



PARISH NEWS

OCTOBER/NOVEMBER 2016

MIDDLETON, NORTH RUNCTON & EAST WINCH

PLEASE COMMENT ON EXCAVATION PROPOSALS

By Nell Steele

Norfolk County Council (NCC) has published plans for searching for silica sand (with the intention of later excavating promising sites) in and around Bilney Woods. Silica sand is known to exist there.

This obviously concerns people in the western part of Bilney, and excavation will also have serious consequences for East Winch and Middleton people living along the A47. This is because NCC proposes to convey the sand by lorry down Common Road, onto the A47 through East Winch and Middleton and up to the Hospital roundabout and the Gayton Rd. The volume of traffic created, though only for a few years, will be totally unacceptable.

There is a consultation going on until **27th October**. The document is entitled "Pre submission Addendum: Modifications". It can be inspected at the library and Borough Council offices, and on the NCC website on the silica sand webpage: www.norfolk.gov.uk/nmwdf. Click on "More about Silica sand review" and then click on the link to the Modifications document. The paragraph about the roads to be used is on page 14.

NCC must rethink its plans for conveying the sand, and this is your chance to make them do so. Please respond to the consultation before 27th October!

ALL SAINTS NORTH RUNCTON CHURCHYARD "TIDY UP"

The boundary to All Saints Churchyard has become very overgrown and Ken Matthews, newly elected Churchwarden at All Saints, is looking for willing volunteers with wood cutting and clearing tools to help rediscover the churchyard wall!!

The date for the task is

Saturday 8th October, 0900 - Noon.

Clearly, the higher the number of volunteers, the less time it will take to do the work!! If you are able to help, please give Ken a call on 01553 842265.

Refreshments will be provided.

Middleton Church Christmas Fair Saturday 26th November

in Middleton Village Hall
10.00 am - 2.00 pm

Light lunches, coffee and cakes

Tombola, Cakes, Preserves, Books,
Bric a Brac and 'Grand Raffle'
Games and Competitions

All funds raised are used to maintain and run the church in this parish.

WE WILL REMEMBER THEM

**Sydney Robert Mitchley
Died 12 October 1916**



Sydney Mitchley, Second Lieutenant, 10th Battalion attached to the 7th Battalion Norfolk Regiment. Killed in action on 12th October 1916. Aged 28. Son of Robert and Hannah Mitchley of Thomas Street, King's Lynn; Husband of Elizabeth Mitchley of Church Farm, North Runcton.

[Editor's Note: This information is taken from the Roll of Honour for the North Runcton War Memorial re-dedication service on 9 August 2014.]

Rev Riaz's Parish Walk

In view of the success of his Prayer Walk in August, Rev Riaz has decided to repeat the exercise in October & November. He will be walking from **3 to 5.30pm** on the following dates across the parish:

Middleton: 4 October & 15 November

East Winch: 11 October & 9 November

North Runcton: 25 October & 29 November

CAN YOU LEND A HELPING HAND?

Would anyone be interested in helping a disabled lady for half an hour now and again when her usual helpers are not available? Some weekends needed as well. Situated near the Esso Garage at the end of the A10.

Please call me on 07940 089416 if you would be interested and would like further information.

Harvest Supper North Runcton Sports Club 12th October 2016 7:00pm for 7:30pm

Tickets £10.00 - available from Lynda 01553 840553. Come along and enjoy home cooked food with vegetarians catered for. Please bring your own drinks. There will be a raffle.

If anybody has any apples for the apple pies they will be gratefully received.

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>

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West Norfolk in Wartime

By Chris Dixon

At this time, 100 years ago, the news was dominated by the Battle of the Somme. The terrible casualty figures – nearly 420,000 British – were exacerbated in the ‘Pals’ battalions, where groups of men from the same factories, sports teams or streets, fought and died together, with the resulting huge impact on their communities. They were mainly from the industrial cities, and agricultural Norfolk was less affected, but even so Middleton suffered only one death in 1916, John Willgress, and he was killed before the Somme and far away from it.

