

WIGGENHALL ST GERMANS

Parish Newsletter

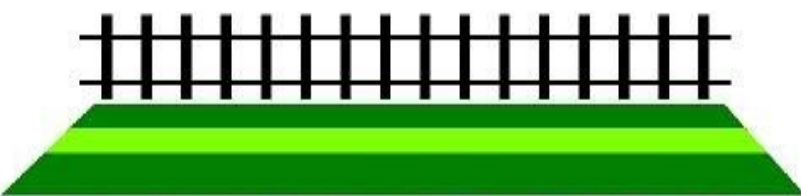
Sep 2020 edition



Any queries or comments, please contact the Editor (Clerk):

Mike Inder,
4 Lime Close, Marham,
King's Lynn, PE33 9HN
Tel: 01553 392017

Email: wiggenhallstgermanspc@outlook.com



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From the Editor/Clerk

Hopefully as we have passed the peak of this terrible pandemic and as we start to recover, albeit with inevitable set backs along the way, we are starting to look at what we can return to normality with and what needs a new normality...

The Newsletter has been produced online and I will continue to publish it on the Parish Council Website. However, it is nice to be able to go into print again and land this on your mat. We have taken the option to switch to an A4 format to facilitate larger print and easier reading. It is my intention to produce an online edition 4 times a year with hardcopy edition shadowing 2 of those publications. Your comments and articles are welcome and essential.

The Council has remained very active and the virtual meeting have proven successful and efficient, just as well as advice and availability of the hall mean that we expect to continue to conduct meetings virtually until at least December.

The streetlight conversion to LED has been completed recently and the expense will very quickly be recouped with the electricity consumption reduced by 40%.

Work to deter vandalism at the pavilion continues and that is a shameful unnecessary waste of money! If your kids come in with anti-climb paint on them or their clothes please direct your disappointment accordingly.

Repairs to the play park should be complete and further work to smarten it up will be carried out, if you would like to assist then let the council know.

We would really like to see a football (or other sports team) start to use the fantastic pavilion and field that we are maintaining. The cost to make it your club home is a fraction of that charged by larger authorities for such facilities, a village team would be great to see and follow.

Yours

Mike Under

Closing Date for next Online Newsletter:

15 Nov 20



Streetlight Reporting

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

wiggenhallstgermanspc@outlook.com

or by phone to 01553 392017 and leave a message if out of hours.

please include the location ie street name and property number or name it is near to, lamppost number if possible or a landmark.

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 continue 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 are 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.

14 Sep 20
9 Nov 20.

Ordinary Parish Council Meeting
Ordinary Parish Council Meeting

Parish Council Chairman's Summer Report

Where has this year gone? Already we are into September and no doubt some of you will be thinking about the next few months and Christmas. It has been a very strange year and I do hope this latest edition of the parish magazine finds you all safe and well.

So what have the Parish Council been doing over summer? Well, we have been going about our usual business, just more carefully starting off with all our meetings being held on line. As parishioners, you are very welcome to log on and join the meetings, just click on the link in the meeting agenda on our website and you will be there.

We have had planning applications to look at and discuss, reporting back to the BCKLWN with any comments we feel are needed either in support of, or against, the application. We look at what the village can do should there be a national day of mourning in the event of the death of a member of the Royal family or VIP, (yes there are plans for such an occasion). We have to maintain the children's play equipment on the Memorial Hall field, and the last inspection revealed some of the equipment now needs to be repaired, so we are organising that. For the younger children, you will see that the play area for you has been closed off, with a chain, because of some equipment we are waiting to get repaired. Sadly, this is taking longer than usual due to the current climate but we are getting it sorted as fast as we can.

In July, Balfour Beatty invited us to view the new Islington pumping station they are currently building. I was expecting to see a small brick shed with a tiny pump in there pushing water out into the River Ouse. What I did see was a huge building project where they are installing 4 pumps into a modern station to draw the flooded water off the land and into the Ouse at a much greater capacity than the station they are replacing. Combine this new station with the one built several years ago and I think we can sleep soundly at night knowing we are protected from the horrendous floods for years to come. It was a very interesting visit and I thank all involved for organising this for the parish council.

