

East Rudham Village News



Summer 2020

Members of East Rudham Parish Council

Tony Elburn (Chairman)	01485 528 273
Malcolm Pearson(Vice Chairman)	01485 529 086
John Dawson	01485 528 356
Rosemary Weeks	01485 576 138
Hedley Mines	01485 529 297
Susan Jones	01485 528 243
Richard Bramley	01485 528 903
Rachel Wade	01485 528 921
Pauline Daisley-Brown	07584 192 846
Irene Woods (clerk)	01485 578 462

Meetings of East Rudham Parish Council normally start at 7.15pm. when Parishioners are welcome to come along at 7.00pm for informal discussion with members of the Council.

Due to the Corona Virus Pandemic meetings are not being held as normal. When we can resume them in the Village Hall there will be notices both on the notice board and on the Web site

**The news letter is funded and produced by
East Rudham Parish Council**
eastrudhampc@gmail.com
www.eastrudhamparishcouncil.norfolkparishes.gov.uk

Parish Council News

Normally we would be reporting the results of the Annual Parish Council and Electors meetings, but this year is not normal.

The Parishioners/Electors meeting will not take place this year due to Government restrictions on meetings.

We still endeavour to keep the Parish Council operating in a basic form i.e. to pay our usual accounts.

One change that took place at the end of April was that Irene Woods our Clerk for the past 16 years retired; we thank her for all her conscientious work.

A new clerk replaced her from the beginning of May; her name is Mrs Jodie Bond.

The fencing of a section of the Village Green project has now been completed on the north side to the eastern end. Judging by the positive comments received it is most likely that the Parish Council will seek further funding for a continuation of this section. Funding for the project was provided by Jacks Lane Windfarm.

Funding has also been provided by Norfolk County Council Parish Partnerships to enable a village gateway to be installed at the East A148 approach to the village.

With the use of the Sam2 signs an assessment can be made as to the speed control benefit they will have.

The Annual Village litter pick was a successful event with a good number of volunteers. The Parish Council is now in possession of a complete litter collection equipment kit, so that now a collection can be organised at any time.

Arrangements are in progress for a future Annual Parish Meeting.

Cllr Tony Elburn. Chairman.

East Rudham Community Page
Launched on Facebook in March 2020

**The Parish council launched a Facebook page titled
'East Rudham Community'
in early March.**

The page is open to members only, to be a member you just have to be a resident of East Rudham.

As well as local events / news the page will include a Neighbourhood Watch area where members can post anything suspicious or worrying occurring in the village. As well as informing neighbours items posted here could assist the police with any enquiries in the future.

Look out for this new page.

Apply to be a member from March 2020

Together lets make our village a safer place for everyone.

Parish Council Response to Coronavirus (COVID-19)

Prior to the announcement of a lockdown in March the Parish Council had decided to make £1000 available to support those most affected by the lockdown. It was quickly identified that essential supplies for the vulnerable and those whose household income had been lost needed to be a priority.

The council was extremely lucky that an existing business that was closing during the lockdown made its premises available and most importantly allowed us access to their suppliers, which meant we could purchase the supplies we wanted. Without this access we would not have been able to start a shop as suppliers would not take on new customers and for that we are extremely grateful to Jane's Coffee Corner.

The community shop opened on the 20th March, managed by volunteers 7 days a week for 1 hour a day. Within a week of opening we were awarded a £1000 grant from the National Emergency Trust (NET) to cover the running costs/expenses of the shop, the coordinator and volunteers for a 12 week period.

The council also opened a Community page on social media in an attempt to keep people informed but unfortunately social media also became a platform for some incorrect information which deflected from the important work being done. During the emergency the Parish Council, through the community shop worked with the Dewing Trust Charity to supply 50 grow packs for local children, 50 packs of PPE for people deemed at risk and food parcels for local households that had lost all their income during the period.

We also provided regular shopping deliveries for some families, identified to us by the Borough Council, as needing support. We were pleased to assist in the setting up of a community shop on The Kiptons, West Raynham.

