

Runcton Holme News & Info September 2017

Welcome to the latest edition, the next will be December with Christmas on the horizon, where does the time go to.

You will all have received some literature from the District Council about recycling and a chart showing what and what cannot be recycled in your brown and green bins. The wheel we all received a few years back was most helpful; hopefully an updated version might be repeated in the future.

The District Council are shortly discontinuing the caddy bin liners (pity) and any plastic bag can be used, food waste must be in a plastic bag in the grey bin that is collected from you, any bin that has un-bagged food waste will not be collected. Tesco have announced that the 5p bag they sell to customers is being withdrawn, the other supermarkets are bound to follow suit. .

RUNCTON HOLME THE VILLAGE MEET, COFFEE MORNINGS.

Chat mix coffee cake tea talk discuss, plan, eat, drink, laugh, share, smile, ideas, socialise, meet, gossip, books, jigsaws, dvd's, cds mingle, magazines, seeds, plants, raffle, fruit, vegetables, craft skills, care, friendship, swop, help, individuals, sell, buy, happy neighbour village.

Dates of forthcoming Coffee Mornings.

15th September 2017

13th October 2017

17th November 2017

15th December 2017.

Funds to Parish Hall for Refurbishment and Maintenance.

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

Trafalgar Day-21st October

Any ex Royal Navy, Merchant or Marines who would like to attend a Trafalgar Day Supper to make contact with me.

Phone number 07738 429305 or 01366 387461

Many thanks

Cllr. Mike Howland

NEWS FROM THE MEDICAL CENTRE

Volunteering enriches the soul – Dr. Philip Koopowitz

As I am writing this, I reflect on my busman's holiday as the volunteer medic on an activity holiday for Disabled adults in Devon. I am truly impressed by the other volunteers, who have given up their holidays to assist people with disabilities ranging from severe quadriplegia to Down's syndrome. The age range of the helpers is 18-60 with the majority being students or newly qualified. None are carers in their normal lives, yet they have immediately adapted to the needs of others, and are constantly looking out to see who needs help with feeding, moving or assistance with floating in a swimming pool. I have asked most of the helpers what they get out of the holiday and without hesitating they respond that the pleasure they get from seeing the delight and sense of achievement in the people they are helping is their greatest joy. These are ordinary people who have volunteered and obtained a huge sense of satisfaction from being able to help in an environment which they are not used to. With all the negative stories in our media, it gives great hope that we are still able to take time to assist our fellow humans.

It does not take a lot to volunteer and there are plenty of charities that are constantly looking out for helpers, some on a once off basis and others looking for a greater commitment. Age should not be a factor and I would encourage people to not wait until they retire before looking for opportunities to volunteer. Get involved and help- you may be surprised by the sense of achievement you yourself can attain through spending a little of your time helping others.

With Autumn approaching, we are heading into Flu jab season. We actively encourage as many of our patients to have a flu jab, especially those ages over 65 or those who have chronic diseases. You might be offered a Flu jab by a pharmacy and although we would encourage you to have a jab, please ensure you let us know as we have access to your medical records and need to keep them up to date. We have enough flu jabs ordered to ensure we can vaccinate all vulnerable patients and those that request it. If you are a carer, looking after someone, on a paid or unpaid basis, you qualify for a free flu jab. This would help us reduce the risk of passing flu on to our vulnerable community. The Influenza vaccination campaign has been extended to children and over time the age group of children being offered the nasal vaccine will be extended. Please can you ensure you get your children vaccinated so as to avoid an influenza epidemic. The true flu is a very dangerous disease. We will be running Saturday morning clinics **on 14th October and 18th November**. Please book with reception from early September.

Whilst there are almost daily stories about how the NHS is buckling under constant pressure and increased demand, Watlington Medical Centre is very proud that we are still able to offer our patients access to doctors or Advanced Nurse Practitioners on a daily basis. On occasions we may not be able to offer you an appointment with the doctor of your choice at the time of your choosing, as we have prioritized the demand for patients who have requested same day appointments. There is no easy answer to how we can continue to provide access to all patients but we have found our telephone triage system allows us to assess the problems and provide a timely appointment. We thank you for assisting us with this.