Sticking with Balfour Beatty, they have very kindly agreed to build the base foundations for a flag pole we have bought for the village. Due to the pole being 6m tall, it has to have a very secure and solid base which would cost us a tidy sum. However, as they like to help out local communities where they are working, Balfour Beatty have very kindly agreed to build the foundations for free and assist in getting the flag pole secured into position. The location that has been agreed is on the grass, just behind the bench on the junction of School Road and Sluice Road. The reason for this location is because it can be a focal point for remembrance as it is near the mostly populated area of the village, the school can utilise it for lessons with the children sat by it on hot days and, if there is an event at the Memorial Hall, then people can walk across to it and take time out. The parish council will assist in making sure we have all the important events covered that need to be recognised by the flying of a flag.

As reported quite a lot recently, our sports pavilion on Mill Road is still the target of unwanted acts of vandalism and criminal damage. Each and every occasion is reported to the police, to help them build up a profile on the activities, and will continue to be reported until it stops. This year alone we have spent the following on the pavilion due to criminal damage:

Windows being replaced on 4 occasions	£500
Guttering on 5 occasions	£170
Roof tiles on multiple occasions	£125
Shed clear up	£80
New field sign	£40
Fence repair	£10

This might not seem a large amount of money, but it is costing us all, and preventing the money being spent on more positive projects for the village.

Recently councillors have been working at the pavilion to give it a spring clean, sort out a steel storage container we have bought to replace the shed that was broken into, and also to paint the roof tiles with anti vandal paint. I make no excuses, and do not apologise if your child comes home with anti vandal paint on their clothes. It is there for a reason and hopefully will deter people from damaging the roof any more

By the time you get to read this newsletter, I will have resigned from the Parish Council. Having been a councillor for approximately 8 years, and this being my 5th year as Chairman, I find it quite a wrench to have to resign but, due to selling my house and moving out of the village, it is something I have had to do. It has been an absolute pleasure being a member of the Parish Council, getting involved in local politics, helping the village and making a difference where I can. I have worked with a fantastic bunch of Councillors over the years and the wealth of knowledge and experience, between them all, is something never to be taken for granted. I have learnt a lot from formal training and from talking with my colleagues in and out of meetings. We have dealt with everything from litter louts, graffiti, dog bins, skate park application, children's play area, planning applications, the village bridge nearly collapsing a few years back in heavy floods to the incinerator, new power stations at Saddlebow, Wiggstock, washing machines in field drains, the defibrillator and a flag pole for the village. For those of you that think being a councillor is like The Vicar of Dibley, like I did at first, it's actually not at all. It is challenging, frustrating, you debate, you engage with businesses, local authority, emergency services and your community.

During my time as a councillor, I have seen colleagues resign because they moved home, have other commitments, personal and family reasons and sadly ill health. It can take up a lot of your time, but not once have I regretted being part of a team with such dedicated members, who all give up their time to ensure we do what's best for the village and community. I wish to thank every member of the council for their knowledge, help and support over the years and backing whilst I was chairman.

I will take this opportunity to wish the clerk, Mike Inder, all the very best for the future and thank him, and his predecessor Elaine Oliver, for keeping the council on the straight and narrow. Thank you also goes out to my fellow councillors as I know they will continue to look after the village no matter what comes their way. It is very rewarding in lots of ways and now that I have resigned, there are 4 places available on the council if you feel you have what it takes to volunteer. Please contact the clerk for more information.

As the nights are now drawing in, and the weather taking a turn, I hope you are all keeping safe and I wish you well. If you have anything you wish to discuss with us, please either get in contact with the clerk, or try to attend the next online virtual meeting.

