



PARISH NEWS

FEBRUARY & MARCH 2023

MIDDLETON, NORTH RUNCTON & EAST WINCH

IT'S GOING TO BE "SEAL-Y GOOD" WILDLIFE CENTRE HOSTS A SECOND FARMERS MARKET



Local residents are being invited to attend a Farmers Market which will be held on **Saturday, 11 February from 9am until 3pm** at the RSPCA East Winch Wildlife Centre.

This will be the centre's second Farmers Market following the huge success of its Christmas Market, and they are hoping local residents will pop along to support them.

It has been organised in conjunction with Norfolk Farmers Market who have arranged for local stall holders to attend and they will be selling an array of items such as crafts, cakes, art, food and plants.

Evangelos Achilleos, RSPCA East Winch Wildlife Centre manager said: "We are so excited to be hosting another Farmers Market and we really hope people will come along and support us. Our first ever event was a Christmas Market and it was a huge success and we had around 300 people come visit us on the day."

As it was such a success we wanted to host another event and we are inviting people to come down and have a look at all the lovely gifts and food on offer 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.

The people of Norfolk and further afield have always been so supportive of our work here at the East Winch Wildlife Centre and we hope that they will take the time to pay us a visit for the Farmers Market. But for those who can't make it, our shop is always open on Friday's and Saturday's 11am until 4pm."

There is parking at the centre based in Gayton Road, East Winch PE32 1LG.

To find out how you can help RSPCA East Winch in its care for wild animals, please visit the centre's Facebook or its Amazon wish list page.

NORTH RUNCTON CALENDAR – 2023

There is still an opportunity to purchase the 2023 North Runcton Calendar.

Lilian Fisher still has a few copies of this wonderful calendar available at £ 7.99 each.

To secure your copy,
please contact Lilian on: 01553 841852

or:

Gwenda on 01553 849715



It seems a long time ago now... but a big thank you to those who came to visit us during Norfolk Open Studios in September and October. We were pleased to see regular visitors and new faces, some of whom had read about our Furniture and Textile open studios in the Parish Newsletter.

We look forward to welcoming visitors again at the end of September 2023!

Toby Winteringham and Jo Rolfe

Do you have
OLD GLASSES
that you no
longer wear?



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

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

Anna Gunn

NORTH RUNCTON ART GROUP



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

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

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

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

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MIDDLETON CARPET BOWLS CLUB 2022 TROPHY WINNERS

Throughout the year members meet on Tuesday evenings (7-9pm) in Middleton Village Hall to play friendly matches with opponents randomly drawn. Additionally, toward the end of each year the members play knockout matches in singles and pairs - the winners being awarded Herbie Ogden Memorial trophies.

The Singles Champion for 2022 was Ron Blyth.



The Pairs Champions for 2022 were Mick Turpin and Ron Blyth.



Following the covid lockdowns there has been a renewed interest in carpet bowls and a welcome increase in membership. New players are always very welcome to come along and try their hand (it suited Ron above). Tea, coffee and biscuits are served at half time. £2 per session. First two familiarisation sessions are free.

Carpet Bowls is "easy to learn - more difficult to master". Come along and give it a try. It's sociable and sporting, but not too serious.

The trophies are in memory of Herbie Ogden, who was a founder member of Middleton Carpet Bowls Club and chairman for several years until his passing in 2012.

Enquiries to Peter Wall 01553 840471
email peterwall99@gmail.com.

Peter Wall
Middleton Carpet Bowls Club

Middleton Parish Council Chairman's Report

By Zach Wiles-Van Dyke

Happy New Year to you all.

Our December meeting was very festive, with mulled wine, mince pies and cake. Unfortunately only 2 parishioners attended.

It was reported that a parishioner would like to start a youth club in the village. It was explained that this would need to be discussed with the village hall committee. The councillors agreed that this would be a good thing for the village.

It was decided that in the new year, the council would source replacement table tops and seats for the vandalised benches on the playing field.

