardeners (and after a wet winter we now need more rain!), the brighter days and blue skies are making the estate look beautiful. The trees and hedgerows are greening and the oilseed rape crop is coming into flower, bringing those familiar swathes of yellow to our fields. Our Aberdeen Angus herd has expanded once more, with 140 new calves being born so far this year.

Glamping in Style

Wild Meadow, our glamping site, has proved to be popular with the national press and it has led to a flurry of bookings for the four yurts between May and early September. School holiday dates are all but gone, but we've just opened up shorter breaks in June and early July for those who just want to dip their toe in the water before committing to a longer break, so if you know anybody who is looking for a quiet mid-week break outside the school holidays, this could be just the thing! We're also very pleased to have offered two local people the Hospitality Manager role as a job-share and we're looking forward to them joining the team shortly.

Outdoor Theatre

Strange Fascination are back with us in the Walled Garden this summer, and this time they're bringing the pirates! The date for Treasure Island is Saturday 7th August and there are 2 performances at 11am and 2.30pm. Picnics and dressing up are very much encouraged. Tickets are £12 for adults, £8 for children under 16, or £36 for the whole family and can be bought online >> <https://www.ticketsource.co.uk/strange-fascination-theatre?fbclid=IwAR1YBzO2g7Xv6q4ws7d0m88ZDpdujKyOKtVhnacMEddMwNJYa3P9z1OdRCM>

Keep in touch

Just a reminder that you can keep in touch with us about anything relating to the estate by:

- subscribing to the mailing list via our website www.raynham.co.uk;
- following us on social media <https://www.facebook.com/RaynhamNorfolk> and <https://www.instagram.com/raynhamnorfolk/>;
- or by emailing us at info@raynham.co.uk.

Enjoy reconnecting safely with your nearest and dearest and have a great May everybody.

Insects in the Garden - Paresh Shah

In mid-April it was lovely to see the Ashy mining bees, again in the same south-facing bank as last year. Female bees were collecting pollen and nectar to provide food supplies for the larvae to emerge from eggs laid in underground burrows. Also present were a couple of tawny mining bees, which have a furry appearance with ginger to orange coloured hairs, unlike the

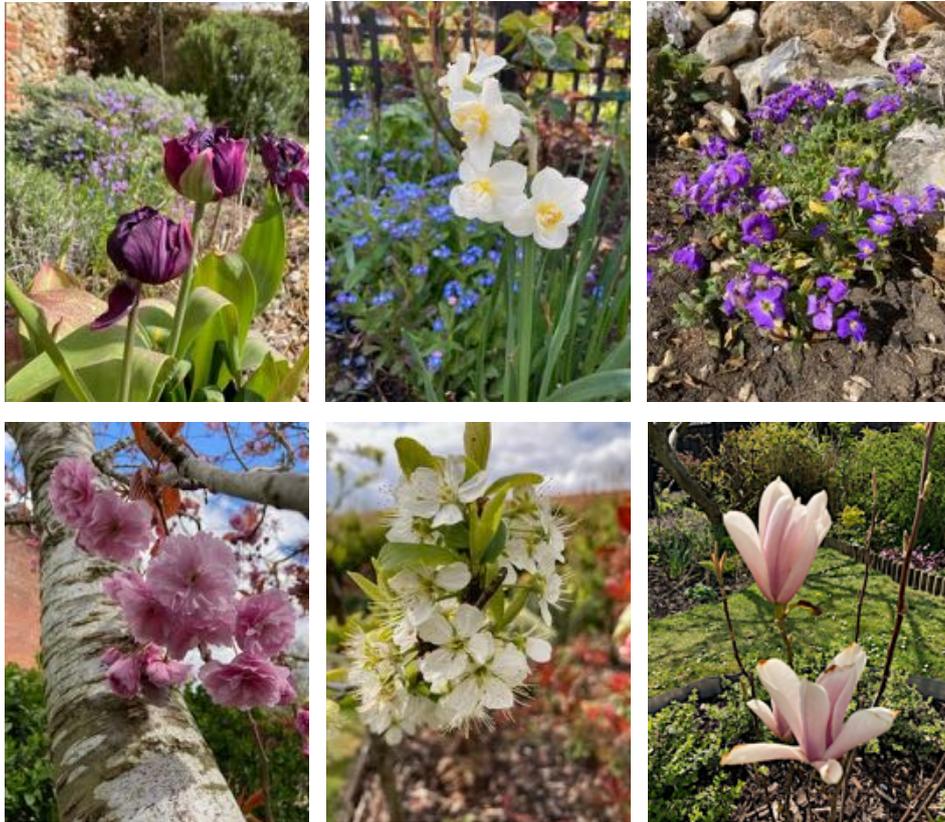


black and white banded ashy mining bees. I finally managed to set up my ultra-violet light trap at the end of April to record moths flying at night, and my first and only moth so far has been the brindled beauty, *Lycia hirtaria*. This moth is common in the UK with adults flying from March to May, and the larvae feed on the leaves of broadleaved trees. Further information on mining bees and the brindled beauty at:

