



PARISH NEWS

AUGUST & SEPTEMBER 2021

MIDDLETON, NORTH RUNCTON & EAST WINCH

SIGN THE PETITION FOR A NEW HOSPITAL

All of us who use the Queen Elizabeth Hospital in King's Lynn are well aware of the state of disrepair of the current building and the urgent need for a new hospital.

Papers published by the hospital Board show that there are 200 props presently holding up the roof of the hospital. A risk report submitted to a meeting of the hospital's Board of Directors in April stated that "There is a direct risk of life and safety to patients, visitors and staff of the trust due to the potential of catastrophic failure of the roof structure due to structural deficiencies." The risk was rated as "very high/extreme" because the building is 40 years old, despite only being built to last 25 years.

The Government has announced that there will be funding to build a further eight new or part-new hospitals by 2030 under the New Hospitals Programme. These will be announced in autumn 2021 and it is essential that every possible effort is made now to ensure that a new hospital for King's Lynn is one of the eight to be funded.

As part of that effort, Love West Norfolk has launched a petition to trigger a debate in Parliament to prioritise funding for a new hospital in King's Lynn and to support the fast-tracking of its design and build. 100,000

signatures are needed to secure a debate. You can play your part now by signing the petition and encouraging all your family and friends to do the same. The petition is available online at: <https://petition.parliament.uk/petitions/590390>.

At the time of going to press, there was still a long way to go to reach 100,000 signatures, so please add your name now if you have not already done so. It would help promote the campaign if you were also to let our MP, James Wild, know that you have signed the petition. He can be contacted via email at james.wild.mp@parliament.uk or by mail: James Wild MP, House of Commons, London, SW1A 0AA.



LILIAN SAYS "THANK YOU"

The last edition of the Parish News carried an item about Lilian Fisher's latest fundraising challenge - walking at least 100 laps of North Runcton cricket field - in support of the Queen Elizabeth Hospital Charitable Fund.

Lilian would like to say "Thank You" to all the kind people who have supported her challenge. Lilian went to the Hospital on Tuesday 6th July to hand over a cheque making a total of £846 raised and still collecting. Well done Lilian!

Church Services in August & September

Sunday, 1 August

9.30am **W Winch** Holy Communion
10.30am **E Winch** Holy Communion

Sunday, 8 August

10.30am **E Winch** Holy Communion
11.00am **N Runcton** Holy Communion

Sunday, 15 August

10.30am **Middleton** Benefice Holy Communion

Sunday, 22 August

10.00am **W Winch** Morning Prayer
11.00am **N Runcton** Holy Communion

Sunday, 29 August

11.00am **Middleton** Benefice Holy Communion

Sunday, 5 September

9.30am **W Winch** Holy Communion
10.30am **E Winch** Morning Prayer

Sunday, 12 September

11.00am **N Runcton** Holy Communion
3.00pm **West Bilney** Harvest Service

Sunday, 19 September

10.30am **Middleton** Benefice Family Service

Sunday, 26 September

9.30am **W Winch** Holy Communion
10.30am **E Winch** Holy Communion
3.00pm **N Runcton** Benefice Children's Service

Mobile Library Service Resumes

The mobile library service is now back in operation. At the time of going to press, details of any continuing safety requirements (such as the wearing of face masks) were not available.

The Mobile Library timetable for our area is once every four weeks on **WEDNESDAYS** as follows:

4 AUGUST; 1 & 29 SEPTEMBER

North Runcton

The Green 10:05 - 10:20

Blackborough End

The Firs 10:30 - 10:45
Blackborough Green 10:50 - 11:00

Middleton

Oakdale/Village Hall 11:05 - 11:30
St Mary's Crescent 11:35 - 11:45
42 Hall Orchards 11:50 - 12:00

Fair Green

Park Hill Estate 12:05 - 12:20
Graham Drive 12:25 - 12:40
Paul Drive/Gate Inn 12:45 - 13:00

East Winch

Gayton Rd - Opp Windyridge 15:15 - 15:25
Town Close 15:30 - 15:50
Village Sign 15:55 - 16:05

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North Runcton News

Parish Councils have been asked to return to having public meetings, but whilst self-distancing advice is in place, we feel that the VMP is hardly large enough to hold safe meetings – certainly not if any number of residents wish to attend.

