



PARISH NEWS

APRIL & MAY 2023

MIDDLETON, NORTH RUNCTON & EAST WINCH



COFFEE MORNINGS ALL SAINTS CHURCH NORTH RUNCTON

As both an opportunity to bring the local community together on a regular basis and, at the same time, raise funds for All Saints', we will be holding a coffee morning, on the first Saturday of the month, in the church, from 10:00 to 12:00.

The first coffee morning of the season will be on

Saturday, 1st April

and will have an Easter theme to the home baked goods. So come along for a good *mardle* - catch up with old friends and make some new ones. Everyone is welcome!!

Next date for your diary:

Saturday 29th April (avoiding Coronation Day)

If you're able to help with any preparation work or on the day please give me a call, as *many hands make light work*, thank you:

Sue Randles
The Gingerbread House, 9 The Green,
North Runcton
Tel: 07885 463422
E-mail: sue.randles02@talktalk.net

ALL SAINTS CHURCH NORTH RUNCTON FLOWER FESTIVAL

Friday 7th July - Monday 10th July

We will be working in the church on Wednesday 5th July and Thursday 6th July if you would like to help in any way. We will also need helpers on the stalls over the weekend as well. Please save the dates in your diary

Please ring **Lynda 01553 840553** or
Ken 01553 842265

Do you have
OLD GLASSES
that you no
longer wear?



Chichester Lions Club collect old glasses, sort and grade them then ship them around the world to help people who need to see more clearly.

If you have any old glasses, please drop them into the postbox at 56 Common Lane, North Runcton PE33 0RF. I will make up a parcel to send off to the Lions Club.

Anna Gunn

NORTH RUNCTON ART GROUP



If you are looking for a relaxing and enjoyable afternoon come and join our friendly and sociable group. Our members are all of mixed artistic abilities and creative in their own way using a variety of mediums and always willing to offer advice and help if needed.

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
The Green, North Runcton Village, PE33 0RB
Wednesdays 1.30 – 4pm or
Thursdays 1.30 – 4pm
Membership £30 paid quarterly in advance

For more information please contact
Liz Kerslake 01553 841792 or Janet 01553 841514

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EAST WINCH PARISH COUNCIL MEETING 7 MARCH 2023

By Andrew Stephens OBE

There was nothing further to report on the issue of toxic smells, or on the safety works being undertaken to the A47 between King's Lynn and Pentney.

Two issues had been raised by individual parishioners. First, the safety and maintenance of the trees along Church Lane by East Winch Church. This was a matter for the Diocese as landowner. And second, the possibility of having a trod/footpath along the A47 linking West Bilney to East Winch. Parish Council was doubtful as to whether this would be seen as economically or practically viable, but the Clerk would make inquiries of National Highways.

Parish Council received reports from County Councillor, Cllr Jim Moriarty and from Borough Councillor, Cllr Michael De Whalley who briefed the Parish Council in particular on developments around the designation of West Winch as a Strategic Growth Area in the Current Local Plan. The independent planning inspectorate was expected to hold a consultation in the Summer in which the Parish Council would be invited to participate.

Parish Council was concerned to note the issues around the shortage of Trustees for East Winch Village Hall and its possible closure, and looked forward to hearing the outcome of the meeting on Friday 10 March.

A risk assessment had been undertaken, and faulty streetlights, potholes, and un-replenished saltbins would be reported. A replacement dog poo bin was needed at the junction of Town Close/Gayton Road. And a Parish noticeboard was to be installed in the bus stop on Lynn Road.

The Clerk would register the defibrillator located at the Village Hall with the ambulance service.

Parish Council elections are to take place on 4 May 2023. For those interested in standing as a candidate, the deadline for submission of Parish Councillor nomination papers is Tuesday 4 April. Full details are available on the Borough of King's Lynn and West Norfolk website.

Parishioners are also reminded that voter PhotoID will be required for the first time in this year's local elections. Again, full details are available on the Borough's website (see also the article on Page 11 of this magazine).

