



PARISH NEWS



DECEMBER 2023 & JANUARY 2024

MIDDLETON, NORTH RUNCION & EAST WINCH



CHRISTMAS COFFEE MORNING & RAFFLE

ALL SAINTS CHURCH, NORTH RUNCION

Come along for Christmas refreshments; try your luck at the raffle - catch up with old friends and make some new ones!

**SATURDAY 16th DECEMBER
10:00 – 12:00**

Everyone is welcome



Raffle Prize
Donations are
gratefully received



**All Saints Church is
a collection point for
the local Food Bank -
pls bring a tin!**

Middleton Village Hall Christmas Fayre

**Thursday 7th December
6-9pm**

**Unique handcrafted gifts,
Christmas goodies, cakes,
cookies and so much more!**

Middleton Village Hall Management Committee



School Road, Middleton

**Village Hall AGM
Wednesday, 24th January at 8pm**
New Volunteers Welcome

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 Runcion 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

COULD YOU BE THE NEW PARISH NEWS EDITOR?

In the previous edition, I announced that I would be standing down as Editor of the Parish News by the middle of next year.

There have not so far been any expressions of interest in taking over from me. Although June next year may seem a long way away, it would be very helpful to identify a successor as soon as possible so that there can be a smooth transition.

The task is not especially complicated, but a decent handover period would provide time to work together on the current arrangements, including gaining familiarity with the editing software. The process of consulting with all our existing advertisers about their future advertising requirements will also need to begin in early June next year.

If a new Editor cannot be found, the Parish News cannot continue to serve our local communities and businesses.

If you would be interested in taking over as Editor, or would like more information about the role, please do not hesitate to contact me. My phone number is 01553 849725 or email editorofparishnews@gmail.com. Thank you.

Chris Hudson

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EAST WINCH PARISH COUNCIL MEETING 8 NOVEMBER

By Andrew Stephens OBE

When Mr Paul Twite, the General Manager of Adrian Flux, attended our previous meeting in September, he said that Adrian Flux would be pleased to engage with the Parish Council on any issues that would be of assistance to the community. As a result, the company has now kindly agreed to undertake the work previously done by the village handyman (clean and maintain the village benches and the ground around them, clean the bus shelter, keep the telephone box tidy and repaint when necessary, cut the playing field grass and keep the ground clear of rubbish, keep the village sign site tidy, generally look throughout the village and clear rubbish when necessary).

Under the 10 Minute Open Forum for Parishioners, the Parish Council heard that an application for a Whole Woodland Tree Preservation Order (TPO) was to be submitted for the woodlands on land at Pentney Woods. The Parish Council welcomed this development as it had previously objected to a planning application (21/01824/FM) for a change of use of those woodlands to a holiday and recreation site. We asked the Parish Council Clerk to write to the Borough Council's Arboricultural Officer to ask for an update on the progress of the TPO as councillors were fully supportive of the application.

Norfolk County Council Highways has informed the Parish Council that the completion of the pedestrian Trod on Gayton Road, from the old railway to the Post Office, will cost an additional £37,000, of which the Parish Council's contribution is expected to be in the region of £10,000.

The Parish Council very much regretted this further additional call on its resources over and above the original quotation it was given; however we considered that it would be entirely unacceptable to leave the Trod uncompleted where it currently ends at a dangerous position on a blind bend.

On that basis we agreed to fund the completion of the Trod. With support from Councillor Jim Moriarty, assurances will be sought from Highways that the drainage issues at that point on the Gayton Road will be resolved and that there will be no further time slippage or cost overruns on this project.

The next Parish Council Meeting will be held in East Winch Village Hall on Tuesday 9 January 2024, beginning at 7.30pm. Please come along.

PARISH NEWS 2024 DISTRIBUTION DATES

For the benefit of our wonderful team of volunteer distributors, the distribution dates for next year are set out below.

Edition	Distribution Date
February/March	Friday, 26 January
April/May	Friday, 22 March
June/July	Friday, 24 May
August/September	Friday, 26 July
October/November	Friday, 27 September
December/January	Friday, 22 November

Copy deadlines are two weeks earlier. The copy deadline for the next edition may be found on the final page of each magazine.

