

CLENCHWARTON

Your Village News



AUGUST 2024





Front page main collage

Photo: Suzanne Clark

Other photographers include Jan Taylor, Marisol Bearshaw, Steve Bearshaw and Trudy S

This portrait of His Majesty King Charles III now hangs in the church



The Kings Lynn U3A Handbell Ringers entertain at the Thursday Coffee Morning, and Penny and her granddaughter discover it is really good fun!!



Welcome to your Magazine

This is a monthly magazine and contains adverts from local businesses near you, village and church news and "what's on in the village" as well as articles from our parishioners and the community. We hope it is a valuable resource for newcomers to the village as well as our long-standing residents.

St Margaret's Church Clenchwarton Rector: Reverend Barbara Burton 01945 781228

Churchwardens:

Debra McGowan – 01553 773467
warden@clenchwarton-church.org.uk
Andy Taylor – 07939 055031

Parish Safeguarding Officer:

Jan Taylor – 07725 940453

Please contact Debra McGowan for Baptisms, Marriages, etc.

**St Margaret's Parish Church, Church Road, Clenchwarton,
Kings Lynn, PE34 4EA**

<https://clenchwarton-church.org.uk>

Contact your magazine

Editor: Grahame Sampson: 01553 769819
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All other enquiries and advertising enquires:
Debra McGowan: 01553 773467
warden@clenchwarton-church.org.uk

The advertising and magazine subscriptions help keep the magazine in print and provides some funds towards church projects. If you can help with the magazine please let either Debra or Grahame know.

**We need your articles in by 14TH AUGUST for the
SEPTEMBER edition**

CLENCHWARTON

Your Village News

From the editors:

We are determined to make this magazine an inclusive voice for our entire community.

We welcome all contributions, however modest, on the understanding that we will not publish any offensive material, and may have to edit articles for reasons of space.

The views expressed in this magazine are those of the contributors.

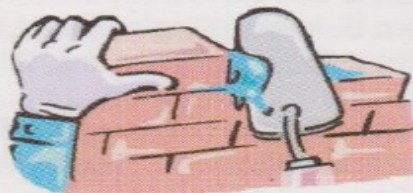
GS; DM; AJT; JT

WELCOME TO THE AUGUST EDITION OF YOUR VILLAGE NEWS.

This has been another busy month in Clenchwarton, with the church driveway being resurfaced, villagers helping to cut down the very tall grass, bell ringers ringing at church for both large and small bells, culminating in a fun day in the park. More details further inside. The sun has also made an appearance which hopefully makes everyone feel so much better.

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Puzzle Corner Answers

1 The lodge at the entrance from Main Road to Margareta House.
 2 Banklands
 3 William Savage
 4 Willfields House
 5 The farmhouse was built with the idea of a big clock being built on one side of it. In fact the clock was never completed and Clockcase Farmhouse no longer exists.
 6 Kemp's Bridge
 7 1934
 8 February 1959
 9 Headmasters
 10 M&GN



Coffee Mornings at St Margaret's Church

Every Thursday between 10-12 noon

Do come along for a drink and a friendly chat.

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Please contact Debra (01553 773467) if you require transport to get to any coffee morning.

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St Margaret's Church Services during August

- Sun 4th Communion Service led by Revd. Barbara Burton
- Sun 11th Morning Prayer with hymns led by a churchwarden
- Sun 18th Communion Service led by Revd. Barbara Burton
- Sun 25th Morning Prayer with hymns led by a churchwarden

All Church Services start at 10.00am unless otherwise stated
Everyone is welcome to our services no matter what their age.

We look forward to seeing you

Methodist Chapel Services in August



- Sunday August 4th Joelle Nash
- Sunday August 11th Cafe Worship
- Sunday August 18th No Service at the Chapel. United with Church of England at St Margaret's Church, Clenchwarton.10am
- Sunday August 25th Rev Jackie Goddard (Holy Communion)

Please note all services at the Chapel start at 10.30am but the service at the Church starts at 10.00am.

Please join us at any of our services. All are welcome to attend.

