



Rockland St Mary with Hellington Parish Council Welcome Pack

Welcome to the village of Rockland St Mary with Hellington. We hope that the information contained in this Welcome Pack, produced by your Parish Council, will help you to settle more comfortably in our village, your new home.

Village website: www.rocklandstmarywithhellington-pc.gov.uk

Contents

1.	Rockland St Mary with Hellington– A Brief History
2.	Local Services
3.	Churches
4.	Doctors Surgery
5.	School
6.	Allotments, Moorings and Slipway
7.	Clubs and Groups
8.	The Local Environment
9.	Local public houses and restaurants
10.	Your Parish Council
11.	Other useful information
12.	Climate Emergency

1. History of Rockland St Mary with Hellington

Rockland St Mary dates back to the [Anglo-Saxon](#) period when the township was known as *Rokelunda*, In fact it is even mentioned in the [Domesday Book](#). The name *Rokelunda* derives from Old Norse for 'Rook Grove'.

During medieval times peat extraction took place in and around what is now Rockland St Mary. This led to the development of a thriving industry in the production of black-glazed roofing tiles^[4] which were made in Rockland and transported by river from the [staithe](#).

During Victorian and Edwardian times much of the land in and around Rockland St Mary and Hellington was given over to market gardening with the produce delivered by horse and cart or by river to Norwich. Prior to the First World War there were eighteen registered industries in Rockland St Mary and Hellington. These were mainly based on traditional crafts as there was a need for blacksmiths, harness makers, brickmakers and reed cutters. With increasing industrialisation and the development of the motor car many of these traditional crafts died out and more people worked in nearby towns and cities.

2. Local Services

Bus services

The local bus serving Rockland St Mary to and from Norwich, including Surlingham, is currently the number 85. There are regular buses throughout the day (Monday to Saturday) starting from Claxton at 07:23 through to the last bus leaving Norwich at 18:15. Timetable and fares can be found on their website.

Website: www.ourhire.co.uk/our-bus

[Phone 01493752223](tel:01493752223)

Website: <https://www.firstgroup.com/norfolk-suffolk/routes-and-maps/x2-x21-x22-lowestoft-beccles-norwich>

Car Parking in the village

There are two free car parks in the village: one at Black Horse Dyke, next to the Parish Room and the other at Rockland Broad Staithe which is convenient for the Wherryman's Way footpath. A map of this footpath can be found on the corner of Surlingham Lane.

Green Lane Playing Field

The Playing Field at Green Lane is managed by the Parish Council. It is an attractive site with woodland, open green spaces and a range of play equipment for children of all ages.

Local Libraries including Mobile Library

The nearest public libraries can be found in Poringland and Loddon.

In addition, there are two mobile library routes which visit Rockland St Mary and Hellington once a month.

Route Number CEN5410 Calls on Fridays normally every 4 weeks

Stop no.	Stop name	Arrives	Departs
2	Hellington Hill Council Houses, NR14 7BT	09:35	09:50
24	12 Lower Road, RSM, NR14 7HS	14:30	14:40
26	1 Broadfields Way, RSM, NR14 7HJ	14:45	15:05
28	102 The Street, RSM, NR14 7HQ	15:10	15:20
30	(outside no. 44) RSM, NR14 7AH	15:25	15:40

Route Number CEN144 calls on Mondays normally every 4 weeks

Stop no.	Stop name	Arrives	Departs
26	Bee-Orchid Way Near No.2, RSM, NR14 7UJ	15:15	15:25
28	St. Margaret's Way, RSM, NR14 7HB	15:30	16:30

Details of all these libraries can be found on Norfolk County Council's website.

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

Village Shop, Post Office and Tea Room

Karen and Alan Tranter are the proprietors of the shop and Post Office. The shop is open seven days a week and sells a wide range of items including fresh fruit and vegetables, locally baked bread, general groceries, wines and spirits, general household goods, confectionery, stationery and greeting cards. You can even buy your lottery tickets there!

The Post Office also offers foreign currency and photocopying service.

Shop opening hours: Monday to Saturday 08:00 am to 20:00 pm
 Sunday 09:00 am to 16:00 pm

Contact: Tel: 01508 538123, rocklandstmarypo@hotmail.com

Pearls Timeshare Pool

Pearls Pool is a private timeshare indoor pool which is located at 33 The Street, Rockland St Mary. The heated pool is available for hire and is particularly suitable for children and adults learning to swim.

