

WIGGENHALL ST GERMANS

Parish Newsletter

Spring 2022 edition



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

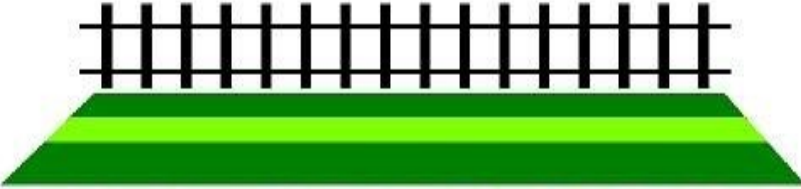
Mike Inder,

4 Lime Close, Marham,

King's Lynn, PE33 9HN

Tel: 01553 392017

Email: wighenhallstgermanspc@outlook.com



L.B.R LANDSCAPING & GROUNDS MAINTENANCE

EST 1986

- **GARDEN & SITE CLEARANCE**
- **HEDGE CUTTING - REDUCTION - REMOVAL**
- **FENCING SUPPLIED & ERECTED**
- **GRASS CUTTING - PRIVATE - COMMERCIAL**
- **TURFING & SEEDING**
- **TREES & SHRUBS PRUNED - REMOVED**
- **STUMP GRINDING - PLANTING**
- **DIGGER & DUMPER WITH OPERATORS**
- **TRACTOR - HEDGE - VERGE CUTTING**
- **LOG SALES**

Mob: 07774 724366
Tel: 01553 849802

From the Editor/Clerk

Hi all, well this wretched bug is still with us no matter how hard we try to get on with life and now we are on the verge of another Cold War with the terrible atrocities in the Ukraine being carried out. The Borough Council and County Council have implemented various ways of supporting the refugees that might find their way to Norfolk and if you are affected by the war and need support then the easiest contact point is through [Ask Lily](#) and type Ukraine in the search box. This has advice and signposting for those in need and those looking to help in some way.

The Parish Council is running with a few key projects currently including the Fitton Road corner path that they have successfully attained a 50% grant towards and will be installed this year. They are also setting up a School Road Safety Steering Group with volunteers needed to address concerns with safety near the school now that the Eaubrink Road has re-opened. Public Transport has also been raised as topic by a couple of residents and a survey is included to help the PC follow up on that topic.

The Annual Parish Meeting is on 23rd May, held in the village hall it is an ideal opportunity to bring forward your ideas for improving the fabric of life in the community.

As always I could do with more articles or front cover photos for the magazine and contributions of all interests are most welcome. *Apologies for some out of date notices as this edition was unavoidably delayed.*

Yours

Mike Under

Closing Date for next Online Newsletter:

1 Oct 2022



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



Meetings are back in the Memorial Hall, starting at 7.30pm. Some precautions are still in place with social distancing, ventilation and extra disinfection. Face coverings are encouraged when moving around in the hall. There is a session to hear from the public near the start of the meeting, you can leave after you have had your say if you wish. The Agenda is published on the website and notice board at Surrey Street and in Saddlebow.

23 May 22 **7PM**

Annual Parish Meeting followed by
the Annual Parish Council Meeting.

25 Jul 22

Ordinary Parish Council Meeting

26 Sep 22

Ordinary Parish Council Meeting

St Mary's Bed & Breakfast

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

One double and one twin bedroom with ensuite facilities. Free Wi-fi. Flat screen TV and DVD Player. Full English breakfast with vegetarian options.

Home made cakes.

Contact Scilla and Simon Ash, 01553 617469 or 0777 165 8422.
scillaash@hotmail.co.uk. www.st-marys-bed-and-breakfast.com



Claire's Cleaning Service

**One off Cleans
Weekly, Fortnightly, Monthly
Fully Insured
Conservatories inside and out
Building work cleans
Landlord / Tenant changeover cleans
Ironing service available
Professional, reliable & affordable**

**For a FREE consultation about your
requirements please call or email Claire.**

***Claire's_Cleaning@aol.co.uk*
07502 086570 or 01553 827374**

The Cottage, 5 Shepherdsgate Road, Tilney All Saints,
Kings Lynn, Norfolk PE34 4RP



Crown & Anchor

Under new management

Home cooked food

Open Tues -Sun

01553 401418



KEVIN SMITH DOMESTIC APPLIANCES

washing machines, tumble driers, dishwashers, cookers,

59 Station Road,
Terrington St. Clement,
King's Lynn, Norfolk.
PE34 4PL

01553 827568



Central Stores

Your local SPAR, open when you need us most!