Leziate, Ashwicken & Bawsey Women's Institute



In November some of our talented ladies demonstrated their various craft work. Flowers and leaves made out of resin, sugar craft, card, bead and lace making were on display. Members showed that WI is certainly not all 'Jam & Jerusalem'!

December is party time and we will be looking forward to celebrating the festive season with fun and games. January will be our WI group's 79th birthday and we will mark the occasion by displaying photos of our childhood and guessing who's who!

We then look forward to the year ahead, meeting together and listening to a variety of interesting speakers.

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

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

NORTH RUNCTON NEWS

West Winch Growth Area (WWGA)

It will not be entirely surprising to local residents if we report that in the last few months there has been little significant planning progress for the West Winch Growth Area.

County Council officers have indicated that the 'business case' submitted to obtain funding for the West Winch 'relief road' has been well received by the Department of Transport. However, despite the Government recently announcing their support for more road building, it is unclear when or if they will support this project. It may depend on party politics as we approach the election season.

We were also told that the outline planning application for the 'Hopkins' site (Ref 13/01615/OM - 1100 houses and primary school), which was originally submitted more than 10 years ago, would go to the planning committee before the end of this year. But at time of writing, a date is yet to be confirmed.

Meanwhile, we also await new dates for the Local Plan Examination hearings to open. Consultation on new reports and evidence requested by the examiners ended in October. Matters that related directly to the West Winch growth area included new reviews of landscape impact, biodiversity impact, drainage proposals and transport figures. In general, we felt that the additional evidence failed to propose exactly what mitigation would be implemented to reduce the very obvious adverse impacts of such a large urban extension.

Nevertheless, both West Winch and North Runcton Parish Councils are somewhat resigned to the idea that this scheme will come forward. Therefore, we are now asking for more reassurance that measures that will help to make the development more 'sustainable' are being planned and will be delivered. Provision of a multi-modal transport system that reduces private car use is a key issue. We are therefore pushing for early delivery of infrastructure that will support improved bus services, cycle routes and, potentially, a 'parkway' railway station.

What are you burning?

As the nights get colder many people embrace a solid fuel element to their household heating – whether it be an open fire or a wood burning stove. Sales of stoves are said to have risen by 40% in recent years.

This is certainly evident if you walk around local streets on a still, misty November evening, when, what can only be described as thick 'smog' now regularly seems to envelop our residential areas. After decades when 'smokeless zones' were generally accepted, we seem to be slipping backwards. And studies show that air quality indoors is often as bad as it can be outdoors. A study last year suggested the NHS was saddled with a £0.9 billion of health-related problems caused by wood fire burning.

The following advice is recommended.

- Only burn clean wood (avoiding paints, glue bonded materials or plastics)
- Ensure the wood is properly seasoned. (Moisture content should be less than 20%)
- Ensure stoves and chimneys are properly fitted and maintained and that the flue is located to ensure appropriate dispersal of smoke.
- And preferably, minimise the number of days you burn solid fuels!

In all likelihood future legislation will ban wood burning stoves from larger urban areas – and it will be interesting to see how the matter will be addressed in smaller villages and rural areas.

Village Meeting Place quiz night

Thanks to everyone who attended the quiz night on 3rd November. Special thanks to John and Jane for setting the quiz and Laura and Anna for providing the supper. These are a fun evening – but they are also VMP fundraisers – so we also raised over £100. Thank you! The next project will be to fit PV panels in an effort to reduce our electricity running costs. The 4Way Group have been appointed and the work will now take place in February.

North Runcton Conservation Volunteers

Since the last report the North Runcton Conservation Volunteers have held two events. In August a team went to Sheep's Course Wood to clear areas around trees that were planted a few years ago. It was heartening to see some of the trees planted towards the A47 are becoming well established.

During October we held our first litter pick of the winter season, collecting several bags of litter from local road verges – in spite of a wet morning! Many thanks as ever to those who

Continued on next page ►►►

come out to support our attempts to help wildlife and keep the village tidy.

Looking forward - the Parish Council will be supporting an All Saint's Church bid for funding. The Conservation Volunteers will be looking to support efforts to improve biodiversity in the grounds of the church by working with the church and the Norfolk Wildlife Trust.

