



PARISH NEWS

AUGUST & SEPTEMBER 2022

MIDDLETON, NORTH RUNCTON & EAST WINCH

VOLUNTEER DISTRIBUTORS NEEDED IN MIDDLETON AND EAST WINCH

The Parish News relies on our great team of volunteer distributors to deliver copies of the magazine six times a year to households across our villages. Three of those distributors have recently had to step down for various reasons.

I would like to take this opportunity to thank John Sayer and family in Middleton, Peter Chesney and Janet Robertson in East Winch for all the help and support they have given to the Parish News Team over the years and to wish them well for the future.

We now need volunteers to replace them on three rounds covering 22 premises on the A47 in Middleton, 25 premises on the A47 in West Bilney and 34 premises in East Winch (Town Close, North Side). Our volunteer distributors are vital to the success of the Parish News and perform an essential service to our community.

Can you help to distribute copies of the Parish News in these areas please?

Depending on the number of volunteers, it may be possible to re-organise the existing rounds.

If you can help or would like any further information, please call me on 01553 841307 or email david.colgan@btinternet.com. Thank you in anticipation.

David Colgan

FREE SAFETY DOOR STICKERS FOR OLDER RESIDENTS



Since 2019 Able Community Care, a Norfolk, nationwide, Live-in Care Provider, has been offering older people and people with a disability, a free door sticker to deter unwanted callers.

It is a fact that older and vulnerable people are targeted by fraudulent traders, workmen and fake 'professional' people such as conmen advising they are from the Water Board, Local Council, BT, Gas Board, NHS Covid Dept., etc.

As many people have told us, this sticker on a door does mean they walk back down the path.

To date we have given out nearly 80,000 door stickers and if you know of an older person who would like to have one, please email us at info@ablecommunitycare.com telling us how many you would like and the address to send them to.



MIDDLETON TOWERS RESTORATION GROUP

WWW.MIDDLETONTOWERS.ORG.UK

Please consider supporting our project to restore and convert the former Middleton Towers railway station at Leziate into a public café and railway heritage museum.

Memberships plans and donations will go directly into the funding of future restoration works.

Membership Options	Adult 1 Year	Concessional 1 Year (u18, 65+, student, armed forces, NHS)	Adult 5 Years	Lifetime
Membership card	✓	✓	✓	✓
Membership card holder lanyard	✓	✓	✓	✓
Hand-signed thank you letter	✓	✓	✓	✓
10% future café/shop/online shop discount	✓	✓		
15% future café/shop discount			✓	
20% future café/shop discount				✓
Access to a members-only online forum & invites to attend members-only meetings	✓	✓	✓	✓
Special membership card				✓
Engraved ballpoint pen				✓
Branded notebook				✓

Discounts issued as part of memberships will be valid for only our planned on-line store, physical inspection store and café. Discounts will be active for the length of the membership, beginning from the date of the opening of the site.

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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Middleton Parish Council Chairman's Report

By Zach Wiles-Van Dyke

Apology - June 2022 meeting

Unfortunately I made a mistake in my last chairman's report. I stated that the June meeting had been postponed until the 18th of June, this was incorrect. I meant to write that the May meeting had been postponed until Wednesday the 18th of May. June's meeting was in fact on Wednesday the 1st of June (first Wednesday of the month) as usual. Sorry for any confusion. Meeting dates can always be checked on the village notice boards, or the village website.

Thank you

Thank you so much to those of you who came to the Middleton Parish Council Jubilee event on Thursday 9th June. The feedback of those that attended has been excellent. The other councillors and I were thrilled with the turnout and that everyone seemed to have a great time. Thank you to everyone for being so respectful of the field too, there wasn't any rubbish left behind at all.

Thank you to Vibes disco for the music, Manor Farm Hog Roast for the food and Val Ward and her helpers, Rita, Val, Katie and Kaitlin for making and donating all the cakes. Val again for the horse box bar, Arc Fabrications for the donations of teas, coffees etc, Key Decorating and Gardening for the soft drinks, coconut shy and other games, Pauline from Middleton Village Hall for the use of electricity for the disco and for lighting the beacon, Middleton School for the use of the playground as parking and the loan of the goal posts, Josh for help with the set up and clear up, delivering the horse box, tractor, tables and chairs and generally helping any way he could, Erin for overseeing the games, Scott and his friends for attending with the scooters and my fellow councillors for attending and helping. I'm sorry to anyone else who I may have missed.

It was so lovely to have so many people of all ages there, including families, groups of friends, and individuals from all parts of the village having a lovely time. What a lovely village community we all live in.

I would just like to remind everyone that Parish Councillors are all volunteers that give their free

time to benefit the village. We did our best to put on this event on a very low budget with a very small group of volunteers. We appreciate we cannot please everyone, but we did our best.

Water Lane

The PC was asked by a resident again for the closure of Water Lane to vehicles. As said before Councillor Moriarty would like to know the views of the residents of Water Lane and also the close neighbours to the lane. Unfortunately we have received no comments whatsoever of on this proposal. Please email me with your views on this matter, for OR against. Cllr.wiles-vandyke@middletonparishcouncil.org

Playing Field

Due to the dry weather the trees planted on the playing field are struggling. Thank you to Val, Fiona and Duane for doing their best to water them by carting water with bowsers and water containers.

