

WIGGENHALL ST GERMANS

Parish Newsletter

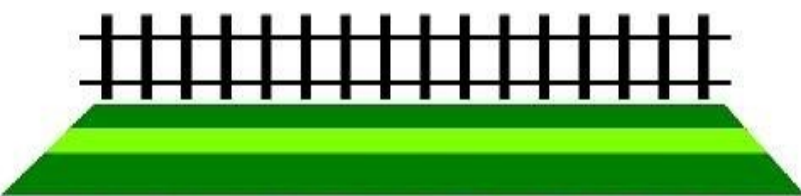
Spring 2024 edition



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

Hello all, Spring seems to be trying desperately to show us its beauty despite the weather this winter trying to drown us all! Am I the only one fed up with everything being wet and muddy??

The report from the pumping station on the quantities and records broken repeatedly are just astounding, where would we be had they not built it?!

The play park project is really starting to get moving, thanks to Gemma, Emma, Chloe and Claire for their fund raising and creating the survey that went live just a few hour ago as I type and has 63 responses online already! Thank your for the support.

The Parish Council is working on many projects and there are still vacancies for Cllrs if you are interested please get in touch.

The Memorial Hall refurbishments are really taking shape, I am assured that despite the photo that the stalls do have doors! I know St Germans is friendly but there are limits!

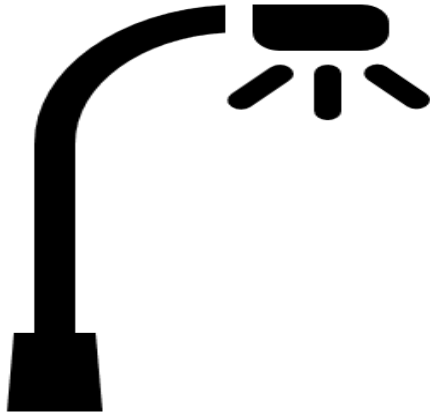
Report potholes, faded signs, faded road marking and flooded/muddy roads on the NCC website—Report a Problem page. If you register you will receive updates.

The Council has written to local businesses to request that they make good the verges that have suffered badly this year with HGVs and Agriculture machinery.
The back cover shows the latest on the Woodland Creation Plan for the area.

Here's hoping for some dry weather and a Summer to enjoy!

Yours *Mike Inder*

Closing Date for next Newsletter: **1 Sep 2024**



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.

25 Mar 2024	Ordinary Parish Council Meeting
13 May 2024	Annual Parish Meeting and Annual meeting of PC.
22 July 2024	Ordinary Parish Council Meeting
23 Sep 2024	Ordinary Parish Council Meeting
25 Nov 2024	Ordinary Parish Council Meeting

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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

SAVE OUR PUB

It has been an eventful few months, for our “Save Our Pub” campaign. We started the New Year on a high. First, Admiral Taverns had leased the pub to Harry Price who has done a great job in getting it reopened, with good beer, and a warm welcoming atmosphere. It's great to see is so busy. Secondly, the building was declared an Asset of Community Value which lasts for 5 years and will help protect it as a public house for that period, and finally we had joined the Plunkett Foundation, who support Community Buy outs. We had been allocated our own specialist advisor to guide us through, what is a fairly daunting and complicated process.

We had a survey lined up when we were notified that there was a third party, from our village, with a background in the pub industry, who wanted to purchase the premises and to run it as a community public house. Their ambitions were so closely aligned to ours that we decided to postpone the survey, and have put our activities on hold.

If the purchase comes off, we shall celebrate with a pint. If it does not come off, we shall take up where we left off, and we can still enjoy a pint!

Currently WSCBA members include;
Steve Welcomme, Bob Ward, Paul Bridges,
Sally Nederpel, Martin Metcalfe, Roland
Merryweather, Paul Coombs, Keith Gyles
and David Harrison.

To contact us email
Saveourpub7@gmail.com or visit the pub
social media pages on Facebook,
Instagram and Twitter. Paul will also share
updates on the Nextdoor App. If all else
fails ring Steve Welcomme on 07786 234



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

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

Well, it's truly been February Fill Dyke! Despite the inclement weather so far this year we have seen near full attendance at the Ladies Group meetings and have had a couple of memorable speakers too.