The Parish Council is seeking a village handyman to take over from Roger Bland who is retiring after 11 years in the role which comes with a small honorarium. Anyone interested should contact the Parish Clerk, bob.pannell1@btinternet.com
The next Parish Council Meeting will be held in East Winch Village Hall on Tuesday 16 May, beginning at 7.30pm.

STOP-PRESS: The Parish Council received notification on Thursday 9 March that the planning application for the Eco-Wellness Resort Project at Ashwicken Lake (21/00262/FM) had been withdrawn.

Middleton Village Hall



Are you Spring-cleaning?
Clearing out the loft?
Tidying your wardrobes?

Your unwanted items can help us
raise Hall funds at a

JUMBLE SALE & BRIC-BRAC

Saturday, 22nd APRIL, 10am

All clean items welcome

Can be dropped off at Village hall - please
telephone to arrange a time – collection can
also be arranged.

Books also very welcome for the Book Table

Tel: 07751 899118

Middleton Parish Council Chairman's Report

By Zach Wiles-Van Dyke

The main topics of discussion at our last two meetings have been lorries on Station Road and Hill Road, Improvements to Water Lane and Coronation celebrations.

Lorries on Station Road

There has been much discussion lately and in recent years regarding this issue. The main concerns are the volume of lorries, the speed in which they travel, the times of day they pass through and the damage to the roads. All councillors agree that this is a problem. Unfortunately we have always come up against a brick wall with this issue. It was suggested that a 7.5 tonne weight restriction be put on Station Road and Hill road. The Parish Councillors agreed to support this. The next step is to put it in writing to our County Councillor, Jim Moriarty and he will take it further.

Water Lane

There is some funding from County level to make improvements to Water Lane. It was made quite clear by Cllr. Moriarty that this money wouldn't be sufficient and isn't for trying to close the middle of Water Lane to traffic. After consultation with residents and a good turn out at the March meeting, it was agreed that we would ask for additional signage including access only and not suitable for HGVs. We also asked for speed bumps and a width restriction. Cllr. Moriarty is going to find out how much of this is achievable within the budget allowed. It has been brought to my attention that it was reported in 'Your Local Paper' that Water Lane will have a continual one way restriction from bottom to top, but this isn't correct and we made it quite clear that this isn't something we would support.

Coronation Celebrations

We were pleased that a number of parishioners got in touch and offered to help with the Coronation event. The event will be held on Saturday 6th of May. There will be a family picnic on the playing field in the daytime with refreshments and games which is open to everyone. There will also be a ticketed event in the Village Hall in the evening with hog roast, live singer and a paid bar will be available. The tickets will be £1 per person and are simply required to control numbers as the Village Hall is

limited to 200 people. The Village Hall committee have said that they will cover the cost of the licensing fee for the bar.

Parish Council elections are coming up on the 4th of May. If you would be interested in running as a candidate to be a parish councillor and have your say then please get in touch.

A HUGE THANK YOU FROM LILIAN FISHER

Lilian wishes to say a big thank you to everyone who purchased a North Runcton 2023 Calendar which, so far, has raised a magnificent £ 1,815.00!

The money will be used to purchase wooden chairs to replace some of the pews removed from All Saints' Church during the installation of the new facilities.

While Lilian is saying thank you, North Runcton PCC wishes to say thank you to Lilian for making the calendar such a success and for her generous donation.

It is not too late to buy this "one-off" North Runcton calendar, Lilian still has a small stock. To secure your copy, Lilian can be contacted on: 01553 841852.

EASTER PUZZLE

Here's a quick Sudoku puzzle to do over the Easter break. Each row and each column must contain the numbers 1 to 9 and so must each 3x3 box. Solution on Page 19.

					8			9
			9	6		1	5	
						8	7	
	5							2
	4				3			
7				2		4	8	6
	9	4			7			
	8	6			1		3	
2			5		9			

Nar Valley Ornithological Society (NarVOS)



Indoor meetings at **The Assembly Rooms, 1 Market Place, Swaffham PE37 7AB**

Wednesday 26th April 2023 at 7.30pm **"The Unique Life of a Ranger on** **Blakeney Point"** **Presented by Ajay Tegala**

Ajay Tegala is a wildlife presenter, conservationist, countryside ranger and naturalist. With a degree and a decade of experience in Environmental Conservation, Ajay has chalked up 20 television appearances across the five main channels, including the popular BBC nature programmes Countryfile, Coast and Winterwatch.

