



PARISH NEWS

AUGUST & SEPTEMBER 2023

MIDDLETON, NORTH RUNCION & EAST WINCH

East Winch Village Hall Important Notice - Continued Risk of Closure



Following the AGM earlier this year which sadly had very limited attendance, the few people who did attend and kindly offered their services have helped alleviate the pressures on the current trustees. This has helped to keep the hall operating for the time being. However, we are still urgently in need of people willing to take on official roles including Chair and Treasurer.

We intend to arrange another public meeting in the Autumn. If during that meeting we are not able to formally appoint these key positions, the current trustees will take appropriate steps to close the hall before the end of this year.

If you are thinking you may be able to support this valuable local resource and haven't put your name forward because you think someone else will, please contact us. The more volunteers we have, the easier it is to keep the hall operational.

If you would like more information about what volunteering would involve, please contact Claire Hardy by emailing claire@easteinchvillagehall.com

COFFEE MORNING ALL SAINTS CHURCH NORTH RUNCION



As an opportunity to bring the local community together and raise funds for 'All Saints', come along to the church for refreshments and a good muddle - catch up with old friends and make some new ones.

The next coffee morning will be on
SATURDAY 5th AUGUST
10:00 – 12:00
(holiday theme to the home baked goods)

Everyone is welcome!

Save the next date in your diary:
Saturday 9th September



**PAUL'S BIRTHDAY PARTY
BENEFITS ALL SAINTS' ORGAN
RESTORATION FUND**

North Runcton resident and businessman, Paul Yallop, celebrated his 70th birthday in style with a party on Sunday 25th June.

Family and guests joined the celebrations, which included a raffle with a top prize of a weekend break. All the income from the raffle was donated to the North Runcton, All Saints' Church, Organ Restoration Fund.

The raffle was run by three local ladies, Lilian Fisher, Flo Bush and PCC member Gwenda Brown who did a sterling job selling tickets, raising a fantastic £675.

North Runcton PCC is very grateful to Paul for his generosity in providing the opportunity to help fund the restoration of the, 125 year old, Norwich-made, Norman & Beard pipe organ.

**Coffee morning on 2nd June
held at 16 Cedar Grove**

It was a lovely morning and the sun was shining so people were able to sit in the garden for a good chat.

Many thanks to all who supported us in any way and to Sam and John for hosting. We raised £271.

**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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**Nar Valley
Ornithological
Society
(NarVOS)**



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

Wednesday 30 August 2023 at 7.30pm
"Birding the Arctic Circle"

The subject of the talk by Neil Glenn is Birding the Arctic Circle, especially in Spring where species which winter in Britain and breed in Finland and Norway can be encountered. The talk features speciality species of the far north and photos by professional photographers such as Jari Peltomakki.

Neil Glenn is a freelance writer and tour leader for Avian Adventures, Oriole Birding and Naturetrek, as well as being Chair of Nottinghamshire Birdwatchers and a patron of the Birding For All Charity which aims to ensure access to reserves is open to everyone. He has written the definitive guides *Best Birdwatching Sites in Norfolk* and *Yorkshire* as well as articles for many publications including *BBC Wildlife*, *Bird Watching* and *Birdwatch* Magazines.

Wednesday 27 September 2023 at 7.30pm
"W.H. Hudson: A Victorian naturalist with strong East Anglian connections"

Conor Mark Jameson, an award-winning writer and naturalist will talk about the Victorian naturalist W.H. Hudson, following publication in August 2023 of his book 'Finding W. H. Hudson the Writer Who Came to Britain to Save the Birds', the first biography to focus on Hudson's role as a campaigner for nature and supporter of the women who founded the RSPB.

Conor Jameson has written for the Guardian, BBC Wildlife, the Ecologist, New Statesman, Africa Geographic, NZ Wilderness, British Birds, Birdwatch and Birdwatching magazines and has been a scriptwriter for the BBC Natural History Unit. He is a columnist and feature writer for the RSPB magazine, Nature's Home. He is the author of *Silent Spring Revisited*, *Shrewdunnit* and *Looking for the Goshawk* and has worked in conservation for over twenty years.

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

**BLACKBOROUGH END
VILLAGE YARD SALE**

SUNDAY, 13TH AUGUST
8AM - 2PM



The village yard sale is the perfect chance to clear out your loft or garage and bring our community together!

Residents of Blackborough End, including School Road, may book their garden pitches (£5 per pitch with all proceeds going to Middleton Primary School) by contacting **Hayley on 07766 294335**.

Pitches in the Village Hall Car Park (also £5 a pitch but with all proceeds going to Middleton Village Hall) may be booked by contacting **Pauline on 07751 899118**.

Please note that all pitches
must be booked by
the earlier date of
Thursday, 3 August.

