



PARISH NEWS

FEBRUARY & MARCH 2024

MIDDLETON, NORTH RUNCTON & EAST WINCH

VOLUNTEER NEEDED TO EDIT THE PARISH NEWS

Regular readers will be aware that I announced some time ago that I would be standing down as Editor of the Parish News by the middle of this year.

There have not so far been any volunteers willing to take over from me. The June/July edition will be my last as Editor. That means that for all practical purposes, my successor should ideally be identified by the end of May at the latest.

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 existing editing software or the transition to different software. The process of consulting with all our existing advertisers about their future advertising requirements will also need to begin in early June.

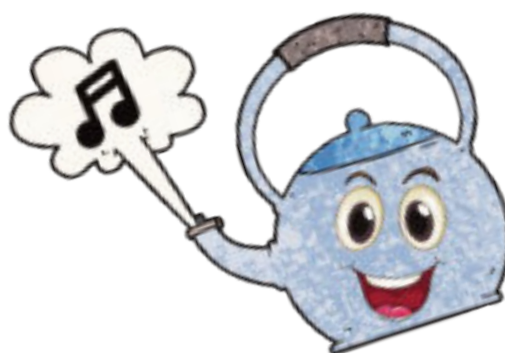
Despite the ever increasing popularity of social media, I believe that the Parish News continues to provide a valuable service to local residents and businesses. If a successor cannot be found, the Parish News will close down.

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

East Winch Singing Kettle

Starting 1st February 2024



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We are NOT a choir ... Just people who come together and have a laugh!

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The Singing Kettle
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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.

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So why not give us a try and have a free
taster session.

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

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

Middleton Village Hall

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EAST WINCH PARISH COUNCIL MEETING 11 JANUARY

By Andrew Stephens OBE

As reported last time, Adrian Flux Insurance Services has 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) and this arrangement seems to be working very well.

Under the 10 Minute Open Forum for Parishioners, the Parish Council heard concerns about the development of secure storage units on the former East Winch Station Yard site, off the Gayton Road. Two sites (of approx. 2,500 sq ft, hard stranding enclosed by security fencing, and with a concrete base of approx. 12m x 12m and a 20ft container) are currently being advertised, and it was understood that a further 12 similar yards are planned.

Concerns were expressed on two counts: first, the entrance to the site from Gayton Road was on a blind bend subject to flooding, a dangerous location for increased levels of vehicle ingress and egress to the sites; and, second, it was thought that these developments could potentially further exacerbate the existing drainage problems on Gayton Road (see below). The Parish Council is not aware that any planning applications had been submitted for the development and it will raise the issue with the Borough's Planning Officers.

As residents know, the Parish Council has agreed to commit a further contribution of up to £10,000 towards the additional £37,000, that Norfolk County Council Highways now say is needed to complete the pedestrian Trod on Gayton Road from the old railway to the Post Office. (This additional cost is very regrettable but we believe we cannot leave the Trod uncompleted where it currently ends at a dangerous position on a blind bend). But it is very clear from the recent flooding (which residents will have seen) that NCC Highways has to resolve the serious and longstanding drainage issues at that point on the Gayton Road before any further work on our Trod can be undertaken. Currently, the Parish Council is not confident that there is the necessary commitment from Highways to resolve the drainage problem, so we will be looking to our

Borough and County Councillors for support on this issue.

A Whole Woodland Tree Preservation Order (TPO) has been served on the owner of the woodland at Pentney Woods. This will put a hold on any work to the trees approved through the earlier felling licence. The Parish Council welcomed and supported this development.

The Parish Council agreed a reduced Parish Precept for 2024/25 of £10,000. (The precept is the amount of Council Tax that a Parish Council needs to fund the services it provides, e.g. street lighting).

Melvin Place, the Chair of the Parish Council, announced at the meeting his decision to stand down with immediate effect. He had served the community on the Parish Council for many years. Councillors thanked him warmly for his longstanding and substantial commitment and contribution to East Winch and West Bilney and wished him all the best for the future.

