

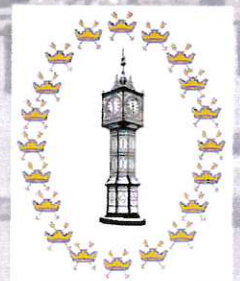


ANGLIA IN BLOOM

Downham Market In Bloom



Portfolio 2016



Contents

Page Number:

2	Contents
3	Introduction & Committee Members
4	Downham Market Map
5	Information on the Community - Downham Market
6	Information on Themes and Goals for the Future
7	Horticultural Achievement - Impact
8	Horticultural Achievement - Horticultural Practice
9	Horticultural Achievement - Residential and Community Gardening
10	Horticultural Achievement - Residential and Community Gardening Continued
11	Horticultural Achievement - Business Areas and Premises
12	Horticultural Achievement - Green Spaces
13	Horticultural Achievement - Green Spaces Continued, Conservation & Biodiversity & Resource Management
14	Environmental Responsibility - Resource Management & Local Heritage
15	Environmental Responsibility - Local Heritage
16	Environmental Responsibility - Local Heritage
17	Environmental Responsibility - Local Heritage
18	Environmental Responsibility - Local Environmental Quality
19	Environmental Responsibility - Local Environmental Quality & Pride of Place
20	Community Participation - Communication and Education
21	Community Participation - Communication and Education
22	Community Participation - Communication and Education
23	Community Participation - Communication and Education
24	Community Participation - Communication and Education
25	Community Participation - Communication and Education and Development & Continuity
26	Community Participation - Development & Continuity
27	Community Participation - Development & Continuity
28	Year Round Involvement - Press articles
29	Year Round Involvement - Promotional material
30	Funding and support

Introduction

Downham Market has participated in the Britain in Bloom competition for many years now, and I am sure that the townspeople can't help but have noticed a marked difference in the town. Each year the level of excellence is increased.

Downham in Bloom is run as a committee consisting of Borough Employees, Town Councillors, and interested, active member of the public.

The County Council is responsible for the upkeep of road ways and curbsides, whilst the Borough Council look after our green spaces and community gardens. There are also local organisations and individuals who put their money and efforts into specific projects.

The rules are set by the R.H.S and the judges abide by these when visiting Downham and inspecting people's front gardens, community gardens, town centres, allotments, church yards, nature reserves, horticultural and school projects.

The town is grateful to each and every person involved. You will find them all mentioned in the portfolio with our heartfelt gratitude.

The Mayor of Downham Market, Cllr Marion Ross



Committee Members



Members of the Committee fundraising at the Downham Market Festival 2016



Committee Members

Andrew Davy Horticultural expertise, Flower boat, seed trays and containers

Frank Daymond Seed tray & container garden competition, flower boats

Carole Edwards Administrator

Beryl Parker Horticultural Society

Nick Robinson Holly Landscapes - Business involvement

Chris Durham Borough Council of King's Lynn & West Norfolk

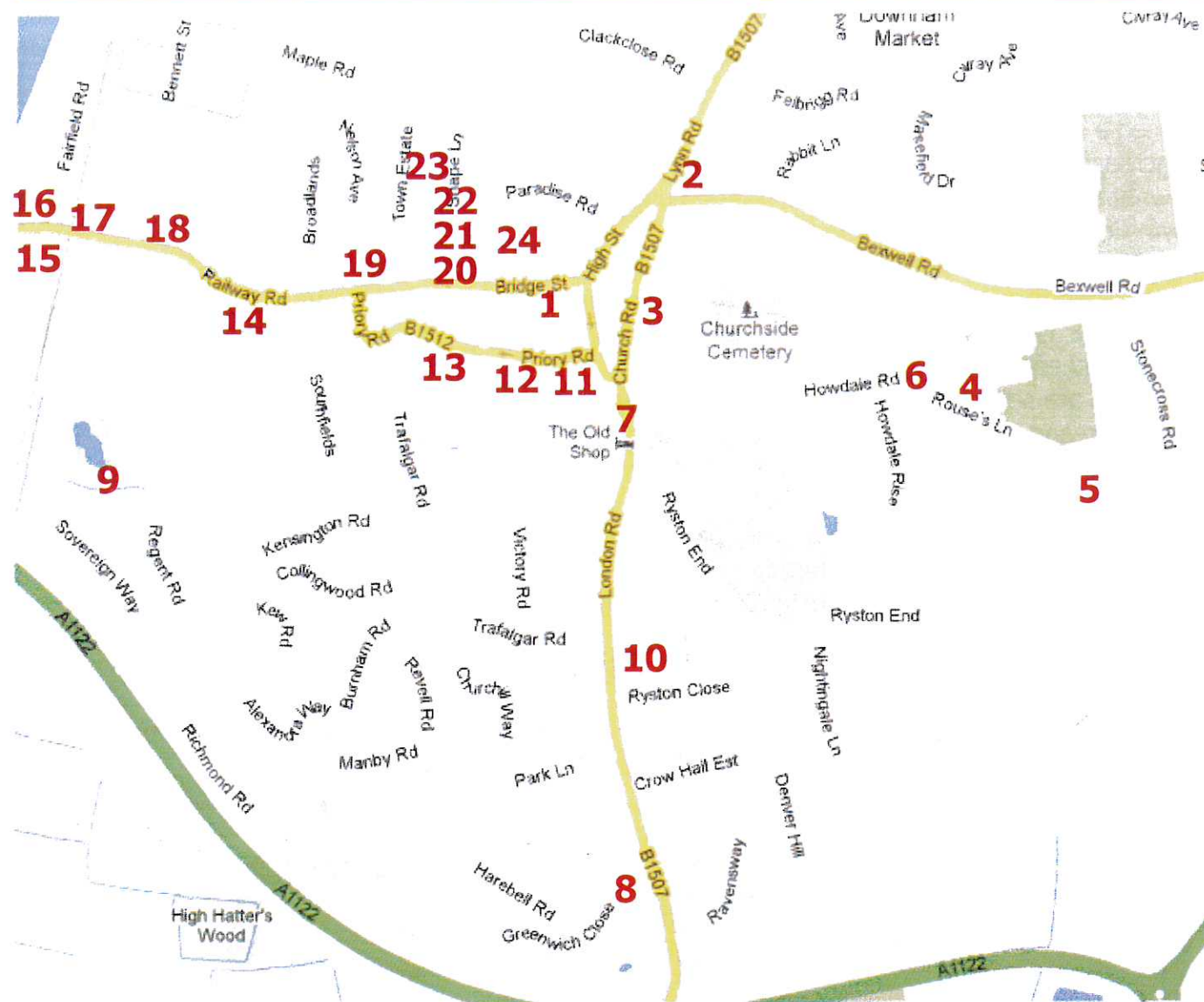
Alan Pickering Volunteer and photographer - community involvement