January saw us hosting Jack Langford of Jacks Restaurant. Jack kept us laughing with his description of how the restaurant began and the adventures they have had along the way to keep it a welcoming place to visit for a meal. We all wish him a long and successful tenure at Woodlakes in Stowbridge.

February's Speakers were three lovely ladies, Sally and two volunteers, from Sally's Duck Rescue, which is based in Marshland St James and is headed by Sally and her husband Tim. Sally explained that they started off about 5 years ago in Coulsdon, near Croydon in Surrey in Sally and Tim's back garden and just grew and grew. When it got to the stage that they were full to overflowing they decided "It's time to move to somewhere larger. Their site covers around 4 acres at present and they are hoping to organise open days in the summer for visitors. Bird flu posed a serious problem for them but after a lot of hard work by volunteers they were able to net all the areas the birds are in and everyone will be safe going forwards.

Both volunteers told stories about volunteering. One had come down from Manchester for volunteering duties and the other spoke of how volunteering at the recently registered charity has given her a real turnabout in what was a very stressful life.

They both said that being a volunteer can be quite hard work but in the end is extremely fulfilling, especially as all the ducks are individual in their habits and personalities, which was something that all of them were amazed by, so, a duck is most definitely not just a duck!

Volunteers and Duck Friends are welcome, so are sponsors and there is a huge range of goods that can be bought to support Sally's Duck Rescue. I think most of us made a bee-line for the delicious eggs!

They brought along several duck friends (together with a bucket and a mop, of course) which delighted everyone - though the Chair did have competition during her welcome talk to the Group - Emmett, Bobby, big white duck called Popcorn, who decided it was bedtime and tucked his head under his wing and nodded off. One particular duck caught at everyone's heartstrings. A little chap called Onni. He has a physical condition that means he is unable to support his body at all, cannot walk unaided and cannot swim. In the wild he would most certainly have died very young. Tim has built a wheel chair for Onni which enables him to "run around" and beg for treats too.



There is so much more to say about Sally's Duck Rescue so please go to Sallysducks.co.uk for more information

Katherine White
 Chair



Mobile Library Timetable

Village	Stop Name	Arrival Time	Departure Time	Postcode
WIGG ST GERMANS	ALLEN CLOSE	09:50	10:05	PE34 3EE
WIGG ST GERMANS	ORCHARD ROAD - no 19	10:10	10:25	PE34 3DS
WIGG ST GERMANS	CROWN & ANCHOR PUB CARPARK	10:30	10:45	PE34 3EY

Upcoming Dates: 02 April • 30 April • 28 May • 25 June • 23 July •

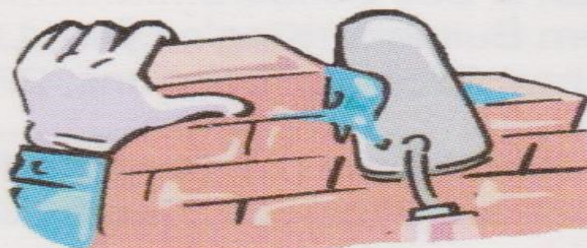
20 August • 17 September • 15 October • 12 November • 10 December



WIGGENHALL ST GERMANS 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
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for Bookings/further information

CAR PARKING AVAILABLE

When parking at the Memorial Hall please avoid obstructing School Lane.

Memorial Hall Notices

Just a note to let you know what's happening with the Hall. The project to refurbish the ladies toilets in the Memorial Hall started in November 2022, when Scilla started applying for grants towards the cost of full refurbishment. The refurbishment is now complete (see the photo on the cover) and the Memorial Hall is very grateful to the Bernard Sunley Foundation, the Paul Basham Charitable Trust and the Community Infrastructure Levy (CIL) infrastructure funding from the Borough Council of Kings Lynn and West Norfolk, which has enabled the complete refurbishment of the Ladies Toilets, the splendid work was carried out by Luke Seales of Steven Seales Builders.

