



PARISH NEWS

JUNE & JULY 2024

MIDDLETON, NORTH RUNCTON & EAST WINCH

NEW EDITOR FOR THE PARISH NEWS

I am very pleased to be able to announce that Eva Haze has volunteered to take over from me as Editor of the Parish News.

Eva and her partner Chris moved into Middleton a few months ago and were keen to get involved in community life. Fortunately for us, they felt that editing the Parish News was the perfect opportunity to do so. Chris will be assisting Eva, particularly on liaison with advertisers.

On behalf of all our readers and advertisers, I would like to thank Eva and Chris very much for volunteering to take on this role. It means that the Parish News can continue to perform its important service to local residents and businesses.

I wish Eva and Chris every success for the future and will, of course, be working closely with them to make the transition as smooth as possible.

I would also like to take this opportunity to express my sincere thanks to all those who over the past ten years have contributed to the success of the magazine, whether by providing articles and items (especially those who have done so on a very regular basis), by advertising with us or by serving in our fantastic team of volunteer distributors. None of it would have been possible without you. Thank you all so very much.

Last but not least, thank you to all our readers. Three of you kindly took the time to respond to

the item in the previous edition about the future format of the Parish News. All three were firmly in favour of continuing in printed form on a bi-monthly basis. I hope all our readers enjoy this and future editions.

Chris Hudson

HAVE SOME TIME TO SPARE?



East Anglian Air Ambulance (EAAA) needs volunteers in the West Norfolk area. We are a small group and would welcome any help arranging and attending events in our area in aid of EAAA. This would be likely to involve help with tombola, raffles, quiz nights or events like Hunstanton Carnival with the gazebo.

I have been with EAAA for 11 years, but this is a new venture in our area with full backing of head office. No matter how much time you can give it will be a great help.

For more details contact Terri Faye at tfaye.100@gmail.com or 07900 571800.

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. Find us on Instagram at: [https://
instagram.com/north_runcton_art_group?
r=nametag](https://instagram.com/north_runcton_art_group?r=nametag)

COFFEE MORNING ALL SAINTS' CHURCH, NORTH RUNCTON



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

SATURDAY 6th JULY
10:00 – 12:00

(Summer theme to the home baked goods)

Everyone is welcome!



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

All enquiries to: Sue Randles, Gingerbread House,
9 The Green, North Runcton
Tel: 07885 463422, E-mail: sue.randles02@talktalk.net

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Potential Gypsy & Traveller Sites at Blackborough End declared 'Not Suitable' by Borough Council

A huge 'Thank You' to you, the residents of Middleton and Blackborough End, for doing your bit for your community

Good News

As you may well know by now the Borough Council of King's Lynn & West Norfolk has declared all four potential Gypsy & Traveller sites in Blackborough End to be 'Not Suitable'. This is brilliant news and must come as a huge relief to virtually all residents of the Parish of Middleton, especially those in Blackborough End. This 'Not Suitable' verdict was confirmed by the Borough Council in its latest consultation documents published on 10th May.

Thank You

We would not have achieved this momentous outcome without the community coming together, so well done to you all. It has been an anxious time for us all, right from early February when news crept out that some Blackborough End land had been offered up for Gypsy & Traveller sites. To spread the word the old-fashioned way, in order to reach everybody, over 500 flyers were delivered across the parish, explaining what had been proposed and showing how residents could submit their responses to the Borough Council.

Despite a few dissenting voices, who argued against doing anything, many of you across the parish and beyond decided something needed to be done. And the most effective way of doing something about this issue was to get your opinions expressed by submitting responses through the Borough Council's consultation process. This was no mean feat, as it was certainly not a straightforward exercise.

Amazingly, over 150 of you submitted your views about Blackborough End sites. That's half of all the 300 respondents from across West Norfolk. That amount of effort by you, and the subsequent conclusions by the Borough Council, vindicates all of everyone's time and effort.

We applaud those of you who designed the flyer, offered advice and opinion, got the flyer printed, leafleted it door to door across the parish, and then sent out follow-up emails. Thank you so much for your valiant efforts. And the biggest 'Thank You' of all goes to all 150 of you who, in spite of receiving some mixed messages, submitted your responses. What an achievement, you deserve our heart-felt gratitude - Thank You!

The Consultation

The Borough Council's latest period of consultation regarding Gypsy & Traveller sites commenced on 10th May and ends on 21st June. All the consultation documents are on the Borough Council's website at https://www.west-norfolk.gov.uk/info/20079/planning_policy_and_local_plan/951/local_plan_review_2016-2036_examination. On this web page you will see these words: previous consultation here If you click on them you will see your 150 Blackborough End responses, amongst all the others from across West Norfolk. These were all made in the last consultation which deadlined on 8th March.

