

May 2020

FELTWELL PARISH MAGAZINE

YOUR CONNECTION TO YOUR COMMUNITY

As this issue will never be printed properly it is ridiculously large, as there is no limit to the number of pages we can have! 80 pages is the maximum possible according to the printers. It is so large because the back third includes all the public information press release from NCC, KLWNBC and the NHS that the Parish Clerk has forwarded to me throughout April. Clearly you don't have to read them but if you are interested...

It has been heart-warming to see the success of FLAG and to hear the Thursday night applause for the NHS. However, we must not forget the other key workers that are keeping things going, our surgery and pharmacy, the binmen, the delivery drivers, those working in our food shops and many others, including the Blue Light services. You will find inside details of an initiative to recognise the job done by these services at this critical time—the Sunflower Campaign.

The original village celebrations for VE Day might be cancelled but in their place we are having a VE Day Stay at Home Party on 8th May. See inside for details. Red, White and Blue bunting anyone?

**An extra dose of
Good Health this
month**

Little Suckers

A Job Is A Job

War Hero No. 19:

E. S. Jacob

Drabbles

**Every Press
Release in April
relating to the
Pandemic**



FELTWELL ORGANISATIONS

List maintained by Paul Garland.

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The Royal British Legion	John Linkin	828729
RBL Poppy Appeal Organiser	Mary Reynolds	828130
Feltwell Historical and Archaeological Society	Marion Lucas (Chairman) (Secretary)	828769
Feltwell Baby and Toddler Group	Lara Payne	07592 126767
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Feltwell School PTA	Lisa Strutt	@ the school
Feltwell Women's Institute	Claire Scarff	827555
Feltwell Playgroup	Samantha Newman	07582 371984
Feltwell Scout Group	Claire Scarff	827555
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Feltwell Youth Football Club	Andy Kennedy	828914
Feltwell & Thetford District Mencap	Mrs T. Sismey	827292
Feltwell Brownies	Lisa Allbut-Kentish	07710 688857
Feltwell Social Club		828093
Feltwell Primary School	Mrs J. Lillycrop	828334
Alveva Quilters	Beryl Quilter	01366 727472
Feltwell Golf Club	Kim Heybourne	827644
Feltwell Wellbeing Group	Patricia Pratt	828587
Rector of St Mary's Parish Church	Revd. Joan Horan	828034
Churchwardens of St Mary's	Juanita Hawthorne Christine Parker	01366 728545
Friends of St Mary's	Stephen Parker	827152
Feltwell Men's Breakfast Club	Paul Garland	827029
F3 - Feltwell Film Fans	Paul Garland	827029
Feltwell Methodists	Mike Wilkinson	07712 578721
Feltwell Museum	Graham Simons	828387
Parish Clerk, Jo Martin. Email: feltwellparishclerk@gmail.com .		828383

Parish Council website: www.feltwellparishcouncil.norfolkparishes.gov.uk

Feltwell's History Website can be found at <http://www.feltwell.net>

Deadline for the next issue is 14th May 2020

Submitted articles may be hand written or typed in Word 2019 or earlier.

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Advertisers, please contact Susan Withers (827758)

Distribution is by Ian Webb (828167) & Paul Garland



Your Good Health

by Dr Ian Nisbet

As I write this just before the Easter weekend, we have been in “lockdown” for three weeks. We are lucky in that we have a lovely house and family nearby to leave food on our doorstep every now and again. We arranged a Tesco order two weeks ago; the first delivery slot is 5 weeks later. Our freezers are always stocked to bursting so this is an excellent opportunity to rationalise the

situation by eating all the contents. Obviously, Head office and I discussed matters as we went into lockdown; we have always worked together and have never really been separated for the best part of 40 years so the chance is that we shall not fall out due to close contact. Of course, Management's ability to organise and my sunny, all-forgiving personality will see us through. Our only problem is accepting that we are “frail elderly”, not to leave the premises, with neighbours offering to get our shopping and prescriptions.

We decided to turn the situation to our advantage.

Firstly, on dull or wet days, I would blitz my study. When we moved in two years ago, I just filled all the cupboards at random, with no sense of order and I am happy to say that a few wet days have ensured that the study is mostly sorted out.

Secondly, we would get the garden into shape. The beds were solid, rock-hard clay and the only way I have found to deal with the clay is to use my 6ft massive metal digging bar, throw it in and wiggle it about to loosen the clay. Then, I use my multipronged twist cultivator (you should see my muscles now!) to break the clay up further. Next comes the

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metal rake, used with the shaft vertical and the metal work horizontal, to break the clay up even more. Then, the ground is raked with the metal rake followed by a leaf rake, all the time bashing the clay to turn it to something approaching a tilth. Then, dig in a mixture of peat, farmyard manure and topsoil and re-define the lawn edges with a spade followed by an edging tool. Now and again, there would be a half-day delay while I dug out the massive lumps of concrete kerbstone, lengths of brick wall, etc., using ropes to drag the concrete lumps out of the ground.

Matters have been complicated because the garden waste collections (brown bin) have been cancelled as the men had to be moved onto ordinary waste and recycling, and, disaster, the recycling centre (tip) just up the road has been closed. Similarly, our local garden centre, 300 yards away, is also out of bounds. Fortunately, good plants are available online so I shall be able to stock the garden.

I had always thought that our new garden was small but, having spent three weeks as above, I now think it is enormous!

Thirdly, our wonderful new double garage is racked out full of all my “stuff” moved without sorting from the barns at The Old House. That will all be “rationalised” after the garden is finished. It shouldn't take more than a month or more! Oh, and then there is my store facility in Belbroughton.

Fourthly, I have several photobook projects to start, using colour slides from my youth, ancient pre-war photos of my family, and photos of our family since the 50's. I have long thought that old albums and camera cards will be pretty useless in 50 years' time but these photobooks, one of each book for each of our children, will be sitting on their bookshelves for them to show their grandchildren.

So, there is plenty to keep us busy. Management is running the house, the kitchen and the



**The Wellington
Feltwell**



Co-ordinated by Paul Garland
 Email: garlandp@btinternet.com Tel.: 827029
 or talk to Chris at the pub on 828224

Mon-	FREE screenings at 7pm
6 th April	<p style="text-align: center;"><i>The Last King of Scotland</i></p> <div style="border: 2px solid purple; padding: 5px; text-align: center; margin: 10px auto; width: 80%;"> <p>F3 – Feltwell Film Fans – F3</p> </div> <p style="text-align: center;">T</p> <p>to paraphrase Arnold Schwarzenegger in the 1982 film The Terminator, “We will be back,” once this lockdown is lifted.</p>
13 th April	<p>Our re-opening presentation, whenever that is, will be –</p>
20 th April	<p style="text-align: center;">The Last King of Scotland</p> <p style="text-align: center;">Cert: 15 123mins 2006 Forest Whitaker, James McAvoy, Gillian Anderson</p>
27 th April	<p>Whitaker gives ‘one of the greatest performances of modern movie history’ as Ugandan dictator Idi Amin.</p>
4 th May	<p>Based on the true events of the brutal dictator’s regime as seen by his personal physician during the 1970s this gripping and suspenseful stunner is filled with performances you will never forget.</p>

FREE screenings occur on **Monday evenings** at **7pm** in the restaurant at the Wellington pub.

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laundry, organising her cupboards and sorting out boxes from the loft, not seen since we moved. She communicates with the family through her Ipad and they have discovered ZOOM, a computer platform which enables half a dozen or more people to be on the same site, chatting or playing Charades. All in all, we are well placed to deal with the situation, not like the poor folk in tower blocks or living with abusers. We often think fondly of all our patients

and friends in Norfolk and we miss you all. Stay safe.

We worry for our children and grandchildren, some exposed to potential financial disaster, and we will do all we can to help them.

Look after yourselves and keep in touch.

All good wishes,

Ian Nisbet

FELTWELL BOWLS CLUB

Not too much to report this month what with the Corona virus overtaking everything.

The EBA league has been cancelled for this year.

The indoor has also been closed for the unforeseeable future.

Hopefully if the isolation is lifted by the end of June, we may be able to get 6 weeks of outdoor bowling in.

To add to our troubles the mower repairs have not been completed due to the virus. The machine needs a new coupling which has to be made and the workshop has been locked down.

Hope you are all keeping safe and isolated as much as possible.

Max

Late Breaking News from NCC Trading Standards

[Scam Alert – Cold callers selling PPE](#)

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Little Suckers

by Edward Gee

We have a lilac tree in our garden but it grows more like a bush as it's been butchered many times in the past. Now, some would say it's been pruned but, believe me, butchered is a much more accurate description of what has been done to this poor tree. And yet, each and every year, it dutifully produces many bunches of its characteristic flowers. It's very forgiving. It also does something else, something quite irritating. It puts up numerous shoots all over the surrounding flower bed. Technically these are known as suckers and they grow up from the roots. They are narrow stems, very upright, with a bud at the top. I regard them as scouts, surveying the land and assessing its potential for future colonisation. An online encyclopaedia states that these suckers, given enough time, in years, will produce a small, clonal thicket. A thicket! I don't want a thicket. All I want is a nice-looking bush that provides a colourful display in spring and, when the leaves burst forth, sufficient shade in the late afternoon that we can sit outside, me with a beer and my wife with a glass of water!

So, what to do about these little suckers? Cut them off at ground level, that's what. Which is why, in early March, my wife came home to find me crawling around in the mud underneath the lilac, cursing softly to myself. Armed with a pair of secateurs I had marched into battle with the little suckers only to find that the said secateurs weren't man enough to cut through the thicker stems. The thin ones had been easy, a quick snip at ground level and the outlying scouts were gone, but, the thicker suckers were a different problem altogether. It took a lot of squeezing and twisting and pulling before they were finally severed from the root from which they had grown. Suffice it to say, that by the end of the battle, my trousers were covered in mud, my hands were scratched and my rheumatism was complaining loudly, but the job was finished. Victory was mine. No more little suckers raising their heads and claiming territory on behalf of the parent bush. I had established the fact that it was our garden and the plants in it would stay firmly where they'd been put.

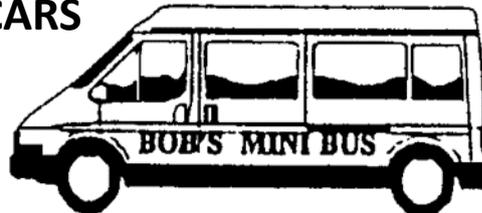
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Your Good Health

by Dr Ian Nisbet

SUPPLEMENTARY ARTICLE MAY 2020

The editors of the village magazines are striving manfully to keep the publications appearing, albeit some of them are only on line at present. The lockdown has deprived them of a lot of their usual copy (minutes of parish meetings, etc) so they have asked for any additional material we contributors could offer.

My main article this month was a bit sombre and contained no jokes at all, so there follows a joke, a few bits and pieces that may be of interest to you, especially the blokes, and then some more jokes.

A young couple was discussing what “turned them on”. He insisted that it was when she wore her leather coat – he got really aroused, rapid pulse, fast breathing and so on. She wanted to know why. Was it because it was short and showed her legs? NO. Was it because the colour matched her hair? NO. Was it because it made her eyes look good? NO. This went on for a few minutes before she gave up and the answer came “It's because it makes you smell like a new car”

I usually read the day's news online at 4am (Don't ask!) and, this morning, I read about a bloke who had found a Ford Popular buried in his garden. (I thought I had problems with blocks of concrete). This reminded me of my first car which was a £12 Ford Popular and an article I had written some years ago about the cars I had owned. I think it would stand repeating:

I started in general practice on 1st January, 1970. I joined a three-doctor practice in Pound Hill, Crawley and bought a house in

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Copthorne, between Crawley and East Grinstead. In those days, there were no photocopiers, no computers, no electronic calculators and colour TV was just arriving, with only three channels. Termination of pregnancy was illegal. Car radios were screwed into the dashboard and the wing had to be drilled for the ariel. The first tape systems in cars needed an extra player under the dash and each tape was the size of half a house-brick. Mobile 'phones were 20 years away. I changed cars quite regularly – Ford Popular (sit up and beg) £12, Hillman Minx with 3 gear column change which was very floppy £35, Vauxhall Victor old style £45 – this took us all around Scotland, then the MOT was introduced and the man was very rude about my lovely car – something about the bottom being about to fall out of it – and demanded that I took it away as it was spoiling his premises. Next came a new look (swept down rear wings) Victor £95. This was a really modern, comfortable car which I loved and in which I took my Institute of Advanced Motorists advanced driving test – failed first time through not using the horn enough on bends. I was devastated but passed next time. Then, son Calum came along and he had a lot of paraphernalia, such as the cardboard box and wheels type pushchair, and I bought a Morris Oxford traveller (566 DGT) for £175. This amount of money was way beyond my cash capacity so it was bought on hire purchase at £7-10-00 a month (even that amount was difficult to find). I treasured that car, polished it weekly and travelled thousands of miles. We travelled to Spain for a holiday, my father and mother travelling behind in his new Cortina 1600E. My shiny car was already many years old and the tired suspension made light of all the bumpy roads (no motorways in France in those days - only signs saying “Chausee deformee) but my father was having a terrible time. The suspension on his 1600E was really hard (a sports model) and he could not travel at more than 40mph without bouncing off the road or hitting his head on the roof, so he begged me to slow down. The journey back was interesting; the clutch master cylinder started to leak in Spain at the beginning of the journey home. In those days, car parts for British cars were not readily available on the continent, so I bought clutch fluid and had to jump out

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and refill the reservoir after every 5 depressions. Having arrived home, the new seal was fitted within minutes!

My local garage in Copthorne was a Fiat agency. My next car was a chocolate brown Fiat 125 Special (£220 - one up from the Fiat 124 workhorse, later replaced by the Lada). It really needed driving hard, the engine was sporty and the car travelled much too fast. For months, it suffered from a "snatching" suggesting a carburettor or high-tension lead problem. We spent ages looking for the trouble until, one night, I was under the bonnet at night and saw one of the high-tension leads shorting across onto the rear bulkhead; the problem was easily solved and I was up to max speed again!

A friend of mine was an estate agent. In 1970, we would drink together and could only afford about half a pint each. Over the next couple of years, his business took off and he took to selling off his Volvo estates after 3 years. So, my next car was his Volvo 145S estate (BPO995G), a really solid piece of kit. My favourite bit was the rear windscreen wiper, the first I had ever owned. On reflection, the car was very noisy and not at all nippy, the inside was all black rubber but there was plenty of room and, when it rained, I could wash and wipe the rear window from the dashboard. Having bought an ancient caravan, I fitted a tow bar to this Volvo and we headed off to France on Townsend Thoresen, my father and mother following in the Cortina 1600E and a newer caravan. Half way through France, a clattering noise started at the rear of my car, so I stopped to investigate. The towbar had come loose! Happily, my father never travelled without most of his tools, so we could put matters right. When we arrived at the caravan site, a terminal post on my car battery broke and a new battery cost me £40 (1974) and used up my entire spending money for the fortnight.

Three years later, I bought my friend's next Volvo 145 estate (DPO 952L). This was an interesting car with a petrol injection engine and a strange computer between the driver and the engine. Foot on accelerator, hang around a bit and then the car would move. Sometimes unnerving at road junctions. I had this car converted to LPG

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(an enormous gas tank behind the rear seats) and it went really well. However, about once a fortnight, there would be a massive explosion under the bonnet and the corrugated rubber pipe taking air into the engine would be shredded. Totally undeterred, I bought spare pipes and replaced them when necessary.

Note: I sold that car in 1978 and moved on to Volvos, Peugeots and Renault Espaces – I currently own my eighth Espace which is now 10 years old. The car and I are in competition to see who lives the longer.

An old snake went to see his doctor because his vision was failing. The doctor fitted him with spectacles and the snake returned two weeks later, asking to be treated for profound depression as he had just discovered that he had been living with a garden hose for two years.

A young girl was doing her homework and had to explain the difference between anger and exasperation. She asked her father to help; he told her that it was all a matter of degree and arranged a demonstration. He picked up the telephone and rang a random number. To the man who answered the 'phone he said "Is Melvin there?" The man answered "There is no-one here called Melvin. You really should learn to look up numbers before you dial". The man said to his daughter "See, the man was not happy with my call – we annoyed him." He then rang the number again. "Is Melvin there?" "Now look here" came the heated reply "You just called this number and I told you that there is no Melvin here. DO NOT TROUBLE ME AGAIN!" The receiver slammed down. The father turned to his daughter and said "That was anger. Now I shall show you what exasperation means." He dialled the same number again and, when the man answered, shouting and angry, the father asked quietly and calmly "Hello, this is Melvin. Have there been any calls for me?"

Finally, I might have given the impression in the main article that Deannie and I are coping well with the lockdown. Thinking about it, that may not be quite true as we have taken to talking to our house equipment, asking them what they think of the current situation. We

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had a nice chat with the microwave and the toaster and we all agreed that the situation was very serious. However, we didn't mention anything to the washing machine as she always put a different spin on everything. The 'fridge, when approached, was cold and distant and all the kitchen sink would say was that everything was going down the drain. The iron took a different view, being of the opinion that matters were not that pressing. The vacuum cleaner was most unsympathetic, telling us to "just suck it up". However, the pedestal fan was more sympathetic, feeling that the matter would soon blow over. The WC looked a bit flushed when we spoke to it but did not express an opinion. However, the door knob told us firmly to "get a grip". The front door told us we were unhinged and the curtains told us to pull ourselves together. Altogether, we wished we had not discussed matters with them because they just left us confused and miserable.

Ah well, I hope that was all of interest. Please look after yourselves.

Best wishes and fond memories to you all.

Ian Nisbet

Drabbles During the Lockdown

Last month you may recall that I launched a Drabble and Painting challenge as two activities to do during the lockdown. A drabble is a 100-word story. The number of drabbles submitted was not as great as I had hoped but, nevertheless, we did get a few. You will find them scattered throughout this issue. I received no paintings apart from two that go with a drabble, see elsewhere for these.

Our first Drabble comes from Bella, and is inspired by real events!

“Grandad placed a small box in Bella’s hand. Inside, lay an ancient set of teeth. She felt dizzy.

Suddenly, her house was gone and she was standing in an orchard. She heard a clatter of hooves and a cloud of dust rose in the distance. Bella ran up the track to Cross Hill and hid behind a stone plinth. Roundheads, on horseback, stopped by the great oak tree and their leader dismounted. “Oliver Cromwell,” she whispered, watching his brown teeth bite into an apple.

Immediately, the vision faded. She returned to 2020. “These teeth have been here before!” she exclaimed.”