EVENTS AT THE METHODIST CHAPEL IN AUGUST

- Saturday 10th** **Coffee & Craft. 3pm - 5pm**
Bring your own crafts. Free displays. Come along and meet new people, enjoy a natter, have a laugh!
- Saturday 17th** **Talk about PERU. 2.30pm.** Free entry - donations welcomed
Our speaker will be talking about her native Peru.
- Chapel Quiz**
There will be a summer break for August, but we will be back on Friday 6th September at 7.00pm.
There is no charge for attending and no embarrassment as you will be in teams

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CLENCHWARTON ART GROUP

Our group meets every other Tuesday morning between 10am and noon, at the Methodist Chapel. Why not ring Elspeth on 01553 775698 with a view to joining us?



Your letters

LOOKING BACK: CCFT FUN DAY - 21st JULY

I was a stall holder at this event and it seemed to me that the day was well organised with safety paramount from the beginning. There were diverse stalls and entertainments such as cards and jam, Cats Protection, League, cakes, circus skills, hook a duck, bouncy castles, and musical entertainment to name but a few. Then of course the hot dogs, burgers and ice creams. This was a well attended event and everyone seemed to be having lots of fun. From my vantage view I could see lots of balloons, large bubbles, lots of smiles and hear laughter. The weather was just about perfect, which helped to make this a most enjoyable afternoon. *Jan Taylor*



DIARY OF EVENTS in CLENCHWARTON and surrounding area for AUGUST

EVERY THURSDAY 10am - 12 Noon
COFFEE MORNING at St MARGARET'S CHURCH
ALL WELCOME



- Tues 6th** Clenchwarton Art Group . 10am-12noon. The Methodist Chapel (Main Road)
- Sat 10th** Free CPR & Defibrillator Training Session - "Learn To Save A Life". Clenchwarton Memorial Hall.
To book a place go to
<https://www.trybooking.com/uk/DNPS>.
- SAT 10th** Coffee & Craft 3 - 5pm. Methodist Chapel
- Sat 17th** Clenchwarton Talk " My Native Peru"
2.30pm Methodist Chapel Hall
- Sun 18th** Afternoon Strawberry / Cream Tea. From 2.30 - 5pm St Margaret's Churchyard (in the church if wet)
- Tues 20th** Clenchwarton Art Group. 10am -12noon.
The Methodist Chapel

TO ALL GROUPS IN THE VILLAGE:

**IF YOU WOULD LIKE YOUR EVENT OR GROUP PUBLICISED
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From the Little Yellow Smart Car

Revd. Jackie Goddard

j.goddard@methodist.org.uk (07881 952098)
(Clenchwarton & Terrington St Clement Methodist Churches)



Whatever you think about who Jesus was or is, one thing is clear – people mattered to him. He lived his life in a way which recognised the value of everyone and he often acted in ways which put him at odds with what was expected. He spoke to those who other people ignored. He gave time to those who felt they had no value. He showed that there are no unlovely people, by showing love to whoever he met and by challenging unloving attitudes and behaviours. The challenge of the Christian faith is to live the same way. And that isn't easy! Human beings are, by nature, always alert to the ways we are different from someone else. At best, we can learn from one another, accept each other, and enjoy the fullness of diverse communities. At our worst, we act out of fear and prejudice – pushing people away, building defences, and focusing on the otherness of people who are often more similar to us than we realise. Building relationships enriches communities. Being willing to learn from one another grows understanding. Recognising the needs we each have, helps us to support one another.

Churches were once places where people went more out of a sense of duty, than faith; and churches have not always been the places where loving, diverse, accepting community is found. Sometimes the Church acts from fear and prejudice too! The life, death, and resurrection of Jesus remind us of how human we are, and how much bigger God's love for us is than anything we imagine or do. The invitation and the challenge to all of us is to live like Jesus did and to work out how we can be our best selves together. How wonderful it is when our villages (groups, churches, businesses, and individuals) work in love and learning together. I hope we can continue to share this challenge.

Every blessing

Revd Jackie Goddard

(For more information: www.methodist.org.uk/faith/a-methodist-way-of-life/)

Pastoral Letter

Reverend Barbara Burton writes.....



