

WIGGENHALL ST GERMANS

Parish Newsletter

May 2020 edition



Any queries or comments, please contact the Editor,
Mike Inder, 4 Lime Close, Marham,
King's Lynn, PE33 9HN
wighallstgermanspc@outlook.com
Tel: 07932 088784

Parish Council Chairman's Report

Chairman's Annual Report - 2020

Another year has passed and time for another Chairman's report.

As I write this I, like a lot of you, am at home in isolation in accordance with the Government's advice and instructions and, whilst I do understand how serious this situation is, am trying to make the most of being stuck indoors. As I don't have children to educate at home, I am slowly working my way through a long list of jobs to do about the house now I cannot use the excuse about not having the time. I will cover a little more on what the Parish Council are doing about the Corona virus later but, in the mean time, I hope each and every one of you can make the best of this situation, stay at home and please STAY SAFE!!

The most obvious event that has happened since my last report is that we have a new clerk for the Parish Council. Our previous clerk, Elaine, wanted a different challenge so Mike Inder was offered the role and has settled in straight away bringing with him a huge wealth of knowledge, and skills, that already have proven to be very beneficial. My thanks are passed to Elaine for all her work and contributions over her time as clerk, and I welcome Mike to our council and thank you for the amount of work you have done already in your short time with us, and look forward to working with you going forward.

The football team, International FC, which was using our pitch as their home ground, have sadly disbanded. We wish them well and welcome them back should they choose in the future. We are looking at other uses for the field, not just football, so if anyone has any ideas, please let the clerk know. If there is a junior football club wanting a home base, get in touch as you may find our facilities offer you all you require.

Sadly though, the pavilion is still the subject of vandalism. Over the last year we have replaced countless windows as well as the Leonard Towler official field name sign. We have had to refit roof tiles and straighten out the guttering on more than one occasion and whilst this might not sound a lot, these repairs are using money we could have allocated to other areas of the village. Thanks to the constant attack that this defenceless building keeps getting, we are now spending money on having all the windows protected by metal grills and, whilst aesthetically not the best, hopefully will protect our asset and deter any more unwanted attention.

The Parish Council have approved an order to get all of the street lights converted from the incandescent bulb to LED lights. This has been trialled for a period on Mill Road and is now being rolled out across the whole village. As the popularity of the older bulbs decrease, sadly the cost of replacing those increases and this will just keep adding to our electricity bill for the village street lights. All being well, and once the current situation is under control, our engineers will be out replacing them. This will see better longevity in the bulbs and the council should see a return on their investment sooner rather than later.

First Aid Training has been mentioned quite a lot over the last year by a member of the public very keen on getting villagers trained in CPR, and on the AED (Defibrillator). Norfolk Accident Rescue Service, (NARS), have been approached and a course was organised for 24 March. Sadly this had to be cancelled due to the current climate, however, will be organised again when possible.

Parking has appeared on the agenda a few times over the past 12 months, whether that is to do with parking on footpaths or the area in front of the village store. Whilst there is no law against parking on the footpaths the Parish Council is looking at ways to improve parking in front of the village store. As that area is very limited for space, advice is being sought about whether road signs can be put in place to make it a one way system, to minimise the possibility of accidents whilst using the facility.

The Parish Council currently have 3 places available. If you know of anyone who feels they can help and shape the future of the village, then please contact the clerk for more information.

The Parish Council are keen to hear from everyone in the village as that way we can learn what it is that you really want to see or do within the village. Due to them being our future, we are especially keen to hear from younger members of the village and would be keen to assist, where required, in setting up a youth council so they approach us and help us see what we can do to improve life in the village for them. It will also give the Parish Council another avenue to engage with the people of the village letting them know what issues we are currently facing.

As I mentioned at the start of this report, I am in isolation and following Government advice with reference to the Corona virus, or Covid-19 as it is now being called. We all have to deal with an unprecedented situation, the likes of which have never been seen before. As a Parish Council, we have responsibilities to the members of our parish, and to ourselves, to remain safe and help prevent the spread of this virus as best we can.

