

WIGGENHALL ST GERMANS *Parish Newsletter*

Spring 2026 edition



Celebrating the 40th Anniversary of the Wighenhall St Germans Bowls Club

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

The new play park opened in December, a fantastic new facility for the kids (and some much older kids!) Have we got anyone claiming the record time for the Ninja Trail yet? The project to improve the play equipment has taken nearly 3 years to come to fruition and a huge thank you goes out to Gemma, Chloe, Claire and Emma who worked with me to do the survey of what people thought would be good to have, raised over £3,000 towards the total with community events and reaching out to local companies for donations (*Thanks to Palm Paper and Eau Brink Farm*) The FCC Community Foundation gave a grant of £100k which made all of this possible!

We said thank you and farewell to Bob Rawlings, a pillar of the community and spark that made things happen in the village all his life; serving as a Parish Cllr for over 45 years! His contributions were recognised with the Council awarding him with the first Freedom of the Parish scroll. The Chair of the PC surprised him with the award just after he cut the ribbon to open the new play park! Bob still serves as Trustee on the St Germans Bridge Charity, a fine example to everyone that age is no barrier to leading and serving the community!

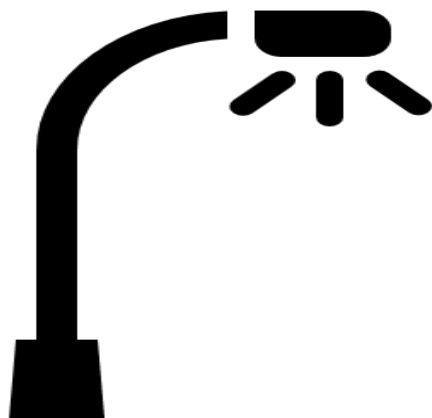
The new Woodlands are complete and Cllr Johnson writes in this edition to ask for volunteers to form a "Friends of the Woodlands" group to monitor the trees as they start to grow, spotting any areas that are suffering from wildlife getting in and munching the saplings or where trees haven't taken well, so Norfolk County Council can step in and put it right.

Steve Welcomme is also looking to start a community litter picking group, see the appeal for volunteers.

The Post Office in the Village Hall is closing and the PC is looking into whether the mobile post office van could visit the village.

Yours *Mike Inder*

Closing Date for next Newsletter: **1 Sep 2026**



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.

30 Mar 2026
11 May 2026
27 Jul 2026
14 Sep 2026

Ordinary Parish Council Meeting
Annual Parish Meeting 7pm & Ann PC Meeting follows on.
Ordinary Parish Council Meeting
Ordinary Parish Council Meeting

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Parish Council Chairman's Report

Hello everyone Parish Council Chair's Report Spring 2026 Where has the time gone? It doesn't seem five minutes since I was compiling the Autumn issue of the newsletter and now Christmas and the New Year are distant memories and the signs of Spring are appearing.

IMPORTANT PLEASE READ Contained in this newsletter is an important announcement about the change to the distribution of the newsletter, we are going digital, if you would still like to receive the newsletter in paper format and delivered to your door please make sure you read the article.

Progress reports

A number of significant milestones have been achieved since the last newsletter.

Highways, Road Safety and Public Rights of Way

Recent data (full details available on the Council website) from our SAM2 speed awareness monitor have highlighted that vehicles are consistently exceeding the speed limit when leaving Wiggshall St. Germans via Lynn Road. The recent collision on Fitton Road demonstrates the need to observe the legal speed limits for everyone's safety.

The installation of the "White Gates" on Eau Brink Road would appear to have the desired effect of slowing the traffic in the vicinity of the Saint Germans Academy. A number of parishioners have noted a visual difference in vehicles approaching from the North. We will publish the data from the SAM2 monitor in due course to confirm the observations. A further set of gates are due to be installed at Lynn Road however due to an issue raised by Norfolk County Council Highways team together with the poor weather conditions has led to a delay. The Council have submitted a further bid for funding to have gates erected on Lynn Road, Saddlebow and Fitton Road and Mill Road in Wiggshall St. Germans

Play Park Project

The Play Park Project is now complete, I'd like to thank the Project Play Park Steering Groups for all their hard work and dedication, in particular I'd like to thank Chloe, Gemma, David and Mike. The opening ceremony was well attended with a considerable number of children putting the new equipment to good use. We hope the new equipment will provide the younger members of our community with an exciting, adventurous and fun way to enjoy the great outdoors for years to come. We would also hope the whole community will embrace, respect and care for this new facility. The Parish Council have also installed a new litter bin in order to help maintain the site clean and tidy.