The Memorial Hall Trustees and many other users are thrilled with the new toilets. We are looking to do more to updates and refurbishment to the Hall.

The Memorial Hall is also grateful to the Norfolk Community Foundation for their very generous grant to enable our Tuesday morning 'Hot Spot' gatherings to continue. These are very popular and everyone is welcome to come along for a coffee and chat.

The Hall is used most days of the week, Chair Yoga, Slimming World and Carpet Bowls in the winter. The Ladies Group meet every month as do the Sunshine Club, both regularly have fun and interesting items for members to enjoy, and of course we have Bingo every Friday evening, which is very popular. The Sunshine Club members have been great running the Bingo for the Hall and we very much appreciate all their hard work.

Regular bookings:

Mondays	Chair Yoga	10am - 11am
	Ladies Group	7pm - 9pm monthly
	Parish Council meeting	7pm - 9pm 2-monthly (odd numbered months)
Tuesdays	Warm Space/Coffee Morning	9.15 - 12md
	Slimming World	5pm - 9pm
Wednesday	Carpet Bowls	7pm - 9pm September to March
	Sunshine Club	2pm - 4pm monthly
Friday	Chair Yoga	10.30 - 11.30am
	Bingo	7pm - 9pm

Weekends are available for bookings.

Help someone smile, become a befriender

You can help provide vital companionship and support to unpaid carers in Norfolk by joining our team of volunteers.

Arthur is 79 and cares for his wife, who has dementia. His wife no longer recognises him and over the years Arthur has lost touch with his friends due to the demands of his caring role. He lacks confidence to go out and spends his days at home. Arthur enjoys gardening but is no longer able to manage his garden alone.

There are currently more than 26,000 unpaid carers like Arthur, living in Norfolk, who provide over 50 hours of care each week to a family member or friend who need help because of an illness, frailty, disability, or a mental health issue.

Our Norfolk Befriending Service offers an inclusive, trusted service that connects volunteers with unpaid carers to make sure they can get out and about, take a break, or get some practical help at home.

The free service will match volunteers with unpaid carers to offer regular companionship at home, as well as supporting them to use services in their community, or to provide practical support such as dog walking, collecting prescriptions, shopping or gardening.

If you are able to give some time to help carers like Arthur in Norfolk, or know an unpaid carer who would benefit from receiving this service, please contact the team at Caring Together Charity for more information:

0345 241 0954

volunteers@caringtogether.org



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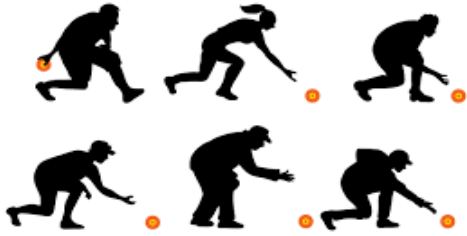
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Wiggenhall Bowls Club

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

Over the winter, a great deal of work has been done on the Club's green and the surrounding area. New soil was raked into the green to improve the surface and drainage, and a whole hedge was removed and replaced with fencing, to try to reduce the amount of leaf litter collecting in the entrance to the Club grounds. Various other maintenance work was done, and our hard-working maintenance team – all volunteers – must be praised for all their hard work, which is so much appreciated. One improvement that should be mentioned is the replacement of the Club's water meter. The new meter has been raised and access to it enhanced by installation of a new manhole cover. The Secretary will no longer have to go head down in the hole to try to read the meter, which had a cracked cover and was some 2 feet below the surface of the ground. Many thanks to the Parish Council for arranging this [and especial appreciation from the Secretary].

At the time of writing the Club has not yet held its pre-season meeting for the outdoor bowls, when plans for the coming season are finalised. The usual date for opening the green is around the Easter weekend, but Easter falls rather early this year, and plans may have to be adjusted. The confirmed date will be advertised around the village and in the local press, but please get in touch with the Secretary if you would like more information (see her contact details in this article).