Whilst we are all in lock down, the church has set up help groups within the village so local residents, who cannot get out, are still able to have shopping delivered. We are grateful for all that is being done to make lives a little more pleasant for those who have to stay indoors but, doing this voluntary work is not without issues. There are a lot of vulnerable people being taken advantage of by ruthless individuals therefore the Parish Council has teamed up with the church in helping with the administration of the volunteers. This will ensure that everyone involved is covered under the councils insurance, codes of practice, GDPR etc. We have a set of rules and legislation that lends itself to situations like this, and have also set up a dedicated email address and telephone number as a one call help line.

At this time, no one knows when life will return to some form of normality but, until such time as we can all get back out and about, please listen to the Government advice, stay indoors and please stay safe.

I look forward to seeing you all soon.

Alastair Done
Chairman
Wiggenhall St Germans Parish Council

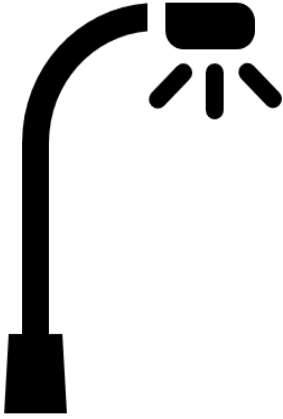
May 2020

WIGGENHALL ST GERMANS **PARISH COUNCIL MEETINGS 2020**



The Parish Council is not able to meet in the usual location due to the Social Distancing restrictions; we are now allowed to hold 'virtual' meetings online and will hold meeting on the advertised dates. The public can access these meetings using a link which will be published with the agenda. minutes and agendas on our website <http://wiggenhall-st-germanspc.norfolkparishes.gov.uk/> Monthly information put on the noticeboard by the bus shelter near the shop is suspended during the restrictions. The Annual meetings are postponed.

11 May 20	Ordinary Parish Council Meeting
13 Jul 20	Ordinary Parish Council Meeting
14 Sep 20	Ordinary Parish Council Meeting
9 Nov 20.	Ordinary Parish Council Meeting



Streetlight Reporting

If you see a faulty street light please report it to the Clerk:

wiggenhallstgermanspc@outlook.com

or by text to 07932 088784

please include the location ie street name and property No or name it is near to and lamppost number if possible.

From the Editor

Well the best laid plans of mice, men, clerks and editors have been thrown into disarray but it is heartening to see the speed and agility of the local businesses, schools and residents adapting to carrying on and finding new ways to function.

The Newsletter will continue to be produced and published online on the website with a link on Facebook and Nextdoor until we can go into print again.

The work by community mutual aid groups in various guises across the country has been incredible and most were up and running by the time the lockdown came and ensured that no-one that needed to isolate was left without vital supplies and medication. Wiggenhall St Germans Church Lay Minister and churchwardens have been busy with shopping and the Parish Council stand alongside them ready to support them as an umbrella organisation when required, starting by providing the a dedicated phone line and voicemail.

I've had a good response for articles but we can do with much more and along with that we have capacity and the need for more advertising to support the magazine.

Yours

Mike Under

Closing Date for next Newsletter:

30 Jul 20

NHS 111

When should you call 111?



You should use the NHS 111 service if you urgently need medical help or advice but it's not a life-threatening situation.



when it's less
urgent than 999

Call 111 if:

- you need medical help fast but it's not a 999 emergency.
- you think you need to go to A&E or need another NHS urgent care service.
- you don't know who to call or you don't have a GP to call.
- you need health information or reassurance about what to do next.



- For less urgent health needs, contact your GP or local pharmacist in the usual way.
- If a health professional has given you a specific phone number to call when you are concerned about your condition, continue to use that number.
- NHS 111 is available 24/7 free of charge from landlines and mobiles
- The service is staffed by trained advisors, supported by experienced clinicians.
- You will be asked some questions to assess your symptoms, then directed straight-away to a local service that can help you best.
- If you need an interpreter – just ask.
- For immediate, life-threatening emergencies, continue to call 999.

Snettisham Beach Sailing Club

*Special prices for 7 year old + novices in 2020
for kids learning to sail this July*

Are your holiday plans for this summer falling apart? Then you'll be looking for something to occupy the kids, perhaps?