We have therefore held the June and July meetings outdoors. We don't normally meet in August, so for the 7th September meeting, we will have to monitor guidelines and weather forecasts! Hopefully by next winter, rules for indoor public meetings will have relaxed – else we may have to return to meetings via zoom.

We had planned a 'Village Social' for July 31st, where we hoped to celebrate 'freedom' from Covid restrictions, but because of the continued uncertainties we have **postponed** it indefinitely. Maybe the autumn? (Which year is anyone's guess)!

Village Meeting Place:

The Art Clubs, Brownies, Photography Club and other regular VMP users are planning to return to their normal sessions over coming weeks. If you are new to the area and fancy joining one of these groups – Rachel can assist with contact details (see below).

Planning:

It has been reported that the Highways Agency have withdrawn their 7-year 'holding objection' to the road proposals for the West Winch Growth Area. It is really not clear what new information has come forward that has made them alter their position.

One matter that may have influenced them is the funding support pledged by Norfolk County Council earlier this year. It is understood that NCC have pledged up to £15M towards the roadworks in an effort to unlock a further £50M grant from central Government. A Government grant is perhaps unlikely to be forthcoming whilst Highways England are objecting to the scheme.

West Winch Parish Council commissioned an independent report from consultants to review the traffic modelling data prepared by the development team. They identified a number of modelling anomalies which contributed to reduced estimates for future traffic levels. It is not known whether the development team is being asked to revisit their analysis.

The Internal Drainage Board (IDB) have requested that the outline application is accompanied by more details showing how future surface water runoff will be accommodated – *unless* Anglia Water agree to take this water in their own existing infrastructure. The response from Anglia Water has so far not been made public.

There have been no further meetings called for the 'West Winch Growth Area Delivery Stakeholder Group'. (A meeting scheduled for last January was cancelled).

Climate Change and Carbon Neutrality:

Further to the Norfolk Association of Local Councils (NALC) initiative encouraging Parish Councils to address the challenges of climate change, NRPC have prepared a number of newsletters to encourage residents to begin to track their 'carbon footprint'. These are now available online at the Parish Council website.

The free 'Giki' app allows you to track your own or your household's carbon footprint and work out ways to help you reduce it. See: <https://zero.giki.earth/>



The idea is for every household to aim to 'Cut a tonne in 21'.



Middleton Parish Council Chairman's Report

By Zach Wiles-Van Dyke

The Parish Council (PC) didn't hold a meeting in June due to Zoom no longer being permitted for PCs to make decisions or approve payments. We did resume face to face meetings in July following strict Covid-19 guidance.

Our newly elected County Councillor Jim Moriarty attended and gave a report. Congratulations to Jim on his election.

There had been a lot of vandalism on the playing field again. The Village Hall have kindly been gifted a CCTV system and the installation of it. The PC will also have cameras from this system overlooking the playing field.

The PC have invested in wildflower seeds to sow on the playing field. A working party is being organised to sow these and the saplings that have been donated. The various 'wilding' areas are doing well and are receiving positive comments from most. The PC have also invested in another bin for the playing field to help with littering.

The PC discussed the use of the phone box again. As the transfer of ownership to the PC is still on-going it was decided to screw the door closed until a later date to avoid more damage to it.

The PC doesn't meet in August, so our next meeting is Wednesday, 4th September.

Middleton Badminton Club

Play badminton most Monday evenings (not Bank Holidays) at the Village Hall from 7pm to 9pm. The club is friendly and always welcomes new members.

We are aiming to resume our sessions in September, but a final decision has not yet been made. If you would like to join us, please first contact James Williamson (07752 285061) for more information.