We are moving with the times and our new robotics system is being installed in our dispensary and this should streamline our medicines supply service and hopefully free up more time for our pharmacy team to assist with medication reviews and continue to provide smoking cessation services. We are very proud that Watlington Pharmacy has the highest success rate throughout Norfolk for smoking cessation. Well done to the team.

St JAMES' CHURCH, RUNCTON HOLME.

Medieval churches were full of gilding and brilliant colour from wall paintings and stained glass windows. Stained glass reached its peak in the Middle Ages both as an art form and as an important way of telling the stories of the bible to a mainly illiterate population.

If we fast forward to today, our own church of St James also has beautiful stained glass windows. Not medieval but 1928, the window in the south nave has a glorious window by Veronica Whall depicting the two Marys discovering the empty tomb on Easter morning. The window was dedicated to Florence Anna, the wife of James L. Luddington who died 23rd August 1928.

Veronica Whall was the daughter of Christopher Whall (1849- 1924) who was one of the most important exponents of stained glass of the Arts and Crafts Movement. He wrote the classic manual "Stained Glass Work", and taught at London Royal College of Art, he had many followers and one of his pupils was his daughter Veronica.

Veronica, in the main, created stained glass works for churches and cathedrals. She started out helping her father with his commissions. She has work in Leicester, Carlisle and Gloucester Cathedrals as well as the V&A.; she also has work in France, America and New Zealand.

Veronica Whall 1887-1967.

SERVICES AT St JAMES

17th September 2017

29th October 2017

19th November 2017

17th December 2017

BJR

Macmillan

Val Williamson held her annual afternoon event in her garden in August, a total of £550 was raised which went to the Macmillan Unit at the Queen Elizabeth Hospital, the weather was kind as usual. Big thanks to Val and her band of helpers and all those who attended.

RUNCTON HOLME BOWLS CLUB

The Club had a successful year but a few more players would be welcome for the 2018 season, we are a friendly lot and we have a good green, winning is nice but it is the taking part that matters most.

Further details can be obtained from: Peter Thurston 01553 810066

Adrian Baxter 01553 810400



V INSPIRING WOMEN

As one of the few remaining WIs in the local area we have many members from surrounding villages including Runcton Holme and South Runcton. We are a friendly group with varied interests, why not come along to one of our meetings to see how you get on. You will be warmly welcomed.

It has been very much party time for the Watlington WI ladies and we do know how to party in style. In June we celebrated 50 years of our WI branch. At our actual birthday meeting we were pleased that several past members joined us to partake of some Pimms and Puddings and of course a beautiful cake, all prepared by committee members. The archive display was much visited and a great deal of chatting and reminiscing was done by all. Some further archive material was also brought along from previous members so the collection is steadily growing.

We had our “official” birthday meeting in August as usual and we welcomed around 40 WI members from neighbouring WIs to join us in our celebrations. This year we had a 60’s theme with 60’s music and dancing (the Players even provided us with a glitter ball) and dressing up of course. Many ladies had gone to a great deal of trouble with their outfits, which all added to the fun. We are hoping to post some photos on the Watlington WI Facebook page soon so why not check it out. A great evening with good music and a lot of dancing topped off by lovely food as usual.

We held our first foodie workshop since the opening of the new kitchen in the Village Hall. Saira from “Coriander & Lime” demonstrated everyday Indian cooking including naans and chicken curry which we then thoroughly enjoyed for our lunch.

Look out for further workshops on the website.

In July 6 members joined a “taster” session at Denman, the WI training college in Oxfordshire. As usual, food and company was excellent and we all learned something new, from lampshade making to dancing and much more.

The Open Evening “My Life as an Auctioneer” on 11 July where non-members were invited was a great success, however there were not a lot of gentlemen attending which was a disappointment and we had extra cake just in case.