Off licence

Sweets

Top up Cards

Greetings Cards

Lottery

Electric Keys

Groceries

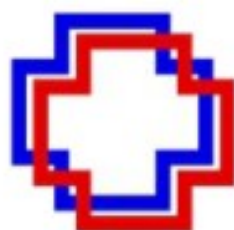
Newspapers

Coal

Stamps

Gas Payments

Tel 01553 617736



CARERS ELITE
HOME CARE
 CARE FOR LIFE

Inspected fundamental Standards Dec 2019:

Caring = Good
 Effective = Good
 Responsive = Good
 Well lead = Good
 Safe = Good

Continually Supporting Downham
Market and surrounding villages
Since 2015

Would you or a loved one benefit from some support at home?

- Assisted living
- Support at Home and in the Community
- Respite Care
- Family Support
- Free Financial/Funding Assistance
- 24/7 Care Packages
- Domestic Support
- Chaperon Service
- From Social visits to Complex Care
- No Charge for Hospital admittance or Holidays
- Care/Nursing Home Support.



We can provide tailored individual care packages to suit all your requirements.

Tel: 01366 380707 Email: kelly@carerselite.co.uk

Web: www.carerselite.co.uk

Head Office - 53 High Street, Downham Market, PE38 9HF

Looking for work?

We are always looking for devoted, hardworking individuals to join our energetic team to work a variety of hours, work the hours you want

Parish Council Chairman's Report

Whilst we are still noticing the effects of the global pandemic, hopefully life is becoming more 'normal', with other items taking the headlines. Whilst the headlines may not be as significant as some that you will have seen, I am pleased to report that the Parish council has secured parish partnership support to help fund a trod on the corner of Fitton road to improve pedestrian safety. We are still working with the Middle Level Commission to put a path through the corner of their land from Sluice Road to Wiggshall St Mary the Virgin. In addition, a second defibrillator is to be installed in the village at the bowls club. As with the first unit, the device is designed to provide emergency assistance with no training necessary – the device itself instructs the user through all stages of use and will not activate unless necessary.

As mentioned in the previous newsletter we are still encouraging people to assist with identifying any safety concerns, particularly with reference to pedestrian safety. The village school has recently carried out a speed awareness project with anonymously donated prizes awarded to 3 of the pupils for their poster designs, keep a look out for the posters. In addition, a steering committee is starting up to specifically focus on road safety on School Road.

I would like to take the opportunity to remind people of the message within the previous newsletter. The Government has given the County additional funds to address road defects such as flooding and potholes and we have been invited to submit our areas of concern to the Surveyor. Mill Road, Sluice Road (corner near the bridge), Church Road (St Marys) and Lord's Bridge (subsidence). These have been reported already via the County Council Website Report a Problem, which anyone can do and your help in reporting direct is also very important.

<https://www.norfolk.gov.uk/roads-and-transport/roads/report-a-problem>

The Parish Council decided to approach this in a consultative and calculated way, we still request your assistance and experience in providing us with areas of concern, giving us precise location and sending photos showing the extent of the problem. If you could also let us know any ideas for resolving the issue that would be appreciated. The Parish Council will then sit down and analyse each and put them in merit order to address with Highways and our County Cllr. Please send your reports and photos in response to this appeal for information to the clerk by email preferably:

wiggshallstgermanspc@outlook.com or by post to: Mike Inder (Clerk), 4 Lime Close, Marham, Kings Lynn, PE33 9HN.

As always, a big thank you to everyone involved within the parish.