An event to celebrate the coronation of the King was discussed. The PC are looking to host a similar event to the jubilee celebrations last year in partnership with the Village Hall Committee on Saturday the 6th of May. The PC have started to form a committee to organise and run the event with members of the Village Hall Committee. We are looking for parishioners to volunteer to help organise and run the event on the day. If you would like to get involved please email me; cllr.wiles-vandyke@middletonparishcouncil.org

The PC have been reporting the state of Station Road for many months now. At the January meeting it was reported that a few repairs have been made, however, with the volume of traffic and the amount of lorries using the road, we don't expect them to last long. Hopefully a more substantial repair will be completed in due course.

The PC agreed to pay the usual yearly contribution to the upkeep of the Village Hall car park.

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>

CHRISTMAS CARD COMPETITION FOR PUPILS OF MIDDLETON PRIMARY SCHOOL

Before Christmas the Parochial Church Council organised a competition for the pupils of Middleton Primary School to design their own Christmas cards. 48 pupils took part and there were six winners each of whom received a £10 voucher. Many thanks to the Parochial Church Council for donating and distributing vouchers to the winners on 16th December 2022 at St. Mary's Church. The winning designs are reproduced below and on the next page, although printed in black and white they do not do full justice to the children's bold and colourful artwork. Visit Middleton Parish Council's web-site (www.middleton-news.co.uk) to view or download the magazine in colour.



Daisy-Mae, Year 6



Imogen, Year 3



Eliza, Year 2



Kajus, Year 5



James, Year 2



Ellie, Year 1

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.

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.

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.

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

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.



North Runcton News

West Winch Growth Area (WWGA)

The consultation period on road plans for the WWGA ended last week. Thank you to all residents that attended the consultation events and those of you who submitted comments.

NRPC submitted a letter stating: *NRPC, and all the residents that Councillors have spoken to, remain extremely concerned that the extent and style of development proposed for the West Winch Growth area will generate large amounts of new local traffic and cause even more congestion on new and existing roads from the inception of the scheme through to long-term operation.*

We remain sceptical that traffic conditions on the existing section of the A10 can be substantially improved. Even if all through-traffic is directed onto the new road, local traffic will still increase greatly and local HGV traffic access will still be required.

Meanwhile, even the figures in this consultation suggest sections of the new road are expected to have nearly 30,000 vehicles a day when the scheme is complete, introduced to an area that is presently open countryside. The change will be significant and detrimental.

Residents are not the only people raising concerns. On 11th January the Local Plan examiners adjourned the current hearing until such time as BCKLWN officers can provide evidence to justify the current spatial strategy and housing distribution.

At the time of writing we have not seen the particular questions the examiners want answering, but in the hearings held before Christmas the examiners made it clear they were concerned about the apparent lack of a coherent transport strategy. Meeting national (and local) government goals to create a low carbon, 'multi-modal' transport system must be a key goal of planning documents.

Other News

Thanks to all who attended the quiz at the VMP on 13th January – where we raised over £200 for VMP funds. This will go towards the planned redecoration which will hopefully take place in the Easter holidays. (Thanks to John and Jane

for the quiz and Laura, Anna and Rachel for the catering).

Everyone seems to enjoy these events and it was asked if we can have more. NRPC are currently considering an event to mark the coronation in May – so if anyone has ideas for that we would welcome input.

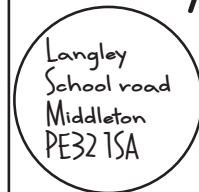
In fact, if any residents want to come forward with any ideas for village initiatives or events that they think would be beneficial or entertaining – then please speak up!



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

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

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Lydia cook



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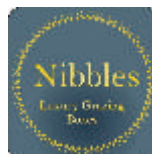


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EMMA & WENDY'S LONDON MARATHON FUNDRAISER

Readers may recall that Middleton resident, Wendy Fisher, ran in last year's London Marathon and raised almost £2,000 for Cancer Research UK.

