**Runcton Holme News & Info June 2017**

Welcome to the latest edition. In the last edition, it was said that could be the final edition in this format as the plans are to expand the Newsletter into a magazine format and introduce some paid advertising. Best laid plans etc. as this would involve more work putting each edition together, it would need somebody with a bit more time available, currently that is not an option so the format remains the same. If anybody with a bit of experience would like to take this on then please make contact, you will need a pc.

A litter pick was held recently by volunteers and a number of bags of rubbish were collected from around the Parish, thanks to all those who helped though why should volunteers have to pick up other peoples rubbish.

The District Council now have a link with the Inland Revenue to check up on Housing Benefit Claims, the Revenue can provide the Council with details of claimants income to check eligibility on claims.

The District Council are now running a program called “My Account” where subscribers can:- View council tax bills online, check when council tax payments are due, report issues like fly tipping and track progress on those reports, manage housing benefit and council tax support claims and view FAQs about borough council services.

To access this service you need an email address and then register at: - [www.west-norfolk.gov.uk/myaccount](http://www.west-norfolk.gov.uk/myaccount) much of this information can already be accessed without registering on “My Account” and giving your email address-choice is yours.

Norfolk Police are reminding people to stay alert following the recent incident in Manchester and to report any suspicious activity on 0800789321 or in an emergency 999, remember in this hot weather to lock doors and windows if you go out and even if you are in the back garden or elsewhere on your property to consider locking your front door. Beware of doorstep callers, get a vehicle registration number if you are able and make a report if you are at all suspicious.

Do you have a private pumping station on your property or know of one that is private, responsibility for these has now passed to Anglian Water.

 **Flooding**

Highways claim to have fixed the problem at the junction at Thorpeland Lane-time and a heavy rain will tell. We now have the inspection of the drains on School Road to be carried out by Highways – one down and one to go. There is also a problem with drainage at the junction with College Lane and School Road, Highways and Anglian Water say the problem is not theirs and rests with the various landowners. Hopefully the persons involved will get together and establish the rights of ownership.

 **Paperbank**

The container does state “No Cardboard”, a lady is continuing to place some flattened cardboard boxes into the container, this is at least the second time the options for the container providing company are to remove the container permanently and treat the cardboard as fly tipping. Cardboard can be placed in your green waste bin – have you lost your green bin?

(1)

**NEWS FROM THE MEDICAL CENTRE**

News from the Medical Centre

Staff changes

Many of our patients will be sad to hear that Dr Ghosh has moved on to pastures new and is now working for Vida Health in their King’s Lynn practice. We wish her all the very best for her future career. Our new Practice Nurse, Kirsty, has just started with us and will be sitting in on various clinics over the next few weeks to get the hang of the computer system and how we organise things before starting her own clinics later this month; we will then be back to our usual complement of nursing staff and are very pleased to welcome her to the Team. We have 2 new receptionists and another new member in dispensary starting soon following Lisa’s appointment to another post in Downham Market.

There has been a lot of NHS information in the news lately particularly relating to costs and funding. As you may already be aware we are being asked to encourage everyone to purchase those over the counter treatments that are easily available and, for the most part, are items it is wise to keep in your home medicine cabinet anyway. These include such medicines as paracetamol, ibuprofen, anti-histamines, cough medicines and antacids for indigestion. It is possible some holiday vaccinations which are currently free may also be charged for. It is estimated that the NHS could save £128 million per year by people doing this and this money could then be used elsewhere in patient care. Our Pharmacist will be very happy to give information regarding a variety of ailments and their home treatments and also advise when it would be more appropriate to seek further advice from a doctor or Nurse Practitioner about symptoms or medications. He can also advise whether over the counter treatments are suitable to take alongside any prescribed medications you might also be taking. If the NHS is to continue providing the level of service that it does, we all need to try to reduce the pressures we make on it - buying our own pack of paracetamol rather than having it prescribed on an NHS prescription is an excellent place to start.

We are nearing (or for some of you we are already there) the hayfever season- some people just need a daily antihistamine tablet to keep things at bay but some benefit from eye drops and nasal sprays as well – stock up now so you can start them when your particular allergy kicks in – each of these types of treatment can be bought over the counter and there are several different types of each to try if one isn’t as effective as you had hoped. Some people suffer badly during the exam season so it is worth trying out what works best for you ahead of time.

Please see our website for other useful information and information about on line ordering, opening times, telephone numbers, services and staff.