This year there's a special offer for the youngest Novice sailors at Cadet Week at Snettisham Beach Sailing Club from 27th to 31st July.

Instead of the 2019 price of £85.00 a person for the week, Novices - 7 years and older - can now take part for £60 each, and if they book with a friend the 2 Novices can pay just £100.

Novices take part in 5 sessions each day of Cadet Week from Monday to Friday, each session lasting 3 hours, with a Prize Giving following on Saturday.



Choose between daily Morning
OR Afternoon sailing sessions:
Mornings: 9.30 to 12.30
Afternoons: 1.30 to 4.30

Only **24** places are available so make sure you book now. Participation is only available to Club members, so have a look at snetbeach.co.uk/about-us/how-to-join/ to see how you can join and email memsec@snetbeach.co.uk with any questions about the type of membership that suits you best.

If you want to get afloat check out the opportunities on the website at www.snetbeach.co.uk and speak to James Trim, Chief Instructor courses.snet@gmail.com 07938 190846

The club is at Snettisham Beach, Norfolk PE31 7RB see <http://www.snetbeach.co.uk/pages/the-club/how-to-find-us.php>

Useful Telephone Numbers

Borough Council King's Lynn & West Norfolk	01553 616200
BCKLWN out of hours emergency	01553 616601
County Councillor Brian Long	01945 430169
	07920 286601
County Council including Highways/street light faults	0344 800 8020
Electricity Emergency	0800 7838838
Environment Agency	0800 807060
Gas Emergency	0800 111999
Household Refuse Collection	01553 776676
	01553 782060
King's Lynn Power Station	01553 667166
Litter hotline/fly tipping	0500 2532687
MP Liz Truss	0207 2193000
NHS Direct	111
Norfolk Green Buses	01553 776980
Parish Council Street Lights	01553 630655
Police Non Emergency Number	101
QE Hospital	01553 613613
Traveline	0871 2002233

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Can be hired for as little as £7.50 for 1 hour
£7.50 per hour up to 3 hours £22.50, £110 all day and £15 outside village £150 all day.

Contact: Rose Storf on 01553 617550 for bookings/further information

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St Mary's Lodge, Church Road, Wighenhall St Mary, King's Lynn, PE34 3EH

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Useful web addresses for Borough Council issues

Borough Council of
King's Lynn &
West Norfolk



GENERAL CONTACT

<https://www.west-norfolk.gov.uk/contact>

Phone 01553 616200

Bins and recycling

https://www.west-norfolk.gov.uk/info/20004/bins_and_recycling

Council & Democracy

https://www.west-norfolk.gov.uk/info/20006/council_and_democracy

Council tax issues

https://www.west-norfolk.gov.uk/info/20002/council_tax

Local air quality monitoring

<https://data.gov.uk/dataset/bcklwn-local-air-quality-monitoring>

Planning and Development

https://www.west-norfolk.gov.uk/info/20000/planning_and_development

Tree Preservation Orders

<https://data.gov.uk/dataset/bcklwn-tree-preservation-orders1>

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1 School Lane
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Kings Lynn
PE34 3DZ
The last Tuesday of every month at
7:30pm.

The sun is up, the grass is riz, I wonder where them Ladies is????

April 2020

Sadly at the moment of writing this most of us are in lockdown!

I had hoped to spout on about all the amazing things the St Germans Ladies Group were up to but due to circumstances beyond our control I can't.

The original plan behind submitting an article was that our members would contribute ideas for stories about their lives and the local villages and once we are all back to normal that is what we will do, so the next article from us will be about the Members and not so much about the Group.

I will tell you though, that our Ladies are a wonderfully diverse group of people. We have artists, crafters, bakers, others are not, and others are caring for family or are key workers either manning the tills in the supermarket; looking after elderly folk or home teaching children; others are fund raisers. All-in-all a really mixed bunch.

Our Members who enjoy baking provide the delicious cakes for our monthly meetings and we will share in future articles some of our recipes with you some (not all of course, we do after all have to keep some secrets).