Nar Valley Ornithological Society (NarVOS)



Indoor Meetings now take place at the **Assembly Rooms, 1 Market Place, Swaffham, PE37 7AB** *Subject to easing of Covid restrictions. More info at www.narvos.org.uk*

Spitsbergen: Land of the Midnight Sun, Home of the Ice Bear - with Paul Fuller Wednesday 25th August, 7.30pm

This talk is by NarVOS member Paul Fuller who has travelled widely over the years in search of birds and wildlife, and tonight we will see and hear of his adventures to the frozen North. Paul will look at the wildlife and scenery of the high Arctic, from tundra to glaciers, seabirds to seals, and the top Arctic predator, the Polar Bear.

A Year Filming Wildlife with Graham Sherwin Wednesday 29th September, 7.30pm

Graham Sherwin, a NarVOS member, produces wildlife films and videos. Graham's presentation covers one year of filming wildlife, mostly within Norfolk but also including footage from around the UK and from France. The presentation will comprise stills and video of Birds, Mammals, Butterflies and Dragonflies

Visitors most welcome at these meetings. Admission £4 on the night if you are not a NarVOS member.

For more information about this meeting or NarVOS call Ian Black on 01760 724092 or go to www.narvos.org.uk



Our Tums to Tots group meets in East Winch Village Hall as part of the National Childbirth Trust, **10am to noon every Friday.**

Open to all parents, parents-to-be, babies and toddlers. Call **07748 591431** for more information.

The Future of St. Mary's Church Middleton



St. Mary's church is not just a beautiful building but is also steeped in history and without any doubt we can see this church as a landscape which will always fascinate its visitors. Similarly, its traditional clock and bells remind us to meet for worship and in so doing present a beautiful Christian presence in the area.

Dear Parishioners

You may have heard different stories regarding St. Mary's Church Middleton and indeed may have concerns about its future. This may be because, currently, there is neither a Churchwarden nor Parochial Church Council (PCC).

However, I wish to express my gratitude for the wonderful dedication by those who served St Mary's so very well in the past.

I have discussed the situation with my Ministry Team, the PCC's in the three other parishes in the Benefice and with parishioners at Middleton. I have also discussed the same matter with the Archdeacon of Lynn and also with the recently consecrated Bishop of Lynn.

I am thankful for all the good feedback and suggestions received.

There are three options for the future: a Festival Church, which will hold, as a minimum, services on church Festival Days, management by the Diocesan Church Trust or running the church as it is.

At present we are worshipping in St Mary's, as a Benefice, once a month. The service is attended by 25 to 30 worshippers from across the Benefice. Similarly, I am also conducting weddings and baptisms and as soon as the Covid 19 restrictions are lifted, will ask Middleton school if they wish to celebrate their special events at the church.

The PCCs around the Benefice are divided between choosing the Festival Church option or the Norwich Diocesan Churches Trust. After discussion with the Diocesan Officers I have found that the Diocesan Trust is not an option at the present time. Both the Archdeacon and the Bishop prayerfully encouraged me to seek the help of parishioners to run St Mary's.

There are number of challenges for this church, yet, as a Rector of St Mary's, I would like to say there is light at the end of tunnel and we walk with the Christian faith and the good news is that that in the midst of all the challenges, together, we will manage to run the church.

At the same time, I would like to encourage you to prayerfully support your village church, so that God may bless us with people who not only help to look after the church but also the community at large.

Yours in His Service,

Rev. Riaz Mubarak (Parish Rector)
Email: rev.riaz.mubarak@gmail.com

The Clarkson Singers of Wisbech

Do you enjoy choral singing? The Clarkson Singers of Wisbech are looking for Male and Female singers of all ages.

We are a mixed community choir that sing a wide variety of pieces.

We are also looking for a piano accompanist as well, if anyone is interested or knows of someone that would be.

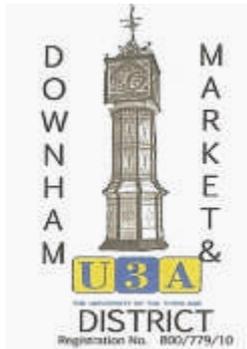
For further information, please contact: enquiries@clarksonsingers.org.uk

Community Car Scheme

The Community Car Scheme exists to help villagers who have no transport, who are elderly or disabled to attend at local doctors' or dentists' surgeries, opticians, health clinics or to keep hospital appointments.