At the time of writing we are entering the final 2 weeks of running the shop and it is hoped that the initial £1000 made available by the Parish Council will be returned to the Council reserves to be available should a second lockdown take place.

The Parish Council would like to thank all the businesses and organisations that supported this project, either by allowing the use of their premises or keeping us supplied.

Elly at Bircham Windmill
Shaun and his team at Bookers Cash and Carry
Dewing Trust Charity
East and West Rudham Primary School
Jane's Coffee Corner
Kews Butchers
Kings Brothers
The delivery drivers from Morrisons and Tesco's
Penny from Tuppenylane

Thanks also to the businesses who have continued to stay open through this difficult period

The Egg Shop
Kews Butchers
Nanny P's

Lastly but by no means least a massive thanks to all our volunteers and especially Jane Watts who worked tirelessly at home to co-ordinate shopping orders, prescription collections etc with our team of volunteers.

P J KEW,
Family Butchers since 1942
www.norfolkbacon.co.uk

A rural shop selling produce across the UK.

We make sausages (including gluten free) and burgers.
Bacon, collars and gammons are cured and smoked on the
premises and traditional cooked ham is produced too.

Beef, lamb and pork are locally sourced via our Norfolk
supplier and **Diaper chickens** come up from Suffolk.

We also stock **Norfolk Honey** from Stanhoe.

Richard and Robbie 01485 528236

PUBLICISE YOUR SOCIETY OR EVENT

**We welcome contributions from villagers, local groups and societies for
printing in the**

East Rudham Parish Newsletter.

Please send to rofrizz@btinternet.com

by Aug 16th 2020

**For inclusion in the Summer edition delivered to every household and also
published on our website**

**Advertisements are also very welcome,
½ page at £6/issue, full page at £12/issue.**

FLY- TIPPER FINED OVER £1700.

Following on from the report in the 2019 summer newsletter.

The campaign to SCRAP fly-tipping in west Norfolk continues with a successful prosecution.

Last month a man who pleaded guilty to dumping 14 fridges and two cookers in Syderstone as well as household waste in Pentney was ordered to pay £1700 in costs, fines and compensation.

Cllr Ian Devereux, borough council cabinet member for Environment, welcomed the conviction: “Fly-tipping is a blight on our area and to remove, investigate and dispose of it costs taxpayers money “Investigations are time consuming, this particular case took nearly 18 months to bring to court which is not unusual. The borough council have officers that work full time on looking in to cases of illegal fly-tipping. Checking the evidence, chasing up leads and reports from members of the public. Putting that information together and getting to a level where we can take it to court is a complex and lengthy process.” In west Norfolk in 2018 we had 1500 cases of waste dumped illegally, the figure reduced to less than 1000 last year but I’ll be pleased when the figure is zero.“

The SCRAP Fly-tipping campaign is highlighting that it is really important that you give your waste to registered waste carriers. If you’re suspicious of them you can check their credentials with the Environment Agency. The householder duty of care means everyone has responsibility for disposing of their waste legally and failure to do so could result in an unlimited fine.

People can avoid a fine by following the SCRAP code:

Suspect ALL waste carriers

Check with the Environment Agency on 03708 506 506 that the provider taking the waste away is licensed

Refuse unexpected offers to have waste taken away

Ask what will happen to the waste

Paperwork should be obtained – a waste transfer note or at least get a full receipt

For more information about the campaign, fly-tipping and legal ways to get rid of unwanted items, visit: www.norfolkrecycles.com/scrapflytipping

SIMON WADE



ELECTRICAL ENGINEERING SERVICES

COMMERCIAL- INDUSTRIAL -DOMESTIC

AGRICULTURAL - RETAIL - LEISURE

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24HR SERVICE



Tel 07876 508860

wade.simon@btinternet.com

*We understand pets
are part of the family*

- Professional personal care for your much loved pet is our pride
- Full modern diagnostic facilities on site
- 24 hour emergency service



☎ 01485 528 221

📍 Fakenham Rd, East Rudham,
King's Lynn, Norfolk, PE31 6TA

✉ reception@anchoragebarnvets.co.uk

🌐 www.anchoragebarnvets.co.uk



NW Garden Services

Garden, Landscape and Property Services

Neil Williamson

Free Estimates

NPTC Qualified Chainsaw Operator

Public Liability Insured

Waste Carrier Licence



01328 701137

07900 241 336

nwgardenservices@gmail.com

From: The Independent Group of Councillors, Borough Council of Kings Lynn and West Norfolk;
Leader Cllr. Terry Parish to whom any response should be directed.