Marion Ross Chairman

Tony Stacey Garden Competition Advisor



Downham Market Map



- | | |
|--|--|
| 1. Leave Town Hall, Cream me up Scotty Bakers | 13. Old Fire Station/Discovery Centre |
| 2. Cannon Square Amiens garden | 14. Railway Road, Barker Bros. gardens |
| 3. Church Road | 15. Heygates' flower bed, Hythe Bridge troughs |
| 4. Howdale, Jubilee Centre, Rouses Lane cemetery | 16. Flower boat |
| 5. Allotments | 17. Railway station |
| 6. Town pump | 18. Downham Garden Centre, Dial House area |
| 7. London Road flower bed, Old Court House | 19. White Hart regeneration |
| 8. Greenwich Close | 20. Miss Coe's gardens |
| 9. World Garden | 21. Hollies car park troughs, bus stop |
| 10. Police Station, Fire Station | 22. Willows surgery containers |
| 11. Community garden, Town Sign, War Memorial | 23. Sure Start, Youth Centre, Methodist Church |
| 12. Priory Road formal gardens | 24. Wall containers |

Information on the Community



Downham Market is, as the name suggests, a market town on a hill. It developed at the crossing of the road from King's Lynn to London (now the A10) and from the Fens to Swaffham (A1122). It is also a crossing place of the River Great Ouse. The market, which was chartered by Edward the Confessor in around 1050, has changed in many ways over the years as the needs and wants of people have altered. Currently it trades twice weekly on Fridays and Saturdays.



The Town Clock stands sentinel over the Town Square 2016

The annual St Winnold's Fayre which was traditionally held on or around St Winnold's Day (3rd March) was reputed to be one of the largest horse fairs in Europe, selling horses to such organisations as the Prussian Army. Now we have the St Winnold's Parade led by Bernard the Shire horse to keep the memory of the horse fair alive and to celebrate the heritage of the markets.



The River Ouse runs through Downham 2016

Much of the history of the Town is shown in the Town Sign which has recently been replaced. There is also a representation of the young Horatio Nelson who, legend has it, attended school in the Town. St Edmund's Church, which dates from the 13th Century and was built on the site of an older church dating from the 900s, watches over the Town and is faced with carrstone which is a common feature of many of the local buildings.

The Town Clock is a major feature of the Town and was presented to the Town in 1878 by local businessman James Scott.

The Town Hall was erected by public subscription to celebrate the Golden Jubilee of Queen Victoria in 1887 and is now owned and operated by the Town Council as a multipurpose meeting place hosting a vast variety of formal and informal events. The population of Downham Market has increased from about 4,000 during the 1940's to almost 12,000 today. There are in excess of 100 clubs, societies and organisations catering for the many interests of the community.



The World Garden 2015

Looking forwards, there are exciting plans ahead to build a technology park on the outskirts of Downham Market.

Information on Themes

Seed tray and container garden competitions – A garden for the Queen’s 90th birthday
Badge beds – RAFA 100 years of RAF Marham 2016, WI 90th anniversary 2015
Civic – 40th anniversary of twinning between Civray, France and Downham Market

Goals for the Future

The Downham in Bloom Committee and U3A garden club are planning an exciting new project for next year – a community orchard. Currently U3A members are researching and learning from other communities who have created orchards.