Whilst August is very much a holiday month, it is also a month of change and a time of endings and beginnings – certainly for our young people. Some might be saying goodbye to a school or college, or perhaps getting ready for another. Even the change of school year and classroom and teacher can be daunting, and the really little ones face the huge leap of starting school or nursery.

Change can be challenging for adults too. For those people who have just moved house, saying goodbye to one life and entering into another can be very daunting, as can the prospect of starting a new job for those lucky enough to find employment.

For all of us, whatever our age, endings and beginnings bring with them a sense of grief as well as excitement. Let us pray really hard for everyone we know who is affected by this month of change; of endings and beginnings; of knowing yet not knowing, of both anguish and excitement. To everyone embarking on a change, I wish you a happy, hopefully sunny, August with the hope that you too can enjoy some summer amidst all the changes.

FREE ORGAN RECITALS EVERY TUESDAY 12.30pm

These take place in King's Lynn Minster. Light lunch available from 10.30pm in the Minster. The organ recitals start at 12.30pm and last approximately 45 minutes. All donations are for the upkeep of the organ. The organists come from far and wide and give of their services free of charge.

NEWS FROM ST MARGARETS



LOOKING BACK

It has been a very eventful few weeks!

Our church BBQ happened after we went to press in June. Last year we had to cancel it because of dreadful weather. This year the weather could not have been more perfect. The wind dropped, the sun shone but was not too hot, we had plenty of goodies on the Bric-a-Brac stall, lovely prizes on the raffle, a fantastic array of cakes and also strawberries and cream to tempt everyone, and of course wine, beer and soft drinks for everyone. Oh yes - of course lots of burgers and sausages cooked perfectly by Andy!! There was plenty of shade in our garden and most people came and stayed which was great.

On 6th July 5 ladies attended our **flower arranging workshop** led by our very own Vera Osborne. Every one who attended said how much they had enjoyed it and how relaxing they had found the experience. The finished displays look stunning - see front page for photos. Well done ladies.

The five benches advertised in last months magazine all went very quickly. Everyone who took one or more gave a donation to the church funds. Thank you.

Our church driveway and car park have now been resurfaced!! Thank you to the Parish Council who organised this. What a difference the new surface has made. No need to navigate past potholes, or bring a second pair of dry shoes to wear in church, if its been raining!

A team from the local bell ringers rang two quarters peals at our church on the morning of Thursday 11th July. They told me they like our set of 5 bells as they are in good condition, have a good ring, and are also very old!

We have been given a lovely framed **official portrait of King Charles III** which is now hanging in the church, near the bell tower.

And finally.. A team from the **Kings Lynn U3A Handbell Ringers** gave a short concert at the Thursday Coffee Morning on 18th July, which was enjoyed by all. At the end some people took the opportunity to have a go themselves - see photos on page 2.

ST MARGARET'S CHURCH

EVENTS FOR 2024

18th August **STRAWBERRY/CREAM TEA IN THE**
CHURCHYARD (in church if raining).
FROM 2.30pm

21st September **RACE NIGHT** - in church. 7pm (doors
open 6.30pm) Further details to be
announced in August - see our notice
board

5th October **SECONDHAND CLOTHES SALE**
10am - 2pm. If you would like a stall
please contact Debra on 01553 773467

SUNDAY 10TH NOVEMBER - REMEMBRANCE DAY SERVICE

23rd November **WINTER CRAFT FAIR**
In church 10am - 2pm. If you would like to
book a stall, or know someone else who
might, please contact Debra

**Dates for our Harvest Festival and Christmas services are yet
to be finalised - watch this space!**

**FOR FURTHER DETAILS OR TO BOOK A TABLE AT THE
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Clenchwarton Community
Foundation Trust

FOOD BANK BOX IN CHURCH

St Margaret's Church has a box, near the font, for donations to the food bank in Kings Lynn. They currently urgently need: Strong carrier bags (to take food home in); Tinned Meat; Puddings; Tinned Fruit; Coffee; Tinned Fish; Pasta Sauce; Deodorant; Washing Powder. If you feel you can donate any of the above items, please leave them in the marked box.

The Food bank staff and recipients are always extremely grateful. There is a thank you card on the notice board in the porch. Thank you.