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Chris at the Wellington has kindly sent in some additional puzzles for you to do this month as he had plenty of time on his hands, what with the pub being closed.

Feltwell Business Wordsearch

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L	W	V	N	E	Y	Q	L	N	L	N	M	C	O	E	A	J	A	G	L
V	E	D	S	K	S	F	I	R	S	I	R	F	I	R	E	R	H	Y	I
F	I	Y	G	O	C	E	O	O	F	L	J	O	D	A	H	A	E	M	N
S	E	W	Y	L	T	W	T	I	B	H	E	S	N	C	L	K	A	P	G
B	U	W	U	O	B	U	S	A	M	R	A	Y	M	E	S	C	D	K	T
J	X	B	Q	U	A	H	A	K	K	N	I	B	B	G	S	M	L	C	O
E	A	C	P	I	P	G	W	Z	D	E	U	O	X	D	H	T	M	U	N
T	J	S	D	I	V	B	M	G	V	T	A	Y	H	O	P	Z	O	Q	B
I	I	N	P	P	W	Q	I	R	E	M	C	W	Y	L	S	Z	G	P	E
N	A	E	X	Z	T	F	L	S	J	A	R	M	A	N	V	E	T	S	C
G	R	P	N	U	T	W	L	N	T	E	Q	M	Z	Y	K	S	M	T	A
A	J	H	K	S	E	G	A	R	A	G	L	A	R	T	N	E	C	I	P
E	S	U	O	H	L	L	I	H	S	A	N	C	T	U	A	R	Y	V	S
N	A	V	B	A	B	E	K	B	U	K	R	B	J	F	Q	C	P	X	W
X	T	L	S	J	U	G	Y	D	O	B	I	P	L	F	D	Z	C	T	E
Y	H	J	R	E	A	D	R	P	S	L	V	E	G	D	A	D	V	I	N



NEED A WILL?

NEED PROBATE?

NEED LASTING POWERS OF ATTORNEY?

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07779 144437

The first 20 people to call us will receive a **25% DISCOUNT**

Thank you for all your kind donations over the past few months. It's hard to believe but I have finally run out of bags. I had thought that the main office at Thetford used only boxes but it seems they use bags too to hand out food to recipients of the foodbank, so they are short of bags as well. I could use cardboard boxes to pick up donations with but they get bulky to transport. I imagine I will eventually move to using boxes but in the meantime if you want to leave the bags that you bring your food donations in with, they will be gratefully received. Thank you again for all you do to help others.

Our Local Foodbank

If you would like to donate to your local Foodbank there is a drop off point at St Mary's Church, Feltwell.



Any food stuff which does not require refrigeration and is in date is ok.

If you need the Foodbank please don't hesitate to contact someone who can give you a foodbank voucher such as; doctors, health visitors, social workers, clergy, citizen's advice bureau and police.

Thank you for all your donations, kindness and generosity, Ness Fry
(foodbankdonations@nym.hush.com) If you would like to know more:
<http://thetford.foodbank.org.uk> <http://www.trusselltrust.org>

A JOB IS A JOB Part 1

(Whatever!)

“I don't care what you says Jacob, a job is a job, whatever it might be. Times is pretty good, but when a job like this comes along out of the blue, we'd be daft to turn it down, is all!”

“Ok, Aaron, me old mate, so what's so special about this job you's so keen to take on? It ain't as if we's actually looking for work, is it? And what makes it so urgent as we 'as to drop everything else for this one?”

“Now just you 'old you 'ard, there. I'll give you the lowdown all in good time. All I's free to say is that we 'as to do the business, nice and tidy like, and then when they gives us the nod, we just goes back and unfix's what we done in the first place! Job done!”

“Sounds a bit dodgy to me. Who asks a chap to do a job in a hurry, and then go back an' undo it straight after? Weird, that is. Weird, an' no mistake!”

“I can tell you it's really two jobs, cos two clients is involved in this one. Like it's t'authorities wot asked me to do the first bit, an' they said as 'ow it had to be a done deal, permanent-like, tight as a duck's! They says they's gonna put a dead geezer in this cave, 'an all we 'as to do is seal 'im in, good and tight, like! They says it 'cos they don't want folks going in and nickin' stuff. Not that there'll be a lot to nick in the first place. Still, you never knows wot'll take a robber's fancy, do you?”

“No easy pickin's for us then? “

“No. It's just a ready-made hidyhole in a cave for the poor geezer. All we has to do is seal it up, like I said before. Can't think wot all the fuss is about, neither. It ain't like he's takin' all 'is worldly goods with 'im, neither. Just the sheet he'll be wrapped up in, to protect 'is modesty, I reckons. Sad really. You comes into the world wi' nowt, and like this geezer, you departs the same way!”



METHWOLD AUCTION MART EVERY MONDAY

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01366 728220**

Facebook: [Methwold auction mart](#)
Email: tyman1812@gmail.com

Sale Start Times

Wood Sale 10.00 am
Barn Sale 10.45 am
Field Sale 12.30 pm
Saleroom from 1 pm

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lots every Monday
of various items**

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Caravans/Cars
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Cycles/Mowers
Household Effects
Machinery
Musical items
Nursery Items
Timber, Tools,
and much more!**

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and Sell**

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Fridays 9-5pm
Saturdays 9-2pm**

**Viewing for sale
Saturdays 2.30-5pm
Mondays from 8am**

**Proudly operating
under the same charter
since the 17th century**

“So, when's all this supposed to 'appen, then? And where's this cave we's supposed to bung up with the geezer inside?”

“Well, we ain't got long. The poor guy's up for the chop on Friday, up on the hill. They says he's a criminal, but I has my doubts. From what I's heard, he's done loads of good stuff in his time, an' e's pretty well-liked by t'general public, so to speak. Don't deserve the chop, is wot they's saying, an' I tends to agree with 'em! I reckon's there's those who wants an end to this young guy and his mates, and that's all there is to it.”

*

“OK, that's it all done. We did 'im proud, didn't we? You even said a few words, didn't you, Aaron? Know 'e won't have 'eard you, but it might help 'im with him upstairs, if you knows what I mean. You never know. Foregiveness if 'e is a crim, and all that stuff, eh?”

*

“Right, that's it for today. All I was told was that we was to be back 'ere sharp on Monday morning, and all will be revealed!

See you all then, and don't be late!”

Frederick James

A message to those who ordered one of these **DO NOT KNOCK** stickers. For obvious reasons I was unable to deliver these in April. When the lockdown is lifted, I will deliver them within the week. If you don't get one haven't it's because, in the chaos of my life, I have lost your address details for which I apologise. As a matter of urgency please ring me and I'll deliver your sticker personally. Paul.



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Feltwell Lodge is a comfortable Victorian property dating from 1860. It is a former hunting lodge set in 5 acres of beautiful landscaped gardens situated between Feltwell and Methwold.

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Visitors are welcome and we encourage the maintenance of close links between residents and their families and friends.

**For Brochures please phone: Mr Paul Hanley RN
or Mrs Sandra Hanley RN**

01366 728282

Website: www.feltwelllodge.com

E-mail: feltwelllodge@aol.com

CORONAVIRUS **FELTWELL LOCAL ACTION GROUP**

Incorporating

*Feltwell Parish Council, St Mary's Church, Feltwell Social Club,
Feltwellbeings and Befrienders groups, the Edmund de
Moundeford Trust along with other organisations*

YOU ARE NOT ALONE!

Dear Feltwell residents,

The Feltwell Local Action Group is here for you in this challenging and worrying time. We are here to assist village residents with accessing vital services within the village and beyond.

If you are unable to leave your home or are vulnerable in any way, we can help with:

- shopping
- collecting medications
- dog walking
- meals
- practical problems

If you need *any* help, please contact one of the following people who will be able to support you:

Berni McGeeney 07758 808455
Rev Joan Horan 01842 828034
Mike Wilkinson 07712 578721
Alicia Bradshaw 07808 834255
Cllr Martin Storey 07850 866854

***PLEASE KEEP THIS FLYER AS YOU MAY NEED
THIS INFORMATION IN COMING MONTHS***

Please turn over for further information

Good neighbours:

ONLY if it is safe for you and them to do so, please check in on older or vulnerable neighbours and encourage them to call the numbers overleaf if necessary.

Donations:

Any donations i.e.: food, toiletries, household cleaning products, please drop off at St Mary's Rectory, 7 Oak Street, Feltwell (please leave under the glass roof between house and garage) where they will be organised and distributed as required. If we can help you (or someone in need that you know) in this way please contact **Alicia** on **07808 834255**.

Village Shops:

The One Stop and Londis are trying to keep well stocked and are more than willing to deliver to anyone who may need it. Phone **One Stop** on **01842 828148** or message via their Facebook page **One Stop Feltwell Post Office and Shop** or phone the **Londis** on **01842 827519**.

Hot meals:

Please call **Robert** at Feltwell Golf Club on **07376 182419** (there is a charge for these).

Scams:

Please don't hand over cash to anyone coming randomly to the door volunteering to do your shopping. If a volunteer working with this group is assigned to help you in this way, security mechanisms will be in place to guard against fraud. DO NOT allow anyone in wearing protective clothing pretending to be 'official'.

Volunteers needed: Please contact one of the coordinators listed if you are able to help with any of these tasks. We will compile a list of volunteers to call on when needed. Please tell us the days/times you could be available. Please phone **Joan** or **Berni** who will compile a volunteer list.

Health Services:

Telephone – 111

Website – www.111.nhs.uk

If you have Coronavirus symptoms you are advised to use the 111 online checker – www.111.nhs.uk/covid-19
The advice is that you should only contact 111 if you are worried about your health or you have had symptoms for more than seven days.

Silver Line – A helpline for Older People – open 24 hours a day to offer support for loneliness and isolation.

Telephone - **0800 4 70 80 90**

Website - www.thesilverline.org.uk

Age UK Norfolk – offers a range of services to older people in later life.

Telephone - **0300 500 1217**

Website - www.ageuk.org.uk/norfolk

Mind – The Mental Health Charity

Telephone - **0300 123 3393** – open 9 – 6 Monday to Friday

Website - www.mind.org.uk

Statutory Services:

If you are suspicious or concerned about someone's safety, ring Norfolk County Council's Adult and Children's Social Services on **0344 800 8020**.

<https://www.norfolk.gov.uk/care-support-and-health/protecting-someone-from-harm/help-an-adult-at-risk-of-harm/report-a-concern>

Benefit & Money Advice:

Citizens Advice Brandon

Telephone - **01842 818202**

Website – www.suffolkwestcab.org.uk

For any further information:

Norfolk County Council

Telephone - **0344 800 8020**

Website – www.norfolk.gov.uk

Feltwell's WW1 War Heroes No.19

All of the information in the "Feltwell's War Heroes" series can be found at <https://www.flickr.com/photos/43688219@N00/42905937225/in/album-72157679638767304/>.

This month's War Hero is:

Abbreviations used.

CWGC - Commonwealth War Graves Commission

SDGW – Soldiers Died in the Great War

IRC – International Red Cross

MIC – Medal Index Card

E.S. JACOB, 7TH NORFOLK REGT.

On the Church Roll of Honour he is recorded as E.S. Jacob.

Private JACOB, E

Service Number: 19488

Died: 17/03/1916

Aged: 26

Unit: 7th Bn. Norfolk Regiment

Son of William and Sarah Jacob, of The Lane, Feltwell, near Brandon, Norfolk

Buried at ST. SEVER CEMETERY, ROUEN

SDGW records that Private 19488 Edward Jacob "Died" on the 17th March 1916 whilst serving in France & Flanders with the 7th Battalion, Norfolk Regiment. He was born Feltwell, Norfolk and enlisted at Norwich. No place of residence is shown.

"Died" in SDGW terms means anything other than Killed in Action or Died of Wounds (received in action).

The Medal Index Card for Private 19488 Edward Jacob, Norfolk Regiment, is held at the National Archive under reference WO 372/10/184219

He qualified for the 1915 Star, having landed in France on the 19th October 1915. The related Medal Roll shows him as "Died of Wounds on the 17.3.16".

He also qualified for the British War Medal and the Victory Medal. The Medal Roll for this confirms he only saw service with the 7th Battalion.

His card also notes that he “D of W 17.3.16”.

His Service Records do not appear to have survived the incendiary attack during the Blitz on the Warehouse where all the Other Ranks Army Service Records were stored.

The Army Register of Soldiers Effects records that he died at the 9 G.H., Rouen on the 17th March 1916. The balance of his pay was sent to his mother and sole legatee Sarah in June 1916. She would also receive his War Gratuity of £3 when this was paid in September 1919.

No obvious Soldiers Will or Civil Probate.

1889 – Birth and baptism

The birth of an **Edwin** Simon Jacob was registered with the Civil Authorities in the Thetford District in the July to September quarter, (Q3), of 1889.

The baptism of an **Edward** Simon **Jacobs**, no date of birth recorded, took place in the Parish of St Mary and St Nicholas, Feltwell on the 6th April 1890. His parents were William, a Labourer, and Sarah. The family lived in the parish.

(I suspect the “s” is a transcription error. Looking at the signature father William made when signing the declaration on the 1911 census, he seemed to like to add a little flourish after the lower case ‘b’ in his surname and the way its formed could be mistaken for an ‘s’)

1891 Census of England and Wales

The 1-year old Edward S. Jacob, born Feltwell, was recorded living at a dwelling on Howard’s Drove, Feltwell. This was the household of his parents John ‘Wm’, (aged 36, a Threshing Engine Driver, born Feltwell), and Sarah J, (aged 37, born Piccadilly, London). As well as Edward their other children living with them are:-

Ellen, aged 11, born Feltwell
Ellis G, aged 9, born Feltwell
Maude C, aged 7, born Feltwell
Joseph Wm., aged 5, born Feltwell
Frances M, aged 3, born Feltwell

1901 Census of England and Wales

The Jacob family were now recorded living at a dwelling on Howards Lane, Feltwell. Of the parents only father William, (45, General Labourer on Farm), was home on the night of the census. This looks to be a long term thing as daughter 'Nelly', (21) is described as his Housekeeper. Other children still single and living with him are Joe, (16, Labourer on farm), Mary, (14), **Edward, (12)**, James (9) and Charley A., (6) – all born Feltwell.

1911 Census of England and Wales

The Jacob family were this time recorded at a dwelling on Paynes Lane, Feltwell. Parents William, (56, Threshing Engine Driver), and Sarah, (56), have been married 32 years and have had 9 children, of which 8 were then still alive. Their children still single and living with them were:-

George, aged 29, born Feltwell, Farm Labourer
Maud, aged 27, born Feltwell
Edward, aged 21, born Feltwell, Labourer on Farm
Jessie, aged 19, born Feltwell, Labourer on Farm (male)
Ernest, aged 16, born Feltwell, Labourer on Farm

Also in the household is the grandson of William and Sarah, the 2 year old John Jacob who was born Hastings – however the county written beside it looks more like Essex than Sussex.

On the day

For now the cause of his death remains unknown.

Carl Morris Associates Ltd

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Monday – Saturday 5:00 am – 9:00pm, Sunday 6:00am – 8:00pm

Word Search

Submitted by Mrs J. Clements.

This month our usual word search is on **Tree Names**

Find the words from the list. They run vertically, horizontally, diagonally, backwards and forwards but always in a straight line.

W	Y	R	R	E	H	C	K	C	A	L	B
S	O	J	O	S	P	R	U	C	E	I	E
W	A	L	T	U	N	L	A	W	R	M	E
E	I	B	L	F	K	H	Z	C	A	D	C
E	L	M	H	I	K	A	H	A	K	O	H
T	N	O	M	S	W	L	Q	S	U	B	A
C	U	C	U	G	A	E	L	H	O	F	I
H	L	V	G	D	H	N	M	X	V	O	E
E	P	A	R	N	B	I	E	M	H	A	N
S	I	R	N	E	G	L	A	E	K	I	A
T	T	J	L	W	D	D	E	Q	R	M	L
N	C	Q	D	E	O	L	V	H	E	G	P
U	H	K	R	N	P	F	A	O	P	E	N
T	P	C	R	A	E	Y	L	L	I	B	O
A	I	E	M	W	A	E	Q	L	N	Z	D
S	N	D	G	O	N	W	E	Y	U	G	N
H	E	L	H	R	F	J	D	B	J	I	O
R	D	A	D	O	O	W	G	O	D	A	L

ALDER
ASH
BEECH
BIRCH
BLACK CHERRY
BOX ELDER
DOGWOOD
ELM
GREEN ASH
HOLLY

JUNIPER
LONDON PLANE
PITCH PINE
RED MAPLE
ROWAN
SPRUCE
SWEET CHESTNUT
WALNUT
WILLOW
YEW

Home Learning Tip

Find out what these trees look like.

Which ones are deciduous or coniferous?

Which ones are native to the UK?



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www.hill-housebandb.co.uk

Latest Consumer Alerts and Trading Standards news

This month we're highlighting the following Scams, Consumer Alerts and News. Remember: be aware that dozens of scams exist around Covid-19 including giving inappropriate advice. Be very carefully before you click.

- ◆ Scam Alert – Emails claiming to be from BT
- ◆ Scam Alert – Online sales of ‘Coronavirus Testing Kits’
- ◆ Scam Alert – Emails claiming to be from British Gas
- Scam Alert – Telephone cold calls claiming to be distributing masks and hand sanitiser to ‘over 50s’
- Scam Alert – Text messages referencing ‘Covid-19’ from ‘City Council’
- Scam Alert – Emails and Social Media posts claiming to be from Supermarkets
- Scam Alert – Telephone cold calls about ‘your rent’
- Scam Alert – Text messages about your bank account
- Scam Alert – Telephone Cold Calls claiming to be the ‘Corona Charity Fund’
- Scam Alert – Emails claiming to be from ‘TV Licensing’
- Scam Alert – Text messages claiming to be from ‘TV Licensing’
- Information Alert – Looking to give to Charities responding to the pandemic, make sure you do it safely
- News Alert - Public urged to flag coronavirus related email scams as online security campaign launches
- Food Alert: Co-op issues a recall of their ‘Sliced Pepperoni 70g’ with the Best Before date of 19/05/20 due to E. coli contamination
- ◆ Food Alert – Waitrose recall one batch of their ‘Waitrose No1 Teacakes x2’ due to undeclared egg

Chris Mills

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**DAN THE
BRUSH MAN**

01842 827840 / 07410 493593

danthebrushman@gmail.com

Malts Lane, Hockwold

- Food Alert – The Food Standards Agency has produced advice for individuals or groups wishing to prepare meals at home for their community

Online, email and phishing scams

Be on the look out for the following scams which are circulating:

Action Fraud warn about fake NHS fundraising emails. As of 12/04/2020 41 reports of a scam email purporting to be from HM Government asking for donations to the NHS during the COVID-19 outbreak have been made

This is a fake email and your money will only end up in the hands of a criminal.

