



PARISH NEWS

DECEMBER 2020 & JANUARY 2021

MIDDLETON, NORTH RUNCTON & EAST WINCH



All Saints' Church North Runcton



Enthusiastic, Dedicated & Hard Working

Just some of the words that best describe the North Runcton churchyard "Tidy Up" team who have turned up over the last five years to clear many tonnes of wood, Ivy and trimmings making a wonderful setting for All Saints' church. Comments have already been received on the outstanding state of the churchyard by visitors from outside the parish.

A special thank you also goes to all the ladies who, endured the cool conditions and provided a wonderful array of cakes, scones, sausage rolls and drinks to sustain the workers. These were available, protected from the weather, under the temporary "Safety Porch". Another use for this highly attractive addition to All Saints'!!!

The omnipresent Ivy plus the inevitable hedge and tree trimming will require annual attention. I look forward to seeing you all again next year, PLEASE!

Ken Matthews
Churchwarden

Give Baby Jesus a home for Christmas!

Last year, members of East Winch church painted stones with pictures of Baby Jesus, and hid them round the village for children to find and take home. This gave so much pleasure that we are going to do it again this year - but beware! Not all the pictures are on stones this time! The stones will be hidden round the village in mid-December.

In North Runcton, something similar is going on! Christmas stones will be painted by the children at Buttercups, then hidden round the churchyard for the little ones to find.

Happy hunting, everyone!



Becoming a PCC (Parochial Church Council) Member!

Want to have more meaning in your life?

Do you want to do something that is satisfying and of great service to your Middleton community?

Great opportunity! Become a PCC member and help your community and village church.

Volunteers are needed for PCC and also for a PCC Treasurer.

Those interested please contact at:
vicar2018@gmail.com



FUTURE PLANS

Winter is upon us, along with a new lockdown, just as the Magpie Centre, home of West Norfolk Riding for the Disabled Association was resuming activities after the last set of restrictions.

With 12 horses and ponies to maintain, and no donations from riders and carriage drivers, the need for funds has never been more urgent. The ponies live out, with field shelters, but in winter they need hay to supplement the grass in their paddocks, plus weatherproof rugs to help them withstand the elements.

Colin Perriss, chairman of WNRDA has set up a Go Fund Me campaign, with a target of £995 to help towards these expenses.

To donate, visit www.gofundme.com, click on 'SEARCH' in top left corner, and then insert Magpie Centre Winter Feed & Horse Essentials or visit our website: www.rda-westnorfolk.org.uk.

As soon as Covid-19 regulations allow, we shall be expanding our portfolio of activities to include riding experiences for able-bodied riders as well as those with disabilities.

These will include:

First rides: aimed at able-bodied would-be riders looking to ride a horse for the first time;

Experience rides: for those returning to riding after a break, or who want to regain confidence after a fall or incident which has caused them a setback;

Carriage driving: taking the reins through a course of cones in a paddock environment, and carriage driving on tracks through the delightful woodlands at Wallington Hall.

Surely this programme offers something for everyone, and would make a wonderful Christmas or birthday present for a friend or relative. To book, call the Magpie Centre on 01553 810202, email magpiecentrewnrda@hotmail.co.uk or visit our website.

And lastly, don't forget to stock up on our Christmas cards. Again, visit our website to order, or pop into West Winch Post Office, on A10 or Shouldham Antiques and Gifts, 1 Eastgate Street, PE33 0ED (open Thu/Sun 11 am – 4 pm), where stocks are held.

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Middleton Parish Council Chairman's Report

By Mick Porter

Once again, the Parish Council (PC) met via Zoom. Although this is necessary in these times the PC are looking forward to the time when we can all meet again as before.

As Chair I asked the Borough Councillor Peter Gidney why in these times when visitors to King's Lynn are at their lowest has the Borough Council increased the car park charges. He replied that the council had to think about ways of raising money. In my opinion this is counter productive.

The PC has contacted James Wild, our local Member of Parliament asking for his support with regards the junction of Station Road onto the A47. It is hoped that a meeting can be held with James and other interested parties at the junction at some time in the future.

Borough Councillor Simon Nash highlighted the fact that with the building of 500 houses at West Winch with no funds for a bypass or road development, there could be a further increase in traffic though the village by cars using the Setch Road to access the A47.

Due to the lack of support for the Speed Watch it was decided to discontinue it and return the equipment to the appropriate department at Norwich.