Best wishes

Alastair Done
Chairman (resigned)
Wiggenhall St Germans Parish Council

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New Pumping Station



On the 15 July the Parish Council, invited by the Balfour Beatty Liaison Manager, Nicky Paine, visited the new pumping station being built on the Islington catchment. It was a fantastic opportunity to see first hand the source of curiosity (*and a little inconvenience*) and to continue to foster the good relationship that has been built up. It didn't take long for us to understand the scale of the project and to see why Eau-Brink Road has needed to be closed along with the footpaths that run near the

area. The site foreman Jon provided an insightful brief on the viewing platform, explaining the complexities and challenges in managing such an incredible engineering feat being carried out in a difficult location, compounded by the extreme weather and not to mention COVID-19. Jon explained how the noisy piling process that they had hoped to avoid using an alternate method had not worked out as the conditions were not suitable, so the noise was unavoidable.

An educational visit was enjoyed by all and we hope to repeat it later as the project nears completion next year and I will produce a follow up report for you. If nothing else the socially distanced photo of the Cllrs in the safety attire and their interpretation of Nicky's advice to come 'suitably dressed' will give you a smile!



Overview:

In March 2019 Balfour Beatty was appointed to work for our client, King's Lynn Drainage Board, to deliver a ground-breaking pumping station in the Islington Catchments, covering a total area of 9,700 hectares near King's Lynn, Norfolk. This is a design and build project that has been procured through the Scape National Civil Engineering and Infrastructure framework.

The new pumping station will replace the existing Islington Pumping Station which was constructed in 1959 and is no longer viable due to significant reliability issues. Alongside other flood risk management infrastructure in the catchment area, the pumping station will enable water management and reduce the risk of flooding to 1,500 residential properties, 500 businesses and 6,700 hectares of agricultural land. It will also protect a number of strategic roads that connect rural communities. The design of the pumping station has required a multi-disciplinary approach which has included input from civil, mechanical and electrical and structural engineers to produce the final design.



The Structure (above ground):

It was essential that the design of the structure was cost effective whilst having minimal visual impact to the surrounding area. As a result, cedar wood panels have been selected which will provide a natural finish to the primary exposed face of the building.

The Structure (below ground):

We constructed a cofferdam, which is a watertight enclosure that is pumped dry to permit construction work below the waterline. The cofferdam was developed utilising large steel sheet piles and a heavily reinforced concrete wall that is on average 1m thick. This will support 10m deep of retained soil in all stages of construction.



A 20-metre-wide approach channel will be dug to gently divert the flow from the existing Smeeth Lode Drain (the Straight Mile) to the Pumping Station by 25 degrees. This is to ensure optimum aligning with the rising mains as well as outfall location.

The Pumps:

The new pumping station needs to accommodate a large variation in flow rates, given the necessity to pump both normal dry weather flows and up to 1 in 100 year flood level storm conditions. Four variable speed drive pumps will therefore be installed, each capable of pumping a maximum of 4m³/s – to put this into context, running at full capacity, the pumping station could pump 1.4 billion litres per day. The pumps are UK sourced (Bedford Pumps), carbon efficient, fish friendly pumps and are the first precast concrete pumps to be classified as fish friendly as a result of the project.

Environmental:

Protecting the environment has been paramount from the outset of the project and we are using Natural England's Biodiversity Metric 2.0 to generate net gain outcomes. Our aim is to achieve net gains of 20% increase in grasslands and 10% increase in reedbeds and the project will include rehousing water voles to a new wetlands area.

There is a strong ethos and commitment from the team to protect the wildlife we are working around. Owl kennels, bat boxes and bird feeders cater for diverse birdlife and posters line our walkway as a reminder to everyone to preserve native wildlife.

Progress to date:

Despite an exceptionally wet winter, including three consecutive storms, the COVID-19 pandemic and doves nesting on our scaffolding, the project is continuing to progress well. With the cofferdam firmly in place, building work is developing at pace within the 10m deep hole that will house the four water pumps.

Works on the new pumping station will begin in October and the four pumps will be installed at the end of the year. The works will be 'out of the ground' in December/January and the scheduled completion of the project is planned for May 2021.