In late 1915 the Lynn News carried out some research locally on “What Middleton has done to help in the war”, and published an article, summarised here.

By 1916 more than 80 men from Middleton had enlisted, 10% of the village population, and a Roll of Honour was kept in the church porch. Four had died.

Most of the local men were agricultural labourers, earning around £1 (£104 in today's money) for a 50+ hour week. The army offered them £38. However, the harvest was over and there were plenty of eligible and fit men, many of whom responded to the patriotic appeals of recruiting meetings.

By way of example, Cecil Howes rented out his milling and baking business in Blackborough End and joined the Mechanical Transport Section. “Is such an example not a reproach to those who hold back though they have neither cares nor ties?”

Excellent work was being done raising money in the village by the Red Cross Society. At the end of 1915, the County Secretary wrote to inquire whether the money raised was really just Middleton, or was it King's Lynn and district? “The committee were amazed that any village could do so much”.

Money was raised through weekly house-to-house collections, jumble sales, sales of work and church collections and there was a good

deal of rivalry between the three sections of the village. The money was donated to the military hospitals at Norwich, West Bilney, Lynn and Downham and used for buying and repairing equipment for the use of wounded soldiers in Lynn. Clothes were also bought for the children of the Belgian refugees. In the second half of 1915, £110 was raised, more than £11,000 today!

The Red Cross committee was led by Mrs Wicks, of Roseville, and the collectors were; Mrs N Roofe, Miss Chamberlaine, Mrs Bird, Mrs T Drew, Mrs J Drew, Miss Allflatt, Mrs W Howes, Mrs G Lawn, Mrs Downing, Mrs Duncan, Mrs Shrimpling, Mrs Parker, Miss Strike and Mrs Springall.

I wonder if any of these ladies' relatives still live in Middleton or nearby today? If so, please do get in touch with the Parish News with your stories or recollections.

EAST WINCH CHURCH NEWS

Special Church Services in October and November

On 30th October, All Saints' Eve, there will be a Songs of Praise service at All Saints' Church at 10.30am and also our Gift Day. Choose a hymn or song, come, and sing it loudly! Please let Nell know what you want (840814).

The **Remembrance Day** service will be held in the Village Hall at 10.45 on 13th November. The later start allows us to hold the minute's silence at 11 early in the service.

Christmas Fair and Santa's grotto Saturday, 19th November 2-4pm

A wide variety of stalls offer lots of choice. A lovely atmosphere. Santa in his magic grotto. Raffle and refreshments. Come and share in the fun, and dress up in a crazy Christmas way if you want to! Stalls £5. Please get in touch with Nell (840814) if you would like to sell your wares here.

Norfolk Churches Trust Cycle Ride

Money is still trickling in but so far £158 has been raised from Nell's sponsors. This is divided equally between the Trust and the church cycled for. As it was a warm day, the rain wasn't too horrible! Thank you, all you generous sponsors. Nell

Middleton Parish Council Chairman's Report

By Mick Porter

Neither the Borough Councillors nor the County Councillor attended the meeting on 7 September and therefore there was no report from them.

There are still problems with drainage in the Alley. The rubbish trap installed earlier is working but some improvement is needed to make clearing the trap easier. The dyke also needs digging deeper and an investigation is required to see if a digger can be brought onto the site.

The owner of Random Harvest in Sandy Lane Blackborough End has asked the Parish Council (PC) if he can purchase the allotment adjacent to his property. After some discussion it was decided to find out what surrendering the tenancy would mean to the PC

The PC are still awaiting an answer from the Police and Crime Commissioner in connection with speeding and other issues raised previously.

The PC has been advised that a permanent bus stop is being considered by Highways for buses going to Norwich. The bus stop will be positioned the King's Lynn side of the drive to the property whose owner has requested that buses do not stop outside their property. The PC will approach Highways to request that double white lines are installed at the site of the bus stop as concerns have been raised about reckless drivers overtaking buses at the stop.

The Annual Playing Field Inspection report was reviewed by the PC, no major concerns were expressed in the report.

Extra brackets for the VAS sign are to be purchased so the sign can be positioned at the junction of Station Road and Arlington Park.