Environment and Biodiversity

The Wiggshall Woodland Creation Scheme has been completed with some 36,000 trees planted in the three sites and whilst the areas are currently closed to allow the saplings to settle in it is hoped to have them open in late Spring.. A number of children from St. Germans Academy together with individuals from Norfolk County Council, King's Lynn Borough Council, the subcontractors and the Parish Council attended the initial planting session with a further two public planting events in December and January. It is hoped to set up a "Friend of" group to help monitor the woodland and report any issues. Fly tipping and litter have become a national news topic in recent weeks and following a suggestion from a parishioner at our recent Parish Council meeting the Council agreed to set up a litter picking group, please look out for posters advertising the event(s), and, should you be able to help, please do come along and join us. The dog waste bin on Sluice Road has been consistently filled with inappropriate general waste, this could lead to the Parish Council being fined by the Borough Council, or even worse, the Borough Council could refuse to empty the bin. In order to try and resolve the issue the Parish Council, in conjunction with, and with the approval of, The Middle Level Commissioners, will be installing a new litter bin of the same size and design as the one installed at the Memorial Hall adjacent to the dog waste bin.

Freedom of the Parish

It was a great honour to surprise Mr. Robert Rawlings, know to many of us a Bob, by awarding him the Freedom of the Parish of Wiggenhall St. Germans. Bob has spent the last 45 years serving our community in various roles on the Parish Council, Memorial Hall Committee, The Leonard Towler Playing Field Committee, Football Committee and the St Germans Bridges Charity. He has produced numerous pamphlets and factsheets about our villages, churches, pubs and community. I hope the award will go some way to expressing our gratitude for all his efforts.

Dave Rust





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Jay Barrett

Bowen Therapist

07990 619449

Terrington St John PE14 7SH



Embracing a New Era for Our Parish Newsletter

The Wiggenhall St Germans Parish Council is delighted to announce an important update to the way our community newsletter will be published and shared. In response to the evolving needs of our residents and to promote sustainable practices, all future editions of the newsletter will now be available primarily in digital format. However, we recognise that some parishioners may prefer to continue receiving a paper copy delivered to their home.

Where to Find the Newsletter

From the next issue onwards, you will be able to access the newsletter directly from the Parish Council website (<https://wiggenhallstgermans-pc.gov.uk/magazine/>). The website will feature the latest editions, ensuring that all residents have easy access to the information, updates, and stories that matter most to our village.

Connecting Through Social Media

To make it even easier for everyone to stay informed, each new edition will be shared via links on local social media groups. If you are a member of any community Facebook groups or Nextdoor App, keep an eye out for updates, as these platforms will provide direct access to the newsletter as soon as it is published.

Why Digital?

- ◆ Eco-friendly: By moving away from printed copies, we are reducing paper waste and supporting environmentally conscious choices.
- ◆ Instant Access: Digital publication means you can read the newsletter on your computer, tablet, or phone at any time, wherever you are.
- ◆ Improved quality with full colour.
- ◆ Reduced cost to publish.
- ◆ Wider Reach: Sharing online helps us connect with more parishioners, including those who may have previously missed out on printed versions.

Staying Involved

If you have news, events, or stories you would like to see featured in future editions, please continue to send your submissions to the Parish Council email address. We welcome your contributions and look forward to keeping our vibrant community informed and engaged.

Need Help Accessing the Newsletter?

If you have any questions or need assistance accessing the digital newsletter, please do not hesitate to contact the Parish Council. We are happy to help ensure everyone can enjoy the latest updates.

Return Slip to receive Paper Copies of Newsletter in Future

If you would like to continue receiving a printed copy of the newsletter delivered to your home, please complete and return this slip. This will ensure your preference is recorded and paper editions can be arranged for those who need them.

Address: _____

I wish to continue receiving a paper copy of the Wiggenhall St Germans Newsletter delivered to my home and I am content for the Council to hold my data for that purpose.