Rob Keal

Bryan Cater Ltd Your Local Professional Chimney Sweep



Chimney Sweeping, Stove Repairs, Servicing, Installations,
Cowls, CCTV, Chemical Tar Removal.

01366 728342 option 2.

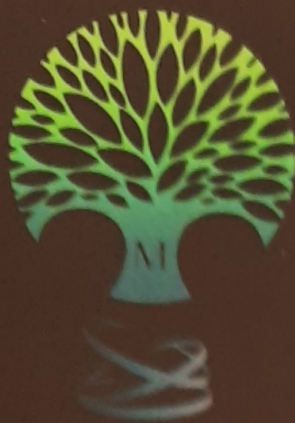
bookings@cattersweeps.co.uk

www.cattersweeps.co.uk



MEDINA SERVICES

Professional Family Run Business



Services

- TREE WORK
- GENERAL GARDENING
- HEDGE TRIMMING
- CHIPPING SERVICE
- FENCE REPAIR
- STRIMMING
- GREEN WASTE RECYLING

Call us now on
07488323668 / 01485 601058
or email us at
medina.ground.services@gmail.com
to arrange your free,
no obligation quote

WIGGENHALL ST GERMANS 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?



Calling Saddlebow! You are not currently represented by a resident of your area of the Parish!

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 fourth 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

Useful web addresses for Borough Council issues

GENERAL CONTACT

<https://www.west-norfolk.gov.uk/contact>
Phone 01553 616200

Borough Council of
King's Lynn &
West Norfolk



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>

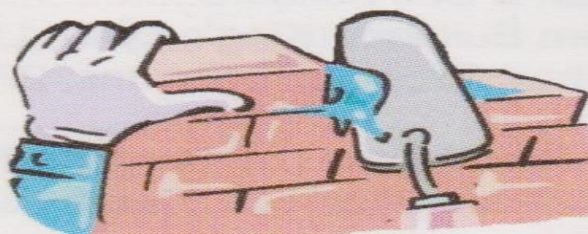
Planning and Development

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

Tree Preservation Orders

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

Build Right



**New Build • Extensions • Renovation
Household, Industrial or Commercial**

“Undertaking Building Projects Throughout West Norfolk”

**All Work Guaranteed and Carried out to a High
Standard by Qualified Trades People**

FOR A FREE NO OBLIGATION QUOTATION

Tel: 01553 827374

*The Cottage, 5 Shepherdsgate Road, Tilney All Saints,
King's Lynn, Norfolk PE34 4RP • Email: Wadhamm@aol.com*

“Build with Confidence, Call Build Right”

**THE HISTORY OF THE
WIGGENHALL ST GERMANS BRIDGE,
AND THE ST GERMANS BRIDGE AND
FENNS CHARITIES
BY BOB RAWLINGS**



THE OLD WOODEN BRIDGE

The History of the Wickenhall St Germans Bridge and Fenn's Charities

In a 28-page high quality booklet, telling the story from Saxon times through the 1800s to the current day. Packed with photographs and illustrations depicting life around the bridge and in the village.

Produced by Bob Rawlings after many years of research it is a 'must have' coffee table booklet for all residents it captures the history of the village that as Bob has found can be so easily lost and forgotten!

Just £5 and profits from this will go into the Bridge Charity Fund, to get a copy of this phone Bob Rawlings: 01553 617975.

The St Germans Bridge Charity—School Uniform Grant

A grant is available 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 Wickenhall St Germans, Wickenhall St Peters, Wickenhall 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 2022 to the Clerk - Mike Inder, at the address on the form. The Grant can be paid by BACS if you provide your bank details or will otherwise be paid by cheque. *(late submissions cannot guarantee to be processed prior to the new academic year).*
Form on next page

WIGGENHALL ST GERMANS 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:

Current School Attending:

Secondary School:

Date of Transfer:

Parent/Guardian Name:

Address (if different to above):

.....

Postcode: Tel:

Bank details for BACS payment : Sort Code: Acct No:

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 Germans Parish - Public Transport Survey

At a recent Parish Council meeting there were comments that the public transport system serving the community was 'Not fit for purpose' with routes, days and times of service not suitable and that providers often clashed, competing for limited customers.