Also, on this same web page are 6 documents relating to the latest consultation. The second document [F94] shows all four potential Gypsy & Traveller sites at Blackborough End, namely GTRA(E), GTRA(L), GTRA(M) & GTRA(N), which have now been declared by the Borough Council as 'Not Suitable' - see summary on page 221. More detail about these sites and the Borough Council's conclusions are in the same document on pages 235 & 236 and pages 256 to 264.

Has the Gypsy & Traveller issue now gone away? Not entirely. While it is excellent news that the Borough Council recommends rejecting these Blackborough End sites, the whole Local Plan (including the G&T issue) has to go before independent Planning Inspectors and then a 'hearing session' on 3rd & 4th September. But it's worth saying that Blackborough End and Middleton residents could not ask for a better assessment from the Borough Council at this stage of the convoluted process.

Responding to the latest consultation. So many of you responded to the previous consultation, but what now? You may still respond to this latest consultation, whether or not you commented last time. You may or may not agree with the Borough Council's assessment, or you may just wish to add further comment. The choice is yours, but if you do respond, follow the procedure on the website and get your responses in by 21st June.

Thank you all again for pulling together as a community.

Stewart South, Chris Hudson, Janet Eason, Rob Higgins and Paul Cullen

Middleton Parish Council Chairman's Report

By Zach Wiles-Van Dyke

The April and May meetings saw our Annual Parish Meeting and Annual Council meetings respectively.

At the Annual Parish Meeting which gives a chance for parishioners to voice their opinions we received questions and comments from a limited number of parishioners. We also received reports from the local groups that operate in the village, mainly using the village hall.

At the Annual Council meeting the chair and vice chair were re-elected. A representative to attend the village hall meetings was also appointed. The other roles were deferred to the June meeting to give new councillors a chance to put themselves forward for the roles.

The PC currently has two vacancies available as parish councillors. These are voluntary roles. If you think that you can give something back to your community then please email the Clerk

at clerk@middletonparishcouncil.org

The PC also has a vacancy for a paid administrative assistant. This would be 15 hours a month and the successful candidate would assist the Clerk in parish council matters, with a view to becoming the Clerk at a future date. For a full job description please email the Clerk.

It was reported to the PC that there's a problem with dog poo not being picked up around the village and on the playing field. Please remember to pick it up, and report anyone you see not doing so.

The PC reported to County Councillor Moriarty our disappointment in how the roadworks on the A47 are being run and how more specific detail isn't given on when and where the A47 will be closed. We also reported the various potholes around the village that are yet to be repaired.

FLOWER FESTIVAL ALL SAINTS' CHURCH, NORTH RUNCTON FRIDAY 12TH JULY – MONDAY 15TH JULY 10AM – 5PM EACH DAY

Cake stall, tombola, raffle & bric-a-brac with light refreshments available on Saturday & Sunday in the Village Meeting Place



Come along and see the church adorned with beautiful flowers and join in with the singing at our special events:

Friday 12th July at 7pm:
**Sara Brennock in Concert at the Church followed by
Supper in the Village Meeting Place**

Tickets £12 (Concert only - £6) from
Lynda 01553 840553 & Ken 01553 842265

Sunday 14th July at 6pm:
Songs of Praise at the Church

[Proceeds to All Saints' Church]

EAST WINCH PARISH COUNCIL MEETING 7 MAY

By Andrew Stephens OBE

At the Annual Parish Meeting, Mr Alan Yarham was appointed Chair of Council for 2024/25, and Mr Gareth Crocker was appointed Vice-Chair. The Chair's annual report for 2023/24 and Parish Council Finances for the year ending 31 March 2024 were given. In his report, the Chair said that the long drawn-out completion of the pedestrian Trod to the Post Office, and the related flooding issue on Gayton Road, looked as though they would finally be resolved this coming year. With regards the planning application for a Change of Use of Woodland to a Holiday and Recreation Site at Pentney Woods, a Tree Preservation Order had been raised against the tree felling application, a Public Right of Way application (which the PC supported) had been submitted, and the Parish Council had issued a letter of Assets of Community Value – Nomination of Assets to Norfolk County Council.

A report from the United Charities for East Winch and West Bilney said that four half-allotments (@ £26 a year) and one full-allotment (@ £52 a year) were currently available for rent. A financial report from the Village Hall Trustees showed that the Village Hall was in a good position financially, and it was well used, but the shortage of volunteers remained a significant problem. Disappointingly, annual reports were not received from East Winch and West Bilney Parish Church or from the Friends of East Winch and West Bilney.

At the subsequent Parish Council meeting, Borough Councillor Michael De Whalley reported that the new Independent leadership of the Borough Council was to be formally ratified on 16 May. Any subsequent Cabinet changes, together with the departures of the Borough's Chief Executive and members of her senior leadership team would inevitably result in a period of transition. Cllr De Whalley also updated the Council on developments with the Borough Council's Local Development Plan (best known for the issues relating to the proposed housing developments in West Winch).