The pool provides three changing rooms, showers, toilets, baby changing facilities and play equipment for young children.

For further details, including how to book, visit www.pearlspool.co.uk or email pearlspool@hotmail.co.uk or telephone 01508 538711.

Recycling and bin collection

General household waste in grey bins is collected once every fortnight, currently on a Thursday. Waste for recycling in green bins is collected on alternate Thursdays.

Garden waste bins (brown) are available from South Norfolk Council at an additional annual cost. These are collected fortnightly on a Tuesday.

Details of collection dates can be found on South Norfolk Council website.

In addition, Rockland St Mary has recycling banks for paper and clothes at Black Horse Dyke.

Village halls

The **Margaret Mack Hall** is the larger of the two village halls situated in School Lane next door to the school. The hall was built in 1937 and named after Margaret Mack who was one of the leading figures of the local WI during the 1930s. It operates as a registered charity and the Management Committee are the Trustees.

The hall is used as a facility for the primary school during the day in term time and available for hire at other times. It has disabled access and is equipped for most functions that comply with its licence.

Hire fees: Please contact for details.

For further information, including booking details, please contact: after 4:00pm DebsSayles, 01508537077, Email: debssayles@yahoo.co.uk.

The Parish Room (owned and managed by the Roydon Trust)

The parish room is located at 15 The Street, Rockland St Mary. It is used for a wide variety of local and social functions including Parish Council Meetings, as a polling station during local and national elections and as a venue for committee meetings and clubs. Currently, a table tennis club and Yoga and Pilates classes are held in the Parish Room. The hall is available as a venue for private parties and functions.

Apart from the main hall, the Parish Room provides a modern kitchen, including a supply of glasses, crockery and cutlery. It also has a toilet and washroom, complete with baby changing facilities.

The Parish Room Committee has a music licence enabling music to be played there.

The standard charge for hiring the Parish Room for a two hour session can be confirmed by contacting the booking clerk. To book the Parish Room contact the Booking Clerk, Jayne Regan on 01508 538087

3. Churches

Hellington Church (no regular church services)

Website: <https://www.visitchurches.org.uk/visit/church-listing/st-john-hellington.html>

Rockland St Mary Church

Rectory Close (off School Lane)

Details of all local church services can be found on the church and village noticeboards.

Website:

4. Doctors Surgery

Heathgate Medical Practice has its branch surgery at The Street in Rockland St Mary (opposite the Post Office/shop). The practice operates across two sites, the other being in Poringland.

Details and times of surgery openings and services can be found by contacting the surgery either by phone on 01508 538750 or via the practice website:

www.heathgatemedicalpractice.co.uk

5. School

Rockland St Mary Primary takes children from the age of 4 to 11. It is federated with Surlingham Community School and the two schools share a headteacher.

They are part of the Sapientia Educational Trust.

Further information about the school can be found on its website.

Website: www.rockland-st-mary.norfolk.sch.uk

6. Allotments, Moorings and Slipway

The village allotments, moorings and slipway at Rockland Staithe are managed by the Poor's Trust- a registered charity. Allotments are located off New Inn Hill.

Details about waiting lists for allotments, costs of mooring and the slipway can be obtained by contacting the clerk to the Poores Trust through the parish council website: www.rocklandstmarywithhellington-pc.gov.uk

The Poor's Trust also provides one-off payments to parishioners in hardship who have been referred to the committee by e.g. Age Concern, Social Services.

7. Clubs and Groups

Bramrocks

Bramrocks is an amateur dramatic group which puts on several highly entertaining productions each year. All of the productions take place at the Margaret Mack Room. If you are interested in joining Bramrocks, either on stage or behind the scenes, contact Keith Saxton on 01508 538622.

Coffee Stop & Drop-In

The Coffee Stop is open to all on the first Tuesday of each month in Rockland's Parish Room from 10:00 am – 12:00 noon. People of all ages are welcome to drop in for free refreshments/periodicals etc. It provides a chance to socialise with old and new friends from surrounding villages. The group runs a Home Produce stall to cover expenses/rent etc. If you require transport to attend or would like more details telephone Mandy Ansell on 538654 or Jean Carr on 538260.

Darts

Rockland New Inn Ladies Dart Team was formed in 1979 and competes in the Loddon and District League. The 'home games' take place at the New Inn Pub. For details contact the New Inn.