The NHS will never ask you to send money directly to a bank account. If you would like to donate to the NHS you can do so via their official channels or your local NHS Trust.

Don't click on the links or attachments in suspicious emails and never respond to messages that ask for your personal or financial details.

Recent increase in circulation of 'Sextortion' blackmail emails

Reporting scams

Reporting scams you receive helps us continue to build up intelligence on the scammers and how they target people. You can report scams and get further advice from our partners the Citizens Advice consumer helpline:

0808 223 1133 (freephone)

If you've been the victim of an online scam you can get advice and support from Citizens Advice Scams Action:

0808 250 5050 (freephone)

You can also report Frauds, Cyber Crime and Phishing attempts to Action Fraud, the National Fraud & Cyber Crime reporting centre:

0300 123 2040

SCRAP Fly-tipping campaign

is highlighting that it is really important that you give your waste to registered waste carriers. If you're suspicious of them you can check their credentials with the Environment Agency. The householder duty of care means everyone has responsibility for disposing of their waste legally and failure to do so could result in an unlimited fine.

People can avoid a fine by following the SCRAP code:

Suspect ALL waste carriers

Check with the Environment Agency on 03708 506 506 that the provider taking the waste away is licensed

Refuse unexpected offers to have waste taken away

Ask what will happen to the waste

Paperwork should be obtained – a waste transfer note or at least get a full receipt.

Word Search Answer

Submitted by Mrs J. Clements

Next month's Word Search will be on **Composers**.

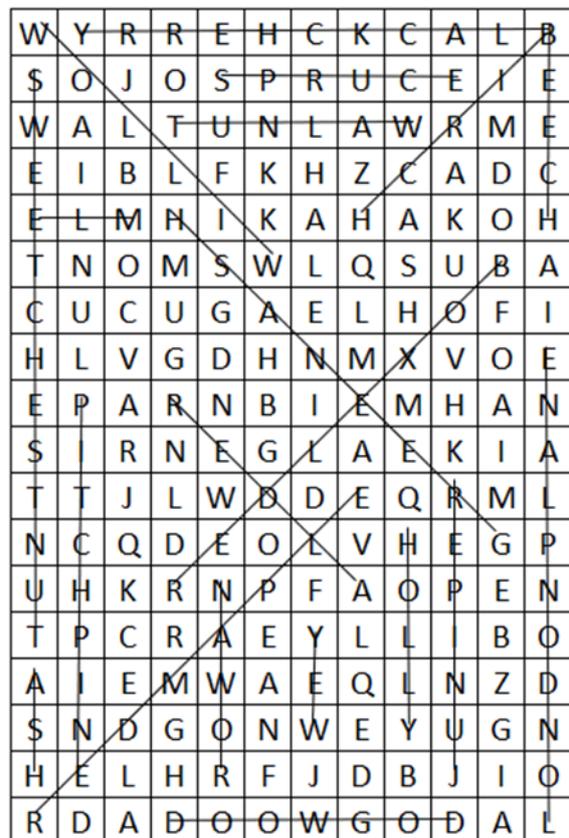


Our Local Foodbank

If you would like to donate to your local Foodbank there is a drop off point at St Mary's Church, Feltwell.

Any food stuff which does not require refrigeration and is in date is ok.

Thank you for all your donations, kindness and generosity. Ness Fry



COVID-19 AND FELTWELL LOCAL ACTION GROUP

FLAG was set up on Thursday 9th March with a mission to help vulnerable and self-isolating residents with anything they may need assistance with during this uncertain time and to let people know they ARE NOT ALONE.

FLAG consists of representatives from St Mary's Church, Feltwellbeings, the Methodist Church, the Social Club and the Parish Council as well as some members of the public.

By now, you should have received a leaflet through your letterbox (also advertised within this magazine), either hand-delivered or posted to those further out, advising all the help we are able to offer you.

Although there are contact details on the leaflet for all of the co-ordinators, Berni McGeeney, a Parish Councillor, has been receiving most of the calls (as her name is top of the list) and diverting them to those designated for that particular need, for example all shopping is being dealt with by Mike Wilkinson from the Methodist Church, we also have Harry Carr collecting and delivery prescriptions for us. The Borough Council are also directing people to FLAG in the first instance.

If you are vulnerable, struggling in any way and/or need anything, be it shopping, medication collecting, someone to walk your dog, or just to speak to someone during this somewhat strange and lonely time, then please get in touch with us on 07758 808455. We have already received a number of calls and are doing our utmost to support people in their time of need. We are here for you all.

We have been heartened to hear of other organisations and businesses in the village who are also offering to help people. Roberts at Feltwell Golf Club are offering a hot meal service, R H Lindsays has a team of men and vans ready to help anyone who needs assistance in fetching or carrying anything from Mondays to Fridays (please contact FLAG who will organise this on your behalf) and the One Stop and Londis have been fantastic keeping well stocked and also offering a delivery service. Devilish Donuts have been opening Friday to Sundays from 4pm – 7pm on Wilton Road having been asked by the Borough Council to trade to ease pressure on supermarkets, so this is also a welcome treat to many. Don't forget you can also get pizzas from the Stone Baked Pizza Van on Wilton Road on Friday nights, Kebabs from the Kebab Van and the Chinese are still offering a delivery service.

It is heart-warming that everyone is pulling together and we would like to say a huge thank you to everyone who has volunteered to help us.

For further FLAG information, please take a look at the leaflet published in this magazine.

Lastly, please can we ask everyone to follow Government advice during this pandemic and **STAY HOME**



St Mary's Feltwell

Your Parish Church

The church building may be closed for the time being, but there are still people here for you.

Please contact us if you need support.

We wish you every blessing through this time and pray for you to Stay Safe and well.

CONTACTS

Rector

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01842 828034

joanhoran123@btinternet.com

The Rectory, Oak Street, Feltwell

Churchwardens

Chris Parker

01842 827152

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**TO ARRANGE and DISCUSS
WEDDINGS AND FUNERALS**

Please contact Chris Parker 01842 827029

grimshoebeneficeoffice@gmail.com

TO DISCUSS BAPTISM

Please contact Tracey Rudge 07880 490187

In Appreciation

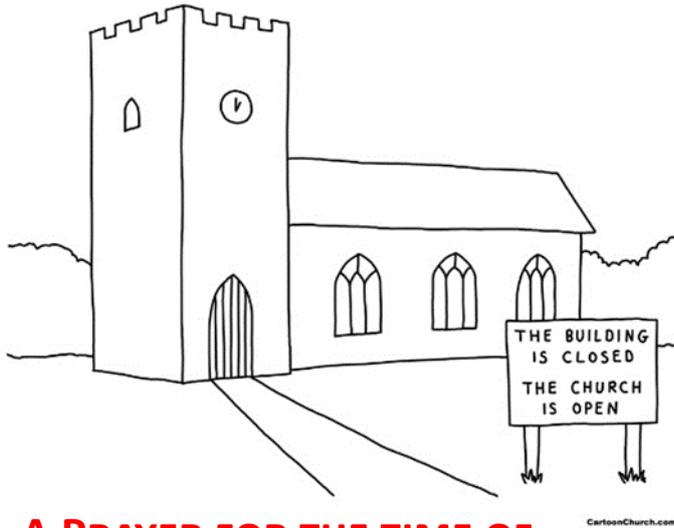
Whilst walking back into the village from the allotments, as I was doing a few days ago, I was thinking how lovely is the silence, only broken by the singing of the birds, a few cars and the occasional tractor. A quintessential English scene. Passing the sadly closed Chequers I wondered what will become of the old place. Fond memories of meetings of the cricket club, held in the lounge, came to mind. My eyes then wandered to the tree standing alone in that small triangular area of grass to the right, surrounded by a rusting fence on which is fastened this lichen encrusted plaque.



It will not be long before the letters become eligible, before the 'facing' finally breaks away from its backing. The raised lettering is a dedication to a Dr MacDonal and reads as follows:-

"This tree was planted to the memory of Dr A.L. MacDonald by the parishioners of Feltwell, Hockwold and Methwold as a token of appreciation of his 16 years devoted service. 1942-1958."

I would politely suggest to the Parish Council that a replacement plaque is purchased before the good doctor's memory and the appreciation of this community for his service, is lost for good. What was once worth commemorating is worth preserving.



A PRAYER FOR THE TIME OF CORONA VIRUS

Keep us, good Lord,
under the shadow of your mercy.
Sustain and support the anxious,
be with those who care for the sick,
and lift up all who are brought low;
that we may find comfort
knowing that nothing can separate us from your love
in Christ Jesus our Lord.

Amen

FROM REV'D JOAN HORAN, RECTOR ST. MARY'S

It was so lovely to share Easter Day Eucharist with many parishioners via Zoom and this will be ongoing on Sundays and Wednesdays at 10.00 until we're free once more to worship in our churches. It gave me a real sense of Easter joy to see so many familiar faces and know that we were worshipping together albeit via a computer app. It was also very good that many also tuned in to the Archbishop's kitchen Eucharist. We're very fortunate that during this period of lockdown there are many interactive prayer resources out there for people who are computer literate - see list at the end of this article.

However we mustn't forget people in our parish families who do not have access to computers, we are trying to ensure that they have a weekly News from the Pews bulletin delivered through their doors. This is a time of even greater isolation for many who do not have access to the technology that most of us take for granted. If anyone in the village would like to join in with

St. Mary's Church building may be locked but we are still available so if you have any special prayer requests, queries or needs of any kind please contact any one of us:

Rev'd Joan Horan

01842 828034

joanhoran123@btinternet.com

Juanita Hawthorne,
Churchwarden

01366 728545

juanitahawthorne52@gmail.com

the Zoom Eucharists and/or receive the weekly News from the Pews, either by email or a paper copy please contact Chris Parker 01842 827152 or grimshoebeneficeoffice@gmail.com

It feels bizarre and yet this enforced isolation has certainly deepened and strengthened my prayer life. I think this is for two reasons, firstly being 'alone with God' and secondly having more flexibility and time to pray and reflect on Scripture and readings from the Church Fathers [and Mothers!!]

The sunny, warm weather continues to delight us even if we're restricted on where we can go. The countryside is looking immaculate, bursting with Spring freshness and new life – a wonderful antidote to the grim statistics of further loss of life that we hear daily. I'm certainly very thankful to God that I'm living in such a beautiful part of the country, rather than being 'pent mid cloisters dim' and seeing 'nought lovely but the sky and stars' to quote S T Coleridge's *Frost at Midnight*.

Finally, to add into Jo Martin's article about FLAG, I want to thank everyone, especially Bernie, Mike and Alicia, but also everyone who is shopping, collecting prescriptions, befriending, dog walking, delivering groceries and hot meals and **also to all who have donated and continue to donate non-perishable foods which are available for people in need**. If you are experiencing hardship and need help please contact me on 01842 828034. I have some stocks of tinned and packaged foods and household items including loo rolls here at the Rectory and can make up small parcels to be distributed where needed.

Every Blessing, Joan

Other useful worship and prayer resources:

[Church of England Daily Prayer: https://www.churchofengland.org/prayer-and-worship/join-us-service-daily-prayer](https://www.churchofengland.org/prayer-and-worship/join-us-service-daily-prayer)

[Ely Cathedral: https://www.elycathedral.org/](https://www.elycathedral.org/)

[BBC Sunday Service: https://www.bbc.co.uk/programmes/b006qnds](https://www.bbc.co.uk/programmes/b006qnds)

[BBC Daily Service: https://www.bbc.co.uk/programmes/b006wzfs](https://www.bbc.co.uk/programmes/b006wzfs)

[Bishop of Huntingdon's Reflections: https://www.youtube.com/watch?v=DwJduarKeXs](https://www.youtube.com/watch?v=DwJduarKeXs)

A Church Near You www.achurchnearyou.com The News from the Pews and Joan's weekly sermons, messages and links to the Zoom Eucharists are available here. They are also available on the Benefice website www.grimshoebenefice.com

While We Wait

Prayerful words of hope and encouragement as the season moves through.

It's hard to imagine how life used to be,
such a dramatic change for both you and for me.
The sun still comes up and the moon is aglow,
and we like a brisk start so to get up and go.
It's all we have known for year upon year so it doesn't come
naturally --- all that we hear.---

Yet now as we live each passing day
a new set of rules have come into play.
But if we are careful and are prepared to conform,
the overall picture will be less worn.
It isn't easy --- it's not what we crave,
but let's stay focused and let's stay brave,
For deep within the unhelpful fear,
so many blessings will start to appear.
For a start we are seeing the bursting of spring,
with longer days and with birds that sing.
We can gaze at new bulbs at a leisurely pace,
and marvel at the developing space
That nature will illustrate, loud and clear,
hope for the future both far and near.
It's a time of waiting --- a time to reflect,
a time to notice the things we neglect.
Time takes on new meaning, a discipline rare,
and a grand opportunity to reach out and care.
We have to believe that the future is sound,
and a new day will dawn as we look around.
Perhaps at our peril we've neglected the soul,
and priorities will alter as we redefine 'role'.



So, as we stay rational and combat our fears,
we all will have grown for the future years.
The world goes on turning, day after day,
and mankind will prosper, but in a new way.
There will be new insights and the rush may ease,
and we might be appreciating the small things that please.
We'll learn patience and kindness and being content,
with time to pause at just how we've spent our past days
of dashing and crashing around, ever believing there's more
to be found.
We delight in our freedom, we've only known choice,
but now we must heed to a higher voice.
The voice of wisdom and those that know best,
as we are all put to the ultimate test.
But we stand all together and stay strong at heart,
for no one's forgotten and no one's apart.
So, in our minds we unite and hold hands
and pray with intent for all far-away lands,
For some are less lucky and their culture is poor,
so we need to pray for them all the more.
And likewise, our experts much closer to home,
we thank them most dearly, they're not alone.
Remember old Noah with his wooden ark?
He acted as asked to and left his mark.
With mind on the challenge whilst gazing beyond,
for days on end he vowed to respond.
So, stay quietly prayerful and keep looking up,
for the day will dawn when again we can sup
with family and friends and all those we love.
What better reminder than that of a Dove.

Judith Porter.
03/2020



Another puzzle from Chris at the Wellington.

Feltwell Amenity Wordsearch

N	B	U	L	C	L	L	A	B	T	O	O	F	U	O	R	Y
O	S	W	E	L	L	B	E	I	N	G	S	S	W	A	R	Q
I	B	S	R	I	S	G	O	S	M	A	C	O	Q	E	P	A
G	U	Y	W	E	E	N	T	W	L	U	M	B	G	T	L	R
E	C	R	W	K	L	U	A	O	L	E	S	R	U	Q	A	C
L	R	A	G	C	O	D	H	F	N	S	U	E	J	I	Y	H
H	E	M	H	C	J	C	D	S	M	S	C	X	U	U	G	A
S	V	T	S	T	I	L	I	O	R	L	K	L	K	M	R	E
I	A	S	V	N	U	N	Z	O	T	C	I	Q	U	R	O	O
T	E	I	T	E	S	O	T	A	J	Y	Z	F	I	B	U	L
I	B	S	G	I	J	C	I	U	R	W	B	Q	Q	A	P	O
R	M	E	T	H	O	D	I	S	T	C	H	A	P	E	L	G
B	K	U	S	D	S	E	I	N	W	O	R	B	B	O	B	I
B	T	S	R	E	T	L	I	U	Q	E	V	E	V	L	A	C
E	P	R	I	M	A	R	Y	S	C	H	O	O	L	P	N	A
U	N	R	B	U	L	C	T	S	A	F	K	A	E	R	B	L
G	P	B	P	L	A	Y	I	N	G	F	I	E	L	D	F	I

- | | | |
|----------------|----------------|-----------------|
| ALVEVEQUILTERS | ARCHAEOLOGICAL | BABYTODDLER |
| BEAVERCUBS | BOWLSCLUB | BREAKFASTCLUB |
| BRITISHLEGION | BROWNIES | DOCTORSURGERY |
| FILMFANS | FOOTBALLCLUB | METHODISTCHAPEL |
| MUSEUM | PLAYGROUP | PLAYINGFIELD |
| PRIMARYSCHOOL | SCOUTS | STMARYS |
| STNICHOLAS | WELLBEING | WOMENSINSITUTE |

The editors would like it to be known that profits from the sale of this magazine are split between St Mary's Church and other Feltwell organisations.

Sudoku Puzzle

Each row, column & 3x3 square must contain numbers 1-9

		4				6		9
	3							
			1	3	4			
		2		4	3	1		
	9	5				3	6	
		7	9	8		2		
			3	7	9			
							1	
5		6				9		

News from the Legion

As we are all suffering from this terrible virus and being asked to stay indoors and only go out for exercise and shopping, please spare a thought for all our armed forces that are serving overseas and also helping out in this country. Even though we are also heeding the government’s guide lines if there are any veterans in our community that need any help then please do not hesitate to contact me.

Stay safe, stay well, stay indoors.

John Linkin (Chairman)

Gone, but not forgotten

It is with great sadness that I write to tell you Larry Fowler passed away on Easter Sunday 12th April 2020.

Many of you will have seen him driving around in his Red Larry’s Learners car and I am sure he will have taught many of you or your teenage children.

Please remember us all in your thoughts and prayers.

Mary (partner) Stuart, Michael and Andrew (sons).

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It was with heavy heart that we had to close our doors for the rest of this season due to Covid 19. Rest assured that as soon as Isolation Restrictions are lifted we will be opening again. This is unlikely to be this summer, however, as our season finishes at the end of May. We have also had notification that Hockwold Country Fair has been cancelled this summer. Needless to say, we hope that as many of you as possible are taking your cameras out on your daily walk or taking some stunning Macro pictures in your gardens, for entry into next year's competitions.

Our plans are to reopen our doors in September and we will be sending out a programme for next year in the not too distant future. Some of the planned tutorials we had arranged for March and April will be carried forward to next year, so we won't miss out. More details about these will follow shortly.

We shall, all things being well, open our doors again on Wednesday 2nd September with a 'Welcome to Brandon Photographic Club Evening'. So please join us then on High street, Brandon behind the Baptist Church, there is plenty of parking at the rear of the building.

You don't need to spend a fortune on expensive cameras to start learning about photography, many phones, compact and bridge cameras take some really good images and these are well worth looking at, or if you are unsure come along to any of our meetings and speak to us. Learn how to best focus your camera and compose your pictures, we often have magazines available for you to browse through, giving ideas on how you can improve your talent or encourage you to take up a new hobby.