Don't miss this great opportunity to have a clear out and make some extra money.

Please support this event on the day and grab yourself a bargain. There will be a map available on The Green showing the location of all the pitches.

Refreshments will be provided along East Winch Road by:

- JJ's Vintage Ice Cream
- Chloe's Burger Bar & Hog Roast

New Line Dance Class
East Winch Village Hall

Contact Nikki on 07851 350704
for further information.

EAST WINCH PARISH COUNCIL MEETINGS

By Andrew Stephens OBE

16 MAY 2023

At the Annual Parish Meeting, Mr Mel Place was re-appointed as Chair of Council for 2023/24, and Mr Alan Yarham was re-appointed as Vice Chair. The Chairman's report for 2022/23 and Parish Council Finances for the year ending 31 March 2023 were given. A report from the United Charities for East Winch and West Bilney for the year ending 31 December 2022 was received. But, disappointingly, annual reports had not been received from East Winch and West Bilney Parish Church, from the Village Hall Trustees, or from the Friends of East Winch and West Bilney.

At the subsequent Parish Council meeting, Borough Councillor Michael De Whalley reported that he and Bal Anota had been returned as Councillors for Gayton and Grimston Ward in the recent election and that Jim Moriarty had been re-elected as the County Councillor for Gayton and Nar Valley. Cllr De Whalley updated the Council on developments with the Borough Council's Local Development Plan (best known for the issues relating to the proposed housing developments in West Winch).

Parish Council is very disappointed and frustrated by the failure of Norfolk County Council Highways to fulfil the contract to complete the building of the pedestrian Trod to the Post Office. At present the uncompleted Trod ends at a dangerous position on a blind bend, and there are suggestions that a second additional and unbudgeted-for funding supplement would be required from the Parish Council in order for Highways to finish the job. Parish Council is taking up the issue with County Councillor Jim Moriarty, who is fully supportive and is putting our case very strongly to the County Council.

4 JULY 2023

Borough Councillor Michael De Whalley reported on the Independent Partnership coalition arrangements now in place at the Borough Council after the local election in May. Under these arrangements, Cllr Jim Moriarty is Deputy Leader, Cllr De Whalley is Cabinet Member for Climate Change and Biodiversity, and Cllr Bal Anota is Cabinet Member for Property and Corporate Services.

Parishioners raised concerns about the proposed re-siting of a bus-shelter on the A47 opposite the Carpenter's Arms as part of National Highways' very lengthy and disruptive safety works, and they felt their concerns were not being heard by the appropriate authorities. Parish Council will convey these concerns to County Councillor, Jim Moriarty.

Parishioners also raised concerns about the excessive noise coming from the parties held on the Adrian Flux site at East Winch Hall on three occasions in June. Parishioners said that the loud music from the parties, which were held in an outdoor marquee, continued well past midnight and showed a complete lack of regard for their neighbours in the village. Parishioners were encouraged to report the noise nuisance to the Borough Council's Community Safety and Neighbourhood Nuisance at csnn@west-norfolk.gov.uk, t: 01553 6162000.

The Parish Council is continuing to look for a village handyman, a 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 5 September, beginning at 7.30pm.

SUMMER SUDOKU

Each row and each column must contain the numbers 1 to 9 and so must each 3x3 box. Solution on Page 22.

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Middleton Parish Council Chairman's Report

By Zach Wiles-Van Dyke

At the June meeting we discussed the A47 and the continuing, disruptive roadworks. It was decided that the locum clerk would write a letter to Highways England expressing our concerns.

It was brought to our attention that the plantation gate doesn't close properly. It was decided that as the opening isn't wide enough for vehicle access and that walkers use that way to enter the plantation, we would leave it as it is for now.

The PC are still trying to get the Tuesday bus service through Blackborough End reinstated.

It was decided to look into repairs to the PC noticeboard at the school as it is hard to open and close.

Our July meeting was cancelled due to lack of councillors able to attend. We currently have 1 vacancy to fill, so if you'd like to get involved, make a difference and feel you could be an asset to the Parish Council, please get in touch.

ALL SAINTS CHURCH NORTH RUNCTON HARVEST SUPPER

**Wednesday, 11th October at
North Runcton Sports Club
7.00 pm for 7:30pm**

Tickets £12 each. Phone Lynda 01553 840553 or Ken 01553 842265.
Hot supper & raffle.

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 do not meet in August, but return again in September when we will be having an illustrated talk about wildflower gardening by John Owen.

For further information please contact Ali South (Secretary) on 01553 841267.

Join the Middleton graveyard tidy up event on 21 October

Do you have relatives or friends buried in the Middleton Church graveyard? I fully believe you want to honour their memory and show respect for their resting place. Do you enjoy working outdoors and meeting new people?