In the 10-minute Open Forum for Parishioners three matters of concern were raised:

- 1) It was understood that no bus shelters were now to be installed as part of the A47 works being undertaken by Highways England. Inconsistencies in speed-limit signage was also pointed out.
- 2) The pedestrian pathway on the north side of Gayton Road, bordering Wilson Drive, was

seriously overgrown and needed urgent clearing.
3) The development of three storage units at Old Station Yard had extended onto neighbouring land across (and blocking) a drainage dyke.

The latter development was the subject of a retrospective planning application to which the Parish Council has objected. Council was very concerned about consequential land drainage issues (and the possible impact on the Gayton Road flooding and therefore the completion of the Trod), and access and visibility improvements would clearly be needed to permit safe vehicle access to/from the blind bend on Gayton Road. Council did not have objections to planning applications relating to Holland House and to a change of use of an agricultural barn to multi-use venue at Manor Farm.

The Parish Council was frustrated that it had not been notified of a Public Local Inquiry on 13 February into the Secretary of State for Transport's proposals for stopping up and diversion of lengths of Bridleway East Winch No 1 and Footpath No 2 East Winch, linked to the lateral extension of Sibelco's Grandcourt Quarry. A Diversion Order has now been made and can be inspected at the Post Office. Parishioners may also have noticed the boundary works currently being undertaken in relation to the extension of the Grandcourt Quarry. The Parish Council is very disappointed by Sibelco's lack of communication with East Winch residents over their plans and timetable for the quarry extension, and we will seek to obtain some engagement from them.

Council agreed to increase its Annual East Winch Church Maintenance Grant (which had been held at £1,250 since 2017/18) to £1,400.

Council is seeking to obtain from Adrian Flux the dates and timings of the company's staff and other parties this year to give residents with horses and other pets plenty of advance notice.

Please contact our Parish Council Clerk, Bob Pannell, at bob.pannell1@btinternet.com, if you are interested in serving on the Parish Council, we have two vacancies at present. Also, contact Bob if you would be interested in joining a Community Speed Watch group.

For more information on Parish Council matters, please visit the village website which is the primary source of Parish Council information for residents at: <https://www.eastwinchandwestbilney.co.uk/parish-council>

The next Parish Council Meeting will be held in East Winch Village Hall at **7.30pm on Tuesday, 9 July 2024.**

MIDDLETON YARD SALE

Sunday, 23 June
9am - 12.30pm

Everybody in Middleton welcome to join in. See the Middleton Norfolk Village Group on Facebook for further information. No charge, feel free to donate to a cause of your choosing.

There will be Car Boot options at Middleton Primary School during the Yard Sale and we are welcoming any food and drink vendors too! Car Boot pitches £5, Vendors £10. For information and booking call 01553 636267 (Gayton school). All money raised from the pitches at the school will go to the school. A great chance for those who want to come and find out more about what we need to do to save our school.

The Yard Sale is still free but we will welcome donations at the school and it would be amazing if anyone is able to add a donation bucket to their stall and point people in the direction of the school for refreshments.

We will need donations for the raffle and to sell and every penny will be spent on Middleton School to keep it open for future generations. Donations of items for selling or the raffle may be collected by prior arrangement.

For residents wishing to have a stall at their premises, please check on the Middleton Norfolk Village Facebook Group for how to register your interest. A map will be available on that Facebook page nearer the time with dots in the locations of all the stalls.

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.

COFFEE MORNING

16 CEDAR GROVE

SATURDAY 1ST JUNE

10AM - 12NOON

COME ALONG AND HAVE A FRIENDLY CHAT.

ENJOY HOMEMADE CAKES AND A CUPPA.



Proceeds to All Saints' Church, North Runcton

East Winch Singing Kettle

£2



A **new** place to meet people, enjoy a cuppa and a chat ...and sing (or listen to) some "good old songs"

Everyone is welcome.

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

Alternate Thursdays 10:00 – 11:00am

**30 May, 13 June, 27 June,
11 July, 25 July**

**at East Winch Village Hall,
Station Road, East Winch, PE32 1NR**

**The Singing Kettle
Refreshingly different!**

**Contact: revjulieswinton@gmail.com
for more details**

NORTH RUNCTON NEWS



West Winch Growth Area (WWGA)

The Norfolk County Council planning application for the West Winch Housing Access Road (WWHAR) was eventually validated and was made available to inspect on line on 22nd March. The deadline for responses was 24th April – which didn't give us very long at all to formulate and submit comments.

If you go to the NCC planning portal site at www.eplanning.norfolk.gov.uk and look for application number [FUL/2024/0001](#) you will be able to see all of the planning documents and all of the responses. The 6 page North Runcton Parish Council response can be found near the bottom of the correspondence from statutory consultees. We may yet submit a further response.