No more tasks are planned this year. I will be in touch through the North Runcton Community Facebook page with work dates for 2024. If you are interested in joining us - please email me at cllrpalmer@northrunctonpc.co.uk

Winter Talks at the VMP

We are planning a series of three evening talks at the VMP for the New Year. These will be short talks on a Thursday evening – starting at 7:45pm. A glass of wine may be available!

Thursday 25th January 2024 – Norfolk Wildlife Trust have been invited to speak about their recent 'State of Nature' report.

Thursday 22nd February 2024 - 'A Tour of Houghton Hall Walled Garden' with head gardeners, Richard and Rosie Doherty.

Thursday 28th March 2024 - The Wash and North Norfolk Marine Partnership have been invited to speak about their work in protecting our Norfolk marine habitats.

Assume these dates are fixed – but details may change. Check the North Runcton Parish Council website and noticeboards for further details.

LET'S TALK ABOUT LUNG HEALTH



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

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

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

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

PARISH NEWS DISTRIBUTOR NEEDED IN WEST BILNEY

Can you please help? We urgently need a volunteer or volunteers willing to distribute 25 copies of the Parish News to the West Bilney section of the A47.

Many thanks to Julie Collier for all her support but who now has to step down. Distribution of the Parish News takes place six times a year and the copies for your "round" will be brought to your premises. The task could be shared if friends or neighbours wished to take on the role together.

The Parish News depends crucially on our network of volunteer distributors. If you can help, or would like more information about what's involved, please contact David Colgan on **01553 841307** or email **david.colgan@btinternet.com**.

Please help if you can.



VOLUNTEERS NEEDED

As a charity whose aim is to help people living with disabilities in West Norfolk, and beyond, to achieve their full potential, physically, socially and spiritually we always need volunteers, offering a range of talents, from tea and cake-making at events, through DIY abilities, to hands-on work with the horses.

Right now, our need is for volunteers with experience of working with horses, to bring horses in from the paddocks, pick out feet, groom, tack up and lead horses into lessons.

This role might suit people who 'used to ride' or 'had a pony when they were younger', and now want to regain their connection with horses.

On Tuesdays, lessons run till 7.30 pm, and on Wednesdays till 6.30 pm, so these later slots might be possible for people who work during the day.

If you have, or know of, anyone with experience of horses, who might like to join the Magpie Centre's friendly group of volunteers, please call 01553 810202 or visit our website: www.rda-westnorfolk.org.uk and download a volunteer form.

Middleton Parish Council Chairman's Report

By Zach Wiles-Van Dyke

We have had quite a few residents get in touch regarding the dog waste bins in Water Lane and Wormegay Road being taped off. This was done by the Borough Council as they have decided that they are too large and can hold too much and are risk to manual handling so need replacing with smaller ones. This would be at a cost to the PC, but the RRT - Rapid Relief Team have kindly donated one and the PC have ordered a second one. These have now arrived and will be fitted soon.

A number of residents have got in touch and attended meetings regarding the allotments in The Alley asking why the allotments are being allowed to be used for building work access or for storing building materials. The PC did not give permission for them to be used in this way or for them to be driven over and the allotment holders have been contacted.

The PC noticeboard at the school is falling apart and needs replacing. This one is made of wood and the PC feel it should be replaced with a wooden one as it fits with the look of the school. This is very costly, but we have just had confirmation that this will be paid for by two local organisations. We thank them for this.

By the time this is published I will have laid a wreath on behalf of the Parish Council at the remembrance service on Sunday the 12th of November, and then brought it back to Middleton to leave it on the war memorial in the church yard.

The PC will hold a December meeting on Wednesday, 6 December where there may be a minced pie or two. The PC will not meet in January but will resume meetings in February.

I'll take this opportunity to wish you all a Merry Christmas and a Happy New Year.

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.



THANK YOU FOR SUPPORTING STEWART'S MARATHONS

Thank you very much dear readers of the Parish News for supporting me so generously for running the Yorkshire Marathon on 15th October. It may seem some time ago now but I am indebted to those of you, from across the three parishes and beyond, for your sponsorship. For this marathon I have raised over £2,100 for Kidney Research UK which will help the charity improve the lives of the 7 million people in the UK suffering from kidney disease.