If you answered yes to any of these questions, then we have a great opportunity for you! The Parochial Church Council (PCC) is organizing a graveyard tidy up event in October, and we need your help! Together, we can make a difference!

The event will take place on Saturday, 21st October, from 10 am to 1:00 pm. The PCC is going to provide refreshments. All you need to bring is your enthusiasm, your own suitable garden tools and spirit of laughter, and willingness to enjoy the company of others.

The aim of the event is to clear the overgrown weeds, wispy bushes in and beyond the boundary walls from the graveyard, and make it a more pleasant and dignified place for visitors.

You can also take this chance to clean and decorate the graves of your loved ones, or learn more about the history of graves.

This is a great way to show your community spirit, make new friends, and have fun. Everyone is welcome, regardless of age or ability. You can come for this time or just for an hour or two.

To register for the event, please contact the PCC Officers through the following contact details:

1. Fred Pidcock (PCC Fabric Officer) Email: fredpidcock@btinternet.com
2. John Dunn (PCC Treasurer) Email: dunncastleview@gmail.com or phone 01553-841046
3. Churchwarden contact Email: pccmiddandew2022@gmail.com

Please let us know how many people are coming and if you have any special needs or requests.

Looking forward,

PCC Middleton

News from North Runcton

West Winch Growth Area

Members of North Runcton and West Winch Parish Councils attended a stakeholders meeting on 17th July. This was notable because the new BCKLWN administration is now in post and the meeting was chaired by Cllr Moriarty.

The West Winch scheme is a key part of the Local Plan presently under review and the examiners have requested more evidence from BCKLWN to show that the West Winch Growth Area plan is 'sound' in sustainable planning terms. The meeting was told that this evidence has been submitted – but will not be in the public domain until August.

It was indicated that the Hopkins Homes outline application for 1100 homes would go to the planning committee this autumn. Assuming it is granted, a reserved matters application for the first 300 houses and a new roundabout on the A10 would likely be submitted by March 2024.

Officers warned that if the outline scheme was refused it would most likely win at appeal due to the site being allocated (see Knight's Hill). The most likely construction programme would see house building start in 2026, with first completions in 2027. The first phase of 300 homes might be completed by March 2031.

There is no news on funding for the 'relief road' and the planning application has not yet been submitted. Officers emphasised their view that planning consent for the housing is necessary to illustrate that the road will give value by delivering housing. This seems to overlook the vagaries of the economy and house prices, which will surely be the main influence on the rate of future housing delivery.

In hindsight, the die was really cast when BCKLWN adopted their 'Core Strategy' in 2011 proposing that King's Lynn should expand into West Winch – seemingly without real scrutiny or a full appreciation of the likely requirements or impacts of that decision. Development of this size and scale is unusual in Norfolk and one can only really hope that the inevitable disbenefits (loss of countryside, large new population, greatly increased road and traffic impacts) will be outweighed by the benefits (new amenities, improved infrastructure, enhanced quality of life).

Many locals seem to remain sceptical that the benefits will come. Most of the amenities we

would like (surgery, dentist, community rooms, convenience stores, cycle paths, public open space) are not set in stone and will need to be fought for over coming years and decades.

These are legitimate concerns even before we consider the adjustments that must be made to our community to mitigate the impact of the climate crisis. It is hard to imagine that the West Winch Growth Area, if first proposed today, would be considered the most sustainable way to grow King's Lynn and West Norfolk.

North Runcton Parish Council is proposing to write again in regard to the two planning applications that are already submitted. These are the Hopkins outline scheme for 1100 house (Ref 13-01615-OM) and the Metacre outline scheme for 500 (Ref 18-02289-OM).

Please continue to email us with your views (supportive or objecting) so that we can gauge your current attitude to these schemes. northrunctonparishclerk@outlook.com

Ticks

Ticks are becoming more common in Norfolk. For those of you who haven't met one – they are a small blood-sucking arachnid that climbs grass or other plants and waits for a passing animal. They then use hooks on their front legs to hang on to clothes or fur and use their mouthparts to stab through the skin. In my experience they seem to like hairy legs!

As they grow from a larvae (1mm?) to nymph to adult (3-4mm) they may bite several animals, feed and then drop off. This is where the main concern arises because they can spread blood-borne diseases, in particular Lyme disease, which can be very serious if untreated.

You can usually remove a tick with a pinch between forefinger and thumb nails for small ones – but a tick remover (most pharmacies) is advised for large or engorged ticks. Watch the bite for reaction. If a circular rash appears within days – seek medical advice. You may need antibiotics.

We have had a few reports of ticks in North Runcton this summer – it may be related to the burgeoning local population of deer. Ticks may arrive in your house via cats and dogs and the dog tick (recently introduced to the UK) is said to be able to survive for sometime in houses. Be aware!