To see some of our members work, visit our website on www.brandonphotographicclub.co.uk and have a look at the Gallery and while you are there have a peek at this year's programme.

In the meantime, we hope this editorial finds you all well. Take care and stay safe.

Check out our website on www.brandonphotographicclub.co.uk.

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Lakenheath Fen

Wildlife on your doorstep!

As most of you will now know, especially if you visit the reserve regularly, due to the Covid-19 outbreak, we have had to close Lakenheath Fen completely following government guidelines. Apart from regular essential security checks, which we are taking it in turns to do, our small team of staff are currently working from home, or trying to at least (it's not so easy to do with a lively three-year-old on the go!)

So, what does closing the reserve mean for the wildlife, and for us who look after it? Well, the wildlife I'm sure is doing fine, and having a wonderful, peaceful time without any people pointing binoculars, telescopes and cameras at them! For us reserve staff, and all our volunteers and visitors, maybe not quite as fine. It means a reserve full of wildlife that we can't go and see or show people, and a breeding season that will, for the most part, go unmonitored. For many of us, springtime is our favourite time of year and carrying out surveys is one of the best things about working on reserves! There will be a lot of frustrated RSPB staff out there!

So, what would we be doing on the reserve this month if Covid-19 hadn't turned everything on its head?! Well, most of our migrants should now have arrived, and we'd be looking forward to seeing how many hobbies we'll get, we've topped 60 in the last few years! We'd also be spending many hours looking out over the reedbed, recording booming bitterns and feeding flights, and watching for marsh harrier food passes too. We would also all be carrying out our own bird surveys, in various areas, involving up to

seven or eight early morning visits to record territorial males singing, and other signs of breeding. And on top of all that, there's the routine reserve maintenance to be done, including keeping on top of the grass and reeds along paths and at viewpoints and filling potholes (our volunteers most favourite job!) And then, of course, there are all our visitors to be enthusiastically welcomed!

Despite missing what's going on at the reserve, I'm certainly not missing out on nature, and I find it somewhat reassuring that although our lives and daily routines have been turned upside down, nature is carrying on regardless. Trees are coming into leaf and flowers into bloom, our resident birds are singing and the summer migrants have returned. Swallows and house martins are around as I write, and by the time you read this, swifts should be screaming around the village too.

There is also the bonus of being able to spend time with our energetic son, who has been 'helping' me in the garden. We've planted lots of vegetable and flower seeds, and he's enjoying finding about all the bugs in the garden – he happily picks up earwigs, beetles and millipedes to show me!

So, until the reserve is open again, and our lives can get back to some sort of normality, enjoy what nature is around you, and take good care of yourselves and those close to you.

Katherine (Warden)

This photo is from Meredith Patrick of her daughter with their wall decorated by Mark, Emily, George and Isobel of Paynes Lane.





As there was no Men's Breakfast Club meeting this month, and there won't be one for the foreseeable future, I thought

I would write a column about the health of men at this time. This was partly spurred on by the arrival in my inbox of a message from Prostate Cancer UK. This is the charity we supported last year by doing our radish push. This is what they sent -

Prostate cancer labs across the UK have closed due to the physical distancing measures required to contain Covid-19, and research has come to a halt. Without urgent funds, there's a risk that much of this ground-breaking work may never re-start.

We've already lost too many fathers, sons, brothers and friends to this devastating disease. A delay in finding new treatments and tests means a future where prostate cancer no longer limits lives becomes ever more distant.

We must ensure that momentum is not lost, by injecting urgent funds into our research now.

Our partners, **EDF, are offering to match all donations to this appeal up to £25,000.** If you donate right now, your gift will be worth double towards re-starting our life-saving research for men.

It was the phrase, "We've already lost too many fathers, sons, brothers and friends" which caused me to search out an explanation for why Covid-19 is killing more men than women. As you might expect the answer is neither simple nor clear. Here is an extract from a BBC Futures article on just this issue.

From bus drivers to prime ministers, people from all walks of life are falling seriously ill with Covid-19. This has drawn remarks that the disease doesn't discriminate. The coronavirus is, after all, a more-or-less inanimate piece of floating genetic material. It is not capable of active discrimination.

And yet the virus is having starkly different effects on different

groups of people.

One of the most striking differences that has emerged so far is in the death rates of men and women.

In the US, for example, twice as many men have been dying from the virus as women. Similarly, 69% of all coronavirus deaths across Western Europe have been male. Similar patterns have been seen in China and elsewhere.

One team of researchers, led by Anna Purdie at University College London, is charting the gender differences in various countries and working to find out more about why.

For now, the reason is still unclear.

One theory is that women's immune response to the virus is stronger, says Philip Goulder, professor of immunology at the University of Oxford. "The immune response throughout life to vaccines and infections is typically more aggressive and more effective in females compared to males," he says.

This is partly down to the fact that women have two X chromosomes, whereas men have only one – which is important when it comes a coronavirus. "In particular, the protein by which viruses such as coronavirus are sensed is encoded on the X chromosome," says Goulder. "As a result, this protein is expressed at twice the dose on many immune cells in females compared to males, and the immune response to coronavirus is therefore amplified in females."

Another possibility is that the difference is down to gender-based lifestyle choices. "There are important behavioural differences between the sexes, for example in smoking, which affect the level of pre-existing disease such as heart disease, chronic lung disease and cancer," says Goulder. "These have a huge impact on the outcome from infections such as coronavirus.

"The sex differential in smoking is especially marked in some countries such as China, where 50% of men smoke, compared to 5%

Continued on page 56.

Feltwellians Around The World



Geoffrey Searle

My father Alan John Searle (service number 4000416) was stationed at RAF Feltwell from 5th April 1961 until 9th July 1962. His trade is shown as Air Defence Operator II and he was posted to 721 Signals unit.

He had two other postings in East Anglia to Trimmingham and Neatishead.

I remember us living at Sprowston, just outside Norwich, and have a picture of me aged about 5 years old sitting in a spitfire at RAF Coltishall.

I am putting together my family history and would love any information or pictures from that time particularly of what 721 signals unit did at Feltwell.

Can anyone help Geoffrey. Please let me know and I'll pass on his email address. Paul

Hazel Petrie (Auckland, New Zealand)

First of all: I am not from Feltwell nor a descendant. However, I am interested in the Spencer family of Feltwell and have found several mentions of them on the Feltwell website. Which is a wonderful site, by the way!

I am curious, because I am currently compiling a family history for my daughter-in-law and have found that two members of her family married Spencers from Feltwell: James Booth, who married Ann Spencer born c1811, and his son Charles, who married Mary Spencer born 1847. The Booths were from the Richmond and Wimbledon areas of Surrey so I was interested to discover their connection with the Spencers of Feltwell. Ann and James married

in Clerkenwell, London, Charles and Mary in Waterloo. At one point the two couples were living at the same address.

When Charles and Mary married, Mary (born 1847) said her father was William Spencer a gamekeeper.

However, I have also noted from your website (and I have found them on census) that a William Spencer, born 1817, 'started life as a tailor in London, before returning to Feltwell and setting up business in the house next door to his mother ' ... etc and that his second wife was a Mary. So I can't help wondering about a possible connection with London through him.

I have also found a William Spencer, married to Martha, who had a daughter the same age as 'our' Mary in the 1851 census - but he was a thatcher. Might that William have gone on to be a gamekeeper? And is the sometime tailor a clue to our London connection?

Might there be anyone who could help us sort it out?

I will be very grateful for any advice or suggestions?

Alison Hughes

My mother was Brenda Fairbrother. She was raised primarily by her aunt, Freda Hockley, who is featured on tyour website. My grandmother (Freda's sister) lived next to the Hockleys. I spent many very happy summer holidays at Aunt Freda's. My mother met my father when he was based at RAF Feltwell. Malcolm Cock (local farmer) still kept in contact with my mother, who sadly passed away.

Men and Covid-19

Continued from page 45

in women.”

But at this stage of the pandemic, there's not enough evidence to say whether this is a result of biological differences, behavioural ones – or if there is an element of both at play.

The full article can be read here <https://www.bbc.com/future/article/20200409-why-covid-19-is-different-for-men-and-women>

Feltwell Lockdown Logistical

Another puzzle from Chris at the Wellington. This time it's a logic puzzle. The solution can be found later in this issue.

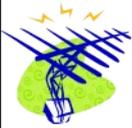
	Morrisons	Sainsburys	Tesco	Waitrose	Asda	Falcon Road	High Street	Munsons Place	Wilton Road	Mulberry Close
9am										
10am										
11am										
12noon										
1pm										
Falcon Road										
High Street										
Munsons Place										
Wilton Road										
Mulberry Close										

1. The Supermarket delivering at 1pm is either delivering to Falcon Road or High Street.
2. Morrison's is delivering 2 hours before Sainsburys.
3. The delivery to Falcon Rd is due after the Tesco delivery.
4. The 9am delivery is to Munsons Place.
5. Morrisons is delivering 3 hours before the delivery to High Street.
6. The 10am delivery isn't to Mulberry Close.
7. The delivery to Munsons Place is 3 hours before the Asda delivery

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SPOT THE DIFFERENCE No. 11

Photos taken from Mr P. Garland's "Feltwell: Yesterday and Today" presentation first shown in 2018 and provided by Mr C. Cock. Modern photos taken August 2018 by Mr C. Brown.



Oak Street looking North towards the junction with the Beck and Lodge Road.



8 Top tips for cycling during Lockdown

Since the Social Distancing measures were put in place following the Coronavirus outbreak, Boris announced that you are allowed to go out and exercise once a day with members of your own household.

As a keen cyclist, I normally go out cycling most days and every time I go out, I take my life in my hands, due to sharing the roads with a multitude of other road users who may not always be patient.

However, during this lockdown period, with few or no cars on the roads, I can go out and cycle on virtually traffic free roads. I can see more cyclists on one of my rides than I would usually see in a month, they range from solo cyclists to couples and families.

It's fantastic to see so many other people getting out on two wheels and enjoying the nice weather and exploring parts of the village or forest they didn't even know existed. Sometimes the best rides are when you get a little lost but discover a new route by accident.

One thing I have noticed however, as I cycle by or pass people going the other way, is the amount of people out with no helmet, not enough air in their tyres, saddles too low, saddles too high, cycling in the wrong gear and so on...

Now I would like to stress that I am by no means an expert, but I have put together some top tips to help you get the most from your ride as safely as possible.

Put some air in your tyres!!!

Possibly the simplest aspect of bike maintenance is having your tyres pumped to the right pressure. [What is the right pressure?](#) Well without getting over complicated, pump them up so that when you push down on the top of the tyre with your thumb that you cannot push the tyre in very much at all, A properly inflated tyre will make it so much easier to pedal at a decent speed easily.

Put on a helmet

Wearing a helmet is important because it keeps you safe. The

majority of fatalities in accidents related to bicycle and motorcycles are because of injuries to the head. While wearing a helmet does not completely prevent a head injury, if you have a helmet on, it will provide a cushion for the blow.

Get your saddle at the correct height

Saddles that are too low make it hard to use your full pedalling range and leg power and will cause a lot of knee pain, saddles that are too high have you straining and can lead to injury, Ideally you need your saddle height set so that there is a slight bend at your knee when your foot is at the bottom of the pedal stroke, adjust your saddle then cycle up and down the street, then adjust again if necessary keep repeating this until it feels really comfortable. Then you are ready to go

Have a fully charged phone in your pocket

Having a way of calling for help if you have an accident or a mechanical problem and cant fix it at the roadside is a must, so making sure you have your phone in your pocket and fully charged is very handy indeed, it can also help if you get a little lost, as google maps will show you exactly where you are.

So now your ready to go, here are some pointers of what to do on a ride.

Learn to use your gears

Gears are there to make your life easier, but not everybody understands how they work. As you cycle more, start to recognise how changing gears either makes you work harder and go faster, or spin easier but move slower. The ultimate goal is to use your gears to keep up a steady rhythm.

Pedal at a steady rhythm

When cycling you neither want to be spinning your legs like crazy nor straining to push the pedals. Ideally, you want a pedalling speed or cadence at about 70 to 90 revolutions per minute, what this means is the amount of times your foot is at the bottom of the pedal

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stroke in a minute. This will work your cardiovascular system which is more efficient than your muscular system and will improve your endurance and all-round health and will mean you can cycle longer distances much more easily.

Be confident on the road

New riders often think the safest thing is to hide as far to the side of the road as possible near the curb, but this is very, very wrong. Other road users might not see you or will try to squeeze past when there's not enough room, you will ride over manhole covers, potholes and all the debris that lays next to the kerb causing punctures. Assume a confident position on the road, ride a good one metre from the curb and assert your right to use the carriage way.

Be proud of what you have achieved

Apps such as Strava, MapMyRide, a fitness watch or activity monitor or just your smartphone will help you keep a record of where you have cycled and how many miles you have racked up, without having to manually log it in a training book. It could be a great way to encourage you to keep going

Ride safe.

David Corder

Here's a quote on the health benefits of cycling: "... cycling regularly to work (and, by extension, to school and on other regular journeys) has been shown to be the most effective thing an individual can do to improve health and increase longevity, and this applies even to people who are already active in sport and other physical activities ([Andersen, Schnohr, Schroll and Hein, 2000](#)). Cyclists typically have a level of fitness equivalent to being 10 years younger ([Tuxworth, Nevill, White and Jenkins, 1986](#)). A UK parliamentary health committee has noted:

"If the Government were to achieve its target of trebling cycling in the period 2000-2010 ... that might achieve more in the fight against obesity than any individual measure we recommend within this report." ([TSO 2004](#))

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A JOB WELL DONE

Part 2 of 'A Job is a Job'

“Morning all! Are we all here? Good! Let's go an' get this job done, then we can get paid an' go an' get..... No! Not that, Jacob! What I was gonna say is we can go an' get back to t'job I 'ad to put on hold for this one! All you thinks about is getting' p****d! It's a wonder we gets any work done at all!”

“Sorry, Aaron. I was forgettin' t'occasion we's in just now. Mind you, I doubt that geezer we bricked in on Friday would 'ave any objections to us 'avin' a tipples, but fair do's, we can wet 'is head later, I guess.”

“Well, thank you, Jacob, for those fine words. So, can we go an' get this done an' be on our way?”

The men rounded the corner into the clearing where they had been working only three days before, and were shocked at what they found.

“Ere, Aaron, someone's beaten us to it! We's bin done! That were our job, weren't it? An' it looks like they's legged it with our stuff, an' all. All's left is that big rock we used. Probably too heavy for them, too! Thing is, who's the perp, then?”

“There's more bad news, too, Jacob, old son! T'stiff 'as gone as well. Gone an' never called me mother! An' it ain't as if 'E were in a fit state to dig 'is way out neither, is it. 'E couldn't just spring to life an' scarper, could 'E? There's gonna be ructions about this, Jacob, my lad, mark my words!”

“There is summat, Aaron. Whilst you was pokin' around in there, I sent one of t'lads to have a look-see around out here, like. 'E says 'E saw this woman, sittin' on a bench, lookin' all funny-like, as if she'd seen a ghost. When 'E asked 'er if she were ok, all she would say was “'E is risen! My Lord is risen!” Barmy if you asks me! My Lord is risen! Never heard the like! Body-snatchers is nearer the point in my opinion!”

“Well, I'm sure we's all feelin' very enlightened by your opinion, Jacob, but that don't explain who did the deed and nicked our beer money! Someone's 'ad it off with that poor geezer, an' probably pocketed our wonga into t'bargain. I's really upset about this, Jacob! In fact, I'd go so far as to say I's totally p****d off!”

“Can we go an' 'ave that jar now, Aaron? I's as dry as a camel's, like!”

“Yeah, ok, but it won't make me feel no better, Jacob! It only proves that you can't trust no-one these days. I's always tried to be honest and live by the rules, and all for nothing, it would appear! I sometimes wonders why I bothers, I really does!”

“Aaron, what do you reckon that geezer did for a livin'? There's talk around that 'E were a carpenter. Not much to get the chop over, is it?”

Frederick James

The Wellington

info@feltwellington.co.uk

01842 828224



Drabbles During the Lockdown

The Drabble competition is still open. Any Drabble submitted will be displayed on the village website for all to read. Our second Drabble, comes from Edward Gee.

At two in the morning Fred was woken from his slumbers by a loud crashing noise. His heart racing, he emerged from under the covers, picked up the large poker that he kept under the bed and made his way down the stairs. A metallic tapping drew him towards the front door. The sound of something sharp scraping metal quickly followed. Then, a muffled curse. Fred recognised the sound of his son, drunk again, sliding down to the ground, having failed to put his key in the lock. “Bang goes another flower pot and if he’s scratched that door, I’ll...”

COMMUNITY UPDATE

COVID-19



Across Norfolk, our communities and public services have been working together to respond to the outbreak of coronavirus and do their bit in stopping the spread of this deadly disease.

Daily life in Norfolk and the rest of the country has changed dramatically in just a few weeks; the busy streets and beauty spots we know and patrol are almost unrecognisable.

As police officers, we are used to dealing with events and incidents that have a profound impact on those involved. We serve to protect the public, save life and prevent harm; helping people in need at a time of crisis. But this is a crisis like no other. And it is affecting each and every one of us.

For many of you, this is going to be a difficult and unsettling time. For some of you, this crisis will bring tragedy and heartache.

Despite the challenges, we are here to serve and day-to-day policing continues alongside enforcement of the government restrictions. We're used to planning for emergencies and critical incidents and these plans have been activated in different ways to help the organisation manage demand and resources. We have experienced commanders working in all districts who are overseeing these plans in your area.

We also continue to work closely with other public services in Norfolk to make sure we have the best response in place for the county.

Working together is key if we are going to overcome the challenges COVID-19 poses, this applies to all agencies involved and our communities. Our best chance of beating this virus is to work together stay at home, protect the NHS and save lives. Social distancing is only effective if we all work together and follow that advice. I know people are making real sacrifices to do that and I would like to thank everyone who is doing their part.

Of course, we know through patrols and calls you have made to us that not everyone shares the same motivation, with a minority of people flouting the restrictions. Our approach to policing these restrictions is to engage, explain and encourage in the first instance. Enforcement will be a last resort, but please be reassured that officers will not be afraid to use the powers available to them if required. I believe this is the right approach, dealing robustly with people who ignore the restrictions while maintaining the method of policing by consent.

It goes without saying this will be the hardest challenges faced in our lifetime. I'm confident, through the strength of our communities which I've witnessed policing this county, that we will get through together.