Name: _____ Signature: _____

Please return this slip by email (photographing it when completed is ok) to the Parish Council Clerk email :clerk@wiggenhallstgermans-pc.gov.uk



Mobile Library Timetable

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

Upcoming Dates:

31 March • 28 April • 26 May • 23 June • 21 July • 18 August • 15 September 2026

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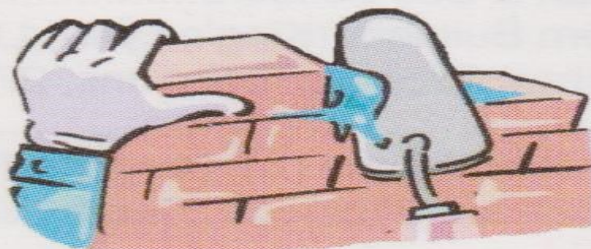
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for Bookings/further information

CAR PARKING AVAILABLE

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

Memorial Hall Notices

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.

The Sunshine Club

Meet at : The Memorial Hall,
22, School Lane,
Wiggenhall St Germans
King's Lynn,
PE34 3DZ

On: The last Wednesday of every month.
2pm to 4pm April to October
1.30pm to 3.30pm November to March

The Sunshine Club is a small, friendly social group that meets on the last Wednesday of every month to enjoy a wide variety of activities. These can include games such as dominoes, bingo, beetle drives etc; crafts of many kinds as well as a range of interesting speakers. We also try to include an afternoon tea, a strawberry tea and a trip to Hunstanton for a fish and chip lunch. In 2023/24 we even tried our hand at carpet bowls thanks to our local bowls club.

We welcome both ladies and gentlemen to come and meet us as guests to see if you might like to join us once a month. We would love to see you.

I should add that there is always time for a raffle and a chat over a cup of tea or coffee.

If you have any questions please contact me, Jackie Mattson on 01553 617707 (mob. 07804241777)
email. jmattson1946@gmail.com

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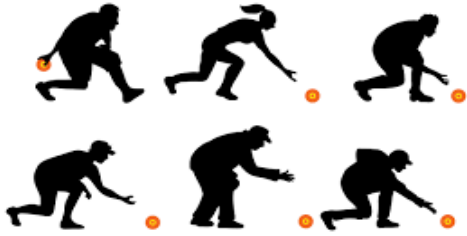
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Wiggenhall Bowls Club

For any information about the Bowls Club please contact the Club Secretary:

Paul Brandon 8, Mill Road, Magdalen

07952 138081 or email wnbowls@gmail.com.

Wiggenhall Bowls Club 40th Anniversary

As Wiggenhall Bowls Club prepares to celebrate its 40th anniversary this year, the story of how a simple idea grew into one of the village's most enduring community assets is being told with pride, affection and no small amount of nostalgia.

The club's green officially opened on July, 5, 1986, but its roots stretch back three years earlier to an open public meeting in August 1983. It was there that villager Bob Rawlings first floated the idea of Wiggenhall St Germans having a bowling green of its own. Support was immediate and enthusiastic.

Those in attendance recognised what a bowls club could bring to the village: a place to gather, play, socialise and call their own. With that, Wiggenhall Bowls Club was born. A steering committee was formed with Alan Frary elected as chair, and their first challenge was securing a site. The playing field committee agreed to allocate a piece of land, and from that moment the hard work truly began. Fundraising became a village-wide endeavour, taking the form of raffles, dances, fetes and - most famously - the Christmas bingo, which became a staple of the club calendar for decades.

By April 1984, the physical creation of the green was underway. A village sports fête raised £465, which helped pay for essentials such as 300 metres of chain-link fencing (£187) to separate the green from the playing field and even a £25 lawnmower. A large gala the following year added £446 to the pot, and a £600 Borough Council grant helped see the green completed by October 1985.

There was, however, no clubhouse, not yet. The Parish Council approved in early 1986, but it would take another year before the club acquired a second-hand cabin and portable loo from Anglian Water. Members made do until 1995, when British Sugar's King's Lynn site closed and the club purchased its current clubhouse for £150. The long-awaited opening of the green back in 1986 nearly fell victim to the British summer. Persistent drizzle finally eased at lunchtime, allowing more than 200 spectators to gather as Fred Robert, deputy president of the Eastern Bowls Association, officially opened the green at 2pm. Ron Dennis, club secretary at the time, summed up the moment simply: "It's great this day has arrived. I've been looking forward to it for so long". He reserved special praise for Mr E. Doughty and Mr A. Green for their efforts in preparing the playing surface that would go on to host thousands of ends over the decades to follow.