The next Parish Council Meeting will be held in East Winch Village Hall on Tuesday 12 March 2024, beginning at 7.30pm. Residents are warmly invited to attend - please come along.

There are currently vacancies on the Parish Council. Residents interested in serving as a Parish Councillor should contact the Clerk, Bob Pannell, at bob.pannell1@btinternet.com.

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

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.

NORTH RUNCTON NEWS

West Winch Growth Area (WWGA)

Some of you may have attended the Housing Access Road (HAR) exhibition at West Winch Primary School on 9th January. This was the first time that any of us had seen the detailed road design that has now been submitted for planning approval. It is now in the process of being validated and should be available for online review by the time you read this. See www.eplanning.norfolk.gov.uk

There are some NCC answers to frequently asked questions (FAQs) about the road on a separate page at this address: <https://www.norfolk.gov.uk/roads-and-transport/major-projects-and-improvement-plans/kings-lynn/west-winch-housing-access-road>

In a nutshell, the roadworks comprises the 2.5 km section of new 'HAR', about 900 metres of the A47 that will be widened to dual carriageway and a remodelled access on/off the Hardwick roundabout. The present cost estimate is £85 million and the expected land take will be 64 hectares (although a small part of that area will be for temporary construction needs and is expected to be returned to agricultural use).

The new 'HAR' will have 3 roundabouts along it (and obviously one at either end) and a light-controlled crossing (where Chequers Lane will be closed). A 250m long embanked flyover will allow Rectory Lane to go over the top of the road.

The FAQs page boasts that when the new road is opened the level of traffic on the existing A10 will drop by 55-62% in the first year (which we estimate translates to 10-12,000 vehicles a day). However we have queried whether that reduction is sustainable as much of the new housing when completed will directly access the existing A10 corridor. (Road planners generally estimate that a new home will generate 4.5 vehicle journeys a day. 1,600 occupied new homes might therefore be expected to generate over 7,000 extra car journeys/day on local roads. We think the ratio is likely to be higher for this development as it will essentially be an out-of-town housing estate. With urban expansion also proceeding apace in Lynn, Downham, Ely, and other settlements, the likelihood is that both the existing A10 and the HAR will be carrying high volumes of traffic in a very few years and well before the West Winch growth area is fully

developed).

The £85 million does not cover traffic management along the A10 to discourage future use of this route by through-traffic. We consider this work is a requirement of the adopted Local Plan and Neighbourhood Plan. It is not yet clear when this work will be undertaken or who will pay for it.

We are disappointed to see the previously proposed pedestrian/cycle bridge over the road has been deleted from the current plans and that the main cycle provision is a dual use path directly alongside the new road – which will not make for very pleasant cycling and is unlikely to encourage a dramatic uplift in local cycle usage.

From January 2024 new legislation requires that all development delivers a 10% improvement for local biodiversity (the so-called *Biodiversity Net Gain* figure, or BNG). At present the application is estimated to be 50% short of this goal. (And remember – that is just the road, not the whole WWGA development). It is not clear how that shortfall will be remedied without substantial off-site investment...

We urge all residents to review the plans and to submit your views on the NCC planning portal at the link provided above.

Winter Talks at the VMP

We hope that you will be interested in attending two evening talks to be held at the North Runcton VMP in coming weeks. Details have been confirmed since the last newsletter.

Thursday 22nd February 2024, 7.45pm - 'A Tour of Houghton Hall Walled Garden' with head gardeners, Richard and Rosie Ernst. Richard and Rosie live in the village and we are looking forward to hearing how they have worked to develop this garden.

Thursday 28th March 2024, 5pm - 9pm (TBC) 'Community History Night'

Our previously announced speaker has pulled out so we plan to have a 'history night'.

Clive Bond, Chairman of the King's Lynn Archaeological Society, professional planner and academic will be talking about the archaeology and historic landscape of North Runcton and its setting – with particular reference to the likely impact of the WWGA.

