

GREAT RINGSTEAD NEWS AND VIEWS

Blooming Marvellous!! – Garden Sunday 2026 - Jane Whiteford

The sun shone and it was massive smiles all round as Ringstead welcomed visitors, many returning year on year, to explore a variety of our gardens, take in the Flower Festival at St Andrew's and sample the delights of the legendary homemade lunches and cakes.



This event over the last 50 years or so has become such a special day in the village calendar not only to raise money for St Andrews Church but a day that brings the village together to connect, build friendships and work to a common cause. It's this tremendous community spirit and pride in our village and heritage that really shines through.



There were so many positive comments from visitors on the day about the wonderful gardens, church flowers, food and organisation and the relaxed, happy atmosphere! - so



congratulations and THANK YOU to the 'army' of volunteers who played their part and the garden hosts who kindly offered their gardens for enjoyment and inspiration.

You will be delighted to hear that a record **£8,886.27** was raised – an increase of 10% on last year!

A special thank you to Melanie Hutchinson who lead the months of preparation and the smooth running of the day and to Sara Stocks for her wonderful culinary delights and menu management.

It was lovely to see our Church Warden Kate Bulmer and retired clergy Gill Stevens visiting all the garden hosts. Both Kate and Gill are such valuable members of our community with



Gill conducting services at St Andrews whilst we are interregnum. Whilst we love seeing her on such a regular basis, we feel she, like us, would be glad to see a new Priest appointed to the Saxon Shore Benefice so she can fully enjoy her retirement! Any prospective Priest has only to experience our Open Gardens event to see the spirit and strong community of our village.

There is no doubt that if we could bottle the *'feel good spirit'* of the day of this year's Open Gardens Sunday we would be on to even more of a winner!

Parish Council – Bill Jacob, Chairman

Parish Council Meetings

The Annual Parish Meeting was held on May 11th at which reports were received from four parish organisations and the Parish Council. Councillor Tom de Winton, our Borough Councillor outlined the implications of Local Government Re-organisation creating three Unitary Authorities to replace Norfolk County Council and the Borough/District Councils. However, the County Council have appealed/referred this to Judicial Review, so the matter is still not resolved.

Debbie Rice stood down as a Councillor at the following Annual Parish Council Meeting. We are immensely grateful to Debbie for all that she has done as a Councillor, and also for her long service, in many different ways, with the Village Hall Management Committee. The formal notice of a casual vacancy for a Parish Councillor is currently displayed on the Parish Noticeboards and the Parish Council website (<https://www.ringsteadnorfolkpc.gov.uk>). I was re-elected chair of the Council and Sue Little was elected Vice-Chair.

Andrew Jamieson, our County Councillor has also stood down from the County Council. He has been a good friend to Ringstead, especially in assisting us with funding for the village gateway signs and the SamSigns and pursuing matters of interest to us with Council departments.

Transport - A Bus

Great good news is that Ringstead is again on a bus route. Thanks to the determination and persistence of Parish Councillor, Val Everitt, a two-hourly bus service has begun by LYNX Buses from opposite the Gin Trap, stop by the village sign and continue to Hunstanton and to Tesco, with links to the coastal bus service to Wells, and to King's Lynn, stopping at a stop at the Hospital. At two-hour intervals, it gives time for shopping in Hunstanton, and coffee. It's very important that we use it, or we will lose it. Congratulations to Val.

Roadworks

Users of Peddars Way North will have noticed that traffic lights are in operation there. The footpath along in front of the houses is being upgraded and resurfaced by the County Council Highways Department. The Highways Department have also cleared the mud off Docking Road at the junction with Peddars Way South, arising from a storm that overwhelmed the gullys carrying surface water off the road.

SamSign

Thanks to Justin Aldis the new SamSign, which monitors traffic speeds on the High Street, is now properly sited and fixed so that tall pedestrians can pass comfortably beneath it.