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The History of Norfolk part 3

We are looking at life around 3000 BC this month, still so long ago it is difficult to envisage. This is the early bronze age and elsewhere in the world the Chinese are understanding the use of seeds and farming. In Mesopotamia there is the use of currency. Most humans were still hunter gatherers but from this time onwards there was a steady switch across the world to farming communities. In Britain most people were still hunters of animals and gatherers of seeds but there were a few who had a more settled lifestyle.

In Britain there was a gradual change in the buildings being erected. Instead of long barrows there were now round barrows as well as henges and timber circles. There have been four timber circles found in Norfolk and of course there could have been more which we have not found. There have been about 1,200 round barrows found in Norfolk and many more are being discovered every year largely through aerial photography. There is a lack of round barrows in the heavier soils of central Norfolk and a lack of information in Fenland where peat and silt deposits have covered up any barrows waiting to be found. Most of the barrows are in poor condition but a few remain in good condition notably those at Little Cressingham, Salhouse and Weasenham All Saints.

Inside these barrows have been excavated human burials together with grave goods. The burial at Little Cressingham is thought to have been of an important person as he was buried together with a rectangular decorated gold plate, three small cylindrical gold boxes, a necklace of amber beads and two

bronze daggers.

From this time onwards and with the move to arable farming and a settled lifestyle, large areas of land were being deforested. This was ancient woodland and this type of woodland was never being replaced. It appears Norfolk was ahead of most of the county. It was ideally suited to arable farming and animal farming and therefore a number of individuals became very rich.

Sheep farming was particularly lucrative and the area south of Swaffham was particularly noted for sheep farming. It might well be that the burial at Little Cressingham is of an individual who was made rich from sheep farming. It all means that by the middle of the bronze age Norfolk was in a good position to benefit from the influx of metal from the European continent and we will look at this period between 2500 and 2000BC next month. GS

RECYCLING by Cat Suckling

Now that it's the Summer Holidays you may be getting your child a new lunchbox and water bottle ready for their return to school in September. Did you know that you can recycle their old hard plastic lunchboxes and reusable water bottles through Terracycle?

These can be dropped off in the Terracycle wheelie bin at 5 Willow Drive. To find out more about this recycling scheme and other things which can be recycled, please check out www.terracycle.com



(Editors note: Cat has very kindly said that she is going to donate all the proceeds from the terrarecycling she does this year to St Margaret's church towards our kitchen fund.)

From Lafgaff: MORE ACTUAL CHURCH BULLETIN ANOUNCEMENTS

- Coming Up -Theological Open House. We discuss thought-provoking topics. Your opinions are hardly welcome.
- Remember in prayer the many who are sick of our church and the community.
- Wednesday, the Ladies Liturgy Society will meet. Mrs. Jones will sing "Put Me In My Little Bed" accompanied by the pastor
- The Pastor would appreciate it if the ladies of the congregation would lend him their electric girdles for the pancake breakfast next Sunday morning.
- Due to the Rector's illness, Wednesday's healing services will be discontinued until further notice.



VIEW FROM THE GALLERY

Parish Council Meeting Thursday 11th July

7 Councillors including the Borough and County Councillors were present. 1 Councillor gave apologies.

A member of the public commented that the Council's website needs "clearing out" and a Flooding Emergency Plan should be added. The Locum Clerk said details are awaited from an outside organisation, but the Plan would be added when the details are received.

A representative from the church thanked the council for the recent improvement to the drainage in the memorial garden and the shortly to be completed resurfacing of the driveway. The lack of grass cutting was becoming a problem for the church and several complaints had been received from people visiting graves. The Clerk reported that the newly appointed grass cutting contractor turned the contract down due to pressure of work and that a further contractor was being sought. In the meantime, complaints should be directed to the Locum Clerk.

The meeting received a talk from Community Action Norfolk's (CAN) Rural Housing Enabler regarding "Affordable Rural Housing". A housing association housing needs survey had been sent to all houses in the borough. The response to this survey had been poor at less than 10%. The Borough Councillor reported that the Borough was in the process of completing its own survey, the results of which will soon be available. It appears the Rural Housing Enabler is there to assist areas in promoting and assisting areas where a need is identified. The Parish Council felt there is no such need in Clenchwarton at present.