The club wasted little time in getting competitive, joining the Silver Jubilee League, Middleton League and Watney Mann League in 1987. A year later came the advent of their first clubhouse and toilet facilities—humble but transformational. Successes have come steadily over the years. League triumphs, cup runs and regular appearances in county competitions brought pride to a club whose foundations were built not just on soil and seed but on a spirit of togetherness.

In 2013, to help keep members connected through the winter, Wiggenhall introduced a Wednesday carpet bowls evening at St Germans Village Hall. It quickly became another important thread in the fabric of the club. Through it all, one constant has been the immense contribution of Bob Rawlings, the man whose original idea sparked everything. His involvement has continued across the decades, guiding the club through many of its highs and lows.

For current chairman, Nigel Marsters, Wiggenhall's story is both personal and communal. "So in the summer of 1989, my parents' neighbour, Eric Coates, asked if I would like to give bowls a try?" he recalled. "The bowls club held a weekly Sunday afternoon drive that anyone could join in with and play, an ideal way to start. So I did, and now 36 years later, I find myself as the current chairman of Wiggenhall Bowls Club."

The club may have improved its facilities over the years, but Marsters insists its core values have remained unchanged. "It is a friendly, inclusive club for anyone who has bowled or anyone who would like to try something new. Young or old, all are welcome. It would be great to see new members join, marking our 40th year."

As Wiggenhall Bowls Club approaches its ruby anniversary, plans are already forming to celebrate four decades of community spirit. Events, improvements to the green and clubhouse, and a renewed push for membership promise to make 2026 a landmark year. Wiggenhall's history is one of perseverance, volunteerism and village pride. Its future looks no different, shaped by the people who roll up, step on the green and keep alive a tradition that began with a single idea in a village hall in 1983.

New members, of all ages and abilities are always welcome to join the club.



Join the Wiggenhall Wombles!

Help Keep Wiggenhall St Germans Tidy

Are you passionate about making a difference in your local community?

The new Wiggenhall Wombles litter picking group is looking for enthusiastic volunteers to help keep Wiggenhall St Germans, clean and green!



We plan to meet regularly to tidy up our beautiful village, enjoy some fresh air, and connect with neighbours. All equipment is provided – just bring your energy and community spirit!

Interested in joining or want to know more? Get in touch with the Coordinator, Steve Welcomme, 07786 234968 or WiggenhallWombles@gmail.com to volunteer.

- Open to all ages and abilities
- All equipment supplied
- Great way to meet new people.

Let's make Wiggenhall St Germans a place we can all be proud of. Become a Womble today!

Jan Woodruff Counselling Services

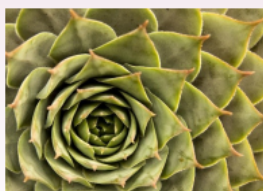
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What we are not?

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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

How wonderful it has been to see the sun over the past few days and feel that warmth on your back. A reminder that spring is arriving and to see the snowdrops and the daffodils certainly lifts our spirits.

On 15th March we will be holding a Mothering Sunday Service at 9.30 am, led by Jo Chilvers. There will be posies for the mothers and other carers, with refreshments after the service as usual. The next Kid's Fun Day will be on Saturday 20th March from 1-4 pm in the Memorial Hall. Each child should have a responsible adult with them throughout the afternoon and there is a charge of £2 per child to help cover costs. All are welcome and we look forward to a fun afternoon.

We shall soon be celebrating Easter and the amazing story of the crucifixion, death and resurrection of Jesus and what it means for us all. Our services over the Easter period are:

29th March (Palm Sunday). It will also be our Benefice Service for all the parishes within our benefice. There will be a 'Walk of Witness' from the Memorial Hall at 10.45 am to the church and join the service in the church, which begins at 11 am and will be led by our Rural Dean, Revd Richard Hines. Everyone is welcome to join the 'Walk' or go straight to the church for the service.

On 2nd April (Maundy Thursday) there will be a Maundy Thursday Supper followed by a short Eucharist Service at 6 pm at Terrington St. John Parish Church. Please contact Tim Clayton on 07795 156653 for further details.

3rd April (Good Friday) a service of the 'Stations of the Cross' from 12 noon to 3 pm. People can arrive or leave at any time during this period.

5th April (Easter Sunday) there will be a Eucharist Service at 9.30 am led by Fr Paul Bennett.