No major problems were reported with regard to the roads in the Parish.

BIBLE STUDY

By Rev Riaz Mubarak

The Escape from slavery John 18:7-9

So he asked them again, "Whom do you seek?" And they said, "Jesus of Nazareth." Jesus answered, "I told you that I am he. So, if you seek me, ... This was to fulfil the word that he had spoken: "Of those whom you gave me I have lost not one."

If we compare this passage with the Exodus account where Moses met God at the burning bush, Moses wanted to know his name, and God wanted to rescue his people from evil so they could escape from slavery and worship him. The exodus, in a sense, is being replayed in John. Jesus identifies himself with the name of God and as God himself. His aim, speaking to Judas and his band of thugs, is the protection of his disciples that none will be harmed, none will be lost, and all may escape.

John reinforces the replay of exodus where God's words, spoken through Moses, are all fulfilled by the ten plagues, leading to the ultimate freedom (escape) of his people in which none was lost under the mark of the blood of the Passover lamb. Jesus' words are fulfilled as Scripture is fulfilled. His words and Scripture are on the same level.

Prayer: Thank you Jesus for being our Passover lamb who takes away the sin of the world that we may escape from slavery to eternal life! Thank you for caring for us, whom the Father has given to you. Amen.

Rev Riaz

5 – A – TIME – QUIZ (answers on Page 19)

1. What is the 2016 pantomime at the Corn Exchange?
2. What is "Studio 14" in London Road?
3. Where can you see the North Runcton Mothers' Union banner?
4. What is the link between Alexandra and Bentinck?
5. How many different bus services go from King's Lynn to Hunstanton?

East Winch Parish Council Meeting 5th September 2016

By Nell Steele

The meeting was well attended, partly by residents who wanted to know when the bund protecting their houses from flash flooding was to be constructed. Mr Wilson explained that initially the ground had been too wet to do anything, and then it had been harvest, but he would now see that it was done within a week or two.

There were other concerns about flooding further down in Gayton Rd. Mr and Mrs Brown would like better road drainage as, during heavy rain, there is flooding outside their house. Mr Wright was concerned that, if 6 houses opposite him in Station Rd are to be built as permitted by the Borough Council, the drain would be completely insufficient to clear away run-off from roofs, etc. as the pipe is only 18 inches in diameter. These matters are to be referred to Highways, with a reminder that the chevrons promised on the bend on Gayton Rd have not materialised, nor have local residents been consulted about where they should be erected.

Speeding through the village, including by local drivers, is getting worse, it was reported, and the police are nowhere to be seen. Mrs Steele said that the new Police and Crime Commissioner had said that he would encourage the attendance of police at Council meetings, but that nothing had so far happened. The hedge is obscuring the speed sign from the Gayton direction at present.

Highways were commended for cutting the verges very soon after the need was reported.

It was decided that the telephone box would be used as a village information point with maps, brochures, adverts for local businesses and so on. Mrs Blowers volunteered to measure up the interior for shelving and notice boards.

The next meeting will take place at 7.30 on Monday 7th November.

URGENT - Parish Councillors needed!

Another of our councillors has had to resign for family reasons. We thank Mrs Bettany for her contribution and are sorry to see her go. We now have **TWO** vacancies for councillors. Anyone who is interested should contact Bob Pannell 01554 775724.

NORTH RUNCTON ART GROUP ANNUAL EXHIBITION

Saturday 12th November 10am - 4.30pm
Sunday 13th November 11am - 3.30pm

At the Village Meeting Place (opposite the church), North Runcton, PE33 0RB.

Free Admission. Refreshments available. Pictures, Crafts and Greetings cards for sale. Free parking available on the green.

Please pop in & browse at your leisure to see this exhibition of work from local talented amateur artists.

EAST WINCH VILLAGE HALL "125 CLUB" AUGUST 2016 WINNERS

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Sounds like what you have been looking for? So why not give us a try and have a free taster session.