We will keep you informed as much as possible and I would encourage you to follow our social media channels and check our website for regular updates.

You might not see us as much in your community but day-to-day policing does continue. The way we are working has changed but our commitment to you hasn't. We will continue to serve and protect the most vulnerable as best as we can.

Many thanks - **Temporary Assistant Chief Constable , Julie Wwendth**



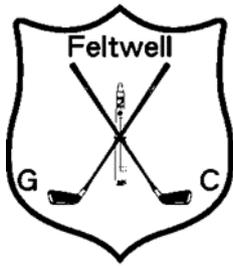
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FELTWELL GOLF COURSE – 50 YEARS ANNIVERSARY – A COURSE TO BE PROUD OF

Covid 19

Sadly, we have had to close our doors and course along with all other Golf Clubs in the country.

However, work is still going ahead to maintain the course, so when we are allowed to open our doors again it will be ready and waiting for all our members and visitors alike to enjoy.

We have obviously had to postpone our 50th Anniversary Open Day, which was planned for Monday 25th May but we are determined to rearrange it for later in the year if we possibly can.

Juniors – Lockdown - Knockdown

To encourage juniors around the country to continue improving their skills, the Golf Federation, Golf Roots have launched a country wide challenge to all juniors (and from some posts I've seen on Facebook – some of our adult members are having a go too!!) to take part in their Lockdown-Knockdown Challenge. Simply set up your target in the garden, or in the hallway inside if you don't have a garden (being sure to ask permission first!!) and go for it - whether that is a pile of cans, pots or toys to knock over or chip into a bucket or basket. If you are feeling really creative you could even devise your own 3 hole adventure. Simply post your clip or clips and tag them into #LockdownKnockdown#GolfFoundation#GolfatHome **Keep the fun in golf!!** Go onto our Facebook Page to see how our juniors have risen to the challenge or follow us on Twitter.

Robert's at Feltwell Golf Club

Though the Clubhouse is closed, Robert is still offering his 'Home Delivery Service' of meals together with some canned or bottled drinks. This is a life line for some locals who cannot get out at all during this lockdown, our thanks to Robert and Steve for rising to this challenge. Check on our Robert's Facebook Page for the

'Menu of the Day' - to order your meal phone 07376 182419.

Hopefully this email finds you all safe and well and we look forward to seeing as many of you as possible when we can finally re-open. Take care and stay safe.

Follow us on  and  to be sure to keep up to date with what's going on here at Feltwell Golf Club.

Remember you are never too young or too old to start playing golf and we look forward to seeing you soon at FELTWELL GOLF CLUB

Drabbles During the Lockdown

Drabbles can be submitted to me at garlandp@btinternet.com and will be displayed on the village website and printed in future issues of this magazine. Our next Drabble comes from Frederick James and goes like this...

Now that the coronavirus had shut down the whole country, I decided to take that short walk I was allowed. As I passed the church, I heard the most beautiful music coming through the open door. I took a risk and went inside to listen and maybe talk to the organist from a safe distance. It was then that I remembered that the organ was out of order and waiting to be repaired. When I got closer, I saw that on the organist's stool a tape recorder was playing, and in a nearby pew, a small child was knelt praying.

If you think you could write a better Drabble than the ones in this issue then, please, pick up a pen or sit down at a keyboard and have a go. If you are using a word processor remember to switch on the word count feature if it has one.

Hospital Happenings *by Tony Bennett*



Monthly Ramblings about West Suffolk Hospital



News:

As last month I'm not going to tell you about Covid stuff you can see on the TV, if you're like me you're probably a bit fed up with the repetition by now.

I'm sending this in on the 13th or 14th of April so again it might be out of date by the time you read it but, in the meantime, any urgent information I get, I will post on the community Facebook page.

There have been changes to visiting hours, this can be found on the hospital's website but to sum up:

"No visitors will be allowed to any of our hospital inpatient wards, except in the following circumstances:

- **For a child who is a patient**
 - One named parent or responsible carer, who lives in the same household
 - Visiting hours are unlimited
- **For a woman in labour**
 - A partner or birthing partner, who lives in the same household
 - To accompany the woman throughout labour
- **For people who are dying**

- o One named person
- o Visiting will be limited to one hour per day, at a consistent time to be agreed with the ward manager

For people who have a learning disability or severe dementia

- o Named carer(s) who live in the same household or attend the person professionally, as required on the basis of individual need
- Visiting hours to be agreed with the ward manager, as required on the basis of individual need ”

Car Parking:

At present there is plenty of car parking space at the hospital, I never thought I'd be writing that. It is my understanding that the

Continued on next page

THE FELTWELL LOCKDOWN LOGISTICAL - SOLUTION

	Morrisons	Sainsburys	Tesco	Waitrose	Asda	Falcon Rd	High St	Munsons Place	Wilton Rd	Mulberry Close
9am										
10am										
11am										
12noon										
1pm										
Falcon Road										
High St										
Munsons Place										
Wilton Road										
Mulberry Close										

hospital is still charging visitors for parking but charges for staff have been waived. The staff shuttle bus has stopped running in line with social distancing measures.



In the hospital:

It has been very quiet generally speaking. Pretty much all outpatient appointments have been cancelled as has elective surgery.

As I write there are more than 30 Covid cases being treated on dedicated wards and we have had 10 deaths. These 10 patients all had the Coronavirus but did not necessarily die from the virus. One patient was over 90 years old. Clearly the specialist Covid wards and ITU are busy.



Scrubbing up after cleaning the ward at WSH.

Other wards have the usual urgent patients to deal with although these have fallen in number which is odd. I would urge you though to call 999 as usual in the case of suspected heart attacks, breathing difficulties and strokes.

Canteen:

The Time Out cafe upstairs is closed to patients and visitors completely. I think the Food Stop cafe near the main entrance is open for takeaway drinks and a limited range of food, sandwiches etc. There are no sit down facilities as far as I recall.

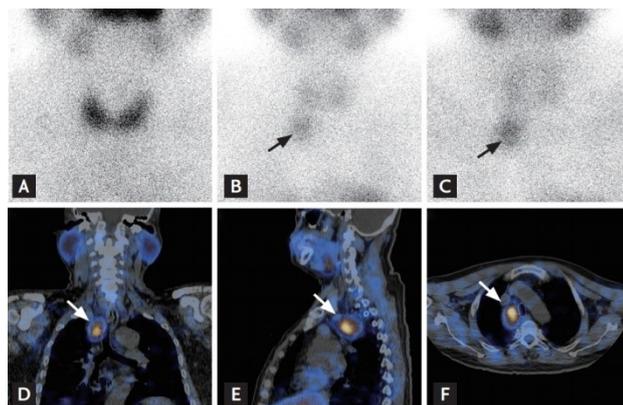
Patients:

Although virtually all appointments are cancelled, we are still treating certain groups. Obviously babies will still be born, and ill

people will still come in. As far as radiology is concerned I can only speak for nuclear medicine where we are scanning patients with a known diagnosis of cancer and in some cases as a precaution or part of the diagnostic process. We are doing some scans that are considered clinically urgent and they are not all for cancer so please don't assume the worst if you receive an appointment by post or phone call.



[As an aside, I'm glad to take this chance to share an image of our new scanner. For most of our scans only the feet go into the tunnel. For parathyroid and some heart scans you do need to go in all the way, but it's not for long, a couple of minutes at the most. The tunnel is an x-ray CT machine and the nuclear cameras are the two square blocks.



Nuclear and hybrid images, parathyroid.

A = early nuclear image.

B&C = later nuclear images showing the arrowed adenoma, a benign cancer.

D,E,&F show CT images added, these 'maps' allow the surgeon to see exactly where to operate.]

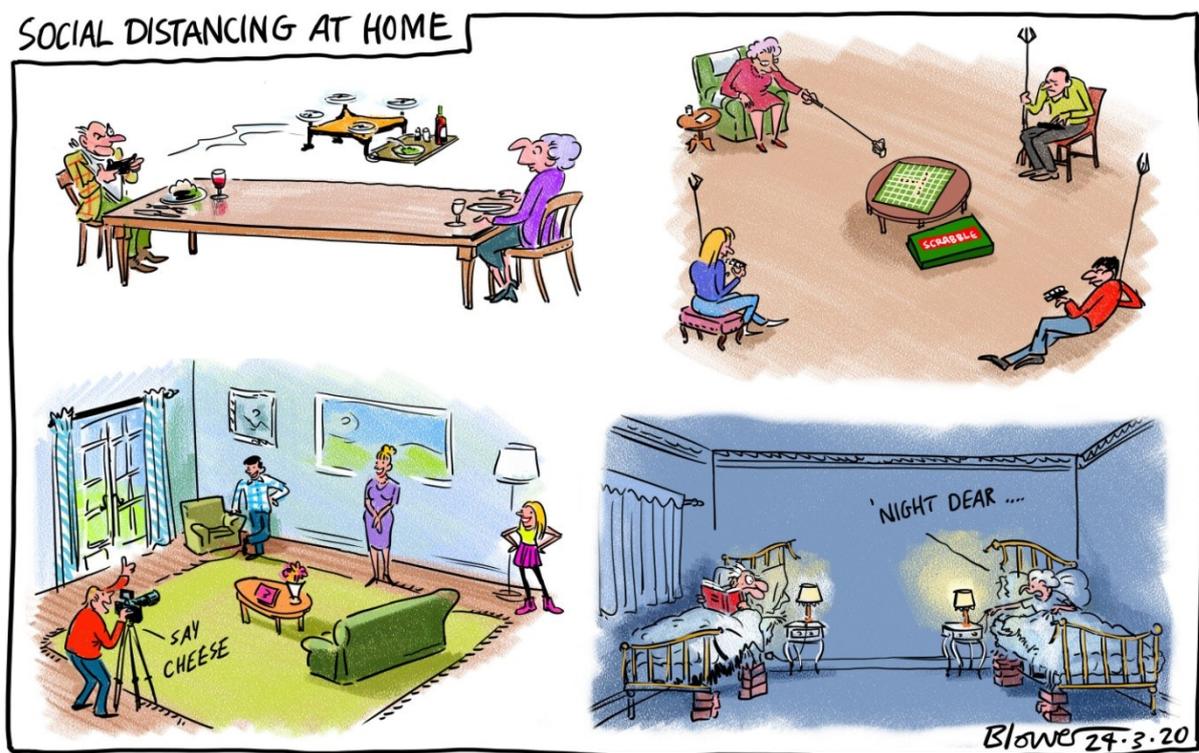
As far as the rest of radiology goes, I am guessing when I say they will be doing urgent cases only in a similar manner to us in nuclear medicine.

If you are unsure or worried about your specific condition please do ring in, we still have staff available to deal with these enquiries.

Do not be alarmed if you are seen by staff in full protective masks, gloves, eye shields and aprons, it works both ways in that we don't want to pass any bugs to you nor receive them from you.

Social Distancing:

Staff will keep their distance from you if they can. In terms of working, it's impossible for us to maintain 6 feet from each other at all times so many are masked up all the time.



Thanks:

The public have been amazing in staying home and we cannot thank you enough for this. Without it we would have been overwhelmed by serious cases, as we may yet be, and staff will have to decide somehow who gets treated and who will die. This is an awful situation for both staff, patients and relatives to have to deal with so

again, thanks for staying home.

Thanks also to a local resident for a donation of a large number of disposable aprons for which we are very grateful. On an average day I will use 12 aprons or more and my colleagues in CT for example, could use up to 60 each in a day, plus whatever they use at night.

Case of the month:

As an example of patients we are still scanning, we did a kidney scan for a case where there was a risk of the patient losing a kidney without surgical intervention. Once we had established that there was indeed a serious blockage the patient was treated and the kidney saved. The patient was amazed that she got her scan though.

Let's hope we will all be looking at better news next month, meanwhile please stay safe and please stay home.

Sarah Whittingham and her husband created this beautiful window display in support of NHS and key workers including their son and daughter-in-law who are both paramedics.



Sudoku Solution

Each row, column & 3x3 square must contain numbers 1-9

1	2	4	8	5	7	6	3	9
7	3	8	6	9	2	4	5	1
6	5	9	1	3	4	8	7	2
8	6	2	5	4	3	1	9	7
4	9	5	7	2	1	3	6	8
3	1	7	9	8	6	2	4	5
2	4	1	3	7	9	5	8	6
9	8	3	2	6	5	7	1	4
5	7	6	4	1	8	9	2	3



PROTECT THE **NHS**

 **save lives**



Feltwell Methodist Church & Community Hall

We are helping Feltwell Local Action Group (FLAG) to serve our community and help villagers who are finding this time of trial very difficult.

It is somewhat ironic that this was also the time of trial for Jesus Christ as He faced Pontius Pilot, the governor of Israel at the time of Christ. He had been facing opposition from the authorities for some time and it was all coming to a head at this time, which we now call Easter, but which Christians celebrate as the Resurrection of Christ.



For those of you with an inquisitive mind:

*“The English word Easter, which parallels the German word Ostern, is of uncertain origin. One view, expounded by the Venerable [Bede](#) in the 8th century, was that it derived from Eostre, or Eostrae, the Anglo-Saxon goddess of [spring](#) and [fertility](#). This view presumes—as does the view associating the origin of [Christmas](#) on December 25 with pagan celebrations of the [winter solstice](#)—that Christians appropriated pagan names and [holidays](#) for their highest festivals. Given the determination with which Christians combated all forms of paganism (the belief in multiple deities), this appears a rather dubious presumption. There is now widespread [consensus](#) that the word derives from the Christian [designation](#) of Easter week as in *al-bis*, a [Latin](#) phrase that was understood as the plural of *alba* (“dawn”) and became *eostarum* in [Old High German](#), the [precursor](#) of the modern German and English term. The Latin and Greek *Pascha* (“Passover”) provides the root for *Pâques*, the French word for Easter.”* (Encyclopedia Britannica)

ART & CRAFTS EXHIBITION

You are all invited to a celebration of the creative spirit shown during Coronavirus “Lockdown”.

During the time we are all social distancing and many of us are housebound, there has been much creativity. Things have been made, fine artwork has been hitting the canvas and children’s imagination has been expressed in some beautiful drawings and paintings. Most of us won’t get to see any of this, so we’ve created an event to give us access to some of this. The date cannot be decided until Lockdown has been lifted and everybody is safe to move around. Hopefully that will be this year, but.....?

Now, to all you budding artists and people with a creative spirit, we’d like to inspire you to engage in your favourite pastime and show us what you have been doing to pass the time during these tough times. There is no age limit and we look forward to seeing the results of all your imagination. So get creating and keep it safe, waiting for the date to be announced. If you have any questions call or email Mike.

Monday’s Craft & Chat group remain together in spirit as some of them continue their crafting at home. Many of the things they are creating will be available to buy when we eventually have our Methodist Market.

We look forward to our **Old Codgers** monthly music & quiz nights when we are permitted to meet again; these include our usual fun quiz, and sharing jokes and an bit of comedy when we all have a good laugh. Just what we need after the tough time we’re having. This is just a flavour of what we are missing and it’s an open event with no age limit and its only £3, and that includes some refreshments!

ELEVENZES – on the 1st Thursday of each month at 10.00am, with cakes galore, is simmering in the background, waiting for the freedom to meet again!

Feltwellbeings – the Well-Being group for Feltwell – Better Together! If you're lonely, bored, worried, need something or just want to talk, give our pastoral worker Brigette Wilkinson a call on **01366728797 or 07799216693.**

Community Garden – we are beginning a garden project possibly on Wednesdays (depending on the weather!), for the community which will, hopefully, produce some fruit and some vegetables for those who help. Broad beans are in and the chives and raspberries are growing slowly. We're also going to make some raised beds for those who cannot bend. This garden will enable villagers who want to potter or who have difficulty with gardening to come and enjoy doing as much or as little as you want while enjoying fresh air. If you would like to potter with us, please get in touch with Mike (details below) or come along to our Thursday coffee mornings and Wellbeing mornings when they start again.

The Community Hall - a large bright hall with a stage and sound & lighting system. Celebration red carpet, posts and red ropes for special events from weddings to birthday parties, award ceremonies, concerts, theatre and more.

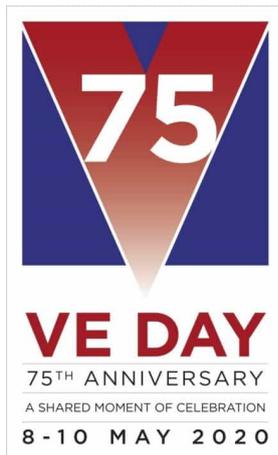
Our main church, with its magnificent pipe organ, is ideal for infant and adult baptisms, weddings, marriage renewals ceremonies, funerals, memorial and celebration of life ceremonies. Sunday services are currently suspended in accordance with measures to protect you from spreading or contracting Covid-19.

If you want to talk privately to someone, want to share a problem or want someone to celebrate with you, want to come to an event or one of our groups, you can't get out but would like to..... Contact our pastoral worker Brigette Wilkinson 01366 728797 / 07799216693

For room bookings & events, please contact Mike Wilkinson 07712578721 mikegw15@gmail.com

To discuss weddings, marriage ceremonies, funerals, memorial services please contact Rev Maurice Stafford 01366388766

Church secretary is Jean Dennett 01842 728209



FELTWELL'S STAY AT HOME STREET PARTY!

Friday 8th May 2020

DECORATE YOUR
HOUSE/WINDOW **RED**, WHITE
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Commemorate the end of WW2 by celebrating
with your family and neighbours!

In conjunction with Borough Council of King's Lynn,
war era music will be played throughout the village
from 2:30pm until 5:30pm.

From 7:00pm a family disco will be played, finishing at
9:00pm with The Royal British Legion and BBC's lead
tribute to the VE Day heroes, with Dame Vera Lynn's,
We'll Meet Again

A prize is available for the best decorated house/window.

Drabbles During the Lockdown

Our last drabble for this month comes from Kelly with illustrations by her children, which look really good in colour!

Today, he's bright. Apart from vague concerns over lost keys.

"Show Grandad what Father Christmas brought", I say.

My boys chat excitedly about a tractor book.

"We had one like this when I was your age!", Dad exclaims, suddenly animated, spotting a 'three-wheeler'. It was really a four-wheeler, he explains, but the two front wheels moved together on a single stub.

"What are those?" points my four-year-old, displaying dual talents of sweet-detection and hint-dropping.

"Are they allowed one, Mum?" Dad asks, remembering he'll be chastised for spoiling appetites.

"ONE." I look stern.

He sneaks them another.

Defiant to the last.



Do you think this is fiction or truth, or fictionalised truth?

