

your **Wimbotsham**

Coronavirus Edition May 2020



HM Government



**STAY
ALERT**

**STAY 2M
APART**

STAY SAFE



STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES

Produced by Wimbotsham Parish Council

This newsletter is produced by Wimbotsham Parish Council. Every effort is made to ensure that information is accurate at the time of going to print, but no liability will be accepted for losses caused by inaccurate information.



GREAT WORK, EVERYONE

**WE'VE COME FAR,
LET'S KEEP GOING**

Stay Alert, Control the Virus, Save Lives

Over 2 months of 'lock down' has meant different things to different people, working from home, home schooling, no work, self isolating, not seeing family, for some work continues as normal, for some life is more relaxing with the seemingly general slower pace of life. More time for the garden, home baking, hobbies and fortunately the sun has been shining for much of the time.

And whilst one of the main consistent messages, which is likely to remain with us for some time is 'social distancing', **keep 2 m apart**, the village has seemed more social. Daily exercise for many has become the new norm, you see more people walking, running, cycling, faces you have never seen before, and in general everyone

seems to have been more friendly (from a distance of course), perhaps because there is a feeling we are all in this together. Windows display bright jolly rainbows and on Thursdays, clapping outside for the NHS with a weekly opportunity to chat with neighbours you might not otherwise see.

And thanks to all those who are looking out for neighbours and friends, helping with shopping, prescriptions and whatever is needed, it seems as a village we can be pretty self sufficient when it comes to helping ourselves.



So there are positives from the epidemic, which will hopefully continue once we have a new norm!

In the meantime the main messages seem to be:

Stay at home as much as possible.

Keep 2 meters apart as much as possible.

Wash your hands often.

If we keep these in mind, hopefully we will keep ourselves and others as safe as possible. Remember for most, we are not doing this so much for ourselves but to keep the more vulnerable safe, those over 60 and those with pre-existing health conditions.

And for those requiring more information and assistance Parish Council Chairman Jackie Squires has put some useful information together further in the newsletter.

Stay safe everyone

Over the page, how to make a face mask...

Contacting the Parish Council

The best way to contact the council is via the Parish Clerk.

Please remember to provide your name, address and telephone number.

Clerk to Wimbotsham Parish Council: Pippa Winson

37 Ullswater Avenue, South Wootton, King's Lynn, PE30 3NJ

wimbotshampc@hotmail.co.uk 01553 674382



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HOW TO MAKE YOUR OWN FACE COVERING

YOU WILL NEED:

- 50cm x 50cm piece of cloth - a bandana will do
- Two 20cm pieces of elastic (or string or cloth strips)

1. Fold cloth in half



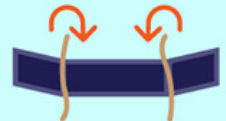
2. Fold top and bottom thirds into the centre



3. Place strings about 15cm apart



4. Fold sides into the middle and tuck



5. To wear face covering, tie strings behind each ear and secure covering over your nose and mouth



STAY ALERT ► CONTROL THE VIRUS ► SAVE LIVES

Wimbotsham & Stow Village Hall

Whilst the village hall is officially closed as a government requirement due to Covid-19 you can still make a booking for the future!

For all village hall enquiries and bookings contact Kate:

07876 473896 or wimbotshamhall@hotmail.com

If no answer, please leave a message, your call will be returned.

WANTED

Volunteer Handy Person(s)

To assist as and when required with odd jobs to help look after the village hall.

The village hall has a cleaner, but occasionally other jobs need doing. If you would be interested in assisting on a voluntary basis, please contact Kate: 07876 473896 or wimbotshamhall@hotmail.com

There is no requirement to join the committee or attend meetings—just help out!

Thank you

Wimbotsham Open Gardens

Saturday 6th June 2020

CANCELLED

Due to our current situation with Covid 19 sadly we have had to cancel the Open Gardens event due to have taken place in June.

Thank you all for volunteering to help and those who were happy to share their beautiful gardens, we will let you know when we can reschedule hopefully in 2021, via the newsletter.

Anne: Tel: or text 07948 725224, email: anne.smith3756@sky.com

Carolyn: Tel: 01366 381099, email: seymour318.cs@gmail.com

WIMBOTSHAM METHODIST CHURCH



For further information from Mary Davies 01366 388660

“Faith and Vision” have been the bywords of Methodism in Wimbotsham for nearly 185 years and passionately continue to be so whatever the circumstances.

