

A winter landscape featuring a sunset over a field. The sky is a mix of orange and purple, with the sun low on the horizon. In the foreground, there are bare, tangled tree branches and some dry grass. The overall mood is serene and quiet.

Hockwold Village Magazine January 2021

www.hockwold.info

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Clerk - Hilary Cox

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Lakenheath Surgery
Feltwell Surgery

01842 860400
01842 828481

Hospitals

West Suffolk (Bury St. Edmunds)
Queen Elizabeth (Kings Lynn)
Thetford Healthy Living Centre
NHS Direct

01284 713000
01553 613613
01842 767600
0845 4647

Vets

Paul Jarman
Old Golf House

01842 828938
01842 814043

Police (ask for Downham Market)

101

Taxis

Bob's Taxis
DJ Taxis

01842 828471
07971 551492

Schools

Iceni Academy—Hockwold
Feltwell Primary
Iceni Academy—Methwold
Downham Market High School

01842 828275
01842 828334
01366 728333
01366 388717

Citizens' Advice Bureau

01842 811511

Samaritans

0345 909090

Rubbish Clearance

01553 776676

Funeral Directors - Michael Denney & Sons

01842 862777

The Red Lion

01842 829728

Happy New Year!

After what has been a very difficult year for many people all over the world, I'm sure we are all hoping for a more positive, safe, and settled 2021. I would like to thank all the people who make the magazine happen each month—from distributors to advertisers, contributors and volunteers—without you the magazine would have simply folded in 2020, but instead we have managed to keep going and provide a link with everyone in the village. If you have something you would like to share please do get in touch, we are always looking for new contributors, advertisers and volunteers. Remember, local events are promoted free of charge!

Many thanks to Georgie Young for this month's cover image—there's nothing better for the soul than a clear and frosty morning—far better than grey and damp I think! Thanks also to everyone who has been in touch with photos for the cover, it's so lovely to hear from you all and I look forward to sharing them with the village over the coming months. Stay well, stay alert and keep smiling!

Editor

WEATHER FOLKLORE FOR JANUARY

Fog in January brings a wet spring.

[13th] St. Hilary, the coldest day of the year.

[22nd] If the Sun shine on St. Vincent, there shall be much wind..

FEBRUARY CONTRIBUTIONS BY 15th JANUARY PLEASE.

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(items received after this date cannot be guaranteed to be included,
and all inclusions are at the editors discretion)

If you would like to advertise in the magazine for as little as
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Hockwold cum Wilton Parish Council

8th December 2020

Present: Mrs L. Randall, Mrs R. Morgan, Mrs A. Marsden, Mrs T. Sismey,
Mrs I. Sullivan, Mr S. Monsey-Cribb, Mr S. Turner, Ms R. Johns,
Mr J. Linkin
Councillor Martin Storey
Hilary Cox – Parish Clerk

Apologies: None

I am afraid there is still not much in the way of new information on the subject of the noise from Murfitts Industries but the Council is still putting pressure on the Borough Council, as well as the Environment Agency, to go ahead with the promised meeting at the site. But we are not giving up!!.

A reminder to all bird keepers: as of 14 December, all bird keepers (whether they have pet birds, commercial flocks or just a few birds in a backyard flock) are now required by law to keep their birds indoors and to follow strict bio-security measures, in order to limit the spread of, and eradicate, bird flu..

I recently attended a virtual meeting between Norfolk Police and Parish Councillors. The police were very keen to point out that Facebook is not the place for reporting anti-social behaviour, fly tipping, off road bikes or other incidents, hoping that the police will take action. These should be reported via 101 (or 999 if a crime is taking place). We were advised that a new triage system has now been put in place for 101 calls, in response to criticism of the system.

In the new year, councillors will return to the survey of HGV traffic through the village, Main Street in particular), so, if you see us out there with clipboards, that's what we will be doing – providing, of course, there are no roadworks or diversions through the village!