The Downham in Bloom Committee is working with the Rotary Club of Downham Market on a Rotary Club initiative called “End Polio Now”. Rotary Clubs across the country are working together with in Bloom groups to identify areas where 5,000 purple crocuses will be planted. Purple symbolizes the purple mark stamped on to the hands of children to show that they have had the polio vaccine.

Horticultural Achievement

Impact

The Borough Council of King's Lynn & West Norfolk

The Borough Council of King's Lynn and West Norfolk supports the many and varied activities of Downham Market Town Council and the Downham Market in Bloom Committee. They are proactive in assisting with advice, guidance, manpower and materials in all projects and events.

Within the area the Borough Council of King's Lynn and West Norfolk complete most grounds maintenance tasks including grass cutting, pruning, edging and the supplying and planting of all annual bedding. Working with the committee, they also supply seasonal baskets and planters.

Their responsibilities also extend to the maintenance of the Memorial Field and at the present time, the Memorial Gardens.

The working relationship between the Borough Council, the Town Council and the 'In Bloom' Committee is a productive one, sharing positive ethics and reaching proactive goals.



Borough Council Workers 2016



Amiens Project



Borough Council Workers 2016

The Amiens garden, an exciting joint EU funded project between Amiens in France and King's Lynn, was created in May 2013 is now becoming established. It is a beautiful natural garden with many colourful plants that burst into life in the summer time creating blocks of colour.

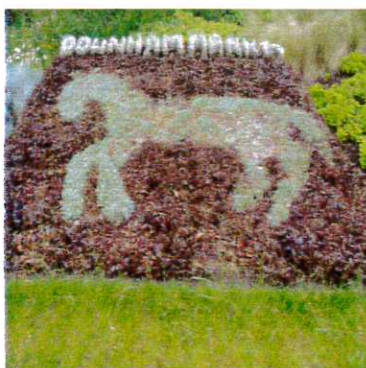
During the winter the garden is filled with plants which create fantastic shapes against the wall behind.



Flower Beds

The Town's flower beds are a colourful and welcome sight for the residents of and tourists to Downham Market.

This year, the Town is celebrating 100 years of RAF Marham and last year's 90th Anniversary of the WI. The Borough Council of King's Lynn and West Norfolk continue to design and plant the beds.



Horse Flower Bed 2016



Priory Road Badge Bed 2016

Horticultural Achievement

Horticultural Practice



A warm welcome to Downham Market 2016



Hythe Bridge Boat 2016



Flower Boat

The Downham Market in Bloom Committee introduced a flower boat to the Town in 2014, but then they thought - if you can have one boat, why not have two! The second boat is a work in progress this year.

The current boat is maintained by volunteer members of the community with the Borough Council providing our winter plants (many of which have been saved for next winter) and businesses donating funds to supply plants. Volunteers have also grown and added their own plants to the boat. Holly Landscapes water the boat at regular intervals with harvested rainwater.



Amiens Garden 2016



Holly Landscapes

Holly Landscapes is probably one of the best known landscaping companies in the Downham Market area. Nick Robinson, who is a member of the Downham Market in Bloom Committee, and his team are responsible for the maintenance of every flower bed and planter owned by Downham Market Town Council. Their maintenance routine involves watering and weeding beds and planters three times a week. Outside of their contract with the Town Council their work varies from regularly mowing a private lawn, to trimming back hedges, delivering turf to gardeners, builders or other landscapers, and tidying shrub and flower beds. The whole ethos of this small family firms to support the community that supports them and they are always on hand to volunteer (often at short notice) and assist with community events.



Horticultural Achievement

Residential and Community Gardening

The Best Kept Garden Competition

If over the past few years you had been visiting Downham Market, perhaps, with a view to settling here, you might have looked at a house in one of our residential areas. In the summer time you could not have failed to be impressed by the colourful and well designed gardens which form the background to these estates and the obvious pride which is taken in maintaining such a high standard.

In the past, the Borough Council ran a best kept garden competition but this was eventually abandoned, probably because of the attitude that "My garden is not good enough to enter into a competition." However, the attractive gardens were still there and in 2007 - perhaps with the advent of the Anglia in Bloom competition and the Town Council's decision to enter it - a Downham in Bloom Committee was formed. Part of the remit of this committee was to revive the Best Kept Garden competition.

The biggest problem faced by the Best Kept Garden team is to encourage people to enter the competition; not that there are not still many excellent gardens which could be judged but rather that we had to overcome a reluctance to make the effort and the conviction that their garden was not good enough. Putting an entry form through the letter boxes of houses with promising gardens had little effect as very, very few were returned. This combined with a personal approach was slightly better but very time consuming for the team members concerned. The best way of finding promising gardens was found to be the negative response method. A letter was posted through the door of the house concerned saying that the garden would be entered into the Best Kept Garden Competition unless the owner returned a slip saying that he or she did not wish to enter. That worked but bearing in mind our very few members it was still impossible to cover the whole town comprehensively. However with the self imposed restriction of trying to judge all the entries in one day we found that this was the most acceptable compromise.