Little did we realise when we last met in February how different our world and lives would change in such a short space of time. Now in lockdown, our heartfelt thoughts and prayers are with all suffering in whatever way from the current challenges and tragedies of Covid-19.

Sunday Services We are all missing the warmth and fellowship of our little Chapel and fervently looking forward to when we are able to safely open our doors again for services and group activities.

Meanwhile we are blessed with the number of opportunities to share online Praise and Worship locally and from around the country. A selection of these include :

Downham Market Methodist Church is live-streaming their Sunday evening services with Zoom and invite all to join in (contact sarah.friswell@btinternet.com)

www.methodist.org.uk/worship-during-coronavirus links to streamed services and resources

On Sunday mornings from 10 – 11 am tune into the Gospel Hour on www.hospitalradiolynn, presented by Rev'd Stephen Oliver, well known to many of us in the West Norfolk circuit. Requests for worship songs and hymns are welcomed.

Downham Market Methodist Church has a page on www.facebook.com with regular updates.

Group Activities Resuming the fortnightly **Bible Study/Fellowship Group** and the planned regular afternoons of **Board Games** are eagerly awaited.

Our monthly **Saturday coffee mornings with bric-a-brac** and **local history** to browse through will also buzz again with lively chatter. Meanwhile, if sorting through cupboards and boxes during these months spent at home, please do hold on to any items you come across which you would be happy to contribute to the popular bric-a-brac stall. Items can be collected when travel regulations allow. Also, please do look out for any items of local memorabilia as these will be invaluable for the Wimbotsham History Archive.

However long we have to wait before we may gather together again there is much to look forward to and meanwhile we know that God is holding us all in His ever loving hands.

Helpful Neighbours

In Napthans Lane we have a wonderful neighbour who has been looking after us throughout Lockdown, I call her our Angel. Whatever we might need, any shopping, prescriptions, it's been no problem and requests for assistance always carried out as soon as possible and goods delivered with a smile along with an enquiry as to our welfare.

Not only that, we received a daily wellbeing email, with a friendly few words or thoughts to lift our spirits. Also, we have been sent some wonderful short videos taken around Wimbotsham which gave us a reminder of how Spring was developing in the beautiful countryside beyond our homes. A variety of quizzes passed around and we have been able to easily share our comments and requests with others. An appeal for sewing oddments to assist in making scrub bags for nurses. Another for flower pots to accommodate the potting up of seedlings. Colouring posters to display in our windows. All vital little things that kept our neighbours linked and happily pulling together to cope with the restrictions.

Carolyn Seymour.

News from St Mary's Church Wimbotsham

St Mary's Church; You will, I'm sure by now have seen the scaffolding around the tower of the church.



Work was to have started in late February to get the bells down. All was going really well; the nave has been cleared of debris, a welfare unit installed in the churchyard for the use of the workmen, and the scaffolding erected but then came 'lockdown'. The scaffolding lads were able to put up a framework and finished their task on March 25th. Since then nothing has happened. The practicalities of social distancing by the builders and the bell reclamation teams in such a restricted area as the interior of the tower means that their activities are not possible. Add to that the fact that the bell removal guys are based in Manchester and accommodation, again because of lockdown, is not available here in West Norfolk at this time; so who knows when we will get going again?

A public consultation survey was supposed to have started within the village and the congregations of the West Norfolk Priory Group of Churches but this has also had to be postponed. As soon as we are able to get it up and running we will be calling on all of the houses in the village in order for you to have your say on the restoration project.

Why not write..... A Love Letter to St Mary's

This is part of our community consultation and something we can get started already. Would you like to write a letter to St Mary's as you remember her?

You may be someone who has lived here for many many years. You may be from an old village family. You may have lived here only a few months. You may be someone who enjoyed calling into the building for just a few quiet moments. Many of us have unique experiences and memories of the old building.

What is that experience? and, would you like to tell us about it? Were you Christened at St Mary's? Were you married at St Mary's? Were you Confirmed there? Were you a member of the choir? Did you help clean or do flowers in the building?

Do you have a particular memory, maybe of a service or special event? It could have been a beautiful wedding you attended, or a Harvest Festival, or perhaps a Midnight Mass.