Planning

The Council is consulted by the Borough Council Planning Department about planning applications in the parish. We have been consulted about two applications for extensions to bungalows in the Conservation Area. On both we recommended using materials specified by the design guidance of our Neighbourhood Plan.

On the application to take down the partially-collapsed farm building at Geddings Farm, evidence has come to light that it was built c1910, so permission has been granted for its demolition to the level of the walls of the adjoining building.

We have also responded to the Borough Council's 'Call for Sites for Social Housing', by reminding them of the provision in our Neighbourhood Plan for a site for six social housing units on Peddars Way North.

Amenities

The Playing Field continues to be monitored weekly.



The bench at the junction of Foundry Lane and Docking Road has been refurbished, and we are grateful to the nearby resident who keeps the surrounding area tidy.

The 1935 Jubilee Seat at the junction of Docking Road and High Street has also been repaired and painted.



The Parish Council received a first instalment of funds due for the

development of the land south of Chapel Lane, which needs to be spent on a capital project within the next twelve months. Three possibilities are being explored:

- new litter bins by the 1935 Jubilee Seat and by the former Bus Shelter on Holme Road
- a 'spring rocker' for younger children on the Playing Field
- fencing for the top of the quarry face of the Chalk Pit in the Downs

If anyone has any further suggestions, please speak to one of the councillors or me.

The Chalk Pit



The Chalk Pit in the Downs is rented by the Parish Council from the Great Ringstead Allotment Charity, and for the past fifteen or so years it has been cared for and maintained by the volunteers of Ringstead Woodland Walks Group. Representatives of the Group attended the May meeting to indicate that, as from August, they propose to withdraw from managing and maintaining the Chalk Pit. This information was received with regret. Elsewhere in this Newsletter, the Council's thanks is expressed to the Group for their major contribution, over many years, to this important community asset.

The lease for the Chalk Pit ends in late September 2026 and careful thought is now being given by the Trustees of the Great Ringstead Allotment Charity about the future management of the Chalk Pit.

Bill Jacob
wmjacob20@gmail.com

Great Ringstead Allotment Charity for the Benefit of Ringstead People Trustees Required

Great Ringstead Allotment Charity has a small annual income to use for the benefit of Ringstead people. For over two hundred years it has done this by assisting people in financial need.

The Charity is managed by four trustees, nominated by the Parish Council. There are currently vacancies for two trustees.

If you would like to become a trustee, or you think you know someone who would be a good trustee, in helping to benefit people in Ringstead, do drop a line to **ringsteadallotmentcharity@gmail.com**, or phone 01485 525394 for more information or to suggest people who might be approached.

If you are interested please e-mail (as above) by 24th July.

St Andrew's Church Churchwarden's report Summer 2026

First of all a huge "thank you" to everyone who made Garden Sunday such a success, raising over £8000 for Ringstead Church. So many people did "their bit" and I trust everyone involved enjoyed the day. The gardens were amazing, a tribute to much hard work during very challenging weather conditions. The flowers on a theme "For the beauty of the earth" and art exhibition in church complementing each other. The tasty lunches were beautifully presented, and the huge selection of delicious homemade cakes made the refreshments tempting. Music, games, plants for sale, tombola, and raffle all adding to a great day out. And behind the scenes a magnificent team. It was very hard work for many people, especially for Melanie Hutchinson who pulled it all together, and I thank you all.

In preparation for Garden Sunday two teams worked hard to make the churchyard and the interior of the church look as good as possible, both jobs are a continuous challenge. My thanks to those who regularly strim around graves and alongside the church walls and to those who try to keep the flower borders along the drive tidy, dead heading and weeding. My thanks too, to those who arrange flowers and clean in church, there are always cobwebs and leaves that have blown in to clear.

Across the benefice we are still without an incumbent, we continue to worship in Ringstead church at 9am on most Sundays, and on the second and fourth Thursdays at 10am. See the notice boards for details of services and events across the benefice. On Sunday, 16th August at 10am there is a benefice service at St Mary, Old Hunstanton, refreshments afterwards and an opportunity to chat with Archdeacon Catherine.