The Village Meeting Place (opposite the church)

The Green, North Runcton Village, PE33 0RB

Wednesdays 1:30 - 4:30pm and Thursdays 2.30 - 4.30pm

Cost per session £2.00 including refreshments

Membership £5.00 per annum

For more information please contact:

Denise(Organiser) 075 2654 9454 or Janet 01553 841 514

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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WEST WINCH BOWLS CLUB

The West Winch Bowls Club is open to and welcomes others from the area covered by this magazine. The club currently has about 30 - 40 members. The membership predominantly consists of mostly retired men and women; the men sadly outnumbering the lady members. Although the club plays in five different leagues, the main emphasis is on enjoyment whilst meeting people and playing other teams from villages around West Norfolk. We do have some members who do not wish to play competitively; they are free to play in the afternoons either on their own or with friends.

The club does, of course, encourage everyone to take part, but the whole emphasis is on enjoyment and not necessarily on winning. It is nice to win when playing a competitive game but winning is not the "be all or end all". For the "good players" who wish to pit their skills at a higher level, the club recognises this, and fields a team in a league appropriate to their skills.

The club has a first class "green" with a modern pavilion and is situated on the William Burt Complex. It is there for "You" to share, have fun and to take part. Membership is open to all and costs just £16 a year. Tuition and coaching is available on request, age and gender is not a problem. During the playing season, (April through September) several club "friendlies" are arranged. These are usually followed by Social Evenings, Bar – B - Q's or Fish and Chips.

The Annual General Meeting will take place in the pavilion on Monday 10th October commencing at 7-45pm. You are very welcome to come along and find out what it's all about. There's no obligation or pressure – just a warm welcome regardless of which village you may live. For further information, contact me David Skerritt on KL 840339 or email: davidskerritt@live.co.uk. I shall be pleased to show you the facilities that could be at your disposal.

The annual fund raising prize Bingo evening will be held on Thursday 24th November commencing at 7-15pm in the village hall at West Winch. You are cordially invited to come along and win some super prizes.

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MAGPIE CENTRE TROTS INTO AUTUMN

The Magpie Centre, home of West Norfolk Riding for the Disabled Association, has an exciting programme of activities planned for the autumn.

Stowbridge Village Hall, Downham Road, Stowbridge, PE34 3PE is the venue for our fantastic Ceilidh Barn Dance on **Saturday 15 October**, 7.00 pm to 11.00 pm, with Ceilidh band Whirligig and Hog Roast (plus vegetarian option), a huge range of salads, plus desserts, as well as a bar serving beer, wine, cider and soft drinks. This promises to be a truly fantastic event, suitable for all ages, singles, couples and groups. To book tickets, £17.50 each, call 07715 467866.

And when Christmas shopping is on your agenda, where better to start than at the Art and Craft Fair, also run by WNRDA, at Stowbridge Village Hall, on **Saturday 12 November**, 10.00 – 4.00 pm?

Come and browse the impressive range of crafts on offer at more than 20 stalls, and enjoy hot and cold refreshments, served all day. A few spaces are still available for stallholders, so call 07725 163758 if you'd like to book.

Looking ahead to the Magpie Centre Carol Service, make a note in your diary for **Thursday 8 December** at 6.00 pm in the indoor school at Magpie Centre, Wallington Hall, on A10 north of Downham Market. Admission is free and all are welcome, so wrap up warm and join us, and some of our lovely ponies, for carols, readings, mince pies and mulled wine or apple juice.

Local home improvement agency offers support with keeping warm this winter

Careline Community Service and Care & Repair, part of the Borough Council of King's Lynn & West Norfolk, are advising local residents to prepare their heating systems now, for the coming winter. A simple heating tune-up may be needed, such as bleeding radiators or installing thermostatic radiator valves to help improve energy efficiency in the home. Careline Community Service offer free home assessments to see if improvements like this can be made. And if major repairs, or a whole new heating or hot water system, are needed, Care & Repair offer a reliable and friendly service.