Wendy is now in training again for the 2023 London Marathon in April. This year she and friend Emma, will both be running to raise funds for Tommy's, the UK's largest charity carrying out research into pregnancy loss and premature birth. The charity's philosophy is that every baby lost is one too many. Tommy's exists to support, care for and champion people no matter where they may be on their pregnancy journey.

As well as running the marathon, Wendy and Emma are holding a Charity Ball to raise sponsorship money.

For a £45 ticket guests will enjoy a welcome drink on arrival, three course sit-down dinner and tea/coffee, There's also a live band and DJ for dancing (or just listening), a charity raffle and an auction of some special prizes. Donations are also very welcome. Full details are set out below:

TOMMY'S BABY BALL SATURDAY, 1ST APRIL (YES REALLY!) DUKES HEAD HOTEL BALLROOM

*Individual
Tickets or
Tables of 10*



*LIVE
BAND
DJ ZOLA*

**TO BOOK, WHATSAPP WENDY ON
07887 731248
OR EMAIL
WENDYJFISHER@TALKTALK.NET**

If you can't attend the Charity Ball, but would like to support Wendy by donating to Tommy's, her Just Giving link is:

www.justgiving.com/fundraising/Wendy-Fisher-Cooper

Nar Valley Ornithological Society (NarVOS)



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

Wednesday 22nd February at 7.30pm "Northern Tanzania- some Bird and Mammal Highlights" Presented by John Geeson

John joined "Birding Africa's Northern Tanzania tour " in the spring of 2022. The route took him through the major game parks of Northern Tanzania including the famous Ngorogoro and Serengeti reserves, and was timed to coincide with the very impressive mass migration of Wildebeest and Zebra. However these areas are also home to a wealth of other mammals including all of Africa's "Big Five" plus many birds. In two weeks, over 430 species of birds and over 40 species of mammals were seen. Because of the presence of large felines, most of the journeys were spent in an open top Safari vehicle. Thus some of the encounters were at very close range and photographic opportunities were wonderful.

Wednesday 29th March at 7.30pm "The Ecology of Weeting Heath and its Conservation Management" Presented by James Symonds

James is the warden at NWT Weeting Heath and is very enthusiastic about the range of invertebrates, the flora, grassland fungi and other taxonomic groups to be found there. He will explain about the management techniques used to create the ideal conditions for these species, such as the grazing approach and ground disturbance. Come and learn more on the night.

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

East Winch Parish Council Meeting 10 January 2023

By Andrew Stephens OBE

Under Matters Arising, there was nothing further to report on the issue of toxic smells, or on the safety works being undertaken to the A47 King's Lynn to Pentney.

Planning applications relating to a proposed eastern extension to Pentney Quarry are to be submitted by Middleton Aggregates. The Parish Council received a presentation on Middleton Aggregates' Community Liaison Statement, describing the proposals prior to submission of the formal planning applications.

The proposal is to extract some 550,000 tonnes of sand and gravel from some 11 hectares of land to the east of the existing Pentney Quarry, between the River Nar and West Bilney Wood. The proposed extraction will take place between 2028-2036 and, to support this, additional planning applications will seek to extend the timescales of the existing quarry and plant site accordingly.

According to the Community Liaison Statement, considerable care has been taken in designing a suitable restoration scheme, and significant landscape and ecological improvement works to a 1.7km stretch of the River Nar will be undertaken with advice from the Norfolk Rivers Trust. The Parish Council heard that the applicant would commit to a 15-year Management Plan for the area after restoration. Parish Council was told there were no current plans for the land after that point, neither were there plans currently for a further, subsequent eastern extension.

Parish Council received reports from County Councillor, Cllr Jim Moriarty and from Borough Councillor, Cllr Michael De Whalley.