I am sad to tell you that Martin Cannon has died. His funeral was at Ringstead church. Martin and Jean retired to Ringstead some 25 years ago and although Martin had moved away to be nearer to family, he and Jean and a variety of little dogs will be missed.

Kate Bulmer,
Ringstead churchwarden
01485 525432

Ringstead Bus-Valerie Everitt

You have probably seen the new bus stop sign opposite The Gin Trap and one at the Village Sign area.

At last, Ringstead can enjoy this new bus service provided by LYNX buses and made possible through funding received from central government as part of Norfolk bus grant for funding via Norfolk County Council.

Route 33B enters Ringstead every 2 hours from 09.51 via A149, turning near Norfolk Lavender, travelling along the Long Drove, stopping at the 2 mentioned bus stops. This is a circular route and will head on from Ringstead to Old Hunstanton and to Hunstanton Travel Hub, where further journeys can be taken by relevant buses.

We now have the link we so desperately needed, not only for Ringstead residents and visitors but for those who can now visit Ringstead from Hunstanton and around.

It is a good thing for our village but we need to use this so we do not lose it. Save using your car and catch the local bus instead.

Ringstead Woodland Garden and Walks Group – Bill Jacob

One of Ringstead's best kept secrets is the very attractive and secluded parish Chalk Pit in the Downs. In 1782, when parishes were responsible for maintaining the roads within their boundaries, the landowners in the village secured an act of Parliament to reorganise the land into farms as we now know them, and the chalk pit was allotted to the rector and churchwardens, as trustees, to provide chalk for repairing the village's highways.

When the parish council was created in 1894 responsibility for the chalk pit was passed to a charity, now forming part of the Great Ringstead Allotment Charity, with trustees appointed by the parish council. However, maintenance of highways was eventually given to county councils, so the chalk pit became a picturesque enclave in the woods of the Downs, where generations of village children, played and gathered cowslips in the spring and conkers in the autumn, and families picnicked.

Twenty or so years ago the Woodland Garden and Walks Group of volunteers was formed, led by Star and Mark Brock and others to maintain the Chalk Pit. They designed and laid out walks and provided seating and picnic areas and a very helpful interpretation board for the flora and fauna of the Chalk Pit. Star took the lead in designing the layout and numerous volunteers worked long and hard to achieve the layout and continue to maintain it. Sadly, over the years numbers of people with time and energy to volunteer to sustain the group have declined. Also, the requirements of health and safety and training for volunteers to operate equipment to meet insurance requirements have become more stringent. The Group have therefore decided to hand back their responsibility to the parish council for maintaining the Chalk Pit.

On behalf of the Parish Council, the trustees of the Great Ringstead Allotment Charity, and Ringstead residents, I would like to record our thanks for the great contribution that Star, supported by Mark and others have made over the years to improving and sustaining for our generation this important part of Ringstead's heritage.

Bowls Club – Roger Pincott

The club has just played game 8 of the first 11 matches which decides your placement for the final 5 games in either top 6 or second 6 league. Unfortunately, I cannot tell you where we are in the 12 team league as the league secretary is a little behind with sending out the information. What I can tell you is we were knocked out of the Ridley cup and are due to play our first round in the subsidiary cup on 25th June.

The green is holding up, but we are having to water it at least twice a week just to maintain a green side up. We may have to come round with the begging bowl to pay for the water used at the end of the season.

Gill is managing to keep control of the garden again in difficult conditions, not only that, she has also started the process of arranging the end of season dinner. She has got too much spare time. We are now going into a difficult time in our season where holidays, harvesting and medical appointments are going to stretch the resilience of the whole team.

Pond Visitor – Roger Pincott

I have a pond in my garden and over the years I have enjoyed adding a few different kinds of fish which have gone on and bred to make a shoal of some 50 various colours and shapes. A couple of years ago I had to net the top to stop the heron from having a banquet and keep the ducks out as twenty adult ducks and dozens of ducklings make an awful mess on the patio. I used more water to wash the patio down than I used on the whole of the garden!

