

WIGGENHALL ST GERMANS

Parish Newsletter

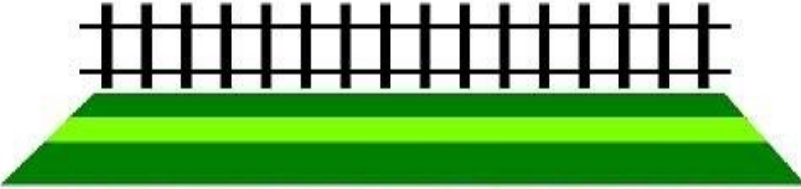
Autumn 2024 edition



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

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

Email: clerk@wighenhallstgermans-pc.gov.uk



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From the Editor/Clerk

Well the summer made an appearance eventually and now as I write this the autumn is starting to make itself known, it'll be Christmas again before we know it! Here's hoping for bit less rain and fewer storms this winter!

The loss of Tony Burt, who I had the fortune to meet on the St Germans Bridge Charity, was sudden and very sad for the many friends of Tony. I was privileged to have met him for a short period in the last few years and it was an honour to have been able to help arrange the permissions for the fantastic new bridge designed and installed by his family and dedicated to his memory for all to benefit from (see the article on page 15).

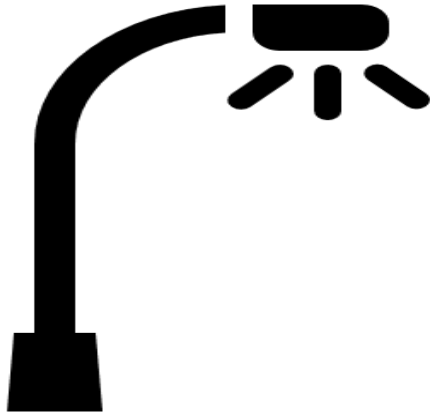
The Parish Council still has vacancies and invites volunteers to become a cllrs and make a difference.

If anyone would like to volunteer to deliver the Parish Newsletter in their area that would be most appreciated, the Cllrs and myself deliver them but with a shortage of cllrs and none of us getting any younger then help would be appreciated.

The Council has changed its email address to a .Gov.UK one now and you contact the Council via clerk@wighenhallstgermans-pc.gov.uk

Yours *Mike Inder*

Closing Date for next Newsletter: **1 Feb 2025**



Streetlight Reporting

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

clerk@wighenhallstgermans-pc.gov.uk

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.

23 Sep 2024	Ordinary Parish Council Meeting
25 Nov 2024	Ordinary Parish Council Meeting
27 Jan 2025	Ordinary Parish Council Meeting
10 Mar 2025	Ordinary Parish Council Meeting
26 May 2025	Annual Parish Meeting 7pm & PC Meeting follows.

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Parish Council Chair's Report

Hello everyone, those eagle eyed amongst you will have noticed that the Gremlins had a hand in the production of the Spring edition of the Newsletter, my Autumn report was reprinted instead of the Spring one, my apologies for the error and I'm hoping they will leave well alone this time.

Highways, Road Safety and Public Rights of Way

Unfortunately the Council missed out on this financial years Parish Partnership Funding which has meant that the project to install "white gates" at two location within the Parish has had to be postponed for a year. We have already completed all of the necessary survey, costing and paperwork for the project so we will be able to resubmit our application later this year. The proposal is to install a set of "gates" on Eau Brink Road which we hope will reduce vehicle speed into the village and together with the already installed flashing lights improve the road safety for pupils, parents and staff attending the St. Germans Academy. The proposal for a second set of gates is to locate them on Lynn Road adjacent to Caley's Farm, again the hope is to reduce the speed of traffic entering the village, the rationale for this location is based on data from the SAM2 (Speed Awareness Monitor) which is moved around the villages on a regular basis. A breakdown of this information can also be found on the Council's website.