Next meeting

The PC does not meet in August, so our next meeting will be on Wednesday 7th of September at 7PM.

A47

County Councillor Moriarty has proposed a meeting of residents from Middleton and East Winch to voice their concerns over the A47. He proposed it be at 6PM before our next Parish Council meeting on 7th September. At the point of writing this I am awaiting confirmation. Please look out on the notice boards and website for details of this meeting.

Email Parish Clerk

Please note that Simon, our new clerk, is using the new email address of; clerk@middletonparishcouncil.org Please make sure that any correspondence for the council is sent to that email address.

Enjoy your summer everyone.

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>

BLACKBOROUGH END VILLAGE YARD SALE

(INCLUDING SCHOOL ROAD)

**SUNDAY 14TH AUGUST
9AM - 3PM**



A perfect chance to clear out your loft or garage and bring our community together!

£5 per pitch, with all proceeds going to Middleton Primary School

If you would like a pitch, please contact Hayley (07766 294335) or Gemma (07533 560960) by **MONDAY, 8TH AUGUST**

There will be a map available on The Green showing the location of all the pitches.

Refreshments will be provided on The Green by:

- Wendy's Truck Stop Hot Food Van
- Biagio's Italian Coffee, Cakes & Treats
- Ice Cream Van/Bike

and probably some homemade cakes to be purchased as well.

A great day out and the chance to grab some bargains!

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.

Please contact James Williamson (07752 285061) for more information.



Norfolk Open Studios event is back this Autumn. The scheme is a celebration of the county's artists and their achievements, when they open their doors to the public to exhibit, sell and talk about their work.

Visitors have the opportunity to meet the makers, see how work is made, and to buy or commission original pieces.

Jo Rolfe's textile studio with bags, fabric pictures and gifts will be open as follows:

PLEASE NOTE THE CHANGE OF ADDRESS

Jo Rolfe, 1 Parkhill, Fair Green, Middleton, King's Lynn, PE32 1SD.

We are on Hill Road, not in the Parkhill estate.
Open Studios brochure location 200.



September 24, 25, October 1, 2, 8, 9, all 10-5. Other times by appointment, please ring 01553 840000. We look forward to meeting new visitors as well as welcoming back regulars.

Local furniture maker, Toby Winteringham will also be open during the festival weekends September 24, 25, October 1, 2 & 8, 9. Visits at other times by appointment.

He can be found at Whitehouse Farm, Queen Elizabeth Way PE32 1EZ (Open Studios location 198)

He will be showing examples of his furniture along with smaller items, clocks and jewellery made from locally sourced bog Oak.
07957 138567 tobywinteringham.co.uk



To see details of all the artists taking part visit: <https://norfolkstudios.org.uk>

East Winch Parish Council Meeting 4 July 2022

By Andrew Stephens

Four issues were raised in the 10 Minute Open Forum for Parishioners.

- The Parish Council was congratulated for its part in securing the new railings along the A47 by the former Maids Head pub. But excessive speeding through the village on both the A47 (limit 40mph) and also on Gayton Road (limit 30mph) had become a matter of some concern. And for pedestrians, the situation was made still worse by the untrimmed hedging encroaching on the roadside footpaths, particularly along the A47 west of the village. The Parish Council will raise the issue with Highways England and the Borough Council's Highways Dept.
- There was a potential flood risk from silt build-up in the dyke and culvert at the junction of Station Road and A47 which needed to be cleared now and monitored going forward. The Parish Council will raise this again with Highways.
- The area around the village sign had become overgrown. And arrangements were needed to ensure the sign itself was maintained and repaired going forward. Any volunteers?
- The play equipment in the play area, Town Close, had been affected by bird mess and an ongoing cleaning regime was needed. Cllr Manning will raise the issue with the Borough Council.

Reports were received from our County Councillor, Jim Moriarty, and from our Borough Councillor, Colin Manning.

Mr Yarham, Vice-Chair, reported on the findings of his risk assessment inspection. The Parish Council Clerk will take up the issues with the relevant authorities.

On planning matters, the Parish Council heard that for the Wellness Resort Project, an Extension of Time Agreement until 9 September 2022 had been reached. It was understood that the application would go to the Borough Council's Planning Committee and would not be

decided under delegated authority. The Parish Council had no objection to an application for the erection of two double garages to serve the new dwellings at Willow Spring Barns, West Bilney.

The Highways Engineer's estimate of the cost of the Trod (from Station Road to the Post Office) has risen by 37% and the Parish Council was being asked to cover £8,500 of the additional £17,000 cost. Whilst this increase was regrettable, it was not wholly unexpected, and - given the high priority it assigned to the Trod - the Parish Council agreed to make this additional funding available to avoid facing any delay in completing the project. All being well, work on the Trod will now start on 25 July.

Parish Council Meetings will in future be held on a Tuesday (not Monday) evening. The next meeting will be held on Tuesday 6 September at 7.30pm.