A small charge is made to cover petrol expenses. If you require help or further information, or if you wish to volunteer your help in any way, please contact Colin Skipper on 842448.

KEEP ON LEARNING WITH U3A



I am the business secretary for Downham Market and District University of the Third Age (U3A) which is a registered charity. We are keen to get the information out that we exist and to welcome new members.

The U3A is a national movement for retired and semi-retired people who would like to continue learning and sharing knowledge as well as making new friends and taking up new activities. Our U3A is very popular and we have over 200 members.

We have over 35 learning/activity/discussion groups, all led voluntarily by members. A few examples of groups are: indoor games, walking, gardening, current affairs, book club, philosophy, family history, luncheon club, craft, music appreciation, art and ukulele. All groups meet in the daytime, often in member's homes, where group members contribute 50p for refreshments; for groups requiring a larger space members share the cost of the venue.

For me joining the U3A has been great, I have developed new skills and followed my interests. It has filled my spare time in interesting and enjoyable ways and the social aspect has been great and stopped me feeling isolated.

Covid 19 really affected us all and the monthly U3A meeting at Downham Market Town Hall, which always included a speaker on an interesting topic, had to stop. We have continued to have monthly speakers via zoom. Several groups had to stop. Groups are beginning to run again now and we are hoping to be back at the town hall in September.

We have a website: (<https://u3asites.org.uk/downham-market/home>) for anyone requiring further information, new members are always welcome. Anyone interested can email me at u3adownhammarket@gmail.com or phone John on 01366 347526 or me on 01366 380363.

Fiona Bembridge

Middleton Primary Academy News

Here at Middleton School, we have had a very busy Spring and Summer Term. It was great to welcome all children back in March. And now with the end of the Summer Term, we have already said goodbye to our Year 6 as they prepare to go to secondary school.

As September approaches we look forward to welcoming our new Reception children as they begin their school journey with us.

Badgers Class have been renovating our school garden. They have had some wonderful donations from some kind residents and local businesses who have donated tools, seeds, plants and soil. They have turned one planter into a boat inspired Shackleton's journey, which they have been learning about in class. We look forward to seeing what will grow.



The whole school has enjoyed our newly painted playground, from Nursery through to Year 6, and we would like to thank everyone involved for making this possible. We know the children will enjoy the new playground for many years to come.



EAST WINCH NEWS

By Nell Steele

East Winch Parish Council Meeting 23rd June 2021

At the Annual Parish Meeting which had preceded this meeting, Mr Melvyn Place was elected as chairman and Mr Alan Yarham as his deputy. County Councillor Jim Moriarty reported that the Highways Rangers would be back in action in August. The Borough Council were supporting the demand for a new hospital, and that, if anyone organised a litter pick, up to 3 bags of rubbish would be collected.

The A47 street lights at the east end of the village have been out of action for a very long time. Shortly after the meeting the clerk contacted Highways England. An Administrator has responded, explaining that the feeder pillar had been damaged and, even though that could be repaired soon, the lights are obsolete and due for replacement at some point in the future. So it seems as if we'll have to wait for a while.

The councillors thought there was enough evidence of residents' worries about traffic if the Eco Wellness centre is built to justify opposing the application on the grounds that the road structure is completely unsuitable and unsafe considering the expected increase in traffic flow.

After a wait of three years, an estimate from Highways of the cost of a road along Gayton Rd to Ashwicken Rd has been received: a staggering £46,096.30. The Council still considers this a priority.

The Speedwatch group is still awaiting training from the police.

The next meeting will be on Monday, 6th September at 7.30pm.

Harvest Service at St Cecilia's Church 3pm on Sunday, 12th September

The little church at West Bilney is looked after by the Norfolk Churches Trust and is able to have only 3 services a year. Needless to say, nothing has been possible there since Christmas 2019. So we're very excited that, at last, we will be able to celebrate Harvest there again.