- <https://www.nhsn.org.uk/introducing-the-ashy-mining-bee/>
- <https://www.wildlifetrusts.org/wildlife-explorer/invertebrates/bees-and-wasps/tawny-mining-bee>
- <https://www.norfolkmoths.co.uk/index.php?bf=19260&abh=70.247&next=yes>

Pottering in the Greenhouse and Garden - Bridget Stanley

We have had a welcome rain shower this morning - Enough to quarter fill a watering can from the water butt anyway! The spring flowers are lighting up the garden, in spite of the frosts and cold winds during April. The tulips, daffodils, aubretia, forget-me-nots, rosemary, pulmonaria, dandelions and daisies are all very cheery.



The cherry and plum trees are bursting into blossom too, and the Magnolia is beautiful.



The greenhouse is getting a bit crowded so we have repurposed some shelves from the shed to cope.

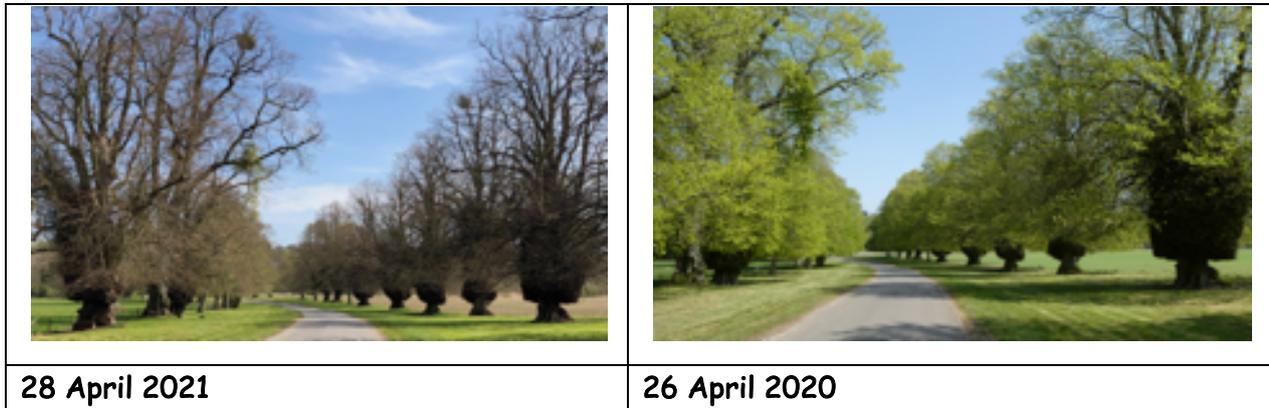
Pumpkin and courgette seeds have started to poke their noses out of their pots in the greenhouse, and I will be sowing french beans and runner beans over the next couple of weeks. These will be planted out in the veg plot at the end of May. We have put up the support frame in readiness. I have also been sowing marigold and poppy seeds as well as our lovely free Giant Sunflower seeds! Where to put them is another issue, but I am sure I will find a space!

Newsletter Info and Contact Details

- Deadline for articles or notices is the 28th of each month
- westray.newsletter@gmail.com to subscribe or unsubscribe from the newsletter
- <https://www.raynhampc.info/documents> to view and download newsletters

Nature Notes for April 2021 - David Stubbs

The difference a year makes; I knew that the vegetation seemed to be late this year, but I was surprised when I compared these two scenes from this year and last. No wonder they tell us April has been the frostiest for more than 60 years. Oh for some warmth please.



It's not just the lime trees; wild flowers, butterflies and migrant birds have all been late this year. In fact butterflies have had a miserable start to the year. It was only towards the end of the month that the first orange tips emerged and brimstones have been unusually scarce. Peacock and small tortoiseshell butterflies have been reasonably numerous in sheltered, sunny spots, but it's been a struggle to find them.

Our wintering fieldfares were present pretty well throughout the month - I saw a flock of at least 23 birds on 24 April and there were still good numbers of teal and gadwall on Raynham Lake at the end of the month. Siskins too were common in the village and coming to feeders in the early part of the month.