POSTCARDS SAVE LIVES

If you have any used or unused postcards that you don't want to keep, please donate them to help save lives around the world. The local Mothers' Union are collecting postcards to help raise funds for the Mission Aviation Fellowship (MAF).

MAF organise flights to remote areas of the world using small aircraft to gain access where other forms of transport are impractical or would take too long. If a person has a medical emergency and the nearest hospital is a few days walk or an uncomfortable drive away on rough roads, their prognosis is poor. A short flight can save their life. When natural disasters, conflict or famine strike hard-to-reach places, an aircraft may be the only safe way to reach people quickly with lifesaving medical supplies, water and other assistance.

Old postcards can be sorted and sold to collectors to raise funds for this vital work. If you have postcards you would like to donate, please contact Beryl on 01553 841360 to arrange collection. Thank you.

NORTH RUNCTON UPDATE

By the time you receive this newsletter it may (or may not) have been announced that the Department for Transport (DfT) have awarded the County Council money to progress *the A10 West Winch Housing Access Road scheme* to the next stage of development. Apparently central government like to time these announcements for their maximum publicity benefit – and, as usual with the current government, they presently have more pressing matters to deal with ...

Even though West Winch and North Runcton parish councils attend a stakeholders group (one was held on 20th June), we are generally finding we are left well behind 'events'.

For example, we were sent the Relief Road *Strategic Outline Business Case* (that had been presented to DfT) in March, but it was missing all 17 of the appendices. It recently transpired we should have been sent the appendices – which happen to include a 'detailed design' for the road. These appendices would have made it clear that the funding being sought was only to progress the design – not actually the £50M needed to build the road.

Assuming the DfT grant is announced this summer, if it is only to advance the design process it seems increasingly unlikely that the road could be 'procured' by 2024, which we were previously told was the goal.

Meanwhile, at the June meeting of North Runcton Parish Council, Graeme Warriner of Barton Willmore consultants briefed us on the 'Hopkins Homes' scheme for 1100 houses. Having first submitted the outline application in 2013 they are seeking consent this year. He told us that, Relief Road or no, they intend to build out the first 390 homes with access onto the A10 by 2029. A primary school and local centre would follow whilst a further 360 houses would probably be delivered by a second builder. Councillors again raised concerns about transport impact and drainage, neither of which we feel are satisfactorily addressed in the plans to date.

Another aspect of the Growth Area design process that we were previously told was necessary was an overall masterplan. We were

told this would be presented as an outline planning application (by the Borough, to the Borough), which would have at least allowed a process for community objections. It was confirmed in June that in fact the plan would come forward as a 'Supplementary Planning Document' (SPD). This is now apparently complete and is being reviewed by Borough Committees.

Dates for your diary: Assuming they give the SPD the 'big tick', (advance warning: they will), public consultation events are proposed at the William Burt Centre on **Wednesday, 10th August** and **Monday, 5th September**. The document will also be available to review online during a consultation period proposed between 5th August and 15th September. (See the draft masterplan document on the next page).