There is little point in mentioning the subject of Covid 19 restrictions, as at the time of writing, I have no idea of which Tier we will be in by the time you receive your magazine. However, if you believe you are “Clinically Extremely Vulnerable” but haven't heard from your doctor or NHS England, please contact your doctor now.

I just hope that everyone can enjoy some sort of festive celebration over the Christmas period whilst adhering to whatever restrictions we are given. Vaccines are ‘just around the corner’ so please take care and let's hope 2021 will be a much better year for us all. On behalf of the Parish Council I wish all the parishioners of Hockwold cum Wilton a very happy New Year.

The next Parish Council meeting will be held via Zoom on Tuesday 12th January at 7.30pm.

Lesley Randall—Chairman

Councillor	Phone (01842)	Email
Mrs L. Randall	829960	lesleyrandall@btinternet.com
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Mrs T. Sismey	827292	traceysismey@hotmail.co.uk
Mr S. Turner	827302	
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Mrs A. Marsden	653034	nellybiscuit@hotmail.co.uk
Mrs R. Morgan	827431	beck_morgan@yahoo.com
Mr J. Linkin	828729	nutygrandad1@gmail.com

Minutes from the Hockwold Parish Council meeting can be read in full at Hockwold Village Club or online at hockwoldcumwiltonparishcouncil.norfolkparishes.gov.uk or look for us on Facebook
Contacts for your Parish Councillors are on the website

W.I.

Wishing all members and friends a Happy New Year and as soon as we can hold a meeting in 2021, the committee will be in contact with everyone. We will look forward to welcoming anyone who would like to join the WI, if interested please contact me.

Stay safe everyone.

Maria (Secretary - 01842827958)

Friendship Club

If any member needs help or has any questions please contact me (01842 827600), Lynne (01842 827098) or Betty Golding (01842 829944).

Looking forward to the day when we can be together again,.

Jackie Lucas.

I was going to quit all my bad habits for the new year, but then I remembered that nobody likes a quitter.

St James' Church During January



Let's all hope that 2021 is without the unexpected upheaval we had to deal with in 2020. I hope that by now the Covid vaccine is being rolled out and that we can start to look forward to getting back to some sort of normality. However, I fear that that will not really happen until later in the Spring.

In the meantime, let's hope that we can carry on with our programme of services as arranged. First I should say that on Sunday 27th of December (if you receive this magazine in time) there will be a Benefice Service of the Word instead of the advertised Benefice Mass. This will be taken by Juanita Hawthorne at 10.00 am.

Services for January: During the colder months of January and February there will be a rotating Benefice Mass at 10.00 am at one church each Sunday as follows:

3rd January	Benefice Mass	The Rector	Northwold
10th January	Benefice Mass	Bishop Stephen	Feltwell
17th January	Benefice Mass	The Rector	Hockwold
24th January	Benefice Mass	The Rector	Northwold
31st January	Benefice Mass	The Rector	Feltwell

All at 10.00 am.

Please remember that Covid restrictions will apply for the foreseeable future. Anybody going into the Church is required to sign in or use the QR Code, respect social distancing and use the hand sanitizer. Masks must be worn at all times.

Hockwold St James PCC would like to wish you all a very Happy and Peaceful New Year.

Daphne Young on behalf of the PCC



Iceni Academy Hockwold

Written by Iceni Hockwold's Academy Council

We are Iceni Hockwold's Academy Council; we are the pupil voice for all children at our school. We meet regularly over in the Music Room with Mrs Harris and we put ideas forward. Those ideas come from Family Council meetings and those families are called: Queens, Trinity, Churchill and Emmanuel mirroring the communities at Iceni Methwold. The children in our 'families' (which do include our siblings in real life too) vote on who they would like to represent them at Academy Council level and the Chair and Secretary are also our school's Prefects.

Ideas we go to Academy Council with are things like the following:

Could we have more board games for wet play?

Can school buy some more books for the Associate pathway of the BEAR Project?

Is it possible to have some more playground equipment to play with?

Could the lines on the playground be repainted?

Please can Key Stage 2 children write books for the younger children to enjoy?