*Stewart
approaching the
finish line*

After all the atrocious weather this autumn it was a great relief to be met with bright, sunny weather on Yorkshire Marathon day, although it was very cold at the start, just 4°C. The marathon route took me through historic York, past the Minster and then into rather hilly countryside. I completed the 26.2 mile course in 4h 40 minutes, which I thought was quite good for an oldie.

My marathon running started after our son Joel suffered kidney failure in 1997 and two years later I donated a kidney to him. After the operation I wanted to give something back so I ran the London Marathon for charity in 2002. In that year our other son Oliver had a kidney transplant following his kidney failure, and Joel subsequently had a second kidney transplant in 2021. I have run more marathons intermittently over the years, culminating with my eighth and last-ever 26 miler in October at the age of 75. I shall keep on running shorter distances, but no more marathons! Time to reflect, perhaps, that over the years I have raised around £27,000 for charity through running marathons, of which about £5,000 has gone to Addenbrooke's Hospital and all the rest to Kidney Research UK. But I could not have raised this money without your kind donations this time and on previous occasions.

Thank you, Stewart South, Blackborough End

Wildlife centre hosts 'bigger and better' second Christmas Market



The RSPCA East Winch Wildlife Centre is holding their second Christmas Market on **Saturday, 2 December from 9am until 3pm.**

Local stall holders will be at the event and will be selling an array of items such as crafts, cakes, art, food, plants and gifts.

Evangelos Achilleos, RSPCA East Winch Wildlife Centre manager, said: "Last year our Christmas market was a huge success and we are so grateful to everyone who came along to support us.

"This year we expect it will be even bigger and better - and the Christmas market is double the size it was there last year, which means there will be so many things for visitors to purchase.

"We have a tombola, raffle, fresh vegetables, cakes, chocolate, hot waffles, preserves and crafts on offer - just to name a few!"

Evangelos said the centre was excited to be hosting a Christmas market again, adding: "We are inviting people to come down and have a look at all the lovely gifts for Christmas, food and those who attend will also be able to visit our shop too. And if seals are in their pools for rehabilitation, you may get to see some through the visitor centre's window.

"Local people have always been so supportive of our work here. Our open day in the summer was an unbelievable success and we are so thankful to everyone who came along and we hope that they will again take the time to pay us a visit.

"But for those who can't make it, our shop is always open on Fridays 11am to 4pm and Saturdays, from 10am until 4pm."

There is parking at the centre and the address is Gayton Rd, East Winch, PE32 1LG.

Merry Christmas & Happy New Year!

Dear Parishioners,

As we approach the end of another year, we look back with gratitude for all the blessings that God has bestowed upon us.

We also look forward with hope and faith to the new year that awaits us, trusting in God's providence and guidance.

This year has been challenging for many of us, as we faced the ongoing effects of different wars, the social and political unrest around the world, and the personal struggles that each one of us may have experienced. Yet, in the midst of these difficulties, we have also witnessed the power of God's love, manifested in the generosity, compassion, and solidarity of our parish community.

As we celebrate the birth of our Saviour, Jesus Christ, we are reminded of the great gift that God has given us: His Son, who came to dwell among us, to share our humanity, and to redeem us from sin and death.

Jesus is the reason for our joy, our peace, and our hope. He is the light that shines in the darkness, the Word that speaks to our hearts, and the Life that fills us with grace. He is Emmanuel, God with us, always and forever.

Let us rejoice in this wonderful mystery of the Incarnation, and let us share this joy with others.

Let us also pray for one another, especially for those who are suffering, lonely, or in need of God's mercy and love.

Let us ask the Lord to bless our parish in the benefice, our families, and our world with His love, His protection, and His healing.

And let us commit ourselves to follow Jesus more closely in the new year, to grow in faith, hope, and love, and to be His witnesses in the world.

We wish you all a very Merry Christmas and a Happy New Year 2024.

May God bless you and keep you always.