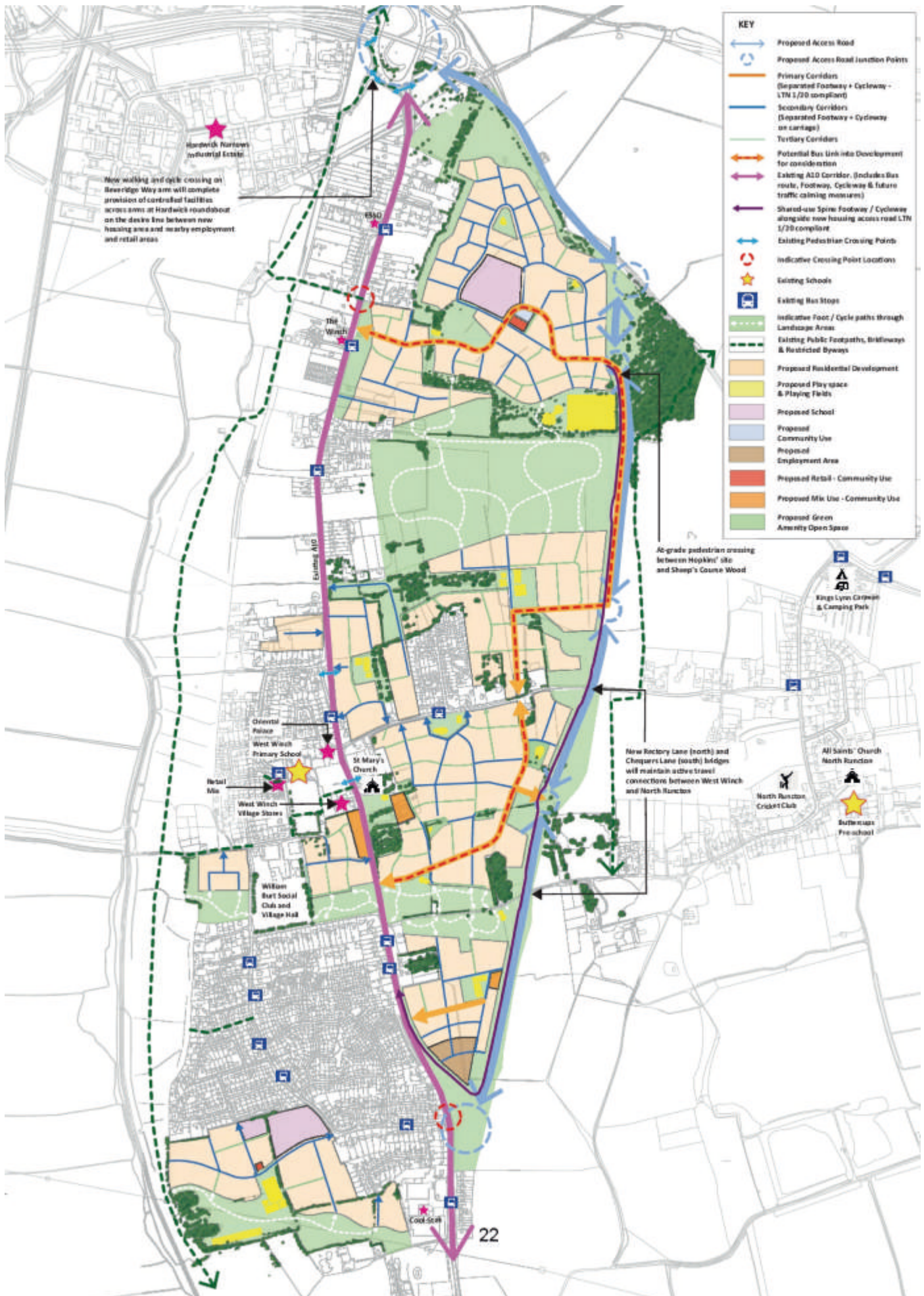
Please be aware that an SPD document is non-statutory (i.e. it is only an 'aid' to provide 'guidance' to developers). In this respect the Neighbourhood Plan we have prepared, which is now an adopted statutory document, may end up being more influential. The parish councils will be reviewing the SPD document and checking that it doesn't contradict the Neighbourhood Plan.

Meanwhile – don't forget the Metacre outline application for 500 houses. As submitted, this scheme does not show any connection to the 'Relief Road' and would be entirely dependent on access from the A10 or Rectory Lane. You can see recent comments on the planning portal – Ref: 18/02289/OM.

Other news: Given the scale of the changes to the parish that the above development will bring, everything else in the parish seems like small beer – but thanks to everyone who attended the Jubilee Tea Party – where we also raised over £200 for the church roof fund. We hope that we will be able to have more community events when the prevalence of covid (hopefully) recedes.

Bonfires – continue to be one of the most regular sources of complaint in the village. Especially at this time of year, when people have doors and windows open day and night, **PLEASE desist from setting bonfires!!** We have previously posted a piece about 'bonfire etiquette' on the Parish website.

South East King's Lynn Growth Area Framework Masterplan Draft July 2022



COMMUNITY CAR SCHEME NEEDS DRIVERS

The Community Car Scheme urgently requires new volunteer drivers. There are at present just two drivers and the scheme may have to cease without more help.

The scheme has for many years provided a vital service to local people who need transport to get to various health care appointments with doctors, dentists, opticians and at the hospital.

The scheme depends on a supply of local drivers willing to give up some of their time to help their neighbours get to and from these important appointments. A mileage allowance is paid.

If you can help, you will be making a huge contribution to our local community. For more information about what is involved, please contact Brian Roberts on 01553 841360. Thank you for your support!

WHO CAN HELP WITH FUEL POVERTY?

By Nell Steele

Recently, Norfolk Association of Local Councils provided a webinar with Broadland Housing and Thetford and Diss Citizen's Advice Bureau on help available to people for whom the high cost of fuel is making life impossible. What they said applies to other areas too. These are the notes I took, which may not be completely correct, but show that there **IS** help.

To begin with, Broadland outlined what the government is doing to help. Firstly, £400 is being given to every household to help pay the bills.

Where total household incomes amount to less than less than £30,000 a year, government grants of up to £25,000 per house are available to install loft and cavity wall insulation and external wall insulation. The idea is to raise the EPC rating (the amount of heat the house retains) from E,F or G to C.

Landlords are not legally permitted to rent out properties with F or G ratings.

Broadland will give advice and support to all its tenants about this, including home visits and benefits checks, as many people are unaware of what they could be claiming. Their phone number is 01603 430130, and their website norfolkwarmhomes.org. To apply for the grant, you must provide proof of income, and an EPC test has to be done before and after the insulation improvements have been made.

There is a group buying scheme for solar panels.

In cases of need, Broadland can also contact energy companies, though they say it's difficult to get any money out of them!

The Citizens' Advice Bureau (CAB) have a helpline which is the same wherever you live - 0808 223 1133. The speaker pointed out that because of the £400 grant, £200 loans are being scrapped.

Heat loss in houses comes from all over the building. Floors leak 15%, walls 35%, windows and doors and the roof 25%.