We have raised a variety of concerns about the information submitted and asked for clarification on a range of matters. We do not think enough thought has gone in to off-site impacts – especially the likelihood that at both construction and operational stages of the scheme are likely to lead to rat-running on our local lanes.

It was very disappointing to see the half-baked responses from a variety of the statutory consultees – and no response at all from some groups and individuals (including a number of Borough technical officers).

This is a major scheme! The biggest road building project in West Norfolk for many years, if not decades, that will permanently remove over 60 hectares of farmland. Yet some house extensions seem to generate a lot more planning officer debate than this road has!

We have questioned this. We all pay for this technical expertise and scrutiny. Public servants should not pick and choose what they comment on.

Thank you to all the local residents who, like the parish councillors, have taken their own time to read the many documents and prepare and submit responses. This is our democratic right!

Last Call for Speedwatch Volunteers

As noted above - a principal concern of the proposed WWHAR and growth area is increased local traffic and rat running through the village. But we already have a problem – with more than 30% of vehicles regularly breaking the speed limits in the village. Some vehicles have been clocked at over 60 and 70mph – and a range of other dangerous driving practices are regularly reported. Training for a new speedwatch team will commence shortly – but we would still like another 5-6 volunteers! This would mean we could reduce the commitment of all volunteers to a few sessions a year. If you are willing to help, please contact Rachel Curtis northrunctonparishclerk@outlook.com

VMP Quiz Night

Another very successful quiz night took place on 12th April – thanks to John and Jane Braybrooke for setting the quiz and Laura and Anna for organising catering. Thanks also to the Wood Cottage team who kindly donated their winnings back to the VMP – enabling us to raise over £200 on the night.

This money goes towards running and improving the VMP – and as you might remember we installed photovoltaic panels in February to help reduce electricity running costs. In spite of dull spring weather and some initial teething problems, by early May we had produced over 1100 kWh units – so we are hopeful that this will prove to be a wise investment.

North Runcton Conservation Volunteers

Since the last newsletter we have had another litter pick which successfully tidied up the verges before the grass began growing. The next litter pick will be in the autumn.

We are hoping to do a survey of Sheep's Course Wood at some point over the summer, and towards the end there will be the annual clearance of nettles etc. Dates will be announced through the village Facebook page and to the mailing list.

We will also keep an eye on the permissive path near the clay pit and if it becomes impassable, we will look to organise a session to clear that as well.

If you would like to be on our email list for more specific information - Contact cllrpalmer@northrunctonpc.co.uk. Many thanks to all those who help make our village that little bit better.

MANAGING YOUR GREEN BIN WASTE

(or, *How to make our existing recycling systems as efficient as possible*)

A group of North Runcton and Borough Councillors visited the Costessey Materials Recovery Facility in March for a fact-finding tour.

The facility receives and sorts all the green bin waste sent from the seven Norfolk district council areas. It is operated by NORSE Environmental Waste Services, in partnership with the County Council and the district local authorities.

First opened in 2003, it presently represents a £14Mn public investment with an annual maintenance cost of £1Mn/year. The plant processes 80,000 tonnes of waste a year. This is predominantly household waste. They do not generally handle commercial or industrial waste.

The plant separates waste into commercially valued materials that can then be sold to specialist recycling firms. Markets for materials fluctuate – but at the moment they can sell paper, cardboard, mixed plastic, glass, steel and aluminium.

The district councils are charged a gate fee per-tonne for the material they send. Any money NORSE can make from re-selling commercially valued materials will help to lower the gate fee.

Fact 1: The more commercially recoverable material we put in our green bins – the less it costs the districts (ie us taxpayers) to process the waste.

We are generally told that our green bin waste should be 'clean, loose and dry'. We are also regularly advised about what materials can and cannot be recycled.

It became clear in our visit that many people do not adhere to these rules. The waste coming into the plant looks wet, dirty and full of materials that cannot be recycled. This all has to be separated (mainly by machines but also by over 40 staff generally being paid a minimal wage).

The facility has to remove over 1 million dirty nappies a year. Any bagged waste is rejected as they have no time to sort this. Pressurised canisters can explode in the plant. They regularly receive dead animals, pet waste and other putrescibles. All of this reduces the

efficiency of the plant and can lead to long stoppages and break-downs.

That means that more than 17% of the green bin waste they receive has to be separated and sent for incineration.

Fact 2: Inconsiderate actions at the household level leads to less efficiency and higher costs for each and every one of us.

Information we are given about which materials are recyclable (by manufacturers, retailers and sometimes even government officers), is not necessarily true. The operations manager at Costessey described their job as 'the art of the possible'.

For example – virtually all composite packaging materials cannot presently be recycled and it is sent for incineration. This includes tetrapak cartons and waxed and plastic covered papers (which is the majority of fast-food packaging). So, we can wash it and put it our green bin – but it cannot presently be recycled and will be sent for incineration.