Continued on next page ►►

North Runcton Conservation Volunteers

Many thanks to the Rapid Response Team for cutting back the permissive path between the Twistey Twiney and Setch Road. This has made a real difference to those people who regularly use the footpath.

Our plans for the summer include checking the condition of tree and shrub planting and clearing nettles in Sheep's Course Wood on 19th August. As autumn progresses there will be the first of a series of litter picks which are unfortunately necessary to keep our verges clean.

I will be in touch through the North Runcton Community Facebook page with specific dates and more details. For more specific information I do email members of the group. Please email me at cllrpalmer@northrunctonpc.co.uk to be added to the list.

All Saints' Church North Runcton Churchyard "Tidy Up" 2023

Once again, Churchwarden, Ken Matthews, is looking for willing volunteers, armed with wood cutting, strimming and trimming clearing equipment, to keep the churchyard tidy for use by all.

During the morning, refreshments will be provided which, is also a good time to meet and chat with other folk from the village.

**The date for the "Tidy Up" is:
Saturday 7th October, 9.00 – Noon?**

If you are able to help, please give Ken a call on: 01553 842265 or just join the party on the day.

CARPET BOWLS

Sociable, fun & sporting.

Meetings on Tuesdays at 7.00pm in Middleton Village Hall.

New members very welcome. Two free trial sessions for new members.

Come along and try a game!



**Enquiries:
01553 840471**

West Winch Bowls Club



It's hard to believe that we are halfway through the bowls season with 11 Silver Jubilee games already being played. The Middleton league have only played 5 games to date due to a mix-up with league fixtures and a postponement in April due to bad weather. However, the EBA players are doing extremely well holding 2nd place behind Hunstanton 'A' who have yet to lose a game.

A new innovation in the form of an automatic watering system has recently been installed around the Green, under the direction of Jim Grant and Ken Manning. These items are now considered essential following the climatic changes that seem to be prevalent nowadays. Fortunately, we are able catch and store the rainwater from the club house roof; this of course, helps to keep the water bill down! The now defunct electric water pump and long yellow hose are up for sale. Enquires to Jim Grant.

It's good to see some new faces on the Green on a Tuesday afternoon and Thursday nights. The novices are receiving tuition and appear to be enjoying their newfound skills. Several social members come down to the club too and enjoy a drink and watch the action, be it practice games or league fixtures.

The second BBQ of the season was held last Saturday despite the threat of heavy rain showers. Fortunately, these did not materialise. Head chef was Dave Thompson. Helpers were Trish Field, Janet Nunn and others. Marion made another of her delicious cakes. By all accounts it went down well. However, a good number of 'ends' were played in the hot sun making it an enjoyable afternoon for participants and onlookers alike.

A friendly game has been organised for Thursday 31st August against Danbury (a visiting team from Essex) starting at 1400 hours. The team sheet will be placed on the notice board in due course for those who wish to play.

Do come along to the pavilion and see what the club has to offer. A warm and friendly welcome awaits you. Spectators too are very welcome to come and watch the games.

David Skerritt

Running my last-ever Marathon at 75

My name is Stewart South from Blackborough End and I have decided at the grand old age of 75 that the Yorkshire Marathon on 15th October will be my last. It will be my eighth marathon and I shall be fundraising for Kidney Research UK - I hope you can sponsor me. As my body is creaking a bit it will be my final 26.2 mile event; after that I will only run much shorter distances.

Way back I hadn't planned to run any marathons at all. But then our son Joel suffered kidney failure, resulting in me donating a kidney to him in 1999. Following that surgery I realised I needed to get fit again and I decided to run the 2002 London Marathon, and to raise money for Kidney Research UK in the process. Meanwhile, our other son Oliver also suffered kidney failure. He had a kidney transplant in 2002, and so the marathons and the fundraising kept coming. I have now run marathons in London, twice, New York, Dublin, Edinburgh, Amsterdam and, during Covid, a 'virtual' London Marathon. This October's event will take place in the historic city of York.



This year I have run some 5K (3 mile) parkruns, completed the King's Lynn GEAR 10K (6 miles) and run the Sandringham Half Marathon (13.1 miles), the latter in blistering heat and energy-sapping humidity. I am also doing solo training runs, steadily building up the distances. The great Olympian Sir Mo Farah retired from marathon running this year at the age of 40, but I didn't actually start running marathons until my mid-fifties!

Both our sons are in their forties now and Joel had a second kidney transplant two years ago. There are all sorts of issues and complications that have to be overcome with kidney failure, even if you are fortunate enough to have a transplant. Thankfully, our sons live their lives pretty normally, although they have had some difficult times. Kidney Research UK says: "Over 3 million people in the UK are living with the severe stages of kidney disease. Treatments can be gruelling and currently there is no cure. Only research will end this and nobody can do it but us, by offering kidney patients and their families hope for the future."