Before the PC is able to move forward with this topic a survey to gauge wider opinion is needed and your contribution would be appreciated by completing the survey online via the [PC website link](#) or posting the form below to the clerk.

Name:

Email/Phone:

Address:

Do you drive or have access to private transport *

- * Yes
- * No

Do you currently use public transport? *

- * Yes
- * No

Which service do you use?

- * Lynx 46 to Kings Lynn
- * Go To Town 47 to Downham Market
- * Taxi
- * Dial-a-bus
- * Other:

How often do you use public transport *

- * Never
- * Occasionally
- * 1-2 times per month
- * 1-2 times per week
- * More than twice a week
- * Daily - Weekdays
- * Saturdays
- * Other:

If you answered Yes to using public transport, what was the purpose?

- * Shopping
- * Medical appointments
- * Leisure
- * To connect to other public transport
- * Other:

If you do not use Public Transport, why not?

- * destination ie route doesn't go where you need to go.
- * times don't suit
- * Prefer not to use public transport

Would you use the Downham Market Service if timetable had a daily return trip option with 2 hours stay in town?

- * Yes
- * No
- * Maybe

What, if any, limitations on your travel does the current public transport services.

Did you use public transport pre-pandemic but are put off from using it now?

- * Yes
- * No

If currently avoiding public transport due to the pandemic do you plan to use it again when the concerns abate?

- * No
- * Yes
- * Maybe

Other Comments:

Jon Poole Landscapes

**Block Paving • Patios • Driveways
Fencing • Decking • Turfing • Brickwork
Gardening Work • Building Work**



**All types of building work undertaken including
renovations, extensions, small alterations & brickwork**

Call for a free quotation on:

01553 617003 • 07799 383168

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

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.

Wiggenhall St Germans - Fitton Road Trod Proposal 2021



The Parish Council was asked to look at ways to improve safety for pedestrians on the corner of Fitton Road, with reports of numerous near misses and sadly one broken arm due to being struck by a van door mirror.

The NCC Area Highways Engineer was consulted and after a number of attempts to address this area over the years we now have a plan that is workable. A number of issues concerning land ownership and dimensions for a 'Trod' Path have been overcome and we can now proceed with a bid for a 50% Norfolk County Council Parish Partnership Scheme grant to install it in 2022. The trod path required consent from the owners of number 28 Fitton Road and they have supported the scheme, allowing the path to cross the land on their boundary, which unusually goes to the edge of the highway; they are also content with the protruding fence panel to be shortened to allow 2 sections of path to link up the pavement. This project is costed at £6,900 so £3,450 of Parish funds from the Trod reserves fund will be allocated if the grant bid is successful, to help with that grant application the Parish Council needs support from the community. So if you think this is a good initiative and can email the clerk (wiggenhallstgermanspc@outlook.com) saying so, that would be very helpful. If you have had a near miss or incident on that corner as a pedestrian, cyclist or driver let me know... if you walk that stretch of road, let me know how often. Do you avoid going that way because of the hazard?



At:
 Memorial Hall
 1 School Lane
 Wiggenhall St Germans
 Kings Lynn
 PE34 3DZ
 The **3rd Monday of every month at 7:30pm.**

Unfortunately, due to an outbreak of COVID we had to cancel our December meeting which was to be a Christmas buffet with carols rung by the U3A bell ringing group led by Pat Watts. January saw us back in strength discussing the upcoming year, confirming that the previous committee would continue for another year and generally catching up on everyone's news.

Alex Harrison of Harrison's Chocolatiers was our speaker in February, a most interesting talk and demonstration on how chocolate was made. Much tasting went on that evening with a great deal of laughter to add to the sweet mix.

Lisa Palmer-Silcock came along in March and tutored the Group in Chair Yoga. This was well received by everyone (except me, I was "off sick" with a heavy cold) and I have been told that it was a lot easier than some had expected, with one exception: sitting on a chair, with feet on the ground, can you touch your knee with your chin? I tried it, and it is quite a challenge I can tell you. Lisa was so pleased with the reception she received that she is thinking of starting a class in the Hall. Hope she does as I will definitely be going along.