Continued on next page ►►►

We will also be inviting all residents with an interesting story or photograph to come along and share it and we will have a display of documents the PC already have. **Do come along and find out about your local heritage!**

As an additional attraction - for this event free food and drinks will be served by the RRT 'Red Tent'!

North Runcton Conservation Volunteers

The next event, which may have already have happened by the time you read this newsletter, is a litter pick on Saturday 27th January. Meet by the Scout Hut at 9.30am.

If you are interested in joining this or future events - please email cllrpalmer@northrunctonpc.co.uk

Mobile Library Timetable

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

28 FEBRUARY & 27 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 - 12:30

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 NEWS DISTRIBUTORS NEEDED IN WEST BILNEY & FAIR GREEN

Can you please help? In the last edition, we sought a volunteer or volunteers to distribute 25 copies of the Parish News to the West Bilney section of the A47. We have not so far had any offers of help.

In addition, we now need to find replacements for Steve and Sue Foot who have to step back at this time due to other priorities. Many thanks to Steve & Sue for all they have done.

Their rounds are 23 magazines in part of Park Hill and 44 in part of Hill Road and environs. If any of our current distributors would like to take on part or all of the rounds in addition to their own please contact me.

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.

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.



The police will never...



Contact you to ask for your PIN or bank details



Ask you to withdraw cash and hand over to them for safe-keeping



Ask you to transfer money out of your account for fraud reasons



Send someone to your house to collect cash, drink or drugs



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.

APPEAL TO COMMUNITY TO SAVE OUR LOCAL HERITAGE



Our group is urgently appealing to local businesses and residents for their support in saving the former Middleton Towers railway station in Leziate.

The station closed in September 1968 and has been largely abandoned ever since.

We have recently featured in Your Local Paper and we previously featured in the EDP, the Lynn News and on ITV Anglia.

Before we can sign a contract with the landowner Network Rail, we require public liability insurance of up to £20m, with estimated costs coming in at around £3,600 per year.

Along with the insurance, we urgently need to set up scaffolding and a temporary roof to prevent the ticket office building and platform canopy from collapsing. Recent torrential rain over the winter has made it more critical for us to start work soon. We are in the process of receiving a few quotes from local companies.

Our plan for the station is that once it has been restored, it will likely be a cafe and heritage museum as long as the site can sustain such a purpose.

We would be grateful for support from local businesses and residents in two main ways. We urgently need to raise money to enable the initial phases of the project to proceed and so have created a Crowdfunding page. If you are able to help with a donation however big or small, please visit **www.middletontowers.org.uk** to donate online. If you would prefer to donate by cheque or cash, please email **mtrg.norfolk@gmail.com**.

More generally, we will need to undertake a major fund-raising campaign if the project is to be brought to a successful conclusion. If you are able to provide any help to organise that campaign and possible fundraising events, please get in touch at **mtrg.norfolk@gmail.com** for more information.

Thank you for any help you can offer. You will become a part of a community effort to save our station and bring back a piece of history to the local area.

Thank you.

Alex Brammer, Director, Middleton Towers Restoration Group



MIDDLETON CARPET BOWLS CLUB

Middleton Carpet Bowls Club is long established, providing carpet bowls in a convivial and sporting atmosphere at Middleton Village Hall.

Meeting on Tuesday evenings throughout the year, the club provides all the equipment and the only requirement is for members to wear soft-soled flat footwear.

Carpet bowls is sporting and sociable – it is said to be “easy to learn, more difficult to master”. Played on a 30ft (9.1metres) mat with a central block to negotiate, the bowls (woods) have bias to help aim at the white jack (known as a “cot” in Norfolk – come along and find out why).



On Tuesday evenings we play three matches in rotation to enable a selection of opponents with partners randomly drawn. With a tea/coffee break mid-way.

In addition to the Tuesday social sessions there is an opportunity to participate in league matches against other local clubs, which involve more serious competition.

Towards the end of the year members play singles and pairs knockouts matches, with the champions being awarded the club trophies.