The average fuel bill is about £2800 a year -but estimates of fuel bills have since risen again.

Support paying the bills.

A rebate of £150 is given. If you pay Council Tax by Direct Debit, it comes automatically. If you don't, you have apply for it.

Sometimes, it helps to contact your energy company. Vulnerable people can get on the Priority Services Register for help. However, your supplier will not pay debts you've already got.

Contacting your energy company yourself may mean hours hanging on the phone. The CAB has dedicated phone numbers to suppliers, and will help you get through, so that your chances of being able to actually speak to someone at the energy company are much higher.

The CAB also has a website comparing the service rating of the energy companies.

If your energy company goes bust

Not happening so much now, but if it happens you will need:

- . Copies of online bills.
- . Meter readings.

Don't switch companies till your account is moved.

The CAB doesn't do home visits, but can refer you to someone who does.

"CALENDAR GIRLS" COMES TO KING'S LYNN

The King's Lynn Players, of which I am Chair, are presenting "Calendar Girls the musical" in November at the Arts Centre in King's Lynn. The cast have just been selected by auditions and are excited to get rehearsals underway.



I am thrilled to have been given the part of Marie, a part which I also played in the Play version almost 10 years ago. The story is well known and loved, providing tears of joy and sadness, and you will leave the theatre uplifted and singing the catchy songs.

The musical is written by Tim Firth with music by Gary Barlow. Please come along and support us, for what will be a fabulous production, judging by the calibre of those auditioning and selected for the parts. There will also be a retiring collection for Bloodwise, the charity linked to the show.

Wendy Fisher



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.



Can you spare a couple of hours per week or month?

We need helpers to go out with our driver in the van to collect and deliver furniture donations.

Some lifting is required
Safety equipment and boots are provided

If interested, please call us at
Purfleet Pathways on 01553 871375
Or
Email: tonihopkin@purfleettrust.org.uk



Annual General Meeting
5 minute talks on local church projects.
Wednesday 21st September
at 7.00pm at the
Methodist Church, London Rd,
King's Lynn, PE30 5PY.

HAZARDOUS WASTE AMNESTY

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

The **King's Lynn Recycling Centre at Willows Business Park, Saddlebow** will be holding their annual hazardous waste amnesty on **Saturday, 10 September and Sunday, 11 September**.

Full information about household waste items that will, or will not, be accepted for disposal free of charge is available on the Norfolk County Council website.



TRUSTEES NEEDED

Some of West Norfolk RDA's trustees are standing down at the end of the year. Colin Perriss, Chairman, has been in post for the maximum three-year term, and we shall also be seeking a new Secretary and a couple of trustees.

Knowledge of horses and/or of working with people who have disabilities is not essential, and the present officers will be happy to share their knowledge of the roles with newcomers. The role of Secretary can be purely administrative and mainly involves taking minutes of the monthly Trustee meetings, although practical help at our fund-raising events is always welcome. To find out more, call the Magpie Centre on 01553 810202.

The Craft Fair and Dog Agility event, held at the Magpie Centre, home of West Norfolk Riding for the Disabled Association, at Wallington Hall, Runciton Holme, on Saturday June 25, was a resounding success.

More than 250 visitors enjoyed 50 stalls in the indoor school, surfaced to be wheelchair-accessible. Some even made an early attempt at Christmas shopping.

Many enjoyed light refreshments, either in the school or outdoors, and the BBQ did a roaring trade all day. The event netted a profit of £2125 for the Centre.

Said Trustee Jan Calvert, who organised the event:

'This cash will be very welcome, because our bills have gone up hugely in the past few months, so we need every penny we can get. Stallholders and visitors were happy, and many said they'd like to come back again. This was the first event we'd done since the pandemic, so we shall try to build on this,' said Jan.

The Have a Go Dog Agility proved popular, with 40 much-loved pooches, ranging from a bulldog

to a chihuahua, taking part. Some of these had never tried such an activity before but performed so well that their owners are on the lookout for further such events.

Last word came from Jan: 'It was a lot of hard work, but well worth it. Although I organised it, the Magpie Team rocks. I had tremendous support from all, and I couldn't have done it without them.'

VISIT TO EAST WINCH CHURCH BY MEMBERS OF THE NORFOLK DIOCESE ADVISORY COMMITTEE

That doesn't sound very exciting, does it? I was pleased and surprised by the attitude of the 6 or so members who called in. One said, "This place feels like a museum." Pews? Out with most of them! Another person suggested we could clear out the medieval pews, which were installed when the church was built. (No, is the answer to that!).

It's often easier to get a grant for a really big project, rather than a little one," they said while suggesting that, as well as installing a loo and kitchenette, we might remove the Victorian pews, take up the asphalt, and make the inside porch look a whole lot less gloomy. It's not that we hadn't thought of that before, but we hadn't envisaged that we could do it all at once.

I felt really encouraged. It's so important that the church should be there for the village, and not only for religious services. Families who dropped in for the Jubilee celebrations had a great time. As I'm going to be moving away, and other members of the existing congregation aren't in a position to help with moving the project on, it would be wonderful if someone would offer to fundraise and liaise with the architect. Please get in touch if you'd like to help somehow.