In addition to presenting a film on Springwatch 2021, Ajay has also worked as a researcher and story developer on the series at Wild Ken Hill. Ajay has earned respect as the ranger on Britain's first coastal reserve, Blakeney Point in north Norfolk. This is the subject of his book "The Unique Life of a Ranger" first published in 2022, which gives an insight into his unique experiences protecting wildlife on a remote stretch of England's east coast.

In his spare time, Ajay conducts wildlife surveys on farmland in the Norfolk Broads, championing and monitoring the success of habitat creation for nature on farms. He has a great love for the East Anglian landscape, is passionate about conservation grazing and fenland habitat restoration.

Wednesday 31st May 2023 at 7.30pm **"Birds seen in the County of Norfolk** **since 1850"** **Presented by Neil Coe**

Neil Coe is a well-known and experienced member of NarVOS. His love of birding has brought him into contact with many bird species across the County. In his presentation he is hoping to share some of his more unusual findings whilst giving a panoramic overview of the range of avian species which birders may be fortunate enough to encounter in Norfolk.

In his own words: "My experience in birding goes back as far as my childhood, when at the

age of ten I nursed an injured Stone Curlew back to health! I am now, according to my grandchildren, an old man of 77! but still have the burning passion for our feathered friends and been fortunate to travel to foreign parts to satisfy my desire for the exotic!!! However, some years ago at a NarVOS meeting a comment was directed to me with regard to the wonderful birds that from time to time have graced our great county in addition to our bountiful residents!!! Therefore, it is my aim to illustrate those birds to any persons that do not wish to endure airports etc., but would still like to see the little and large and the pretty and the plain of our county! I look forward to meeting and showing you what can be seen with some effort."

Please come along. Visitors welcome.
Admission £4 on the night; free to NarVOS members.

For more information contact Ian Black on 01760 724092 or go to www.narvos.org.uk

LET'S TALK ABOUT **LUNG** **HEALTH**



King's Lynn A+LUK Support Group
is your local Support Group, run by volunteers.

Are you or someone you know affected by a lung condition? Joining a Support Group could help you manage your lung condition by sharing information and advice, helping you live well, and maybe even reducing the chances of an emergency hospital admission.

We meet on the last Monday of every month from 1pm - 3.30pm at
Gaywood Church Rooms,
Gayton Road, King's Lynn, PE30 4DZ

Everyone's welcome to join us at meetings, featuring guest speakers and refreshments.

For more information contact:
0300 222 5800
breatheeasykl@gmail.com

"I've met so many lovely people, all of us with a common condition - our lungs. I learnt more in the last year about my condition than ever before."

North Runcton News

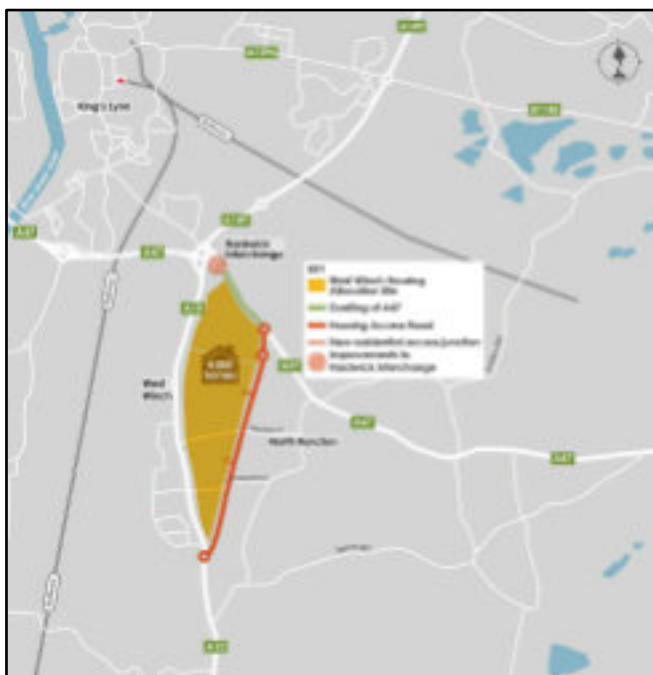
West Winch Growth Area (WWGA)

In the last update in the January Parish newsletter, it was noted that the Local Plan examination had been adjourned to allow BCKLWN time to prepare more information to support their proposals.