Aluminium cans are one of the most valuable materials for them to recover and are worth more than £1M/year. But aluminium foil cannot presently be separated at the plant. Foil does have a recycling value – but it is very difficult to separate at the plant and is not smelted at the same temperature as cans. (Note: If you want to collect aluminium foil, there is a special container for it at the Saddlebow Recycling Centre).

Glass: We are often told that broken glass or unwashed bottles are problematic, but at Costessey all glass is quickly separated and smashed to a fine grade. It is then sold to specialists who, we were told, can even separate the different colours before recycling.

Steel/Aluminium: These are some of the most valuable materials to recover – but, as noted, pressurised canisters can be a problem at Costessey and are best taken to Saddlebow.

Paper and Cardboard: Both have a commercial value, but there is currently no British buyer – meaning it is sold abroad. Ideally paper/ cardboard should be clean, dry and free from contaminants (such as plastic covered magazine covers or sealing tapes).

CONTINUED ON NEXT PAGE ►►►

Plastic: Costessey bundle up all plastic into mixed bales that are then sent to a specialist recovery company. (Many plastics are difficult to recycle and we did not learn any detail about how these processes are undertaken). From our household point of view, all plastics should be clean and free of contaminants (eg waxed papers) when they go into the green bin.

Crushed or uncrushed? We are generally advised to crush bottles and containers (probably so that more will fit into our green bins!). But at Costessey, they told us it is often easiest for their machines to sort uncrushed items.

Fact 3: Contemporary recycling is the art of the possible. Many common materials (especially packaging types) cannot be recycled. Consumers might consider this when selecting products. Care and consideration is also required when placing waste in your green bin.

At Costessey they are presently concerned about new areas of government policy. One is the 'deposit return scheme' which is due for introduction in 2025. It is likely to remove a lot of the most valuable products (aluminium / steel / glass) from their waste stream – meaning the plant is likely to need to charge higher gate fees and the cost of recycling our waste is likely to rise.

It has been mooted that government will require local authorities to begin to collect and recycle crisp packets and similar plastics. We were told that such wrappers would be virtually impossible to separate at facilities like Costessey, making the plant less efficient.

Government are also sending mixed messages about incineration. For example, at Wisbech the Secretary of State gave the Medworth incinerator scheme consent – even though all local MPs oppose it. The plant would be capable of burning 600,000 tonnes of waste a year – which is unlikely to support the stated ambition to increase recycling, or to encourage manufacturers to phase out packaging that is known to be difficult or impossible to recycle.

Conclusion: It is law that local authorities must gather and recycle valuable materials from the waste stream. And it makes economic and environmental sense.

As local residents we can do much more to assist the process. This will help us all by making the system more efficient and less costly for us, the taxpayers.

However, it is also clear that manufacturers, retailers and even government have still not formulated a clear and integrated approach to reducing waste and maximising recycling. We would encourage all residents to consider writing to their MP to ask why that is.

Rick Morrish, North Runcton Parish Council

WANT TO HELP MIDDLETON PRIMARY SCHOOL TO REMAIN OPEN?



Following the Diocese of Norwich Education and Academies Trust's announcement that Middleton Church of England Primary Academy is going to one class and could still close, a group of parents are forming a Parent Action Group to help raise much needed monies for the repairs to the school that are not covered by the insurance. However, we are told this will be tens of thousands.

Our first fundraiser will be at the **Middleton Yard Sale on 23rd June**, where we will be selling refreshments and there will be a raffle. Extra tables will be on the playground, for those outside of the village wanting to sell. We are requesting good quality raffle donations.

We are also setting up an easy fundraising page, where the school will receive the 'lead-in' fees for online sales on websites. All you need to do is to download the app or go to the website and set our school as the charity you wish to support then carry on shopping as normal. Go to www.easyfundraising.org.uk to find out more.

Look out for further information on the Middleton Community Facebook group on to how to help. Or contact us through the school office office@middleton.norfolk.sch.uk

Ruth Adams

**SUMMER OF
FUN FOR
FAMILIES,
DOGS AND
HORSES**



Our next event is the Craft Fair, plus Have a Go Dog Agility event, scheduled for **Saturday 8 June, 10.00 am – 3.00 pm**, at the Magpie Centre, Wallington Hall, Runcton Holme PE33 0EP (find us on the A10 three miles north of Downham Market).

Attractions include more than 40 stalls, a children’s craft tent, an opportunity to meet and greet one of our lovely ponies and a Pre-Loved Walk-In Wardrobe, where you can purchase men’s and ladies’ clothing and accessories at a fraction of the usual price.

The event is undercover with full wheelchair access, free parking and refreshments served all day. Admission is £2.50 for adults (under 16’s free) and entries for the Dog Agility are £2.50, surely a modest price for a family day out. Well-behaved dogs on leads are welcome.