An Open Letter to LIZ TRUSS, MP and to JAMES WILD, MP

On the 2nd and 3rd of May a member of our Independent Group of Councillors highlighted, to you both, the comparatively high infection and death rates from the COVID 19 Virus, in the King's Lynn and West Norfolk District, and questioned whether the testing resources in this area were adequate and/or had been applied appropriately.

Since then, it has become increasingly apparent that the death rate in this District has remained much higher than in the rest of Norfolk.

The latest figures from the Office of National Statistics accentuate this position and are cause for real disquiet.

Whilst you have both expressed concern, nothing seems to have been done by Government, and nothing substantial by the County Council or Clinical Commissioning Group to understand why this is the case, either through data analysis – “follow the science” – or testing.

You have the position, responsibility and resources to analyse the predicament your constituents are facing.

We are asking that you use all your means to identify the core issues behind this terrible situation.

As a minimum, we need to have a more intensive testing regime and to be at the forefront of the roll-out of track and trace.

If you have acted appropriately since this letter was written, thank you.

Otherwise, please, will you do something?

Excerpt from Open letter published on June 5th from James Wild.

People are rightly concerned about disparities in infection rates and deaths. Norfolk's public health director is looking at the underlying reasons in West Norfolk. This week the Health Secretary published a Public Health England review which looked at risk levels nationally in COVID-19 deaths.

Plastic bottle recycling pilot highlights scalable solution to help meet UK's recycling challenges

Greenreedeem is today calling for Defra to invest in convenient recycling solutions that create sustained behaviour change by appealing to people's priorities, rather than focusing solely on rolling out a deposit return scheme (DRS) in the UK

In a new report, 'Money back for our empties - the recycling solution for our plastic bottles?', Greenreedeem highlights the benefits of the scalable closed loop recycling model piloted through its year-long programme with 25 schools, and questions the effectiveness of DRS. Between January to December 2019, Greenreedeem – which works with councils, brands, manufacturers and retailers to create sustained behaviour change – trialled interactive recycling kiosks alongside educational activity across 25 primary and secondary schools in Windsor and Maidenhead.

Pupils could scan and deposit plastic drinks bottles while engaging with videos, images and facts about recycling and the environment, which were displayed on each kiosk. Students were also engaged through tailored lesson plans, developed with Plastic Oceans UK, to help them understand how to responsibly consume and dispose of plastics. Every bottle deposited earned 5 pence for the school, to be spent on further educational initiatives. As bottles were scanned, this allowed analysis of the brands and types of products, helping to understand what was being recycled.

By offering educational and financial benefits and using the kiosks to create a focal point for engagement, the model improved recycling quality and capture rates, reduced littering and contributed to a circular economy – while keeping all recycled plastic in the UK.

12,000 pupils recycled nearly 160,000 plastic bottles over the 12 months – weighing a combined total of 5 tonnes – with plastic drinks containers sourced at school, from home, events, and litter picks. As part of the closed loop process, recycled bottles were collected from the kiosks each week, providing a very clean amount of PET, which was used to create new plastic bottles.