We have since learnt that the examiners raised two principal concerns relevant to the WWGA:

1. They queried the nature of the proposed A10/railway 'Strategic Growth Corridor', when 40% of Borough housing growth is proposed at West Winch (which obviously has no railway station), whilst comparatively little is allocated at Downham or Watlington. 'We question, therefore, whether this component of the spatial strategy is justified as appropriate, based on the evidence, and consistent with national policy in enabling the delivery of sustainable development', and;

2. They questioned how the Core Strategy Policy for 1600 dwellings at WWGA by 2026 had ballooned to 2500 dwellings by 2036 (and 4000 dwellings in the fullness of time) in the current plan. They have stated there is simply not the evidence to show that the site is capable of absorbing this amount of development. 'As yet, therefore, we are unable to conclude that the proposed allocation for up to 4,000 dwellings at the WWGA, in Policy E2.1, is justified as appropriate based on the evidence, nor that it would deliver sustainable development in accordance with national policy'.



These comments would appear to entirely vindicate concerns the Parish Councils have raised about the scale of the planned growth and the likely dependence on road transport. They also appear to imply that the examiners would be supportive of alternative housing allocations near the existing rail stations.

However, at the 'West Winch Local Stakeholders' Meeting held on 2nd March, BCKLWN officers stated they propose to side step this matter by striking out all reference to the 'strategic corridor'. They will not be allocating more development at Downham or Watlington and would be working on the evidence to support the plan for 4000 houses at West Winch.

They also reported that a grant application had been submitted to Homes England to cover the 'developer contribution gap' for the road funding (about 15% of costs, that developers will eventually pay back). We also understand letters have begun going out to landowners to enquire about land purchases. More land surveys continue.

An NCC summary of consultation feedback relating to the road plans stated that 160 people sent in comments and that there was general support for the plans. We were also told that some people said they were so content with the proposals, they didn't feel the need to respond!

This summary contrasts sharply with the feedback that parish councillors have received – which was overwhelmingly negative in tone. Whereas many residents may feel that 'resistance is futile', it is important that, if the whole scheme proceeds, we end up with the best possible outcomes. We will only get these by arguing for them.

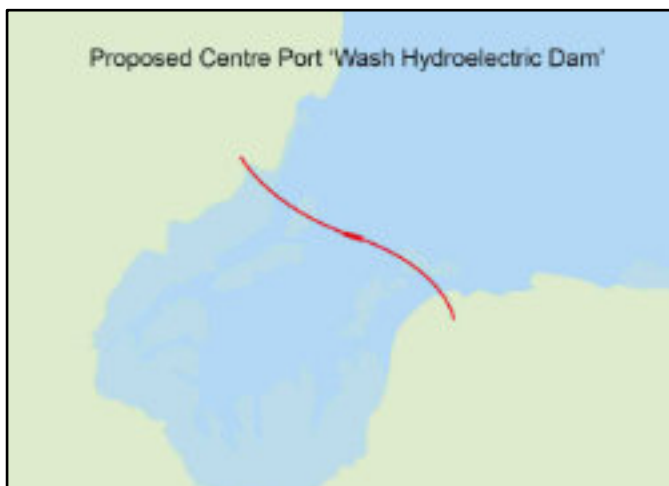
We would therefore ask that all residents please report your support, opposition, ideas or any other feedback on the West Winch Growth Area, simply so that we know we are continuing to reflect community views. Contact:
northrunctonparishclerk@outlook.com

'Wash Barrage'

NRPC representatives were recently invited to join a webinar hosted by the King's Lynn Joint Advisory Group for the Wash – a panel that includes the Conservancy Board, fisherman, wildfowlers, environmental groups and others. They had extended an invitation to 'parishes around the Wash'.