Dr Sue Buckland

(2)

**RUNCTION HOLME BOWLS CLUB**

The bowls green in now open!!.

Anyone who is interested in playing bowls, whether experienced or a complete beginner, is more than welcome to come along on a Sunday and either just watch or join in. None of the competitions is taken too seriously and one of last year’s winners was a ‘volunteer’ who was ‘press-ganged’ from the social club. There are normally spare bowls that can be borrowed for the day if required. The only requirement is that flat shoes must be worn when on the green.

Further details can be obtained from: Peter Thurston 01553 810066 Adrian Baxter 01553 810400

**Friends of Runcton Holme School**

**Friday 23rd June Bingo-**Organised by the Friends-Eyes down at 7-30pm at the SocialClub. Venue donated by the Social Club, proceeds of the bingo sessions and raffle to the **Friends** to further projects at the School and benefits for the pupils at the School.

**Sunday 2nd July** **“Summer** **Extravaganza” The Village Fete** this is being held in conjunction with The Friends, Runcton Holme Social Club, 2nd  Runcton Holme Scout Group and supported by the Parish Council.

10-00am onwards at the School Field and the Playing Field.

Car Boot - £5 a Pitch, Outside Stalls Welcome, BBQ, Cake Stall, Hamper Raffle, Tombola, Car Rally Quiz (starts at 2-00pm - £5 per car), Brick A Brac, Refreshments, Lucky Dip, Games, Scarecrow Competition £1 entry fee and much more.

Offers of help, application for a stall, enquiries to the School in person or telephone 01553 810394 Watch noticeboards for further information.

**Church News – St James, Runcton Holme**

During this period of interregnum, we continue to offer services at our Church with the help and support of local retired clergy and lay readers. We are very grateful to them all.

Services you may especially wish to support are given below.

28th June 7.30pm. Watlington Church – joint evening service for all the member churches of the new Benefice under the Deanery plan. Refreshments from 6.45. Canon David Pritchard can join us.

23rd July 11am Runcton Holme Church Patronal Festival – Rev Derek Brown

30th July11am Open Air Service at Stow Hall, Stow Bardolph. Bring a picnic lunch.

Details of all services on the Benefice website and also the noticeboard.

 (3)

**Parish Hall**

The Parish Hall Committee continues to host fund raising activities including our popular monthly Coffee Meets. The next Meets are on June 16th, July 14th, August 18th and September 22nd. Do try to come along for a cup of tea or coffee and a piece of cake with fellow villagers. We are very grateful to Brenda Redfern and her team for all their hard work with this activity. Following on from last year’s successful Auction we are planning another-see below.

We are using the funds we have raised so far for renovations and repairs on the Hall. Currently the exterior windows and doors are being repaired and painted. The roof joint over the entrance is due to be repaired in the next few weeks. The boundary wall desperately needs repair and we are pursuing a number of estimates to do this work.

The Hall is available for hire for activities you may want to share with others. Any suggestions would be gratefully received and we would be happy to help organise them.

Chris Snell

 **THE AUCTION -** Unfortunately due to illness, the Auction has had to be postponed-look out for a new date.

**Macmillan**

Val Williamson will be holding her annual afternoon event in her garden in August, all proceeds go to the Macmillan Unit at the Queen Elizabeth Hospital – a very worthy cause.

Look out for the date.

**Runcton Holme Social Club**

The Club has received its “Club Of The Year” award from CAMRA.

Any Dart players or Crib players out there who would like a game please contact the Social Club.

Any Parties, Anniversaries, Wedding Receptions, Meetings etc., the Club can provide the venue at reasonable cost with the additional option of catering.

Saturday 10th June – Northern Soul start at 7-30pm admission £3

Friday 23rd June – Friends of School Bingo – eyes don 7-30pm

17 June     -- Shake Rattle & Roll, 50's, 60’s and Rock & Roll

Saturday 24th June – Quiz 8-30pm

Sunday 2nd July – Summer Extravaganza in conjunction with the Friends of the School, 2nd Runcton Holme Scout Group and Parish Council

Saturday 29th July Marshland Follies (1960’s and beyond)

Saturday 26th August – Northern Soul

Saturday 9th September Quiz

Saturday 16th September Mark Silva’s Oldies Show

(4)

Noted Liars Project - Reviving Fenland memories and traditions in primary schools

All the primary schools in the Downham Market area (including Runcton Holme School) are taking part in this Heritage Lottery funded project. The main focus of the work enables pupils to learn about aspects of life in the Downham and the surrounding rural area approximately 100 years ago, seen through the eyes of two men who were encouraged to write about local heritage by Enid Porter of the Cambridge Folk Museum.

