

# **Runton Holme News & Info March 2019**

Welcome to the latest edition, another year over and another begins, let us hope that the Beast from the East or any of its relatives avoid the UK this year.

## **Scammers**

There have been numerous reports recently of instances of data theft and other attempts to obtain information by fraudulent means.

Please be aware that residents in West Norfolk are receiving calls from a female who states she is Claire Williams from HMRC that the person receiving the call needs to ring '01908015981' and is quite threatening in her tone.

HMRC are aware and this is a scam so please do not ring the number and just hang up.

There also a number of doorstep callers offering their services or goods for sale, decline their offers.

## **Rubbish Collection**

Sunday 28<sup>th</sup> April at 11-00am, meet at the carpark when the collection of rubbish dumped by the thoughtless will take place, bags, gloves etc. provided by the District Council and of course ultimately paid for by you the ratepayer! See also page 7

## **Dogs**

The District Council has recently passed an order that will prosecute owners who allow their dogs to mess in places where the public have access and the owner does not clear the mess up also dogs have been banned from District Council owned playing Fields. Dogs are already banned from the playing field in the village.

There has recently been an instance in the parish where a dog not on a lead but with its owner and using a public footpath over private land was chasing fowl. Reference to the District Council brought the response that in the circumstances where there are fowl or other livestock on the land, a dog should be kept on a lead and if the dog is worrying livestock, the owner of the land has the option of shooting the dog. Please keep dogs on leads on public highways, pavements and any land where livestock is present.

## **Cycles**

Cycles are banned from the playing field, with the wet weather recently the surface has been cut up by those ignoring the ban. Flying model aircraft was banned many years ago and aircraft includes drones.

## **Playing Field**

The Trees around the field are due for a trim before the birds start nesting.  
The new Climbing frame appears to be popular.

## NEWS FROM THE MEDICAL CENTRE

It seems difficult to believe, but we have been at the “new” medical centre on Rowan Close for 20 years. During that time, we have seen a huge change in the way we deliver medical care, as well as advances in medicine which have increased the treatment options available and increased the number of consultations per patient per year. This in turn has increased the demand on services and I am pleased to say, we have been able to satisfy that demand to a large degree. There will always be times when patients will not be able to access the GP of their choosing at the time of their choosing. This is unfortunately the nature of modern general practice, which has changed from a 24-hour service to one which is focused on ensuring every patient who needs to be seen on the same day has access to one of our clinicians, as well as providing routine appointments for more routine ailments. This balance is something that we are constantly striving to achieve. This will, however, mean that patients may not get to see the clinician of their choosing.

Over the next year, our clinicians will be changing their availability and thus access, as they look at their own work/life balance and try to ensure they remain fresh and capable of continuing to provide the care our patients deserve. I personally will be reducing my patient contact time to 2 days a week, which will allow me to pursue other ventures, whilst at the same time, using my skills and knowledge to continue seeing patients at Watlington Medical Centre for quite some time yet. This will obviously mean that I will have far fewer routine appointments available. We have been lucky enough to recruit Dr Katherine Nichol, who will start with us at the end of May. In order to ensure as seamless continuity of care as possible for all our patients, we have put in place processes so that any of our clinicians can access previous computerised notes, as well as having regular clinician meetings where we are able to hand over clinical care.

As the NHS and society in general embraces the digital world, there are some dangers ahead for dispensing practices like ours. With the ability of prescriptions to be sent electronically, we have encountered issues whereby some patients have inadvertently signed up to receive their prescriptions from third party providers. Sometimes, this is more convenient for some patients. If, however, large numbers of patients move their medication supply away from us, our practice may become less viable and we may need to reduce the services that we provide. We hope that our dispensary and pharmacy provide a good quality service and encourage all patients to use our one-stop shop, but understand the need for choice. For those patients who feel they need some digital help with their medication, we have joined forces with Healthera, who provide an App for smartphones, whereby all your repeat prescriptions can be loaded onto the App, and you can set a reminder to order your Repeats well in time, as well as setting reminders to take your medication on a daily basis if this is what is needed. In addition, we will notify you via the App when your medication is ready to collect. We have over 350 patients already signed up and using it. There is no cost to our patients. Some of our less able patients are allowing a family member or carer to run the App on their behalf, which has improved compliance with medication ordering, taking and collecting. Please contact the dispensary directly who will be able to sign you up.

We are very grateful to the Watlington Gossip for their generous donation, which has allowed us to purchase equipment which will help with the assisting our Respiratory patients to better understand their disease...

Dr Philip Koopowitz

## Watlington Knitters & Stitchers

Would you like to knit these cheery chaps, they are called Trauma Teds, the hospitals and police are always glad of them to give to children when they are distressed, they are a good way to use up small amounts of wool. The pattern can be found on the Norfolk Knitting and Stitching website, or I can give copies. There are plenty of ideas on the website showing things that are needed.

Our group meet at 16 Warren Close, on the third Monday in the month, 2 until 4pm, everyone welcome!

Come and enjoy chatter and a cuppa, while we knit and exchange ideas.