The Parish Council considered planning applications relating to Three Ways, Gayton Road, East Winch and to Cherry Tree Farm, Winch Road Gayton. There was nothing further to report on the following planning matters:

- Min 40 Silica Sand extraction

- Wellness Resort Project – it is unlikely this will now come before the Planning Committee until the Spring or later
- Change of use of woodlands to a holiday and recreation site at Pentney Woods

A risk assessment had been undertaken, and faulty streetlights and un-replenished saltbins would be reported again.

The Parish Council agreed to maintain the precept for 2023/24 at the same level as in 2022/23. (The precept is the amount of Council Tax that a Parish Council needs to fund the services it provides, e.g. street lighting).

Ms Suzanne Crocker was appointed to the Parish Council to fill one of the two current vacancies in membership. Parish Council elections are to take place on 4 May 2023.

The next Parish Council Meeting will be held in East Winch Village Hall on Tuesday 7 March, beginning at 7.30pm.

QUEEN ELIZABETH HOSPITAL SEEKS CHAPLAINCY VOLUNTEERS

The Chaplaincy at the Queen Elizabeth Hospital in King's Lynn is seeking to recruit some more volunteers.



The role involves weekly visiting of an area or ward in the hospital and providing spiritual and pastoral care by listening to patients. You will be under the supervision of the chaplains working within the hospital. The idea behind the role is that you help the patients feel safe and valued and aid in their recovery.

You must have a non-judgemental attitude to a variety of different beliefs and lifestyles, and refrain from attempting to convert patients to one's own faith or belief. You must also be able to commit to at least half a day a week at the hospital, it is subject to an appropriate DBS check for the hospital and full on the role training will be given.

If you would like to know more about the role then please contact Rev Lee Gilbert on 01553 613441 or email lee.gilbert@qehkl.nhs.uk

VOLUNTEERS NEEDED FOR NEW FOOD HUB

Andrew Frere-Smith is co-ordinating the development of a Food Hub which is a social supermarket on the North Lynn Estate and will be housed at 4 Walpole Rd, King's Lynn, PE30 2DZ.

The building is being prepared by Freebridge and Andrew is hoping that it will be opened in March. The project is being funded by the Norfolk Community Foundation.

The building will also have a signposting area for clients to be directed to the appropriate social support.

The project will be registered as a charity and run by trustees. Andrew is currently looking for volunteers to help with the day to day running of the project.

If anyone is interested in volunteering, they should ring 07949 964932 or email andrew.frere-smith@dioceseofnorwich.org

VALENTINE'S FAYRE



Middleton Village Hall
Thursday, 9 February
5:30 - 8:30pm



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Provision of dog bins: The crappy facts.

Further to requests from residents, especially in relation to dog mess left on Hardwick Common, North Runcton Parish Council have erected a new dog bin adjacent to the common footpath. The bin was donated by the Plymouth Brethren Christian Church and erected by Cllr Barry Houchen (thanks to both).

This now means that North Runcton Parish Council have provided 5 dog bins in the parish. There are approximately 250 households within North Runcton parish,



which means that (as national averages suggest around 30% of UK households keep a dog) there is now one dog bin for every 15 dog owners.

This seems like a high ratio – but NRPC is not unusual. Records suggest that West Winch PC have provided 11, Middleton 10 and East Winch 7. The large villages of Heacham and Dersingham each have over 30. Across the Borough there are now well over 800 dog bins.

As we have found in North Runcton, many people now seem to think that provision of dog bins is ‘convention’. But Local Authorities are not required to provide them and legislation actually puts the onus on the owner to clean-up. Under the 1996 Dog (Fouling of Land) Act it became an offence not to clean up, with a maximum fine of £1000. The Clean Neighbourhoods and Environment Act 2005 enabled local authorities to introduce and enforce their own dog fouling bye-laws.

Provision of bins (which, it has to be stated, is generally in response to those dog owners that continue to flout the law) therefore seems to have become ‘normalised’ only since the 1990s, but it is creating a large and growing demand on the public purse.