Get ready to celebrate virtual VE Day 75

Despite the announcement that all the national VE Day celebrations would be delayed until VJ Day in August, plans are underway in West Norfolk to enable people to celebrate the anniversary of Victory in Europe safely in their own homes on 8 May 2020.

A programme of activities is being put together, adjusting those that would have taken place in the Town Hall and around the town centre, so that people can still enjoy them, without leaving their homes.

Cllr Elizabeth Nockolds, Borough Council of King's Lynn & West Norfolk Cabinet Member, said: "As we are thanking our key workers at this present difficult period, it is important for us to remember also our heroes from the past who gave their lives for our country.

"Although we must stay at home and stay safe we can still celebrate this momentous anniversary by taking part in the suggested activities which will help to make it a special day to remember."

Full details will be published in the press, on social media, and on the Stories of Lynn website on Friday, 1st May, providing an 8-day countdown to the big day. Already lined up are 1940's dance classes for adults and children, an ARP Warden plane spotting quiz, making table decorations from recycled materials in a make-do-and-mend way, creating bunting and paper hats ready for house or garden parties, preparing food, and hearing the experiences from someone who remembers the day. There will also be a gallery of archive photos and a talk from True's Yard. People will be encouraged to join the national 3pm toast. The whole day will finish with an online disco, leading up to the nation singing 'We'll meet again' at 9pm along with the BBC Broadcast.

Ahead of the celebrations, Cllr Geoff Hipperson, the Mayor of the Borough of King's Lynn & West Norfolk, is asking people to get involved in two early activities.

The first is to invite the Mayor to attend your celebration. Fill in the online form to request a visit, and he will join you virtually via Facetime or Whatsapp Video. He is hoping to fit in around 20 visits, time allowing, including visiting staff and patients at the QE Hospital at 3pm when the whole country will be toasting our heroes past and present.

The second element is to vote for one of four 1940's recipes, so that our 1940's cook Kathy Hipperson can bake the winning recipe. A video of the winning choice being made will be posted on the Stories of Lynn website along with the recipe and other 1940's recipes so

that people can try to replicate a 1940's tea party if they want to.

The idea for this event has come from Rachael Williams the Learning and Engagement Officer at Stories of Lynn and Maj (Ret'd) Gary Walker, Secretary of the King's Lynn & District RAFA, in association with the Mayor's office, the Borough Council of King's Lynn & West Norfolk, True's Yard and Norfolk Museum's Service.

Maj (Ret'd) Gary Walker MBE TD VR, Secretary of King's Lynn District RAFA, said: "As Secretary of the local Branch of the Royal Air Forces Association, I was keen that we both commemorate and celebrate the 75th anniversary of VE Day and so spoke to the borough's Civics Officer last year to discuss and prepare a plan for the borough for VE Day, which would allow everyone to participate. With the help of Rachael Williams, Learning and Engagement Officer at Stories of Lynn, we produced a comprehensive day of events, all of which have now sadly had to be shelved. However, the people in 1945 had faced far greater challenges and came through them. We were not going to be dismayed by the current lock-down and have produced a package of 'virtual' VE Day events for all to take part in. I hope everyone will take the time to learn more about the importance of this day and to enjoy the opportunity to both remember and celebrate our heroes of yesteryear."

Next week, a ration book will be included in Your Local Paper and the Lynn News along with templates to copy or colour in to put Union Jack flags in windows across the borough and bunting in living rooms. The ration book contains a series of challenges in addition to the 8-day countdown of activities.

People will be invited to send in photos and the Mayor will pick one entry to be invited to the Mayor's Parlour for tea and a tour of the Town Hall, when it is safe to do so.

To book the Mayor for your party, simply go to west-norfolk.gov.uk, search 'Invite the Mayor', then complete the online form, with details of your party, your contact phone number and whether you have Whatsapp or Facetime. You can also suggest your preferred time, although timings cannot be guaranteed.

To vote for your favourite recipe, visit storiesoflynn.co.uk/VEDay75 and make your vote by noon on 1 May 2020.

Follow government advice to stay home, protect the NHS and save lives.

Sunflower campaign supports frontline services



Working together with the East of England Ambulance Service, Norfolk Fire and Rescue Service and other public service partners, Norfolk Police are hoping to spread some positivity and happiness through these difficult days of lockdown.

We are grateful to our local communities who have listened to the Government guidance to stay at home in order to help protect the NHS and save lives – and now we want to say thank you and show solidarity for the stay at home message in support of the emergency services and all key workers.

To compliment the NHS Rainbow campaign and to demonstrate how the blue light services and other agencies are working together to help protect and support the NHS, we are encouraging communities to display Sunflowers in their windows. These can be drawn, painted, knitted, or created in any other way.

Homes which are seen displaying their Sunflower display by officers, or members of the other blue light services, whilst on shift or patrol, will receive sunflower seeds through the door which can be planted.

Homeowners can then watch it grow over the coming weeks and months – with a beautiful sunflower to look forward to at the end.

Assistant Chief Constable Julie Wwendth said: “We want to be able to say thank you and spread some happiness during this difficult time of lockdown. Therefore we are inviting the community to create sunflowers which they can display alongside their rainbows as a symbol hope for the future and something to look forward to.

The idea is for people to sow their seeds and watch their sunflowers grow – just as we are working together as a community now by staying at home to help others have a brighter future.

“The sunflowers are a way of showing your support to the blue light services and other key workers, who are working together to help protect and support the NHS during these unprecedented times.”

Tim Edwards, Assistant Chief Fire Officer at Norfolk Fire & Rescue Service, said: “We are proud of how closely all our emergency services in Norfolk are working during this pandemic and delighted to see the EDP launch this campaign to bring a bit of brightness during a difficult time for everyone. We look forward to seeing the sunflowers as we pass by as part of our daily work in communities and would remind everyone to stay safe at home. “

Andrew Barlow, East of England Ambulance Service Trust (EEAST) Community Response Manager said: “What a good idea to spread some positivity and give people staying home a project for the lockdown season! We are keen to support this amongst our crews and our volunteer Community First Responders.

“This is literally the community planting seeds for a sunnier future, and we would also like to “plant some seeds” to grow the next generation of volunteer CFRs and Specials!”

Norfolk Police and Crime Commissioner, Lorne Greene, said: “I am really happy to support such a positive campaign. The sunflower is known to be a happy flower; it can bring joy to a person's day. The sunflower puts itself in position to directly receive the sun's gaze. Let's hope this initiative helps to spread a little positive cheer and sunshine across Norfolk and in turn help the sunflowers to thrive. Small gestures can make such a big difference to us all, young and old alike. May the sunflower bring a little sunshine into your life and help chase away the gloom.”

A downloadable poster & Sunflower colouring sheet are available here https://www.norfolk.police.uk/sites/norfolk/files/page/downloads/colouring_in_sheet_-_sunflower.pdf

Please share your Sunflower creations with us on Social Media @NorfolkPolice #SowTheSeedsForABrighterFuture #StayHomeStaySafe #ProtectTheNHS

You can view some of the submissions we've received on our #GrowYourSupport campaign page at <https://www.norfolk.police.uk/news/>

As this month's issue is online only there is no limit to the number of pages that we can have. The pages that follow are full of press releases from various sources all related to the Coronavirus pandemic.

The Parish Council has asked us to include them as a matter of public information.



1st April 2020

Norfolk Accident Rescue Service (NARS) is a registered charity that provides advanced clinical responders who volunteer their services to give specialised medical assistance at major trauma incidents, such as road traffic collisions, industrial and farm accidents, falls from height and serious medical emergencies, such as cardiac arrest. We have been saving lives in Norfolk for nearly 50 years, attending call-outs that require more training, specialist equipment, and drugs than the East of England Ambulance Service Trust can offer. This enhances the level of care provided for patients suffering serious injury or acute medical illness. All our members are volunteers, and our organisation is funded solely by donations.

Our work during these unprecedented times means that we're having to adapt to a new way of working and are all getting used to operating in a very different world. As part of doing so and in order to protect our volunteer clinicians, we like the NHS are having to take new measures in terms of offering personal protective equipment to ensure the safety of those volunteering for us. This is both costly and increasingly difficult to source. We are currently in the process of sourcing protective suits, masks and filters which we are able to purchase through a protected supply chain. We wondered whether you might be able to help us with the cost of the following items:

Full Face Mask with Visor and face seal - £65

Dust Filters - £10

Protective Hooded Coverall - £10

We need a continuous restocking of these items to ensure we safely protect our volunteer clinicians while they respond to critically ill or injured patients, as well as continuing to fund vital costs such as fuel and medical equipment.

During this difficult period, it is fundamental we can provide our each of our volunteers with the correct protective equipment to mitigate the risk of infecting our team. I would be happy to provide further information or indeed complete an application form if you feel that this is something that you can support.

Thank you for your time.

Yours faithfully,

Peter Sefton-Smalley

Chief Operating Officer

Peter.smalley@nars.org.uk www.nars.org.uk

Support for Queen Elizabeth Staff

During these unprecedented times it is amazing to see how the community has pulled together to support one another during this period.

Borough Council of
**King's Lynn &
West Norfolk**



Alive West Norfolk is wholly owned by the borough council and as such Alive employees have been redeployed to help with the community effort by caring for Queen Elizabeth hospital staff children, allowing them to concentrate on the brilliant jobs they are doing caring for us all.

Alive Lynnsport has opened its doors for free to Queen Elizabeth Hospital staff providing Activity Clubs for children aged 5-14 years old. Clubs run 8am-6pm 7 days a week including school holidays and bank holidays. Alive staff are keeping children entertained with a range of activities including sports, fitness, arts and crafts, video games and films. The children are being split into small groups and social distancing guidance is being followed. As part of this service Alive are also providing free meals, drinks and snacks to the children.

This service is proving very popular with 227 places booked over the Easter break already. There are still places available, so if you are a member of QE staff and need free help with childcare please to contact community@alivewestnorfolk.co.uk for more details.

Cath Castleton, Human Resources Director at Queen Elizabeth Hospital said: "We have been bowled over by the response from our local community and the support both individuals and organisations are giving us. Alive West Norfolk's childcare sessions, along with other extremely generous offers of childcare, have allowed many of our staff to carry on working to deliver the best care for our patients. We would like to thank everyone who has rallied round. Knowing we have the people of King's Lynn and the surrounding area firmly behind us has helped us all during these challenging times."

Neil Gromett, Managing Director of Alive West Norfolk said: "I would like to thank all of the Alive team especially the gymnastics team for their enthusiasm and commitment for caring for these children. Knowing your children are safe, happy and well cared for is such a relief. The feedback we have had from parents has been heart-warming. This is just one of the things Alive is doing to help the community at this time. We have frozen all membership payments as well as all other regular payments including swimming lessons and gymnastics payments for peace of mind for our customers."

While it is fantastic to see what is being done locally to support our key staff it is also brilliant to see such efforts are also being carried out county wide.

Cllr Elizabeth Nockolds, Deputy Leader of the borough council and cabinet member for Culture, Heritage and Health said: "I am so proud to see how our staff are working together to provide help for key workers at this important time. We are all working hard to ensure we protect all of those in our community, particularly those who are most vulnerable. The efforts being made across Norfolk to pull together and help one another is testament to what a special place this is to live and work".

Cllr Stuart Dark Portfolio Holder for Emergency Planning / Response to Covid 19 said: "The council is working tirelessly to ensure local communities and businesses are protected at this time. Please follow government advice to stay home, protect the NHS and save lives."

Stay at home

- Only go outside for food, health reasons or work (but only if you cannot work from home)
- If you go out, stay 2 metres (6ft) away from other people at all times
- Wash your hands as soon as you get home
- Do not meet others, even friends or family.

You can spread the virus even if you don't have symptoms.

Changes to garden and food waste collections

Waste and refuse teams in west Norfolk are working to new advice on social distancing. This will affect collections from week commencing 6 April 2020.

Garden waste collections (brown bins) will be reinstated from next week but food waste will only be collected with black bin collections and not green bins.

Also, due to smaller waste teams, in some areas the collection team will need to combine the food caddy waste with the black bin waste and it will not be processed separately in the normal way. It will not be possible to collect side waste or garden waste that has been bagged. Please feed any excess garden waste in to your brown bin over the next couple of collections.

Cllr Ian Devereux, borough council cabinet member for Environment, explained the situation: "Our refuse staff have been working really hard to keep up the usual collection service for our area but with some staff self-isolating, and the new guidelines on social distancing that we must follow, we have had to change the way our weekly food waste collections happen.

"I'm pleased to see the reintroduction of the brown bin collection which I know will be welcome news for many who have been using their time at home to sort out their garden. It is disappointing that we will have to reduce the food waste collection, but this is because we have to reduce the number of people on each crew to maintain social distancing under new guidelines. Keeping our staff safe and preserving the core services of black and green bin collections are our priorities.

"We want people to continue to collect their food waste in the caddy so that they don't get out of the habit for when all this is over. However, disappointingly it will be collected each fortnight with the black bin waste and in many cases will be sent for disposal. We aren't happy about it, but we have no choice under the exceptional and unprecedented national circumstances in which we find ourselves. As soon as things return to normal, rest assured the weekly food collection will be reinstated and this will be collected and processed in the usual, environmentally friendly way. Of course, people could assist this situation by being very careful about not overbuying their perishable foods to avoid waste, and by getting creative with leftovers to reduce waste and their need to go the shops. For more tips visit www.lovefoodhatewaste.com.

"In summary, garden waste collections will resume, food waste will be collected fortnightly with the black bin and combined with the black bin waste in most areas, and finally, please do what you can to reduce food waste and your trips to the shops. All subscribers will have their renewal dates extended to ensure they still get their 25 brown bin collections that they have paid for."

Residents are reminded to practice safe hygiene and to wash their hands thoroughly after they take the bin out and when they return it to their property.

Cllr Stuart Dark, cabinet member for emergency planning/Response to Covid 19, said: "It's vital for the safety and health of our waste and refuse team, as well as residents, that they adhere to the new guidelines on social distancing. I would also like to thank all those residents who are sending thank you messages to our key workers by leaving messages on the bins or on social media. It really lifts their spirits and is morale booster for these teams who have to leave their families to deliver this essential service. It is very much appreciated. We are sorry that the new guidance will affect waste collections in the short term, but we must all follow government advice to protect the NHS and save lives."

To keep up to date with any service changes please visit west-norfolk.gov.uk/yourbins or follow their social media channels. Please share this message with people who may not use the internet or may not be able to get hold of a local paper.

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- If you go out, stay 2 metres (6ft) away from other people at all times
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- Do not meet others, even friends or family

You can spread the virus even if you don't have symptoms.

£2.275m in business grants helping local businesses

Local businesses are starting to benefit from the grants introduced by Government in response to the Coronavirus, Covid – 19 and administered by the borough council.

The Chancellor set out a package of temporary, timely and targeted measures to support public services, people and businesses through this period of disruption caused by COVID-19.

This package included support for small businesses, and businesses in the retail, hospitality and leisure sectors. This support will take the form of two grant funding schemes, the Small Business Grant Fund and the Retail, Hospitality and Leisure Grant Fund, both of which are administered by the local authority.

This week the borough council has paid out the first of those grants to local business, totalling a sum of £2,275,000.

Cllr Graham Middleton, Cabinet Member for Business Development said: "We paid out the first grants to businesses on Tuesday, 31 March and Wednesday, 1 April. A total of 181 businesses have received grants of either £10,000 or £25,000 and the total paid out is £2,275,000 which we hope will really help those business cope through these unprecedented times. We hope to get further grants paid out over the next couple of days.

"We understand how tough it is for everyone, including business and other organisations. We have been promoting the help packages that the Government has announced and have worked as quickly as we can to get these grants processed and the money released."

"Anyone that hasn't yet registered for one of the above grants should go to our webpage [west-norfolk.gov.uk/coronavirus](https://www.west-norfolk.gov.uk/coronavirus) and click on business assistance page to check their eligibility for a grant and to complete the online verification form. We don't want businesses to miss out on support to which they could be entitled."

Further information about support for businesses from the government is available by going to: <https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19>

In addition to the grants mentioned above, there is also business rates relief. The borough council is currently checking accounts to see who qualifies. Any business that qualifies will be sent a revised bill. It will mean the business won't have to pay business rates for 12 months from 1 April 2020.

Cllr Stuart Dark, Borough Council of King's Lynn & West Norfolk Cabinet Member for Emergency Planning, said: "The guidance and legislation has been changing a lot over the last few days and our staff in the revenues and benefits department have gone above and beyond to ensure these grants could be processed as quickly as possible to try to help protect local businesses. I am appreciative of the efforts and delighted that £2.275 million of government support has already been paid out to local businesses needing help. This is just one of a range of packages that have been announced by Government, so it is good to see that the money is now available to support people directly.

"We hope that many more will use our eligibility checker on our website and complete the verification form. We are sharing this information with as many businesses as we can, along with the Chambers of Trade, LEP and BID. Any help people can give in getting this message to local businesses is very much appreciated.

We would also ask that people are patient as this is an unprecedented package of support and lots of legisla-

tive changes and we dealing with all the requests as fast as we can."

Stay at home

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- If you go out, stay 2 metres (6ft) away from other people at all times
- Wash your hands as soon as you get home
- Do not meet others, even friends or family.

You can spread the virus even if you don't have symptoms.

Free parking in priority car parks for key workers

To support the many key workers as identified by the Government, the council is introducing free parking in priority car parks in King's Lynn and Hunstanton.

With effect from 2 April 2020, key workers will be able to park in Austin Fields East - near the sorting office, and Vancouver Quarter car park - Sainsburys upper deck King's Lynn and Central Car Park Hunstanton, free of charge.

All they need to do is get a document or card from their employer with the following on it: their employer's logo, confirmation that they are a key worker as set out in the Government's guidance and an authorised signatory. This should then be placed on their dashboard.

This will be in place for the duration of the current stay home arrangements announced by Government last week. If the initial three week period announced by Government is extended then this parking arrangement will be extended for as long as necessary.

Any key workers that currently have parking permits will be credited for the period that this arrangement is in place, so that they also benefit from the free parking.

Cllr Stuart Dark, Cabinet Member for Emergency Planning, explained: "We had a request to provide parking for postal workers, which we thought was a good idea. However, discussing this with the Cabinet Member responsible for parking, we decided that it needed extending to all those people identified as key workers; people working in food shops and finance as well as postal workers. This scheme runs alongside the scheme already announced for NHS workers, carers and volunteers. We felt that this was a small thing we could do to recognise the great effort of all those who are keeping things going at this difficult time.

