

WIGGENHALL ST GERMANS

Parish Newsletter

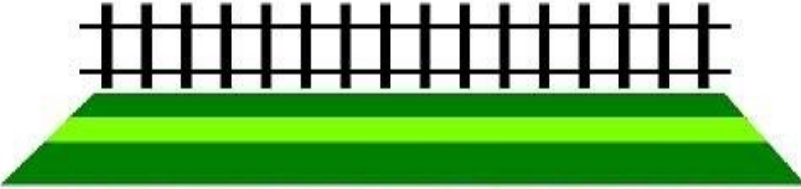
Autumn 2023 edition



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



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

Thank you for the articles submitted for this edition, keep them coming!

The swings have been installed and proving popular and the Play Park Working Group can now focus on hearing ideas from the youngsters for what they would like to see installed and starting fund-raising for the next phase of improvements. If you would like to be involved in the Play Park Project then please contact the clerk, representation by the young residents that the project is aimed towards would be fantastic.

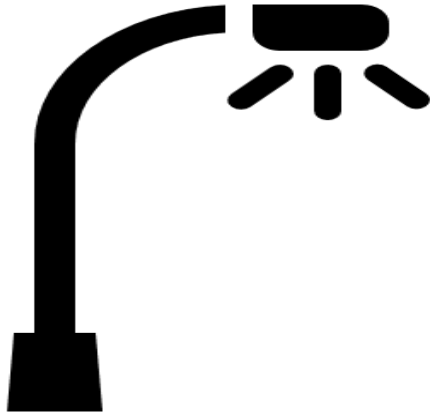
The front cover shows the recent successes of the PC, with a Borough Council of KL&WN Community Infrastructure Levy grant of £15,000 towards the replacement swings and safety surface and a 50% Norfolk County Council Highways Parish Partnership grant of £1,529 to enable the installation of ‘Wig-Wag’ 20mph advisory speed limit signs on approaches to the school. Also the new AFC youth teams introduced with U-8s, full AFC Lynn report on page

We have a new streetlight maintenance contract and it appears to be more responsive than the previous one, so as the nights draw in if you see a faulty street light please let us know.

Yours *Mike Inder* Closing Date for next Online Newsletter: **1 Mar 2024**

Mobile Library Timetable Route DER202 Calls on Tuesday normally every 4 weeks

ARRIVAL TIME	DEPARTURE TIME	STOP NAME	POSTCODE	
09:50	10:05	ALLEN CLOSE	PE34 3EE	14th Nov 23
10:10	10:25	ORCHARD ROAD - no 19	PE34 3DS	12th Dec 23
10:30	10:45	CROWN & ANCHOR PUB CARPARK	PE34 3EY	9th Jan 24
				6th Feb 24
				5th Mar 24



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 in the Memorial Hall, starting at 7.30pm. 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.

- 27 Nov 2023
22 Jan 2024
25 Mar 2024
27 May 2024
- Ordinary Parish Council Meeting
Ordinary Parish Council Meeting
Ordinary Parish Council Meeting
Annual Parish Meeting and Annual meeting of PC.

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

SAVE OUR PUB

A CALL TO ARMS !

Chris and Chloe leave on the 6th October 2023 when the doors will close, and there is a real risk that the Crown and Anchor will never reopen. This would be a great shame and an immeasurable loss to our village. Many will remember when there were 4 public houses, and we are now down to the last one.

Whilst Admiral Taverns, who own the freehold, are advertising for new Tenants, it does not appear to be a viable, long term commercial proposition, under their stewardship, and they have put the freehold up for sale. We as a community have an exciting, one off, opportunity to buy it, and to run it, for the benefit of our community.

If you want to find out more, please come along to the Memorial Hall, School Road, at 7.00pm on Thursday the 12th October 2023.

WE CAN DO THIS TOGETHER

If you cannot make the meeting, or missed it, or want to support this proposal contact:

Steve Welcomme
The Old Black Horse, Surrey Street
Mobile 07786 234 968
Saveourpub7@gmail.com



What do Councillors do?

Councillors have three main components to their work.