Mark Robinson, Scape Group chief executive, said: “As we’ve seen in recent years, flooding is becoming an increasingly prevalent issue for communities across the UK and costs the economy around £1.3bn every year. This new pumping station represents a real step forward in reducing flood risk for the communities around King’s Lynn, and the project’s environmental credentials are testament to Balfour Beatty and King’s Lynn Drainage Board’s commitment to a sustainable future. We’re proud to have accelerated the project journey through our framework and I look forward to seeing the completed pumping station next spring.”

If you have any issues or concerns regarding the works or would like any additional information, please get in touch with Nicky Paine on 07732 086128.

About Scape Group

Scape Group is a public sector organisation, dedicated to creating ongoing efficiency and social value via the built environment. Scape and its subsidiaries offer fully managed frameworks, property services, innovative design solutions, community investment opportunities and joint ventures.

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For the past three years, Scape Group was named the ‘Best Client to Work With’ at the annual Construction Enquirer Awards.

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For more information visit: www.scapegroup.co.uk



At:
Memorial Hall
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The last Tuesday of every month at
7:30pm.

Well, nothing new to report on the St Germans Ladies Group front as we are all still “locked down”. The Committee feels that it is too early to consider reconvening our Group meetings at the moment. We are going to review the situation in August and hopefully may be able to come to a decision then as to when we can all get back together again.

As a group we keep in touch with each other by post, e-mail and phone. Getting messages from each other during this trying time is a great boost to morale. One of our members, Margaret Cook (who also submitted the recipe for this edition) has sent me the following true story. Hope it makes you smile as much as it did me.

“A dear family member of mine the other week rang her daughter in distress to say she had lost her false teeth. So her daughter asked how she had managed that and what had happened. Her mother said “I was eating a toffee and took my teeth out as the toffee had got stuck all over them and now I can’t find my teeth anywhere, I’ve looked in the bin, bedroom everywhere!” Later on in the evening she rang her daughter to say “Guess what? I’ve found my teeth, they were in my mouth all the time, must have put them straight back in.” That’s how it gets you in lock down.”

I have heard from some of the ladies that their dogs are a huge blessing during this time and the fact that St Germans is a beautiful village and has many lovely places to walk the dogs is hugely appreciated. I’m not sure how our other members feel, but I for one am looking forward to being able to go to the hairdresser again. Hair-wise, I’m beginning to look like a female version of Boris Johnston before his haircut – lucky man to be able to get an appointment!

Katherine

Chair, St Germans Ladies Group

Coronation Chicken

2 cooked chicken breasts (or use any cooked chicken that equals the amount of 2 chicken breasts)
2 tablespoons of extra or light mayonnaise
2 tablespoons fat free natural yoghurt
1 tablespoon mango chutney
½ teaspoon of mild or medium curry powder
2 tablespoons of lime juice
½ teaspoon of salt
10 grams of sultanas

Shred or dice the chicken, set to one side
Mix all the other ingredients together and then add the diced/shredded chicken.
Serve with a salad or a jacket potato

Recipe courtesy of Margaret Cook

Birds in my garden

Since lockdown I have paid more attention to the birds in the garden than I normally would. It's amazing how, when you take more notice of them, you begin to see personalities emerging and also just how many visit.

The wood pigeons are like Bomber Command World War II Lancasters, dropping "packages" where you don't want them. Sparrows flit around like cheeky Cockney costermongers, you could just imagine them saying "Cheap veg, cheap veg, the best in the market". Blackbirds run across the lawn like demented Roadrunners, if they are drumming up worms then the speed they go must mean they miss most of them.



The Long Tailed Tits blow in like clouds of dandelion seed, flowing round and through the bird feeders and then off as if blown by a sudden breeze; their cousins, blue and coal tits are more sedate, like little old men staking their claim to their seats at the pub.

The delightful Chaffinch struts around the grass like an Eastern potentate showing off his finery, puffing out his handsome pink chest for all to see. Following behind, the Greenfinch showing off his smart green-yellow livery, ready to jump up behind the potentate's carriage to parade around the town.