If you would like to make my last marathon go with a flourish please help me raise money for Kidney Research UK. You can sponsor me by making a donation via Just Giving at www.justgiving.com/StewartSouth or contact me at stewart.ali@btinternet.com or call me on 01553 841267 or at Fornsides, Setch Road Blackborough End, King's Lynn, PE32 1SL. Any cheques should be made out to Kidney Research UK. I would be most grateful for all contributions.

Thank you, Stewart South



AGM

5 minute talks on local church projects.
Wednesday 27th September 2023

Starting at 7.00pm at the
Methodist Church, London Rd, King's Lynn,
PE30 5PY.

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

TIME TO VISIT TRUE'S YARD



On Saturday 10 June, the North Runcton Parochial Church Council hosted a Community Hour in All Saints' Church. The guest speaker was the eminent King's Lynn historian, Dr Paul Richards and he had been given a very wide brief for his subject matter by Church Warden, Ken Matthews: "The Connections twixt North Runcton, King's Lynn and the surrounding Villages".

Those of you that attended will have witnessed Dr Richards deliver a hugely entertaining and interesting talk. You will doubtless have learned something about the area that hitherto you did not know.

During his talk Dr Richards mentioned that he was the Chairman of the Trustees of True's Yard Fisherfolk Museum. As I am a "Friend" of and Volunteer at True's Yard, this prompted me to reflect on my decade or more of association with the King's Lynn area. During this time, I have only discovered a handful of local residents who have visited True's Yard, many of whom are in their later years and have spent most or all of their lives here.

The Museum is really a gem of our historical past hiding in plain sight. These days folks visiting King's Lynn often look for St Nicholas Chapel but, as it is invariably closed presumably because of a lack of volunteers, do not venture any further along St Anne's Street to the junction of North Street where the Museum is located.

I would encourage anyone who has not visited True's Yard to do so. And those who may have visited but some time ago would be pleasantly surprised at how the Museum has evolved. Perhaps some background might be helpful. The Fisherfolk Museum is an independent Museum which tells that story of the lost fishing community of the North End of King's Lynn. Visiting the Cottages, the Old Smithy, Smokehouse, and the fishing smack activity you can open a window into King's Lynn's maritime and social heritage.

The Old North End was swept away by slum clearances and road building in the 1930s and 1960s. But its spirit is captured in this last remaining yard, saved for posterity in the 1990s and opened by His Majesty King Charles III, then the Prince of Wales. Another remarkable survival is the Victorian Smokehouse which is the only remaining smokehouse in King's Lynn.

Herring caught in the Wash would have been smoked here on speats over oak chippings. (A speat is a regional term for a rod on which the fish were hung).

There is more than the museum exhibits available at True's Yard : -

- Talks
- Tours and Talks
- Guided Tours of the old North End (June to September)
- Tearoom
- Newly refurbished Gift Shop
- Research Centre (Family and Local History)

If anyone is interested in more information on any of these please telephone 01553 770479 or email – info@truesyard.co.uk. There is also a website available – www.truesyard.co.uk

The Fisherfolk Museum is open from Tuesday to Saturday 10am to 4pm. Winter opening times may differ. There is a very modest admission charge with concessions for Senior Citizens, Children and Families.

There is a Maritime Art Exhibition featuring some eminent artists, running until the 25 August entitled Portraits and Personalities. The exhibition reveals the almost forgotten legacies and lifestyles of Lynn's fisherfolk community. It is free to view, Tuesday to Saturday between 11am and 3pm. Pay them a visit, you will be pleasantly surprised.

Michael King

£86m investment in three new diagnostic centres to be built at region's hospitals

People across Norfolk and Waveney will be able to have imaging faster and earlier diagnoses thanks to three new diagnostic centres set to be built in the region over the next two years.

One of the new facilities will be based at the Queen Elizabeth Hospital King's Lynn.

Each of the sites will house MRI and CT scanners as well as X-ray and Ultrasound imaging. These are used for diagnosis and monitoring of a very wide range of conditions, including cancer, heart disease, stroke, respiratory diseases, trauma, musculoskeletal diseases, neurology and, most recently, COVID-19. To help deliver the scans, there will be more staff recruited including radiographers, radiologists and support staff.

PARTY AT THE MOUNT!

HOLIDAY ACTIVITIES FOR
MIDDLETON PRIMARY
SCHOOL CHILDREN



TUESDAY 22ND AUGUST
11.00A.M - 2.00P.M
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ARE NO PARKING FACILITIES. COME
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RSPCA EAST WINCH WILDLIFE CENTRE



**OPEN DAY SUNDAY, 27 AUGUST
10AM TO 4PM**

Visitors will have a rare chance to see behind the scenes at the wildlife hospital, speak with staff and take a sneaky peek at some of the animals.