The popular ‘Have a Go’ Dog Agility event includes a knowledgeable organiser on hand to give you pointers on how to introduce your pooch to this activity. No prior experience of Dog Agility is required by dogs or handlers, so why not give it a try?

Sunday, 30 June sees the return of the popular Magpie Charity Ride, with off-road rides of varying lengths, including one for riders on lead rein, in the lovely grounds of Wallington Hall. Visit the Hoofbeats website for details of how to enter.

The Magpie Centre is currently seeking two new mounts: one a 14.2hh riding pony and the other a 15.2hh ride and drive horse. Must be sound and sensible. If you know of any suitable animals, please contact the Magpie Centre on 01553 810202 to discuss.

And finally – keep the date **Saturday, 17 August** for the Magpie Centre Open Day. More details to follow.

In other news, the Magpie Centre, is to receive a grant from the National Lottery Community Fund. The funds, £80,000 per year for three years, will mainly be used for Learning Through Riding, a



project which will provide riding, carriage driving and/or Equine Assisted Learning Therapy sessions to homeschooled children and those with additional needs throughout West Norfolk. Many of these children are neurodiverse.

The project will use the Riding for the Disabled (RDA) tracking tool to measure participants’ progress in six key areas: Communication, Confidence, Enjoyment, Horsemanship, Physical changes and Relationships.

Parents of homeschooled children with additional needs who feel their child would benefit from being part of the Magpie Centre’s community of horse lovers are welcome to contact the Centre on 01553 810202. An assessment (trial ride) will be arranged, free of charge, and if the child enjoys it, they will be slotted into a small group with others of similar ability.

**NORTH RUNCTON PAROCHIAL
CHURCH COUNCIL**

**INVITE YOU TO OUR
“COMMUNITY HOUR TOGETHER”**

on
**SATURDAY, 8th JUNE - 3:00pm
IN ALL SAINTS’ CHURCH**



**OUR EYES ARE VERY IMPORTANT
TO US!**

**HOW MUCH DO WE KNOW ABOUT
THEM AND WHAT CAN BE DONE
WHEN THINGS GO WRONG?**

**TO HELP OUR UNDERSTANDING
Dr. NAGA NAGENDRAN
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EXPERTISE AS AN EYE SURGEON.**

**Tea and biscuits will be served at the
end of the presentation**

**For more information please
contact:
Ken on: 01553 842265**



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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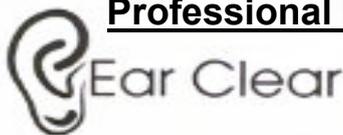


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sistersarah@live.co.uk
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East Winch, King's Lynn, PE32 1NQ

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for one or both
ears if irrigation
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MIDDLETON CARPET BOWLS CLUB 2023 TROPHY WINNERS

Throughout the year members meet on Tuesday evenings (7-9pm) in Middleton Village Hall to play friendly matches with opponents randomly drawn. League matches against other clubs around the area are a little more serious.

Additionally, towards the end of each year the members play knockout matches in singles and pairs - the winners being awarded Herbie Ogden Memorial trophies. 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 death in 2012.

There was a little delay in completing the 2023 singles and pairs knockout tournaments, but pictured below are the Singles Champion Ron Blyth (left), and Pairs Champions Peter Wall and Kathryn Filsell (right).



New players are always very welcome to come along and try their hand (it suited Ron and Kathryn above). Tea, coffee and biscuits are served at half time. £3 per session. The 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.

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

Peter Wall, Middleton Carpet Bowls Club

PARISH NEWS DISTRIBUTOR NEEDED IN WEST BILNEY

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

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.

**Nar Valley
Ornithological
Society
(NarVOS)**



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

**Wednesday 26 June at 7.30pm
Birds of NarVOS
Presented by Paul Fuller**

Paul Fuller, a lifelong birder and current chairman of NarVOS, will host our June meeting. This will take on a slightly different format to our usual annual mid-year members event to incorporate a two-part presentation, covering an overview of bird recording within the Nar Valley area followed by a gallery of images from NarVOS contributors allowing us to showcase members photographs and present some of the variety of the many species recorded by the society.

**Wednesday 31 July at 7.30pm
The Highs and Lows of birding Brazil's
Atlantic Rainforest.
Presented by John Fuller**

John will be familiar to NarVOS members as editor of its monthly newsletter. He is a keen birder and photographer and continues to search for wildlife and adventures at home and abroad. He will be presenting images from a recent trip with two other NarVOS members to the Atlantic Rainforest of Brazil.

The coastal Brazilian Rainforest support an amazing and diverse variety of birds, including many endemic species, found only in this globally important habitat.

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

For more information contact Paul Fuller or Alan Schpot via paul.fuller123@btinternet.com or alan.schpot@talktalk.net or go to www.narvos.org.uk

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Advertisers like to know where their business comes from. So if you respond to an advert, please mention that you saw it in the Parish News.