The WI Programme for 2017 is on the village website Why not check it out at www.watlingtonnorfolk.co.uk – Women's Institute or contact Marion on 01553 810407 or watlingtonwi@gmail.com

Brenda Leedell

Refill Hunstanton

Going for a paddle in Hunstanton? Hunstanton Town Council has arranged a scheme with local outlets for the refilling of water bottles with tap water rather than throwing the bottle away. Plastic pollution kills fish, seabirds and marine mammals and plastic debris is now in the human food chain. Friendly cafes, shops, hotels and businesses welcome you in to refill your water bottle – for free! Just look for the blue Refill sticker’. More details via [Lisa clerk@hunstantontowncouncil.gov.uk](mailto:lisa.clerk@hunstantontowncouncil.gov.uk)

Friends of Runcton Holme School

The “Fete” mentioned in the last News took place, the weather was very good, lots of games for children and various stalls, will this be repeated in 2018, that is down to the organisers to decide-watch this space. If you want it, make your support known to the School.

Halloween Party: Sunday 22nd October at Runcton Holme Social Club: Time to be confirmed.

School open afternoon: - date to be arranged.

Macmillan Coffee Afternoon - At the School Friday, 29th Sept - to be confirmed.

Arrangements for Christmas Outing currently being discussed.

Photos of Improvements made at the School during the summer holidays can be found at the School website <http://www.runctonholmewormegay.co.uk/>

Watlington Station

At around 08.51 hrs on 9th August 2017, a passenger train travelling at low speed when departing from platform 1 at Watlington station, passed over Magdalen Road level crossing with the barriers in the raised position and narrowly missed a moving car...

“Old” £1 coins

These cease to be legal tender in October so banks will stop issuing them and retail outlets should not issue them to customers. Bank will still change them for the foreseeable future and retail outlets ought to accept them, but may not, as they can still bank them with their takings. The new £10 note will be available shortly...

Runcton Holme Social Club – all dates, times and acts may be subject to change, check noticeboards, web site, Facebook or telephone the Club 01553 811552 after 7-00pm Any Parties, Anniversaries, Wedding Receptions, Meetings, Wakes etc., the Club can provide the venue at reasonable cost with the additional option of catering.

What's on:-

Saturday 16th September Mark Silva's Oldies Show

Saturday 5th October QUIZ NIGHT 8-30pm Max 5 per team £1 per person

Sunday 8th October Jammin' Session 12-30pm Roast Lunch available-must be pre-booked

November & December Jammin' Sessions still to be arranged check noticeboards, web site or Facebook

Saturday 11th November QUIZ NIGHT 8-30pm Max 5 per team £1 per person

Saturday 18th November Live Music BEAT DELUXE 60's & 70's music ENTRY FREE

Saturday 9th December QUIZ NIGHT 8-30pm Max 5 per team £1 per person

Sunday 10th December CHILDRENS CHRISTMAS PARTY 2-00pm – 5-00pm

Members children FREE, non-members £5 per child.

It is important that names and ages must be given to Jenny at the Club

By Friday 1st December as each child is given a present at the Party.

Father Christmas in attendance.

Christmas Eve: Entertainment to be finalised.

New Year's Eve Party Live Music by ZOOM DUO this is a ticket only event-buffet included.

Monday evenings-Darts, Tuesday evenings Cribb, Wednesday evenings Ladies Darts,

Thursdays Live Country Music-want to play then come along.

Firework Display

There will be no display this year due to the number of people refusing to pay to come into the event, preferring to stay on the road to watch. This event cost a considerable sum to mount and whilst not aiming to make a large profit, the aim was to break even, not to make a large loss!

Downham Market Lecture Society News

Just three years from now, one long established local group will be celebrating its centenary. Downham Market Lecture Society, formed in 1920 has offered adult education courses in the town on a wide variety of topics.

For many years the Lecture Society has run courses on Thursday evenings but from October will be offering daytime lectures in Downham. New attenders are always welcome and no homework is required! The Society takes pride in the diversity of its subjects and the quality of the lectures. Last year's topics included a 'Close Study of Classic Films' and 'A History of Gardens and Gardening.'

Starting in October the Lecture Society is offering a series of six Wednesday morning lectures on the fascinating subject of 'Royal Wills 1509 – 2008.' This intriguing topic is presented by Michael Nash of the UEA, tutor for the WEA and Royal Historian for BBC Radio Norfolk. Michael has published many articles on historical and legal matters. Each week the sessions will look at different aspects of royal wills including how accepted rules to the succession came to be diverted, the differences between state and personal property, and the controversial question of preventing public access to royal wills.