If you wish to know more about what is going on in church a monthly Newsletter is produced and you can collect a copy from the church, along with a Pew Leaflet giving further details of the services for the month. If you would prefer to have a copy e-mailed to you then, please let Mark know on the number shown below.

The usual pattern of services is:

1 st Sunday	Family service at 10 am led by Lesley Best
2 nd & 4 th Sunday	Eucharist Service at 9.30 am led by Fr Paul Bennett
3 rd Sunday	Morning Praise at 9.30 am led by Jo Chilvers

Some of the regular events held in the church are

Coffee Morning every Friday from 9.45 – 11 a.m. (except for Good Friday) and you are welcome to drop in for a coffee and a chat.

The Flower Arranging Group which meets monthly, usually on 2nd Monday of each month. For further details please contact Marion Coleman on 01553 617494

Prayer & Praise Evening takes place on the last Monday of the month at 7.30 pm. in the church and is led by Revd Jackie Goddard. If you wish to explore more about the Christian faith in an informal way, then please come along. If you would like further details, please contact Angie or Carolyn as shown below.

The 'Walk & Talk' takes place monthly on a Tuesday and is a leisurely walk around the village, followed by coffee at the coffee morning at the Memorial Hall. Please contact Angie if you want further details.

You are most welcome to all the services and activities as they are for everyone in the village, not just those who come to church regularly.

There is a collection bin at the back of the church for the King's Lynn Foodbank if you would like to donate food or toiletries, please leave your donations in the bin and these will be delivered weekly to the foodbank. Thank you to everyone who supports this very worthwhile cause.

If you would like further information about anything, or you are new to the village and would like speak to someone please, get in touch with Angie (01553 617518), Carolyn (01553 617986) or Mark (01553 617689)

Planting of Wiggenhall Woods nears completion

This exciting project is fast approaching a significant milestone. The gates will soon be unlocked, and you will be able to wander these new open spaces. At the time of writing, over 39,000 trees of 22 species have their roots firmly planted in the soil of the parish. By the beginning of March 2026, the planting should be complete, marking the end of an important phase in the project. In spring we hope to deliver essential infrastructure such as benches and waymarkers to enable people to access and enjoy the site. We want to take the opportunity to thank everyone who has supported the woodland creation and helped make this happen. We hope this will be a valuable space for the people of Wiggenhall to enjoy for years to come.

In further news, the names for the three woodland areas have been finalised and we are excited to share them with you. The three different areas have been named in collaboration with the parish council and St Germans Academy:

Cpt 1: Daisy Flower Forest

Cpt 2: Bob Rawlings Spinney

Cpt 3: Wicga's Wood

Wicga's Wood originates from the Old English for Wiggenhall. Nationally the term 'Wicgas Nook' is strongly associated with the parishes of Wiggenhall (St. Mary the Virgin, St. Mary Magdalen, St. German, St. Peter). They historically combine the personal name *Wicga*. with *halh* meaning a nook, or corner. We are using the word 'Nook' to describe the most northern field, which is quite literally a corner of Wiggenhall.

We are working with the Parish Council to start a Friends of Wiggenhall Woods so that local people can be part of the woodland as it grows. We are also intending to organise wildlife walks and activities over the summer so that you can explore the three woodlands. If you would like to receive information on when these will take place, please email your details to tree.planting@norfolk.gov.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.

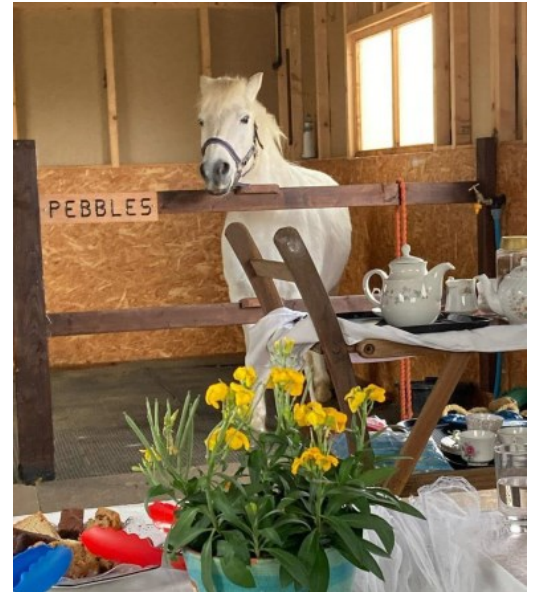
Tea with a Pony Returns This May at The Magpie Centre

We're delighted to announce that our much-loved Tea with a Pony sessions are returning for the 2026 season! Sessions begin on 6th May and will run through until the beginning of October at The Magpie Centre in West Norfolk.