The Robin is definitely the "Man about Town" in his bright red vest, strutting around the garden, singing his heart out at the top of the fir tree and like the gadabout he is, is always the last around, reluctant to bed down for the night.

The Starlings are just like a crowd of teenagers out on the prowl, looking for mischief wherever they go, bullying the other birds to get to the seed in the feeders but never quite working out that they can't because there is a guard over them to stop them.



The Swallows are the circus performers in the garden, they perch on the telephone cables like acrobats at the start of their performance, such beautiful birds BUT of course, the stars of the show are the Swifts, they fly across the sky in great whirling swoops, the Spitfires of the bird world, screaming and diving so low that you feel you can reach up and touch them.

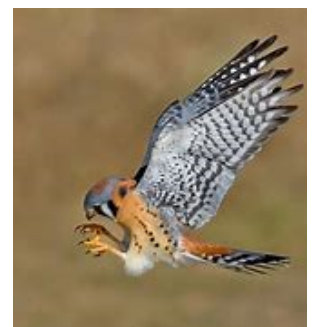


There is a visiting Wagtail, strutting over the lawn, seeming to ask "Whatcher got there then, watcher got?" also the shy pretty Collard Doves who coo sweet love songs to each other on the garden fence, like Romeo and Juliette. Our prima donna is the Goldfinch, sitting on the TV aerial trilling but never coming to the feeder with the other birds, despite tempting it with Niger seed.

Silently soaring above is the local Kestrel searching for prey and keeping an eye on the marauding Crows and Magpies, the evil wizards of the bird world stealing eggs from the little ones.

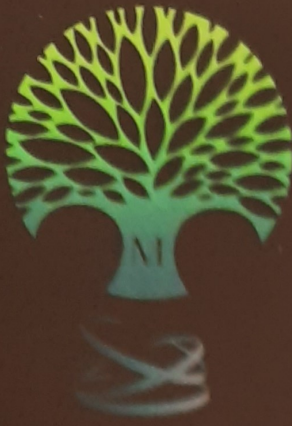
Now who needs the West End shows, when you can just sit in the garden with life's rich pageant around you?

Katherine White



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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

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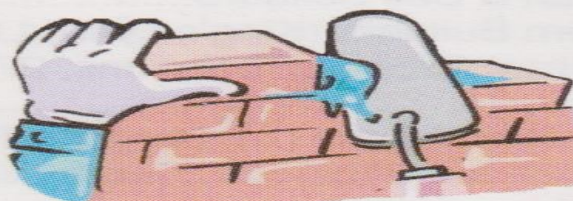
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What is the 'Bridge Charity' and what does it do?

The St Germans bridge dates back to Saxon times, it is believed it to have been a toll bridge in the early 1600's and that in 1691 Thomas Fenn bequeathed £25 for the poor. That capital investment brought in 25 shillings a year in interest, which along with an endowment of six shillings and eight pence, left by an unknown donor; the charity became known as the Fenns and Bridge Charity. In 1928 records show that the bridge reeves owned the bridge along with 4 cottages, known as the Bridge Cottages, and a 90 square yards plot at Mill Road with a building on it, known as the Reading Room. The Bridge Cottages were let to the poor widows of the parish rent free and maintained by the bridge reeves. The bridge was later let out on a monthly basis with a rent of eight pounds and five shillings per month to a Mr H Bridges, who then collected the tolls for himself.

On Thursday, January 28th 1928, the bridge reeves, Mr R Alan and Mr W Easter convened a public meeting of the inhabitants of St Germans in the Reading Room to formulate a basis of negotiation in view of the possibility of the County Council's exceptions of the responsibility of the care and upkeep of the bridge. The room was crowded with parishioners practically unanimous for the principle of a free bridge. The bridge reeves declared the bridge funds to be around £2000. It was finally decided to offer the bridge to the County Council, it was eventually handed over and a new bridge was built and opened in 1938.