JANE'S COFFEE CORNER TAKEAWAY MENU

Drinks

Coffee £2.50 (Decaf available on all Coffees and Tea)
Iced Coffee £2.70 Tea £1.70 Speciality Tea (Camomile,
Lemon and Ginger, Peppermint, Earl Grey) £2.00
Cappuccino £2.70 Latte £2.70 Flat White £2.70
Hot Chocolate £2.70 Add cream and marshmallows for 50p
Milkshakes (Strawberry, Chocolate, Banana) £2.50
Cans £1.20 (Coke, Diet Coke, 7up Free, Orange Tango)
Bottled Water Still or Sparkling £1.00 Sugar free Cup Drink 50p

Snacks

Fruit Scone £1.50 Cheese Scone £1.50 Sausage Roll £2.50
Fruit Scone, Clotted cream and a pot of Tiptree Raspberry Jam £2.30
Slice of cake (Please ask for today's choice) £2.20 Tray bake £1.50
Ice Creams (Please see Ice Cream menu)

Lunch Menu

Hot Pork Roll served with Apple Sauce and Tortillas £5.50
Chilli and Cheese Nachos £5.50 Cheesy Chips £3.50
Cheese and Ham Ploughman's Box £5.50
3 Cheese Ploughman's Box £5.50
Chickpea, Beetroot and Feta Salad £5.00
(Feta can be swapped with Vegan cheese upon request)
Loaded Chips (Choose from Chilli & Cheese or
Cheesy BBQ Pulled Pork) £5.50
Sandwiches with one filling (Cheese, Ham, Tuna, Sweet corn) £4.00,
Add 50p for each additional filling

Open Thursday, Friday & Saturday 10am-2pm

**Opening times subject to change and extension and will be advertised on
Jane's Coffee Corner Facebook Page**

Please ensure you maintain a good social distance whilst waiting for
take away food, Contactless payment method preferred

PARTRIDGE & PEONY

The Green, East Rudham



BESPOKE FLORISTRY FOR ALL OCCASIONS

Opening Times

Please ring for an appointment, to order flowers or to check opening times

Sunday - closed

Telephone 07814 453736

MUGA Guidance for Tennis: May 2020

Having studied the LTA Guidance regarding the use of tennis courts we have decided that limited, controlled use of the MUGA should be possible. We have put together the following guidance that must be adhered to. If we find the guidelines are ignored we will have to lock the court until further notice so please be fair to everyone if you want to play tennis here. Tony Dessent in Wensum House, on the corner of Station Road with Broomsthoroe Road, is holding the key to the MUGA. Members can borrow the key to open up for tennis. Tony is available on 01485 528514 and he will let you know if a time is available to play. Membership fees for the year had been postponed but we may be able to reintroduce these soon so when we do please keep up with your membership for the coming year. We cannot open up for football as yet because of social distancing rules.

Please Follow This Guidance:

Tennis Singles is permissible!
Only Doubles if you are all from the same household!
Coaching only on a one to one basis is allowed!
Wear thin gloves to play if possible!
ALWAYS STAY 2 METRES APART !
DO NOT share equipment: Racquets or Balls!
Only use your own balls when serving.!
Return your opponent their ball/s by racquet or by kicking!
If changing ends go round the net using opposite sides!
Wipe down net winder and gate handle or any other touch points after use!
LOCK UP & RETURN KEY AS SOON AS YOU HAVE FINISHED !
The key & Guidance card should be put through the letterbox back at Wensum House.

Thank you very much for your cooperation.

In this way we can keep everybody safe

VOLUNTEERS CAR INSURANCE

Norfolk Police are urging volunteers using their vehicles to offer their services, to ensure they are covered by the correct vehicle insurance policy. Volunteers who are using their vehicles to offer their services are being warned that they may not automatically be covered by their regular vehicle insurance policy.

Although some insurers cover volunteer driving within their regular insurance policies, others may charge an extra premium or impose a higher excess for volunteers who are travelling in their own vehicle. As part of the Road Traffic Act every person who uses, causes, or permits another person to use a motor vehicle on a road or other public place must have a policy of insurance in respect of third-party risks.

Officers are issuing the following advice to volunteers who are using their vehicles to carry out their services: Contact your insurer to find out if you are covered by your regular motor insurance policy.

Always include your volunteer driving miles when declaring your annual mileage to your insurer. If you use a voluntary organisation's vehicle for volunteer driving you should be covered by the voluntary organisation's insurance, but you **MUST** always check with each organisation to be sure.