Decision making - Through meetings and attending committees with other elected members, Councillors decide which activities to support, where money should be spent, what services should be delivered and what policies should be implemented.

Monitoring - Councillors make sure that their decisions lead to efficient and effective services by keeping an eye on how well things are working.

Getting involved locally - As local representatives, Councillors have responsibilities towards their constituents and local organisations. These responsibilities and duties often depend on what the councillor wants to achieve and how much time is available, and may include:

- Going to meetings of local organisations such as the Police Priority Setting meeting
- Going to meetings of bodies affecting the wider community
- Taking up issues on behalf of members of the public

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

KEVIN SMITH DOMESTIC APPLIANCES

washing machines, tumble driers, dishwashers, cookers,

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

01553 827568



ANDREW BARRATT

Heating and Plumbing Services

Service

Installation

Commission

Breakdown

Oil Tanks

General Plumbing

01553 828391 07941246032



"Local man, local rates"

FREE
no obligation
quote

Central Stores

Your local Red Orange, *open when you need us most!*

Off Licence
Sweets
Groceries

Lottery
Stamps
Coal

Greeting Cards
Top-up cards
Newspapers

Tel 01553 617736



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

There has been a Ladies Group in St Germans in one form or another for many, many years, originally as the Women's Institute, AKA as the WI. I am sure there are many ladies in the Village who were members of the then WI and will still have fond memories of how it used to be and also have many stories to tell of that time.

Several years ago the ladies of the Village decided, for one reason or another, that it was time to move away from the formal WI organisation and set up as a group of their own. It was to be called "The Wiggenhall St Germans Ladies Group" (generally spoken of as "the Ladies Group"), and was still to run in the Memorial Hall in the Village and cater for the interests of ladies in St Germans.

At that time the Ladies Group made a conscious decision to extend the membership of the Group to ladies in villages outside St Germans and to date we also have members from Magdalen and a couple of the Tilney villages and are hoping that ladies from other nearby villages will join in the future too.

There's room for all, just come along on the third Monday of the month at 7:30pm in the Memorial Hall, St Germans - - you will be made most welcome.

There have been many ups and downs over the past 8 to 10 years, not to mention the dreadful time during lockdown when we could not meet at all and had to keep in contact by letter or e-mail. There was one point when we thought we might not get back together again at all.

Despite all that we did get together again, albeit with very reduced numbers, at one point we were down to around 10 members in total. Since that time we have grown in strength and now have an average of around 20/22 members. Of course this fluctuates with new members joining and some members moving away but at present the membership is quite buoyant.

We like to have a Speaker or an event of some sort each month (as well as tea, coffee, cakes and a chat) and this year's Speakers have been quite varied. For example, Richard Morley describing how the King's Lynn Town Guides work, a Family History workshop, Shirley Webb explaining how we can transform ourselves fashion wise, Peter Carter "the last eel man on the fens" giving fascinating insights into Fenland life in the past. Coming soon is a talk giving insights into life in the operating room of a busy hospital and a talk exploring complementary Therapy with Jane Marriott.

After not having been able to arrange a trip out with the Ladies Group for a few years we were able to organise two this year. The first being a sail on the Baden Powell Cockler Boat (not for the faint-hearted) and the second, more sedate, a Guided Walk around the historical areas of King's Lynn. Both were greatly enjoyed by those who went on them and more are planned for next year. Watch this space

Katherine White
Chair



**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

Tin Can Pottery

Pottery Courses, Taster Sessions, Pottery Party's +
Camp Overs available



Contact us
07376621724

For more details see:
www.tincanpottery.art

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 Shepherds Gate Road, Tilney All Saints,
King's Lynn, Norfolk PE34 4RP • Email: Wadhamm@aol.com*

"Build with Confidence, Call Build Right"

Parish Council Chairman's Report

Hello everyone

You will all be aware that this year has seen elections for both the Parish and Borough Councils. I'm delighted to report that the vast majority of our existing Councillors submitted application for re-election together with new applicants David Johnson and Tony Park. The only Councillor who decided to stand down being Margaret Blackburn, I'd like to take this opportunity to thank Margaret for her hard work and involvement during her time as a Councillor. As the number of applications was less than the total seats available all the applicants were automatically elected. We still have a very small number of vacancies on the Council so if you have the time and are interested in becoming a Councillor please come along to our next meeting and find out what is involved. At the first meeting of our new Parish Council I was honoured to be asked to Chair the Council, which I had pleasure in accepting, this is why you see a new name on the bottom of this report. Again, I'd like to take this opportunity to thank Rob for his contribution as Chair over the past three and a bit years.