It is not so much the cost of the bins (around £300 each). As noted, our new bin was donated and parish councillors have ‘subsidised’ the erection of all of our bins with

voluntary time. Nevertheless, if there are over 800 bins in the Borough – that is probably £250,000 worth!

But the bins are then emptied every week – which is undertaken by the Borough who charge £100 per bin per year. The County Council then pick up the tab to dispose of the waste – which is of course, full of plastic bags and other rubbish that people deposit. It is therefore trucked to Bedfordshire where it is incinerated.

A full 45 litre bin of dog waste might weigh 50kg? It therefore seems possible that ‘dog waste’, sent for incineration from West Norfolk alone, now amounts to between 1000 and 2000 tonnes every year (at a current cost of over £103/tonne). This does not seem like environmentally sound policy.

A recent FOI request did not manage to establish whether this service is included in the Borough’s newly introduced annual carbon audit – but remember BCKLWN have pledged to be ‘carbon neutral’ by 2035 – or earlier. This may be a difficult (and growing) problem to ‘neutralise’.

One way or another we are all paying to manage this growing waste stream – either directly through taxes or indirectly through cuts to other services. Our hospital is falling down, the NHS is at breaking point, the County Council is trying to save £60 million from this year’s budget alone and the Borough Council have been cutting staff and services for several years. We don’t need additional cost burdens!

I would think many people would agree with me that this is a ‘public’ problem that must not be allowed to grow. If you chose to own a dog you need to take responsibility for all that that involves. It would be entirely possible to pick up waste in a paper bag and take home to your own composting bin. This would be reasonable and environmentally responsible.

A range of manufacturers sell composting bins for less than £100 – but any suitable container would do. The American ‘Enviro Pet Waste Network’ already give advice about sustainable waste management <https://epwn.org> and there may now be similar UK organisations. If not – there is a gap in the market for you entrepreneurs!

Rick Morrish – North Runcton Parish Council

HELP IS AT HAND IF YOU ASK

Borough Council of
King's Lynn &
West Norfolk



Christmas and New Year is a time for celebration but for people struggling with everyday living costs it can feel like an extra demand on a budget that already doesn't go far enough.

The stress this causes for many people is overwhelming and they tend to live life from day-to-day or even moment-to-moment and this has the effect of storing up bigger problems for later.

People often respond to money problems in one of two ways. They either avoid the problem altogether because they don't know how to get out of it or panic and go for a short-term solution like giving up their home or going to a money-lender – both of which usually make things worse in the long term.

But it doesn't have to be like that and the council's main message is: talk to us before doing anything else – we can help.

We can check that you are getting all the financial benefits you are entitled to. If you're in debt we have services that will help you get back on track. If you find yourself in crisis we may be able to arrange help with food and rent costs.

If you're struggling with your mental health we can put you in touch with people who can help with that too.

We understand that it can be really difficult to think beyond today's problems but if you can just take that first step of talking to us, it could be the most important conversation you have this year.

Money advice not money lenders

Because going to a money lender means fast access to cash without having to fill out forms, it can be a really tempting choice. But these people prey on desperation, charging huge amounts of interest and sometimes threatening or using violence to make you pay.

There ARE alternatives. If you get proper money advice they can help you maximise your income, making sure you are getting all the

benefits you are entitled to and other help, such as discretionary support payments. They may be able to help you consolidate some of your debt or help you make payment agreements that you can manage.

The council pays for a money advice service that's specially to help with this and free to use – visit moneyadvicehub.org.uk or call 01553 970004.

Hang on to your home?

Rent is usually a household's biggest cost and recently we have had a lot of phone calls from people who have given up their tenancies because they think they can't afford it. They intend to go on the housing register to get an affordable home.

What many people don't realise is that in many cases Government rules see this as making yourself 'intentionally homeless', which means that the council can't do much to help.

Even if we can help, it could be a long wait as very few affordable homes are available and there are around 1,400 people on the housing register in this borough alone. Over the past three months only 19 homes with 3 or more bedrooms have become available – that's about 6 each month.