New members are always welcome and the first two sessions are regarded as “familiarisation” and thus offered subscription-free. It’s an opportunity to meet new friends and try a new activity. Any age or physical ability.

The current subscription is £3 per session and a joining fee of £5.

Tuesday meetings are 7pm to 9pm. If you are interested and would like to give it a try please come along (please wear soft-soled flat footwear).

Enquiries – **Peter Wall 01553 840471**
peterwall99@gmail.com



MAGPIE CENTRE LOOKS FORWARD TO SPRING

And a Happy New Year to all our supporters from the Magpie Centre, home of West Norfolk Riding for the Disabled Association.

Now that the festive season is fading into memory, it's time to look forward to the spring.

And what better way to put a spring in your step than a Ceilidh/Barn Dance?

The Magpie Centre, home of West Norfolk Riding for the Disabled Association is running this event, which features a caller and a live band, on Saturday, 17 February at Stow Bridge Village Hall, Holme Road, Stow Bridge PE34 3PW. 7.30 pm – 11.00 pm.

Tickets, at £17.50 per adult and £8.50 per child (13 years and under), include a Hog Roast supper (with vegetarian option). Bring your own drinks.

This bright start to 2024 is bound to be popular, so to book your places now, call 01760 337056 or email suer2006@hotmail.co.uk.

Thanks to a brilliant response to our call for ‘hands-on’ volunteers to help with pony care, stable management and escorting riders, we are now up to full complement, and our new volunteers began their training in January.

The Christmas rides proved popular, with 28 young riders participating over the two days, and they enjoyed posting their letters to Santa as they rode past the Magpie Centre ‘post box’.

New developments for 2024 include lessons for home schooled children who have additional needs, e.g. Autism Spectrum Disorder, or Attention Deficit Hyperactivity Disorder. More details to follow.

And as the tax year draws to a close on 5 April, this is an ideal time for businesses to sponsor activities, ponies and/or renovations at the Magpie Centre. For more details, visit our website www.rda-westnorfolk.org.uk or call the Centre on 01553 810202.

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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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Plough Sunday Blessing at All Saints' North Runcton Sunday, 8 January

Plough Sunday is a traditional English celebration of the beginning of the agricultural year that has seen some revival over recent years. Plough Sunday celebrations usually involve bringing a plough into a church with prayers for the blessing of the land.



The Blessing of the Plough

Blessed are you, Lord God of all creation: for in your abundant care you have given us fertile land, rich soil, the seasons in their courses. You provide seed for sowing, water, light and warmth to bring forth the miracle of growth. You give us skill to work the land, to prepare and nourish it, that it may be fruitful. By your blessing, let this plough be a sign of all that you promise to us. Prosper the work of our hands, and provide abundant crops for your people to share. Blessed be God, Father, Son and Holy Spirit.

Blessed be God for ever.

God speed the plough.

God speed the plough.

Very many thanks to local farmer, Jeremy Fuller, for the use of his tractor and plough.

Leziate, Ashwicken & Bawsey Women's Institute



WI ladies enjoyed a Christmas get-together which involved a comedy sketch produced by Pauline and played out by committee members, followed by a game of bingo and Secret Santa gifts.

January was our WI group's 79th birthday. We marked the occasion by guessing who's who from a display of our childhood photos. How we'd changed!

We are in the process of organising our programme for the coming year and look forward to meeting up 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.

Food Bank Bags

As part of the Women's Institute campaign to cut the use of plastic bags at Food Banks WI groups across the county are making material bags. Our group at Leziate are joining in with this project & asking our local community to support us with any donations of suitable material. We need fairly large pieces of material - even unwanted curtains or duvet covers that are in good condition would be very useful.

Please contact Janet Eason (President) 01553 841514 if you are able to help with this request as your help would be very much appreciated.

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WEST WINCH BOWLS CLUB



At long last 2024 is with us. I, and the club wish you all well for this New Year.

It's hard to comprehend that the bowls season will recommence in approximately 12 weeks' time. This said, the exact date is still to be announced. I suspect that this date is foremost in the minds of our committee, and that they will discuss this topic at their next meeting. So, watch this space!