The centre used to hold an open day once every two years, but has not hosted one since 2017 due to the pandemic, so this really is a rare opportunity for visitors to see and learn more about what happens inside a busy working RSPCA wildlife hospital.

As well as the chance to find out more about what goes on behind the scenes there will also be 50 stalls including hot food, produce and local crafts - there will also be raffles, tombolas, games, demonstrations and much more.

Refreshments will be available.

RSPCA Centre manager Evangelos Achilleos said: "We are really excited to be hosting our first Open Day for quite some time! During the event visitors will have the opportunity to see what goes on behind certain parts of the hospital doors and meet with our vets and staff and find out about the variety of rehabilitation work we do for the wildlife in our care.

"The public will be able to see seal feeds through the visitor centre, and our intermediate pools, they will be able to enter our veterinary examination rooms, speak to vets and vet nurses on animal care, see X-rays and skeletons, see our staff weigh geese and ducks and also see staff feeding animals through windows in our orphan corridor. We will have a hedgehog trail, wildlife raffle, and lots of educational stands on wildlife care, to include seal entanglements, where you will get to see first hand the materials seals have been caught in along the coast. (Animals that can be seen are subject to the patients we have in at the time).

"Local people are so supportive of our centre and they are constantly visiting us with injured

wildlife, and the open days are a chance for them to find out exactly what happens to the animals once they have been left with the RSPCA staff and volunteers.

"While we have to ensure that contact between the wildlife and humans is minimum, we now have a set of CCTV cameras set up around the hospital which means we can show more of the work we do, without disturbing the animals."

Staff will be on hand at various points at the centre to talk through the work we do with all the different species of wildlife they care for.

The open day will run from 10am until 4pm. Entry is £5 per car, or £5 family of 5 (cash is preferred for the entry fee only).

Parking is free. No dogs, except assistance dogs.

KING'S LYNN & DISTRICT OSTOMY SUPPORT GROUP

Supporting

Colostomy, Ileostomy, Urostomy

Come and join us

All meetings are held on the first Saturday
of March, June, September & December
from 2 to 4pm
at

Reffley Community Hall, Reffley Lane,
King's Lynn, PE30 3SF

Family and friends are welcome

Remaining dates for 2023 are:
2nd September and 2nd December

The group is run by Patients for Patients
with professional support

Refreshments, raffle, talks and helpful tips.

For information about the meetings or just
a chat about your stoma, please ring 01553
775698 or 01406 363756 or 01553
613234. If you get an answerphone, please
leave your name & contact number.

If you do not receive a call back, please try
another number (in case of illness or
holiday). Thank you.



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.

This year, for the first time, furniture maker, Toby Winteringham will be showing work at his home in Parkhill where visitors will see his pieces in a more domestic setting. He will be showing examples of his furniture along with smaller items, clocks and jewellery made from locally sourced bog Oak.



tobywinteringham.co.uk

Jo Rolfe's textile studio with bags, fabric pictures and gifts will also be open.



Our opening times are as follows:
September 23rd & 24th, 30th & October 1st,
October 7th & 8th,
all 10-5.

Other times by appointment,
please call 01553 840000, 07957

138567 or 07775 612135

Our location is 1 Parkhill, Fair Green, Middleton, King's Lynn, PE32 1RJ
What3Words: ///diplomats.riding.daffodils

We are on Hill Road, not in the Parkhill estate. Open Studios brochure number 161 & 162.

We look forward to meeting new visitors as well as welcoming back regulars.

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



VOLUNTEERS STILL NEEDED

We are again on the lookout for volunteers, to lead ponies in lessons, walk alongside riders (sidewalk) to help them maintain balance and to help with stable management duties. Full training will be given and it's a great way to make new friends, so if you have a couple of hours a week to spare, call the Magpie Centre office on 01553 810202 for more info and join our friendly team.

Finally, now's the time to have Tea With a Pony! These sessions run every Wednesday, 2.00 – 3.00 pm from April till October. Enjoy elegantly-served tea and cakes in our wheelchair-friendly Sensory Garden, chat to friends and make new ones, and meet some of our gentle ponies. Booking is essential, £5.00 per person, so call the Magpie Centre office on 01553 810202 to reserve your places.

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.

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.

KING'S LYNN WOODTURNERS CLUB

The club meets in Middleton Village Hall on the **second Wednesday of each month at 7:30pm**. The club welcomes new members and if you would like further information please call them on 01553 841294.

OUR LOCAL COMMUNITY CHAMPIONS

My esteem (as a Rector) goes out to the following respectable individuals for their nomination as **Community Champions** for Middlewinch Benefice and I am grateful to Royal Norfolk Agricultural Association for considering them. Thanks for their commitment and great works in the Benefice.