This last winter I had to clear the pond of excess pond weed and just give it a tidy up. To do this I lifted the net, what a mistake. One cold morning I noticed 10 fish lying on the bank, a couple minus their heads. I put the whole ones back in and they swam off. Next day the same, a couple headless fish and I returned the rest, I believe the cold kept the fish alive until I returned them. I thought it must be cats.

Oh no it wasn't! We then went away for the day, the next morning there was not a single fish to be seen, the water surface was covered in thousands of bright shiny fish scales, the pond weed looked like a rotavator had been through it. I asked a friend of mine who runs a fishery if he had any ideas and he straight away said otter and her cubs. I have since found out that somebody around Hall Lane has seen an otter on their wildlife camera. So, if you have a pond with or without fish, you too may have a visitor soon.



Village Hall – Jane Barnett, Chairperson

Table Tennis and Carpet Bowls will resume in the autumn.

Please note that if you are organising an event yourself, either at the Hall or your home, the Village Hall has an urn, crockery, tables and chairs, and display boards that are available for villagers to use.

The hourly Hire Rates for the Hall are:

Ringstead Residents £10

Commercial £12

Half a day £30

Whole day £50

To hire the Hall please contact the booking Secretary, Mr. Roger Pincott on 525522

Rebuilding Life After Stroke – Emma Shears

I'm Emma Shears, an Occupational Therapist with 26 years of experience, now seeing clients at The Drift in Heacham and in people's homes across West Norfolk. Stroke is just one of the many conditions occupational therapy can help with. If daily activities have become more difficult for you or someone you care about, I'd be happy to have a conversation about how occupational therapy might help.

After a stroke, everything can seem hard, you are discharged from hospital into the care of family and once home you realise that there is still a long way to go.

For example, John was 68 when he had his stroke. He was discharged home as he was doing well, the doctors were pleased with his progress. But John didn't feel like he was doing well. He felt like he couldn't do a lot of the things he wanted to do. The hardest thing to deal with was mealtimes. John had always been independent and now he was sitting at the table with his family, unable to pick up his fork, waiting for someone to cut his food. He was fed up that something so easy was now so difficult.

Occupational Therapy can help with these things.

The first step is to talk about what matters most to you. Not just what you can't do, but what you want to be able to do. For John this was two things: getting dressed independently and being able to hold his fork in his dominant hand.

To help with dressing, we worked on practical strategies, and a lot of practice, until John could manage his morning routine with less help.

The hand work was slower. Upper limb recovery after stroke takes patience, repetition and determination. We worked on rebuilding the connection between brain and hand, progressing gradually through exercises and real tasks.

After many weeks John was able to hold his fork, this meant so much to him. We are now working on lifting it to his mouth. Small steps, and a lot of encouragement.

If you would like to talk to me about this topic or any other that you feel an occupational therapist could help with please contact me as below.

Emma Shears BSc (Hons), MSc
Specialist Occupational Therapist
The Drift, Heacham · West Norfolk

07872878098 · enquires@otisfab.co.uk · www.otisfab.co.uk

Summer Recipe – Sue

Fruit cake with mincemeat (some left over from Christmas!)

Ingredients

150g unsalted butter, softened,
125g golden castor sugar,
2 large eggs,
225g mincemeat,
1 tsp vanilla extract,
150g self raising flour
1/2 tsp salt,
50g walnuts optional,
50g sultanas,
Icing sugar for dusting,

Method

- Preheat oven 170C gas mark 3
- Lightly grease and line a loose-bottomed cake tin
- Mix butter and sugar until light and fluffy
- Add eggs one at a time beating after each addition and then beat in mincemeat and vanilla
- Fold in flour and salt, if using walnuts and sultanas fold too then spoon into baking tin
- Level the top, bake 40-50 minutes until skewer comes out clean
- Leave to cool for 10 minutes, then remove from tin and leave to cool on a wire rack
- Dust with icing sugar before serving.

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