Projects

As a Council we have to applying for funding to allow us to complete some of the larger projects that would otherwise be out of reach due to the limited finances which the Council receives. These funding streams are announced and given out at the start of each financial year, normally April, which is why most of the projects the Council pursues seem to come to fruition all at once. This year is no exception, I have pleasure in informing you, if you've not already seen, that the flashing 20 MPH "wig wag" school signs are installed and working. This is the first of a number of proposed traffic management measures the Council are pursuing and we hope this will improve parent and pupil safety at the Saint Germans Academy. The second major project to be completed is the replacement of the two swings at the Memorial Hall playground. The old ones were of wooden construction and had, over time, become rotten and were considered a safety risk. The new ones are of steel construction and we hope will last considerably longer than the original ones. We have also taken the opportunity to replace the swings for older children with a more modern design which is more inclusive and promotes collective play.

Parish Council Website

The website (<https://wiggshall-st-germanspc.norfolkparishes.gov.uk/>) has recently undergone a revamp and we hope it is now more user friendly and up to date. The website contains a great deal of useful information from Cost of Living help and advice to Defibrillator information, Speed Awareness and Highways and Footpaths details. Please take a look and let us have your feedback and comments on the new layout. For those of you unable to view the online information we can always print off the information and send it to you but please bear in mind this will incur the Council with a cost and we try to be as frugal with your hard-earned money as possible. Please contact our Parish Clerk, Mike Inder (Contact details are listed in this magazine) or any of your Councillors with any such request.

As I compose this report the harvest is in full swing and the landscape of the surrounding area is changing from fields of wheat and barley to tilled soil announcing the arrival of Autumn and another year slowly passing by.

Kind regards

Dave Rust

Interested in being a Councillor?

How much time does it take up?

Quite often Councillors say that their duties occupy them for about an hour a week. Obviously there are some Councillors who spend more time than this - and some less, but in the main, being a parish councillor is an enjoyable way of contributing to your community, and helping to make it a better place to live and work.

As a councillor representing your community you will help keep it a great place to live and work. You will be supported in your role and will be expected to undertake training. You should be comfortable working electronically. You should have a positive outlook and a can-do attitude and be willing to work as part of a team.

If after reading this notice you are interested in applying please contact the clerk