In spite of all this, an annual competition has been held over the past nine years and we have judged private gardens, communal gardens, school gardens, hanging baskets and patio pots all to a very high standard. We normally have three judges with last year's overall winner, who is not able to enter the following year, invited to join the judges. There are a variety of awards for winners including a framed photograph of the winning garden for the overall winner but we still have a long way to go to stir enthusiasm for the competition among all those who must have talent and knowledge to create beautiful gardens.

Cllr Tony Stacey 2016.



Front Garden Competition Entries 2015

Horticultural Achievement

Residential and Community Gardening

Downham Markets Annual Front Garden Competition



All pictures
2016 front garden
competition entries



Horticultural Achievement

Residential and Community Gardening

The Twinning Garden

To celebrate 40 years of twinning between Downham Market and Civray in France, members of the Civray Twinning Club visited Downham Market. A tree, a Liriodendron, was brought all the way from Civray and presented to the Downham Market Twinning Club.



Tree planting 2016

The tree marks the beginning of a new project - THE TWINNING GARDEN! Work started in June 2016 and there is still much to

do and so many ideas to incorporate.



The garden being worked on - June 2016



Allotments Association

In 2009 the seed was sown to find an area suitable for allotments in Downham Market. The previous having been built on. Eventually a site in the town was found by the Council and a field was manually dug by a few keen to form a committee which became the Downham Market Allotment Association. I have been involved since its conception, having served for 6 years as the Secretary. We have seen many come and go but the strong core of 'allotmenters' still remains the same. Still some people believe that vegetables and fruit grow overnight, they do not stay long, but others persevere and reap the rewards.

The site is a beautiful place – full of fauna and 'weeds' and the occasional visit of rabbits, deer etc. Wide open sky and birds galore. In Winter the ground can become quite hard but after a rainfall it is very easily managed. Some members stick to the everyday vegetables. Others experiment with exotic food, flowers and herbs. Fruit trees, the smaller variety are in abundance. We do have rules to obey but they are all manageable as most of us have discovered. Not everyone can spare a lot of time, with work, family and other commitments life and time becomes precious. Hobby time becomes less and less with people working longer hours. We are very pleased to have two charity groups

of people with disabilities working with us now and various other members who have health issues. We welcome them all to our little bit of 'paradise'

I have had to relinquish my post as Secretary this year due to the fact that I had exceeded my 3 year stint. However despite like many others having the 'odd' twinge and arthritic dilemma I will continue to look forward to my visits to the site. Where I can meet up with friends old and new and discuss the pros and cons of the weather. Angela Sadler, Secretary 2009 - 2016



Horticultural Achievement

Business Areas and Premises

Downham Market Town Square

Downham Market Town Square is surrounded by a number of local businesses and is home to the weekly Craft & Collectables Market which is held every Friday and Saturday. Flower containers and Cherry trees have been used to bring the space to life making it an attractive place to host Town events. Different organisation and businesses are encouraged to use this communal space for their benefit.



Chinese New Year 2016



Town Square 2016



Buskers in Market Place 2016



Heygates Mill



Business Premises

Local business Heygates Mill and the Downham in Bloom Committee worked in partnership to create this now established flower bed in 2015. This picture was taken in August 2015.



Dial House 2016



Castle Hotel 2016



Horticultural Achievement

Business Areas and Premises

Downham Market railway station - Community Working Day

Great Northern Railway's Station and Driver Manager Graeme Pratt based at King's Lynn instigated a community working day at Downham Market Railway station this June. The idea was to tidy up the area around the station, particularly the garden and flower beds, and plant up new pots for the car park and station platforms. Children from Downham Market Academy, representatives of the Womens' Institute, the Fenland Railway Users Association, The Town Council and Borough Council, the Downham Market in Bloom Committee and Great Northern Railway staff worked together to make the station look beautiful.



All pictures - Community Working Day at
Downham Market railway station on
Friday 10th June 2016

Horticultural Achievement

Green Spaces

There are three main green spaces in Downham Market: The Howdale, The Memorial Playing Field and Garden and the Jubilee Community Centre Playing Field. On the newer developments green spaces have been provided and are flourishing.



The Howdale

The Howdale is centrally located and attracts all sectors of the community, young and old.

The field is used for a number of local events held within the town, the most well-known being the annual Downham Market Festival. This year over 4000 people attended the event, enjoying all of the fantastic activities and entertainment on offer including a bird of prey display, local bands and a dog show.



Carnival Day Fun on the Howdale - May 2015



The Memorial Playing Field

The Memorial Playing Field plays host to a number of sporting activities including football, cricket and petanque on a specially created area. There is also a multi-use games area and a children's adventure playground. In May 2016 the Memorial Playing Field once again hosted the Downham Games event as part of the Norfolk Village Games.