July sees us hosting Tim Clayton who will talk about the renovation of the Baden Powell, which is moored in Kings Lynn. This is an open meeting for anyone interested in boats, chaps as well as ladies. There is a small charge for guests of £2.50.

We have a proposed speaker in September, Gordon Phillips, talking about Arthur Randall, a Magdalen-born author who wrote stories about the villages around him. Gordon is hoping to get Lottery funding for this project and has enlisted local schools in performing these stories to local groups. He is aiming to produce a free book of these tales to be distributed to all the villages taking part. This will also be an open meeting an open meeting for anyone who is interested in coming along, with the same guest fee of £2.50. See the "Bill Rush" article for a flavour of the evening.

Katherine White
 Chair

ANDREW BARRATT

Heating and Plumbing Services

101553 828391 07941246032

Service
Installation
Commission
Breakdown
Oil Tanks
General Plumbing



OFTEC

FREE

no obligation
quote

"Local man, local rates"



Norfolk Animal Care Services

• Livestock Care	• Small Animal Care
• Pet & House Sitting	• Dog Walking
• Cat Sitting	• Wedding Day Dog Care

☎ 07881 365347 ✉ norfolkanimalcare@gmail.com

🌐 www.norfolkanimalcare.com 📺

Bill Rush (The young man who liked strawberries)

It was the first year of the 1914-1918 war and after having a year with Father molecatching I started working on a very busy Fruit and Vegetable Farm for Harrison Bros., who owned Fruit Farms at Magdalen, St Marys, St Peters, Tilney and St Germans and also owned their own market at Manchester.

When the strawberries, currants and gooseberries and green peas was fit they often employed hundreds of pickers and as well as their usual hands had loads of men and women from Lynn and Downham.

Of course with all those people there was some good pickers and some not so good but when the fruit was ripe it had to be pulled so they gave anyone a job, all paid for what they earned. One very nice young chap, well dressed and well spoken, asked Mr Cassell the foreman if he could have a job. Cassell said, "Yes young fella, you kin start right now."

The young man started, he was not as fast as the regular pickers but he pulled strawberries very well and never squeezed them like some heavy handed people do. At that time no one knew where he came from or anything about him but he got lodgings and Cassell was very pleased with him.

Of course each puller had a row to themselves and one day Bill was pulling next to a local chap who pulled a nice strawberry and said to Bill, "These are the sort you want Bill, but I have never seen you eat one yet." Bill replied, "No I have not eaten one yet" so the local chap asked if he didn't like them. Bill said, "Yes I do very much but if I ate any I should be stealing as they belong to Mr Harrison."

Of course that caused some laughing and soon got to the foreman's ears. The next day Cassell was on the field and strolled across to where Bill was pulling. He looked at Bill and asked, "Is that right what I've heard about you not eating a strawberry. All the time you've been working here?" Bill said, "Yes it's quite true Mr Cassell, they are not my strawberries and if I ate them I should be stealing."

Cassell said, "Young fella, of all the thousands I have had in here I have never met one like you and as you say you like strawberries I here tell you to take a chips home to your lodgings and you 'ont be stealing."

The next day Master Joe Harrison came onto the field and Cassell brought him over to where Bill was working. Now Mr Joe Harrison was a proper gentleman, very quiet, had a smile for everyone and was good hearted. When they got to Bill Master Joe said, "Is it right that you never eat a strawberry because you would be stealing?" and Bill replied, "Yes it's quite right Mr Harrison."

Master Joe then said, "I understand Mr Cassell has given you leave to take some home to your lodgings and I will now say eat as many as you like because of all the thousands I have employed during my life I have never met one so honest as you."

One day when the gangs from Lynn were there picking two of the girls noticed Bill and one of them asked him if it was him they had seen preaching on the streets down the North End at Lynn on Saturday and Sunday nights. Bill said yes it was him and he hoped to be there doing 'God's Work' the next weekend. It was later said that Bills parents owned mills up north but Bill just went his own way and preached the 'Words of God.'