Continued on next page »»

The main topic under discussion was the proposal made by a group called 'Centre Port' for an 11 mile long 'hydroelectric dam' from north of Boston to east of Hunstanton, including plans for port expansion at Boston and a road along the whole structure.



It transpired that none of the groups had been previously consulted about the plan, no detailed feasibility study has been undertaken and therefore no environmental impact assessment. Attendees seemed generally sceptical of the whole idea.

However, at a recent presentation in King's Lynn by Robert Nicholls, Director of the Tyndall Centre for Climate Change Research at the UEA, it was stated that a 2m sea level rise was inevitable in the next 100-150 years, irrespective of whatever we manage to do to curb CO2 emissions. So coastal defence of some kind will be required.

Fatbergs

We have recently had a problem with a gully at the rear of the Village Meeting Place. It turned out that the drains were backing up due to a large and disgusting 'fatberg' in the sewer at the rear of the building. The system has now been cleared and it may or may not be the case that effluent from the VMP was the cause of the problem.

We perhaps think of this as an urban problem – but clearly it can happen in a small village as well. It may be timely to remind all residents of the basic guidance now generally provided by water companies that should be relevant to all domestic and commercial premises:

- Do not pour fats, oils, grease or pieces of solid food down the sink.
- Only flush the 'three P's' down the toilet – pee, poo, paper!

- Do not flush wet wipes (which are mainly plastic), sanitary towels, cotton wool, nappies or any other non-biodegradable products down the toilet.

North Runcton Conservation Volunteers

The group have recently undertaken some tree planting in Sheep's Course Wood and undertaken a well-attended litter pick in February. In a few hours we cleaned along most of the roads around North Runcton making a big difference – at least for a few days! Many thanks to Jane for helping to organise and to everyone who attended.

I will be in touch through the North Runcton Community Facebook page for upcoming events. For more specific information I do email members of the group. If you would like to be involved, please email me at cllrpalmer@northrunctonpc.co.uk to be added to the list.

Community Speedwatch

Cllr John Braybrooke has been operating the vehicle activated speed signs in the village and has regularly reported vehicles travelling at 60-70mph in a 30mph zone. Whilst the speed signs might remind considerate drivers to slow down – we feel we need to reintroduce a speedwatch group. We know the threat of being recorded provides a deterrent to reckless driving.

We would like to enlist and train at least 12 more people to operate occasional speedwatch sessions. A larger group will allow us to have a rota so that no one has to be present for more than a few sessions a year.

Can you offer a few hours a year to ensure our roads are safer for pedestrians cyclists and animals in the village? We would like to organise the training session in the next month or so.

Please contact Rachel if you are willing to be a part of this important community service: northrunctonparishclerk@outlook.com.

HOW TO REPORT FLY TIPPING

The Borough Council is responsible for dealing with fly tipping and have an on-line reporting system.

To report an incident of fly tipping, please visit the Council's Home Page and click on the link "Report fly-tipping".

West Winch Bowls Club



Following the Pre Season meeting that took place on Monday 6th March, the committee stated that the new bowls season will commence on Saturday 15th April 2023. This usually starts with a Members Roll Up following the Opening Ceremony and bowling of the first Wood of the season being made by the club president, Ken Manning. The timings are usually 2 for 2-30pm start.

The daily Green sweepings have now been discontinued as the Green has now been scarified and fertiliser applied. This should encourage the growth of the new seed that was spread last autumn. The new electric fence appears to be working admirably keeping the rabbits at bay!

The committee has authorised Jim Grant and Ken Manning to contact a company in Spalding to visit our Green and evaluate the cost and the feasibility of installing an automatic watering system. The need for this addition is becoming essential due to climate change and the hot dry summers that we seem to be experiencing nowadays.

Two new Committee members (Alan Johnson & Trish Field) were welcomed by the Chairman, David Bull to the committee. Trish is already researching possible loans and grants to enhance club facilities.