When we do settle the date to Open the Green, the plan is to have an Open Day to invite anyone interested to come along, and to try to encourage people who may not have tried bowling to have a go. We will be serving light refreshments and there will be bowls to borrow and folk around to give support and help with the bowling – and to explain the general rules of the game. We only ask that you wear flat soled shoes to protect the surface of the green. There won't be any pressure, and it's intended to be a bit of fun for the visitors. If they wish, Club members can form teams and do a bit of competitive bowling to try out the green.

Apart from anyone new to the game, we would love to welcome visitors from any other local bowls clubs who would like to come over.

We are also hoping to hold another Open Day later in the year – when perhaps the weather may be a bit more settled than has been the case recently. At this event we would organise a Drive and other activities [e.g. the Spider]. There would still be space set aside for any newcomers to be able to have a bowl if they didn't want to plunge straight into the competition. At all our Open events we get together despite the weather, and if all else fails at least enjoy the refreshments in the warmth and dry of the clubhouse, when we can compare experiences of the game even if we are not able to practice it!

We are hoping to continue our fairly regular Saturday afternoon sessions over the summer, when club members can get some practice in, and anyone interested can come along and meet our members and have a bowl in an extremely relaxed setting. Tea or coffee and biscuits are offered, with cold drinks if the weather turns hot – which it did last year, although at the moment it's difficult to recall those sweltering afternoons. The Saturday afternoon sessions are likely to start some time after 6th April, but exact timing depends on the date for Opening the Green. If you would like to come to a Saturday afternoon get-together, please check with the Secretary in advance, as plans are subject to change if those dreaded "unexpected circumstances" arise.

As the winter season draws to an end, we are still holding our weekly Club carpet bowls session on Wednesday evenings in Wiggenhall St Germans Memorial Hall, which are due to carry on into the beginning of April. We are carrying on rather longer than in past years, as it looks possible that the indoor carpet bowls competitive match dates may overlap with the start of the outdoor bowls season, which hasn't happened before. It does make life rather interesting!

Wiggenhall St. Germans Church News

EASTER is early this year (31st March) and coincides with the changing the clocks! Our service will be at 9.30am. There will be a Three Hours Service on Good Friday (29th March) from 12 till 3pm – the times that Jesus hung on the Cross. This is a service that people are welcome to come and go at any point so do drop in when it suits you.

On the following Sunday (April 7th) we are resuming our monthly Sung Evensongs at 5pm. We are hoping to hold it at St. Mary's Wiggenhall Church which only has a few services these days. St. Mary's Day is the following day so this is a special occasion.

Our pattern of services remains the same at St. Germans: 10am Family Service on the first Sunday, Holy Communion at 9.30am on the Second and Fourth Sundays and Morning Praise on the Third Sunday. All are sung, using CDs when we have no organist. Morning Prayer is said daily at 9.30 and this includes praying for the sick by name – currently around 60 people. We ring the Angelus (3-3-3-9) daily at this time so if you hear it do join in wherever you are!

Special Events for your Diary are:

- ♦ Deanery Confirmation at Walpole St Peter's Church at 7pm on Wednesday 24th April when we hope that two of our congregation will be confirmed by Bishop Dagmar
- ♦ Pentecost Exhibition at Whitsun weekend (18-19th May). This is the birthday of the Christian Church and we shall celebrate the two millennia since the first Pentecost and seeing how this has impacted in the last 720 years in our Church. The Church will be open from 10 till 4 on the Saturday and for the 9.30 service on the Sunday when the Archdeacon will officiate. Following that service we shall have an address from the Duke of Norfolk who will be joining us; his ancestors lived at Fitton Oake and provided our first recorded Vicar in 1304.
- ♦ Our Annual Flower Festival which will take place on 8th-9th June. It will be headed up by Marion Coleman and her flower arranging group.

The appointment of a new Vicar is making slow progress but in the meantime do contact Angie (617518), Carolyn (617986) or Mark (617689) with any queries.



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Norfolk County Council updates

Apprenticeships

The Apprenticeships Norfolk scheme has recently hit the £1m milestone of levy transfers a year ahead of schedule. Through the scheme, 90 businesses in the county have started 180 apprenticeships, from Level 2 through to Level 7, using unspent funds in Norfolk that would otherwise be returned to HM Treasury.