Once again, the owner of the field adjacent to the allotments will be contacted regarding the damage caused to the allotment entrance. There are deep ruts caused by traffic going into the field and these can only get worse as the field owner is advertising livery at the field.

It was reported that three of the trees planted on the playing field have died, the cause being exceptional weather. Councillor Val Ward has agreed to donate the replacements, the other one plus some others will be paid for by the PC.

To date only two suggestions have been received for the use of the refurbished telephone box in Blackborough End, one being a plant exchange, the other a book, CD or DVD exchange.

The PC are to have its own website where PC information will be available online.

Are you helping or supporting someone who is living with Parkinsons?

If so, contact

Carers Matter Norfolk



Carers Matter Norfolk

Covid19 and the lockdown has been particularly difficult for people caring or supporting someone with a long term health problem. You may not have been able to have family support or support from groups and friends. Norfolk County Council has commissioned new enhanced care services from this September which will hopefully offer more support to carers.

Rather than going through Adult Social Services, Carers assessments are now being carried out by Carers Matter Norfolk. To get an assessment, you need to contact the Carers Matter Advice line or request this through the website or you can ask a health or social care professional to refer you.

The assessment can offer you advice, information as well as the help and support you need in your carer role. If you need more support, you may be referred to a local Carer Connector who can look in more detail at what can assist you to continue caring and to support your health and wellbeing.

Unlike previously the assessment is not a one off thing but an adviser will contact you regularly to see how things are going and you can ring as often as you want if your needs change or you just need a listening ear. An assessment can lead to you being offered practical help in the form of a short break, a grant from the health and wellbeing fund, counselling or help to access education and training.

A short break can be a someone staying with the person so you can go shopping, a few days for you to recharge your batteries or even help towards a joint holiday. The grants can be for anything that may enhance your health and wellbeing such as funding massage, an electronic device or a spa day out. The definition of a carer for this service is wide and you do not have to be living with the person you support or caring for them full time, contact the advice line for more information. Hopefully this new enhanced service will give you as a carer some practical support at a time you need it.

Call our advice line on **0800 083 1148** to have a chat with our friendly advisers, it is open 7 days a week Monday-Friday 9am-8pm and Saturday and Sunday 10am-2pm. You can also contact the service via the website:

www.carersmatternorfolk.org.uk

Lindsay Goward



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Green Homes Grant – North Runcton Parish Council **wants to highlight this for all its parishioners and all residents in West Norfolk**

We are all increasingly aware of the need to reduce carbon emissions and our homes contribute about 18% of total emissions (2018 UK greenhouse gas emissions, BEIS). It is also a fact that emissions for the West Norfolk district are the third highest of any district authority in England. So, what can we do to play our part in moving towards net zero emissions?

The Government has announced the Green Homes Grant which is designed to enable homeowners and private landlords to receive financial support for installing energy efficient improvements. The subsidy comes in the form of a voucher which will cover two thirds of the cost up to a maximum government contribution of £5000. If you or someone in your household receive certain benefits, you may qualify for a voucher paying 100% of the cost up to a maximum of £10,000.

The application process is very straightforward and if you go to the Simple Energy Advice web site at www.simplenergyadvice.org.uk, not only will you be able to complete the application form, you will also find a really useful section that will help you identify what form of heat efficiency package it would be best for you to apply for. The measures you can apply for are:

Primary Measures

Insulation:

Solid wall, Cavity Wall
Under-floor insulation
Loft, Flat roof
Room in roof
Park home insulation

Low carbon heat:

Air source heat pump
Ground source heat pump
Solar thermal
Biomass boilers

Secondary Measures

Windows and doors:

Draught proofing
Double/triple glazing
Secondary glazing
Energy efficient replacement doors

Heating controls and insulation:

Hot water tank thermostats
Heating controls
Hot water tank insulation

The Government has just announced that the timescale for applying for grants has been extended to 31st March 2022. If you go through the Simple Energy Advice web site, the process is relatively straightforward.

North Runcton Parish Council is currently considering ways in which it can support the move to net zero emissions. Councillors have looked at initiatives in other councils such as purchasing an electric car for parishioners to book and drive or installing a wind turbine to provide electricity for the parish. These are obviously very ambitious projects but there are much simpler steps that the council could take e.g. paying for the hire or purchase of a thermal imaging camera to help home-owners identify how to make their homes more efficient.