Men's Mardle

The Men's Mardle provides an opportunity for local men to get together to quench their thirst, enjoy a natter and lunch. The group meets at The Ferry House Surlingham. For dates contact David Fairburn on 01508 538437 or email Surlingham.midday.mardle@gmail.com Newcomers are always welcome.

Monday Girls' Club

The Club meets every third Monday afternoon in various members' homes. All ladies are welcome for tea and cake and a 'catch up'. For further details contact Brenda Richardson on 01508 538574 or Jean Carr on 01508 538260.

Pilates

Two classes are held on Monday mornings: 9.30 -10.30 and 10.30 -11. 30am. The classes are run by Jo Douglas. She can be contacted at: greenacresfarm@tinyworld.co.uk or by phone on 01508 530261 or by mobile: 07847 124842

Rockland St Mary and Surlingham Community Action Group

The Group was formed in 2011 to encourage a variety of activities in the villages.

The following activities provide a regular feature of the group: Bosseln – a game similar to bowls but played on the lanes in the vicinity; rook rambles – rambles between local village halls where food and beverages are served; craft workshops; willow weaving; and curry nights. Posters outlining forthcoming activities and events are regularly posted throughout Rockland and Hellington and advertised in Eleven Says.

Women's Institute (W.I.)

Meetings are held on the second Tuesday of each month at 19:30 pm in the Margaret Mack Room. Activities include external speakers who cover a wide range of topics. Outside the meetings there is a 'Craft Group', a 'Scrabble Group' and a 'Book Club'. Theatre visits and day visits to places of interest are regular features during the year. Members can also take part in the Federation Darts and Ten-pin Bowling competitions. Newcomers will always be given a warm welcome. For further information please contact Daphne Howlett, 6 New Inn Hill, Rockland St Mary, NR14 7HP. Tel: 01508 538553.

200 Club Lottery

Each month a winning number is drawn at random at a local public meeting, currently the Parish Council Meeting. Each month a cash prize is paid out to the holder of the winning number.

Lottery tickets cost £12 each for entry into each of the monthly draws for twelve months.

The 200 Club Lottery is administered by the Hellington and Rockland St Mary Community Reserve Committee. The lottery is licensed by South Norfolk Council in accordance with the Gambling Act 2005.

Lottery tickets can be purchased by contacting Jane Paterson, the Treasurer of the Hellington and Rockland St Mary Community Reserve Committee on 01508 538415.

8. The Local Environment

The village has several footpaths, cycleways and a Broad which are popular with both visitors and local residents.

Hellington and Rockland St Mary Community Reserve

The reserve is located at the bottom of Low Common, Hellington. It is managed by a Trust which aims to:

- improve the reserve to create a healthy environment for diverse species of flora and fauna, conserve and manage the reserve to promote a healthy environment for diverse flora and fauna to flourish
- to educate visitors of all ages and to share, associate together with neighbours and organisation

The Trust has more than one hundred stakeholders who contribute £20 per annum. A range of activities are organised periodically.

A group of volunteers helps maintain the reserve and improve access.

New members are always welcome. The secretary can be contacted on: hellington.rsmcommunityreserve@gmail.com

Rockland Broad with bird hide

Rockland St Mary is the only village that 'owns' a Broad. The Parish Council leases the shooting rights to Rockland Wildfowlers Association. The RSPB owns some of the land near the broad and there is an accessible bird hide that looks out onto the broad from the Wherryman's Way path (which starts opposite the New Inn Pub). There are moorings for parishioners to rent at the Staithe entrance to the Broad. The Broads Authority lease 24 hour moorings from the Poor's Trust and these are free to visitors.

South Yare Wildlife Group

The South Yare Wildlife Group is an open membership group offering wildlife events, walks, talks and practical conservation tasks for all ages.

The group has the following objectives:

1. To promote for the benefit of the public the conservation, protection and improvement of the physical and natural environment of the South Yare area.
2. To advance the education of the public in the conservation, protection and improvement of the physical and natural environment of the South Yare area.

For further details visit their website.

Website: <http://southyarewildlifegroup.org/>

Ted Ellis Wheatfen Nature Reserve

Revised 13/05/2020

Wheatfen Broad is one of the few remaining areas of the once extensive Yare Valley swamp. Wheatfen is now managed as a nature reserve and consists largely of open fen, reed beds, sallow carr and the small broads Wheatfen and Deep Waters.