A reliable and efficient heating system can cut fuel bills. In the UK one-in-ten pensioners is in fuel poverty, this means they cannot afford to heat their homes. Living in a cold environment can affect people's health, especially if they are already vulnerable due to age, illness or disability. It's thought that around 10% of excess winter deaths are caused by fuel poverty. So it's important to check heating systems now, before the colder weather begins, and make sure they're as reliable and cost-efficient as possible.

For a heating tune-up contact **Careline Community Service** on **01553 760671** to arrange a free comprehensive home assessment. For substantial repairs or a new heating system contact **Care and Repair** on **01553 616677**.

For more information please visit www.careline-cs.org.uk and www.careandrepair-wn.org.

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MONDAYS – normally every 2 weeks. Next visits on:

10 & 24 October; 7 & 21 November

Middleton

Village Hall 09:40 - 10:05

Fair Green

Park Hill Estate 10:10 - 10:30

Graham Drive 10:35 - 10:50

Gate Inn 10:55 - 11:10

Middleton

42 Hall Orchards 11:15 - 11:25

88 Walter Howes Crescent 11:30 - 11:45

St Mary's Court 11:50 - 12:00

East Winch

Gayton Rd - Opp Windyridge 14:20 - 14:30

Town Close 14:35 - 14:45

Village Sign 15:05 - 15:15

Blackborough End

The Green 15:20 - 15:30

The Firs 15:35 - 16:00

TUESDAYS – normally every 4 weeks. Next visits on:

4 October; 1 & 29 November

North Runcton

The Green 10:15 - 10:35

The Foldgate 10:40 - 10:55

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GET INVOLVED IN THE BIG DRAW!

Norfolk Creative Arts and local artist-educator Rosy Prue are hosting a free family-friendly drawing workshop as part of The STEAM Powered Big Draw Festival 2016 this October.

The Big Draw Festival is the world's biggest celebration of drawing. The 2016 theme is The STEAM Powered Big Draw Festival - bringing together Science, Technology, Art, Engineering and Maths and demonstrating how drawing can underpin and connect them all.

The free drop-in 'Drawing Imaginarium' will be held on **Saturday 15 October**, at Norfolk Creative Arts, Grimston (based by the church at the old school), from 10am-12pm.

Don't worry if you haven't put pen to paper for a long time – no experience or special talent is

required. This will be a fun, relaxed event suitable for children and adults alike, so bring the whole family. The aim of the 'Drawing Imaginarium' is to show drawing as an everyday activity that people use to express themselves, to explore and explain concepts and ideas and to create new possibilities. There will be a chance to experiment with monoprint; design an imaginary machine; add to group doodles and more.

There's no need to book – just come on the day! You can drop in at any time during the morning or stay for the whole session. The cafe will be open so why not relax and recharge over coffee and cake?

All children must be accompanied by an adult. All materials provided. To find out more go to: www.norfolkcreativearts.co.uk or call 01485 240420.

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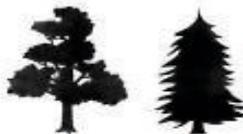


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Needleworkers Circle

Fancy joining a sewing/knitting etc circle? We are a very friendly & sociable group who would love for you to join us.

Where: Leziate Village Hall

When : 10 am - 1pm every Tuesday fortnight from 6 September

Cost : £3.00

Please bring your own refreshments. Kitchen facilities can be used. Toilets & free car-park. For more information if needed please contact Joyce 01553 673949 or Jan 01553 841514.

Leziate, Ashwick & Bawsey Women's Institute



We meet every 3rd Tuesday of the month from 2 - 4.30pm at Leziate Village Hall. At our meetings we have guest speakers who inform & entertain us on a variety of interesting topics or we have social activities such as games, quizzes, competitions & lunches.

18 October: The role of the Associated Country Women of the World (ACWW) presented by Brenda Packman. ACWW is an association of women-led societies & groups working collectively for the shared vision of an improved quality of life for women & communities world-wide. With 420 member societies in 73 countries ACWW gives voice to over 9 million rural & non-rural women.

15 November: Annual General Meeting followed by afternoon tea.

20 December: Christmas tea-party

Come & join us for a "taster-afternoon" and if you like us perhaps consider joining our very friendly & informal group for future meetings. For further information please call Jan 01553 841514 or Ali 01553 841267.