These questions go straight to our Principal, Mrs Owner, who then asks the right people to take on the jobs to get them done if they're possible. Mrs Owner always writes us a letter to explain why some things might not be possible or why there might be a delay; the answer is usually 'yes' however. For example, the children asked for the Boys' Toilets to be painted and they were...within a week!

As Academy Council, we are often asked to write letters home to parents and carers; most often these are about fundraising events that we have voted on to support. For example, this year we have done Christmas Jumper Day and Elf Day.

Please note: there are still a couple of places left for children to start at our school. Please telephone 01842 828275 and make an appointment to look around if you are interested in your child starting.

Please find us on Twitter and Facebook: Iceni Hockwold and Iceni Academy Hockwold respectively.



School Admissions For September 2021

Norfolk County Council have asked all schools to remind parents to apply for a reception school place for their child (If they are starting in September 2021) by January 15th 2021.

Children born between 1 September 2016 and 31 August 2017 are due to start school in Reception in the school year starting September 2021. The easiest way for parents to apply is on-line at www.admissionsonline.norfolk.gov.uk or they can request an application form from our Customer Services Centre on 0344 800 8020.

If parents would like more information about Iceni Academy Hockwold, please visit our website <https://icenihoekwold.atrust.org.uk/> where we have information about all aspects of school and a 'Welcome to Iceni Academy' video for prospective parents.

Thank you.

Mrs. Emma Owner, Principal, Iceni Academy-Hockwold

January Gardening

None of us could have predicted what would happen in 2020, and many more people turned to gardening as our gardens became a much-needed sanctuary, a space away from the madness of what was going on in the world, and something to do with the extra time for those on furlough. As we head into 2021 the world is still a mad place, however there is now a vaccination, and hope for the future. I hope that people continue to enjoy their gardens and be able to spend time growing and enjoying nature. Not just because its my job, but also because I appreciate the mental health benefits (and physical) that I get personally from contact with the earth.

Brexit also looms on the horizon, none of us are still sure if a deal will be done (although by the time this is published, we will know the answer). We don't know how any deal or no-deal will affect the products we import and export. However, there is one thing that's looking very positive with our break from Europe and that's our use of pesticides. A report from PAN UK just came in my mailbox stating that the UK government are now actively seeking to greatly reduce pesticide use by 2022! (The rest of Europe are aiming for 2030) This is fantastic news for the environment and biodiversity. Here at P&R Garden Supplies new products will be hitting our shelves in January, we have lots of eco-friendly alternatives hitting our shelves too. Reduction in plastics of packaging, more recyclable and biodegradable products, more organic & chemical free solutions to pests, diseases and weeds. We will be marking our shelves to highlight these alternative products.

Many of you who are new to gardening most likely think that there isn't much you can do in your garden this month. Going by how I have filled half of the article without writing much about gardening this is to an extent true, you can't plant in frozen ground! Here's a list of tasks you CAN do this month when the weather allows:

Cut back old foliage of ornamental grasses and perennials such as sedums.

Winter Prune Wisteria

Purchase and start chitting seed potatoes, in mid/ late January we will expect our delivery of seed potatoes (earlies, seconds & mains) from our Scottish supplier.

Remove old and diseased Hellebore leaves to make the new blooms more visible as they emerge this spring.

Remove yellowing leaves from your winter brassicas as they are no use to the plant and may harbour pests and diseases.

Prune apple trees and pear trees if you haven't done so already as this is best done whilst they are dormant. (Leave plums, cherries and apricots unpruned until the summer as pruning these fruit trees now will make them susceptible to silver leaf infections.)

Start forcing Rhubarb by placing an old bucket over the crown

Plant new soft fruit bushes and canes (as long as the ground is not frozen)

If you shred your Christmas tree the resulting mulch is the perfect top dressing for acid loving plants such as Rhododendron, Acer and Blueberries.

If you are over wintering plants in the greenhouse Botrytis (grey mould) can be a problem. To reduce the risk increase air flow by opening all the doors and vents on mild days. In the event of signs of disease remove the plant to prevent spreading.