The annual fund-raising bingo was a huge success thanks to all the hard work put in by 'the team'. Gracious thanks are expressed to them all, and also to the kind and generous people and members who donated prizes. Over £700 was raised on the night - a fantastic sum. Many complimentary messages have been received from those who attended. This fund-raising event apparently doubled as a social evening too! Another bingo evening has already been requested, so it must have been a good night! So again, watch this space.

The Tuesday afternoon Social Meetings have now recommenced. These take place in the pavilion and run from 2 - 4 pm. Tea, coffee, snacks are on sale as well as the stronger stuff from the bar. Card games or bingo are played for those wishing to take part, but the main emphasis is on providing a venue in a warm and cosy atmosphere where people can meet for friendship and have social chat. A charge of just £2 pp is made to cover costs of heating and light etc. Everyone is welcome to attend.

The Green is looking good and appears to be in fine fettle. Jim Grant and Ken Manning are the main 'Green' protagonists. They both devote copious amounts of their time to provide the West Winch Bowls Club with one of the best Greens in the County. We are so lucky to have these two guys with all their knowledge, skills and devotion as key members of our club. Dave Thompson is another key member; he too spends vast amounts of his time carrying out general maintenance tasks within the club. We are indebted to him as he too is a key figure within the club; we are extremely grateful for his services and his time.

Finally, the club is always looking out for new members. It would be great to have more members from the locality that this magazine

covers. There's a warm welcome awaits you when the new bowling seasons commences. Do come along and see what we have to offer.

David Skerritt

FRIENDLY YOGA CLASSES

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Also **7.15pm if demand**, kindly message me. (please enter car Reg for free parking)

► **Tuesday & Wednesday 9.15am** Aerial Fitness and Fun Paxman Road PE30 4NE. Free parking

► **Thursday 9.00am** at The Workshop Fitness Studio PE32 1TE. Free parking
Kindly bring a mat, cushion, blanket if you have them (I always have spares) comfortable clothing and a smile.

All classes are very friendly and welcoming. £8 per class. Pay as you arrive basis.

BWY Teacher, Level 4 for further information, please contact Sharon on **07977 297143** for term dates or e-mail sharonmeans@talktalk.net or facebook yoga with sharon

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 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**

Nar Valley Ornithological Society (NarVOS)



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

Wednesday 28 February 2024 at 7.30pm Carlton Marshes From Arable Desert to Wonderous Wetland

Presented by Matt Gooch

Matt's career with Suffolk Wildlife Trust saw him create and develop Carlton Marshes Nature Reserve near Lowestoft under a successful Heritage Fund application and he now leads the North East Reserves team to ensure the reserves move forward for wildlife and people in Suffolk. Matt has been in post from before the Carlton Marshes Project began and will take us through a whistle stop tour of its destruction in 1968 to the wonderous wetland it is today and what more could come. With the Heritage Fund's investment of over £4 million in 1000 acres of wildness, the transformation of Carlton Marshes into the southern gateway to the Broads National Park is complete. The reserve is also one of the best sites in East Anglia to see grasshopper and other reedbed warblers. The grazing marshes are also ideal for wintering wildfowl and breeding waders with lapwing and redshank displaying through the spring and large numbers of wigeon, teal and snipe in winter. Working from the ground up, Matt spent much of his early years in the Suffolk Countryside and then working on farms, he found a passion for wildlife and people, leading to roles with East Suffolk Council, Natural England, the Environment Agency and Suffolk Wildlife Trust. As a real wildlife enthusiast Matt is a birder and can normally be found in the East Anglian countryside with binoculars and kids, with his dog on a lead.

Wednesday 27 March 2024 at 7.30pm Birding Senegal and the African West Coast

Presented by John Geeson

John and his partner Sue have both been birding around the world for many decades, and at the end of 2022, they joined a small group birding tour to Senegal (which actually

started and finished in The Gambia) run by Birding Ecotours.