Janet Jones  
KL 810868



## Neil's Corner (an occasional comment on life in general and Village Life in particular)

Well here we are, another Christmas over, unwanted last minute gifts returned to Amazon or some Internet based store, smoochy gift wrapping out of sight so out of mind in the recycling bin, all the recent publicity re the Oceans of plastic forgotten until another time when a "caring" Government feels a pang of guilt.

I recently attended a lecture regarding Bexwell/Downham Market WW2 Airfield, which at the height of the efforts to annihilate us, had a staffing of 2500 personnel compared to a Downham Market population of some 3000 approx., the base also proudly had two posthumous VC!!! The memorial is there today. But who cares or who remembers when they are rushing to catch a commuter train to London, or driving along the A10, which when the bypass was constructed, crushed concrete from the airfield was used! So in a macabre way the Airdrome lives on! whilst countless wheels thunder on to various locations.

2018 was the year when 100 years of the RAF was supposedly remembered, a constant reminder is the model F35b fixed to the outside of Bexwell Kitchens, how many have noticed, and how many will remember that as one of the three Armed Services, pro rata the loss of life was greater than any of the other two!

Do we care that there were 59 English and American bomber bases in Norfolk and even more how many remember, also before I am taken to task, the last time I checked Norfolk was in England so they were English bases and not British!!!

This is not intended as a form of lecture but merely as a reminder that when the chips are down there are many within our shores who can and will say yes to defending the old and young alike should the need ever arise again, but until then please do not forget even if you choose to forgive!!

Finally from 1942-1945 the Castle Hotel was constantly being drunk dry by those who drank to remember and those that drank to forget!!! Has it happened since????

## **COFFEE MORNINGS AT THE PARISH HALL**

Coffee mornings are held in the Parish Hall on Fridays approximately once a month between 10am and Noon. The dates for the next four are given below. The Coffee mornings are social events for villagers to meet, chat over coffee and cake, put the world right, talk about politics and Brexit.....! or just gossip. We have books and jigsaws for sale and sometimes plants. Raffles are held occasionally.

Everyone is welcome, so please come and see what you think.

Funds go the Parish Hall for repairs and refurbishment.

Brenda

15<sup>th</sup> March 2019

12<sup>th</sup> April 2019

10<sup>th</sup> May 2019

## **Forthcoming Services at St James, Runcton Holme.**

We have a Lay led Morning Service on the first Thursday of the month at 10am

Sunday 3<sup>rd</sup> March 11-00am Holy Communion, Revd David Karoon

Thursday 7<sup>th</sup> March 10-00am Morning Service. Lay led.

Sunday 24<sup>th</sup> March 11-00am Holy Communion, Canon William Burke

Thursday 4<sup>th</sup> April 10-00am Morning Service. Lay led.

14<sup>th</sup> April 11-00am Palm Sunday Holy Communion Revd Stephen Leeke

We welcome The Revd Dr David Karoon to be the first Priest-in-Charge of our new Benefice, the West Norfolk Priory Group. David has a challenging role with the responsibility of twelve ancient churches and their congregations. His role is not only to nurture the faithful but to care for and engage with the local communities and schools.

David was Licensed by Bishop Stephen and Installed by the Archdeacon on the 26<sup>th</sup> January. Previously he was Assistant Curate in the Parish of Trumpington Cambridge.

David and his wife Shirley will be living in the Rectory in Wimbotsham.

Brenda Redfern

Everyone is most welcome at all our services

Church Office -West Norfolk Priory Group Office in Downham Market mobile - 07596 707469

22/29 Bridge Street, Downham Market, PE38 9DW.

Mission Administrator for the Priory Group - Louise Vigus

email - [louise.vigus@westnorfolkpriorygroup.co.uk](mailto:louise.vigus@westnorfolkpriorygroup.co.uk)

mobile – 07596 707469

My dear reader,

After four years, we have finally left the city and moved to rural Norfolk. We have now been here for more than a month. What a change! And how pleasant too!

Doubtless, the amenities and conveniences of the city are enviable but I do not miss the relentless pace of city life or the over-busyness of ministering in a city church. Norfolk's clean air is delightful and I now have time to admire the beauty around me. These days, I often find myself pausing to feel the wind that blows in my face, gazing at every sunrise and sunset, following every cloud in the sky and admiring every flower that blooms and every leaf that fades. I am amazed by the order, artistry, creativity, power and wisdom behind all of nature. Will this fascination and sense of thrill last? I don't know; it may or it may not, although I certainly hope that it does. But why this enthrallment and mystery at all?

Long before me, the Psalmist had appreciated this same beauty and he wrote:

"The heav'ns God's glory do declare,  
the skies his hand-works teach:  
Day utters speech to day, and night  
to night does knowledge teach. (Psalm 19: 1-2)

Affectionately yours,

**David**

Priest-in-Charge, St.James Church, Runcton Holme

## **RUNCTON HOLME BOWLS CLUB**

The bowling green is due to open in early April this year, weather permitting. The club will be entering teams in two leagues again this year and games for these are played on Tuesday or Friday evenings.

In addition, about 6 or 7 club competitions, nothing too serious, are held on Sunday afternoons during the season.