The Community Orchard



The Memorial Garden 2016
planned site for the Community Orchard.

There are exciting plans to create a community orchard in Downham Market during 2016/2017. Downham Market U3A gardening club who have volunteered to manage the project, with assistance from the Downham Market in Bloom Committee, are currently visiting other local community orchards to learn all they can about them. Young people from the Downham Market Youth Centre will also be involved. The project has provided a fantastic opportunity for old and young in the community to work together to create a special place in their Town for all to enjoy for many years to come.



Environmental Responsibility

Green Spaces

The Jubilee Community Centre Playing Field

The Jubilee Community Centre is run as a charity by the Town Council for the Town in order to protect the field the Town Council joined the Fields in Trust group. The Town Council management team for the Jubilee Community Centre soon realised that demand for use of centre outstripped the area they had. Plans for re-development are now close to completion. It is hoped that with up to date amenities, use of the playing field will increase.



Jubilee Community Centre 2016

Conservation and Biodiversity

The Willows Nature Reserve

Over the past couple of years the Willows has undergone extensive dredging of the pond and the tree surgeons have carried out maintenance and in some cases, felling of trees that were thought to be a danger to the public, hence the Willows has made a miraculous recovery this year, the flora and fauna is



Willows Sign Board

now nearly fully recovered.

There is still some minor drainage work to be carried out between the reed bed and the pond. This has been agreed by the Borough Council, Norfolk Wildlife Trust and the Friends of the Willows and will be carried out as soon as possible, hopefully when water levels are low in both areas.

This year Norfolk Wildlife Trust are in the process of reassessing the county wildlife site, and have carried out a survey of plants and grasses and they will also check wildlife and trees as part of their general survey of all Country Wildlife sites across the country.

The Willows remains popular with local residents, schools and visitors to the area. Friends of the Willows Nature Reserve.

Resource Management

Christmas Tree Shredding

Every year, as part of the Downham in Bloom campaign, Downham Market Town Council and Holly Landscapes organise a Christmas Tree shredding day. Members of the public are encouraged to bring their trees along to the Town Council office car park for recycling.



Christmas Tree Shredding 2016

Environmental Responsibility

Resource Management

Recycling

As the Borough Council now collect most of the recycled waste in Downham Market, including glass, aluminium cans, bottles, cardboard etc. The Borough Council have also introduced 'brown' bins to recycle garden waste. Residents have embraced the idea - there is a long waiting list for the bins.



Local Heritage

The Town Sign & War Memorial

Downham Market's current Town Sign was unveiled in 2013.

Residents of Downham Market contributed to the cost and everyone was pleased with the result.

To commemorate the centenary of the start of WWI, Downham Market Town Council refurbished the Town's main War Memorial, which is situated near to the Town sign on Church Road.

During 2016, the garden around the War Memorial has been re-designed and re-planted.



The War Memorial 2016



The Town Sign 2016



The Town Sign & Flower Bed 2016

Environmental Responsibility

Local Heritage

The Discover Downham Heritage and Learning Centre

Downham Market and District Heritage Society has been running for over 20 years and has now set up its new home in The Old Fire Station on Priory Road. Known as Discover Downham Heritage and Learning Centre, it hosts a variety of talks and learning events and is available for hire to groups and workshops and beyond! Open to members of the public every Thursday, Friday and Saturday between 10am and 4pm it relies heavily on the time given by volunteers to steward and help behind the scenes with their collections and exhibits. Those same volunteers have lovingly restored a former Horse-drawn Sugar Beet Lifter (no horse I'm afraid), which takes pride of place on the terrace. A beautiful selection of potted plants helps to brighten the space further for those that may choose to take a seat on one of the benches or be simply passing by.

Alex Administrator and Volunteer Coordinator Discover Downham.



The Downham Market quilt 2016, which can now be seen in the Discover Downham Heritage and Learning Centre. It was specially designed and hand-stitched for the centre by the Quilting Group of the U3A.



Environmental Responsibility

Local Heritage

Twinning 40th Anniversary



2016 is the 40th Anniversary year of twinning between Downham Market and Civray, in France.

A special celebration weekend took place in Downham Market, with 30 visitors from Civray in attendance.

There was a trip to Sandringham, followed by lunch and fish and chips and dancing to the Blues Brothers in the Chairman's garden.

After breakfast and tree planting, there was a Civic reception with dinner and dancing attended by the Borough Mayor, his wife and his mace and sword bearers.



All pictures
Twinning Anniversary Dinner May 2016



Environmental Responsibility

Local Heritage

St Winnold's Fair and Parade



Parading through the Town

Downham Market markets received their Charter in 1046 from Edward The Confessor. To this day, nearly 1000 years later, our Town's Friday and Saturday markets are a central focus of life in and around Downham Market.

For many centuries the horse fair, held over several days commencing on St. Winnold's Day, was one of the two largest horse fairs in Europe. On record, over 10,000 horses were bought and sold and it is not difficult to imagine that the Town was a very lively place indeed.