Senegal, a former French colony on the west coast of Africa, is mostly within the Sahel Zone, a band of typically arid habitats which straddles the continent of Africa to the south of the Sahara. The tour itinerary included both saline and freshwater wetlands, forests and rivers as well as large tracts of dry savanna and Acacias. Everywhere, bird life was abundant and spectacular, with over 300 spp. recorded in the two weeks; amongst these were many waterbirds and waders, a fine selection of raptors and colourful groups like Bee-eaters, Rollers, Kingfishers and Hornbills. Unlike the gloom of UK winter, the continuous bright sunshine was excellent for photography, and John will be showing a tempting selection of the birds they saw.

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

For more information contact Paul Fuller on 07999 857209 or go to www.narvos.org.uk

INTRODUCING THE REVEREND JULIE SWINTON

I am the Reverend Julie Swinton and I am the new Curate with the Middlewinch Benefice. I work with the Reverend Riaz Mubarak and have a particular focus for East Winch Church. I live in King's Lynn and work part-time at the College as a Learner Support Officer. I am married to Ian and we have 3 grown up children.



I am passionate about people and so to help me get to know the local community I will be opening East Winch Church from 10-12 on the 2nd Saturday of each month. Please do come along for a cuppa and to say "Hi". It will be a great opportunity to meet others and have a look around the church.

I would love to hear any ideas you have as to how the church and the community can work together. So please get in touch. My email address is: revjulieswinton@gmail.com.

I look forward to meeting as many of you as possible.

Rev Julie Swinton



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FROM THE DESK OF YOUR INCUMBENT (VICAR)

Dear Parishioners,

As we bid farewell to 2023 and welcome 2024, I would like to express my gratitude and appreciation for your continued support and faith in our Benefice. Despite the challenges and difficulties that we faced in the past year, we have also witnessed the grace and blessings of God in our lives and communities.

I am delighted to inform you that we are opening the four churches in the Benefice: St. Mary's West Winch & Middleton, All Saints East Winch, and North Runcton. Each church has its own unique features and activities that cater to the needs and interests of the parishioners. I encourage you to visit and participate in the worship and fellowship of these churches, and to invite your friends and neighbours to join us as well.

One of the major projects that we have undertaken in the Benefice is the Roof Repair, clearing the gutters, and installing electric and security lights at St. Mary's Middleton. We have successfully completed the latter two tasks, while the roof repair is still in progress. The total cost for the repair is £25,000, and we are grateful for your generous donations and contributions towards this cause. We hope to finish the repair soon and restore the beauty and functionality of this historic church. However, we still need your further support and generosity to complete the repairs.

At East Winch, I have given the task of leading the services to Rev. Julie, who is a dedicated and enthusiastic minister. She has been working hard to revitalise the church and to reach out to the community.

At Middleton, we are blessed to have Rev. Canon Richard Bowitt, who is a wise and experienced priest. He has been serving the church faithfully and diligently, and he is well-loved by the parishioners. He mostly walks up to church in his robe on Sundays, which is a sight to behold.

At North Runcton, we have a vibrant and active church that offers several programmes and events for the parishioners, such as the Coffee Morning every month, and dry food to the food bank. These programmes provide opportunities for the parishioners to socialise, learn, and grow together in their faith and service.

Similarly, Mr. Paul Turner has taken the role as a Safeguarding Officer in the Benefice. He is responsible for ensuring that the four churches in the Benefice are safe and secure places for everyone, especially for children and vulnerable adults. He is a valuable and trusted member of our Benefice team.

As an incumbent, I would like to give assurance to the parishioners that the four churches in the Benefice are safeguarded and well-managed. At the same time, as we have three clergy in the Benefice, we offer our pastoral care and support to anyone who wishes to see us clergy for prayers, communion, or individual meeting with us. We are always available and ready to listen and help you in any way we can.

As we enter the new year, let us remember the words of the Apostle Paul in Philippians 4:6-7: *Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

May God bless you and your families with his peace, joy, and love in 2024.

Happy New Year!