The apprenticeship levy is payable by organisations whose annual wage bill is more than £3m and equates to 0.5% of the bill. But if the business has undertaken all the apprenticeships that it has capacity to deliver, it can donate up to 25% of its annual apprenticeship levy to another organisation. Levy transfers are used for new apprentice starts, new recruits and existing employees. Donating levy funding encourages corporate social responsibility and reduces wastage of any unspent apprenticeship levy - keeping funding in Norfolk and helping people to develop their careers or try something new. Members can signpost any businesses wanting to find out more about the scheme to the Apprenticeships Norfolk website. Businesses can enquire about receiving a levy transfer, or donating their unspent levy, by completing an expression of interest form or calling 0344 800 8024.

Director of Public Health Annual Report - Smoking and Vaping

The Director of Public Health for Norfolk has released his independent annual report. The report details findings on the County's smoking and vaping habits along with the steps Norfolk County Council and partners are taking to achieve a smoke free generation by 2030. Reducing rates of smoking, effective tobacco control and controlling long term vaping use and take up are some of the council's key public health priorities and as a result, were selected as the focus for this year's report. Currently, around 13% of adults (99,300 people) in Norfolk smoke. Great Yarmouth has the highest adult smoking rate (around 18%, approximately 14,200 smokers) and Broadland has the lowest (around 8%, approximately 8,900 smokers). The report also shows that an estimated 44,900 children in Norfolk live in households with adults who smoke. Smoking remains one of the biggest contributors to preventable ill health and health inequalities. It kills an estimated 1,240 people in Norfolk every year and accounts for nearly 6,000 years of life lost annually. The costs associated with smoking in Norfolk are estimated at £872 million annually, including health and social care costs, lost productivity, and house fires. Case studies from Norfolk highlight ways the council is working together with partners and through our Smokefree Norfolk and Ready to Change services to help people quit.

Food Savvy supporting Food Waste Action Week 18-24 March 2024

Norfolk County Council's Food Savvy team will be supporting national Food Waste Action Week, to raise awareness of food waste issues and give practical tips to help householders cut down on the amount they throw away. Food Savvy, is a joint project between Norfolk County Council and the Suffolk Waste

Partnership to help householders across Norfolk and Suffolk to make the most of their food, reduce food waste and save money. Norfolk is taking a joint approach with Suffolk to create a bigger impact to tackle food waste and to ensure that residents in both counties are receiving valuable support on this important issue.

More information can be found on their food savvy website [here](#).

Members are welcome to attend the Mardle restaurant at County Hall on Thursday 21 March between 11.30am – 1.30pm where the Food Savvy team will be available with lots of information, top tips and recipe cards to support the reduction of food waste, plus there will be some tasty recipes to try too.

Extension of Jubilee Village Hall funding

The government is providing additional funds for the Platinum Jubilee Village Halls Fund. The original £3m capital fund to improve and modernise village hall facilities ahead of the Platinum Jubilee was announced in 2022. An additional £5m has now been allocated.

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.

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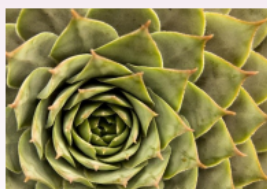
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07842 114220

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Counselling & Psychotherapy (BACP)

Downham Market, Norfolk



Watlington Medical Centre Patient Participation Group (PPG)

Who are we & what do we do?

We are volunteers who work with our Practice to represent patients views on services and facilities that are provided.

What we are not?

We are not a forum for individual agendas or personal complaints.

When do we meet?

We meet about four times a year at The Surgery with a doctor and one of the operational team.

Future Plans

We would like to encourage more patients and carers of our patients to join our group or make suggestions through our dedicated e mail address: watlingtonppg@gmail.com

Joining our PPG

To join the PPG e mail watlingtonppg@gmail.com or contact Watlington Medical Centre Reception on 01553 810253 and we will arrange for the relevant application form to be sent to you.