Finally, the club welcomes new members from the readers of this magazine, to come and join us here in West Winch to share and to part-take in outdoor bowls. We have an excellent Green, comfortable club house which serves teas, alcoholic and soft drinks for you to enjoy. Age and gender is not a problem. For those who require tuition, help and advice, this is available free of charge.

A warm welcome awaits you. Why not come along on Opening Day to see what West Winch Bowls Club has to offer. I can guarantee that you will not be disappointed. Please do make yourself known to a member of the committee, or indeed to myself upon arrival so that we can show you around and let you have a go at bowls. All that is needed initially is a pair of flat soled shoes with NO heels to protect the Green.

David Skerritt



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.



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Lydia cook



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BATTERIES AND SMALL ELECTRICAL ITEMS INCLUDED WITH WEEKLY BIN COLLECTIONS

Since the end of January, residents have been able to recycle used batteries with their weekly free bin collection service. The service is now being gradually rolled out to include small electrical items.

Batteries and small electrical items **MUST NOT** be put into the black or green bins themselves.

USED BATTERIES

In the case of batteries, simply put them in a **separate tied up freezer bag, or similar sized clear bag**, on top of your black or green bin on collection day.

The following batteries are included in this service:

AA, AAA, C (toys, torches, portable radios), D (torches, stereos), 6V (medical instruments, cameras), 9V (fire alarms), Button (including hearing aid batteries)

There is limited space on the vehicles and so residents are asked to place batteries out 'little and often'. Only one small tied freezer size bag of batteries will be collected at a time.

Batteries **not included** in this service are car batteries, damaged batteries and loose lithium-ion (extracted from laptops, mobile phones, tablets).

SMALL ELECTRICAL ITEMS

The service for collection of small electrical items is being gradually rolled out from the end of February. Residents will be informed when the service starts in their area by means of a hanger placed on their bin the week before collections start in their area.

Once you have received the hanger notifying you of the start of the service, small electrical items must be presented inside **one loosely tied-up small standard size supermarket carrier bag, on top of either your black or green bin on collection day**.

As there is limited space on collection vehicles, residents are kindly asked to follow a '**little and often**' approach. If items are not collected due to lack of space on the vehicle, please take them back in and put them out the following week.

All batteries must be removed where possible and recycled separately as above, with the exception of products such as laptops, mobile

phones, electric toothbrushes and tablets with lithium batteries built into them.

We can take and recycle the following electrical items:

- Blenders
- Calculators
- Cameras
- Chargers
- Clippers
- Clocks
- Coffee grinders
- Coffee machines
- Curlers
- Drills
- Small DVD players
- Electrical cables
- Electric and battery-powered toys
- Electric scales
- Electric shavers
- Electric toothbrushes (leave battery in)
- Electric whisks
- Extension leads
- Small Fans
- Games consoles and controllers
- Grinders
- Hair dryers
- Hair straighteners
- Hand-held hoovers
- Hi-Fi equipment
- Impact drivers
- Irons
- Juicers
- Kettles
- Keyboards and mice
- Small Lamp (lightbulbs removed)
- Laptops (leave battery in)
- Light switches
- Mains sockets
- Mobile phones (leave battery in)
- Printers (without ink cartridges or toners)
- Radios
- Remote controls
- Routers
- Sanders
- Sandwich makers
- Set top boxes
- Soldering irons
- Tablets (leave battery in)
- Telephones
- Thermostats
- Two slice toasters
- VHS players
- Watches

This is not a complete list, but the general rule is that items up to the size of a two-slice toaster may be recycled in this way, including accompanying cables.

Please remember to be data secure and if you are putting out laptops, mobile phones or devices that could contain sensitive data and passwords you need to carry out a "Factory reset" to wipe your data first.

We cannot take the following:

Anything bigger than a two-slice toaster,
Anything sharp i.e., electric knife, Cookers,
Desktop computers, Large white goods,
Microwave Ovens, Televisions, Vacuum cleaners, Vapes and disposable vapes.

If your small electrical items are still working and could be used by someone else, please consider donating it to a charity shop as we really only want items that are at the end of their usable life.