We try to plan interesting talks and trips during the year with a visiting speaker each month, for example, a local artist who specialises in painting wild creatures, a family history guru, an historic ship restorer, as well as a fashion show but these have been put on hold but will go ahead later in the year if at all possible. Some meetings can get quite rowdy if we decide to have a games night instead of a speaker!!!!

A trip to Holkham Hall was in the planning stages but this may have to take place next year, though Norfolk Lavender was also in the mix which is a possibility for this year once we are all back together and can discuss it as a group.

Although the group is called the St Germans Ladies Group we welcome members from the surrounding villages as well as St Germans. Our outgoing Chairperson comes from Clenchwarton and our current Chairperson lives in Tilney St Lawrence other members are from Magdalen and Wiggenhall St Peters and the ages range from mid-30's to late 90's, all with lively ideas and open minds.

We are always happy to see new faces, so once the lockdown is over we would love to see any lady who is interested in coming along. Come as a guest and see if you think we would fit in with you.

I will leave you with a question though that has been puzzling a few of our members: Why is there an abandoned Church nearby? Why was it abandoned and is it still consecrated . . . hmmm, sounds like a subject for a talk – any speakers out there?????

John's

Hairdressers at St Germans

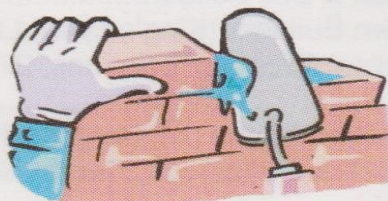
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• Ladies and Mens



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WIGGENHALL ST GERMAN'S PARISH COUNCIL NEEDS YOU

There are **3 vacancies** for Parish Councillors.



Who can be a Parish Councillor?
Why should I be a Parish Councillor?
What does the Parish Council do?
What will they expect from me?
How do I become a Parish Councillor?

You can be a Parish Councillor, so long as you are a Commonwealth, British or EU citizen over 18 years of age, not subject to bankruptcy nor have a criminal record within last 5 years.

We all have opinions on what the village needs and what issues concern us, it might be the old problems of parking, potholes, vandalism, anti-social behaviour, dog fouling and litter but there's also the positive aspects like improving facilities and holding community events, so whether you have ideas or solutions being a councillor means you have your chance to voice them and influence and shape the village for the future.

The Parish Council receives a proportion of the council tax we all pay and that is to carry out its responsibilities which include:

- Streetlighting, which we are currently upgrading to LED to save money on maintenance and electricity – *important for the environment and pockets!*
- Grounds and Street maintenance; Litter Bins – Where are our problem areas for litter?
- Crime and Disorder, providing local solutions to aid the overstretched resources of the Constabulary, *perhaps providing somewhere for Teens to congregate safely and engaged to see what would entertain them to stop boredom leading to anti-social behaviour?*
- Managing the Playing Field and Pavilion. *We need a team to use the excellent facilities as their home!*
- Producing the Parish Magazine and Website for local news and reports.
- Having a say on Planning Applications.
- Organising events like *Wiggstock*.

As a new Councillor you will receive an induction pack to get you started and there is a variety of excellent training on all sorts of topics as well as a helpful clerk and fellow experienced councillors. You commit as much as you can afford alongside family and work life balance and attend a meeting on the second Monday of the month 6 times a year.

To become a Parish Councillor simply contact the Clerk and he will arrange to help you through the Co-option process.

Clerk: Mike Inder – wiggenhallstgermanspc@outlook.com or 07932 088784

Auntie Helen's Sultana Cake

(makes 2 small cakes, contains almond essence)

500g (1lb 2oz) sultanas

225g (8oz) butter

350g (12oz) caster sugar

3 free range eggs

1 tsp almond essence

350g (12 oz) self-raising flour

Pinch of salt

2 x 900g (2 lb) loaf tins, buttered or lined with greaseproof paper

Preheat oven to 180°C/160°C fan/gas mark 4

Cover the sultanas with cold water, bring to the boil reduce heat and simmer for 5 minutes;

Strain fruit and add the butter while the fruit is still hot;

Combine the sugar, eggs and almond essence with the sultana/butter mix;

Add the flour and salt and mix well;

Divide the mixture between the two loaf tins;

Place in the oven and bake for 30 minutes;

Reduce heat to 150°C/130°C fan/gas mark 2 and bake for a further hour.