For most people the best plan is to work out a way of staying in your current home. We can help with this.

Even if staying where you are isn't right for you, the most important thing you can do is talk to us before making any big decisions as this is when we can give you the most help.

We're here for you

If you feel ready to talk to us, you can call 01553 616200. Ask for housing options to talk about your housing situation or ask for Lily for anything else.

If you have internet access, have a look at our website pages on help with the cost of living at west-norfolk.gov.uk/costofliving. The pages are broken down into different problems you might be facing and tell you where to get help for each one.

Mark Whitmore
Assistant Director
Health, Wellbeing and Public Protection

Church Services in February & March

Sunday, 5 February

10.00am **W Winch** Benefice Communion

Sunday, 12 February

11.00am **N Runcton** Holy Communion

Sunday, 19 February

11.00am **Middleton** Benefice Communion

Wednesday, 22 February - Ash Wednesday

3.00pm **W Winch** Holy Communion

Sunday, 26 February

11.00am **E Winch** Benefice Communion

Sunday, 5 March

10.00am **W Winch** Holy Communion

10.30am **E Winch** Morning Prayers

Sunday, 12 March

11.00am **N Runcton** Holy Communion

2.00pm **Middleton** Evening Service

Sunday, 19 March - Mothering Sunday

11.00am **Middleton** Benefice Communion

Sunday 26 March

10.00am **W Winch** Morning Service

10.30am **E Winch** Holy Communion

Mobile Library Timetable

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

15 FEBRUARY AND 15 MARCH

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

CAN YOU HELP PLEASE?

COFFEE MORNINGS

ALL SAINTS CHURCH NORTH RUNCTON

As both an opportunity to bring the local community together on a regular basis and, at the same time, raise funds for All Saints', it is proposed to hold a coffee morning, once a month, in the church, on a Saturday morning during the spring and summer months.

A coffee morning was held in October last year for "Macmillan" which, was attended by 27 folks, who very much enjoyed the experience.

I will be pleased to be the main organiser but, will clearly need help with both the preparation for and during the coffee mornings.

I would be very grateful for any help you are able to give. Please give me a call, thank you:
Sue Randles

The Gingerbread House The Green North Runcton

Tel: 07885 463422

E-mail: sue.randles01@talktalk.net

Let's talk about

LUNG HEALTH



King's Lynn A+LUK Support Group

Is your local Support Group, run by volunteers.

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 at 1pm - 3.30pm at Gaywood Church Rooms, Gayton Road, King's Lynn, PE30 4DZ. Everyone's welcome.

For more information contact:

0300 222 5800

breathesasyki@gmail.com

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

WEST WINCH BOWLS CLUB



Now that 2023 is upon us, we can look forward to a new season of outdoor bowls within the community. Covid certainly took its toll on a number of the small clubs within West Norfolk having to fold. Fortunately, the West Winch Bowls Club did not succumb to these pressures; indeed we have had an influx of new players from various local clubs throughout West Norfolk. This has helped us maintain a healthy and viable membership without loss of the friendly bowling atmosphere and all that it entails. All this said, it is notable that we don't have any members from Middleton, West Bilney or East Winch. So if any resident from these parishes wishes to come and join us, there's a warm and friendly welcome that awaits their arrival. Age and gender is not a problem.

Green maintenance continues unabated throughout the closed season with daily Sweeping sessions. The Committee meets throughout the closed season formulating plans for the new season ahead and also ensuring that the associated 'housekeeping' tasks receive attention - payment of invoices, maintenance etc.

A new innovation has been introduced by Jim Grant and Trish Fields to the social aspect of the club. This is the introduction of a Tuesday afternoon Social Get Together. This is proving to be a highly popular venture within the membership. Tea, Coffee, nibbles and the bar facilities are open and available. Members are welcome to come along and spend a Tuesday afternoon 'Mardle' from 2-4 pm in the warm and cosy surrounding of our clubhouse. Some choose to play card games, quiz, etc whilst others just prefer a chat. It's an entirely informal get together. As a considerable number of our members live alone, it gives them a fantastic opportunity to get out and to come and socialise with their friends or like minded people. It's also good to see the pavilion used during the winter months.