Other projects in the pipeline are, the installation of wooden bollards to prevent anti social driving on the grass area opposite the Memorial Hall. Working with Norfolk County Council's highway engineer to formulate signage and/or highway improvement to make the "S" bend on Lynn Road safer.

May I ask you all to check the perimeter of your property as hedges and vegetation encroaching onto the footpath or highways make it hazardous for pedestrians, and, as we are all being encourage to walk more your assistance would be appreciated.

Play Park Project

Following the installation of the new swings at the play area, the lack of recreation equipment for older children became more apparent and a sub committee formed from our Parish Clerk, a Councillor and parishioners has been set up and are currently investigating various schemes to provide this much needed facility. The project has already got off to a flying start with a generous donation from Palm Paper, a generous bequest and fund raising by the committee members. The Parish Council has provisioned enough monies, subject to additional external funding, for the project to be completed. A list of the equipment has been agreed and final tweaks to the content will be made to enable a full proposal to be submitted. The current timescale for the completion of the project is early summer 2025, this is of course is subject to a successful funding application.

Environment and Biodiversity

The Council is working with Norfolk County Council to assist with the creation of the Wiggshall Woodland Creation Project, one of our Councillors is now part of the NCC team developing the plan. The current projection is that planting will start late this year and with the funding already in place it would seem management of the site remains the only issue moving forward.

The subject of roadside verge cutting is always a contentious issue and the Parish Council are currently considering a scheme to turn a limited number of roadside verges and green spaces within the Parish into wild flower areas which would mean less grass cutting and more diversity of the wildlife within the area. We have already received an offer of help, from a local commercial supplier of wild flower seeds, to assist with the suitable sites and seeds to be sown. If you would like to have an area near to you considered please get in touch.

The Council, following recent new legislation, will also be commissioning a professional tree survey for those that fall within it's responsibility to ensure the health and longevity of the trees. Any necessary remedial work will be completed in due course.

Winter Fuel Allowance

The government has announced that some Pensioners will not be receiving a Winter Fuel Payment this year, if you are struggling with fuel costs this year please remember that the Bridge Charity may be able to assist eligible Parishioners.

Parish Councillors

We still have vacancies for Parish Councillors, the task is not an onerous one and I'd urge anyone interested in becoming a Councillor to join us at the next meeting and see how we operate and what we do.

Dave Rust

Chair Wiggshall St. Germans Parish Council

Save Our Pub Newsletter

14/08/2024



We are delighted to announce that Alex and Paul Turner together with Scott Wiggins and Tom Sinclair have exchanged contracts to buy the Pub, with completion to take place on or about the 09 September 2024.

We had put our campaign on hold as their goals so closely aligned with ours. Our mission was to keep the Pub open for the Community and secure a long-term future. The new management team have a background in the pub business and lots of ideas about what they want to do, which is all very exciting. They aim to provide real ale and food. They intend to upgrade the building over a period of time. They want to run the Pub for the Community and we are fully supportive of that.

I would like to give massive thanks to Harry who has done a great job, for stepping into the breach and keeping the beer flowing! Harry we are all sorry to see you go but wish you all the very best for the future.

I would also like to express my thanks to all the Committee members who have given up so much of their time to this project. Also, to Mike Inder at the Parish Council who has supported us throughout and was instrumental in having the Pub designated an Asset of Community Value. To Robyn and the other Trustees of the Village Hall for providing a venue for our activities. To the management teams at the Blue Bell in Stoke Ferry and Kings Head in Shouldham, who were so supportive, and finally, to all of you who have shown an interest, given up your time, and supported us.

We raised some money to pay for administrative expenses but have £173.64 left. We propose to donate this to the Play Space project. If anyone who has donated to our cause has any objection, please immediately make contact as we would like to make that that donation immediately after the 21st August 2024.

After that date we shall be closing down our Association and hopefully going for a beer! **Mission accomplished!**

Steve Welcomme (Chairperson)

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

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 234 968

Ed: congratulations to the team and all those that supported the campaign and good luck to the team in their new venture.