Yours in His services,

Rev. Canon Riaz and Members Ministry Team

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Our **Tums to Tots** group meets in East Winch Village Hall as part of the National Childbirth Trust, **10am to noon every Friday.**

Open to all parents, parents-to-be, babies and toddlers. Call **07748 591431** for more information.



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NEW RULES ON SHINGLES VACCINES

The rules on eligibility for shingles vaccines have recently changed.

If you reach the age of 65 on or after 1 September 2023, you now become eligible for the shingles vaccine.

However, if you reached the age of 65 before 1 September 2023, you will continue to have to wait until you reach the age of 70 before becoming eligible for the vaccine.

You're also eligible for the shingles vaccine if you're aged 50 or over and you're at higher risk from shingles because you have a severely weakened immune system.

This includes:

- some people with blood cancer (such as leukaemia or lymphoma)
- some people with HIV or AIDS
- some people who've recently had a stem cell transplant, radiotherapy, chemotherapy or an organ transplant
- people taking certain medicines that severely weaken the immune system

If in doubt, consult your GP surgery.

Shingles is a common condition that causes a painful rash. It can sometimes lead to serious problems such as long-lasting pain, hearing loss or blindness.

You're more likely to get shingles, and it's more likely to cause serious problems, as you get older or if you have a severely weakened immune system.

The shingles vaccine helps to reduce your chances of getting shingles and reduce your chances of getting serious problems if you do get shingles.

HAVE A "GHOSTLY" CHRISTMAS

Earlier this year readers, were invited to contact Dr Paul Lee with any ghostly stories they wished to contribute to the second edition of his book "The Ghosts of King's Lynn & West Norfolk".

The second edition has now been published with an extra 200 pages of ghostly tales about our area. The book is available to buy online should you want a spooky Christmas present for yourself or someone else!

THANKS FROM NORTH RUNCTON PCC CHURCHYARD "TIDY UP"

On Saturday morning, 7 October a willing group of volunteers worked very hard to clear the paths and some graves of weeds, removed Ivy and other damaging plants from the churchyard walls, provided light trimming of the Yew trees and attacked the western hedge. Clearing the rainwater hoppers could not have been more timely!! Thanks Manfred.

The monthly coffee morning provided a wonderful selection of refreshments, which was greatly appreciated by the volunteers and visitors alike.

This was a great event which, brought many folk from the village together and hopefully, can be repeated again next year?

PLEASE!

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**

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.

WEST WINCH BOWLS CLUB



Although the bowls season ended during the month of September, one would, perhaps, expect the club to join the hedgehogs and go into hibernation. Far from it.

The club AGM has since taken place. David Bull has stood down as Chairman. Stan Watkinson was elected as our new chairman along with Paul Locke as our new secretary. Kevin Evans the previous secretary has finally decided to stand down after many years in post and has now handed over the reins to Paul. Both David and Kevin were thanked for their long service in their committee posts by our President, Ken Manning. Jim Grant remains as Treasurer, but Jim is relinquishing many of his other tasks within the club. Jim too, received thanks from Ken for his undying dedication and commitment to our bowls club over many years.

The Green has since been prepared for next year with 6 tonnes of top soil, grass seed and fertiliser being applied. Several members helped in this process on a Saturday Working Party. A contractor was employed to apply the topsoil, grass seed and fertiliser whilst the working party scarified and spiked the Green prior to applications by the Contractor.

The result is, currently we have a carpet of grass which Jim will soon need to mow! With the onset of winter, Green sweeping will commence shortly. This daily task undertaken by a rota of volunteers. This ensures that at the Green will be disease free for next season.

The Tuesday afternoon Social and Friendship afternoons commenced this week. This club facility is open to full and social members, and members are encouraged to come along from 2-4pm every Tuesday afternoon to play games, socialise or whatever.

The bar is open. also tea, coffee and snacks are available. This facility is well appreciated by the single members especially, as it provides friendship and company in a warm and cosy environment. Do come along and give it a try. It costs just £2 which goes towards the heating costs.

With Christmas just around the corner, why not let us help to solve one of your Christmas present problems? You can buy your 'loved

one' a year's membership to the West Winch Bowls Club for next season? For the beginner, free tuition is provided as well as access to all other of the club's facilities? Age and Gender do not constitute a problem.