WATLINGTON MEDICAL CENTRE

The approach of summer always seems to lift my mood, with bright colours all around and plants coming to life after a sleepy winter. After such a difficult 2 years, I think we are all willing for a happy and healthy summer and spending time with our family and friends. Please do remember that Covid is still around us, so be mindful to look after each other and don't be afraid to cancel arrangements with those who are vulnerable if you feel unwell. A spring booster of the COVID-19 vaccine is available to people aged 75 and over, people who live in a care home for older people, or people aged 12 and over who have a weakened immune system. Remember to book your Covid booster when you need it through 119 or via the website <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/>.

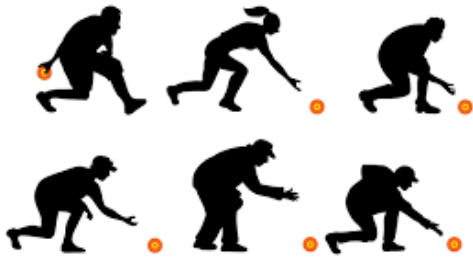
We are all eager to enjoy some warmth from the sun and bright days to lighten our mood. The sun sustains life and feels good, but it can be your skin's worst enemy. While every sunburn can increase your risk of skin cancer it's not just those big days at the beach or ball game that cause trouble. Each time you run out to get the post, walk the dog or walk/bike to work without sun protection also adds to the damage that can lead to skin cancer. Most of us enjoy spending time in the sun and but, despite the advice, it still seems we can still be prone to overdoing exposure to the sun's rays. It's easy to underestimate your time to the sun and not realise you're getting burnt. While sunburn is usually short-lived and mild, it's important to avoid because it can increase the chances of developing skin cancer in later life. Therefore, it is important to always wear a good quality sunscreen. These come in many formulations and delivery methods, and it can take trial and error to find the one you like best. Whether it's a sport spray, an easy-to-use stick or a rich moisturiser with antiaging ingredients, the best sunscreen is the one you will use every day. SPF stands for Sun Protection Factor and the number tells you how long the sun's UVB rays would take to redden your skin when using a particular sunscreen compared with the amount of time without sunscreen. So, if you use an SPF 15 product exactly as directed (applied generously and evenly and reapplied after two hours or after sweating or swimming), it will take you 15 times longer to burn than if you weren't wearing sunscreen.

If unfortunately, you do suffer from sunburn the first thing to do is to get out of direct sunlight as soon as possible. Cool the skin with cool water or by having a cool shower or bath (applying a cold compress to the area may also help). Drink plenty of fluids to bring temperature down and prevent dehydration and apply a water-based cream to keep skin moist.

Please remember that your local pharmacies can help with minor ailments such as sunburn, as well as other irritating occurrences that seem to go hand in hand with the sunshine, like insect bites and hay fever. The NHS has been spending around £136 million a year on prescriptions for medicines that can be bought from a pharmacy or supermarket, such as paracetamol and hay fever medications. By reducing the amount, the NHS spends on over the counter medicines, we can give priority to treatments for people with more serious conditions, such as cancer, diabetes and mental health problems. So please do consider using a pharmacist for help.

Please enjoy a lovely summer, with hopefully many days of sun, laughter and increasing good health.

Amanda Moss
ANP Partner



Wiggenhall Bowls Club

For any information about the Bowls Club please contact the Club Secretary:
Margaret Blackburn, 01553 617418, Lords Bridge
Toll House, Lords Bridge, Wiggenhall St. Mary the
Virgin, King's Lynn PE34 3BW

The Bowls Club opened the green for the 2022 season on Good Friday, with lovely weather, and a fun if slightly chaotic time was had by all. The Club will be taking part in 4 leagues in the coming season, the only victim of post-pandemic times being the Club Pairs competition, as not enough people were available this year to make it feasible. We hope that next season we will be able to run it again.