It is cold and frosty for the birds as well, so it's a good time to look after wildlife. In addition to putting out food, birdbaths can easily freeze over which deprives the birds of a much-needed source of water.

Whatever you are planning for your garden this year we will always be here to help you achieve your perfect sanctuary!

*Rachel Sobiechowski BSc (Hons) P&R Garden Supplies, Fengate Drove, Brandon
01842 814800 www.p-rgardensupplies.co.uk*

Otterly Brilliant

Happy New Year to you all! We hope you all had peaceful and enjoyable festive seasons.

We often use this article to look back at the past year on the reserve, but after the year that was, I have decided to go for something different – I don't think 2020 is one we need to reminisce about really!

Instead I thought I would focus on one of our most secretive residents here at the reserve, one not frequently seen, but perhaps that is what make a sighting of this magnificent creature all the more special.

I am, of course, talking about the otter. A water loving mammal, the signs of which are often seen more than the animal itself! Which admittedly isn't the most helpful for those wanting to spot one, so here's an otter spotters guide for what to look out for....

With dense brown fur, long thick tail and webbed feet they are perfectly adapted to a semi-aquatic lifestyle. They are a fairly large animal measuring from head to toe, 90cm to 120cm. A combination of their habit of swimming low in the water (with only their head showing) and the ability to close both ears and nose underwater, means they are easy to miss! Often a few bubbles and ripples signify the presence of an otter swimming away from you. Whilst a lot of otter sightings can happen purely by chance, looking out for the tell-tale signs of otters can give you a clue of where to concentrate your search. Footprints alongside waterways (don't get too close to those water edges!) or in mud across pathways are a sure sign that an otter is about...somewhere! The footprints will measure around 5-6cm in width and will show four or five toes, as the fifth doesn't always show in the print. Keep an eye out for their droppings, or spraint, which otters leave to both mark their territory and find a mate. The spraints are a greenish-black colour and, if you're feeling adventurous, apparently smell sweetly, like jasmine tea! Broken apart (stick recommended or gloves!) they contain a real mixture of things from their varied diet of fish, water birds and amphibians – often fish scales are the real give away.

For me, other wildlife can be the best sign that an otter is lurking somewhere near by – the sudden movement of ducks out of the reedbed, flying off the water or making a real racket is a sure sign that something is disturbing them. The culprit, more often than not, is an otter.

Otters can be seen across the reserve, a lot of sightings being a case of the right place and the right time, but recently we've had sightings from both the Visitor Centre and New Fen viewpoint. They can be seen throughout the day, but early in the morning seems to be when activity is at its peak, they seem to especially like the wet weather. So, whilst a rainy day may not seem ideal for a walk, it could be great for otters!

I have got to admit it's not an easy task to spot an otter here at Lakenheath, patience is most definitely required, but it can be rewarded with the most magical of wildlife experiences. So why not challenge yourself this year to discover the reserve and its wildlife; nothing beats getting out in the fresh air and, if you are lucky enough to be an otter spotter, then that's just the icing on the cake!

Emma Cuthbertson

RECIPE—Spaghetti With Kale Pesto and Pangrattato Topping

After an indulgent Christmas you may be thinking of more healthy menus for January. Kale is the original superfood, and in season at the moment. Kale is considered a superfood because it's a great source of vitamins and minerals and it also contains several other compounds that are beneficial for your health. It has very high levels of Vitamins A, C and K—one cup of chopped kale provides well more than your recommended daily allowance of these vitamins.

Ingredients

100g curly kale
3 tbsp olive oil
grated zest and juice of 1 lemon
½ large garlic clove
25g grated parmesan (or vegetarian alternative)
salt and pepper
400g spaghetti
Lemon wedges (to serve)

For the pangrattato

100g fresh breadcrumbs
30g toasted pine nuts
½ tbsp chilli flakes



Method

To make the kale pesto, put the kale in a food processor with the olive oil, zest and juice of the lemon, garlic and parmesan, then whizz to a fine paste. Season with salt and pepper, taste and adjust the flavour with a little more lemon juice or olive oil if needed.