If you would like further information on the Green Homes Grant or have ideas about how North Runcton can play an active role in reducing emissions, please contact either Cllr. Rick Morrish (cllrmorrish@northrunctonpc.co.uk) or Cllr. Lee Stevens (cllrstevens@northrunctonpc.co.uk)

WEST WINCH BOWLS CLUB

At long last and as what seems to be an eternity, a glimmer of light has emerged at the end of the long dark corona tunnel. This glimmer of light being in the form of a vaccine against the dreaded coronavirus. Hopefully by the end of the year inoculations will have begun and we will all be looking forward to a full year's bowling commencing in the spring.

By this time the efforts of the hard working committee members and their helpers will have come to fruition. A Green that is second to none should then be available. The daily sweeping that is currently taking place helps to ensure that there will be a tip top playing surface come next April. The committee are currently exploring new methods of watering the green during the dry summer periods. The present system is time consuming, laborious and labour intensive. An easier and more efficient watering system is being looked at and evaluated.

I think that it can be safely said that each and every one of us has been affected by the virus in some form or other. It has certainly affected me, and it certainly curtailed the activities of the bowling fraternity. But let us now put those long dark days behind us: the Christmas season is fast approaching and our thoughts, our good wishes and aspirations turn towards Peace and Goodwill to all mankind. The members of the West Winch Bowls Club wish you all A Happy, Peaceful and Healthy Christmas. And see you on the Green next April!

David Skerritt

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.

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>

AROUND BRITAIN QUIZ WITH ALL PROFITS GOING TO THE POPPY APPEAL

If anyone enjoys cryptic quizzes then this might be just for you.

It can be downloaded from <http://counties.britishlegion.org.uk/branches/middleton/poppy-appeal> and all profits go to the local Poppy Appeal. The quizzes come out twice a year and will appear on this website along with the answers to the previous one.

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.

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2049-33-BW

Marathon Thank You

A massive thank you to readers of the Parish News for your generous support for my recent fundraising efforts. Thanks to people like you I have now raised over £2,200 for Kidney Research UK, far exceeding my expectations.

As we were not permitted to run the London Marathon on the streets of the capital the organisers suggested that runners should, instead, run the 26.2 miles in their own locality on a set day, Sunday 4th October. Unfortunately, the weather on that day was atrocious, but I had to go ahead with it as I had made the commitment. Our sons, Oliver and Joel, accompanied me on hired electric bicycles. This was a good move on their part as Joel was concerned that he might not be fit enough, after his recent kidney failure, to do it on a normal bike. It was great to have them supporting me all the way, and my wife Alison stopped her car at strategic points en route to provide me with drinks, energy gels, bananas and jelly babies!



The first 10 miles were cool and drizzly, but quite tolerable. After that the heavens opened and the wind got stronger. I was thoroughly soaked by mile 17 and was becoming quite tired. Eventually, I clocked up the full Marathon distance in 4 hours 43 minutes 52 seconds which I didn't think was too bad for a 72-year-old in appalling conditions. My time is on the London Marathon website. My run started in Swaffham and included the villages of West Acre, Narborough, Pentney, Wormegay, Watlington, Runcton Holme, Magdalen, Wiggenhall St Peter, Setch and finished at our home in Blackborough End.

Joel's health had deteriorated rapidly after the kidney I donated to him failed after 21 years. Thankfully, since he has been on dialysis, he is feeling much better and he now hopes for another transplant, while Oliver, who also had a kidney transplant in 2002, is keeping pretty well.

Thank you once more for your generosity - it really is appreciated.

Stewart South (01553 841267)

Have your say to Save Ashwicken Lake

It's vital that your views are heard in the decision regarding the Ashwicken Lake Eco-Wellness Resort planning application. This development will change Ashwicken, East Winch, Leziate and the surrounding area for ever. You can Support, Object or Make a general comment

Leziate Parish Council are encouraging everyone who lives, works or has an interest in the area to email or telephone the Parish Clerk, Caroline Boyden to let her know their views: leziatpec@outlook.com or 07368 861696.

You have 21 days from the date the Borough Council of King's Lynn & West Norfolk publicise the application, to make your comments. Keep a watch out online and in local papers. You can find the latest position, further background information about Ashwicken Lake and a number of useful links to help you submit your views at our website: ashwickenlake.com

Once the planning application is submitted, if you are unable to make comments online, you can also email, or write to the Borough Council at 42 Chapel St, King's Lynn PE30 1EF

YOU CAN comment on...