West Winch Bowls Club



The Green has recently been scarified twice and the grass cut. Apparently the scarifying operation was quite a mammoth task with over 20 trolley loads of debris being removed from the grass carpet. As well as the scarifying operations, all the Gullies were cleaned out and a general tidy-up of the club and its surroundings ensued. The gallant workers were Ken Manning, Kevin Evans, Paul Lock, Dave Beckett, Geoff Nunn, Jim Grant, Dave Thompson and Arthur Massingham. 'Thank You' guys for all your hard work and dedication.

Now that the better weather is with us, the evening games are more enjoyable. The EBA league is the only real competitive league this year. Our EBA team currently holds third position but have a game in hand. The various other club team games are classed as 'friendlies' and as such no league positions are published. However, all these games are keenly contested and are thoroughly enjoyed by the players.

Kevin, the Secretary informs me that hopefully the AGM for this year will be held on Monday 11th October in the pavilion. However, the Covid situation seems to be so fluid that things can change overnight. Again, it's a question of watch this space.

With the warm sunny evenings and days, David & Wendy Bull are doing a magnificent job satisfying the thirsts of the intrepid bowlers. David and Wendy's hard work in keeping the bar maintained is greatly appreciated by the membership. 'Thank You' both. It's also nice to see visiting teams stop for a beer after a hard fought game.

The club is always open to welcome new members be they beginners or experienced players. Do make a point of 'popping' in and seeing what West Winch Bowls Club has to offer. A warm welcome is assured.



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DIVINE JUSTICE

Rebuilding New Orleans after Katrina often caused residents to be challenged to prove home titles back hundreds of years. That is because of community history stretching back over two centuries during which houses were passed along through generations of family, sometimes making it quite difficult to establish a paper trail of ownership.

A New Orleans lawyer sought a Federal Housing Administration (FHA) rebuilding loan for a client. He was told the loan would be granted upon submission of satisfactory proof of ownership of the parcel of property as it was being offered as collateral. It took the lawyer 3 months, but he was able to prove title to the property dating back to 1803. After sending the information to the FHA, he received the following reply.

"Upon review of your letter adjoining your client's loan application, we note that the request is supported by an Abstract of Title. While we compliment the able manner in which you have prepared and presented the application, we must point out that you have only cleared title to the proposed collateral property back to 1803. Before final approval can be accorded, it will be necessary to clear the title back to its origin."

And here is the great letter the lawyer sent in response.

"Your letter regarding title in Case No.189156 has been received. I note that you wish to have proof of title extended further than the 206 years already covered in the present application. I was unaware that any educated person in this country, particularly those working with real property, would not know that Louisiana was purchased by the United States from France in 1803, the year of origin of title identified in our application. For the edification of uninformed FHA bureaucrats, the title to the land prior to U.S. ownership was obtained from France, which had acquired it by Right of Conquest from Spain. The land came into the possession of Spain by Right of Discovery made in the year 1492 by a sea captain named Christopher Columbus, who had been granted the privilege of seeking a new route to India by the Spanish monarch, Queen Isabella. The good Queen Isabella, being a pious woman and almost as careful about titles as the FHA, took the precaution of securing the blessing of the Pope before she sold her jewels to finance Columbus's expedition. Now the Pope, as I'm sure you may know, is the emissary of Jesus Christ, the Son of God, and God, it is commonly accepted, created this world. Therefore, I believe it is safe to presume that God also made that part of the world called

Louisiana. God, therefore, would be the owner of origin and His origins date back to before the beginning of time, the world as we know it, and the FHA. I hope you find God's original claim to be satisfactory. Now, may we have our damn reconstruction loan?"

The loan was immediately approved.

Norfolk's Carers Invited to Apply for New Round of Free Wellbeing Packs

Two thousand additional Wellbeing Packs are being made available for unpaid carers, free of charge, after the first round of packs were taken up enthusiastically across Norfolk.

Norfolk Adult Social Services and Norfolk and Waveney CCG are using COVID-19 funding to send out special packs to support unpaid carers earlier this year – and now a second batch of packs are available for those who missed out first time around.

Cllr Bill Borrett, Norfolk County Council's Cabinet Member for Adult Social Care, said: "We know that unpaid carers work hard and never has that been more true than during the Covid 19 pandemic. These Wellbeing Packs are our way of showing just how much the hard work they do is appreciated."