Whatever the experience we want to hear about it.

Your **‘Love Letters to St Mary’s’** will be collated and made into a document for posterity, to be saved in the church as a local history document. You can either do it anonymously or publicly, we don’t mind which.

Write a **‘Love Letter to St Mary’s’** and send it to.....

St Mary’s Churchwardens, 38 Church Road, Wimbotsham, King’s Lynn, Norfolk, PE34 3QG. If you would rather, you can email it to; lizandphilip@btinternet.com

The PCC would again like to take this opportunity to thank you, the village for all your concern, goodwill and support. We are very grateful for the interest we have had during the past eight months. The *official* JustGiving Page for donations is; <https://www.justgiving.com/fundraising/stmaryswimbotsham>



Cancellation of Midsummer Fayre

The recreation ground committee regret to inform you all that due to the ongoing Covid 19 pandemic, we have taken the hard decision to cancel this years event to keep people safe.

It is hoped that we may be able to schedule an event later in the year, and we hope that you will come along and support it, whatever that event may be. Watch our Facebook page!

Thanks for your continued support.

Steve Mingay: Chairman

01366 384063

wimborecgroundchair@yahoo.com

For updates: Keep an eye on our facebook page



VE Day provided an opportunity for celebration during lockdown, with a number of houses within the village decorated with bunting and union jacks.

Some celebrated in style, in Napthans Lane VE Day



really was a highlight, we received an early note to suggest we might like to assemble in our front gardens at 4pm on 8th May. So up went the bunting, flags and posters. Gazebos were erected and tables and chairs were set out to enjoy afternoon tea. The best bone china appeared with vases of flowers, sandwiches and wonderful cakes. Hats were decorated with various patriotic adornments. Others had BBQs as well. The scene was set with a recording of Glenn Miller music. It was a



lovely sunny day and for about 2 hours we all enjoyed the happy companionship. It didn't end there; come the evening, after The Queen's speech, we came together again to sing Vera Lynn's song "We'll Meet Again", more music followed with dancing in the lane for a short while. It's was amazing what was achieved whilst

observing social distancing. So enjoyable and very special thanks must go to Clare Gunns for all her help.



For myself, VE Day reminded me of a lovely memory of the story of how my parents first met.

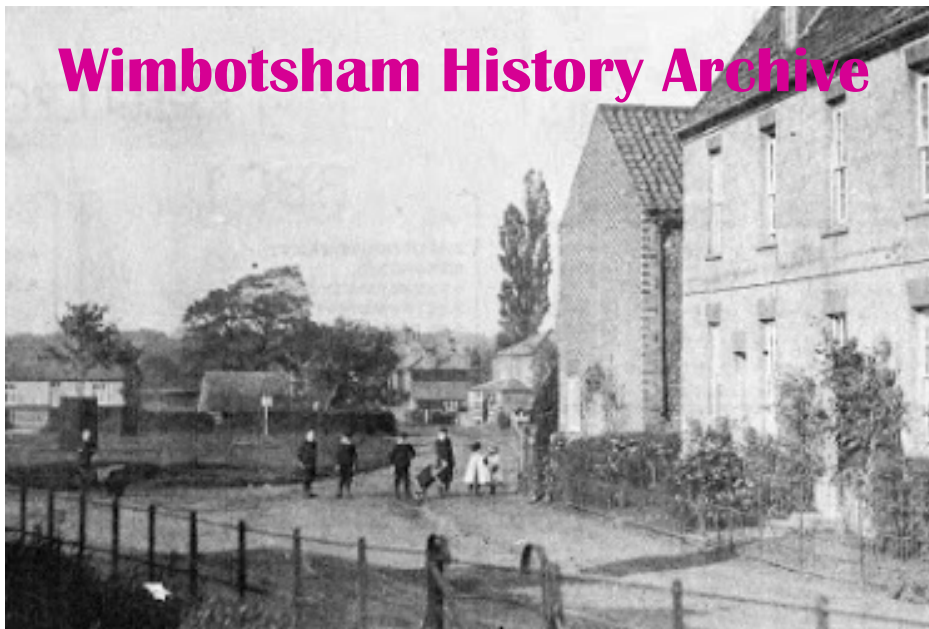
VE Day Memory

My father Ron from North Walsham (NE Norfolk) had joined the Royal Navy in 1934 having signed up at age 15. During WW2 he spent four years in the Mediterranean (the Africa Campaign) on ships helping the allies keep the island of Malta safe while it was under siege from the enemy. Ron was also involved in the Atlantic Campaign for a couple of years.