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 PRFHC

Registered Foot Health Practitioner

**Now
offering
home
visits!**

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



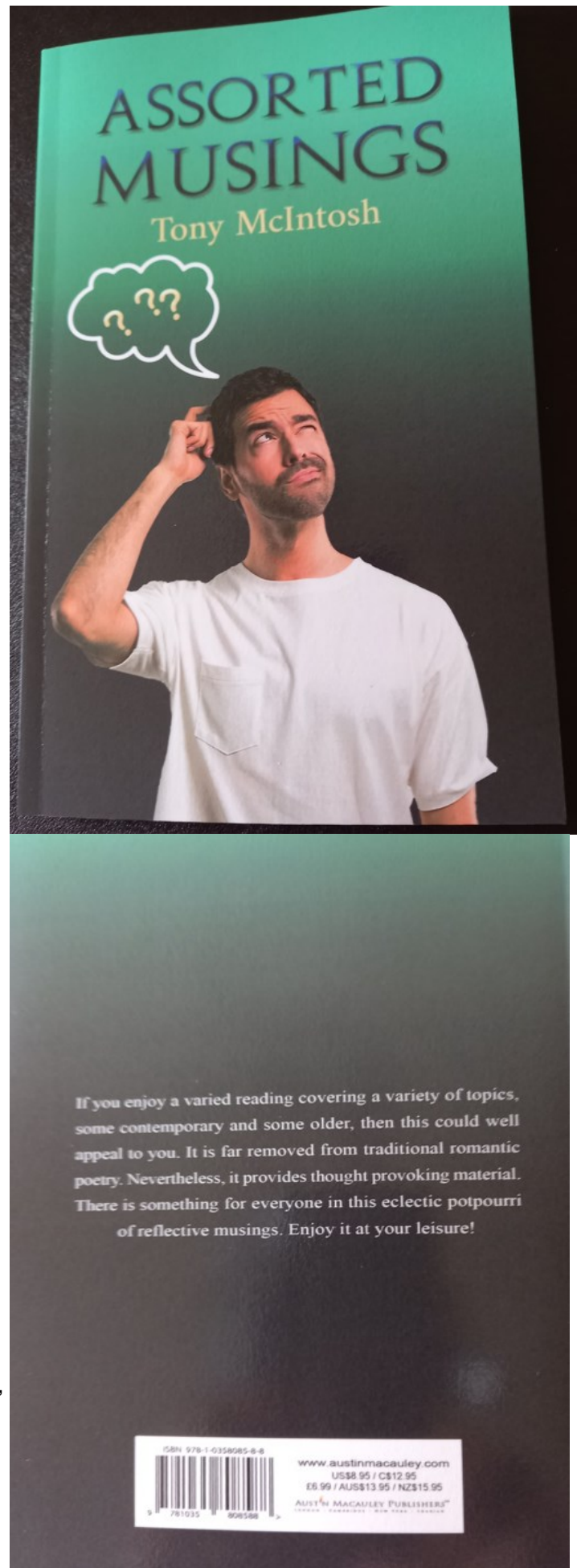
Scammers

Scammers! Cursed log jammer
Probably sitting there in their pyjamas
Cooking up ruses to unwittingly scam us
But lacking the brains of Albert Camus
You ring my number
Even before I awake from my slumber
I check to see who's tried to 'phone
Hah! "Another dodgy caller", I moan
No! I don't want another energy supplier
As you persist, harangue and enquire
Which part of "NO" don't you understand?
Leave me alone. Draw a line in the sand
How do I know that your aims are sincere?
You could be anyone lounged in a chair
Tom, Dick, Harry or perhaps a Louise
For pity's sake, give me a break please!
You're probably calling from a place most seedy
Often preying on the vulnerable and needy
I ask how you know my number and name
Apparently you know. It's part of a game
Pursuing this tack, as part of the gist
These callers have your details on a list
They're not bothered if they cause distress
As they attempt to put you under duress
What is perturbing about your audacious adventure
Is if you contact someone who may have dementia
Or maybe a person who is learning disabled
Thus rendered less able to turn the tables
You'll tell them which number to press
When they've done this, you couldn't care less

You'll ask for PIN number and personal data
Bingo! they think, as they say "see you later!"
Of course they don't just contact you by 'phone
No! There's social media too. They won't leave you alone
On Facebook, Twitter, Instagram, after you they will trail
Even knocking on your door if the latter should fail
They prefer you alone to tie you in knots.
Are these people human or simply robots?
They clearly lack conscience, compassion or humour
Equivalent to experiencing a grotesque tumour
No, my friends, with them do not engage
For if you do, you may end up in a rage
Do not click that link, just delete the post
You see, this is what they hate the most!
Scammer. Log jammer. A "job" without glamour
You have no command of English grammar
Return to the sewers where you belong
We no longer need to hear the words of your "song"
Charlatans, Con artist, Trickster or Scammer
The best place for you is in the slammer!

Tony McIntosh

Resident Poet



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.