The packs include some Personal Protective Equipment (PPE) to support recipients in their role as a carer, but also includes a range of items for the carer to enjoy, including chocolate and other items to bring a little joy in these difficult times.

Anyone who would like to receive a pack free of charge can register their details online, where their details will be assessed. Those who are eligible will have a pack posted directly to their home.

Unpaid carers can also find a wide range of support available via Carers Matter Norfolk, a service commissioned by Norfolk County Council. Details of the personalised support available for carers can be found on the Carers Matter Norfolk website or by calling 0800 0831 148 (Monday to Friday 9am to 8pm, Saturday 10am to 2pm).

Packs can be ordered by completing a short form from the Norfolk County Council website.

WEBMASTER NEEDED FOR VILLAGE WEBSITE

East Winch and West Bilney villages website is seeking somebody willing to fill the post of **WEBMASTER**.

The post is voluntary and involves the day to day management and editing of the village website.

Some computer knowledge is required but all editing is done in plain language - no complicated computer programming is involved.

For more information please-mail
Webmaster@eastwinchandwestbilney.co.uk

HAZARDOUS WASTE AMNESTY 11 & 12 SEPTEMBER

If you have some household hazardous waste items you want to dispose of free of charge, here's your chance.

The **King's Lynn Recycling Centre at Willows Business Park, Saddlebow** will be holding their annual hazardous waste amnesty on **Saturday, 11 September and Sunday, 12 September**.

Household waste items that will be accepted for disposal free of charge include:

- Aerosols – full or part-full
- Car Chemicals such as anti-freeze
- Fire extinguishers
- Garden pesticides and fertilizers – both liquid and powder form
- Household chemicals and cleansers – both liquid and powder form. eg carpet cleaner, furniture polish, old bottles of bleach etc
- Paint – including water-based and solvent-based paint
- Photographic chemicals
- Wood preservatives, treatments and varnishes.

All Saints' Church North Runcton



**Please note:
The 2021 Churchyard "Tidy Up"
is planned for:
Saturday 9th October,
9:00am - Noon?**

If you are able to help, please come armed with saws and croppers etc. Last year, brush cutters and strimmers proved very useful in dealing with growth where the mowers cannot reach. Also, some of the Yew trees will again need some light trimming!

During the morning, a range of excellent refreshments will be served, providing a welcome break and the opportunity for a "mardle".

Many thanks to you all, who, over the last five years, have created such a wonderful setting for All Saints' Church.

If you are able to help, please give Churchwarden, Ken Matthews, a call on:
01553 842265

NORTH RUNCTON PARISH COUNCIL MINUTES

Copies of the minutes from North Runcton Parish Council meetings are available on the website:
www.northrunctonpc.norfolkparishes.gov.uk.

However, if you would like a paper copy sent in the post then please contact Rachel Curtis – Clerk to North Runcton Parish Council
Tel: 01553 673043.

HOW TO REPORT FLY TIPPING

The Borough Council is responsible for dealing with fly tipping and have a new on-line reporting system. To report an incident of fly tipping, please use the following link:

<http://www.west-norfolk.gov.uk/default.aspx?page=21512>



NEW TABLES FOR THE MAGPIE CENTRE

Official opening of the Sensory Garden at the Magpie Centre, home of West Norfolk Riding for the Disabled Association, is drawing closer, and the garden will be of particular benefit to Tea With a Pony participants, many of whom are living with dementia or sensory impairment.

Tea With a Pony mornings, which will recommence in September, enable people, many of whom live in care homes, and their carers, to enjoy a social get-together, with tea and cakes, and meet some of our lovely ponies.

Thanks to the work of loyal volunteers, the planting is almost complete, and the flowers and shrubs have taken well, helped greatly by the recent unsettled weather.

However, to complete the Sensory Garden project, we need two hardwood tables, around which wheelchair users and their carers can be accommodated. These cost £600 each, so donations with these in mind would be much appreciated.

Also, Magpie Centre Yard Manager, Natalie Dade said: 'Some of our yard equipment is coming to the end of its useful life, so we need to replace it.' Items needed are: grooming kits, manure scoops, brooms, shavings forks and clipper blades.