Yours in Christ,

Rev. Canon Riaz Mubarak



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NORTH RUNCTON PARISH COUNCIL MINUTES

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

<https://northrunctonpc.norfolkparishes.gov.uk/>

However, if you would like a paper copy sent in the post then please contact Rachel Curtis – Clerk to North Runcton Parish Council
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VOLUNTEERING WITH CHILDREN IN WEST NORFOLK



For the last 6 years I have been volunteering as an Independent Visitor (IV) for the Norfolk Independent Visitors Service. This is a Norfolk County Council funded statutory service run by children's charity Coram Voice.

I have found the role really rewarding, if sometimes challenging, but overall great fun. One day a month, usually at weekends, I spend a few hours with my young man, he is 16 now. Among many other activities, we have visited historical sites around King's Lynn, been to the beach at Hunstanton, crabbing at Wells, visited the pantomime and of course eaten at McDonald's. We have a great deal of fun and I return from each visit feeling uplifted.

Sadly, many children who grow up in the care system face a chaotic and challenging time. Their Social Workers may change, foster care placements can break down and they can be moved from school to school. This would be difficult for any child to handle, but for children who have already been seriously failed and harmed by adults, it creates a downward spiral which progressively erodes their trust in adults, their confidence in the world around them - and their future life chances.

Studies have shown that having just one consistent, trustworthy, supportive adult in their life can change that trajectory completely; someone the child can look up to, rely on, depend on and turn to for advice, for comfort, and even to share a joke or celebrate an achievement. Someone who knows them well and remains in their life unflinchingly through good times and bad. That single, stable presence in their life could be an Independent Visitor.

As well as these studies there are many testimonies from the young people themselves saying how important their IV has been in their lives.

We are currently looking to recruit new independent visitors. Post pandemic, volunteering has hit an all-time low and we are really struggling to recruit new volunteers to the role, so much so that we now have over 40 young people on our waiting list including several in West Norfolk.

Full training is given and a lot of care is taken in matching an IV with their young person. Out of pocket expenses paid for mileage and activities.

If you would like to find out more you can email me on keyseaj@gmail.com or visit the Coram Voice website <https://jobs.coram.org.uk/vacancy-details?v=165588>.

**Andy Keyse, Independent Visitor
Ambassador for West Norfolk**

Church Services in February & March

Sunday, 4 February

10.00am **W Winch** Holy Communion
10.00am **Middleton** Holy Communion

Sunday, 11 February

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

Wednesday, 14 February - Ash Wednesday

4.00pm **Middleton** Benefice Holy Communion (with Ashes)

Sunday, 18 February

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

Sunday, 25 February

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

Sunday, 3 March

10.00am **Middleton** Holy Communion
10.00am **W Winch** Holy Communion

Sunday, 10 March

10.00am **W Winch** Holy Communion
10.30am **E Winch** Holy Communion

Sunday, 17 March

10.00am **Middleton** Holy Communion
11.00am **N Runcton** Holy Communion

Sunday, 24 March - Palm Sunday

10.00am **Middleton** Holy Communion
10.00am **W Winch** Holy Communion
11.00am **N Runcton** Holy Communion

Thursday, 28 March - Maundy Thursday

10.00am **Middleton** Holy Communion (& Foot Washing)
7.00pm **W Winch** Holy Communion (stripping the Altar)

Friday, 29 March - Good Friday

10.00am **E Winch** Easter Garden Service
2.00pm **N Runcton** Stations of the Cross

Sunday, 31 March - Easter Day

10.00am **W Winch** Holy Communion
10.30am **E Winch** Holy Communion (and Easter Egg Hunt)
11.00am **N Runcton** Holy Communion

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, Mrs Susan Dunn and Mrs Janet Weavers.

Contact: combinedparochialchurch@gmail.com

Middleton St Mary's: Churchwardens: 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

Benefice Safeguarding Officer: Paul Turner 07734 821655 E-mail: Pwturner@jftmaintenance.co.uk

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 (April/May) is Friday, 8 March.