Tea with a Pony offers a relaxed, welcoming opportunity to meet our wonderful ponies up close, enjoy refreshments, and learn more about the work of Riding for the Disabled Association (RDA) and The Magpie Centre. These sessions are designed to be inclusive, friendly and accessible, creating meaningful experiences for people of all ages.

The sessions are particularly popular with:

- Local community groups
- Dementia support groups
- Care homes
- Schools and children's groups
- Social clubs and wellbeing groups



Spending time with ponies can be incredibly therapeutic. For some visitors, it brings back fond memories of horses from years gone by. For others, it's a rare opportunity to enjoy animal interaction in a calm and supportive setting. The combination of gentle pony interaction and tea and cake makes for a truly special outing.

Each session offers the chance to:

- Meet our ponies
- Learn about their personalities and daily routines
- Discover the impact of RDA sessions at The Magpie Centre
- Enjoy tea, cake and good company

If you're part of a local organisation and would like to arrange a group visit, we'd love to hear from you. Full details can be found on our website

Local Talks Available

We're also pleased to share that one of our dedicated volunteers, Caroline, is available to give talks to local groups. Caroline shares the history of RDA and The Magpie Centre, the difference our work makes in the community, and how people can get involved. If your club, society or parish group is looking for an engaging and informative speaker, please do get in touch.

We look forward to welcoming both familiar and new faces to Tea with a Pony this season, it's a simple pleasure that brings smiles, sparks memories, and strengthens community connections.

For more information or to book please contact us:

📍 The Magpie Centre, West Norfolk

🌐 Website: www.rda-westnorfolk.org.uk

📞 Phone: 01553 810202

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At:
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On a cold and wet February evening the Ladies Group had an amazing evening's entertainment this month! We hosted The King's Morris to give us a talk and a demonstration. They brought along six dancers together with an accordion player and a melodeon player. The dancers come from as far afield as Norwich and Hunstanton so we felt honoured to have them with us.

It is a fascinating English tradition of folk dance which is said to have originated in the 15th century, the earliest surviving mention of which dates to 1448 and would have been danced by farm labourers in the "off season" between harvesting and sowing to earn money to feed their families. The correct name for a Morris dancing group is a Side.

No one is quite sure of how the name "morris" came about but it may have originated from the Spanish word morisco, referring to Moors, though there is no mention of this type of dance in Moorish literature. It is believed that early Sides would blacken their faces in relation to the Moorish connection but it is widely believed it was actually used as a disguise so as not to draw attention from their employers that they were actually begging. Due to modern day sensitivities this has mostly been abandoned but one Side has replaced the black faces with red to carry on the tradition without giving offence.

We enjoyed watching several dances using white hankies and also sticks, which to the untrained eye looked really easy - - - hmmm, ya think!? Well the truth emerged quite quickly when the Ladies were invited to join in a "simple" dance together with hankies. Yes, of course I tried, several of us did – have you ever seen a rabbit caught in the headlights? Yep, that was me, I had no idea of which way to turn, how to wave my hankies or even which foot to put first - - great fun and really energetic, you would be surprised how something that looks so easy can make you puff.

All in all it was a great night, informative and fun. If you are interested in the Side they meet on a Monday and a Saturday at the Catholic Church hall in London Road in Lynn, the contact e-mail is baglady@kingsmorris.co.uk. They would be delighted to hear from you.

Katherine White
Chair, St Germans Ladies Group

Healthy 4 ingredient Oat cookies

Ingredients (using US measuring cups)

7 Medjool dates (you can use any dates really)

1 cup of milk

½ cup oats

1 cup of oat flour (obtainable at the supermarket)

1 tsp of baking powder

Nuts or chocolate chips (optional, am told nuts are better)

Method

Preheat oven to 180°C (160° fan)

Add dates to a bowl, and with the warm milk. Mash until you get a fairly smooth paste (some chunks OK)..

Then add the remaining ingredients and mix well.

Add tablespoon heaps of the mixture to a prepared baking tray and form into cookie shapes.

Bake for 10-13 minutes.