Various continental armies purchased some of their horses in Downham Market at St. Winnold's Fair. Many of these horses had been bred and reared on the Fens to the west of Downham Market, land which was then generally unsuitable for arable cultivation.

Each year Downham Market Town Council hosts a parade and breakfast which is planned to combine tradition with informality to recognise our once pre-eminent place in horse trading and to show visitors what is happening in our most distinctive Town.



Sword & Mace Bearers walking
In the Parade

Environmental Responsibility

Local Environmental Quality

Community Involvement - Community Payback Projects

Community Payback projects have continued to take place in Downham Market during 2015/2016. As well as clearing up cycle paths and public footpaths of litter, weeds and trimming back hedges, they have also been painting fences and working on the area just outside The Willows. Many of these projects are requested by residents of the town where for example they have encountered problems with manoeuvring their motability scooters down narrowing pathways due to overgrowth or have noticed ditches that are blocked etc. and it is hoped that we can continue using these teams as it is of benefit to all concerned.



The Environmental Sub Committee

The main driving force of the Committee is to help maintain the Quality of Life for the residents of the town. This year the Committee has continued to work to improve the appearance of the town by working in partnership with Norfolk County Council Highways and the Borough Council of King's Lynn & West Norfolk to keep the streets and grassy areas clean and tidy.



Downham Market Volunteers List

Downham Market Town Council works together with Downham Volunteers organised by Downham Web in addition to Tesco's volunteers, on various projects.



Community Working Day

This year, for the first time, members of the Downham in Bloom Committee took part in a Community Working Day to spruce-up the area around Downham Market railway station. See page 13 for more details.

Environmental Responsibility

Local Environmental Quality

Vacant Premises

Discover Downham Heritage and Learning Centre



A empty building that was known for many years as "the old Fire Station" has is, at last, no longer empty and being used as a heritage museum and learning centre. See page 16 for full details.



Both pictures - The new ly painted centre 2016



Pride of Place

As a Committee we work with the Town Council general duty officers to regularly clean our seats and to paint them annually. We also enlist the services of the Borough to repair and replace damaged litter and dog bins and to renew the 'No fouling' signs on a regular basis. In addition to this we have allocated funds for new litter and dog bins which we purchase annually. We also take great pride in our Town Square, town signs and entrances which are cleaned on a regular basis. This year we have again worked with Heygates' Flour Mill to produce a floral design outside their premises; worked with the Downham Market Railway station and the community to clear up the area around the station; encouraged community groups to be involved in creating a Community Orchard; . Working in partnership with the Borough Council if King's Lynn & West Norfolk the town has many hanging baskets which look particularly beautiful on either side of Hythe Bridge. We continue to work hard with developers to encourage them to clean up derelict sites where at all possible so that visitors to the town can see the pride we take in Downham Market.



Dial House 2015



Community Participation

Communication and Education

Downham Market and District U3A

A University of the Third Age is a learning co-operative of older people which enables members to share many educational, creative and leisure activities. Activities are organised mainly in small groups that meet regularly, often in each other's homes. Members, through sharing their knowledge, skills and experience, learn from each other.

Our U3A was founded in September 2009 and continues to flourish and grow. We now have 250 members and around 40 activity groups. The groups cover a wide range of subjects from languages to gardening, table tennis to music appreciation, walking to current affairs and indoor games to meditation. As well as learning, many new friendships are made within the groups and members support each other through difficult times.

We meet on the second Monday afternoon each month in the Town Hall from 2-4 pm. There is a speaker each month and we try to cover a wide range of topics. We also aim to include speakers who cover local issues. We will shortly be hearing about the new development on the Bexwell site and the history of our East Anglia Children's Hospice. We welcome members and visitors alike to these meetings. Visitors pay £2 which is refunded if they choose to join.

Joan Alfred, Chairman

Downham Market and District Horticultural Society

This year, after an approach from the Downham in Bloom Committee, our gardening group are planning a Community Orchard. We hope to work with other groups, particularly young people to bring this project to fruition.

The Society began life before the Second World War as a garden club organised by allotment holders interested in growing flowers and vegetables.

During the war the emphasis changed to "Dig for Victory" by those at home during their bit for the war effort. When peace returned the club continued but slowly declined until a period in the 1970s when a small group of enthusiasts brought it back to life and renamed it "The Downham Market and District Horticultural Society". New members have been attracted increasing its numbers to about 100 at today's count, with regular monthly meetings held in the town.

At each meeting a speaker is invited to talk on a horticultural subject allowing members to develop their gardening knowledge in addition to socialising and swapping notes. Outings are arranged during the year visiting private gardens as well as those of the Royal Horticultural Society.