Nar Valley Ornithological Society (NarVOS)



Indoor meetings at the Barn Theatre, Sacred Heart Convent School, Swaffham.
Access and parking from Sporle Road.

Belarus: Birding behind the Iron Curtain - with Mike Watson

Tuesday 25th October, 7.30pm

Mike Watson works for Birdquest who run trips to Belarus (White Russia). Therefore, we can expect Mike's talk to showcase such birds as Greater Spotted Eagle, Hazel Grouse, Capercaillie, Great Snipe, Great Grey Owl, Ural and Tengmalm's Owl, Pygmy-Owl, Three-toed and White-backed Woodpecker, Citrine Wagtail, Aquatic Warbler and Azure Tit. Mouth-watering stuff.

A Message from Martha: The extinction of the Passenger Pigeon and its relevance today - with Mark Avery

Tuesday 29th November, 7.30pm

Mark Avery is a well-known writer and environmental campaigner. One of Mark's books is the title of his talk to NarVOS (above). It is 102 years since the extinction of the Passenger Pigeon in the USA. In 50 years it went from a population of billions, and being the commonest bird on the planet, to extinction, with the death of Martha - the very last Passenger Pigeon. Mark will talk about this species and its message for today.

Visitors most welcome. Admission £2 on the night if you are not a NarVOS member. For more information about these meetings or NarVOS call Ian Black on 01760 724092.

VIEW THE PARISH NEWS ON-LINE

View the Parish News in colour on line at the Middleton Parish Council web-site. Go to the "Community" section of the web-site and you'll find the Parish News page with information on publication deadlines and downloads.

Would you like to publicise your local event in the Parish News?

If so, please send details by e-mail to: editorofparishnews@gmail.com or by phone on 01553 849725. The deadline for the December/January issue is Friday, 11 November.



MIDDLETON & DISTRICT ROYAL BRITISH LEGION

Poppy Appeal

If anyone would like to volunteer to man a Poppy Stall at either Sainsbury's or Tesco's in late October and early November please can you contact either Lilian Fisher on 01553 841852 or Maria Collier on 01553 842566. We are always grateful for additional volunteers who can spare a couple of hours.

On **Friday 11th November** we have an Armistice Day Wreath Laying at North Runcton Church at 10.45am. Our Remembrance Day Parade will be at Middleton Church on **Sunday 13th November at 10.45am**. All are welcome to both events.

The Branch AGM will be held at 7.30pm on **Monday, 14 November** at the William Burt Social Club.

We have two major social events coming up soon. The 70th Anniversary Dinner will be held on **Friday 25 November** at Middleton Golf Club, 6.30 for 7pm. Our Christmas Evening Buffet is on **Wednesday 7 December** at 6.30 for 7pm. Please book early as this is a popular buffet and places are limited.

Please book tickets for both events by contacting Lilian Fisher on 01553 841852 or by email at lilianfisher@talktalk.net.

Proceeds from the raffles at both events will go to the Middleton & District Branch of the RBL.

FRIENDSHIP CLUB



If you are 50+ you are most welcome to join in the activities of the Friendship Club, which meets at 2pm on the first Wednesday of the month at Middleton Village Hall. **New members very welcome.**

5 October: Film show on the Wells to Fakenham Railway

2 November: Xmas Crafts Afternoon
Please note in your diary that our Christmas Lunch will be held on **7 December, 12.30 for 1.00pm** at Middleton Hall Golf Club. Further details from John Turtle (840280) or Pauline Crump (840053).

Lunch Club usually meets on the 2nd Monday of the month at Middleton Hall Golf Club at 12.00 for 12.30pm. For further details contact Olive Turpin 840623.

CARPET BOWLS



Carpet Bowls has a growing following in Middleton and the sessions are open to players from North Runcton as well. Join us at the Village Hall on Tuesday evenings at 7pm. Please wear soft flat shoes. More details from Club Secretary, Peter Wall on 840471.

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. Contact Nigel Gray (01553 841541) for more information.