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Watlington Medical Centre Patient Participation Group (PPG)

The PPG has expanded its membership, which is great news, but we have hit a snag in that some people are finding it difficult to attend afternoon meetings because of work or other commitments. As we want to be as inclusive as possible, we are looking at the possibility of introducing evening PPG committee meetings, perhaps alternating afternoons, and evenings to try to suit all our patient groups. Another suggestion is that we set up, as a supplement to in-person meetings, a 'virtual PPG group' as has been done with other PPGs locally. In this arrangement, communication would take place by email to enable regular exchanges of comments, suggestions, and responses, to feed into the in-person meetings. This should help increase the cover for the different groups of patients in the practice.

At the moment, the list of comments and suggestions received, and the outcomes are posted on the PPG noticeboard in the Surgery waiting room, so you can see what progress has been made.

In the last few months, the PPG has attended the Rainbow Café in the Village Hall and had a stall at the Watlington Fete. Both events enabled us to meet more people and spread the word about the PPG. As a bonus, we made £68 at the Fete by selling a fine mixture of goods and clothes. Any items not sold at the end of the day went either to the Purfleet Trust, or to local charity shops.

The PPG has applied for funding to the Fete Committee and to 'Gossip Gifts', both organisations offering support to village groups, hoping to build up our funds to enable us to take out Public Liability Insurance, which in turn will lead to starting to organise Walks for Health in the village.

News Updates:

Pharmacy update: The practice is introducing new ways of working and increased staff count to try and ease wait times. They are aiming to install a pharmacy machine that will allow medication pick up 24 hours a day. The hope is this will ease pressure on the carpark. Your suggestions for carpark changes/expansion have been noted.

Physiotherapy: The inhouse physiotherapist is a first contact point who can refer on for further treatment. Patients can also self-refer to the local physiotherapy team via www.ahpsuffolk.co.uk/referral or by calling 0333 043 3966.

Phone lines: Having listened to your comments on the phone system we have changed provider and you will hopefully notice an improvement in your experience over the coming months.

Why are patients sometimes being referred to the Pharmacist for blood pressure checks?

Blood pressures taken in the pharmacy attract an income to the practice. Asking you to use the pharmacy for a blood pressure check frees up time and money in the surgery and helps the practice to provide you with improved access to other clinical services like blood tests and dressing changes. In response to your feedback more appointments in the pharmacy have been introduced.

Why are we sometimes being told that no appointments are available?

The British Medical Association, the doctor's union, has made it compulsory for employers not to exceed the maximum safe number of consultations per doctor per day. Once that limit has been reached, the clinician cannot take any more appointments. Unfortunately, this means that sometimes you will be referred elsewhere when the doctor's capacity has been reached.

Final note: The next meeting of the PPG committee is planned for October when we shall also hold our **Annual General Meeting**. The date and details are still to be confirmed, and we shall be posting these as widely as possible. If you would like to come to the AGM, we ask you to let us know in advance, so we can plan for how many people will be attending.

These notes are extracts from the Minutes of the last PPG meeting held at the beginning of July. Full minutes of PPG meetings are posted on the Watlington Medical Centre's website: www.watlingtonmedicalcentre.co.uk.

Contacting the PPG: constructive comments can be posted in the comment box in the surgery waiting room, or you can contact the PPG via their email: watlingtonppg@gmail.com

WATLINGTON MEDICAL CENTRE
Patient Participation Group
Free Health Walks
No need to book, just turn up

Are you ... ?
 Feeling lonely or isolated?
 Living with low level mental
 health issues?
 Caring for someone living with
 dementia?
 Hoping to get fitter by doing
 some gentle walking?
 Looking to make new friends?
**If so, join us for a FREE local
 health walk around Watlington**

Walk Dates
27th August
3rd September
17th September
8th October
15th October
22nd October