The Society is please to support the annual Downham Festival Week with a plant stall on the Bank Holiday Monday, on the Howdale. The Society's jewel in the crown is its annual Summer Show, creating another red letter day and show case for the town enabling the community at large to see what clubs and societies there are in the Downham Market area and what can be achieved. It is usually held in July and is an 'open show' so that anyone can join in and exhibit the results of their labours. The class range is varied, including flowers, vegetables, fruit, crafts, art, photography, bakery and preserves with special classes for children. Trophies are presented for the best exhibit in each class.

Membership of the Society is open to all and with an annual fee currently at £10.00 is very good value. Mike Lodge (Chairman).



Community Participation

Communication and Education

Dementia Friendly Community Project

Downham Dementia Support Association is established to promote the well-being and quality of life of people living with dementia and their carers within the area of Downham Market.

The Association grew out of the Steering Committee which was set up in 2015 working with Norfolk Age UK to launch Downham Market as a Dementia Friendly Community.

A Dementia Friendly Community is one based on inclusion, where a person living with dementia feels empowered to play an active role in their community and feels able to participate in the day to day activities that others take for granted. It is a community where people with dementia can find their way around and feel safe, access their local facilities and continue participating in social activities and clubs. Being a dementia friendly community also provides an inclusive environment for people with other conditions and disabilities.

There are 16400 people in Norfolk living with Dementia and this is expected to rise to 25512 by 2034. Two thirds of people with dementia live in the community.

The Association is working with local businesses, the Town Council and other relevant agencies to promote dementia awareness and provide support for those living with dementia and their carers.

In October 2015 the Association opened a dementia café in the Methodist church hall on one morning each month. The café provides a place where both people living with dementia and their carers can be supported. We provide games, activities, outings, complementary therapies and information and support for carers. We have recently employed a Café Manager and from September 2016 the café will be open twice monthly on the 3rd and 4th Mondays of each month.

Dementia touches the lives of all age groups and we have been overwhelmed by support from other charities and individuals in the town. We are particularly pleased to be working with the students from Downham Market Academy who come to our café to talk to our users.

Although we are delighted with the initial success of our project, we recognise that we need to continually raise our profile if we are to make our community truly dementia friendly.

Joan Alfred. Chairman



Youth Centre clean up 2016



Work in progress
Early June 2016



Getting there.....Mid June 2016

Community Participation

Communication and Education

Schools In Bloom

The annual Schools in Bloom competition has been an important part of the Downham in Bloom campaign since its launch back in 2007. This year, 4 local primary schools will be entering a total of 167 seed trays into our annual Schools in Bloom Seed Tray competition. The trays and compost are provided by Downham in Bloom. The school children then have to plant an imaginative seed tray display centring on a theme suggested by the Downham in Bloom Committee. This year's theme will be 'A Garden for the Queen's Birthday'. This year's seed tray judging date is set for Saturday, 9th July at Downham Market Town Hall and the prizegiving will be held in the Bar Room alongside the Horticultural Society's Summer Show on the same day. The Anglia in Bloom Judges will be able to see pictures of the school children's seed trays.

2015 Seedtrays



Community Participation

Communication and Education

Care Home Container Gardens

The Care Home Container Garden competition is now established and runs alongside the School Seed Tray competition, with the same theme for this year "A Garden for the Queen's Birthday".



Development and Continuity

The Downham Market in Bloom Committee

The Downham Market in Bloom Committee is integral to the development and continuity of the Downham in Bloom Campaign. Once again this year we have established a dedicated committee of volunteers from across the town, including representatives from Downham Market Town Council, the Borough Council of King's Lynn and West Norfolk, the Horticultural Society, Holly Landscapes and members of the public. As mentioned before, the Committee has been working in partnership with Downham Market railway station, the U3A and other community groups to ensure that Downham Market remains a beautiful place to live in.



Community Participation



The Town Team

The Town Team which formed last year is a group of people with an interest in business and community in Downham Market. These like-minded people who live and work around Downham Market now have a new way to get together and encourage/be involved in change and improvements such as tourism to the area and have their views represented in what happens in and around Downham Market. A representative from the Downham in Bloom Committee is a member of the Team and advises on what is happening with In Bloom matters.



Town Team 2015



Funding & Support - Downham in Bloom Celebration Cake



Celebration Cake 2015

This year's cake is being made and donated by Cream Me Up Scotty, a local business with a shop in the High Street, Downham Market. We are very grateful for the town's continued support of our In Bloom campaign and look forward to tasting it at the Reception where it will have pride of place.



Community Participation

Downham Market Twinning Club



Coffee Morning 2015

Hi, my name is Steve Reynolds and for my sins I am the chairman of Downham's twinning club. Well what is it, you may ask, read on for a couple of minutes and I shall briefly explain. We are a group of people who every other year go to Civray in France, eat their food, drink their wine, visit local places of interest and make good friendships. We go for a week and this year we leave Downham Market on Sunday 31st July for a week of organised activities and free time with a host family. People of all ages are welcome and you don't have to be able to speak French as most French people speak a little English, however it is good fun trying to communicate in their language, and easy after a few glasses of wine! Basically that's it and if you want to, you can have your new friends stay with you next year, but it's not compulsory. All in all

it is a social experience where you get to sample the French way of life.