**Leziate, Ashwicken
& Bawsey
Women's Institute**



In June there will be a flower arranging demonstration and in July we will be visiting Norfolk Lavender where we expect to see the Lavender in full bloom.

We do not meet in August, but will return again on 17th September 2024.

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

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
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, please contact Rachel Curtis – Clerk to North Runcton Parish Council
Tel: 01553 673043.

WEST WINCH BOWLS CLUB



I am pleased to report that the 'Green' was opened amidst glorious sunshine on Saturday 13th April. Approximately 25 members dusted off their woods and participated in the first Roll Up of the season. At this time of writing the first league matches have taken place and by all accounts all teams have preformed admirably.

The 'Green' has been nurtured throughout the closed season by Jim Grant, Ken Manning and David Thompson. A working party took place prior to the 'Opening' where many of the annual maintenance tasks were undertaken by members of the club. The help and assistance by these volunteers is absolutely essential in keeping costs down, especially membership fees, not to mention keeping the clubhouse and surrounds looking neat and tidy. Thanks to the sterling efforts of these volunteers, the club looks and feels to be in tremendous shape.

The Pre-season meeting saw a change in committee members. Chairman David Bull has stepped down after many years in service. Likewise the Secretary, Kevin Evans has relinquished his office, again after many years of sterling service. The new Chairman is Stan Watkinson and the new Secretary is Paul Locke. Sincere thanks to David and Kevin for your excellent work for the club during your tenures. Thanks also to the new Chairman and Secretary: we all wish you well in your individual capacities.

There has also been some changes in Team Captains. EBA - Ken Manning; Middleton - Stan Watkinson; Silver Jubilee - Mervyn Southwell and Albert Victor - John Hogan.

The next social event will be a Bar B Q which is being arranged by the Social Committee. This will take place on Saturday 1st June. It will follow the usual format with a Roll Up preceding the Bar B Q. The list is already on the notice board, so get your names down pronto!

Finally, the club will celebrate its 50 years of existence in July. Preparations are well under way for this exciting occasion and from what I'm told it will be a bumper 'do'. Do keep a eye on the notice board for impending announcements.

As usual, you the Reader of this article is warmly invited to visit the club and to discover what bowls is all about. Age and gender is not a

problem. You are warmly invited to come and have a go on Tuesday afternoons or Thursday evenings when league matches are not played.

David Skerritt



Archdeacon's Visit to the Benefice St. Mary's Church Middleton

Date: 28th July

Time: 10:00 am

All are welcome!

Join us for a special service as we welcome the Archdeacon of Lynn to our Benefice. The Ven. Catherine will conduct and preside over the worship, and we invite all members of our community to attend.

This visit is an opportunity for fellowship, spiritual growth, and community engagement to meet the Archdeacon.

Let's come together to celebrate our faith and strengthen our bonds as a Benefice.

Refreshments:

After the service, there will be a time for fellowship and refreshments. You'll have the opportunity to meet individually with the Archdeacon, share your thoughts and enjoy a friendly chat.

Looking forward,

Rev. Canon Riaz Mubarak, Rev. Canon Richard Bowett and Rev. Julie Swinton

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.

Mobile Library Timetable

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

19 JUNE & 17 JULY

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

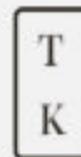
Graham Drive 12:35 - 13:00

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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The Ouse Camera Collective

We run a small camera club which meets on the first and third Thursdays of each month. During the winter months we meet at the Village Meeting Place, North Runcton 7-9pm.

During the summer months we go out and about. We are a friendly, non competitive group that aims to help members improve their photography through sharing and new experiences.

If anyone is interested in more information please get in touch with me at amemorycaptured@btinternet.com

Steve Palmer

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► **Thursday 9.00am** at The Workshop Fitness Studio PE32 1TE. Free parking

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

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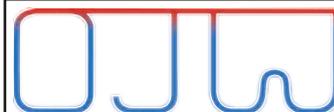
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*According to figures taken from gov.uk

Major boost for mental health services in Norfolk and Waveney with announcement of new NHS Talking Therapies service



People in Norfolk and Waveney experiencing anxiety and depression are to benefit from an enhanced new NHS Talking Therapies service providing tailored care and support as close to their home or place of work as possible.

The new service, which has been shaped by service users, families, carers and clinicians together, will see support offered from more than double the existing locations across Norfolk and Waveney, bringing personalised care and support closer to those who need it.

The new multi-partnership approach brings together voluntary, community, social enterprise and statutory (VCSE) organisations and will ensure people in Norfolk and Waveney can get quick and easy access to talking therapies services, enabling them to live their lives with improved mental health.

The contract award for NHS Talking Therapies, known locally as Wellbeing Services was announced on 9 May by NHS Norfolk and Waveney Integrated Care Board (ICB). The new contract will start on 1 September 2024 and will be in place for a minimum of five years.