Cameo Café

With autumn on the way we look forward to welcoming old and new friends to CAMEO.

This is held on the 2nd and 4th Wednesday of each month in the Village Hall from 2.30 - 4.30 Where we enjoy a cup of tea, cake and a chat.

There is no charge for refreshments but contributions towards expenses are much appreciated.

Cameo Cafe share the village hall with the Indoor Bowls Club and new bowlers both members and visitors are always welcome.

Hilary Hickman

The **Community Car Scheme** is 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 help in any way, please contact Colin Skipper on 842448.

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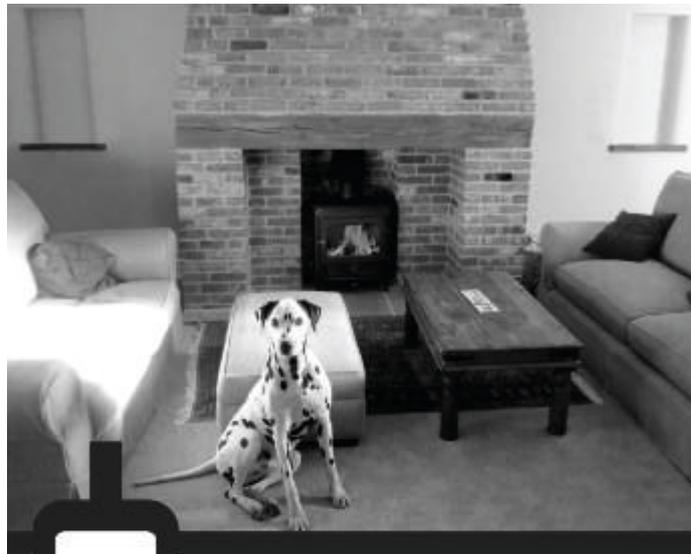
We are dedicated to supporting families, friends and people who provide or require help and support in the community. Services we offer:

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- Befriending - Don't feel alone or lonely we can come and see you
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- Escorting Services - If you need to go to appointments we can take you and bring you home

We offer a daily wellbeing telephone service to people who may like to have a daily conversation, need reminding to take medication or are simply lonely and would like to hear a person's voice.

Are you an unpaid carer of a friend or loved one but find you have no one to talk to, scream at when times are bad or will simply listen to you? Well we are delighted to offer a listening service or email support account where unpaid carers can contact us to offload or vent their frustrations without being judged.

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Church Services in October & November

Sunday, 2 October

10.00am **Middleton** Benefice Harvest

Sunday, 9 October

9.30am **W Winch** Holy Communion

10.30am **E Winch Village Hall** Morning
Worship

11.15am **Middleton** Holy Communion

6.00pm **N Runcton** Holy Communion

Sunday, 16 October

9.30am **W Winch** Holy Communion

11.15am **Middleton** Morning Worship

11.15am **E Winch** Holy Communion

6.00pm **N Runcton** Evening Prayer

Sunday, 23 October

8.00am **W Winch** Holy Communion

10.00am **W Winch** Morning Worship

10.30am **E Winch** Morning Worship

11.15am **Middleton** Holy Communion

6.00pm **N Runcton** Holy Communion

Sunday, 30 October

9.30am **W Winch** Holy Communion

10.30am **E Winch** Morning Worship

11.15am **Middleton** Holy Communion

3.00pm **N Runcton** Evening Prayer

Sunday, 6 November

10.00am **W Winch** Benefice Eucharist

Sunday, 13 November - Remembrance

Sunday

8.00am **W Winch** Holy Communion

10.45am **Middleton** Remembrance Service

10.45am **E Winch** Remembrance Service

3.00pm **N Runcton** Holy Communion

Sunday, 20 November

9.30am **W Winch** Holy Communion

11.15am **Middleton** Morning Worship

11.15am **E Winch** Holy Communion

11.15am **N Runcton** Holy Communion

Sunday, 27 November

8.00am **W Winch** Holy Communion

10.00am **W Winch** Morning Worship

10.30am **E Winch** Morning Worship

11.15am **Middleton** Holy Communion

11.15am **N Runcton** Holy Communion

Sunday, 4 December

10.00am **W Winch** Benefice Eucharist

Morning Worship is held each Wednesday morning at
9.30am in Middleton Church and every Thursday
morning at 10.00am in West Winch Church.