My mother Ada, worked in Accounts at Freeman's (now the catalogue company) in Wandsworth, London before the war. During WW2, Ada supported the war effort by taking the role of a Clippie (bus conductor) on the No.21 bus in Central London and worked on the buses all through the war in some very difficult and trying circumstances during the Blitz and V1 and V2 raids by Germany.

On VE Day, Ron was on leave from his ship in London and Ada had gone to central London for the huge celebrations when Ada was persuaded by a friend to "touch a sailor's collar for luck". They fell in love and Ron took her to meet his parents in North Walsham and proposed to Ada in Skeyton Woods, near North Walsham soon after. They were married 11 weeks after VE Day. Pure coincidence brought them together and like many, they talked little of the horrors of war but I did hear some little snippets that made me realise just how brave and special they both were.

Wimbotsham History Archive



A New Venture – A History Archive for Wimbotsham

Since visiting the Methodist Chapel exhibition of craft and history last summer, I have been caught up in the interesting articles on our village that have been collected by Mary Davies. Following that day, I was handed a bundle of papers and handwritten notes that were collected by Mrs Daphne Boughen and some of the information appears in the booklet “Portrait of a Village – Wimbotsham”, published by Kings Lynn Arts Centre 1993.

Mary and I have been researching further on a few items from this collection. A colour magazine article dated 3rd October 1998 was about the famous cook, Fanny Cradock and her busy life. Her 2nd husband, Arthur Chapman, lived in Wimbotsham in 1911. Fanny and Arthur were married in Norwich. They had a son Christopher, whose birth was registered in Downham. After Arthur’s separation from Fanny, he may have brought up his son in this area. Can anyone enlighten us with any further snippets of information?

Another file gave us two photos of a married couple and details of a long drawn-out courtship that involved a curate at St Mary’s Church and a daughter of Upper Farm, Wimbotsham (now known at Church Farm Barns). We have traced a

granddaughter of this couple, who has endearing letters written at the time, giving a unique snapshot of late Victorian life here in our village.

After the pandemic crisis has passed, we have two villagers lined up to speak about their lives in Wimbotsham. Your memories too, would be invaluable to the Local History Collection.

Are you interested? Can you offer:- Any stories, any photos to share, any official documents, such as house deeds, particularly on the older properties. We would be happy to scan them into our digital record and return them to you.

Would you like to join the informal Wimbotsham History Group to help with the research and storing of this information? Perhaps there are some people in our village with an archaeological or history background. We would welcome your input however small.

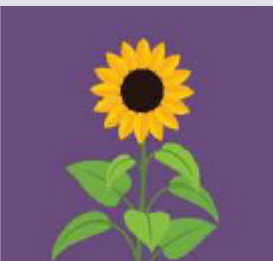
Mary and I have visited Downham Heritage Centre and Docking History Group to gain insight into the setting up of a local group. Advice is readily to hand if needed.

We would really enjoy talking to you so, please telephone or email us,

Carolyn Seymour on 01366 381099 Email, Wim.villhistory@btinternet.com

Mary Davies on 01366 388660 Email, mary.davies316@gmail.com

Norfolk Police **SUNFLOWER CAMPAIGN**



Working together with the East of England Ambulance Service, Norfolk Fire and Rescue Service and other public service partners, Norfolk Police are hoping to spread some positivity and happiness through these difficult days of lockdown. We are grateful to our local communities who have listened to the Government guidance to stay at home in order to help protect the NHS and save lives – and now we want to say thank you and show solidarity for the stay at home message in support of the emergency

services and all key workers.