**Walks will start and finish at the Village
 Hall.**
**They will be led by a trained walk leader
 and last about 40 minutes.**
**Tuesday afternoons at 2pm; please arrive
 by 1.50pm to register.**

Join us after the walk for free refreshments in the Village Hall.
 Toilet facilities available.
 For further information contact the PPG:
 watlingtonppg@gmail.com

Autumn Joys

Oh, the joy of autumn days
 Mornings tinged with silver haze
 Afternoons of golden sun
 Starry nights when day is done.
 Colours riot in the trees
 Promise of winter in the breeze.
 The land has given up its wealth
 Winter is creeping in by stealth
 The crunch of leaves beneath your feet,
 Glowing cheeks on folk you meet.
 Fancy dress in all the shops
 Cat masks, batwings, vampire props.
 Fairies, witches, many more
 At Hallowe'en come to your door.
 Late barbecues, wrapped in your fleece
 Cold bright nights bring joy and peace.
 We try to keep summer alive
 While the weather takes a dive.
 But oh-the beauty of it all
 That season that we call the fall-
 When green turns red, it's cosy in bed
 Stews and roast, melted cheese on toast.
 Hot chocolate and mulled wine
 All these things make us feel fine.
 Summer is done, the year it turns
 The sun, still warm, no longer burns.
 Days grow short, the nights grow cool
 Enjoy it- it will soon be Yule!

u3a
 learn, laugh, live

With our thoughts turning to Autumn, many of us are now enjoying retirement, the autumn of our lives. It's something most of us look forward to-the freedom to do as we choose, escape from the tyranny of the alarm clock! It can also be a lonely time for

some without the daily companionship of colleagues. I have recently joined the U3A branch at Downham Market and am enjoying making new friends and getting back to hobbies I had run out of time for. So what is the U3A? What it is not is a university-there is no formal learning involved. Just groups of people who meet to enjoy mutual interests such as various book clubs, garden visits, sporting activities-something for everyone. It is not elitist in any way-the members are drawn from all sorts of previous lives and of course no academic qualifications are needed- it's just for fun and friendship. The U3A holds a "Freshers" day in September where some of the activities are showcased to give you a better idea. Importantly for those on a budget- membership is only £15.00 per year and that includes a quarterly magazine which is a good read. Some of the clubs have a charge to cover hall hire etc but it really is a very small contribution from each member. The only qualifier is that you must not be in full time work-otherwise all ages welcome! For more information on the Downham branch please go online at

<https://u3asites.org.uk/downham-market/home>
 Hope to see you there!



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At:
Memorial Hall
22 School Lane
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PE34 3DZ
The 3rd Monday of every month at 7:30pm.

Well, Summer is over, if it was ever here, and we are heading towards Christmas.

The Ladies Group has had quite an interesting few months, not only have we had some fantastic speakers, Watatunga Wildlife Reserve gave a wonderful talk which brought about a trip by the Group to the Reserve, which was thoroughly enjoyed. It certainly lives up to its reputation and we would encourage folk to visit and see for themselves. It's well worth it.

The Dogs Trust came along and their presentation was quite an eye-opener as we hear a lot about Battersea Dogs Home but not about the Dogs Trust. It was fascinating to hear about their work with dogs. They also have open days if anyone wants to go along and find out more about them.

Cheese & Bees from Walpole Cross Keys organised a cheese tasting, yummmm! Also, Anne Greaves gave a very humorous talk about what goes on behind the scenes in the theatrical world. August brought a Quiz night, which is not everyone's cup of tea (meaning me). Our Quiz Mistress, Mary Harney, turned it into an amazingly fun night and the winning team scooped up huge bars of chocolate for winning. It proved so successful that we are intending to have Mary run another one next year if we can twist her arm!

Our Christmas buffet has a unique entertainment this year we are hosting a Ukelele Band of which, at least two or our members are part of. I'm really looking forward to that.