Leave to cool in the tins for 15 minutes, then turn out and cool completely on a wire rack.

This loaf improves if wrapped in foil for a couple of days; it also freezes very well.

ANDREW BARRATT

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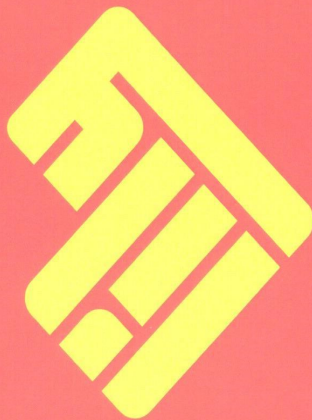
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Reawakening

Last year I persuaded my husband to build me a sleeper bed in our driveway alongside nextdoor's fence, got permission from the neighbour to put trellis on the fence and planted three clematis plants (two white ones called Moonglow and a purple one which was a gift) in it hoping they would grow and then, in late November I had a fancy to plant tulips in it as well. Too late to plant bulbs I hear people say, but they were still on sale at a garden centre in Lynn so I took a chance and planted them anyway.

A scant few weeks ago I was complaining that the garden looked quite sad with no growth showing anywhere but Spring is a time of re-awakening I thought so something might happen soon.

Every day I looked and it seemed that nothing was happening and then suddenly when I looked there were green shoots coming up everywhere. How did that happen? They weren't there yesterday!

Within a short time I had daffodils (some that I'd forgotten I'd planted) coming up everywhere, singles and doubles and the Tete-a-tete in the rose containers were especially pretty this year. A lovely pink and green tulip popped up in the bed in the front of the house, can't remember what it's called though. The tulips in the sleeper bed have come out too, and much to my surprise the bright red ones are multiple headed. Didn't know you could get tulips that did that but as I was primarily a vegetable grower in my allotment in London before we moved up here to Norfolk, it's not difficult to surprise me where flowers are concerned. The clematis is beginning to shoot up too.

Crocuses came up in abundance, did I really plant that many, I don't think so, so they must have had a good year underground last year. Suddenly there was enough colour in the garden to make your heart lift when looking at it.

Right on the tail of the crocus' came the anemones, beautiful, blues, whites, pinks and reds.

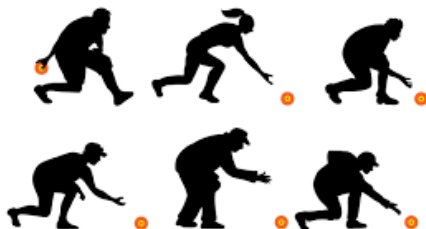
Pinks and reds???? Wasn't that bed supposed to be just blue and white? Ah well, nature often has the habit of taking the wind out of our sails, seems it will be a red, white and blue bed in future -- quite patriotic anyway.

The grape hyacinths (Muscari) came next and their vibrant blue mixed in with the red anemones looks really spectacular. Again I didn't realise I had planted so many last year, not only is the deep blue showing I have white and a rather lovely pale blue too.

So, Spring really is a season of reawakening and in these difficult times it is a joy to go into the garden and be uplifted.

Now --- I have to think about the veggies

Wiggenhall Bowls Club



In common with everyone else, the Bowls Club activities have been put on hold for the foreseeable future. We had been planning to Open the Green on 19th April, hold an Open Day on June 14th, and a Club Members' End of Season event on September 13th, besides entering teams in 4 league competitions. The dates are still in our diaries, hoping that we may be able to enjoy at least some

of the occasions. We are hearing that various of the leagues have either cancelled their 2020 season completely, or postponed matches for the moment, hoping that they might be able to play at least part of the season later in the year. We live in hope.