To compliment the NHS Rainbow campaign and to demonstrate how the blue light services and other agencies are working together to help protect and support the NHS, we are encouraging communities to display Sunflowers in their windows. These can be drawn, painted, knitted, or created in any other way. Find out more on our website <https://www.norfolk.police.uk/news/latestnews/> 20-04-2020/sunflower-campaign-supportsfrontline-services

Footpaths

Lockdown has positives, including the opportunity to use local footpaths more. During which time the Parish Council continues to monitor the local footpaths and provide additional cutting of grass to help keep both the public footpaths and Trods around the village clear. There are also a number of well used unofficial footpaths around the village, particularly to the south west side including the track from Low Road which loops round to the western end of West Way (the shell track)

On occasion walkers have been asked not to use the paths as they are actually private land. Though we hope we can enjoy them for as long as possible. So please keep to obvious paths and tracks and lets not annoy the farmers! One thing that we are sure annoys them is dog mess, so please remember to pick this up and take it home or to a dog bin and hopefully with some mutual respect we will be able to continue to use.

New Trod

Just in time for lockdown, the new trod linking the village green with the Trod alongside Low Road was installed, a Parish Council safety initiative, jointly funded by the Parish Council and Norfolk County Council, this new footway allows much safer access on foot for those walking towards Downham Market.



You are welcome to walk from the end of the new footway through the Village Hall car park to the foot gate onto West Way. Please keep dogs on a short lead and watch out for cars manoeuvring!

Local Social Media Can be informative and social, particularly in these socially distant times. There are local facebook groups, pages for the village including the village hall, recreation ground and other platforms such as the Nextdoor app.

They are not for everyone and please be reminded that whilst most of the information published by the official sources such as the recreation ground and village hall committee for example will be factual, other information from non official sources and comments cannot always be relied upon and is often only interpretation and personal opinion.

But remember, behind this online virtual world are real people, and on local pages they are local people, so we should always remain neighbourly and respect others opinions. If there is something you do not agree with, find offensive, it is often better to just scroll on past rather than pass unnecessary comment which may in turn cause upset or offence, or unsubscribe. If you wouldn't say it to someone's face don't say it on line.



Wimbotsham New Village Hall Working Group

For results of surveys to date please refer to NVHWG page on **Wimbotsham.com**

UPDATE

Whilst the village hall may be closed and meetings cancelled, the NVHWG continue with the Feasibility Study which was instructed in February.

Swann Edwards are carrying this out, developing on the survey results obtained within the village over the last two years, they are looking at options and alternatives for the siting, building requirements, size etc. Once complete, the NVHWG will be present and consult with the village residents once more to obtain further feedback, which in turn will be utilised to define the brief for a replacement village hall and be used to start funding applications.

It is hoped the next public consultation will take place later in the year when social distancing allows.

In the meantime, thank you for your support and if you would like any further information please contact:

WimbotshamNVHWG@gmail.com or call **07498 566175**

Parish Council Chairman Info

For this May 2020 edition of your Wimbotsham. Ian, our editor has put together a Coronavirus special version, with less happening than usual and as you will all understand this is due to the current COVID-19 pandemic and the lockdown we are all now in.

Every household will have received a letter in late March from the Borough Council of King's Lynn & West Norfolk outlining practical advice and direction to key support packages available for vulnerable people and those in need of support during this pandemic. Please be reminded that this support is still ongoing and available and I urge you to contact the designated phone line on **0344 800 8020** who will provide the help you require. Do not continue to struggle or go without; this is a free service available to use.

A community hub has been set up to help people during the coronavirus outbreak. There is help and support for....

Necessities - such as picking up prescriptions, walking pets and help accessing food deliveries.

Wellbeing - such as arranging weekly check-ins or telephone befriending service, support to register as 'vulnerable' with council services, contacts for local community groups and advice on how to stay well and active.

Home - such as arranging emergency home and heating repairs, advice on keeping warm and heating your home efficiently, ensuring your home is safe and secure, arranging assisted bin collections, advice on housing and homelessness.

Other – such as employment support and rights, issues relating to self isolation e.g. MOT delays, accessing online services for people without internet access, acquiring documents or NHS numbers, support with debts and budgeting and general information and advice.

I live at the westerly end of Westway and have for the last few weeks joined neighbours (from a safe distance) each Thursday evening to clap together for NHS workers and carers. I know this happens throughout the village, it brings neighbours together, a quick call out to each other, we can see each other and it gives a feeling of community

support. How many of us before the lockdown spent any time talking to our neighbours? Looking forward maybe we can practice more neighbourliness?

Parish Council Meetings:

Due to the lockdown, the Parish Council unfortunately could not meet in March. For meetings in the near future we are hoping to meet virtually via the Zoom platform. Our Clerk, Pippa, has told us that we will need to practice prior to the meeting!! If anyone from the Parish would like to be 'at' the meeting, then please contact Pippa on 01553 674382 or at wimbotshampc@hotmail.co.uk and she will ensure you are.