Summer migrants have wisely held back. Plenty of chiffchaffs and blackcaps have been in the woodlands since the end of March, but everything else has been late and scarce. The first house martin appeared on 8 April, but I hadn't seen more than two together by the end of the month. The first swallow was a few days later and cuckoo on the 18th, along with willow warbler along the Wensum near St Mary's Church.

Rarities

Wheatears are scarce but regular spring migrants here. They are hard to find as they can turn up on any open field, but the most reliable place to look for them is up on the rough pastures by the solar farm. I found two there on the 17th and at least one was still present on the following day.

The month's other notables were all in the Wensum valley. The first was on the 5th down by the road bridge when an unusual looking duck flew up off the stream and crossed between me and two other people heading towards me. Despite the light being against me, I knew what it was, having seen many of these when I lived in Surrey, although my first for this area - it was a male mandarin duck! This fleeting encounter was also a nice way of meeting Nigel and Lin Middleton, who had just moved into one of the Estate cottages at Stables Farm. Nigel is the

Reserve Manager at Sculthorpe Moor, so I have great hopes he will be reporting lots of interesting observations to me.

My bad form with large rare birds continued when Simon Barratt reported he had found a great egret along the river near South Raynham on the 15th. I couldn't find it, although I did possibly see one early on the 18th, but it was flying away from me into the mist and against the light, so it was another one that got away from me. This is actually one new species I have been expecting for a while. They have been reported recently from Sculthorpe Moor, Pensthorpe and Great Ryburgh, so it is only a matter of time before they become more frequent in our area.

Back in January I reported we had a greylag goose with an orange neck collar (marked PAP) that had joined the large resident flock. PAP left West Raynham at the end of January and was reported a couple of times at East Rudham. On 8th April PAP reappeared for one day only on the parkland pasture by Raynham Lake, amongst a loose flock of 47 other geese. I presume these are non-breeders that hang around together, while the breeding adults disperse across the area to their nesting sites.

If you have any unusual nature observations please let me know:
David Stubbs: davidstubbs1@btinternet.com or WhatsApp me on 07974922197

Recipe Corner: Holishkes (stuffed cabbage my way) - Sandra Forsyth

12 largest leaves from a Savoy cabbage; 2 vegetable stock pots; 450g raw minced beef
2 raw onions chopped finely; 100g uncooked rice; Large tube tomato puree; 1 large lemon;
tablespoon sugar; Salt and pepper.

- Heat oven to 160 °C (150 °C fan oven)
- Cut out stalks from the cabbage leaves and boil in large pan for 5-10 minutes until soft
- Remove with tongs and leave to cool.
- Add stock pots to cabbage water and heat until dissolved
- Gently fry one chopped onion in a little oil in a casserole.
- Mix mince, one onion and rice in a bowl and form into balls, pressing firmly.
- Lay cabbage leaves on a board, place meat mix ball on each one and roll up.
- Any small amounts of rice, meat, onion left in the bowl can be added to the onions in the casserole
- Place balls join side down in the casserole, tightly packed.
- Add tomato puree, lemon juice, sugar, salt and pepper.
- Cover with cabbage water, bring to the boil then put lid on and cook in oven for 2 hours
- Heats up and freezes well

If you have a much-loved recipe, we would love to include it in the newsletter. Please send your recipes to westraysnewsletter@gmail.com

Could Your Community be “The Street That Saved”?

A fun opportunity to involve all or part of your community in saving Food Waste

Deadline for Signing up is 17th May 2021



This exciting new challenge is part of the work by Food Savvy - a collaborative food waste reduction campaign between Norfolk County Council, Suffolk Waste Partnership and the environmental charity Hubbub (see <https://www.foodsavvy.org.uk/>). Food waste may make up as much as 15% of your carbon footprint - and it costs you money to buy it in the first place.

One person can start it off with a nomination and then *10 households in a street, block or neighbourhood will need to sign up in the 6 weeks following that nomination.*

- Win a Prize: £50, plus £50 worth of products and save up to £730 over the course of the year! There will be a mega bonus prize for the street that saves the most.
- During the one month “Street that Saved challenge”, participating households will be given bespoke advice and a free food saving kit to help cut waste.
- You’ll be invited to join a digital and physical community of food savers.
- Help the planet: Food that could have been eaten but gets thrown away in the UK has a carbon footprint equal to one fifth of all the cars on the road.
- A street in Norfolk and a street in Suffolk will go head to head for a grand food saving prize
- Oh! and there may be a chance to be on TV...

Sign up at: <https://www.foodsavvy.org.uk/the-street-that-saved> or send an email to campaigns@hubbub.org.uk.