To make the pangrattato topping, put a splash of olive oil in a large frying pan over a medium heat and toast the fresh breadcrumbs with a pinch of salt until golden, then stir in half the kale pesto, the toasted pine nuts and chilli flakes. Turn off the heat.

Cook the spaghetti according to the pack instructions and drain, reserving a cupful of cooking water. Toss the remaining pesto with the pasta and a splash of reserved cooking water, then toss with the kale pangrattato. Sprinkle with extra lemon zest, grated parmesan (or vegetarian alternative) and chilli flakes, then serve with lemon wedges for squeezing.

Enjoy!

Laura Fothergill

Hockwold United Charities

We handed out our annual offering to village residents over 70 on 10 December in a sort of socially distanced way from a car in the Village Hall car park.

This year the Freemasons of St Winnold Royal Ark Mariner Lodge in Downham Market kindly made a substantial donation to our funds. We were able to use the donation to add £5 for each single applicant (£10.00 for two applicants in a household) to go towards the purchase of protective wear and sanitiser to help combat the COVID-19 virus.

In total this year single applicants received £25.00 and households with two applicants £45.00.

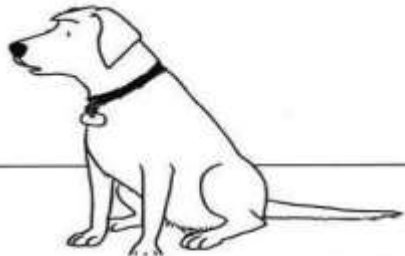
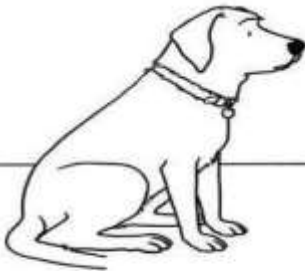
The main objective of the Hockwold United Charities is the provision of assistance to Village residents in real financial need as a one off grant. For this purpose we do try to retain a small reserve so such help can be provided if needed.

N S Ross - 01842 827244—Trustee

*Thank
you*

We would like to thank everyone who has supported us from buying tomatoes veg and all the other things I have sold outside mine for the Royal Papworth NHS Hospital since May I have been sending in regularly and the grand total now is £500.

Peggy & Archie Baker.



GREGORY

"I had my own blog for a while, but I decided to go back to just pointless, incessant, barking."

From the Poppy Appeal Organiser

Thank you to all who took the Poppy boxes this year. It has been a very challenging time for everyone. Charities have not been able to fundraise in the normal way. It was uncertain whether we would be able to this year but at the last minute we were given the go ahead if we were willing to take it on but there has been no house to house collections. Some areas have not been covered as many of the collectors were self isolating.

Lock down came in the middle of our collection slot so some of you only had boxes for a week. 6 boxes were distributed in Hockwold and £386.54 was raised so thank you to you all. Special thanks to the School who had the box for a week and collected £180.67 they also laid a Wreath for the first time. Hoping next year we will be somewhere near normal and the Wreaths will be laid at the Service once again.

The total raised so far for 2020 includes all donations from Hockwold and Feltwell the amount banked £2555.31

Thank you again, stay safe.

Mary



Mobile Library Timetable—Hockwold January

Due to corona virus, all mobile library services are suspended.

For updates go to

<https://www.norfolk.gov.uk/libraries-local-history-and-archives/libraries/your-local-library/mobile-libraries>

**Need to go shopping?
Want to visit a friend?
Need to get to an appointment?
West Norfolk Community Transport can help!
Call us on: 01553 770310**

DID YOU KNOW....?

Most toilets flush in E flat.

The Vatican City is the country that drinks the most wine per capita at 74 litres per citizen per year.

If a female ferret does not have sex for a year, she will die.

Ketchup was sold in the 1830s as medicine.

“Almost” is the longest word in English with all the letters in alphabetical order.