Mothers' Union News

Welcome to our Autumn season. The next meetings are **October 18th** when Mrs Linda Nash will give us the second part of her talk - 'Music in my Life' and **November 15th** which is our AGM and Bring and Buy.

All meetings are held in Church Farm Barn at 7.30 pm. Both members and new friends are welcome.

Have you a redundant Moses basket?

The Mothers' Union in West Norfolk is working with a local charity to help new mothers in financial and other difficulties. Mothers are referred for help by local nursing teams and social services. Mothers' Union groups are using second hand Moses baskets which are in good order and replacing the mattress with a new one and filling the basket with new baby essentials to give to the mother in need. If you or your family have a spare basket and you are willing to help us in this way please contact Gillian Boon on 01553 840320. Remember it does not matter what state the mattress is in as all baskets are given a new mattress.

This is an ongoing project so please bear this request in mind over the coming months/years. Thank you.

Hilary Hickman

EAST WINCH VILLAGE HALL

After many years service as Chairperson and general factotum of the trustees of East Winch Village Hall, Christine Williams has resigned for personal reasons. Her fellow trustees wish to thank her for her dedication in carrying out her duties during that time.

In future, please note her duties which include bookings and hirers' requirements will be jointly carried out by Kenita Smith Tel: 01553 842147 e-mail: jeff.kenita.7@btinternet.com and Amanda Hart Tel 01553 841236 e-mail: ahart2400@hotmail.com

Let me take the opportunity to wish Amanda and Kenita thanks and best wishes.

Terry Robertson, Treasurer, East Winch Village Hall

5 – A – TIME ANSWERS (from Page 4)

1. Cinderella
2. Hairdressing Salon
3. West Winch Church
4. Docks built in 1869 and 1883
5. Five. (10, 11, Coasthopper, Lynx 35, 36)

PARISH CONTACTS

CHURCHES:

Priest-in-Charge: Rev Riaz Mubarak 01553 841519 E-mail: rev.riaz.mubarak@gmail.com

Middleton St Mary's

Churchwarden: Mr E Boon 840320

PCC Secretary: Gillian Boon 840320 **Treasurer:** Mr E Boon

North Runcton All Saints

Churchwarden: Mary Angelina 841519 and Mr K Matthews 842265

PCC Secretary: Mrs Jane Byrne 840207 **Treasurer:** Mrs C Fox 841435

East Winch All Saints

Churchwardens: Mrs J Weavers & Mrs W Smith

PCC Secretary: Mrs J Weavers 840510 **Treasurer:** Mrs W Smith 842281

PARISH COUNCILS:

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

Clerk: Mrs Kate Senter Tel: 841387 E-mail: middletonparishcouncil14@gmail.com

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

Mrs M Applegate; Mrs E Barclay; Mrs V Heighton; Mr T Hewitt; Mr S McAllister; Mrs B Roberts; Mr R Smith; 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;

Mrs A Dobbing; Mr J Fuller; Mr B Houchen; Mrs G Sergeant; Mr J Sherry; Mrs A Towler; 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; **Deputy Chair:** Mr K Harrod;

Ms P Blowers; Ms S Davison; Mr N Velzeboer; Mr A Wilson

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: Bal Anota Tel: 07885 258442 & Peter Gidney Tel: 07885 258450. Priory Ward: Jim Moriarty Tel: 01760 755623

Other Contacts:

Badminton Club	Nigel Gray	01553 841541
British Legion	Judy Close	01553 840823
Car Scheme	Colin Skipper	01553 842448
Carpet Bowls Club	Peter Wall	01553 840471
East Winch Village Hall	Amanda Hart	01553 841236
Friendship Club	Mrs P Crump	01553 840053
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

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

The deadline for the next issue (December/January) is Friday, 11 November.