WEST NORFOLK RESIDENTS NEED PHOTO ID TO VOTE AT ELECTIONS IN MAY

For the first time, residents in King's Lynn and West Norfolk will need to show photographic ID to vote at this year's local elections. Residents are being urged to make sure they are ready to vote in May by checking they have an accepted form of ID and remembering to take it with them when they vote.

Acceptable forms of photo ID include:

- UK driving licence or passport*
- Bus pass
- Blue badge
- PASS proof of age card

*As long as the photo still looks like you and your name on the ID is the same as your name on the electoral register, it doesn't matter if the ID is out of date. A full list of acceptable photo ID is available at www.electoralcommission.org.uk.

Anyone who wants to have their say in the elections this May must also be registered to vote. It only takes five minutes to register online at www.gov.uk/register-to-vote. Voters wishing to apply to their council for free ID should first make sure they are registered to vote.

The requirement to show photo ID at the polling station, is a new requirement, introduced by the UK Government's Elections Act which was passed last year and comes into effect for the first time this May.

People who don't have a photo ID at all can apply for a Voter Authority Certificate (VAC) and the council can help with this.

To apply for a Voter Authority Certificate online, visit: <https://www.gov.uk/apply-for-photo-id-voter-authority-certificate>. Applicants need their National Insurance number or other documents (which must be scanned in or uploaded), such as utility bill, council tax statement, birth certificate, and a passport-style photograph. Full details provided on the gov.uk website.

The council is running drop-in sessions where they will go through the process with people for anyone who would like help with it. Applicants need to take their National Insurance number or other documents such as utility bill, council tax statement or birth certificate. The sessions are as follows:

King's Court (council offices) in Chapel St, King's Lynn every Tuesday, 2pm-5pm, and

every Wednesday 9am-12noon. There will be a final, all-day session from 9am-5pm on Tuesday, 25 April (which is the closing date for VAC applications).

Hunstanton Library: every Wednesday 9am-12pm, until 19 April. There will be a final, longer session on 25 April from 10am-12.30pm and 1.30pm-4pm.

Downham Market Library: every Thursday 2-5pm, until 20 April. There will be a final, longer session on 25 April 10am-12.30pm and 1.30pm-4pm.

The county's other libraries are also able to offer some help with the process, including free access to public computers and WIFI, at any time that the library is open. They can also give people one-to-one support to go through the process by appointment.

At libraries voters will need to take their National Insurance number and, importantly, their own device that can be used to take and upload a photograph, even if they are going to the library for support. If visiting a library for help voters should check local opening times and make an appointment if one-to-one help is needed.

If you do not have internet access, call 01553 616200 for a paper form to apply for a Voter Authority Certificate or to request a postal vote.



QUIZ & CRAFT FAIR

As we move towards Spring, we have a Quiz Night with Hog Roast Supper (plus veggie alternative) scheduled for **Saturday, 22 April** at Stowbridge Village Hall, Downham Road, Stowbridge, PE34 3PE. Teams of 4 – 8 people are welcome or come along and make up a team on the night. Bring Your Own Drinks (and glasses). Tickets are £12.50 each.

To book: call: 07715 467866 or email: magpieccfcraft@outlook.com.

Now for the Craft Fair, **Saturday, 3 June** at **the Magpie Centre, 10 am – 4 pm** at Wallington Hall, South Runcton, PE34 0EP.

Stalls, 3m wide, are available at £10 per pitch in the indoor school, To book call 07715 467866 or email: magpieccfcraft@outlook.com.



West Norfolk Befriending aims to reduce social isolation by providing a link to the outside world. We match isolated older people with trained volunteer Befrienders who will visit or call on a regular basis.

Our service helps clients:

- Enhance their quality of life
- Maintain their independence
- Reduce isolation
- Improve their physical and mental well-being
- Identify risks to health and environment

Typically, clients will receive befriending visits or telephone calls fortnightly. Due to the popularity of our service we can only offer befriending for up to a year and we can only offer a client one service.