Sean Connery wore a toupee in all his James Bond movie




Brandon Photographic Club is open again, albeit in a different format due to the continuing Covid restrictions.

Our meetings are now being held through Zoom links – members will receive a link by email prior to the meetings. We welcome anyone to take part and there will be no membership fees, at least until we can safely return to the our meetings in the Baptist Hall. If you would like to join us then please contact Tim Bridge on badpc@tbridge.co.uk and he will be able to give you a link to enable you to join in.

On 6th January we will be welcoming Jane Goodall wh is going to give us a talk entitled **‘Beautiful Lights’** - find out how she works the light for maximum effect considering perspective and visual cues to make successful landscape images. Jane will be showing you her essential kit for a landscape photographer, some of which might surprise you. See how **she uses the latest ‘online’ and smartphone applications to aid in image making and optimise her choice of landscape locations. It’s a fun and interactive evening, even online!**

You don’t need to spend a fortune on expensive cameras to start learning about photography, many phones, compact and bridge cameras take some really good images and these are well worth looking at, or if you are unsure come along to any of our meetings and speak to us. Learn how to best focus your camera and compose your pictures, we often have magazines available for you to browse through, giving ideas on how you can improve your talent or encourage you to take up a new hobby.

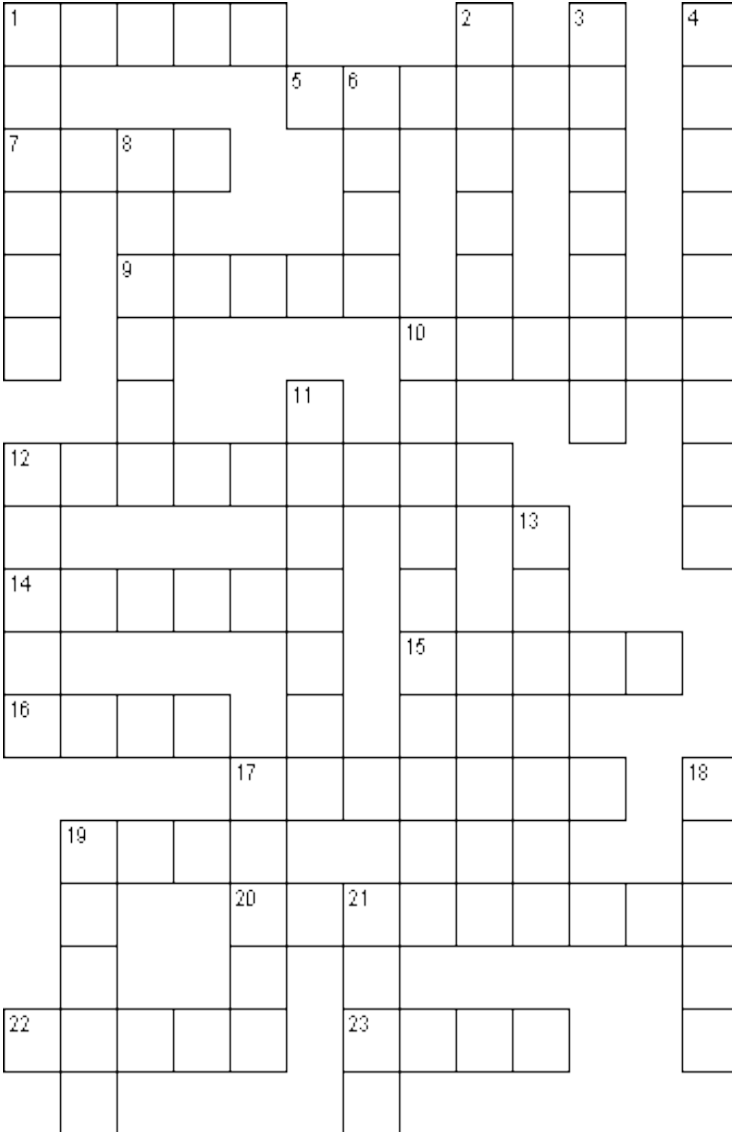
Don’t forget you can follow us on  **and keep up to date with what’s going on.**