Reports were received from the Borough and County Councillors. These are published elsewhere in the magazine.

The new Parking Area (which was reported on last month) prompted a lot of further discussion, particularly the installation of a junction box. This bogged the council down for a long time.

No invoicing of allotments has taken place for a considerable amount of time due to difficulty in locating records. A list has now been found and the Chair agreed to look into this with a view to getting some invoicing done.

No progress has been made regarding Long-Term Hirers Agreements. It appears that both the football club and the bowls club are in dispute with the PC over this issue.

Then we had the “Management of the Pavilion” item. A Councillor (also a member of the CCFT – Clenchwarton Community Foundation Trust) put forward the arguments for transferring the management from the PC to the CCFT. This was a repeat of the arguments put forward last month. A councillor (not a member of the CCFT) put forward the view that now is not the right time and the council should retain the management of its assets. Things then got heated. Voices were raised and some councillors stood up to make their points. At one point, some members of the public (me included) could be heard saying “stop” as things were getting out of hand. This culminated with one councillor verbally resigning and walking out of the meeting. As the councillor left, a member of the public was heard to say, “Good riddance”.

The CCTV around the village needs improved access and an upgrade.

Following an inspection, some remedial work needs to be done to the playground.

The subject of the recruitment of a new Clerk/Responsible Finance Office was deferred and an item regarding the Memorial Hall was again taken at the exclusion of the Press and Public.

AJT



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BOROUGH COUNCILLOR'S REPORT TO THE PARISH COUNCIL

- Lynnsport housing development has entered the final phase which will take 3 years to complete. Development will include improvements to Gaywood river catchment area. The houses will be Insulated to a higher standard. The development will be called Valentine Park.
- The heavy rain saw further flooding to Station Road, Clenchwarton and School Road, Tilney All Saints. Both areas have on-going problems and I have a meeting on the 29th to try and put some improvements in place.
- This winter saw the water table sitting 4 metres higher than normal. It's awkward when at some point the Internal Drainage Board's need to start holding water back for the early potato season. This year, the IDB's have been holding the water back since May and we are blessed with some very experienced staff who make the call.
- I've set up an infrastructure working group. It'll pull various lobby and user groups together (Fenline users association (FLUA) Rail network Norfolk, Eastern Powerhouse and will influence the Norfolk rail prospectus. With the aim of a new station South of Kings Lynn.
- The King's Lynn to Norwich heavy goods line will cost £30 million a mile.
- Bus stops - back and forth, slow progress.

**Cllr Steve Bearshaw
Clenchwarton Ward
07395 369748**

REPORT ABOUT THE WORK OF KING'S LYNN BOROUGH COUNCIL by Councillor Steven Bearshaw

For a while now, I've not been content with the Parish Council's direction of travel. Coupled with the fact the work and meetings are a distraction from my Borough Council role, it's therefore logical for me to step aside from the Parish Council and devote that time to the Borough, where I can far better serve the village and influence the Borough as a whole.

As this is my first report for the Clenchwarton Village News, I will start with an overview of my current roles, then monthly I'll report my work and any updates that are

relevant to the village or that I think you may be interested in.

Now the better weather has finally arrived (fingers crossed) I'll continue to work my way around the Ward knocking on doors and trying to find out each of your priorities or concerns that I can try and address at the Borough. This does take a considerable amount of time and is dependant on people being in and available for a conversation. So as ever, I can be contacted by phone on 07395 369748, email at Cllr.Steven.Bearshaw@West-Norfolk.gov.uk, through my Facebook page (Cllr Steven Bearshaw, Borough Council of King's Lynn & West Norfolk), or please pop round to see me at 3 Hall Road, or stop me in the street.

My current roles:

- Chairman of the Borough Councils Regeneration and Development panel. The panel is 1 of the 3 Scrutiny and overview committees, the other 2 are the Environment and community panel and the Corporate performance panel. The panel develops and reviews policy, scrutinises and influences the Councils work prior to any cabinet or Full Council decision.