There is no charge for entry but contributions towards the upkeep of the reserve are always very welcome.

- Please note: Dogs are not allowed on the reserve. Access for wheelchair users (also pushchairs/buggies) is limited to the boardwalk leading to The Thatch, as most paths are tracks through marsh and woodland.

Wheatfen Broad, The Covey, off The Green, Surlingham, Norfolk NR14 7AL

Warden: Will Fitch - Telephone: 01508 538036

Email: info@wheatfen.org

9. Local public houses and restaurants

The local area is well served by several pubs, all of which serve food.

The New Inn Rockland St Mary

12 New Inn Hill, NR14 7HP Tel: 01508 538211 Situated by Rockland Staithe, off the River Yare, with overnight moorings.

www.thenewinnrockland.co.uk

Coldham Hall, Surlingham

Coldham Hall Harnser, Surlingham, NR14 7AN Tel: 01508 538366 Old world Inn with a riverside garden and overnight moorings available.

www.coldhamhalltavern.co.uk

The Ferry House, Surlingham

1 Ferry Road, Surlingham, NR14 7AR Tel: 01508 538659 Traditional country pub situated on the River Yare.

www.surlinghamferry.co.uk

The Gull, Framingham Pigot

Loddon Road, Framingham Pigot, NR14 7PL Tel: 01508 492039

www.thegullinn.co.uk

Water's Edge Restaurant & Bar, Bramerton

Mill Road, Bramerton, NR14 7ED Tel: 01508 538005

www.watersedgewoodsend.co.uk

Old Feathers

Loddon Road, Norwich, NR14 7QB Tel: 01508 495611

10. Your local Parish Council

The Parish Council meets in the Parish Room at 7.30pm every second Wednesday of the month except for August. Residents are welcome to attend these public meetings.

For further information regarding village amenities please contact parishclerk@rocklandstmarywithhellington-pc.gov.uk

For details of your local Parish Councillors see the Parish Council website at:

www.rocklandstmarywithhellington-pc.gov.uk

11. Other useful information

Defibrillators

There are two defibrillators in the village - one situated at the New Inn Rockland St Mary and the second at the Post Office/Shop. Codes to open the unit are held at the pub and the shop. Information on how to use the defibrillators can be found on the British Heart Foundation website.

Website: www.bhf.org.uk/heart-health/how-to-save-a-life/defibrillators

Eleven Says

A free newspaper of the Bramerton Group of Churches covering eleven parishes. It is delivered to every household and contains information ranging from details of church services to village news.

Parish Council Emergency plan

Severe weather, power failure, loss of water or gas supplies, flooding and pandemics such as 'flu can affect a community and depending on the scale of the event, it can be some time before outside help arrives.

Our Community Emergency Plan (CEP) combines local knowledge and forward planning to:

- help the community help itself before outside assistance arrives
- help the community work effectively with emergency services

Copies of the CEP can be found in the Parish Room and on the website.

Website: www.rocklandstmarywithhellington-pc.gov.uk

Currently we have a Community café, held on the last Friday of every month at the Parish Rooms on The Street, with the proceeds going to Rockland St Mart school fund. We also have one or two parish councillors usually present at the café, should parishoners have any queies or need advice or assistance.

Useful Emergency Contact numbers

Service / Role	Additional information	'Phone number	Website / Email
Water – Anglian Water	24hr Control	08457 145 145	www.anglianwater.co.uk
Electricity - National Grid	Infrastructure. 24hr reporting of hazards on	0800 40 40 90	www.nationalgrid.com/uk/

	or near overhead electricity lines		
Gas - National Grid	24hr emergency number for gas safety	0800 111 999	www.nationalgrid.com/uk
Telephones British Telecom	BT faults and all line faults	151	www.bt.com www.bt.com/consumerFaultTracking
NHS direct	24hr health advice and information	111	www.nhsdirect.nhs.uk
Rockland Surgery		01508 494343	www.heathgatemedicalpractice.co.uk
Chet Valley Surgery Loddon (also dentist)		01508 520222	www.loddondoctorsurgery.co.uk
South Norfolk District Council	Council tax, housing advice, fly tipping, planning etc,	01508 533701	www.south-norfolk.gov.uk

Village Caretaker

The Parish Council engages the services of a village caretaker. The caretaker helps to keep the village tidy, cuts the grass in public areas, checks and looks after its assets undertaking small repairs where needed.