Polite Notice — Parking

The Memorial Hall Car park dropped kerb is access to School Lane, this is access to residential properties and access is required 24/7

**When parking to use the Memorial Hall or visiting the School for events, pick up or drop off, please keep School Lane Clear.
Thank you**

PRE-PAID FUNERAL PLANS | CHAPELS OF REST | MEMORIALS



Thornalley

F U N E R A L S E R V I C E S

Behind every independent business
is a family that cares

www.tfs.co.uk

King's Lynn 01553 771399 | Dersingham 01485 598598 | Swaffham 01760 721305





AFC Lynn was created in 2016 and came to play out of Wigganhall St Germans at the Leonard Towler Playing field in 2021. Currently the team operates 2 adult teams, 2 of which play on Saturday afternoons and then a Vets team on Sunday afternoons. Last season we added a youth sector to the club and now have 2 teams playing at U8 (pictured) and U13 (pictured) age groups.

As a self run club we have been pushing for many different sponsors to help grow the club, as can be seen on the team kits and at the pitch itself (pictured). We are of course always on the look out to add sponsors to our family. If you are interested or know someone that may be then please reach out.

Through those connected with the club we have been able to build dugouts at the pitch also and put up lights to allow the teams to train at night time.

What do we want to achieve?

The goal of any football club is to reach the top and win trophies, but something we recognise is that we want to get the community involved where we can also and provide a safe environment for local children and adults to come and play football. We expect players to come to training, and not just games, so they can learn as a team and take on skills they can use in their life too. With more backing we have the facilities to start taking on more youth teams in the future to keep on growing the whole club. To give back also we partnered with a local charity organisation called 8:56 Foundation that helps to tackle mental health - and encourages men to talk (pictured). For more information on them you can visit

www.856foundation.org.uk



Past Achievements

The 1st team were promoted from Division 5 of the Fosters Anglian Combination league in the first season we played at Leonard Towler Playing Fields and have had some good cup runs. Our Reserves went unbeaten in the same season in the North West Norfolk league, won a league cup and reached the County Cup final. That same season we had an U18 team also who went unbeaten and won the league cup too. Last season we brought out Vets back and they won their league, also unbeaten, and got promoted.



Our chairman, Billy Simper, won the 1st ever Grass Roots hero award that Fosters Solicitors ran and was awarded a trophy (pictured) and playing kit from Macron.

Where can you find us?

You are always welcome to come over and see us at the club if you want to see what we are doing, but we are also on social media (Facebook, Instagram, Twitter) where you will find our fixtures and other updates coming from the club.

The people involved:

Chairman: Billy Simper

Vice Chairman: Andy Rowe

Secretary/Treasurer/Child Welfare: Ben Ellis

Social Media: Daniel Turner

1st Team: Chris Vargeson, Daniel Turner

Res Team: James Smith, Alan Dixon, Joe Elliot

Vets: Billy Simper, Stuart Gallon, Ben Ellis

U8: Shannon Simper, Jason Ellis

U13: Darren Heaton, Jack Leask



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**

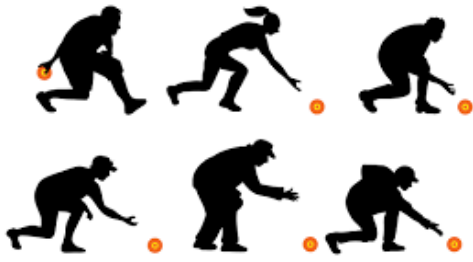
All Major Credit Cards Accepted

Tel: 01553 826000

Fax: 01553 826001

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





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 has resumed normal activities after the disruption and after-effects of Covid. We have been able to enter 4 competitions, with varying levels of success, but it has been a relief to get back to meeting old friends and rivals on the bowling greens. We were also able to run the Club Pairs competition this year. We have been holding regular Saturday afternoon roll-up sessions, some of them in exceptional heat, which reduced our stamina somewhat, and led to some earlier-than-usual breaks for refreshment. We have welcomed some new people joining us on the green, and would love more to come and try the activity.

On 30th April we had an Open Day specifically aimed at people who had not bowled before, and around 7 brave souls joined us for the afternoon. Everyone seemed to enjoy themselves, and we gained 3 new members. The 3 footballers who came over to try bowling impressed us with their abilities, but we were unable to entice them away from their preferred sport!