North Runcton Parish (All Saints North Runcton Church)

- Mrs Lynda Fuller
- Mr Peter Fuller

East Winch Parish (All Saints East Winch Church)

- Mrs Wendy Smith (As treasurer and former churchwarden)
- Mrs Janet Weavers (As Churchwarden and PCC Secretary)

Middleton Parish (St. Mary's Church Middleton)

- Mr Edward Boon (As Churchwarden)
- Mrs Joan Van Dyke (As Churchwarden)

West Winch Parish (St. Mary's Church West Winch)

- Mr Philip Ward (West Winch Parish & British Legion)

From the Royal British Legion

- Mr John Collier
- Mr David Skeritt
- Mrs Lillian Fisher

Community Champions are individuals who have been nominated by various community groups, charities and volunteering organisations in Norfolk for their outstanding contributions and achievements.

The above-named individuals have been honoured at the Royal Norfolk Show on Wednesday 28th June 2023 where HM Lord Lieutenant of Norfolk, Lady Dannatt MBE gave her address to community champions.

The tribute was an acknowledgement of the Coronation of Their Majesties King Charles III and Queen Camilla and their commitment to supporting community cohesion and volunteering.

The Rev. Canon Riaz Mubarak

NORTH RUNCTON "OPEN GARDENS" AND "ART EXHIBITION" A GREAT SUCCESS

150 folk visited North Runcton on Sunday 9th July to view the open gardens and see a splendid painting exhibition by local artists in All Saints' Church

North Runcton PCC wishes to thank everyone involved in organising the event, especially those who opened their gardens to the public.

£680 was raised from the sale of garden location maps, pictures and refreshments

Many compliments were made by the visitors, on the standard and variation of the gardens both, on the day and since.

The question was also asked many times, "when are you going to hold the next one".

Watch this space!!



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For more information, please contact:
info@kingslynn.foodbank.org.uk
or phone: 07582 558143 (10:30am - 2:30pm)

Free Study & Discussion For East Winch and Middleton Parishioners



Join the free Bible study and discussion group in September!

Do you want to deepen your understanding of the Bible and its relevance for your life? Do you enjoy sharing your thoughts and insights with others who share your faith? Do you want to grow in your relationship with God and your fellow parishioners?

If you answered yes to any of these questions, then we have a great opportunity for you! We are starting a free Bible study and discussion group on 23rd September, and we invite you to join us!

A general survey of the Bible will be conducted on 23rd September at 2:00pm. The group will discuss alternative dates for future meetings in the afternoon every month. We will read and reflect on the Scripture passages for the

following Sunday using a simple and engaging technique. Additionally, we will have time for prayer, fellowship, and refreshments. The book for study and reflection will also be decided at our first meeting.

The group is open to anyone who is interested, regardless of your level of knowledge or experience. You don't need to bring anything, except your Bible/note book, an open spirit and mind to discuss and share, and a good sense of humour to enjoy time together.

The group has a limited capacity of 12 spaces, so please register as soon as possible to secure your spot.

To register for the group, please contact Jackie Ramsay (Austin Lodge Station Rd. EW)
Contact: Phone KL.842663 or Email: jackram48@gmail.com

Please let us know if you have any questions or suggestions. Email Address: combinedparochialchurch@gmail.com

We look forward to seeing you! Together, we can learn more about God's word and his will for us!

The Rev. Canon Riaz Mubarak



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LET'S TALK ABOUT LUNG HEALTH



King's Lynn A+LUK Support Group
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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:
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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
Tel: 01553 673043.

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NEW HOSTS SOUGHT FOR UKRAINIAN FAMILIES ACROSS NORFOLK

Norfolk County Council are looking for new hosts to join the hundreds of other Norfolk residents who have opened their homes and provided accommodation for a family or individuals from Ukraine.

The Homes for Ukraine scheme was launched in March 2022 to provide support to Ukraine following the Russian invasion in February 2022. The war in Ukraine has now entered its second year, and the need for support and compassion for those displaced by the conflict has not changed. We are still in need of people to host Ukrainian families; especially for guests who have been in Norfolk for a while now and are needing to move for employment, education or other reasons.

Cllr Margaret Dewsbury, cabinet member for communities and partnerships, said: "I'm really proud of our county and how quickly our residents responded to the call for help. Over 800 households have so far welcomed a guest, but we still need more hosts to come forward. In particular, we are looking for people who can help house families, so if you've got space, please get in touch with the team to find out more."

A range of ongoing support is on offer for hosts, including a monthly thank you payment of £500. Hosts also get support with all safeguarding and accommodation checks from Norfolk County Council, alongside our district, borough, city councils and voluntary sector partners. Information packs are available to help hosts with the settling-in period and provide information on the practical steps that guests will need help with, like setting up a bank account and finding work.