We shall be having our regular Saturday afternoon 'roll-ups' over the summer, weather permitting, starting from 23rd April. We gather at around 2 p.m. and continue, with a break for tea and biscuits, until 4 p.m. or we run out of energy, whichever is sooner. These sessions are open to members and visitors. We have various sizes of bowls for people to borrow, and we only ask that you wear flat shoes to protect the green. Complete beginners are particularly welcome to come along and have a go. Please contact the Secretary [details below] if you would like to check that we will be there on a particular Saturday – especially if the weather is a little doubtful.

Over the winter months we held our weekly Wednesday evening carpet bowls sessions in the St. Germans Memorial Hall. There were no competitions to enter, as many clubs were not fully back into operation, but it gave us a chance to get back into the swing of playing, and plans are in hand to return to normal over 2022-23. One rather disconcerting factor was the need to finish a competition left over from the Spring of 2019, as lockdown was enforced before the competition had reached its conclusion. Wiggenhall hosted the 2 completion matches, and trophies were awarded to the winners and runners-up: a couple of strange but enjoyable afternoons.

The Club also managed to hold the annual Christmas Bingo in December 2021, in spite of the uncertainties at the time about covid and safety. We adjusted the arrangements for use of the village hall, with different and more widely-spaced seating, and a simplified plan for the evening. In the event it was really successful, lots of people came, the raffle was well supported, and thanks to all our helpers all went well. In fact, the revised arrangements worked so well that the Club has decided to continue in the same way in future. The Club would particularly like to thank the local businesses who kindly gave us raffle prizes - Crown & Anchor, Evergreens, Flower Corner, St. Mary's B&B and Timpson's.





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	09.00-13.00
SATURDAY	Closed
SUNDAY	Closed

Wiggenhall St Germans Memorial Hall

Ideal facilities for all functions

AMPLE CAR PARKING

Visit our website www.stgermansmemorialhall.info

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.

We look forward to welcoming back our regular groups and small bookings.
Any enquires can be directed to the Secretary - Robyn Press on KL 617208.



THORNALLEY FUNERAL SERVICES

HOLDING THE TRADITIONS OF A FAMILY BUSINESS

24 Hour Personal Caring Family Service

• *Pre-Paid Funeral Plans* • *Private Chapels of Rest* • *Memorials*

Austin Street, **King's Lynn**, Norfolk PE30 1QH



01553 771399

www.tfsfuneralservices.co.uk



Wiggenhall St. Germans Church News

We were delighted to have the choir from St. Germans Academy join us for the Mothering Sunday Service in the church this year, along with members of their family. The service was led by Mark Wright and gifts of a bookmark and a posy of flowers were handed out to mark this special occasion. We would like to thank Marion Coleman and the flower arranging group for all their hard work in making all the posies. During April we marked the event of Palm Sunday (when Jesus rode into Jerusalem on a donkey) and members of the congregation walked from the Memorial Hall to the church before the service with their Palm Crosses and singing. Good Friday was marked by a service of meditation as we remembered the sacrifice Jesus made for every one of us on the cross and, on Easter Sunday, we celebrated the resurrection of Jesus. After the service we enjoyed cake and coffee and everyone had a small Easter Egg to take home.

Coffee Mornings

Our Friday morning Coffee Mornings have also now been re-instated, so why not come along for a cup of tea or coffee and a chat? There is a short service of Prime at 9.30 a.m. with the coffee morning starting at around 9.45 a.m. and lasting until 11 a.m. You are very welcome to come to the service, just the coffee morning, or both, we would be most pleased to see you.

Church Events

There are a variety of events planned for the **Queen's Platinum Jubilee Celebrations** which the church members will be supporting. On **Friday 3rd June** there will be fun for all the family with a Village Community Celebration. A Fete with stalls and competitions, live music, a Bar and hot food provided by The Crown and Anchor and light refreshments in the Memorial Hall. Friday evening there will be a cash bingo in the Memorial Hall, doors open at 6.30 p.m.

Her Majesty the Queen is head of the Church of England and on **Sunday 5th June** there will be a Service of Thanksgiving at 9.30 a.m. in the church. Everyone is invited to the service and there will be refreshments afterwards.