"However, it is still very important that people stay home, save lives and protect the NHS. We want to support our key workers at the same time as not encouraging people out by providing free parking to all. We will obviously keep this situation under review, but hope that the locations of these car parks will assist those people who are classed as key workers in Hunstanton and King's Lynn town centre."

Businesses who employ key workers as defined by Government need to provide their employees with a card or document with their logo on it, status of the key worker, and an authorised signature - no personal information.

Anyone who has an existing permit will have any subsequent permit, once the Covid19 response is over, extended by how ever many days are left on their current permit.

They will need to email parkingpermits@west-norfolk.gov.uk to register their request including their registration number and the current permit number within the email. Once Covid19 is over and they apply for a new permit, they will need to email parkingpermits@west-norfolk.gov.uk with their new permit number along with registration so that the new permit can be extended by the amount of days left on their old one.

Information about free priority parking for key workers is available online [@west-norfolk.gov.uk/keyworkerparking](https://www.west-norfolk.gov.uk/keyworkerparking)

Purfleet Trust supports new accommodation for homeless

The Government asked all local authorities to find suitable accommodation for homeless people in shelters and hostels to enable them to self isolate properly. All those identified have now been relocated to alternative accommodation where they have their own room and are able to follow social distancing guidance. They are also being provided with welfare support, 3 meals a day, toiletries and will soon be provided with clothing bundles.

This was no mean feat and would not have been achieved without the support of partners in west Norfolk providing assistance.

Cllr Adrian Lawrence, Cabinet Member for Housing said: "I would like to thank all of those involved for their efforts in ensuring the safety and protection of the homeless in our area. While we know this is a time of concern for many, our top priority needs to be the most vulnerable in our community. This has been a mammoth task in such a short timeframe and I'm pleased to see that yet again the council has pulled together with community partners including the Purfleet Trust Day Centre, the Winter Night Shelter and Alive West Norfolk to ensure some of our most vulnerable members of the community are protected."

The Purfleet Trust have worked with the council and Alive West Norfolk to ensure the safe accommodation of 26 people.

Paula Hall, Chief Executive of the Purfleet Trust said: "We are continuing to provide wrap-around support to ensure people feel safe and supported during this time as well as complying with social distancing. Whilst facing a number of challenges during this period Purfleet staff Kathy Adams and Charlotte Stringer are coordinating continued support from the Trust. Our staff are providing continuity with familiar faces, 3 meals a day, welfare support and ongoing practical support".

Neil Gromett, Managing Director of Alive West Norfolk said: "We were happy to redeploy Alive staff and support these other partnerships groups to ensure a smooth transition for the homeless in West Norfolk".

The Winter Night Shelter and the Purfleet Trust Day Centre are now **closed**. Anyone homeless needing assistance should contact the council on 01553 616200 (option 4 then option 1) during office hours or 01553 616601 outside office hours. Under no circumstances should anyone needing accommodation be presenting directly to emergency accommodation without being instructed to by the council.

If you are homeless, or at risk of becoming homeless, please let the council know as soon as possible.

Cllr Stuart Dark Portfolio Holder for Emergency Planning / Response to Covid 19 said: "The council is working tirelessly to ensure local communities and businesses are protected at this time. Please follow government advice to stay home, protect the NHS and save lives."

Update to Garden Waste Collections

Update to the previous release (sent 3/4/20):

Garden waste collections (brown bin) have been reinstated today (week commencing 6 April 2020). Renewals on the brown bin service will be extended to ensure every subscriber still gets their 25 collections. If this week is your usual collection week then it will be collected. If your usual brown bin collection week is next week it will be collected then. You can check your collection dates by visiting west-norfolk.gov.uk/yourbins.

Waste and refuse teams in west Norfolk are working to new advice on social distancing.

Due to smaller waste teams, food waste collection will be stopped. Food caddies will not be emptied until social distancing is relaxed. Please help the crews by putting food waste directly into your general waste (black bin or waste bags).

It will not be possible to collect side waste or garden waste that has been bagged.

Please feed any excess garden waste in to your brown bin over the next couple of collections.

Should your waste or recycling bin not be emptied on the usual day, please leave it out as we will try to collect it within the following few days.

The bin crews really appreciate your support during these challenging and unprecedented times.

could you foster?



**we urgently need
foster carers
in your area**

Ofsted
Outstanding
Provider



We can help you to provide a young person with a stable, secure home.

Call us on 0800 389 0143

Visit us at www.nexusfostering.co.uk

Lots of things to do while staying at home

As the Covid-19 outbreak changes the lives of everyone in west Norfolk the borough council is providing a range of activities this Easter that people can do while at home.

The team at Stories of Lynn have created 'The Reprocessors' Challenge' and are encouraging children to reduce, reuse and recycle rubbish and upcycle it in creative ways.

Alive West Norfolk have new videos on their Facebook page of free classes that residents can try at home to stay in shape during the lock-down. Already posted are videos on body combat in 4 minutes, a yoga session, fat burning exercises, pilates and live streaming of a cardio class. More videos and live streams will be added over the next few weeks.

The Love West Norfolk campaign is encouraging people to enjoy a 'virtual West Norfolk' by sharing pictures and films that have been taken previously in the area. These will be shared on social media channels.

CLlr Elizabeth Nockolds, Deputy Leader of the borough council and cabinet member for Culture, Heritage and Health said: "In these exceptional times it is great to see the community coming together and staff at the borough council coming up with innovative ways to keep people fit, busy and creative while they are staying at home."

"The Reprocessors' Challenge came from the borough council's single use plastics informal working group. Stories of Lynn and Kick The Dust young volunteers have put a lot of work into this project and I'm pleased to see it not go to waste. I'm looking forward to seeing the home videos and pictures that people share on social media."

"Also we may not be able to get out and enjoy the beauty of west Norfolk at the moment but some of the pictures and videos being sent in to the Love West Norfolk social media channels are breath-taking, I urge people to send in more and follow the channels. You may even discover some places that you can visit once the lock-down has finished.

"I know there's also a list of activities on the asklily.org.uk website that people can search through to find things to do on their own or with the families at home. A quick internet search will bring up loads of other ideas. If you have any great ideas please tell us on social media and we will share them. This sort of interaction can really help people's personal wellbeing."

Details of activities will be shared on the borough council's social media channels.

Neil Gromett, Managing Director of Alive West Norfolk said: "Once again I have to thank the Alive team, especially the personal trainers and staff at Alive Lynnsport, for coming up with this inventive way of keeping people fit and healthy during the lock-down."

"This is just one of the things Alive is doing to help the community at this time. This also gives members, whose regular membership payments have been frozen, the chance to stay in touch with their personal trainers as well as introduce new people to our team."

The Borough Council of King's Lynn & West Norfolk can be found on the following social media channels:

Facebook: facebook.com/BCKLWNnewsandevents/

Twitter: twitter.com/WestNorfolkBC

Instagram: instagram.com/bcklwn/

The Reprocessors' Challenge can be found at storiesoflynn.co.uk/learning-during-isolation/

CLlr Stuart Dark, cabinet member for Emergency Planning / Response to Covid 19 said: "These activities, aimed at giving people something to do while staying at home, are also meant to help with the positive well-being of our residents at this challenging time. And by staying at home, people are doing their bit to help the overall effort to put a halt to the spread of this virus. We thank everyone who can help in this way.

"Remember the advice is 'act like you've got it. Stay home, protect the NHS and save lives.'"

West Norfolk residents encouraged to make the most of garden activities

“Composting is quite straightforward. It’s just common sense.”

That’s the advice from Derek Cosby, Plot Manager at Northfields Allotments in Hunstanton which comes as - given the current situation in the UK - more and more people may be looking for different ways to dispose of food and garden waste.

According to the Royal Horticulture Society, not only is composting the most environmentally-friendly way of dealing with kitchen and garden waste, it also results in compost that can be used as an ‘excellent soil improver.’

And Derek agrees. “There is so much stuff going to landfill now but it’s surprising how many different materials you can use on a compost heap. I use whatever I can on the allotment. It’s much better for the environment, and I get a great fertiliser at the end of it.”

One common misconception is around the space needed for a compost heap but Derek explained: “You don’t need a big garden to have a compost heap, homes with small gardens can have one just as easily.” His remarks are echoed by the Royal Horticulture Society who suggest it may only be the smallest of spaces where a compost heap may not be possible, in which case, an alternative could be worm composting.

Composting also has the advantage that it can be done all year round and you don’t have to be a keen gardener to be able to compost: “It really is such an easy thing to do and you don’t need much equipment to get started,” said Derek.

Here are some easy tips to get started:

1. The Royal Horticulture Society recommends that composting takes place in a shady area not subject to extreme temperatures. The container should have an earth base so it can drain and have access to soil organisms. This can take place in a composting bin which keeps warmth in and rain out. Or, it could be in a homemade structure as Derek explained: “We have a make do and mend approach at the allotments and we’ve made bins out of pallets and bin liners – with holes in them. I’ve also seen a compost heap made out of old tyres. Anything with sides can work, and you can make a structure to fit your garden.” Similarly, the Royal Horticulture Society also says that an open heap not in a container can also compost.
2. The Royal Horticulture Society recommends that a compost heap should include a mixture of soft green materials (such as weeds, lawn clippings and vegetable waste) as well as woody brown materials (such as prunings, leaves, cardboard). Derek added: “There is loads of different stuff you can put in, for example, I put in shredded paper. And the great thing, especially at this time of year, is you can keep layering it with grass cuttings which is useful as we’re all cutting our lawns much more frequently when the weather improves.”
3. It’s important to turn the heap regularly as this adds air which is essential for composting. The Royal Horticulture Society suggests that not doing this is often the main cause of poor results. They also recommend that the heap is kept moist in dry weather.
4. Compost can take between six months – two years to reach maturity but according to Derek, it’s worth it: “The compost at the end can be almost like a soil which is great for your vegetables.”

Councillor Ian Devereux, Cabinet Member for Environment commented: “We know that many people are keen to make changes that benefit the environment, and particularly, may be thinking about different ways to get rid of household and garden waste at this time.

“Composting is an easy way to do this, and I am really grateful to Derek for sharing his thoughts and advice which may help people to have a go at establishing their own compost heap.

“What seems so useful about composting is the great range of food and garden waste that can be used for this purpose, and of course, how simple it can be to set one up.”

More information can be found from the Royal Horticulture Society: <https://www.rhs.org.uk/advice/profile?pid=444>

Garden activities for children

It's not just adults who may want to be getting out into the garden at this time of year and whilst we stay home and stay safe this April, there is a whole host of activities which children can enjoy in the garden. These could include:

1. Making a sign for a compost heap
2. Making a pressed flower frame
3. Creating a drinking tray for birds
4. Designing a measuring stick for plants
5. Keeping a garden diary
6. Setting up a garden trail
7. Being a nature detective
8. Painting rocks
9. Creating a fairy garden or pot
10. Building a den

Councillor Elizabeth Nockolds, Borough Council of King's Lynn & West Norfolk Cabinet Member for Culture, Heritage and Health said: "With the weather getting nicer, we know that many families will want to be outside. But at this moment, it is vital that we stay home and stay safe and make the most of our own gardens, if we have them.

"There is a whole range of crafts and activities available online, using resources we may already have in our homes and gardens, which families can enjoy together.

"What is vital is that we all enjoy being outside safely at this time."

More great ideas and activities can be found here:

<https://growingfamily.co.uk/gardening-with-children/60-fun-garden-activities-for-when-stuck-at-home-with-the-kids/>

<https://www.rhs.org.uk/education-learning/gardening-children-schools/family-activities/Activities>

<https://www.gardenersworld.com/how-to/grow-plants/10-gardening-projects-for-kids/>

<https://www.childrensgardeningweek.co.uk/fun-things-to-do/>

Cllr Elizabeth Nockolds added, for those that don't have their own garden, but live close to a park, beach or area of public open space, there is still an opportunity to get outside for your daily exercise, be that a run, walk, skip or jump. Signs have been placed in council parks to encourage people to follow the social distancing rules while still being able to enjoy being outside. We thank everyone who is doing their bit by staying at home and helping to prevent the spread of this vile illness. No-one is immune, so it is vital that we all continue to following the guidance - stay home, protect the NHS, save lives. The council is doing all it can to support the vulnerable in the community and we need everyone to do the same."

The Borough Council would love to see people's photos of their garden crafts and activi-

ties, for example bug hotels, garden trails, or planting. Please share these to the Borough Council's or Love West Norfolk's social media accounts and maybe inspire others with your green-fingered activities!

The Borough Council's allotments remain open but strict guidance has been provided for each site.

Community co-ordinating hub established and help getting out to those most in need

Council's across Norfolk and the rest of the country have been setting up community hubs so that the promised government support can get through to those most in need in our communities. This includes providing food essentials, collecting prescriptions and medicines, ensuring that people feel safe and making sure they know who they can turn to in their times of need.

The Government announced it would be stepping in to directly support about 1.5 million people identified as vulnerable across the country, and council's across Norfolk are actively contacting those people identified in their districts.

But public services in Norfolk were aware that the list would not identify everyone in their communities who need support. A Norfolk-wide helpline was established and community volunteers, local charities and council staff stand by to assist those who need it and are not being helped already.

West Norfolk is no exception. With the expert knowledge provided by our Lily service and their network of co-ordinators, over 500 calls have been made to residents on the Government's shielded list to find out what they need and how they can be supported. Many of the staff dealing with the calls have been redeployed from other areas of the council, to ensure the calls are worked through as quickly and efficiently as possible.

In addition, letters were sent out to every resident by all Norfolk councils, referring them to the helpline number 0344 800 8020 if they feel they need assistance for essential food items or medicines, or wellbeing support. Calls to this line go through a triage process so that people are directed to the organisation that can help.

Calls for residents in west Norfolk, that are not related to health or social care are answered by our council information centre staff and staff redeployed from other teams. A new call centre has been established, dedicated to handle these calls only. Staff have been trained specifically on what support can be provided. They give people who are isolated and vulnerable, who are not on the shielded list, help, support and signposting to other organisations. The feedback from people that have been helped has been phenomenal.

Cllr Brian Long, Leader of the Borough Council of King's Lynn & West Norfolk, said: "We have been inundated with offers of help from community, parish and church groups that have set themselves up to support people in their villages and parishes, and from businesses who can offer deliveries or free supplies. It is totally humbling and very, very welcome. The Lily team have collated all this information on to their website so that people can find out what is available in their own communities and so that people who are handling the calls can also get in touch with local community groups who may be able to provide assis-

tance to residents in their area.

“So far, that approach has proven to be very effective. We are all helping each other to make sure those that are vulnerable, isolated or in need are getting support. What is really heart-warming, is the number of stories we are hearing about how neighbours are helping their elderly neighbours, safely, either by doing errands or just being available at the end of a phone. The number of small and large community groups that have set themselves up as a source for support for their local people has been beyond anything we could have expected. We’ve even had businesses, such as Crane Buildings offering people and vehicles to run errands or undertake physical work if this is needed to make life safe for vulnerable people.”

A host of businesses have also assisted with the development of a physical food hub, where food parcels are put together to help those who are unable to access the basic supplies that they need. This is the centre where the Government food supplies are dispatched from, along with support for those who are in emergency need of supplies and cannot get out or have no support networks of their own. The borough council wants to give a big thank you to the following companies who have helped get the premises established in such a short space of time.

Shaun Hodgson Engineering Ltd
AMR Group
Smith Building Services Ltd
West East Anglia Asbestos Ltd
Brights Cleaning Services
Beacon Water Treatments Ltd
UK Fire Safety Management Ltd
Focus Security
1-2 Call Drainage & Groundwork Ltd
Nationwide Pallet Racking Services Ltd.

The council has been working closely with King’s Lynn Food bank, local supermarkets and other suppliers to make this food hub work.

Cllr Stuart Dark, borough council cabinet member for Emergency Planning, said: “The first food parcels went out this weekend, and we have responded to numerous requests for assistance through referrals to Lily of from the vulnerable list and from calls to the dedicated helpline. We are delighted that we are up and running and already providing much-needed support to people in our communities.”

“The feedback we are receiving from the community is amazing, whether it’s been about supplies people can’t get hold of such as baby formula, or collecting and delivering medication, or simply being available to provide reassurance. Many, many vulnerable people are isolated and extremely anxious, the team members are able to help alleviate their fears and help them feel less isolated. They are then referring on for befriending support through Lily if this helpful. The team are also able to make referrals through the GoodSam app, which offers four types of support including check in and chat and community sup-



SEE SOMETHING
HEAR SOMETHING
SAY SOMETHING

These are difficult times and families are under huge amounts of pressure - we are here to help

If you hear something or see something that makes you feel worried about a child living nearby, please let us know



Norfolk Safeguarding
Children Partnership

0344 800 8020



Norfolk
County Council

In an emergency call 999

Help us to keep Norfolk's children safe

HEAR SOMETHING

port.

"I am pleased to say that community spirit is alive and well in west Norfolk and we are all truly grateful for the way so many groups, organisations and individuals are coming together to help those most at risk. I would also ask, that those who are able to help themselves using the information available on community websites and Facebook pages and on the asklily.org website, should do so. This frees up phone lines for our staff to deal with those people who are unable to help themselves or who have complex needs. I would also ask that if anyone has friends, family or neighbours who are not on social media or in receipt of a local newspaper, they share this information with them when they call them."

"All this work is helping to protect those who need to remain isolated. My message to everyone else is to follow the updated guidance which is 'act like you've got it'. This weekend, more than ever we need people to stay home, protect the NHS and save lives."

Anyone who feels that they can volunteer should go through the Voluntary Norfolk website <https://www.voluntarynorfolk.org.uk/>, businesses who are able to offer support should email covidbusinessresponse@voluntarynorfolk.org.uk.

Working with the Norfolk Community Foundation, councils have launched a Covid-19 Community Response Fund, which will be directed to charities on the front line of caring for people across the county. To make a donation visit the Norfolk Community Foundation website www.norfolkfoundation.com/giving-philanthropy/covid19communityresponsefund/

People are asked to keep checking the Borough Council of King's Lynn & West Norfolk and Norfolk County Council websites and social media channels for updates.

The county-wide helpline 0344 800 8020 is open 9am to 5pm Monday to Friday and for emergencies on Saturday and Sunday between 10am and 4pm. Arrangements for the Easter weekend are being made and further updates will be provided.

Safe funerals during the Coronavirus outbreak

To help reduce the risk of spreading Coronavirus (COVID-19) residents in west Norfolk are being reminded of new guidance to ensure funerals are conducted safely and are consistent with social distancing rules.