Meanwhile, there's something about churches which encourages people to leave unwanted things there for years and years. There's a need to declutter the church, and some help with that would be wonderful.

Nell Steele

SPONSOR WENDY'S MARATHON RUN TO FIGHT CANCER

I am running the London marathon for Cancer Research, inspired by two friends who have had a diagnosis or are currently having treatment for cancer. I have run the London marathon once before, when I was 50, and said I would never do it again, but I want to raise money, and this is a massive challenge.

I know how much work is involved, having done it once, and am committed to the training it requires. I am running a few times a week, and building up my long run on a Sunday or Monday, adding a mile a week.

My aim once again is to run the whole way round, not stopping (apart from a toilet stop), and hoping to match the previous time of 4 hours 30 minutes. Being 7 years older now, this would still feel like an improvement!

If anyone would like to sponsor me, they can do so at the following link

<https://fundraise.cancerresearchuk.org/page/wendys-london-marathon-3>

Alternatively, donations can be made in person at 1 Hall Orchards, Middleton. Any amount gratefully received for this worthy cause.



Wendy Fisher

THE FOOT CARE CENTRE



New for 2022 - FREE TRIAL for new clients.

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Proven to counter the effects of chronic inflammation conditions.

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- Aid the prevention of injury.

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Home Visits Available - All areas covered

01553 768661 - 07973 230293

www.thefootcarecentrekingstonslynn.co.uk

Discount on all treatments for NHS staff and Frontline workers

Fully Qualified and Insured

Help available to support Norfolk residents with living costs



Norfolk County Council's Cost of Living Support Scheme has a £7.7m package of support to help households struggling to pay for food, fuel, energy and water bills, and other essentials.

If you come across anyone who needs help with their everyday living costs, support is available on their website at www.norfolk.gov.uk or by contacting them on 0344 800 8020.

Here is some more information about the support available in Norfolk.

Support directly available for parish councils to help residents in need

Town and Parish councils and VCSE organisations can apply to the Norfolk Community Foundation for grants of up to £50 per household to help **older people, disabled people and carers** with the cost of household energy bills and other regular utility bills.

Empowering communities for winter resilience

Town and Parish Councils can also apply for funding to develop capacity in any services that support vulnerable people in their community to stay safe, well and connected this winter.

Cost of Living Vouchers

Families that are eligible for free school meals will automatically receive a monthly 'cost of living' voucher. The vouchers will be £15 per month, per child. There's a larger payment of £30 for August, to coincide with the school holidays. The vouchers will be paid up to and including October 2022

The vouchers are provided by Edenred, which can be used in all supermarkets for essentials, including clothing. Further information on the Norfolk County Council website.

Norfolk Assistance Scheme

Norfolk Assistance Scheme (NAS) helps people in financial hardship to pay for their living costs. The scheme can provide emergency financial help,

supply essential household goods and furniture and give support, guidance and advice.

People can apply themselves. They will need to complete an application with evidence of their financial situation to show they are eligible for support. For more information and to apply go to: www.norfolk.gov.uk/NAS

Emergency funding/housing related costs

Local district, borough or city council can offer a wide range of support.

Nourishing Norfolk

Community supermarkets and community fridges offer a long-term solution. They offer a wide range of affordable groceries and enable people to choose the food they would like to buy so they can put together well-balanced, nutritious meals. Norfolk County Council is supporting Norfolk Community Foundation's **Nourishing Norfolk** movement to develop 15 food hubs in Norfolk.

Find out more about how people can access foodbanks, community supermarkets and community fridges On Norfolk County Council's website.

The Tricky Period and Toiletries to Go

All Norfolk Libraries have free bags of sanitary products and toiletries available to grab and go. They are freely available and there is no need to ask. More information about what is available is on Norfolk County Council's website:

Community Learning

Norfolk's Adult Learning service is running:

- Budgeting courses such as "beat the bills".
- Cooking courses in conjunction with Community Supermarkets.
- Family learning activities in school holidays.

Help with paying water bills

Norfolk County Council is working with Anglian Water to help older, vulnerable residents with their water debts. Anglian Water will be getting in touch with all those on the social tariff who are eligible for support. However, if you know someone of any age who is struggling to pay their water bills please they should contact **Anglian Water** directly.

Nar Valley Ornithological Society (NarVOS)



Indoor Meetings at the **Assembly Rooms, 1 Market Place, Swaffham, PE37 7AB** More info at www.narvos.org.uk

Wednesday 31st August at 7.30pm "Tea and Endemics- the Birds and Wildlife of Sri Lanka" with Paul Fuller

Sri Lanka, previously known as Ceylon, is famous for its tea but this tropical island has been isolated for thousands of years resulting in much of its wildlife evolving into endemic species. Paul will concentrate on the birds but also cover some of the other wonderful wildlife of this beautiful country.

Wednesday 28th September at 7.30pm "Thunder Cape Bird Observatory" with Allan Hale

Get an insight into life at this remote observatory in Northern Ontario, Canada, ten miles from the nearest road! Hear about a host of bird species including the elusive Northern Saw-whet owl, and other wildlife such as Black Bear, Porcupine, Skunk and Lynx.