We had planned to have our main Open Day in July, including a Drive, Spider, and a raffle, but circumstances led us to delay the event until August, which turned out to be a much better day from the weather point of view than the original date, so all turned out for the best. We had a good afternoon and made some £159 towards Club funds.

On the maintenance side, the big news was the installation of the automatic irrigation system for the green over the turn of 2022-23, which is proving to be a great success. The first 'turning on' when members were present was quite an event. Several of us nearly got watered while trying to see more closely how the system worked.

Once the season ended in September, work on the green began again, the first task being to spread fresh soil and work it into the green, to restore its vitality. The volunteer team who turned up on the 2 soil-spreading days had a good workout, but perhaps would not claim to have had their vitality restored. Further maintenance will take place over the winter months, and we look forward to the start of the next outdoor bowling season, which will probably begin at the end of March/beginning of April 2024.

The winter season Carpet Bowls sessions have now started again. We meet on Wednesdays, 7-9 p.m. in the St. Germans Memorial Hall. All are welcome to come along and have a go. The normal cost is £2 for the evening, which includes tea and biscuits, but for new people the first 3 evenings are free. We hope that if you enjoy the sessions you may want to join the Club. This game is ideal for bowlers who may be finding that the weight of full-size bowls is beginning to be a bit of a problem. The carpet bowls are much smaller, the carpet is not so long, and the need to direct the bowls around the central obstacle makes it an interesting challenge.

The Bowls Club annual Christmas Bingo evening will follow the format that we have introduced in the last 2 years. We shall hold the event in the large part of the hall, and raffle tickets will be sold on the evening only. We shall aim to provide plenty of time for people to buy their raffle tickets and bingo sheets before start of play. The prizes as usual will be a mixture of seasonal and general interest offerings. If anyone cannot come on the evening, but would like to purchase tickets, please contact a member of the Bowls Club committee. We will be happy to sort something out for you.

The **Christmas Bingo** will be held in the St. Germans Memorial Hall on **Monday 11th December**. We expect that the bingo will start from 7.30 p.m., with doors opening at 6.00 p.m., but these times will be confirmed nearer the time – look out for notices round the village and in the local press.

Wiggenhall St. Germans Church News

We would like to thank everyone who supported the **flower festival and open gardens weekend** in June. It was a successful weekend even though the scorching hot day on the Sunday was too much for some people to venture out. A big thank you to everyone who helped or supported the flower festival and the open gardens and for all the hard work that goes into preparations beforehand and on the day. We could not hold it without your support. The Flower Arranging Group once again produced some beautiful flower arrangements for the church and our thanks go to Marion for organising the flower festival. If you would be interested in joining the **Flower Arranging Group** who meet monthly in the church, then please contact Marion Coleman on KL 617494.

Our thanks also go to Ken and Judith Baker who organised the Open Gardens and for all those who worked so hard and opened their gardens for others to enjoy. It was greatly appreciated.

Our **Harvest Thanksgiving Service and Harvest Evensong** took place in September which were very well supported and we would like to thank everyone for their contributions of fresh and non-perishable goods. The non-perishable food was taken to the King's Lynn Foodbank and they would like to thank everyone for their generosity and kindness.

For several years now the church has had a collection bin for anyone who would like to donate food and other items to the **King's Lynn Foodbank**. These are delivered to the foodbank each week.

We would like to thank everyone for their support as the foodbank is busier than ever with the cost of living crisis. The black collection bin is situated at the back of the church and you can drop donations off any time when the church is open which is 9.30 a.m. to 5 p.m. each day.

The church also collects used **postage stamps** in support of the Queen Elizabeth Hospital at King's Lynn and there is a small box near the table on the left as you enter the church. So, rather than throw them away please help to support our local hospital.

Coffee Morning A coffee morning is held in the church each Friday between 9.45 a.m. and 11 a.m. Please feel free to drop in for a coffee (or tea) and some cake/biscuits and a chat.

The coffee morning in September was held in aid of **Macmillan Cancer Support**, raising in excess of £355.00 and our thanks go to Lorna Kirby for organising this event. Thanks also go to those who contributed in any way to make it so successful and enjoyable.