NHS Talking Therapies are effective, confidential and free treatments delivered by trained clinicians, online, on the phone or in person. A range of therapies are offered depending on people's symptoms, from guided self-help, cognitive behavioural therapy (CBT), counselling for depression, to interpersonal therapy (IPT) and mindfulness based cognitive therapy.

Patients will be able to continue to self-refer into the new service or ask their GP to refer them. The services are available to anyone aged 16 or above and living in Norfolk and Waveney.

The new service will result in a number of additional sites where NHS Talking Therapies will be delivered from, across Norfolk and Waveney. Mobile access will also be developed, taking services out into local communities, making treatment and support as accessible and as convenient as possible and improving patient experience and outcomes.

Further information about the Norfolk and Waveney NHS Talking Therapies services is available from their website: <https://www.wellbeingnands.co.uk/norfolk/>. If you are aged 16 and over you can access support through your GP or any other health or social care professional, or you can self-refer using the form on the website or by calling on **0300 123 1503**.

LET'S TALK ABOUT
**LUNG
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King's Lynn A+LUK Support Group is your local Support Group, run by volunteers.

Are you or someone you know affected by a lung condition? Joining a Support Group could help you manage your lung condition by sharing information and advice, helping you live well, and maybe even reducing the chances of an emergency hospital admission.

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

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

**For more information contact:
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"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."

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.



Reflection: Gratitude and Encouragement

Dear Parishioners,

As we gather together in faith and community, I want to express my heartfelt gratitude to each one of you. Our journey has been marked by challenges, but it is through these trials that we find strength, resilience, and growth. Our colleagues and Ministry team have worked tirelessly with me to serve the Benefice.

Roof Repair Completion: Our St. Mary's Middleton Team worked hard to complete the general roof repairs. Their dedication and hard work have ensured that our sacred space remains safe and welcoming. Thank you to everyone who lent a helping hand during this crucial project.

Heritage Lottery Grant for All Saints' Church North Runcton: I am thrilled to share that we have won a Heritage Lottery grant of £45,185 for NR Church repairs. This significant award will contribute significantly to the preservation and enhancement of our historic church. Our gratitude extends to Ken Matthew and the NR PCC for their unwavering efforts in securing this grant.

All Saints' East Winch Church Roof: Now, our attention turns to All Saints East Winch church roof. This historic structure requires our special care. Let us approach this task with the same commitment and unity that brought us through the previous repairs.

Churchyard Tidy-Up Event: A special word of thanks to our fabric officer Mr. & Mrs. Fred Pidcock for organizing the Churchyard tidy-up event. It is through these small acts of stewardship that we honour our sacred grounds and create a peaceful environment for all.

Community Appreciation: Mike, Sally, from Blackborough End, and George (Middleton) your contributions have not gone unnoticed. Your presence and support enriched the Churchyard Tidy-up event. Likewise, our clock winders from Middleton and East Winch parish play a vital role in maintaining our church's timeless rhythm. Thanks to you all.

Acknowledging Our Editors: A heartfelt thank you to Chris Hudson for his dedicated services as an editor for our Parish News. His commitment to excellence has enriched our communication and community life.

Welcoming New Editors: We warmly

welcome Eva Haze and her partner Chris, who have pledged to be the successors of our esteemed editors. Their fresh perspectives and enthusiasm will undoubtedly contribute to the continued success of our Parish News.

Facing Challenges with Faith: In the face of enormous challenges, let us remember that no obstacle is insurmountable. Our Christian faith provides us with the courage to encourage, help, and love one another. Together, we can weather any storm.

Embracing Differences: As a diverse community, we must learn to see things from different perspectives. Let us respect each other's viewpoints, even when they differ. Our unity lies in our ability to appreciate our unique gifts and experiences.

In closing, I encourage you all to keep growing, keep believing, and keep loving. Our journey continues, and I am grateful to walk it alongside you.

Blessings, Your Vicar
Rev. Canon Riaz & Ministry Team

Church Services - June & July

Sunday, 2 June

10.00am **W Winch** Benefice Holy Communion
4.00pm **West Bilney** Evening Praise & Prayer

Sunday, 9 June

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

Sunday, 16 June

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

Sunday, 23 June

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

Sunday, 30 June

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

Sunday, 7 July

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

Sunday, 14 July

10.00am **Middleton** Holy Communion
6.00pm **N Runcton** Songs of Praise

Sunday, 21 July

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

Sunday, 28 July

10.00am **Middleton** 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: TBA 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: Miss K Fuller; **Vice Chair:** Mr R Morrish:

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;

Mr A Bellhouse; Mr G Crocker; Mr A Stephens; Mr 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 | Denise or Mike Wilson | 01553 842358 |
| 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: Eva Haze; E-mail: editorofparishnews@gmail.com or call 07768 472583.

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

The deadline for the next issue (August/September) is Friday, 12 July.