Allan volunteered at Thunder Cape during six springs and two autumns despite warnings of the isolation, long hours, bugs, heat, cold, and irregular food supplies. The positives included exciting and challenging field work, pristine habitats and some of the best birding in North America.

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

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

SUMMER SUDOKU

Here's a quick Sudoku puzzle to do with your tea or coffee break. Each row and each column must contain the numbers 1 to 9 and so must each 3x3 box. Solution on Page 23.

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

Leziate, Ashwicken & Bawsey Women's Institute



We meet every 3rd Tuesday of the month from 2pm - 4pm in Leziate Village Hall and welcome guests and new members.

We acknowledged the Queen's platinum Jubilee in June by having afternoon tea at Middleton Hall Golf Club - dressing in red, white and blue to mark the occasion.

We do not meet in August, but return on 20th September, when we will be holding a games afternoon.

For further information please contact Ali South (Secretary) on 01553 841267 or Ann Rainbird (President) on 01553 840196.

LEZIATE SHORT MAT BOWLS CLUB



We meet at Leziate Village Hall every Thursday afternoon from 2 - 4pm.

New members needed. If you already play or would like to start, please come and join us.

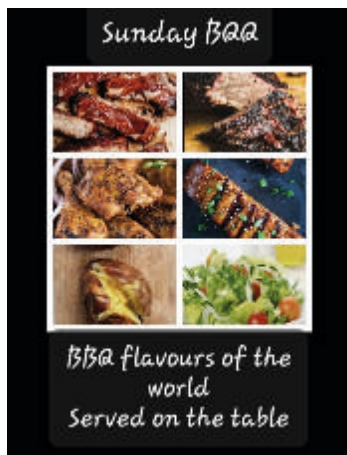
For further information, please contact David Goose on 01485 600919.



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WEST WINCH BOWLS CLUB



The Peter Griffith Memorial Cup competition was held on Saturday 9th July. A good turnout of 20 players pitted their skills. A draw of all the players ensured that each particular team competed on an equal footing and hence each team had a equal chance of winning.

The Peter Griffith cup has become an annual club competition; this being the brainchild of David Thompson a long time friend of the late Peter, and of course Peter being a long term member of the club. Refreshments were served at half time by Janet Nunn and Pat Daniels. David Beckett and Sandra Allen were the eventual winners and their name will be engraved on the cup.

A BBQ followed the bowls; I am assured this was enjoyed by all, especially the 6 guests that were in attendance. A rice dish kindly prepared by Trish Field complemented the accompaniments of the BBQ. A bumper raffle concluded the afternoon. The prizes being kindly donated by the membership. Thanks are expressed by the Committee for the generous donations. All proceeds of the function went in support of club funds.

The annual club BBQ will be the next social event on Saturday 13th August. The list for this event is currently displayed on the noticeboard and will close on Saturday 6th August. The bowls competition will precede the BBQ, commencing at 2.30pm. The bowls will consist of 3 wood pairs, and partners will be drawn to ensure that no team or individual will have any advantage. Costs for the functions is as follow: Bowls only - £3.00; BBQ and game - £9.00; BBQ only - £7.00. Non-members - £8.00. Menu: Sausages, Burgers, Pork steaks, all with rolls and salad. Guests are welcome to attend.

On Wednesday 26th August the club will entertain Chelmsford Bowls club in a friendly match. Apparently, Chelmsford are touring East Anglia playing friendly's along the way. This will commence at 1.30 pm. A refreshment break is currently being organised by the committee. Full

details are yet to be decided; however you can rest assured it will be an event not to be missed. As at all club social events, a raffle takes place. Donation of prizes are extremely welcomed. All proceeds go towards club funds.

The committee have announced that the Christmas Bingo fund raiser will be held on Friday 9th December in the village hall commencing at 1930 hours. This event has been reinstated after a two year break due to the Covid crisis. This will signal the start of the Christmas celebrations and is sure to have many festive prizes waiting to be won. A date for your diary.

The club has excelled this year in league competitions. This good fortune continues unabated. You could be part of this, so why not come along to the club and have a go on either Tuesday afternoons or Thursday nights?

It is good to see some of the ladies from the Each for All Club coming along. From all accounts, they are performing well. So well done Ladies.

David Skerritt

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North Runcton's Silver Jubilee!



The Flower Festival at All Saints' has been going for 25 years! And, to make it even more special, this year it coincided with the completion of the church's toilet (it even has baby-changing facilities) and a new kitchenette!

Lynda Fuller masterminded the flowers and foliage, having meticulously worked out exactly what she needed for the theme. Solidarity with Ukraine was seen in the blue and yellow ribbons in the display suspended from the chancel ceiling. The church looked and smelled gorgeous.

Lynda had lots of help from the Buttercups pre-school pupils, who decorated the birds nesting in the flowers around the pillars, and the heads which popped out of the arrangements in the choir. There was Sid Vicious, a Cyclops, and a very worried person, while some daring children had ventured into abstract art. Lovely friendly people manned the stalls, and you could go across to the village meeting place for, apparently, a salad, among many other options but, what I had was a gigantic slice of cake at a knock-down price.