Ken and Judith Baker arrange a monthly **'Walk and Talk'**, usually held on a Tuesday, which is a leisurely walk of approximately 3 miles, either around the local villages or occasionally further away with lifts available. The walks around the villages usually start at the church or the Memorial Hall car park. Details of the forthcoming walks are given in the church's monthly newsletter which you can find on the table at the back of the church. If you would be interested in finding out more about the walks, please contact Ken or Judith on KL 617363.

Many people in the village will be aware that the church suffered **two thefts of lead** within a three-month period during last winter. To deter further thefts or damage of the church, an alarm system has been installed, which is monitored 24/7. This is in addition to marking the lead and other valuables with Smart Water as we have done for many years now. Although this has incurred a very high cost, we cannot afford for further thefts or damage to the church to take place.

The church will continue to be open daily from 9.30 a.m. to 5 p.m. (or dusk, whichever is the earlier) and the alarm will not affect access to the church by visitors. Please feel free to come into the church at any time during the hours it is open. We would ask that if you see anything suspicious, especially during the hours of darkness, please let one of us know, or call the police direct if we are not available. We would be very grateful if as many people as possible could keep a watchful eye on the church, which is there for everyone in the village.

We are currently being asked to look at the **graves in our churchyards** (Wiggenhall St. Germans, Wiggenhall St. Mary the Virgin, Wiggenhall St. Peter and Tilney-cum-Islington) in line with the Church of England Churchyard Regulations for the Diocese of Ely. There is a notice giving details on the notice board in the churchyard at Wiggenhall St. Germans and, if you are responsible for a grave or ashes plot for a family member at any of the above churchyards, please read the notice to see if the regulations will affect any of these plots. Further information is also available in the church and a leaflet for you to take home.

We realise that this is a very sensitive subject and hope we can work together to bring about a satisfactory solution.

Services

Our Sunday Services usually follow the pattern shown below . However, in certain months this may change due to events such as Easter or Christmas. There are posters showing the current month's services in each of the church notice boards so please check these if you are unsure.

1st Sunday 10.00 a.m. Family Service led by Lesley Best
5.00 pm. Sung Evensong

If you are interested in joining a choir for this service, please contact Mark Wright.

2nd Sunday 9.30 a.m. Holy Communion Service led by Rev Brian Redgers

3rd Sunday 9.30 a.m. Morning Praise led by Jo Chilvers

4th Sunday 9.30 a.m. Holy Communion led by Rev Brian Redgers

5th Sunday 9.30 a.m. Service of the Word led by Mark Wright

Please note the different time for the service on the 1st Sunday of the month.

There is a Service of Prime held in the church daily, when prayers for those who are sick or in need are prayed for, please contact Mark Wright.

A monthly 'Prayer & Praise Evening' is held on the last Monday of the month at 7.30 p.m. led by Rev Jackie Goddard. This is a time of discovering more about our faith, worship and prayer. Please feel free to come along to this more informal time of worship.

Details of the services for the current month are displayed in the all of the church notice boards and a monthly church newsletter is available from the church.

The village **Remembrance Sunday Service** will be held on 12th November 2023. It is usually held at 10.15 a.m. in the church with the laying of wreaths and the two minutes silence held outside at the War Memorial at 11 a.m. Please check the church notice boards or newsletter nearer the date to confirm the time.

Plans are being made for the **Christmas services** with talks taking place with the Churches Conservation Trust to restart the 'Carols by Candlelight Service' at Wiggshall St. Mary the Virgin Church. There will also be a Village Carol Service held in Wiggshall St. Germans Church with date and time yet to be confirmed.

As Christmas Eve falls on a Sunday this year our Holy Communion Service will be held as usual at 9.30 a.m. and there will not be a 'midnight service'. The 'Crib Service' for children, but also enjoyed by many adults, will be held at 4 p.m. on Christmas Eve.

On Christmas Day there will also be a service of Holy Communion at 9.30 a.m. in celebration of the birth of Jesus, a reminder of the meaning of Christmas. Please check the notice boards nearer the date for confirmation of the times of the services in case of any changes.