I also sit on the following committees and Boards of Directors:

- The Audit Committee.
- The Standards Committee.
- Constitution Working Group.
- The Transport and Infrastructure working group.
- A Board member of the King's Lynn Internal Drainage Board.
- A Board member of the East of Ouse Polver and Nar Internal Drainage Board.
- A Board member of the Stoke Ferry Internal Drainage Board.
- A Board member of the Southery and District Internal Drainage Board.
- A Board member of the Marriotts warehouse trust.
- Act as a sub for the Planning Committee.
- Full Council (Although all Councillors are expected to attend this)

More next month.

COUNTY COUNCILLOR'S REPORT

Devolution for Norfolk

On 23 July, full County Council finally votes whether to adopt the £600 million Devolution Deal. This £600 million from Government, would be over 30 years (so £20 million a year: less than £3 million per District). In return for the funding, Norfolk County Council would lose control over the Council's leadership. The Council Leader, under the Devolution Deal, would not be a Councillor at all, but directly elected in an Election next May. This would remove the line of accountability that Divisional Councillors, elected to represent their area, have over the Administration. Currently the Council Leader is Group Leader of the largest group and can be changed during the term of office, but under the Devolution Deal, the Directly Elected Leader could not be removed by their group or by the Council. If there is no single group with overall control, it is hard to see how you could have a coalition like the Rainbow Alliance we formed in 2014 to stop the Saddlebow Incinerator. All decision-making powers of Council would belong to the Directly Elected Leader, who could be Whitehall's man, with little reference to local views. Metro mayors might suit cities like London, but Norfolk is too wide and diverse. Norfolk County Council would be more democratic if it brought back the Committee system when all Councillors make the decisions; all the benefits of Devolution should be extended to the Council without a Directly-Elected Leader – the £12.4 million Skills Budget and £40 million Transport Budget. That would be real Devolution.

Pullover Roundabout Improvements Active Travel, Bus Priority Measures and a new flyover from Saddlebow Interchange to the A17 at the Pullover Roundabout, at a cost of £33.7 m, are in the current draft Norfolk Infrastructure Delivery Plan which went to the County Infrastructure Committee in July. Feasibility work is ongoing. But the project did not score highly on the Government's Value for Money analysis. But this a high-accident location and government needs to value safety more in its metrics.

Local Transport Plan and Rail Prospectus

I asked for accessibility and disability improvements to the West Lynn Ferry, West Lynn Riverbank Footpath and Parkway Stations to the South of Lynn to be included in the new King's Lynn Local Transport Plan, now being reviewed by Norfolk County Council. County consults in September on the Norfolk Rail Prospectus on new stations in Norfolk. With 13,000 new homes being built in the District, 4,000 of them in West Winch, encouraging public transport and active travel into Lynn is important. Where do you think a new Park-and-Ride rail station should be? I have asked for funding from the BSIP Better Bus Fund to restore the 505 to every 20 minutes and for buses to go to Southgate's Surgery.

Purfleet Pantry - the Clenchwarton and King's Lynn South Affordable Food Hub

Purfleet Pantry was Highly Commended and finished in the top 3, for all England,

in the Transforming Lives Category in the MJ Council Awards this year. A stunning achievement for a project up and running for just a year. This is the community helping the community. Everyone who joins – cost is £3 per year- benefits from 38% lower food bills, than at an average supermarket, low-priced furniture, household goods and clothes, free toothbrushes and toothpaste for young people., advice, even an Optician. As Councillor, I started the ball rolling by asking for an Affordable Food Hub here in West Norfolk when the County Council was going to put them all in other Districts. I helped Purfleet Pantry fund the Dental Campaign. But this is about teamwork and partnership working across organisations. The Financial Conduct Authority's recent report found in January 2024 28% of people (14.6m) were finding it difficult to cope financially. Last year, Money and Pensions Service found that 1 in 5 people were borrowing to pay for food or essential bills. Food prices increased 25% between January 2022 and 2024. So I am really concerned that Norfolk County Council now is planning to cut the incomes of young disabled people by cutting the Minimum Income people are left to live on, after care charges.