In July 1971 the clerk informed the trustees that net income from the sale of the almshouses (Bridge Cottages) and the Reading Room, came to £252 and 22 and half pence, the clerk was instructed to invest £250 of this in three 0.5% war stocks. In the original Scheme of 8th April 1928 registered with the Charities Commission, the application of income was directed toward the maintenance of the cottages and reading room, coal for widows of the parish and general benefit of the poor in the form of donations to the local infirmary, hospital, dispensary and convalescent homes as well as the supply of clothes, boots, bedding, linen, fuel, tools and medical or other aid to sickness.

The Scheme was updated in 1986 and forms the constitution and guides how the charity operates to today; with sound investments through a Charity Investments company, the dividends amount to an average income of around £1200 p.a. with the Bridge Charity now void of property it relies on the return from those investments.

The application of income is limited to the clear income each year and can be granted generally or individually to residents of the Parish of Wiggshall St Germans, who are in a condition of hardship or distress; with the NHS and Social Benefits systems catering for most needs in modern times there are few in the Parish who would qualify in the same way as the charity was originally set up to provide for, so the Trustees take a wider view and interpretation of the Schedule to benefit the community as a whole.

The Charities main application of the income currently is to provide a school uniform grant to the parents and guardians of children of the parish that are transitioning to High School, this is to help with the uniform costs that can be significant and it removes some of the stress and inequalities that can make those important early days in secondary education difficult for children and parents.

Originally in [Anglo-Saxon England](#) the **reeve** was a senior official with local responsibilities under the Crown

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The charity has also considered grants to community organisations over the last 20 years such as a start-up grant for the Parent and Toddler Group, Community Post Office and Parochial Church Council projects. The Trustees often find it difficult to ensure that the applications meet the intent of the criteria in the schedule for the application of income and the spirit of the grants made needs careful consideration. The Church was granted a donation of £586 in 2006 for a hearing induction loop, the church having raised £2000, this donation ensured the target was met and benefitted the hard of hearing in the parish.

The Trust has maintained close relations with the Parish Council and the Council is responsible for appointing 3 Trustees every 4 years with a further 2 co-opted to serve for 5 years; currently 3 parish councillors are double-hatted as Trustees and the clerk of the council also voluntarily carries out the role of clerk/correspondent for the charity. Like the Parish Council, the St Germans Bridge Trust is always looking for ways to help the community and other ideas such as supporting those starting apprenticeships or University with specific needs was under consideration.

However, the Trustees are not the sole arbiters of good ideas and are aware that just as the world changes (never more so than during the current pandemic), so the need to be pragmatic, imaginative, responsive and contemporary with application of the fund to be effective; so if you have ideas of how the charity might meet the needs of the community that might otherwise be overlooked or disadvantaged, then please contact the Bridge Charity via the clerk using the Parish Council email wiggenhallstgermanspc@outlook.com or by post to M Inder (Bridge Charity Clerk), 4 Lime Close, Marham, PE33 9HN.

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WIGGENHALL ST GERMANS PARISH COUNCIL NEEDS YOU

There are **4 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 have upgraded 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 and dog fouling?
- 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 01553 392017

News from Wighenhall St. Germans Church

In August we celebrated a 'significant' birthday for Mark Wright. With the restrictions at that time it wasn't possible to hold a birthday party but, following the church service on the Sunday, we gathered outside at the 'Crown and Anchor' to celebrate with coffee and a cake.

As well as many cards and well wishes, Mark was presented with some gift cards and chocolate from members of the church for his birthday and as a 'thank you' for all that he had done in the village, especially during the lockdown. Mark would like to express his thanks to everyone for their kindness.

In August the family of the late Peter Webb donated a bench for the churchyard in Peter's memory. Peter worked tirelessly for the church and, without his help we would not have the kitchen and toilet facilities that we use and appreciate. Signs of all the work Peter carried out, both inside and outside the church, are all around and it is hoped that people will enjoy sitting on the bench by the main east window.