The club is open and available to all. If you wish to become associated with the club either now or in future times then you are very welcome.

David Skerritt

DO YOU SUFFER FROM LONG COVID?



Healthwatch Norfolk is the independent voice for patients and service users in the county. We gather your views of health and social care services to ensure they are heard by the people in charge.

Healthwatch Norfolk is collecting feedback about information and support available for Long COVID in Norfolk.

There are different definitions of Long COVID or Post COVID syndrome. For this survey we are interested in hearing from people who live in Norfolk and have experienced symptoms in the last 12 months.

We are interested in hearing from patients who continue to show signs or symptoms of COVID-19 for more than 12 weeks and the symptoms cannot be explained by a different diagnosis. Patients usually have more than one symptom at a time. These can change or progress over time and can affect any part of the body. Symptoms may include general pain, fatigue (tiredness) breathing difficulties, difficulty concentrating and mental health problems such as Anxiety or low mood.

We want to find out what patients would like Long COVID services to look like and why people may not have accessed services currently available. We are interested in hearing from people who have and who have not been diagnosed or accessed services for Long or Post COVID

The survey should take approximately ten minutes to complete. All responses will be anonymous and will be used to make recommendations to health and social care providers. The report will also be publicly available on our website and may be used in other Healthwatch Norfolk communications.

The closing date for the survey is **3rd March**. If you would prefer to do this survey with us over the phone, please call Healthwatch Norfolk on 01953 856029 and we will arrange a time to ring you back to complete the survey. Alternatively, please email: enquiries@healthwatchnorfolk.co.uk for further support.

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NORTH RUNCTON PARISH COUNCIL MINUTES

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

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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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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.

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PARISH COUNCILS

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

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

Councillors: Chair: Zach Wiles-Van Dyke; **Vice Chair:** Val Ward;

Mrs M Applegate; Mrs E Barclay; Mrs V Newton; Mr M Porter; Mrs C Rose; Mr J Tolley; Mr M Wiles.

The Council meets on the first Wednesday of the month (except August) in the Village Hall at 7pm.

North Runcton (http://northrunctonpc.norfolkparishes.gov.uk)

Clerk: Rachel Curtis Tel: 673043 E-mail: northrunctonparishclerk@outlook.com

Councillors: Chair: Mr R Morrish Tel: 840284; **Vice Chair:** Miss K Fuller;

Mr J Braybrook; Mr J Fuller; Mrs L Gunn; Mr B Houchen; Mr S Palmer; Mrs K Williams; Mr P Yallop.

The Council meets on the second Tuesday of each month (except August) at 7.45 pm at the Village Meeting Place.

East Winch (www.eastwinchandwestbilney.co.uk/parish-council)

Clerk: Bob Pannell Tel: 775724 E-mail: bob.pannell1@btopenworld.com

Councillors: Chair: Melvin Place; **Vice-Chair:** Alan Yarham;

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

The Council meets every other month, normally on the first Tuesday of the month, at 7.30 pm in the Village Hall.

Borough Councillors: West Winch Ward: Simon Nash (01553 811200) & Peter Gidney (07885 258450). Gayton & Grimston Ward: Michael de Whalley (07770 273903) & Colin Manning (07885 258392)

County Councillor: Jim Moriarty (Email: jim.moriarty.cllr@norfolk.gov.uk)

MP: James Wild (Email: james.wild.mp@parliament.uk Tel: 0207 219 3000)

Other Contacts:

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British Legion	John Collier	01553 842566
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East Winch Village Hall	See East Winch & West Bilney Community Website	eastwinchvillagehall@gmail.com
Lunch Club	Olive Turpin	01553 840623
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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 (April/May) is Friday, 10 March.