Fighting Income Poverty at County Hall - the Minimum Income Guarantee for Non-Residential Social Care

The Conservatives running Norfolk County Council are proposing to save half a million pounds by cutting the minimum amount that disabled people of working age are allowed to keep, before they have to pay for non-residential social care or Supported Living Accommodation. County is not taking into account the effect on the parents and families, who will be under pressure to make up the shortfall. What about retired parents? Young people may have to reduce their Care and access to the Community. I have tabled Questions to the County Scrutiny Committee. County has to cut £188 million over the next 4 years. But it is unconscionable to take from the most vulnerable. The Conservative Cabinet agreed without a murmur to write a cheque for £1.54 million overspend, on a budget of £12.4 million that has just spiralled to £14.2 million – to transplant the Lynn Library from purpose - built Carnegie to a concrete shell. Under the first proposal, disabled people up to Pension Credit Age would lose £16.40 of the Minimum Income Guarantee. Under the second option, people aged 25 up to Pension Credit Age would lose £16.40, but young people aged 18-24 would lose £39.35. A huge amount. County says it is bringing the Minimum Income Guarantee in line with national standards, but the cost of living in isolated rural Norfolk can be high. In this cost of living crisis, every penny counts.

[CONT ON PAGE 33]



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Clenchwarton Community Foundation Trust Hosts Free CPR & Defibrillator Training Session - "Learn To Save A Life"

Empowering the Clenchwarton Community with Vital Emergency Response Knowledge

Clenchwarton Community Foundation Trust is thrilled to announce an upcoming event aimed at enhancing the life-saving skills of our community members. We are hosting a CPR & defibrillator training session led by certified experts, West Norfolk Community First Responders. Designed to provide hands-on experience and critical knowledge to residents of Clenchwarton and the surrounding areas.

Our organisation is dedicated to equipping the community with essential skills that can make a difference in emergency situations. The upcoming training session is part of our broader initiative to foster a safer and more prepared community. By participating in this event, attendees will gain the confidence and competence needed to respond effectively to cardiac emergencies.

"We are thrilled to offer this crucial training opportunity in partnership with the West Norfolk Community First Responders," said Rob Lucas, of the Clenchwarton Community Foundation Trust. "By equipping our community with life-saving skills, we are fostering a safer and more resilient environment for all residents."

Benefits of Attending the CPR & Defibrillator Training:

Hands-On Experience: Practical training with real-life scenarios to build confidence.

Expert Instruction: Learn from certified and experienced trainers.

Comprehensive Coverage: Gain knowledge on CPR techniques, defibrillator usage and emergency response protocols.

Community Empowerment: Contribute to a safer, more prepared community.

This vital training session will be held on Saturday 10th August, 2 pm – 4 pm at Clenchwarton Memorial Hall, and it is open to all residents of Clenchwarton and the surrounding areas. The event is free to attend, however donations are welcome to support future community initiatives and training programmes which can be made via www.justgiving.com/page/westnorfolkcftrs.

You can book a place for this vital training session on <https://www.trybooking.com/uk/DNPS>.

About The Organisations

The Clenchwarton Community Foundation Trust is a charitable organisation set up to help plan and implement future regeneration projects in the community and to focus on providing more inclusive, diverse and accessible community facilities.

West Norfolk Community First Responders are life-saving volunteers who attend 999 medical emergencies on behalf of the East of England Ambulance Service in and around North West Norfolk, charity number is 1047987.

COUNTY COUNCILLOR'S REPORT - CONTINUED FROM PAGE 27

Option 1: Reduce the Minimum Income Guarantee for 18-year-old to pension age from current NCC rate of £187.13 to government rates for 25-year old to pension age £171.75 • Option 2: Reduce to the government rate for people aged 25 to pension age of £171.75 and also introduce a reduced rate for people aged 18 to 24 of £150.25.

The ramifications are complex. Norfolk County Council says that some disabled young people could lose as much as £40-£50 per week.

Doctors in the Hub Campaign

I have written to the new Labour Government to ask for GP's in the new £12 million Health Hub being built in the Division in South Lynn. Campaigned for as the replacement surgery with St James' move out to Wootton - the NHS has announced there would be no doctors in it. The evidence is residents miss timely diagnosis of serious illness, due to poor access to GP Surgeries. We need doctors in the hub. A recent advertisement for a hospital doctor produced 650 applicants. Make the Hub into a Training Practice to convert qualified doctors into GP's.