Carpet Bowls: We had a very active season over the 2019-20 winter months. We met every Wednesday evening in the Memorial Hall from September onwards, and welcomed several new members. These evenings give Club members a chance to enjoy their carpet bowls in a friendly and supportive setting, combining a social evening with improving their bowling skills. We are always ready to welcome new people to give the bowling a try. The bowls themselves are much smaller than the outside bowls, and much lighter, so are well suited to anyone who feels that the outdoor game may be a bit too robust for them. The season had to be curtailed abruptly in March, and several competitions we had entered did not complete their match schedules. The Club were doing quite well at the time, and individual members were figuring largely in the competitions held at Lynn Sport. We plan to get going again in September, circumstances permitting.

We also have great hopes that our **Annual Christmas Bingo** will go ahead on: **Monday 14th December!**

Please note the date in your diaries – I'm sure that when we get there it will be even more of a bumper occasion than usual.

For any information about the Bowls Club please contact:
Margaret Blackburn, Club Secretary: 01553 617418



Answers on page 30

VE Day quiz questions

1. What does VE Day commemorate?
2. What does VE Day stand for?
3. Who was the British Prime Minister at the time of VE day?
4. How many years are we celebrating since VE day in 2020?
5. Where in London did crowds gather to celebrate VE day?
6. Which came first VE or VJ (Victory in Japan Day)?
7. The nations involved in the war formed two opposing alliances - what were they called?
8. In what year did Germany invade Poland?
9. On what date was Pearl Harbour attacked by the Japanese?
10. During the war, what nickname did the British give to the Germans?

Take a photo of you and your family commemorating VE Day and send them to the Editor at:

wiggenhallstgermanspc@outlook.com

EMERGENCY TIMETABLE - From Monday 30th March 2020 until further notice

King's Lynn - Wisbech

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Monday to Saturday (No service Sundays or Bank Holidays)

Wisbech, Bus Station	0745	1005	1205	1405	1605
West Walton, opp Church	0754	1014	1214	1414	1614
Walpole Highway, School	0800	1020	1220	1420	1620
Terrington St John, Bus Shelter	0803	1023	1223	1423	1623
Tilney St Lawrence, opp Shop	0806	1026	1226	1426	1626
Islington, Bus Shelter	0811	1031	1231	1431	1631
St Germans, Lewis Drive	0814	1034	1234	1434	1634
Saddlebow Ind Est, Maple Road	0821	1041	1241	1441	1641
South Lynn, Primary School	0824	1044	1244	1444	1644
King's Lynn Bus Station	0834	1055	1255	1455	1655

R - Drops off upon request to driver.

46

King's Lynn Bus Station	0905	1105	1305	1505	1705
South Lynn, Primary School	0913	1113	1313	1513	1713
Saddlebow Ind Est, opp Maple Road	0915	1115	1315	1515	1715
St Germans, opp Lewis Drive	0922	1122	1322	1522	R
Islington, Bus Shelter	0926	1126	1326	1526	R
Tilney St Lawrence, Shop	0931	1131	1331	1531	R
Terrington St John, Bus Shelter	0934	1134	1334	1534	R
Walpole Highway, School	0937	1137	1337	1537	R
West Walton, opp Church	0943	1143	1343	1543	R
Wisbech, Bus Station	0955	1155	1355	1555	R

Youth Club

Want Something to Do?
Want Somewhere to Meet with Friends?
Then come along to the Youth Club
On the 2nd Monday of each month
6 p.m. - 7.30 p.m.
Please Note New Venue

Wiggenhall St. Germans Memorial Hall

Run by members of the local churches this is open to all young people
11 years and over - Come and have fun
Table Tennis - Badminton - Pool - Activities - Cooking
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or Margaret Cook on KL 617617.

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Universal Credit

If you are working but on a low income, or out of work, and are over 18 (some exceptions apply to 16 and 17 year olds) and under Pension Credit qualifying age (or your partner is) you may be entitled to claim.

More information at: <https://www.gov.uk/universal-credit>

Universal Credit helpline: 0800 328 5644 Mon to Fri - 8am to 6pm

Pension Credit

If you are above the qualifying Pension Credit age and have income below certain levels:

More information at: <https://www.gov.uk/pension-credit/how-to-claim>

Pension Credit claim line: 0800 99 1234 Mon to Fri - 8am to 6pm

Personal Independent Payments

If you are below pension age and have daily care or mobility needs.