'Many of our ponies are cobs, with heavy coats,' she explained, 'so they need clipping regularly to keep them cool and comfortable in work. At up to £45 a pair for clipper blades, their maintenance does not come cheap,' she added.

Donations, however large or small, will be gratefully received. For those who still have cheque books, cheques payable to WNRDA and sent to Magpie Centre, Wallington Hall, South Runcton, PE33 0EP are welcome. Or, please call the Centre on 01553 810202 for (bank transfer) BACS details. Donations can also be made via our website: www.rda-westnorfolk.org.uk

And, finally, thank you so much to all those who have offered their services as volunteers. The response has been amazing. Magpie Centre phone has been ringing off the hook, and our office manager is responding to calls as fast as she can. If you do not receive a response in the next few days, please bear with us and you will receive a response shortly. We really do appreciate your interest.

“engAge”

The One Stop Shop for Later Life Activities and Resources Across Norfolk

As part of our digital inclusion services, Age UK Norfolk teamed up with Age UK Norwich to develop engAge which aims to bring a whole range of activities and services to older people in Norfolk.

You will find exercise classes, arts and crafts, friendship, creative workshops, digital skills courses and much more.

So if you want to get active with fun exercise classes, get crafty with arts and crafts, or want to learn how to video call your family and friends see www.norfolkengage.co.uk.

Do share engAge with your family and friends so they can get involved too.

If you have any activities in Norfolk, then we want to hear from you. Contact: digitalinclusion@ageuknorfolk.org.uk

NORTH RUNCTON ART GROUP



The Art Group is not currently meeting due to Covid & health concerns of the members.

However, if you would like any information about the Group please contact Janet 01553 841514.

HELP TO TACKLE CYBER CRIME

One of the consequences of the Coronavirus pandemic is that many of us are doing much more of our shopping and other business online. This provides additional opportunities for cyber criminals to use fake messages as bait to lure you into clicking on the links within their scam email or text message, or to give away sensitive information (such as bank details).

These messages may look like the real thing but are malicious. Once clicked, you may be sent to a dodgy website which could download viruses onto your computer, or steal your passwords.

If you think you may have been the victim of fraud or cyber crime and incurred a financial loss or have been hacked as a result of responding to a “phishing” message, you should report this to the police. You can report online at Action Fraud:

www.actionfraud.police.uk

You can also report by calling 0300 123 2040 Monday to Friday between 8am – 8pm.

Have you spotted a suspicious email?

If you have received an email which you're not quite sure about, forward it to the Suspicious Email Reporting Service (SERS):

report@phishing.gov.uk

The message might be from a company you don't normally receive communications from, or someone you do not know. You may just have a hunch. If you are suspicious, you should report it.

The National Cyber Security Centre (NCSC) will analyse the suspect email and any websites it links to. If they discover activity that they believe is malicious, they may:

- seek to block the address the email came from, so it can no longer send emails
- work with hosting companies to remove links to malicious websites
- raise awareness of commonly reported suspicious emails and methods used (via partners)

Whilst the NCSC is unable to inform you of the outcome of its review, they do act upon every message received.

Have you received a suspicious text message?

Suspicious text messages should be forwarded to **7726**. This free-of-charge short code enables your provider to investigate the origin of the text and take action, if found to be malicious.

New Food Businesses in West Norfolk Urged to Register

Food businesses across West Norfolk are being reminded to register with Environmental Health as the pandemic brings an increase in home based traders selling food.

In total, there are 1,670 food businesses registered with Environmental Health in West Norfolk. 172 were registered in the last year, and 61 of these are defined as home caterers – compared to 48 operating from home in the previous year.

You'll need to register your business if you:

- prepare or sell food or drink (this includes where all food is pre-packed)
- store and distribute food
- are a mobile catering vehicle or market stall (you need to register where you store the food and vehicle)
- prepare food or drink at home as part of your business (for example, cupcakes or celebration cakes)

If you have multiple premises or catering vehicles, you'll need to register each one. Every new food business must register before it starts trading. All companies that register will not only benefit from some free business advice, they will be also be given an official food hygiene rating – and a good rating can be a selling point for a food business.