- Principle - If you feel that the very nature of the proposal is inappropriate and that the use of land/property should not change.
- Overlooking - The proposal would lead to previously private areas being overlooked.
- Disturbance - There would be unacceptable intrusion in the form of noise nuisance, general disturbance, odour, and so on.
- Overbearing - The scale of the works means that the property/premises has an oppressive impact on surrounding areas/houses.
- Out of character - If the design of the development, its scale and use, is such that it appears to be out of character with its surroundings.
- Road Safety - The development may lead to a significant impact upon road safety.
- Environment - Negative environmental impact

YOU CAN NOT comment on...

- Loss of value to a property
- Loss of a private view
- Potential difficulties in property maintenance
- The private interests of objectors
- Issues covered by other legislation

North Runcton News

At the outset of the year a reasonable aspiration may have been a foreign holiday. By April it was purchasing a bag of flour and now it's just 'being normal'. One would hope the vaccine they've produced will allow us to have a less chaotic 2021 – but we still need to get through the next few weeks!

If anyone is in need of help – e.g. if you have no way to get out for provisions or you simply want a chat with someone – then please contact the Parish Council and we will try to assist.

Also – remember it's the flu season anyway. **If you normally have a flu jab – don't forget it this year.** Make an appointment with your GP!

Parish Council Update

The Parish Council have continued to meet every month on-line. If you wish to join a meeting please contact the Parish Clerk – preferably 2 days beforehand.

The Village Meeting Place was closed throughout the first lockdown – but Buttercups playgroup have been operating again since September. There are new conditions of hire that aim to minimise COVID 19 risk, and, should Government guidance on social events be relaxed in coming weeks, hirers will be required to undertake and submit their own risk assessment for review by the PC.

It still seems unlikely that any public meetings will be possible for some time – and therefore the annual New Year Quiz will have to be postponed for a while.

Activities – bulbs, birds and books

Our annual bulb planting took place again in October – hopefully further enhancing our spring display around Church Green and Rectory Lane.

Our fledgling Conservation Volunteers group have undertaken several socially distanced outdoor tasks this year – including thinning sycamore trees in Sheep's



Course Wood, enlarging an existing pond and planting and sowing to increase biodiversity. We plan to diversify our tasks in 2021 – so if you enjoy a mornings work outside – *please get in touch.*

Before the lockdown we had a talk from the Nar Valley Ornithological Society – which prompted a group of us to start to record what birds we have in the Parish. Some of the less expected species we have recorded are Avocet, Spoonbill, Cattle Egret, Grasshopper Warbler and ... White Tailed Eagle! We are also interested in recording the whereabouts / number of our more common species – especially if they are breeding. If you would like to join in with this recording – *please get in touch!*

A group of residents have set up a book exchange in the bus shelter on Church Green – in case of further lockdowns! Do support this – but please – not by dumping your shelf clearance for someone else to sort through!

Planning

The initial meeting of a new 'West Winch Growth Area Delivery Stakeholder Group' was held on-line in October, attended by Cllrs from both West Winch and North Runcton Parish Council. It is fair to say that progress on the development remains slow.

Initial funding for infrastructure seems to remain a sticking point. BCKLWN have advised that they are now paying for consultants to produce an overall masterplan for the site to be completed by mid-2021. They are now aiming at giving themselves planning consent for the proposed 'relief road' by early 2022. Given the other demands on the Exchequer in recent months, it is not clear whether road building in North Runcton is going to float to the top of the funding pile!

Climate Change and Carbon Neutrality

The Norfolk Association of Local Councils (NALC) are developing a new initiative for Parish Councils to address the challenges of climate change. In particular – what do we all need to do to become a carbon-neutral community?

One matter is certainly to make our homes more energy efficient – and Cllr Lee Stevens has written about a new grant scheme for homeowners elsewhere in this newsletter. Other ideas the Parish Council are going to look into are:

- Tracking your 'carbon footprint'. How do households become 'carbon neutral'?
- Reducing household plastic waste.
- Reducing water usage.