This brings me to our Members, of which Mary is one. Without them and their input, there wouldn't be a group. Over the past few years I, along with our staunch Committee Members, have made quite a few changes to how the Group is run and in every case the Ladies have supported us all along the line. The Ladies are the ones that drive the changes and are involved in any major changes we make. I have never expected them to help with clearing up after a meeting but to a woman they have been there ahead of me. They are unfailingly caring of other members who are going through troubled times and are also very good at keeping me on the straight and narrow, of which I am very appreciative.

SO A HUGE THANK YOU TO ALL THE MEMBERS OF THE ST. GERMANS LADIES GROUP.

We welcome guests at our meetings so please do come along and see if you like us and would enjoy our company as a full time member. Sadly, I have to say, that it is only for Ladies, even though one gentleman said it was unfair he couldn't join in the Quiz night. My response was come dressed as Dame Edna Everage and we "might" let you in!

Katherine

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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: 15 October • 12 November • 10 December



AT THE SIDE OF THE MEMORIAL HALL

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

KEVIN SMITH DOMESTIC APPLIANCES

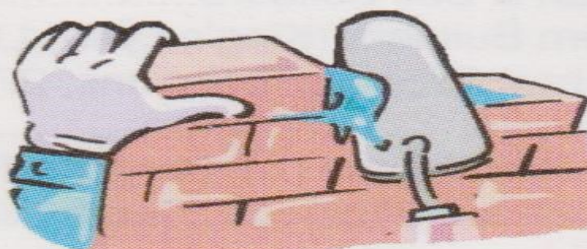
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Tony Burt 1939 - 2024

Many of you will have known our father, Tony, after all, he and our mother Jill lived in St. Germans for over sixty-one years. It was October 1962, when, as a young married couple, they took over the tenancy of Priory Farm, and for six decades this was their home, and where we, their four children, grew up.

In their younger days both our parents were very active within the village, taking on various roles in organisations, clubs & social activities. Dad had been Chairman of both the Parish Council and the Village Hall Committee, a trustee of the Bridge Charity and a member of the Internal Drainage Board. Mum frequently played the piano at both the Methodist Sunday School and the Village Church and would often be found helping at the Primary School, where all four of us attended.

They made many lifelong friends.



Sadly, dad passed away in March this year and during our last weeks together he expressed a wish to bequeath a gift to the village.

Dad had always maintained the footpath that runs in front of the farm, alongside the land he cultivated, and down to the churchyard. The small concrete bridge, which crosses the dyke between the two, had become rickety over the years, losing its handrail completely and therefore feeling a little unsafe. It was dad's wish, and his idea, that he donate a replacement.

The bridge (adhering to all legal specifications and safety regulations) was built in dad's workshop, and with his supervision whenever his failing health allowed.

We were delighted when, after inspection, the bridge was given approval, and has now been installed.

Sadly, dad didn't survive long enough to see this, but it was there when we brought his ashes home and we were able, as a family, to walk from Priory Farm via the footpath and the new bridge to the churchyard, where we laid him to rest.

Please enjoy the new lease of life the walk between St. Peter's Road and the centre of the village now offers, and cross safely from the footpath to the churchyard.

Dad was a proud man, he was proud to call St. Germans his home, and he would have been so proud to have seen this bridge in situ. alongside his beloved farmland.



Mandy, Andrew, Alison and Adam Burt

MAGPIE CENTRE – SUMMER HIGHLIGHT

Highlight of summer activities at the Magpie Centre, home of West Norfolk Riding for the Disabled Association was a hugely successful Open Day on Saturday August 17.

More than 200 visitors attended the event, which included a Musical Ride performed by a group of RDA riders and a demonstration of Equine Assisted Learning Therapy, a programme which encourages interaction between horses and people to promote mental wellbeing.