A food bank collection point is now available in the church as well as the used stamps collection box for the RNIB.

We are very pleased that the easing of government restrictions has allowed us to open the church once again for private prayer and to hold services in the church from 5th July 2020.

Churches have to observe safe distancing so when you come into the church you will see some of the pews partially or fully taped off to assist people with this. The use of hand sanitiser on entry and exit to the church is also required.

The church is open on Sundays for a service at 9.30 a.m. every week which may be a service of Morning Prayer or a service of Holy Communion. On the second and fifth Sundays of the month a service of Evensong will also be held at 5 p.m.

At present the congregation are required to wear a facemask during any services and, the congregation are unable to join in singing the hymns. Hymns are currently played through the wonders of technology and we also look forward to welcoming John Everington and the choir for Evensong on 13th September, our Harvest Thanksgiving Service on 20th September and our Service of Holy Communion on 27th Sept, when we hope Fr. Brian will be able to be with us.

The church is open for private prayer on Sundays following on from the morning service until 2 p.m. and on Wednesdays from 2 p.m. to 6 p.m. Please ensure that you use the hand sanitiser as you enter and exit the church to minimise the risk of any infection.

We are currently unable to serve food or drinks in the church so Breakfast Services and Coffee Mornings in the church are still not able to resume. However, we are very grateful to Bob at the Crown and Anchor who has kindly been providing teas and coffees after our Sunday services.

Guidelines on church access and services continue to change, as with so many things in our lives. Details of any updates and church services will be advertised on the church notice boards around the village. Although the hours the church is open is restricted at present please feel free to come in for private prayer or for the services, you are most welcome.

Covid-19 Support Group

We would like to offer a very big 'Thank You' to everyone in the village who has helped support the church and community, especially during these past few months. For the wonderful support from everyone at Central Stores in taking orders for those who couldn't get out to shop, as well as continuing to provide for the needs of the community. Also for allowing a collection point for the Food Bank so that donations can continue to be made when access to the church was not possible and whilst opening times are restricted.

Bob at the Crown and Anchor provided take away meals when it wasn't possible for him to open that were a help in the village and very kindly made available the books and jigsaws that are normally in the church to people who had a lot more spare time during lockdown.

Chris also continued to provide the post office services for the village that are so important.

The Covid -19 support group is longer actively in operation but, should the need arise, we would be available to help, and we would like to thank everyone who volunteered to help those in need around the village. On this occasion we did not need to call on all the volunteers as so many people had already offered to help their friends and neighbours which is great. Helping one another is what living in a community is all about and hopefully new friendships that have developed over the past few months will continue to grow.

Mission

We are looking forward to welcoming Revd. Tim Hall and his team from 'Through Faith Missions' who are coming to Wighenhall St. Germans from 17th to 20th September. Further details from Tim to explain more about the mission and what they will be doing are shown separately for your information, Please feel free to come and speak to them and come to the Harvest Service or the Prayer and Healing Service.

As usual our Harvest Thanksgiving Service will be an opportunity for people to bring produce or non-perishable goods if they wish. The fresh produce will be available after the service for people to take home and the non-perishable goods will be donated to the Food Bank.

Through these troubled times it is good to stop and give thanks for the seasons that continue to come around and the wonderful harvest that is around us.

Angie, Carolyn & Mark

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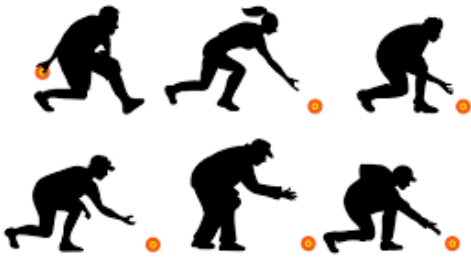


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Wiggenhall Bowls Club



The Bowls Club activities have been curtailed since the beginning of the Coronavirus pandemic. All the league fixtures were cancelled, so no competitive events with other clubs were possible, and although we have started the Saturday afternoon informal 'roll-up' sessions for Club members, there have been few takers.