Check out our website on www.brandonphotographicclub.co.uk

Don’t forget you can follow us on  **and keep up to date with what’s going on.**

CAPITALS CROSSWORD

Test your knowledge of the world's capitals with this crossword



Across

1. Vietnam (5)
5. The Philippines (6)
7. Italy (4)
9. Bulgaria (5)
10. Turkey (6)
12. Nepal (9)
14. Colombia (6)
15. Jordan (5)
16. Togo (4)
17. Venezuela (7)
19. Fiji (4)
20. Pakistan (9)
22. Ecuador (5)
23. Maldives (4)

Down

1. Zimbabwe (6)
2. Portugal (6)
3. Iraq (7)
4. Iceland (9)
6. Samoa (4)
8. Oman (6)
10. Ethiopia (5,5)
11. Indonesia (7)
12. Afghanistan (5)
13. Uganda (7)
17. Egypt (5)
18. Liechtenstein (5)
19. South Korea (5)
21. Peru (4)

SUDOKU

		8		9	2			
1		5	8					
						9		
3				2			4	
6			5		7			9
	1			6				3
		6						
					6	8		7
			4	7		5		

Solutions for January Sudoku and Crossword will be in the February edition of the Hockwold Village Magazine.

DECEMBER CROSSWORD & SUDOKU SOLUTIONS

C	R	O	U	T	O	N		C	O	D		S				
U		N				O		R		E		A				
I	C	I	N	G				U	T	E	N	S	I	L		
S		O		R				G		P		S		A		
I		N		A				A	T	E		E		D		
N				P				T				R				
E	N	T	R	E	E			B	A	T	T	E	R	O		
			A					W		S				O		
P			P					P		P		G		A		
A			I					U		L		I		O	S	
S	T	O	L	L	E	N				C	R	U	S	T		
T			C			S				U				D	E	
A			A			L	E			T	A	N	K	A	R	D

9	6	4	2	5	3	1	8	7
7	8	3	4	9	1	6	5	2
2	1	5	6	8	7	3	9	4
8	5	6	7	2	9	4	3	1
4	2	9	1	3	8	7	6	5
1	3	7	5	6	4	8	2	9
3	4	2	8	7	5	9	1	6
6	7	8	9	1	2	5	4	3
5	9	1	3	4	6	2	7	8



www.friendsagainstscams.org.uk

I'm sure that all of us have, at one time or another, been on the receiving end of a scam telephone call, informing us that our internet connection is about to be disconnected or our Amazon account has been hacked. If you are worried about becoming a victim, or have responded to scams in the past, the Parish Council have now received an excellent guide, written by the National Standards Scams Team, working in partnership with several banks. The advice in this booklet is based on their knowledge and practical experience and sets out some practical things you can do to prevent criminals contacting you. If you would like a copy, please contact the Parish Clerk (Hilary Cox parishclerkhockwold@gmail.com 07856 035079 or 01842 339264) - who will email it to you. For those of you who do not have email, the Clerk has been sent 100 ready-printed copies of this guide, which can be delivered to you.

Lesley Randall—Chairman, Hockwold Parish Council

Census 2021

Households across Hockwold cum Wilton will soon be asked to take part in Census 2021. The census is a once-in-a-decade survey that gives us the most accurate estimate of all the people and households in England and Wales. It has been carried out every decade since 1801, with the exception of 1941. It will be the first run predominantly online, with households receiving a letter with a unique access code, allowing them to complete the questionnaire on their computers, phones or tablets.

“A successful census will ensure everyone from local government to charities can put services and funding in the places where they are most needed,” Iain Bell, deputy national statistician at the Office for National Statistics, said. “This could mean things like doctors’ surgeries, schools and new transport routes. That’s why it is so important everyone takes part and we have made it easier for people to do so online on any device, with help and paper questionnaires for those that need them.”

Census day will be on March 21, but households across the country will receive letters with online codes allowing them to take part from early March.