See Something, Hear Something, Say Something - campaign launched to keep children safe, as families face pressure of staying home Norfolk County Council is calling on those with concerns about the safety of a child to get in touch as part of a new campaign – See Something, Hear Something, Say Something.

The county-wide campaign encourages neighbours, extended family, those working to provide essential services and volunteers to look out for the county's children, as the coronavirus lockdown continues. Schools, nurseries and colleges are currently closed to the vast majority of children. In addition, children cannot currently visit relatives and friends, or go to their usual clubs and activities. They are spending more time behind closed doors and isolated from those who might normally support them. Pressure at home will be greater than usual and the council is concerned that children who might be at risk will not be able to get the help they need.

The campaign, backed by the Norfolk Safeguarding Children Partnership, is calling on communities to help keep Norfolk's children safe. It is asking for everyone that might still be seeing or hearing children to look out for them. The message is See Something, Hear Something, Say Something. If something doesn't seem right and if you feel a child or young person may need help you can contact the council on 0344 800 8020. Signs to look out for may include:

- aggressive or repeated shouting
- hearing hitting or things being broken
- children crying for long periods of time
- very young children left alone or outdoors by themselves.

NSCP Helpline for Young People

Norfolk Safeguarding Children's Partnership has also launched a new helpline number for young people; **"If you are feeling unsafe or scared don't keep to yourself, we are here to help"**. Text 07480635060. Call 0344 800 8029.

Boots – A safe space

From Friday 1st May Boots Pharmacies will provide a safe place for victims of domestic abuse to access support. This is being overseen by DA charity Hestia. Once in a safe space, they will be provided with national helpline numbers to call for support. Hestia state: "We recognise that key workers in pharmacies hold a unique position within the community as a single point of contact for victims. By creating this safe space in Boots pharmacies, we hope many will be able to safely access support while following government guidelines".

Silent Solution

The Silent Solution system helps filter out accidental or hoax 999 calls from those who need genuine police assistance. If speaking or making an immediate sound would put you in danger and you need immediate help, **call 999 and stay on the line, then press 55** when prompted and the call will be transferred to the police, who will know it is an emergency call.

Free "Exercise at Home Packs" for Vulnerable Adults

Staying active is an important way to keep healthy and resilient to the coronavirus and is so important that the government has identified it as one of the four reasons that people can leave their homes.

However, there are many vulnerable people who are isolating at home and who are also living without access to internet, and therefore unable to access the wealth of online fitness resources and advice.

Active Norfolk is now offering free physical activity packs to support vulnerable adults who are isolating during the COVID-19 pandemic to be active at home.

These packs are specifically designed to support those that are digitally excluded and therefore unable (or unwilling) to access online health resources, although they are suitable for any vulnerable adults needing support to maintain their health and wellbeing at home during this time.

The packs are small and lightweight, containing:

a guided home exercise booklet;
a resistance band (yellow, lightest resistance);
a Sitting Room Circuits DVD which contains a half hour guided walk through gentle exercises that can be done at home and are suitable for those that currently do little or no exercise
Information leaflets with tips on reducing sedentary behaviour and information about a physical activity call-back service for individuals that want tailored 1:1 advice over the phone.

Wimbotsham Parish Council has ordered a number of the activity packs, so if you would like one please contact our Clerk, Pippa on 01553 674382 and she will put one in the post for you.

Or alternatively you can telephone for free exercise support chat...

Free exercise telephone support for vulnerable adults

Active Norfolk wants to ensure that vulnerable and digitally isolated residents are supported to be physically active. A free call-back service is now available through the Norfolk County Council Customer Service line.

People who are vulnerable and without access to internet can call **0344 800 8020 and select Option 5** and speak to someone to request a call back from Active Norfolk. A qualified physical activity instructor will call them back free of charge and give tailored one-to-one guidance on how they can safely exercise at home.





KEEP WASHING YOUR HANDS REGULARLY

STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES

Deadline for next newsletter: 30th July 2020

Make a note in your diary!

Please let us know what's happened, what's on (August to December 2020), what you are up to... anything that may be of interest... wimbotshampc@hotmail.co.uk