Throughout the time guests live with hosts, we also conduct welfare visits to support everyone to help make the hosting arrangement successful and rewarding. Once guests are ready to move on, either into their own accommodation or to return to Ukraine, we have a range of practical support and services available to help this go smoothly.

Mary, who lives in Wretham, hosts a family from Ukraine. Alya who has 2 children came to the UK in April 2022. Mary supported Alya and her family to get their children into school and is hoping to host the family until the children have finished their schooling. The oldest child will then go onto college to study.

"The experience has been really rewarding," Mary said. "There is so much support on offer when you become a host, and I'd encourage anyone who is considering offering accommodation to get in touch with Norfolk County Council to see what's involved. The thank you payment is nice, but the whole process is worth far more to me than that. You get to help people in real need and see that you are making a difference to their lives - I'm so glad that I signed up!"

Maureen, who lives in Watton, responded to the call for hosts straight away, offering her spare room to Nadia, a 22-year-old from Ukraine, where she had an apartment and a good job. Her family are still in Ukraine, west of the capital. Using her background in vocational education, Maureen helped Nadia successfully apply for a job, and after being hosted for a number of months, Nadia now lives independently.

"The whole process has been so rewarding," Maureen said. "I'd encourage anyone to register their interest if they have space to become a host. You get a real feel-good factor that you're helping someone in need; it can be a mutually satisfying experience."

Do you have a spare room or rooms and can offer a safe place to stay to those fleeing the war in Ukraine? Join hundreds of other hosts across the county and register your interest now at www.norfolk.gov.uk/ukrainehost

SUMMER SUDOKU SOLUTION (From Page 4)

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

FROM THE DESK OF YOUR VICAR/RECTOR

Dear Parishioners,

We warmly invite you to join us for our Sunday worship 11:15 am at Middleton & North Runcton, and 11:00 am at East Winch Church. We are also providing short Evening services (non-holy communion service) at Middleton at 2:00 pm especially for those who aren't able to attend in morning. You can find the service schedule in next column on this page

We promise you a welcoming, safe and inspiring service that will bring you closer to God and his gracious grace. Most services are about an hour longer and include Modern/old hymns, Bible Readings, prayers, a short reflection, and Communion. After each service you are welcome to stay for some refreshments and fellowship with us and other parishioners.

If you cannot attend the church service for any reason, we also offer holy communion, personal meetings for prayers at your home. Just let us know your preferred time and place, and we will gladly visit you as soon as possible.

We appreciate your feedback and involvement, so please contact us if you have any questions, suggestions or needs.

You can reach us by phone: KL841519 (in case not attended please leave a message along with your phone number on the answering machine) or through following emails:

vicar2018@gmail.com **OR**

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We hope to see you soon at our worship service. We believe in PRAY i.e.

P(Priority)**R**(Resource)**A**(Adaptability) & **Y**(Being You).

May God bless you all and keep you healthy always.

The Rev. Canon Riaz Mubarak

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".

Church Services in August & September

Sunday, 6 August

9.30am **West Winch** Holy Communion

11.15am **N Runcton** Holy Communion

Sunday, 13 August

11.00am **E Winch** Benefice Communion

Sunday, 20 August

9.30am **W Winch** Holy Communion

11.15am **N Runcton** Holy Communion

2.00pm **Middleton** Evening Prayer

Sunday, 27 August

11.15am **Middleton** Benefice Communion

Sunday, 3 September

9.30am **W Winch** Holy Communion

11.15am **Middleton** Holy Communion

Sunday, 10 September

11.00am **E Winch** Benefice Communion

Sunday, 17 September

9.30am **W Winch** Holy Communion

11.15am **N Runcton** Morning Prayer

Sunday 24 September

10.30am **W Winch Village Hall** Harvest Service

11.15am **N Runcton** Harvest Communion

2.00pm **Middleton** Evening Prayer

Mobile Library Timetable

The Mobile Library visits our area once every four weeks on **WEDNESDAYS**. The next visits and timetable are as follows:

16 AUGUST & 13 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 - 12:30

Graham Drive 12:35 - 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;

PCC Secretary: Mrs. Vicky Pidcock; **Treasurer:** Mr. John Dunn; **Fabric Officer:** Fred Pidcock

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 B 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;

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 Bellhouse; Ms S Crocker; 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) & Thomas Barclay (cllr. thomas.barclay@west-norfolk.gov.uk). Gayton & Grimston Ward: Michael de Whalley (07770 273903) & Bal Anota (07355 473970)

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.

Advertisers: Please E-mail: parishnewsadverts@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 (October/November) is Friday, 8 September.