Lesley Randall—Chairman, Hockwold Parish Council

Driving Tips

My name is Margaret Houlihan and I moved to Hockwold in July 2019. I have been in the driver training industry for many years and I have taught/coached drivers of all categories from the first time behind the wheel to full licence holders that want refresher courses. I also deliver diversionary courses where drivers are given the choice of accepting a course instead of taking points and fines or going to court. In my experience of delivering these courses I have found that many drivers albeit very experienced often develop habits which become the “norm” and continue these habits thinking “it is safe” until something happens and then realise how unsafe those habits are.

A common example of a habit is marginally speeding which can trigger a speed awareness course if the driver is detected within the range, from 10% + 9mph over the posted speed limit i.e., in a 30mph speed limit this equates to 31mph up to 42mph which may trigger that invite, as this is considered a mistake and non-intentional whereas 43mph + in a 30mph would be considered intentional.

Many drivers are under the impression that there is some discretion regarding speed limits, historically that may have been the case (it was never a driver discretion but a police discretion) when speedometers were not fully accurate. Many police forces now operate a policy of zero tolerance.

When a driver has to stop in an emergency the overall stopping distance is “the thinking time” and the “braking time”. In a controlled experiment whereby, a driver knew exactly where he was going to brake, the results were as follows showing the difference one mile over the speed limit makes:

30 mph = 0 mph impact

31 mph = 8 mph impact

For 1 mph extra braking at the same place as 30 mph then the impact is 8 mph best case scenario as this do not include the thinking time. The other speeds in the experiment where the driver was able to stop at the legal speed limit, but braking at the same point the impacts were:

20 mph – 25 mph = 15 mph impact speed

30 mph – 35 mph = 18 mph impact speed

30 mph – 40 mph = 26 mph impact speed

50 mph – 55 mph = 23 mph impact speed

70 mph – 80 mph = 39 mph impact speed

Thinking about those impacts speeds our speed choice does matter and as rule 125 of the highway code says “the speed limit is the absolute maximum” as drivers we have no discretion to exceed it, but can choose an appropriate speed within the speed limit so we can stop within the distance we can see to be clear.

When a driver considers the speed limit, think that the lower speed limits are there to protect the “vulnerable road users” whereas the higher speed limits are protecting “the driver and their passenger”.

If you would like to undertake further research the information is in the highway code.

Margaret Houlihan



Carers Matter Norfolk

Are you helping or supporting someone who is living with Parkinsons?

If so, contact Carers Matter Norfolk.

Covid19 and the lockdown has been particularly difficult for people caring or supporting someone with a long term health problem. You may not have been able to have family support or support from groups and friends. Norfolk County Council has commissioned new enhanced care services from this September which will hopefully offer more support to carers.

Rather than going through Adult Social Services Carers assessments are now being carried out by Carers Matter Norfolk. To get an assessment, you need to contact the Carers Matter Advice line or request this through the website or you can ask a health or social care professional to refer you. The assessment can offer you advice, information as well as the help and support you need in your carer role. If you need more support, you may be referred to a local Carer Connector who can look in more detail at what can assist you to continue caring and to support your health and wellbeing. Unlike previously the assessment is not a one off thing but an adviser will contact you regularly to see how things are going and you can ring as often as you want if your needs change or you just need a listening ear. An assessment can lead to you being offered practical help in the form of a short break, a grant from the health and wellbeing fund, counselling or help to access education and training. A short break can be a someone staying with the person so you can go shopping, a few days for you to recharge your batteries or even help towards a joint holiday. The grants can be for anything that may enhance your health and wellbeing such as funding massage, an electronic device or a spa day out. The definition of a carer for this service is wide and you do not have to be living with the person you support or caring for them full time, contact the advice line for more information. Hopefully this new enhanced service will give you as a carer some practical support at a time you need it.

Call our advice line on **0800 083 1148** to have a chat with our friendly advisers, it is open 7 days a week Monday-Friday 9am-8pm and Saturday and Sunday 10am-2pm. You can also contact the service via the website www.carersmatternorfolk.org.uk.