Finally, all of the members of our bowls club send to you the Reader, our festive Seasons Greetings. We wish you 'A Happy and Peaceful Christmas and the very best for 2024.'

David Skerritt

THE NORFOLK WRITERS' EXCHANGE WELCOMES NEW MEMBERS



Autumn evenings are drawing in, and thoughts are turning towards indoor pursuits, so now's the time to embrace your creative writing ambitions.

Whether you want to scribble a story; write for radio; pen a poem or initiate a novel, the Norfolk Writers' Exchange is here for you.

We are a small, friendly group of writers, some of us published, others aspiring, based in West Norfolk, who meet every month in Pott Row, and would love to welcome some new members.

The Norfolk Writers' Exchange began in 2016 and our meetings provide a forum where writers can share their work in a supportive environment, overcome the dreaded 'writers' block' and share tips on how to negotiate the complicated world of publishing.

All this accompanied by tea/coffee and biscuits, plus the occasional cake and fizz!

Our first anthology, entitled 'Changing Tides', is an eclectic mix of poetry, short prose and extracts from longer works, published in November 2022, with profits being divided between West Norfolk Deaf Association and West Norfolk Riding for the Disabled Association.

Would you like to join us? To find out more, head over to our Facebook page The Norfolk Writers' Exchange, or call Sue on 07774 609357 for more details.

St. Mary's Middleton Church Roof Repairs & Lighting



Dear Parishioners,

We are writing to you with an important update on the progress of our church building project. As you may know, we have been working hard to improve the condition and appearance of our church, both inside and out. We are happy to report that we have completed phase 1 of the project, which involved clearing the gutters and preparing the roof for repairs. We are now starting phase 2, which will involve fixing the roof and installing new lights inside and outside the church. This phase is expected to take another six – eight weeks (if good weather allows) to complete.

We are very grateful to some of our parishioners for their generous support and prayers for this project so far. We have been able to cover the cost of phase 1, however, we still need your help to fund phase 2, which is estimated to cost about £25,000 plus VAT. This is a significant amount, but we believe it is a worthwhile investment for the future of our church and our community.

We are appealing to you to consider making a donation towards this project, according to your ability and willingness. No amount is too small or too large, and every contribution will make a difference. You can make your donation by cash, cheque, or online transfer. Please contact St. Mary's treasurer Mr. John Dunn at KL 841046 or through email dunncastleview@gmail.com.

We thank you in advance for your generosity and your faithfulness. We pray that God may bless you, your families and your work.

We also invite you to join us in praying for the success and safety of the project, and for the workers who are carrying it out. We look forward to seeing you at our church services and Christmas events, and to celebrating with you the completion of this project.

Sincerely Yours

Rev. Canon Riaz (Vicar) & PCC St. Mary's
Church Middleton

Nar Valley Ornithological Society (NarVOS)



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

**Please note that there is no
meeting held in December.**

**Wednesday 31 January 2024 at 7.30pm
"The Norfolk Plover"**

Our first guest speaker of 2024 is a long-time friend of NarVOS and an unwavering supporter of the Breckland avifauna, the incomparable Chris Knights.

Chris has lived in Norfolk all his life and been keen on birds and natural history subjects for the greater part of it.

He first became interested in photography in the late 1950's which has played an ever-increasing part in his life, many of his pictures have been taken on his own farm in Norfolk and on his travels to various parts of the world including Spain, Poland, Canada, Japan, and New Zealand. Over a 25-year period he made wildlife films for television.

Chris has recently published his spectacular opus on the bird which symbolises the unique habitat in which we live, the Stone Curlew, known affectionately as the Norfolk Plover.

Talks by Chris have always been popular and in no small part to the extraordinary lengths to which Chris has gone in capturing at close hand his favourite subject on camera.

Chris's beautiful book will delight all of those with a love for the countryside, farming or wildlife and we can look forward to hearing the stories of how the book came to be written.

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

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Tech Skills for Life West Norfolk



- Do your kids need to do their homework, but you haven't got a laptop or the internet at home?
- Do you need to book appointments, buy things online and apply for jobs, but you've run out of credit and your phone screen is too fiddly?
- Have you got a smartphone, but think you might not be getting the best out of it?
- Do you wonder if you're missing out because you're not on the internet?
- Are you worried about staying safe from online scams?