Further information will be forthcoming – but if this is an initiative you would like to be directly involved with – or you have other ideas for action – *please get in touch!!*

For further information on any of these items please initially contact Parish Clerk, Rachel Curtis. Telephone: 01553 673043 e-mail: northrunctonparishclerk@outlook.com

East Winch Parish Council

By Nell Steele

The Parish Council hope to hold the normal public meeting in December, if lockdown is not extended. As East Winch Village Hall is closed, a provisional booking has been made at Middleton Village Hall at 7.30 on Monday, 14th December, though the date may change.

Only a 'skeleton agenda' will be followed, to keep the meeting as short as possible.

To regulate numbers, please would anyone wishing to attend notify our clerk, Bob Pannell, 01553 775724.

Church Services in December & January

This is the planned schedule of public worship services, but may change when details of the Government's restrictions on communal worship from 2 December are announced in due course. Readers are advised to check the position nearer the time.

Sunday, 6 December

9.30am **W Winch** Holy Communion

11.00am **E Winch** Morning Service

Sunday, 13 December

11.00am **Middleton** Inauguration of Authorise Worship Assistant and Holy Communion

Sunday, 20 December

11.00am **N Runcton** Holy Communion

Thursday, 24 December - Christmas Eve

6.00pm **N Runcton** Christmas Carols

Friday, 25 December - Christmas Day

10.00am **W Winch** Christmas Service

Sunday, 27 December

11.00am **E Winch** Benefice Service

Sunday, 3 January 2021

9.30am **W Winch** Holy Communion

11.00am **E Winch** Morning Service

Sunday, 10 January

11.00am **N Runcton** Holy Communion

Sunday, 17 January

11.00am **Middleton** Holy Communion

Saturday, 23 January

3.00pm **E Winch** Christingle

Sunday, 24 January

9.30am **W Winch** Holy Communion

Sunday, 31 January

11.00am **N Runcton** Morning Service

11.00am **Middleton** Holy Communion

Life Is an Advent Season



“Life is a constant Advent season: we are continually waiting to become, to discover, to complete, to fulfil. Hope, struggle, fear, expectation and fulfilment are all part of our Advent experience.”

The world is not as just, not as loving, not as whole as we know it can and should be. But the coming of Christ and his presence among us—as one of us—give us reason to live in hope: that light will shatter the darkness, that we can be liberated from our fears and prejudices, that we are never alone or abandoned.

Advent is a time of dual anticipation. As we wait for the birth of Christ celebrated at Christmas, we also wait for the second coming of the son of God, for Jesus' return.

“The **comfort and joy** holds together the hope that Christmas will bring joy and celebration after a uniquely difficult year with an acknowledgement that – for those who have lost loved, or who are potentially still not able to be together with loved ones.”

“This Christmas the Church and off course everyone will need, in the words of St Paul in Romans 12.15, to ‘Rejoice with those who rejoice; weep with those who weep’. We will aim to celebrate where we can together in one place – but also embrace a wider community that wants to join in the celebration but may not be physically able – or emotionally ready – to do so. We hope that **comfort and joy** will enable us to build a campaign that both enables us to reconnect with the rich and joyous traditions of the past and to offer God's consoling love in the present”.

May this Advent season, Christmas and New Year be a time for bringing hope, transformation and fulfilment into the Advent of our lives.

Rev. Riaz

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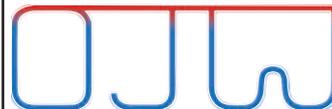
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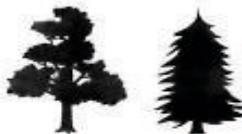
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CHURCHES:

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Middleton St Mary's

Churchwarden: Vacant

PCC Secretary: Vacant **Treasurer:** Mrs Christine Minister 840559

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Churchwarden: Mary Angelina 841519 and Mr K Matthews 842265

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East Winch All Saints

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PARISH COUNCILS:

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

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

Councillors: **Chair:** Mick Porter 841427; **Vice Chair:** Val Ward;

Mrs M Applegate; Mrs E Barclay; Mr C Samuels; Mr R Smith; Mr J Tolley; Mr M Wiles; Mr Z Wiles Van Dyke.

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 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:** Mrs N Steele; Mr M Place; Mr N Velzeboer; Mr A Yarham

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)

Other Contacts:

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Car Scheme	Colin Skipper	01553 842448
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Lunch Club	Olive Turpin	01553 840623
Middleton Village Hall	Mrs P Petch	01553 842149
Mothers' Union	Gillian Boon	01553 840320
N Runcton Village Meeting Place	Rachel Curtis	01553 673043

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 (February/March) is Friday, 15 January.