I am not sure whether churchwarden Ken was more gratified or miffed because so many people were asking to see the new facilities before even glancing at the flowers!

Sunday's Songs of Praise was led by Revd Riaz and myself, with Rachel at the organ. The first hymn, All Things Bright and Beautiful, was the theme for the first festival 25 years ago! And the Queen's Jubilee was also recognised in the patriotic hymns and songs ending the service - I vow to thee my country, Jerusalem, and, of course, God Save the Queen.

Many thanks to all the exhausted volunteers for making the weekend so special.

Nell Steele

MIDDLETON PARISH UPDATE

It's been a long time without a churchwarden in the Middleton Parish. Churchwarden(s) are important and considered as the backbone of any parish. I am, therefore, very pleased to inform you all that Susan Cutter from Middleton Parish took her oath on 17th July as a churchwarden of St. Mary's Middleton.

Susan has taken her commitment to serve you through this office, and I fully hope she will be a great blessing, both for the Middleton Parish as well as for the benefice. As a Rector, I believe you will receive her and warmly welcome her as your churchwarden. Please remember her in your personal and family prayers.

During and after the pandemic, we had very few members left who worship with us (mostly elderly) at Middleton. Due to shortage of staff colleagues we offered one service in a month and provided fifth Sunday worship as well i.e., Benefice services in the church where mostly members of three sister parishes (St. Mary's West Winch, All Saints North Runcton and All Saints East Winch) join and helped us.

However, in August-September we are offering two services in a month. On the second Sundays in August & September there is an Evening Service at 3:00 pm specially for those who are unable to attend in the morning which I hope will be of benefit to parishioners. In addition, as this is your village church with its splendid historical structure and beauty, I trust you would be happy to support your church by being friends of St. Mary's Middleton.

Middleton is the biggest parish in the benefice and there is still one vacancy for a churchwarden. We require two churchwardens to help support the church and our new churchwarden Susan Cutter. Similarly, there are vacant posts for PCC members, and we would like to encourage you all to join us as a PCC member to serve the parish or as a side person to help the church.

Please don't hesitate to contact us if you have any inquiry or may require further information. May God bless you all,

Rev. Canon Riaz Mubarak

NORFOLK CHURCHES TRUST SPONSORED CYCLE RIDE. SATURDAY, 10TH SEPTEMBER

This is a great way of spending a day, especially if it's not raining. Cyclists choose which church they want to sponsor - though you are expected to sign in on the one you've chosen. They choose the route they want to follow, from church to church. I've had some lovely rides on back roads, picking blackberries as I go! Personally, I also like poking round the churches I visit, many of which have beautiful and curious features.

The Trust looks after churches, like West Bilney, where there are no longer enough people to support them, and grant-aids restoration projects in others.

I am supposed to be the contact for East Winch, and if you'd like to have a go, please contact me. (840814). As I'm going to be leaving the area fairly soon, ask me sooner rather than later. You can also sign up directly with the Trust on Facebook (www.facebook.com/NorfolkChurchesTrust or Twitter, www.twitter.com/SaveOurChurches).

It's very nice when you visit a church to be welcomed by someone, and if anyone can be at East Winch or West Bilney for an hour or two, please let me know. It's usually busier in the morning, but the A47 puts many cyclists off, and we don't necessarily get much custom.

I expect the Trust would be pleased if someone could take over from me as co-ordinator, so please let me know if you'd like a not very demanding job.

Nell Steele

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Church Services in August & September

Sunday 7 August

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

Sunday, 14 August

9.30am **W Winch** Holy Communion
11.00am **N Runcton** Morning Prayer
3.00pm **Middleton** Evening Prayer

Sunday, 21 August

10.30am **Middleton** Benefice Communion

Sunday, 28 August

10.00am **W Winch** Morning Prayer
10.30am **E Winch** Morning Prayer
11.00am **N Runcton** Holy Communion

Sunday, 4 September

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

Sunday, 11 September

9.30am **W Winch** Holy Communion
11.00am **N Runcton** Morning Prayer
3.00pm **Middleton** Evening Prayer

Sunday, 18 September

10.30am **Middleton** Benefice Communion
10.30am **W Winch Village Hall** Harvest Service

Sunday, 25 September

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

Mobile Library Timetable

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

3 & 31 AUGUST AND 28 SEPTEMBER

North Runcton

The Green 10:05 - 10:20

Blackborough End

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

Middleton

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

Fair Green

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

East Winch

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

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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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(From Page 13)

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

PARISH CONTACTS

CHURCHES

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

Middleton St Mary's

Churchwarden: Susan Cutter (Contact via Rev Riaz) **PCC Secretary:** Vacant

North Runcton All Saints

Churchwarden: Mr K Matthews 842265

PCC Secretary: Mrs Ann Matthews 842265 **Treasurer:** Mrs Maggie Challis 842540

East Winch All Saints

Churchwarden: Mr S Dale 630167

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

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; J Mason; N Steele; 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

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

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