The club welcomes anyone who is interested in playing irrespective of whether they are experienced or complete beginners. There will normally be bowls of various sizes which can be borrowed initially. The only requirement is that flat shoes must be worn when on the green.

Further details can be obtained from: Ian Chapman 01553 811892

Adrian Baxter 01553 810400

## **Telephone Boxes**

Both telephone boxes have had glass panels broken, BT have repaired these-why do people do it? A noticeboard at the entrance to the carpark also had the panel broken by a lump of concrete

## **Parish Council Vacancy**

There is a vacancy on the Parish Council for a Councillor,-see how your Parish ticks; contact Pippa Winson our Parish Clerk-details on the Information Page.

Your Parish Council normally meets the first Tuesday of the month at 7-30pm in the Church Hall. Next Meeting will be on 5<sup>th</sup> March 2019.

**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:-

Jamming Sessions-pre-booked lunch available 28<sup>th</sup> April:-

For other functions/events see the noticeboard outside the Club or pop in and ask.

If anybody is interested in helping organise anything or has some ideas for viable events then please let the Club know.

Monday evenings-Darts, Tuesday evenings Cribb, Wednesday evenings Ladies Darts, Thursdays Live Country Music-want to dance, sing or listen then come along.

## **Magpie Centre**

### **SPRINGTIME QUIZ TO SUPPORT MAGPIE CENTRE**

First social event of the year for the Magpie Centre, home of West Norfolk Riding for the Disabled Association, is a Quiz with Hog Roast supper (plus vegetarian option), to be held on Saturday April 27.

This time we shall return to our usual venue, Stowbridge Village Hall, Downham Road, Stowbridge PE34 3PE. Doors open at 7.00 pm for 7.30 pm start and our licensed bar serves wine, beer, cider and soft drinks. Teams are usually from 4 to 8 but singles and couples are welcome to compete individually or to come and make up tables on the night.

Tickets, at £11 each, include the hog roast, plus a massive selection of salads and desserts, not to mention the quiz itself, which offers a wide range of questions and plenty of laughs along the way. Pre-booking is essential and is now open, so call 01553 828935 or email [c.dudley@success-in-english.co.uk](mailto:c.dudley@success-in-english.co.uk) to secure your places.

All proceeds go to the Magpie Centre, based at Wallington Hall, South Runcton, which gives more than 100 riding and carriage driving lessons a week to people of all ages and with a wide range of physical and learning disabilities.

Note to editors: If you have any queries, please call me on 01553 828935 or email [c.dudley@success-in-english.co.uk](mailto:c.dudley@success-in-english.co.uk)

## Fly Tipping

The District Council are running a campaign to try to reduce the amount of rubbish being illegally tipped and thrown from vehicles.

If you see anything being dumped or thrown from a vehicle try to get a photo of the vehicle involved if you have a mobile with a camera built in, the vehicle registration number, the date and time, this can be passed to the Council who will take action, your personal details should not be disclosed by the Council. Do not stop and speak to the person(s) involved in the tipping. Below is a report of a court action:-

A fly-tipper pleaded guilty in court this week and was faced with costs and a fine totalling £2229.

On 12 December 2018, the fly-tipper aged 27, of Snettisham, pleaded guilty to dumping a large transit van full of mainly domestic waste on agricultural land in Docking in February 2018.

In summing up the defendant was told that it was an expensive mistake to make and one that the court did not wish to see repeated.

Cllr Ian Devereux, Borough Council of King's Lynn & West Norfolk cabinet member for Environment, said: "Fly-tipping is unsightly and ruins our beautiful countryside. If it is dumped on public land, it costs the tax payer to clear it up. If it is dumped on private land, then the cost often falls to the landowner. Everyone single one of us has a responsibility to dispose of our waste properly.

"It's a matter we take seriously and where we have sufficient evidence we will prosecute."

Cllr Devereux urges anyone with information about fly-tipping to prosecution. Anyone who sees someone fly-tipping should report it with as much detail as possible. If it is happening - report to the police on 999. If it has already happened then report to the council using the online form at [west-norfolk.gov.uk/fly tipping](http://west-norfolk.gov.uk/fly-tipping).

Please provide descriptions of individuals, times of day, number plates of vehicles, location and photographs. If evidence is present, don't touch it as this could jeopardise its use in the prosecution case.

If people need to dispose of waste that cannot go into the household bins they can:

- visit their local Household Waste Recycling Centre - details at [norfolk.gov.uk](http://norfolk.gov.uk)
  - use the bulky waste collection service - call 01553 776676
  - use a registered waste carrier - details available from the Environment Agency's website.
- Retain your waste transfer certificate as proof you used a registered carrier.

**Issued by: Sharon Clifton, Communications Manager, on 01553 616711**

### Next Issue

It is anticipated that the next issue will be out in June so any info, news, articles etc. to be submitted by the 27th May. 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](mailto:pearman.books@idnet.com)

Brenda Redfern [bjredfern42@aol.com](mailto: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 runcntonholme@btinternet.com.

Linda Brady

Derek Caley

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 812094

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