Clients and volunteers are closely supported in their befriending match. All befriending matches will be regularly reviewed by a member of staff throughout the year's service.

We facilitate reintegration to community life wherever possible. Clients are frequently signposted to other services and organisations that may be able to help them.

West Norfolk Befriending is a registered charity and we offer our befriending services to our clients for free. We raise our own funds and rely on grants and donations to offer our service. For more information visit our website www.wnbefriending.org.uk or call us on 01553 763500.

West Norfolk Befriending accepts referrals from concerned friends and relatives as well as professionals working with clients, or we are happy to accept self-referrals.

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NORTH RUNCTON PARISH COUNCIL MINUTES

Copies of the minutes from North Runcton Parish Council meetings are available on the website:

<https://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
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(18.01.12)

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Sunday, 2 April

10.00am **W Winch** Holy Communion

2.00pm **E Winch** Holy Communion

Thursday, 6 April - Maundy Thursday

4.00pm **W Winch** Foot Washing & Holy Communion

Friday, 7 April - Good Friday

2.00pm **N Runcton** Reflections by the Revd Canon Sally Theakston (Bishop's Chaplain) & Revd Canon Riaz on "Sayings of Jesus on the Cross"

Sunday, 9 April - Easter Sunday

9.30am **W Winch** Easter Service

11.15am **Middleton** Easter Service

Sunday, 16 April

11.00am **N Runcton** Holy Communion

2.00pm **E Winch** Evening Prayer

Sunday, 23 April

11.00am **E Winch** Holy Communion

2.00pm **Middleton** Evening Prayer

Sunday, 30 April

11.00am **N Runcton** Benefice Communion

Sunday, 7 May

11.00am **Middleton** Benefice Communion

Sunday, 14 May

10.00am **W Winch** Holy Communion

11.00am **N Runcton** Morning Service

11.00am **E Winch** Morning Service

Sunday 21 May

11.00am **E Winch** Holy Communion

2.00pm **Middleton** Evening Prayer

Sunday, 28 May

11.00am **N Runcton** Benefice Communion

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(From Page 4)

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8	2	7	9	6	4	1	5	3
9	6	5	3	1	2	8	7	4
1	5	8	4	7	6	3	9	2
6	4	2	8	9	3	7	1	5
7	3	9	1	2	5	4	8	6
3	9	4	6	8	7	5	2	1
5	8	6	2	4	1	9	3	7
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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

PARISH CONTACTS

CHURCHES

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

Combined PCC (Middleton & East Winch Church) members:

Mrs Jacqueline Ramsay (Jackie), Mrs Wendy Smith, Mr John Dunn, Mrs Vicky Pidcock, Mr Fred Pidcock, Susan Cutter, Mrs Susan Dunn and Mrs Janet Weavers.

Contact: combinedparochialchurch@gmail.com

Middleton St Mary's: Churchwardens: Susan Cutter & Susan Dunn;

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East Winch All Saints: Authorised Worship Assistant: Jackie Ramsay;

Treasurer: Mrs W Smith 842281

North Runcton All Saints:

Churchwarden: Mr K Matthews 842265 PCC; **Secretary:** Mrs Ann Matthews 842265

Treasurer: Mrs Maggie Challis 842540

PARISH COUNCILS

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

Clerk: Simon Gomes-Da Costa Tel: 07535 044163 E-mail: clerk@middletonparishcouncil.org

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 Braybrook; Mr J Fuller; Mrs L Gunn; Mr B Houchen; Mr S Palmer; 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;

A Bellehouse; Ms S Crocker; J Mason; A Stephens; N Velzeboer.

The Council meets every other month, normally on the first Tuesday 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:

Badminton Club	James Williamson	07752 285061
British Legion	John Collier	01553 842566
Car Scheme	Brian Roberts	01553 841360
Carpet Bowls Club	Peter Wall	01553 840471
East Winch Village Hall	See East Winch & West Bilney Community Website	eastwinchvillagehall@gmail.com
Lunch Club	Olive Turpin	01553 840623
Middleton Village Hall	Pauline 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.

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

The deadline for the next issue (June/July) is Friday, 12 May.