The Borough Council is also encouraging the public to check a premise's food hygiene rating before purchase. You can check that a food business is registered and their food hygiene rating by visiting: ratings.food.gov.uk.

CORONAVIRUS VACCINE - GET ALL THE ANSWERS

The Covid-19 vaccination programme is the largest in the history of the NHS. If you have any questions about the progress of the programme or the safety of the vaccine you can find all the answers on the Norfolk and Waveney NHS Clinical Commissioning Group website:

www.norfolkandwaveneyccg.nhs.uk/covid-19-vaccination-programme

From that page you can also access a detailed FAQ document.

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Existing Memberships...As Members have not been able to enjoy the club for some time, all 2020 memberships have been extended to December 2021..!!

New Memberships...we are delighted to offer new Members a discounted joining fee of £5 per person for the remainder of this year (until December 2021)...so if you've been thinking of joining for the first time or re-joining after a break, just pop in to the club and complete a joining form..!!

Note...Members guests can be signed in for a small fee

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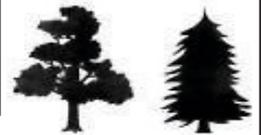
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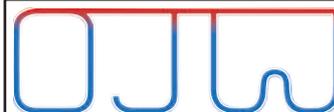
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PARISH COUNCILS

Middleton (www.middleton-news.co.uk)

Clerk: Elaine Oliver Tel: 630655 E-mail: middletonparishcouncil14@gmail.com

Councillors: **Chair:** Zach Wiles-Van Dyke; **Vice Chair:** Val Ward;

Mrs M Applegate; Mrs E Barclay; Mrs V Newton; Mr M Porter; Mrs C Rose; Mr J Tolley; Mr M Wiles.
The Council meets on the first Wednesday of the month (except August) in the Village Hall at 7pm.

North Runcton (<http://northrunctonpc.norfolkparishes.gov.uk>)

Clerk: Rachel Curtis Tel: 673043 E-mail: northrunctonparishclerk@outlook.com

Councillors: **Chair:** Mr R Morrish Tel: 840284; **Vice Chair:** Miss K Fuller;

Mr J Fuller; Mrs L Gunn; Mr B Houchen; Mr S Palmer; Mr L Stevens; Mrs K Williams; Mr P Yallop.

The Council meets on the second Tuesday of each month (except August) at 7.45 pm at the Village Meeting Place.

East Winch (www.eastwinchandwestbilney.co.uk/parish-council)

Clerk: Bob Pannell Tel: 775724 E-mail: bob.pannell1@btopenworld.com

Councillors: **Chair:** Melvin Place; **Vice-Chair:** Alan Yarham; Mr S Adkin; Mr A Bellehouse; Mrs N Steele;

Mr N Velzeboer.

The Council meets every other month, normally on the first Monday of the month, at 7.30 pm in the Village Hall.

Borough Councillors: West Winch Ward: Simon Nash (01553 811200) & Peter Gidney (07885 258450). Gayton & Grimston Ward: Michael de Whalley (07770 273903) & Colin Manning (07885 258392)

County Councillor: Jim Moriarty (Email: jim.moriarty.cllr@norfolk.gov.uk)

MP: James Wild (Email: james.wild.mp@parliament.uk Tel: 0207 219 3000)

Other Contacts:

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British Legion	John Collier	01553 842566
Car Scheme	Colin Skipper	01553 842448
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East Winch Village Hall	See East Winch & West Bilney Community Website	eastwinchvillagehall@gmail.com
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Middleton Village Hall	Pauline Petch	01553 842149
Mothers' Union	Gillian Boon	01553 840320
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Editor: Chris Hudson; E-mail: editorofparishnews@gmail.com or call 01553 849725.

Advertising Manager: David Gager; E-mail: parishnewsadverts@gmail.com or call 01553 278402.

Views expressed in the magazine are not necessarily those of the Editor.

The deadline for the next issue (October/November) is Friday, 10 September.