Tech Skills for Life is here to help!

Our friendly Community Tech Coaches can make free laptops, free tablets and free data available, and can give advice about affordable broadband. We can also teach you new skills that will make technology easier to use and give you the confidence to use the internet safely.

A free session or series of sessions with a Community Tech Coach will help you make the most of the online world. You could be refreshing your skills or trying digital, internet-based, or "techy" things for the first time.

We aim to help you use tablets, computers, and smartphones, access the internet, and give you the skills and confidence to use technology in a way that works for you.

Who is behind it?

Tech Skills for Life is a partnership led by Norfolk County Council.

We are working with the Borough Council of King's Lynn and West Norfolk, the NHS and a range of volunteer groups and local community organisations, to make sure everyone can use technology and access essential online

services if they want to.

Tech Skills for Life is currently running a pilot scheme in West Norfolk, with the potential to cover the whole of Norfolk if successful.

What can Tech Skills for Life do?

Our friendly Community Tech Coaches can help you, or someone you know who would benefit from their help, to use the internet to make everyday life easier.

Community Tech Coaches can:

- Give you the skills and confidence to be safe online and use your tablet, laptop, or smartphone however you want
- Show you how to borrow a smartphone, tablet or laptop
- Give you get a smartphone, laptop or tablet to keep
- Help you get free mobile data and find a more affordable broadband tariff
- Teach you new skills and suggest useful thing like classes or social groups

Why should I give it a go?

Tech Skills for Life is here to help you, your family and friends get online and use the internet to make life easier.

- Maybe you're curious about what the internet could do for you.
- Maybe you feel that affordable internet usage is out of your reach
- Maybe your parents feeling more confident online would mean they could do their own online supermarket shop.
- Maybe a laptop or tablet would be more useful than a smartphone

However you feel about the internet, whether it's the technology or the connection that's proving a challenge, Tech Skills for Life can help. Simply speak to a Community Tech Coach.

How do I get started?

It's easy to get in touch. You, or someone you trust, can call us on 01485 536420. The line is open Monday to Friday from 9am to 5pm. A Community Tech Coach will answer your call, or you can leave them a message.

Make the everyday easier with tech skills for life.

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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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Church Services in December & January

Sunday, 3 December

10.00am **West Winch** Holy Communion

11.15am **Middleton** Holy Communion

Sunday, 10 December

11.00am **E Winch** Holy Communion

11.00am **N Runcton** Holy Communion

Sunday, 17 December

10.30am **W Winch Village Hall** Carols & Mulled Wine

11.15am **Middleton** Holy Communion

Sunday, 24 December - Christmas Eve

11.15am **Middleton** Holy Communion & Christmas Carols

6.00pm **W Winch** Crib Service

6.30pm **N Runcton** Christmas Lessons & Carols

Monday, 25 December - Christmas Day

10.00am **W Winch** Holy Communion

11.00am **E Winch** Holy Communion

Sunday, 31 December

11.00am **N Runcton** Holy Communion

11.15am **Middleton** Holy Communion

Sunday, 7 January 2024

10.00am **W Winch** Holy Communion

11.00am **N Runcton** Morning Prayer

11.15am **Middleton** Morning Prayer

Sunday, 14 January

10.00am **W Winch** Morning Prayer

11.00am **N Runcton** Holy Communion

11.00am **E Winch** Holy Communion

Sunday, 21 January

11.00am **E Winch** Benefice Holy Communion

Sunday, 28 January

10.00am **W Winch** Holy Communion

11.00am **N Runcton** Holy Communion

11.15am **Middleton** Holy Communion

**THE PARISH NEWS
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AND A HAPPY NEW
YEAR.**

Mobile Library Timetable

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

6 DECEMBER, 3 JANUARY & 31 JANUARY

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



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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 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: Treasurer: Mrs W Smith 842281

North Runcton All Saints:

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

Treasurer: Philip Randles 842667

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.

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

The deadline for the next issue (February/March) is Friday, 12 January.