You can claim if you are in work and will need to undergo an assessment.

More information at: <https://www.gov.uk/pip/eligibility>

DWP PIP helpline: 0800 917 2222 Mon to Fri - 8am to 6pm

Attendance Allowance

If you are over 65 but need help because of illness or disability. It's not means-tested.

More information at: <https://www.gov.uk/attendance-allowance>

Attendance Allowance helpline: 0800 731 0122 Mon to Fri - 8am to 6pm

THIS LIST IS NOT
EXHAUSTIVE!
Check your entitlement at:
www.entitledto.co.uk
www.turn2us.org.uk
www.ageuk.org.uk
or visit your nearest
Citizens Advice.

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Mobile libraries

Coronavirus update

Considering the current advice from the Government, we have taken the decision to suspend the mobile service for the foreseeable future.

We will continue to offer [e-media services](#) and we will also be arranging an online weekly bounce and rhyme (videod without an audience present), plus a daily story time will be available online for our younger customers.

If you are a mobile library customer with books on loan we will automatically renew them until further notice. Mobile library customers can also use [local libraries](#).



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Prescribing of medication available to purchase over the counter in Norfolk and Waveney

The NHS does not support the prescribing of medication that is available to buy over the counter from local pharmacies or supermarkets for minor self limiting conditions.

The medications listed below are examples of medicines that should be purchased by the patient, parent or guardian. This list is not exhaustive:

Moisturising creams, gels, ointments and balms for dry skin with no diagnosis

Hay fever remedies e.g. antihistamines, nasal sprays (patients over 18 years)

Vitamins and supplements e.g. low dose vitamin D (less than treatment dose), I-Caps, multivitamins

Rehydration sachets

Anti-diarrhoeal medication for short term diarrhoea (less than 72 hours) and rehydration sachets

Lubricating eye drops and chloramphenicol eye drops and eye ointment (patients over 2 years)

Paracetamol and ibuprofen for short term use

Laxatives for short term use (less than 72 hours)

Head lice treatments

Threadworm tablets and ringworm treatments

Haemorrhoidal preparations e.g. Anusol

Antiperspirants

Cough and cold remedies

Medicated shampoos e.g. Alphosyl, Capasal (for dandruff and cradle cap)

Mouthwash e.g. Corsodyl

Indigestion remedies e.g. Gaviscon, Peptac

Cold sore medication

Infant colic medication

Nappy rash creams

Travel sickness medication

Warts and verruca treatment

Earwax drops

Self care to help
save the NHS
pennies



The reasons for this are as follows:

- Patients can often look after themselves and their children; advice for treating minor conditions can be given by a local pharmacy if needed.
- Patients should keep a small supply of simple treatments in their own medicine cabinet so they are able to manage minor ailments at home. These should be kept secured from young children.
- All these medicines are widely available from supermarkets and pharmacies at reasonable cost and do not need a prescription.
- Many of these treatments are more expensive when prescribed on the NHS compared to when they are purchased in pharmacies or supermarkets. For example, paracetamol is approximately four times as expensive on prescription.
- The NHS belongs to everybody and the local NHS leadership must ensure that their resources are used in the best possible way for all patients.

Patient queries

Any patient queries should be directed to your local clinical commissioning group, you can find this information on NHS Choices.

**Help save the NHS precious £££s,
please don't ask your GP for medicines
which can be bought over the counter.**

#selfcare #askyourpharmacist



The St Germans Bridge Charity

offers a grant towards the cost of purchasing items of school uniform at the change of a pupil's education from Primary to Secondary school. The following criterion applies:

- ◆ This grant will be payable to parents of all eligible children who apply in accordance with the procedure and who live within the Parishes of Wiggshall St Germans, Wiggshall St Peters, Wiggshall St Mary the Virgin and Saddlebow Village.
- ◆ Applications for the grant, limited strictly to one per child, and must be made on the application form published.