The course is being held at the Downham Heritage Centre, The Old Fire Station, Priory Road, Downham Market PE38 9JS starting on Wednesday 4th October at 10am to 11.30am. Fees are £27 for the six weeks or £24 for concessions. For more information check out the Society's website on www.dmlecsoc.org.uk . Enquiries may also be directed to 01366 382455 or alternatively email adenny@btinternet.com .

Magpie Centre

Saturday September 23 Our autumn programme begins with an Equestrian Table Top sale at the Magpie Centre indoor school at Wallington Hall, South Runcton, PE33 0EP. on Saturday September 23 from 11 am to 1 00 pm. £7.00 per pitch - £1.00 Entry Children under 12 FREE Set-up from 10.00 am. BBQ and refreshments served all day. No dogs allowed except service dogs. To book a pitch call 01553 828935.

Saturday October 21: Quiz with Hog Roast Supper (vegetarian option), delicious salads and desserts, plus licensed bar at Stowbridge Village Hall, Downham Road Stowbridge, PE34 3PE. 7.00 for 7.30 pm. Teams of 4 to 8 people, or make up a team on the night. Advance booking is essential. Just call 01553 828935. All proceeds to the Magpie Centre, West Norfolk Riding for the Disabled Association.

Magpie Centre (contd.)

Saturday November 18: Art and Craft Fair 10.00 am to 4.00 pm at Stowbridge Village Hall, Downham Road, Stowbridge, PE34 3PE. Refreshments served all day. This is just the place to do your Christmas shopping in warmth and comfort. To book a stall call 07725 163758.

All proceeds to the Magpie Centre, West Norfolk Riding for the Disabled Association.

Thursday December 14: Carol Service at Magpie Centre, Wallington Hall, South Runcton, PE33 0EP, starts at 6.00 pm. Find us on A10, about three miles north of Downham Market. Join us for carols, songs, mince pies, mulled wine/fruit juice, and meet some of our lovely ponies. Admission free. All are welcome.

FYI - price of Quiz/Hog Roast tickets and price of Art and Craft Fair stalls yet to be decided.

As you read this, the summer will be fading into memory, students will have resumed their studies, and the West Norfolk Riding for the Disabled Association ponies at the Magpie Centre, after a well-earned rest, will be back at work, providing rides and carriage drives for up to 114 people with disabilities every week. But the Centre still needs volunteers to help with a wide range of activities. The most pressing need is for volunteers with DIY skills, to lend a hand, during weekdays or weekends, with maintenance tasks around the Centre, based at Wallington Hall, South Runcton, PE33 0EP.. This is an ideal opportunity for retired people or students working towards the Duke of Edinburgh awards and if you have book-keeping or accountancy experience, and can spare a few hours a week, we can use your skills to help our hard-working Treasurer. Hands-on help in lessons, day or evening, is also required. Each rider needs a leader for their pony, plus one or even two “side walkers”, to help them maintain balance, and develop communication skills, so these volunteers are always welcome, but don’t worry – full training is provided. Whatever your role, or field of expertise, you can be sure of joining a happy, friendly team, while knowing that you are helping a very worthwhile cause. Just call the Magpie Centre on 01553 810202 or see our website www.rda-westnorfolk.org.uk. Our autumn programme begins with an Equestrian Table Top sale at the Magpie Centre indoor school at Wallington Hall, South Runcton, PE33 0EP. on Saturday September 23 from 11 am to 1 00 pm. £7.00 per pitch - £1.00 Entry. Children under 12 FREE. Set-up from 10.00am. BBQ and refreshments served all day. No dogs allowed except service dogs, to book a pitch call 01553 828935.

Guitars

Apparently some parents are being asked by their children for a guitar for Christmas, in the next issue of the News there will be a piece about buying an acoustic or electric instrument and where to get one from

Next Issue

It is anticipated that the next issue will be out in December so any info, news, articles etc. to be submitted by the 30st November. 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

INFORMATION PAGE.

Important and Useful Telephone Numbers.

Parish Council

Parish Clerk - Pippa Winson, 37 Ullswater Avenue, South Wootton, Kings Lynn PE30 3NJ
01553 674382 runcionholme@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

Runcion Holme School 810394

Cats Protection League 01366 382311

Brambles Animal Sanctuary 01366 388456

Downham Market Library 01366 383073