Government guidance explains that, with certain precautions, funerals should continue to take place. To help reduce the risk of the highly infectious disease funeral directors and faith leaders are advised to restrict the number of mourners who attend. The main rules are:

- Only members of the deceased person's household or close family members should attend.
- A safe distance of at least 2 metres (3 steps) should be maintained between individuals.
- Any individual displaying symptoms of COVID-19 should not attend.

- Those who do attend will need to adhere to social distancing at all times, including travelling to and from the funeral.
- In addition, the guidance advises that since there is a small but real risk of transmission from the body of a deceased person, mourners are strongly advised not to take part in any rituals or practices that bring them into close contact with the body of a person who has died from or with symptoms of COVID-19. Practices that involve close personal contact with the deceased should only be carried out using the correct personal protective equipment (PPE).

Chris Black, Cemeteries and Crematorium Manager for the borough council, said: “Losing a loved one at any time is a sad and distressing experience and, under normal circumstances, funerals are the perfect way to come together with friends and family to celebrate a person’s life. Unfortunately, due to Coronavirus, we must stick to the new guidelines of limiting the number of mourners and sticking to social distancing guidelines.

“These are in place to protect vulnerable people as well as our staff who continue to deliver a vital role during the pandemic.

“There is currently no fee for live streaming of funeral services at Mintlyn Crematorium. This gives friends and family of the deceased the chance to watch the service in the safety of their homes.”

Full guidance is available from the Government website: <https://www.gov.uk/government/publications/covid-19-guidance-for-care-of-the-deceased>



Update on what the NHS in Norfolk and Waveney is doing to respond to coronavirus (16 April 2020)

Testing people for coronavirus

- We have a community swabbing service in operation seven days per week, alternating between Norwich Community Hospital one day and Beccles the next. Arrangements are being finalised to provide testing in West Norfolk, which we expect to be in place from Monday, 20 April. This will make it easier for people in the area to get tested.
- This week the NNUH’s testing capacity has risen from 150 tests per day to 1,800 per day. They are now offering tests to help NHS staff beyond the NNUH to return to work, and from next week will be increasing testing of other key workers, such as care home workers and community pharmacists. This is by pre-arranged appointment only to manage demand.
- We are going to receive a significant boost to our testing capacity. It has been agreed that volunteers from all research organisations on the Norwich Research Park are going to be working together with staff at the Norfolk and Norwich University Hospital to test frontline NHS workers. The additional resource could see testing capacity

increase significantly in the long-term, providing thousands of tests each day, while still delivering results within 24 hours.

Personal Protective Equipment (PPE) for health and care professionals

- Our main NHS Trusts, including our hospitals, continue to report adequate stock of PPE. Last week we received a delivery of PPE from the national 'push' out, which contained 14,000 masks, 21,500 aprons, 57,500 gloves and 8,200 goggles. This is primarily for smaller providers, like GP practices and social care. We expect another delivery this week.
- To supplement this, last week the Norfolk Local Enterprise Partnership launched a campaign to ask local businesses to provide details of PPE which they have available in stock or their capacity or capability to produce equipment. 74 businesses have already responded to the Norfolk campaign, and Suffolk County Council has previously also made an appeal to local businesses too. The stock we have secured as a result will primarily be for smaller providers like care homes and GP practices, who have less PPE supplies. As well as attracting additional stocks of PPE, this work will also coordinate the logistics for distributing it. Any support to magnify our PPE campaigns would be welcome.
- There have also been some really excellent examples where our larger NHS trusts have been able to offer mutual aid to by releasing their own stock. For example, in the last couple of weeks the NNUH has kindly supported a number of GP practices in central Norfolk and in the Great Yarmouth and Waveney area who were running low on stock.

How our three acute hospitals are preparing

- The three acute hospitals have put in place measures to significantly reduce planned care in order to create capacity to care for people with coronavirus. We are also seeing a dramatic reduction in number of patients being seen at A&E in all three hospitals – greater than 50%.
- The hospitals have also rapidly rolled out digital solutions, for example the NNUH has made changes so that 60% of first outpatients now happen digitally, the QEHL are now doing 70% of outpatient follow-ups digitally and the JPUH are also using digital technology for outpatient appointments.
- We currently have good critical care capacity across Norfolk and Waveney compared to other areas. The three acute hospitals have all developed plans for increasing ICU capacity ahead of the expected peak. For example, the QEHL normally has 13 beds in its ICU, but they have plans in place to quadruple ICU beds to 52 as and when they are needed – this is based on regional planning assumptions. The hospital also has a phased plan to expand their COVID-19 wards (across 12 wards), as they see more COVID-19 positive patients.
- A second Emergency Department opened at the NNUH last week. The Arthur South Day Procedure Unit has been turned into an extra ED to treat patients with confirmed or suspected COVID-19. The existing ED is being used for non-COVID-19 related

illnesses and injuries. Work has also begun on a 10-bed isolation unit to support the Trust's management of COVID-19.

- Our capacity is also being boosted by registered clinicians returning to work. For example, the QEHL has been approached by more than 70 former clinicians who want to return to the front line.

How we are working together to discharge people from hospital

- Local health and care organisations are working together to source further community capacity to help us create space in our hospitals. We are following the national guidance that no-one should stay in hospital once they are deemed medically optimised to leave. Over the past few weeks we have established 153 additional beds at existing sites to support the discharge of patients from hospital.
- We are working to secure further beds within community hospitals, care homes and the hospitality sector ready to meet the forecast demand in the next few weeks. This will help to make sure that we are prepared for the increase in people needing to be discharged from hospital at the peak of outbreak.
- Caring for people in the hospitality sector reduces the time that care staff spend driving and increases the time they spend looking after people. So we are looking at supporting more people in these venues, including some people who under normal circumstances would be supported at home, because it would enable us to provide the best support to people with the resources that we have.

Time-critical procedures

- The three acute hospitals are now working with the Spire Norwich and BMI Sandringham to provide the majority of the planned care which has not been postponed. Across the country, hospitals like these are being used for time-critical procedures, including cancer care.
- Activity started being undertaken at the Spire on 1 April. Services that have moved to the Spire include theatre activity across a number of cancer and clinically time-critical procedures, including trauma activity. Day case and outpatient procedures are being undertaken within urology (lithotripsy) and dermatology (skin cancers). Radiology CT services are to commence this week.
- Cancer and critical outpatients that have to be undertaken face-to-face, as well as chemotherapy and midwife-led clinics, are due to start at the Spire within the next two weeks. Work is also being done to establish pathways for cardiology, phlebotomy and gynaecology outpatient services.
- Only breast cancer patients are going to the BMI Sandringham for theatre procedures. This started on 30 March. The site is also being used for some post-operative care for patients who were treated at the Queen Elizabeth Hospital and then transferred, however BMI are not undertaking any outpatient activity.

How GP services and primary care are changing how they work to care patients

- **‘Hot sites’ for patients with coronavirus (or coronavirus symptoms)**
 - New arrangements are being put in place for people with coronavirus (or coronavirus symptoms) who need to see a GP or practice nurse face-to-face.
 - Most people with coronavirus do not need to see a doctor. They should follow NHS advice to self-isolate and treat symptoms with rest and sleep, drinking plenty of water and taking paracetamol to lower their temperature.
 - Some people will need to see someone face-to-face though, but they won’t be so unwell they need to go to hospital. So we’ve started introducing ‘hot sites’ where people who need an appointment with a GP or practice nurse can go, if invited for a face-to-face appointment.
 - There’ll be some ‘hot site’ surgeries where only people with coronavirus will go. In larger GP surgeries they will have ‘zoned’ areas to separate those with and without coronavirus.
 - By designating some surgeries as ‘hot sites’, it will mean that some patients will need to go to other surgeries in order to see a doctor and possibly have to travel further. We are grateful to patients for their understanding in these unusual times.
 - If people are advised by their doctor or nurse to come in for a face-to-face appointment, they will be told exactly what to do and where to go for their appointment. Upon arrival, a member of staff will invite them in for their consultation or will see them in special drive-through arrangements, which may include a drive through blood test. The instructions will depend on their medical need and what local arrangements have been put in place.
- **Support for high-risk patients**
 - We are writing individually to c28,000 people across Norfolk and Waveney who have either been identified by the NHS nationally or by their GP as being at high risk from coronavirus. We are sending these people a guide to effective ‘shielding’, plus an invitation to send their local Primary Care Network daily updates on their health.
 - If a patient’s daily update on their health causes a concern, their practice can intervene. If they cannot go online to send an update, or if they haven’t sent an update for a week, they will be phoned (by CCG staff) to check they remain well and their update will be entered into the system for clinical review. The first of these calls took place on Saturday, 11 April.
 - 80 of our 105 GP practices have signed-up to this so far and the majority of the letters have already gone out. This work is being done using a ‘risk stratification’ tool called ECLIPSE, which has been pioneered in West Norfolk and is thought to be a unique approach to helping those people at greater risk.
- **Using digital technology to care for patients**
 - GP practices across Norfolk and Waveney have undergone a revolution in the last few weeks, shifting to a total triage model to protect their staff and patients. Over

60 of our practices are now offering online consultations, enabling their patients to contact them online via their websites. And 37 of our practices are now offering video consultations, with 40 more practices going live imminently.

- The CCG has provided primary care with a further 400 laptops to enable virtual clinical teams, home visiting teams and care home teams to access clinical records outside of the GP practice and to use digital tools to deliver care and clinical supervision. This is enabling primary care clinicians who have to work from home to continue to provide support to patients. The CCG has also distributed 40 iPads, 200 webcams and 140 headsets to practices.

How mental health services are supporting patients and the wellbeing of our staff

Helpline for people experiencing mental health difficulties

- On Wednesday, 15 April, Norfolk and Suffolk NHS Foundation Trust (NSFT) launched a 24/7 helpline offering immediate support for people experiencing mental health difficulties during the coronavirus pandemic.
- The freephone service, called First Response, is staffed by mental health professionals from the Trust. It provides reassurance, self-help advice, support and signposting designed to avoid the need for people to attend hospital, except in the case of a medical emergency.
- The helpline is available to members of the public of any age, regardless of whether or not they are an existing NSFT service user. The line is also open to other healthcare professionals, such as GPs, ambulance and social care staff, who need to make referrals or seek advice when working with people undergoing mental health difficulties. First Response is available on 0808 196 3494.

Support for children and young people's mental health and emotional wellbeing

- We have created one place where people can find out how to access mental health advice and support for 0-25's in Norfolk and Waveney: www.justonenorfolk.nhs.uk/mentalhealth. On the website people can find out how they can get advice and support without the need for a referral. The support available includes:
 - o Under-18s can contact Point 1 on 0800 977 4077 or Point1-support@ormistonfamilies.org.uk
 - o 18-25 year olds can contact Wellbeing Service on 0300 123 1503 or visit www.wellbeingnands.co.uk
 - o Parents and carers needing general advice can phone Just One Number on 0300 300 0123, text Parentline on 07520 631590 or visit www.justonenorfolk.nhs.uk

If people need more specialist help, these services will make sure they get to the right person. Please help us by sharing the link to Just One Norfolk with parents, carers, children and young people.

New phone services to help protect Norfolk's children and young people

A new phonenumber has been launched today (Monday, 20 April) to help Norfolk's children and young people during the COVID-19 pandemic.

It comes as the Norfolk Safeguarding Children Partnership launches the second phase of a county-wide campaign to keep children safe at home.

Last week, the county launched its See Something, Hear Something, Say Something campaign, calling on the public to look out for Norfolk's children and report any concerns.

Now, the partnership is reaching out to Norfolk's children and young people, with a social media campaign promoting a new phone line and an extended texting service.

The new phone number 0344 800 8029 will be manned by children's social workers at Norfolk County Council, who have extensive training and experience of working with children.

ChatHealth, which can be reached on 07480 635060, is an existing and very popular NHS texting service for young people in Norfolk. It is run by Norfolk Children and Young People's Services and in partnership with social care will be expanding its support and resources to provide the extended safety texting service.

Children and young people will be able to contact the services if they are scared, or if they are worried about their friends or other young people.

Chris Robson, Chairman of the Norfolk Safeguarding Children Partnership, said: "No child or young person should have to feel unsafe at home but sadly some do.

"Those children will be feeling particularly frightened and isolated in this lockdown but they are not alone. They can call or text us, call Childline, or speak to someone they trust like a friend or relative.

"We know that it might not be possible or might not be safe for some children to speak out, so we also want to urge the public to continue to look out for the children in their community. If you See Something or Hear Something that worries you, please Say Something and call us on 0344 800 8020." With schools closed to the majority of children and children unable to visit friends and extended family or go to their usual clubs it can be harder to spot those at risk.

That's why the partnership, backed by the Norfolk Resilience Forum, has launched the safeguarding campaign and phone services.

The new helpline will be available throughout the current pandemic and will continue when the public health emergency comes to an end.

Norfolk's Youth Advisory Boards have helped feed into the campaign and have pledged to share the materials across their networks.

They are also looking to develop a Safeguarding Ambassador role, with young people appointed to spread safety messages among their peers.

Cllr John Fisher, Cabinet Member for Children's Services at Norfolk County Council, said: "In Norfolk we know that the current situation means children might be at greater risk so

we're being proactive in setting up this new phone service and launching a public campaign to keep people safe. We're also working with young people so that we can get their views and they can help to spread the word.

"Home should be a safe place for children, and it is tragic that some children and young people will be feeling frightened and trapped at this time.

"We are here to help. If you are scared please call us or tell someone you trust. If you are worried about a child let us know – keeping children safe is everyone's responsibility."

The new texting support is an extension of the existing ChatHealth service provided by Norfolk Children and Young People's Services.

ChatHealth offers help and advice to young people about a whole host of issues such as: keeping active, healthy relationships, staying safe and emotional health.

Sian Larrington, Head of Service at Norfolk Children and Young People's Services, said: "As always every clinician, health professional, administrator and manager in our service is here for young people in Norfolk.

"Over the past few weeks we have seen a sharp increase in conversations on ChatHealth and we have worked very hard to give the best advice and support for those young people to stay safe and healthy.

"Keeping young people safe has always been an absolute priority for us and we are glad we can support our partners with ChatHealth. Even during these challenging times, our message is the same, we are here, we can help you, just text us on 07480 635060."

So far, the See Something, Hear Something, Say Something campaign has reached more than 130,000 people via social media and will continue to run in the coming weeks.

Safeguarding calls to the council are still lower than usual and those working to protect children want families and communities to know that services are still here to help, during the current emergency.

An NSPCC spokesperson said: "We know children are dealing with increased worries during lockdown, either about coronavirus or other concerns exacerbated by the current situation, and it's really important that we all look out for their welfare and work hard to provide a point of contact and a place to turn.

"We're really pleased to see Norfolk County Council with their partners working hard in this area. The NSPCC's Childline has undertaken 1,700 counselling sessions in the weeks since lockdown and is available on 0800 1111 or www.childline.org.uk where they can access our message boards and talk to other children experiencing the same worries."

Signs of concern could include:

- Aggressive or repeated shouting
- Hearing hitting or things being broken
- Children crying for long periods of time
- Very young children left alone or outdoors by themselves

Anyone with concerns about a child or family, should contact the County Council on 0344 800 8020. In an emergency contact the police on 999. In a non-emergency the police can be contacted on 101.

Any children that need help can also call Childline on 0800 1111.



**Encourage friends
to tell somebody
if they are
unsafe at home**

**Text 07480635060
or call 0344 800 8029**

 Norfolk Safeguarding
Children Partnership

**Coronavirus sucks, and so does
being away from your friends...**



we hope

that you're

safe at home

If you're feeling

unsafe or

scared



**Don't keep to yourself
we are here to help**

Text 07480635060

or call 0344 800 8029

 Norfolk Safeguarding
Children Partnership

April 15, 2020

GP practices providing extra support and monitoring for vulnerable patients.

GP practices in Norfolk and Waveney are providing extra support for patients who are more likely to become unwell due to coronavirus (COVID-19), through a pioneering initiative which will monitor their health on a daily basis.

Around 28,000 patients in Norfolk and Waveney who are at higher risk of developing complications from the virus will receive a letter from NHS Norfolk and Waveney Clinical Commissioning Group (CCG) asking them to confirm every day that they are well and their conditions are under control.

The letter explains that they have been identified as someone who is more likely to be unwell if they become infected with coronavirus. To help support their health and care, each patient has been allocated a unique 'Covid code' and is being asked to report their health and symptoms on a daily basis via the NHS portal www.nhspatient.org.

Patients will be asked if they or anyone in their family is currently experiencing any coronavirus symptoms such as a cough or a fever. The daily updates will help doctors identify quickly which patients are in need of additional medical or social support.

Patients without access to the internet are being asked to encourage a family member or friend to do this for them over the phone if they are not isolating with them. If patients are unable to do this, they shouldn't worry as they will be contacted by telephone and will continue to be provided with all the usual support services.

The CCG letters have been sent to both the 19,000 people in Norfolk and Waveney who were sent letters as part of a national NHS drive, advising them to shield themselves by staying at home for the next 12 weeks, plus a further 9,000 people that local GPs would like to monitor more closely. This is happening across most GP practices in Norfolk and Waveney.

The letters are being sent to patients in high risk groups, including those who have received an organ transplant, patients with severe chronic obstructive pulmonary disease (COPD) or severe asthma who have been admitted to

hospital in the last 12 months, and those taking immune suppressant medications.

Dr Anoop Dhesi, Chair of NHS Norfolk and Waveney Clinical Commissioning Group (CCG), said: “This initiative is unique to Norfolk and Waveney and uses technology designed by one of our local GP practices.

“The letters will ask patients who the Government and local GPs have identified as being more likely to become unwell if they become infected with coronavirus to report their health and symptoms on a daily basis. This will allow GPs to focus on patients who are most at risk from complications from this virus and will enable them to quickly identify those who are in need of additional medical or social support.

“We are tremendously proud of this pro-active and innovative approach which aims to support and protect the most vulnerable in our communities.”

Alongside the letters, patients will be sent a brochure explaining that they have been identified as being at greater risk of becoming unwell if they catch coronavirus.

The brochure provides useful information about how to self-isolate, the importance of hand washing and social distancing, support with daily living and the importance of keeping in touch with friends and family and accessing medical care.

Patients are also reminded that help is also available from: www.gov.uk/coronavirusextremely-vulnerable or by calling 0800 028 8327, the Government’s dedicated helpline.

The CCG letters are in addition to the important letters that patients may have already received from either local councils or the NHS. It is another way that the local NHS and local councils are working together to keep people as safe and well as possible.

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We hope to be open mid-May once we have measures in place to ensure a safe environment for both staff and customers.

Updates will be posted on our Facebook page.

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