But star of the show was Colin Perriss, past West Norfolk RDA Chairman, riding Ava, in a demonstration of Horseback Archery. This segment was introduced by Troy Shaw of New Leaf Triangle Horseback Archery, Melton Mowbray, who gave a rundown of the history of horseback archery, followed by an explanation of how to train a horse to accept a rider guiding it with their torso and legs only and shooting while mounted.

Colin has been training with Troy for the past four years and the display culminated in his cantering round the arena and gaining good scores for hitting the target.

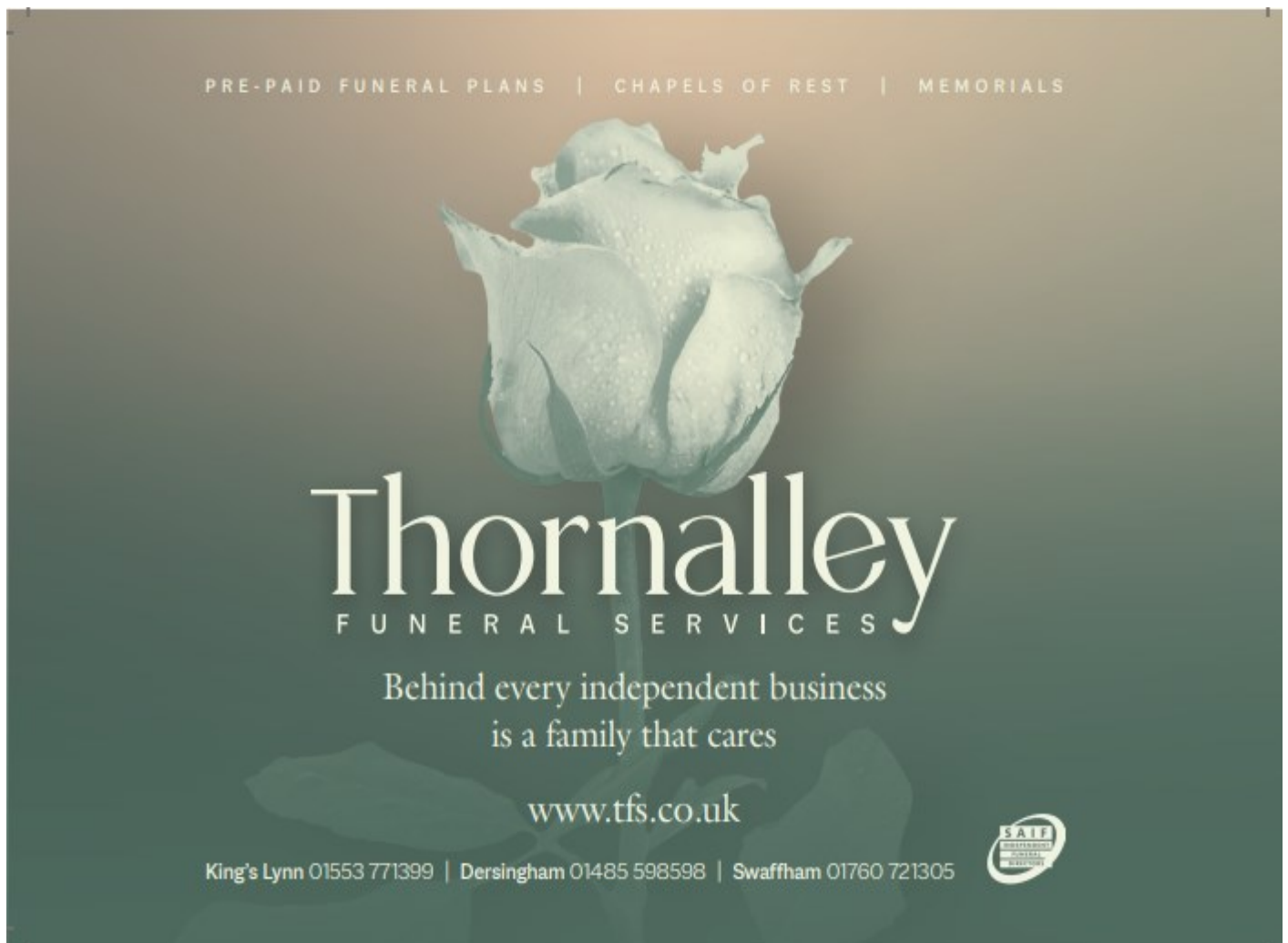
Visitors had a very happy day, with one saying:

'We've had a lovely day out. There was something to interest everyone, adults and children alike and the atmosphere was so friendly. We're looking forward to next year's Open Day already,' she added.

The event raised almost £3,000 for the Magpie Centre.

Moving into autumn, now that the trees are beginning to turn and the evenings shorten, please make a note in your diary to attend the Quiz Night with Hog Roast supper (plus Veggie option), at Stowbridge Village Hall, Downham Road, Stowbridge PE34 3PW, Saturday November 16. Doors open 7.00 pm for a 7.30pm start. Bring your own drinks.

Teams of 4 – 8 people are usual, but singles and couples are welcome. To book tickets @ £12.50 each, call 07715467866 or email magpiecentrewnrda@hotmail.co.uk. For those new to the Magpie Quizzes this includes the Hog Roast or Vegetarian option, plus a vast array of salads and home-made desserts, not to mention a great night out with your friends. All profits to the Magpie Centre.



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for Bookings/further information

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Memorial Hall Notices

Just a note to thank Moores for the wonderful job resurfacing part of our Car Park. We are sorry for any issues during this work but you will agree it's a great improvement.

We would like to take this opportunity to thank Steve Wellcome for all his help and support over the past year.

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 - 12pm
	Slimming World	5pm - 9pm
Wednesday	Carpet Bowls	7pm - 9pm September to March
	Sunshine Club	2pm - 4pm monthly
Thursdays	Hartbeeps—Baby & Toddlers	10am– 1pm
	Yoga	7pm
Friday	Chair Yoga	10.30 - 11.30am
	Bingo	7pm - 9pm

Weekends are available for bookings.

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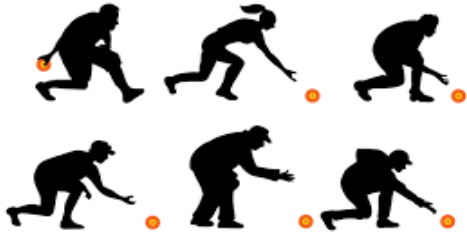
- a specialised type of skin movement that can aid and support the Lymphatics to reduce Lymphoedema

www.3countiesreflexology.co.uk

Speak to Mary on
07796456446

lymphoedema.lipoedema.care@gmail.com





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 had a year of mixed fortunes. Over the winter of 2023-24 the maintenance team managed to spread a vast amount of soil over the green, working it into the surface to refresh and revitalise the quality of the playing surface. As a result, the green has weathered the strange year of alternating high temperatures and heavy rains, and is still in good playing condition.

During the year we lost Paul Morris, one of our active organising members. Paul had been in ill health for some years, but had managed to continue as Captain for 2 outdoor bowls leagues, and to undertake most of the organising of the winter carpet bowls competitions for the Club, while also being involved with the West Norfolk Carpet Bowls Association. When Paul died during the summer of 2024, it was a great personal loss to us, we shall really miss him, and we extend all our sympathy to his wife Valerie, and his family.

We have to thank Keith and Dot Rippin, who continued with the work they were already doing in running 2 teams in different outdoor bowls leagues, plus the Club Pairs competition, and also took over the dealing with the 2 leagues that Paul had been handling. The result was that they were out nearly every evening with one or other of the teams, making sure that the Club had players able to attend, and keeping track of everyone. When things got really tight, Keith would also step in as a player. We owe them massive thanks for everything they have done for us.