We would be very pleased to see you at any of our services or activities, so do come along and you will find a warm welcome.

Best wishes,

Mark Wright (KL 617689) Carolyn Cast (KI 617986) Angie Yeoman (KL 617518)

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



Help and Advice

The article below lists a collection of bodies and organisations to help us all through the difficult times ahead this winter. Some organisations listed are just useful to know about and we might find them helpful at any time - in a time of need. The list is random but covers a wide range subjects:

Food Bank—The Trussell Trust Foodbank situated in Downham Market provides emergency food and compassionate dignified support to those in crisis. Food vouchers can be issued by health visitors, staff at schools, social workers, priests, medical staff. A voucher means people can receive a food bank parcel of three days' nutritionally balanced food from their local food bank. They also receive additional support like debt advice, benefits guidance and mental health support. (Food banks rely on the local community to support people in crisis and seek donations of tinned food. See the article on food banks elsewhere in this magazine)

The Norfolk Swift Response—0344 800 8020 The Norfolk Swift Response Team is a 24 hour service that provides help, support and reassurance. If you have an urgent, unplanned need at home but you don't need emergency services e.g. if your partner or carer is suddenly admitted to hospital, the Swift Response team can assist you with getting up and washing and dressing. Or if you have a fall and can't get up but not seriously injured, the team can bring special lifting equipment to help you with safe lifting. The Swifts help older people, people with physical illness or disabilities, people with learning difficulties and people with mental health problems. This is a free service for those living in Norfolk.

NB. For this an Alarm Pendant would be very useful, which can be obtained from Careline.

Careline Community Service— 01553 616200 For pendants that can detect falls and can automatically call through to the monitoring centre. Pendants that can be worn in the shower and the bath.

LILY- 01553 616200 Service that combats loneliness and social isolation in adults of all ages. Contact them also for Care and Repair Service and also Handy Person Service e.g. grab rails, key safe etc

Citizens Advice - 0800 144 8848 Will give help and advice on Benefits, energy bills, cost of living, Debt and money, Housing.

Well Being Service - 0300 123 1503. www.wellbeingnands.co.uk/norfolk

Visit your library in Downham Market for 'Warm Packs' and hot drinks.

Watlington Medical Centre - 01553 810253 for your flu and covid booster vaccines.

Discretionary Housing Payment - For the over 65's. Means that the council will be able to top up Housing Benefit or Universal Credit Payments if a resident has a shortfall in their rent and their income is less than their allowed expenses.

Council Tax - 01553 616200. The Council is reminding residents to get in touch asap if they are experiencing difficulties in paying their council tax bill.

GOV.UK - Help for households, Family support - Tax free child care, 30 hours free childcare, 15 hours free childcare, child benefit, claim back childcare costs, free school meals, holiday activities and food programme, national breakfast clubs, household support fund, claim healthy start vouchers, help with maternity costs. Money Helper Service – provides free confidential and impartial help tailored to individual needs. www.moneyhelper.org.uk. A website to check regularly to find what support you may be able to get.

Community oil buying

Thinking Fuel is a community oil buying scheme offered by Community Action Norfolk which is a charity working across Norfolk.

Following an advertising campaign last year they now have nearly 550 members in West Norfolk. The more members they have, the more members can save when buying oil and we understand that people signed up for **Thinking Fuel** are currently saving around 20p per litre on oil purchases compared to some other commercial providers. It's free to join and there is no obligation to buy. As the borough council we don't recommend one supplier over another but we are sharing this information to give borough residents the opportunity to think about the options available to them.

three
counties

reflexology



Key Worker
Discount



Available Here



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



Watlington	Medical	Centre
Patient Participation Group		
Would you like to find out more about the Medical Centre and help identify areas for improvement? We are looking for Patients or Carers of Patients registered with Watlington Medical Centre to join our Patient Participation Group. We meet four times a year at the surgery to discuss any changes taking place in the Practice and to make suggestions for changes we would like to see for the benefit of all. If this is something that interests you please contact Judith Leigh at: watlingtonpppg@gmail.com		
		