This is a pity, as the maintenance team have taken the opportunity of a break in the use of the green over the summer to undertake some vital tasks. They have been working at the Club almost every day, making sure that the Club is secure and that the green itself is in tip-top order, and it's a great shame that more people haven't been able to appreciate its glory! On a more mundane level, much of the boarding around the green has been replaced and all the wood treated with preservative – several times.

We still have in the diary the Club Members' End of Season event on September 13th, although at the moment it is uncertain how this might be organised.

Carpet Bowls: We are still waiting to find out when or if the St. Germans Memorial Hall will be opening. We have a lot of support from members willing to give carpet bowls a try under Coronavirus conditions, which is heartening.

We also hope that our **Annual Christmas Bingo** might go ahead on: **Monday 14th December.**

For any information about the Bowls Club please contact:

Margaret Blackburn, Club Secretary: 01553 617418
Lords Bridge Toll House, Lords Bridge, Wiggenhall St. Mary
the Virgin, King's Lynn PE34 3BW



COVID-19 Fundraiser for the QE Hospital

On Sunday 31 May Paul and Lorraine Oliver held a table sale outside their house near the Bus stop on Lynn Rd; they had donated and collected a myriad of items to sell and as they set up on lovely sunny morning they were inundated by people wanting to buy items quicker than they could put them out at times!

They tapped into a phenomenon for recycling and generosity that swept the country during the peak of the pandemic and through their hard work and the generosity of the community they raised £247.55 which they donated to the Queen Elizabeth Hospital Kings Lynn NHS Trust Covid 19 Support campaign

<https://www.justgiving.com/campaign/QEHCovid19Support>

Laurence Morlaàs, the QEH Fundraising Executive, thanked Paul and Lorraine for their support and the amazing generosity of the community.

IF YOU ARE STRUGGLING TO MAKE ENDS MEET ... YOU MAY BE ENTITLED TO HELP:

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

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Watlington Medical Centre - Gossip Article

Where does one start? What a difficult time it has been over the last few months and with lockdown lifting as I write this, uncertainty can continue for us all and with this can bring increased anxiety and worries. It is important to remember that it is ok to feel this way and that everyone reacts differently and for most of us, the feeling will pass. There are things you can do to help which include talking to your friends and family, using virtual means or by meeting up following the latest government guidance. Maintaining healthy relationships with people we trust is important for our mental wellbeing. Looking after your body can also help your mental health, by eating well balanced meals, drinking enough water and exercising regularly, just going for a walk can really help lift your mood.

The Surgery has had to adjust to its way of working and we have included many virtual consultations, including the use of video and photos to help. This has reduced the footfall to the surgery, so those people that need to attend can do in a safe and secure way. The Nurses and Doctors may look a little disconcerting in their masks and shields, especially to the children, but despite this, we hope that we are able to reassure and care for everyone in our normal way.

Autumn will soon be here and with that brings the important flu vaccination season. This year it is even more important to get vaccinated if you fall into one of these categories:

- are 65 years old or over
- are pregnant
- have certain medical conditions
- are living in a long-stay residential care home or another long-stay care facility

receive a carer's allowance, or you're the main carer for an elderly or disabled person whose welfare may be at risk if you fall ill

There may be changes to the criteria in the coming months, we will endeavour to keep you updated.

In order to be able to help with social distancing more frequent, smaller daily flu clinics will be held along with the usual Saturday clinics as needed. If you come to the surgery for your flu vaccine, the nurses will also be able to ensure you are up to date with your pneumonia and shingles vaccinations.

Clinics will be held at the surgery from the middle of September, but dates will be confirmed nearer the time. Please encourage your friends and loved ones to have a flu vaccination this year, even if they have declined previously.

In the recent months I have been heartened by the kindness of our community both to each other and to those who previously were strangers. New friendships have developed and a new sense of community, long may it continue.

Mrs Amanda Moss
ANP Partner



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