Community Participation

Community Involvement



Events for All

There are a number of free events during the year in Downham Market, mostly on the town Square in the centre of town. The first of the year is the lion dance performed on the town square to celebrate Chinese New Year. Next is St Georges Day and William Shakespeare's birthday which again is on the town square when our St George and the Dragon, who we believe resides in his den in Hilgay Fen, meet in a struggle of good over evil. St George always wins of course but he never kills the Dragon because he is an endangered species and possibly the only one left in the world. Next comes St Winnolds Day which celebrates our markets and the St Winnolds Horse Fair which was held in the town for about one hundred and fifty years and was at one time one of the biggest horse fairs in Europe. Next comes our town festival, which is a week long and comprises a parade and carnival and events each day. In August it's the Water Festival held on the river comprising Dragon Boat races and stalls and amusements on shore, entry is free and people come from all over the region to enjoy the day. The next is Halloween on the town square again, with rides, stalls painting and games for the children. The last event of the year is our Christmas Lights Switch On in the centre of

town again with rides, stalls and food and a Santa Fun Run around the town centre just before the lights switch on.



Christmas Light Switch On



Chinese New Year 2016



The Queen's 90th Birthday 2016



Community Fair 2015



Water Festival 2015



Neighbourhood Plan

Following public request, the Town Council and residents are continuing to work towards a Neighbourhood Plan for the Town. This plan establishes general planning policies for the development and use of land in a neighbourhood, for example where new homes and offices should be built, what they should look like, what other facilities, infrastructure or services are needed. The plan can be detailed or general, depending what local people want.



Year Round Involvement

Eastern Daily Press

Search for 90-year-old to light town beacon

It would be perfect if we could find someone who shares the same birthday as Hat Masey but we do understand this could be quite rare for such a small town

Jean Markwell, town clerk

News from the Eastern Daily Press

Downham Market Town Council

NEWSLETTER - March - April 2015

Bulbs bring new burst of colour

Volunteer for the big screen team

Downham Market Town Council
15 Paradise Road, Downham Market PE39 3JG
Tel: 01568 387770 Email: info@downhammarket.co.uk
Website: www.downhammarket.co.uk
Office hours: 10am - 1pm weekdays

Live music helps the time go by...

It was an absolutely amazing day. The best I have ever had. The few minutes that made it all worth it.

Lawrence Wehman
Lark, Downham Market

News from the Eastern Daily Press

Permission has been given to use photographs by Eastern Daily Press

Year Round Involvement

Promotional Material



COMMUNITY FAIR
Saturday 24th October 2015
10:00am - 2:00pm
Downham Market Town Hall
Bridge Street, Downham Market

Showcasing Clubs, Charities and Organisations from the Downham Market area-
Come and see what YOUR Community has to offer!

Hosted By
Downham Market Town Council

Please contact Nikki for more information
nikki@downhammarketcc.co.uk 01366 387770



Downham Market Town Council
SPRING CRAFT FAIR
Saturday, 19th March 2016
10:00am - 5:00pm
Downham Market Town Hall
Bridge Street
Downham Market

For more information or to book a stall please contact
Nikki on 01366 387770 or email
nikki@downhammarketcc.co.uk



SUMMER CRAFT FAIR

Downham Market Town Hall
Friday 15th & Saturday 16th July 2016
10am - 5pm
Refreshments will be served

For more information please contact
Nikki on 01366 387770
nikki@downhammarketcc.co.uk



Downham Market Town Council
Celebrates.....
St George's Day
Friday, 22nd April 2016

Join us on Downham Market Town Square at 10am to watch the Patron Saint fight for glory against the Dragon of Hilgay Fen.

The duo will parade around the Town Square terrorising local School Children with their antics.

Funding & Support

The Downham in Bloom Committee would like to thank the following people and organisations for their active roles in making the eighth year of Downham in Bloom so successful

Best Kept Garden Judges including
Mr Roy Coughtrey, Mr & Mrs Lodge, Mrs Beryl Parker
Mr Alan Pickering (Photographer)

Downham Garden Centre

Cream me up Scotty Bakers

Borough Council of King's Lynn & West Norfolk

Norfolk County Council

Community Payback Team

Clr John Doyle

University of the 3rd Age (U3A)

Friends of the Willows Nature Reserve

King's Lynn Angling Association

Tesco

Charmed Interiors

Spoilt for Choice 2

The Town Team

Heygates Flour Mill

Freebridge Housing Association

Mr & Mrs Guy

Holly Landscapes

Nelson Academy

Hillcrest School

RAFA

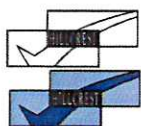
Downham Market Rotary Club

Downham Market Academy

Downham Railway Station

Wards of Ringstead

Womens Institute



**HOLLY
LANDSCAPES**

Borough Council of
King's Lynn &
West Norfolk



Norfolk
County Council



LOCAL COUNCIL
AWARD SCHEME
FOUNDATION