Watlington Medical Centre PPG Committee Press Release Jan 2026

Since the last press release in October the Watlington PPG have held the AGM in November and the January committee meeting. The main outcome of the AGM was the re-election of the Chair, Treasurer and Secretary. The Committee are still looking for new members, especially to represent the whole of the Watlington surgery footprint.

The Treasurer has secured £250 funding from the Borough Council to support wellbeing activities. Last year this was demonstrated through the Health Walks in Watlington organised and run by Sue Calver. Once again, the intention is to understand the local needs and provide these activities across the surgery footprint but local contacts are required.

Anyone interested in joining the PPG Committee or with questions or issues to raise to the Watlington surgery, please email Margaret at watlingtonppg@gmail.com

Quiz Night

In a bid to raise further funding and advertise the PPG activities, a quiz night has been organised for Saturday 21st march 2026 (**NB a correction to the previous date provided**) at the Watlington village hall. Teams of up to six people with a cost of £5.00 ahead. There will be eight rounds with a cash prize for the winners. Tea and coffee and refreshments will be provided at half time but feel free to bring drinks and snacks to sustain you throughout the quiz. Doors open at 18.45 with the quiz commencing at 19.00.

For an application form email Rob at watlingtonppg@gmail.com

Dates for your diary –

Quiz Night Watlington Village Hall 19.00 – 22.00 21st March 2026

Committee Meeting - Watlington Surgery 14.00 – 15.00, 28th April 2026

Margaret, Robert and Sue

WIGGENHALL ST GERMANS PARISH QUIZ

How Well Do You Know Your Community?

Test your local knowledge and be in with a chance to win a small prize!

1. Parish Councils are responsible for which of the following?

- ☐ A) Setting national tax rates
- ☐ B) Running local primary schools
- ☐ C) Maintaining local amenities such as play areas and allotments
- ☐ D) Issuing passports

2. How often does the Parish Council usually hold Full Council meetings?

- ☐ A) Weekly
- ☐ B) Monthly
- ☐ C) Bi-Monthly
- ☐ D) Once a year

3. What document sets out future housing and development policies for the area?

- ☐ A) The Parish Newsletter
- ☐ B) The Local Plan
- ☐ C) The Village Diary
- ☐ D) The County Handbook

4. Who can attend Parish Council meetings?

- ☐ A) Councillors only
- ☐ B) Residents only
- ☐ C) Anyone from the public
- ☐ D) Invitation only

5. What does “precept” mean in parish council terms?

- ☐ A) A village rule book
- ☐ B) The parish council’s portion of Council Tax
- ☐ C) A planning appeal
- ☐ D) A grant from central government

6. Who can be a Parish Councillor?

- ◇ A) UK Citizen
- ◇ B) Over 18 years of age
- ◇ C) Resident or employed in the Parish
- ◇ D) A, B and C and not disqualified.

Prize is ...

Wiggenhall St Germans Parish Council has a vacancy for a Councillor, *if you can spare a few hours a month and want to make a difference and help shape the community or if you want to know more, then please contact the Clerk*

clerk@wiggenhallstgermans-pc.gov.uk

Answers 1-C 2-C 3-B 4--C 5-B 6-D It could be You! Everyone brings their own experience and perspective to the table...

Become a friend and change a life

Unpaid carers can feel isolated, lonely or overwhelmed by the demands of looking after a family member or friend with disability or long-term illness.

While they do an amazing job every day caring for someone who could not manage without their help, they may feel like they are alone in what they do and how they feel.

Caring Together Charity's Norfolk befriending service aims to make a difference to carers who have such emotions and we are looking for volunteers to get involved in the Wigganhall St Germans area.

Our volunteer befrienders are on hand for a regular catch-up over a cuppa, or maybe a walk or shopping trip, so you can have a chat, share a laugh and know you are not on your own.

One carer explained how important our befriending service was to them. "The befriending service has given me support and someone to listen to me. It's allowed me to discuss my anxiety and worries over caring for my husband."

For volunteers, our Norfolk befriending service is also a fulfilling way of giving something back.

One of our befrienders said: "I know my visits are really appreciated. This gives me a sense of wellbeing and achievement."

Another commented: "I wanted to volunteer because I was going through a tough time myself and I felt that helping someone else would help me."

Could you spare an hour or two each week to become a friendly face for someone in your local community who needs a lift? We will support you all the way.

A regular visit could transform a carer's life - and yours too!

Interested in befriending? We would love to hear from you!

Email volunteers@caringtogether.org or call 0345 241 0954.





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