Alexandra

County Councillor Alexandra Kemp

County Division: Clenchwarton and King's Lynn South

Landline: 01553 630329

NATURE WATCH by GS

It is the fruit season and each of the fruits in my garden have had a record year though not for the same reason.

The cherry tree obviously likes rain. I have had a bumper year though as usual the main beneficiaries have been the birds. However, on previous years the most number of cherries I have managed to eat has been one. The starlings have beaten me to the rest. This year I have not seen any starlings but my resident blackbird has acquired a taste for them. Unlike the starlings he does not gobble them from the tree. Being a heavier bird, he prefers to knock one off at a time and hungrily demolish it on the lawn before working hard to get another. The effort he exerts means that I cannot begrudge him his fill and he has managed to eat a lot this year. He kindly left me three which is far more than the starlings ever left me.

Another fruit tree which evidently likes rain is the plum tree and both trees have had a record year too. Unlike the cherry, no birds go for the plum so I have already eaten many with more still to come after ripening.

I am sure the blackcurrant bush has provided its fare earlier this year but I have never known a worse year. Last year there were literally thousands of currants but this year there have been very few. None of the birds eat the blackcurrants and I am not surprised as they are very bitter. Still, mixing them with other fruit can mellow their bitterness.

The rain has seriously affected nature. The birds appear to have had few babies. There have been very few butterflies, bees or wasps. In fact up to now I do not think I have seen a wasp in my back garden and they have not even been seen near my plum trees. That must be very worrying for pollination this year.

On a brighter note the usual birds on the feeder: sparrows, goldfinch and the occasional blue tit, great tit and robin have been joined by a pair of greenfinch and a chaffinch on the ground. The greenfinch were numerous a few years back but suddenly disappeared. I understand this was due to disease. It is good to see them back. Likewise the chaffinch which has also been absent for a couple of years.

Second Hand Clothes Sale - 5th October 2024

10am - 2pm

There will be a Second Hand Clothes Sale at St Margaret's Church on Saturday 5th October 10.00am -2.00pm. If you have clothes you would like to sell, please contact Debra on 01553 773467 to reserve an area and for more information about the event



Puzzle Page

This month the quiz is on Clenchwarton.

- 1 The Post was started by Rowland Hill in 1841 and from then all communities had to have somewhere to act as a post office. Where was Clenchwarton's first post office?
- 2 Robin Kerkham Way was named after a local councillor who farmed in the village. But where did he farm? Was it a) Margaretta House b) Banklands c) Manor Farm
- 3 Which of the following never lived in Clenchwarton? Two of them have. a) Local painter Walter Dexter b) Well known Lynn Grocer "Teapot" Stephenson c) Engineer and Mayor William Savage.
- 4 The two who did live in Clenchwarton both lived in the same house though not at the same time. Was it a) Margaretta House b) Wildfields House c) Church House.
- 5 Why is Clockcase Road called by this name?
- 6 There was a small bridge on Black Horse Road. What was the name of the bridge and the farm by it?
- 7 In which year was the current Margaretta Bridge built? a)1914 b)1919 c) 1924 d)1934
- 8 When did the last train pass Clenchwarton station? a)1956 b)1959 c) 1963 d)1965
- 9 What do the following have in common? Noel Myall , John Dowson Eric Smith a) They were all vicars of Clenchwarton. b) They were all Head masters at Clenchwarton School c) They all farmed in the village at the turn of the twentieth century.
- 10 Which railway line ran through Clenchwarton. a) L&NR b) M&GN c) GER d) MER

Answers on page 5

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Psychic Supper November 2nd

The next Psychic Supper is in the Memorial Hall on November 2nd 2024. Tickets are £20 each and can be booked on 07738 914248. You get a 15 minute readership reading and a jacket potato with a selection of fillings. There is a raffle at the end. Also, there is a new venture called Experience the Existential which is a spiritual evening starting July 25th at 7.30pm at St Clements High School, the hall in the school grounds where a medium gives messages to the room. It's £4 entry with a free raffle ticket. It will run every other Thursday for the rest of the year.



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