The outdoor leagues that the Club plays in have not only the league tables of final placings, but in some cases also have supplementary Cup competitions. In amongst all the upheaval, it was a real boost when the Club teams were well placed in the middle of the various league tables, and also did well in the Cup games. Wiggenhall reached the semi-finals of the Saturday Bridges League, and the Wednesday Oak Brewery League Cup, and won the Silver Jubilee Coronation Cup by beating the league winners in the Cup Final. This was a great success for the players, and the Club as a whole, and hopefully made Keith and Dot feel that all their hard work had been worthwhile!

The Club held an Open Day in July, when most of the Club's members were able to come along, and we had several visitors who enjoyed the various bowls competitions and the refreshments – and the weather also obliged, by raining before and after the outdoor part of the day, and holding the real downpour until we were all inside the Clubhouse. We have also been holding our Saturday afternoon roll-ups, when visitors are welcome to come along and have a bowl.

The outdoor season is drawing to a close, and from 11th September we shall start the winter season carpet bowls sessions, held on Wednesdays in the St Germans Memorial Hall, from 7-9 p.m. The normal cost is £2.50 for the evening, which includes tea and biscuits, but for new people the first 3 evenings are free, so folk can find out if this is something they would like to do. We hope that if you enjoy the sessions you may want to join the Club. Carpet bowls are much smaller than outdoor bowls, 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** will be held in the St. Germans Memorial Hall on **Monday 9th December**.

Raffle tickets will be sold on the evening only and we shall aim to provide plenty of time for people to buy their raffle tickets and bingo sheets before start of play. If anyone cannot come on the evening, but would like to purchase raffle tickets, please contact a member of the Bowls Club committee. We will be happy to sort something out for you.

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.



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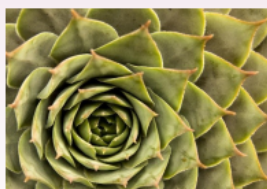
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Downham Market, Norfolk



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.

Wiggenhall St. Germans Church News

The Church celebrated its 720th anniversary as the spiritual heart of the Village back in May in Pentecost events attended by the Duke of Norfolk whose ancestors lived in the village. Since then the Parochial Church Council has decided to set up an organisation to spearhead fund-raising to maintain the building and the Duke has kindly agreed to be its Patron. The church is on the Buildings at Risk Register and requires a new roof on the north aisle, extensive repairs to the plasterwork and many smaller items. Since the retirement of Revd Martin Dale as our Benefice Vicar the day-to-day organisation of the Church has been down to a lay team headed by Angie and Carolyn as Wardens and Mark as Licensed Lay Minister to whom all enquiries should be addressed. In late August Mark celebrated 60 years since first being licensed in Auckland Castle in County Durham in 1964. On-going Diocesan supervision is through the Rural Dean, Revd Dr Richard Hines.

The Church continues to be open daily from 9.30am to 5pm for private prayer or contemplation and also for visitors to admire this historic building. A brief guide is available at the back of the church. Each weekday starts with a short Morning Prayer when the sick and recently departed are prayed for by name.

Sunday services for our growing congregation range from an informal Family Service at 10am on the first Sunday of the month, a modern Morning Praise on the third Sunday and sung Holy Communion on the second and fourth – all at 9.30am with refreshments afterwards. There is a sung traditional Evensong at 5pm on the first Sunday of the month except in winter. Forthcoming special events include Michaelmas on 29th September, Remembrance Sunday on 10th November and Advent Sunday on 1st December. All Sunday morning services include activities for children. Full details of all events, including Christmas services are in the monthly Newsletter, available at the back of the Church or by e-mail on request.

Every Friday there is a Coffee Morning in Church from 9.45 till 11. On 27th September this will be part of the nationwide event in aid of Macmillan. The Church also has a Library and a Food Bank collection point available daily.

We are very keen to welcome all newcomers to the village; please do get in touch with Angie (617518), Carolyn (617 986) or Mark (617689)

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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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