Notes:

- Pupils who have already applied with a form distributed via the St Germans County Primary School need not re-apply.
- Even if the pupil has already started at their new school an application can still be sent in.
- The sum payable each year will be decided upon by the Trustees and will be based on the available funds and the number of applicants.
- Successful applicants will be notified of the sum payable, which will be distributed by cheque. *It is our aspiration to distribute before the new academic year.*
- All decisions made on the value and distribution of the grant are at the discretion of the Trustees and are final.

Please post or email your completed form by 30 Jun 2020 to the Clerk - Mike Inder, at the address on the form. *(late submissions cannot guarantee to be processed prior to the new academic year).*

Form on next page

WIGGENHALL ST GERMAN'S BRIDGE CHARITY
Registered Charity No.247349

Clerk: Mike Inder
4 Lime Close
Marham
King's Lynn
PE33 9HN
Tel: 07932 088784
Email: wiggenhallstgermanspc@outlook.com

UNIFORM GRANT APPLICATION

Child's Name:

Date of Birth:

Address:

.....

Postcode:

School Attending:

Secondary School:

Date of Transfer:

Parent/Guardian Name:

Address (if different to above):

.....

Postcode: Tel:

Signed: Date:

Notice regarding Data Protection

Any information you supply is used strictly to process your application and is not passed on to third parties. After processing the information, it is securely disposed of. Signing and submitting the application you accept the charities Data Protection Policy.



**WIGGENHALL ST GERMAN'S POST OFFICE OPENING TIMES
AT THE SIDE OF THE MEMORIAL HALL**

MONDAY	9.00-14.00
TUESDAY	9.00 -14.00
WEDNESDAY	9.00-14.00
THURSDAY	09.00—14.00
FRIDAY	0.900—13.00
SATURDAY	Closed
SUNDAY	Closed



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VE Day quiz Answers

1. VE Day marks the day at the end of World War II when fighting against Nazi Germany came to an end in Europe.
2. Victory in Europe Day
3. Winston Churchill
4. 75
5. Trafalgar Square and up the Mall to Buckingham Palace
6. VE Day came first on May 8, V-J followed on Sept 2, 1945 - the day Japan surrendered to the Allies.
7. Axis and Allies
8. 1939
9. December 7, 1941

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St. Germans Church News

Whether you are self-isolating or being restricted by the lockdown regulations we hope that you are coping and are able to take advantage of the time you have at home. Sadly the church is still closed following the lockdown, however, people do take part in a service of Prime each day from their own homes. Prayers are said daily for the current situation and for those who are sick or in need. If you would like prayers said for someone or would like a copy of the service of Prime to join in at home then, please let us know.

We would like to thank everyone who has volunteered to help the community during the Covid-19 pandemic and your support helping with food deliveries and other needs is greatly appreciated.

If you are unable to get out for any reason and would like someone to give you a telephone call for a chat then please let us know.

The Church and the Parish Council have established a Covid-19 Mutual Aid Group that will help us to deal with any increase in demand as time goes on. So, although Mark, Carolyn and Angie will continue as coordinators, there are now new contact details that are shown below.

Contact us by e-mail: wiggenhallstgermancovid19@gmail.com

Or by telephone: 01553 392017 between 10 a.m. to 6 p.m.

If there is no reply then please leave your name and telephone number and we will call you back. There is a voicemail when busy or outside these times.

If you need help, would like a listening ear or would like to volunteer to help then please let us know.

Books & Jigsaws

With the church currently having to remain locked, it has not been possible for people to have access the books and jigsaws that are usually in the church. Bob, the landlord of the Crown & Anchor, has kindly offered to have some of the books and jigsaws available in the porch of the pub for people to purchase. The books are 50 pence each, or 3 for £1 and the jigsaws are £1 each and donations will go to church funds and MacMillan. We would like to thank Bob for his support.

Used Stamps for Charity

The collection box for used stamps has also relocated to the Crown & Anchor; the proceeds of which will go to the RNIB.

We look forward to the time when the church will be open once again for worship and visitors. Any information will be displayed on the church notice boards and on the Next Door and Facebook sites when we have a date to reopen.

Angie, Carolyn and Mark

SHAUN HAGEN

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