

The **Frenze Beck nature reserve** was created in 2003/4 from an area of marginal flood-prone land, by South Norfolk District Council, as part of the European 'Transnational Ecological Network' project.

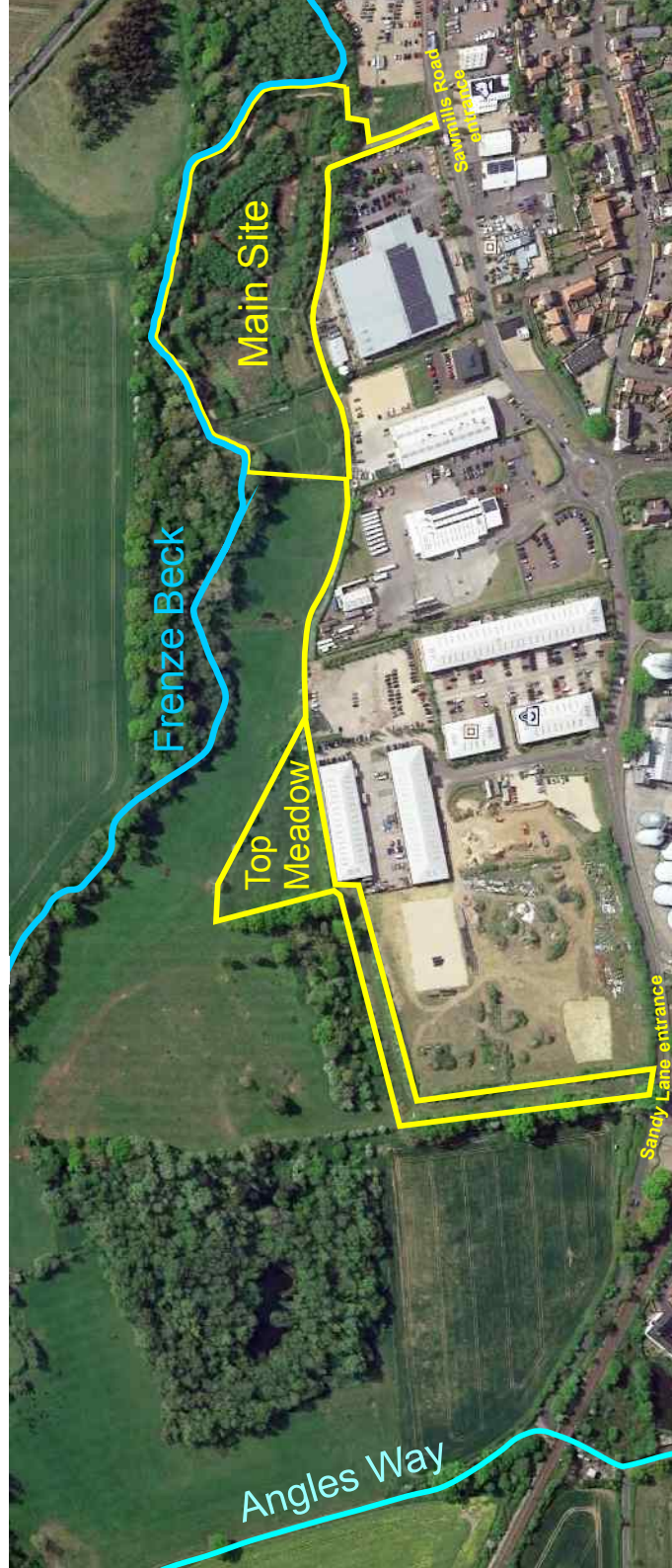
Two reed beds, amounting to 1.5 hectares, were excavated with integral ponds and ditches so as to form stretches of open water and provide a range of wetland, meadow and pasture habitats.

The riverbank was also lowered and channels dug to allow the river to 'overtop' into the reed beds, thereby reducing pressure on the river at periods of peak flow. The beds were also designed to accept the run-off from the development along Sawmills Road, the reed acting as a natural filter for this water before it reaches the river.

After a period of neglect much of the wetland was overgrown with willow scrub, the open stretches of water were invaded by reedbed and common reed and the pathways fell into dis-repair.

But now the site is now being restored and managed by the River Waveney Trust, in partnership with South Norfolk Council. The Norfolk Wildlife Trust are also assisting with a 10 year restoration and management plan. The Frenze Beck nature reserve has now been designated as a **County Wildlife site**.

Some of the initial work has been funded by the Tesco 'Bags of Help' scheme, but most is being carried out by a team of dedicated volunteers.



# Frenze Beck Nature Reserve

a wetland wildlife haven  
on the edge of Diss

Sawmills Road  
Diss  
Norfolk  
IP22 4GG





# Frenze Beck

## Nature Reserve

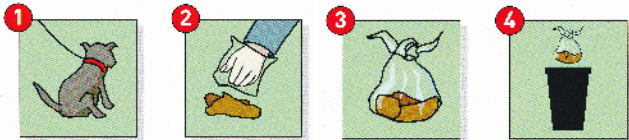
### a County Wildlife Site

Everyone is welcome to come and use the newly-created network of footpaths at the Frenze Beck Nature Reserve, which are always open to the public.

So as to keep the site open and enjoyable for all, please respect the environment and your fellow walkers, and pick up after your dog.

During the nesting season (1st March to 31st July) dogs must be kept on a lead.

### BAG IT, TIE IT, BIN IT!



**FACT**

Dog faeces may contain worms that can cause serious eye disorders in adults and children.

**FACT**

Worms can be reduced by regularly worming your dog.

**FACT**

Children won't want to visit the park if it's a dumping ground for dog mess.

The entrance to the main site is on the East side of Sawmills Road in Diss, between the premises of Desira and Glazing Vision; opposite the Animal Feed Warehouse (IP22 4GG).

The car park at the end of the entrance track is only open to vehicles when the volunteers are working on the site.

If the barrier to the car park is closed, please park outside and use the pedestrian entrance on the left. There is space for several cars in front of the barrier.

There is also a wide pedestrian entrance on Sandy Lane, just a short walk up the road from the Angles Way. You can park over the road in front of the dis-used entrance to the Frontier grain store.

We carry out a variety of conservation and management jobs on site every Monday from 9.30am to 1pm, and new volunteers are very welcome. Volunteers are also working to record the varied species of fauna and flora that have been observed on the site. For more information contact the local coordinator on 01379 651606 or email [diss@riverwaveneytrust.org](mailto:diss@riverwaveneytrust.org).