The first year has concentrated on the writings of Arthur Randell from Magdalen. Arthur was born in 1901 and spent most of his life working on the local railways in the Fens; his great love, however, was observing the fauna and flora of the Fenland. He followed the family tradition of mole catching, his father having been responsible for controlling moles along the banks of the Ouse all the way from Saddlebow to Denver Sluice.

Pupils have looked at life in the past through his stories and recollections. They have written plays based on the heritage that have been performed to their communities. The culmination of the 2017 project sees performances at the King’s Lynn Corn Exchange.

**Did you know or are you related to Arthur Randell? We would love to hear from you, please contact St Germans Primary School on 01553 617246.**

 YOUR CHANCE TO RAISE FUNDS FOR THE MAGPIE CENTRE

Trinity Rotary Club, Kings Lynn, and the Magpie Centre, home of West Norfolk Riding for the Disabled Association, are holding a Walk and Run event on Saturday, June 17 in the fabulous grounds of Wallington Hall, South Runcton, PE33 0EP. Find us on the A10, about three miles north of Downham Market.

The event comprises a marshalled 10 kilometre run, for more athletic participants, starting at 9.30 am, and also a shorter walk for younger, and older, families to enjoy, starting at 10.00 am, all within the grounds of Wallington Hall, which is a private estate.

This is your chance to run or stroll around the grounds, see the Magpie Centre horses and ponies grazing in their paddocks, and, if you’re lucky, you might even spot a deer. We are most grateful to John and Tian Plaxton, owners of Wallington Hall, for allowing this event to take place, so do, please support the event, at which well-behaved dogs on leads are permitted.

Entry fee is £7.50 so get your entries in now. Under 10’s go free. To enter call John Taylor on 01553 840592, or email john.jayne1942@gmail.com or call the Magpie Centre on 01553 810202.

Parking is free, and refreshments, including a BBQ, offering locally-sourced produce, will be available all day. Proceeds will be divided between the Magpie Centre and Trinity Rotary charities.

Sunday July 2 sees the Magpie Centre Open Show, including ridden and in-hand showing, dressage, show jumping and a handy pony competition. Details are on Horse Dates and schedules will be appearing in tack and feed shops any time soon.

And if you’re not on holiday, don’t miss the fantastic Craft and Country Fair, scheduled for Sunday August 20, 10.00 am – 5 00pm, again at Wallington Hall. Attractions include an indoor Arts and Crafts Fair, Classic Lorries, Cars, Tractors and Motorbikes, Trade Stands, Pony Rides and Carriage Drives, plus BBQ and refreshments.

For exhibitor, catering units and trade stand details, contact Graham Adderson on 01366 388478 or 07957 335104, and for Craft Fair stands, call 01553 672756 or 07725 163758.

We look forward to seeing you all.

**Next Issue**

 It is anticipated that the next issue will be out in September so any info, news, articles etc. to be submitted by the 30st August. Submission can be by email, Times New Roman 12 point appreciated. Space limitations may apply.

Queries and contributions to this publication to:-

Bob Pearman pearman.books@idnet.com

Brenda Redfern bjredfern42@aol.com (5)

INFORMATION PAGE.

Important and Useful Telephone Numbers.

Parish Council

Parish Clerk - Pippa Winson, 37 Ullswater Avenue, South Wootton, Kings Lynn PE30 3NJ

01553 674382 runctonholmepc@btinternet.com.

Linda Brady

Derek Caley

Chris Garner

Shaun Partridge

Bob Pearman

Brenda Redfern

Chris Snell

Ray Wales

Borough Council 01553 616200

Borough Councillors Michael Howland

Geoff Hipperson.

County Council 0344 800 8020

County Councillor: Brian Long 01945 430169

Elizabeth Truss MP 01842 766155

Church Wardens Eve Thomas 812189

 Brenda Redfern 811212

Medical Centre: 01553 810253

 Emergency(out of hours) 01603 488488

 Pharmacy 01553 811045

Hospital 01553 613613

Urgent Medical Assistance 111

Life Threatening Medical Emergency 999

Police: Non emergency 101

Electricity emergency 0800 783 8838

Gas emergency 0800 111 999

Public Road Water Leak Anglian Water 0800 771 881

Runcton Holme School 810394

Cats Protection League 01366 382311

Brambles Animal Sanctuary 01366 388456

Downham Market Library 01366 383073

(6)