On Sunday afternoon there will be a concert in the church with Mervyn and Maria, followed by light refreshments.

The Church Flower Festival will be on 2nd and 3rd July 2022 with a fete in the church on the Saturday afternoon. There will be refreshments available over the weekend with Ploughman's Lunches available on both days. **The Open Gardens** will also be taking place during the afternoon of **3rd July**. If you would be interested in doing a flower arrangement in the church then please contact Marion Coleman on KL 617494 or if you would be interested in opening your garden please contact Ken Baker on KL 617363. Look out for the posters nearer the date for further information.

The church is planning to hold a Family Fun Afternoon at the Memorial Hall and Playing Field later in the summer. Look out for further information!

Mark, Angie & Carolyn

Flower Arranging Group

A flower arranging group is held monthly in the church. If you are interested in flower arranging and would like to learn more, whether you are a beginner or have some skills you would like to improve, then please contact Marion Coleman on KL 617494 for further details. The group made a lovely display for the church flower festival which looked beautiful.

Youth Club

The Youth Club has now restarted and is held in the Memorial Hall on the first Monday of the month from 7 p.m. to 8.30 p.m. The Youth Club is run by members of the church for young people aged 11 years and over and we would be very pleased to welcome new members. If you would like to find out more then please come along and see what you think. There is badminton, table tennis, and snooker as well as games and other activities and the cost is £2 per night. If any parents or young people have any questions then please contact Angie Yeoman on KL 617518 or Margaret Cook on KL 617617 and we will be pleased to help.

Foodbank

We still have the collection point for donations to the King's Lynn Food Bank, which is a black bin at the back of the church, in which donations can be placed anytime the church is open. We would like to thank everyone who has continued to support the Food Bank, especially during the pandemic, and they are most grateful for the donations which enable them to help people who currently need support.

Mark, Angie & Carolyn

Fully qualified mobile Foot Health Practitioner, here for all your foot care needs.

Treatments offered include:

Nail Cutting
Thickened Nails
Corn & Calluses
Hard Skin removal
Fungal Nails
Cracked Heels
Ingrown Nails
Diabetic Foot
Verrucas
General Feet Check-up
Deluxe Pedicure

...Gift vouchers available!



Foot Care

Memmi Cowan Dip.TCFCP FHP
Registered Foot Health Practitioner

**Now
offering
home
visits!**

**To book an appointment, please phone 07747 097937
or email us at mcgfootcare@icloud.com**

SHAUN HAGEN

MOTOR SERVICES

**SERVICING TO ALL MAKES OF
CARS & LIGHT COMMERCIALS**

**ALL MAKES OF TYRES,
EXHAUSTS & BATTERIES
SUPPLIED & FITTED**

- **SERVICING • REPAIRS • CLUTCHES**
- **TIMING BELTS • MOTs**
- **AIR CONDITIONING SERVICING
AND REPAIRS**

**VERY COMPETITIVE
PRICES**

All Major Credit Cards Accepted

Tel: 01553 826000

Fax: 01553 826001

**MAPLE ROAD,
SADDLEBOW INDUSTRIAL ESTATE,
KING'S LYNN**



Volunteer Drivers Needed

Are you interested in making a difference in your local community?

Do you have time to spare?

Do you have a full UK drivers licence and fully comprehensive car insurance?

We are looking for Volunteers in your area to drive passengers to medical appointments, shopping trips and more.

Mileage is paid for at 45p per mile.

For more information please contact us on:

01553 776971 or

volunteers@wnct.co.uk

three counties reflexology



I offer a discount to any key worker who would like to try reflexology.

I am offering 25% discount from each treatment (this can be used for up to 6 treatments)



Experience the well-being benefits of reflexology to help with a steady balancing of our bodily systems and our minds...

also qualified in reflexology lymph drainage (RLD)

Reflexology plus static clinic location for Manual Lymphatic Drainage (MLD)

- a specialised type of skin movement that can aid and support the Lymphatics to reduce Lymphoedema

www.3countiesreflexology.co.uk

Speak to Mary on
07796456446

lymphoedema.lipoedema.care@gmail.com