If you do not have the correct insurance policy for your specific use of a vehicle, you are committing an offence and could be subject to a fine.

Officers have the power to stop road users and are likely to question their necessity for travelling, advising accordingly.

We may also undertake basic checks to see if you hold a valid license to drive and also that you have the correct insurance cover in place.”

MOBILE POST OFFICE OPENING TIMES

MONDAY	9.20am - 10.20am
TUESDAY	9.20am - 10.20am
WEDNESDAY	13.40pm - 14.40pm
THURSDAY	9.20am - 10.20am
FRIDAY	10.20am - 11.20am

The Mobile Post Office is parked in the car park next to the village green

Kings Lynn Winter Night Shelter

Following the national lockdown, due to Covid-19, the King's Lynn Winter Night Shelter building is now being managed by the Borough Council of King's Lynn & West Norfolk. It will continue to be used to shelter existing users of the service until suitable accommodation has been found for those people.

Since the shelter opened on 31 October 2019, the charity has given shelter to 101 individuals. Over 6000 hours of volunteer time has been given, to support the staff, saving an estimated £76,000 in wage costs. The shelter has fed its guests entirely from food given by local individuals and groups. Generous donations from individuals and organisations together with finance from the borough council, central government and grant-making bodies have enabled the shelter to run.

A reception at the Town Hall, hosted by the Mayor, to thank volunteers, staff and partners has been postponed given the current restrictions, but it is hoped that this will take place later in the year.

Lucy McKitterick, co-ordinator of the shelter said, "It has been wonderful to see King's Lynn and West Norfolk come together to support our homeless this winter and we are delighted to be able to support the council by offering the Night Shelter building for this extended service. The current crisis has made the reality of life on the streets a special concern and it is good to see that the homeless will be given this extra help in a time of great need. The running of the Winter Night Shelter has been made possible because people have given sacrificially of their time and resources. Their kindness is a powerful sign of hope in difficult times".

Fr Adrian Ling, Chair of Trustees, also paid tribute: "This year has been especially challenging, with damage to the building caused by Storm Ciara, and the Covid-19 virus outbreak. The co-ordinator, staff and volunteers have done great work to ensure the delivery of this vital service. We are very pleased that the borough housing department has been vigorous and pro-active in addressing the problems of homelessness, and moved swiftly to provide ongoing provision."

Cllr Adrian Lawrence, cabinet member for housing, said: “Once again the work of the Churches Together group has been invaluable at looking after some of the most vulnerable in society through the winter months.

“The Coronavirus pandemic has led to a handover of the building to the borough council. Our housing team will continue to run the service for existing users only until suitable accommodation has been found.

“If you are homeless, or at risk of being homeless, and need assistance please phone us on 01553 616200. Out of hours you should call 01553 616601. To help control the spread of Coronavirus, and to keep our staff safe, we're no longer accepting visits from the public to council offices.”

People can also contact the borough council through the live chat option online or by emailing housingoptions@west-norfolk.gov.uk.

For further information please contact: Tim Baldwin on 01553 616506

RECYCLING IN NORFOLK FROM MAY 11th 2020

Recycling sites that have been reopened are Dereham, Thetford, Caister, Ketteringham, Mile Cross, King’s Lynn, Mayton Wood and Hempton

To manage demand and help ensure safe operations the centres will offer a restricted service and:

Require social distancing of two metres by all customers.

Operate on a managed one in one out basis for cars.

Only allow two adults out of a car to unload their waste.

Assistance will not be offered to help empty cars.

Be aimed at cars and car derived vans only to manage demand on the service.

Provide for the disposal and recycling of the main waste streams including green waste, general waste and charged for DIY type construction and demolition waste.

Sign up for 24/7 easy access to MyRevenues

Residents are being encouraged to sign up to My Revenues online service by the borough council. My Revenues lets residents manage their council tax, business rates, BID account or benefit claim through the website at any time that suits them. It's available 24 hours a day, 7 days a week. People will be able to view their balance, latest bills, notification letters, see how much benefit they may be entitled to, check when their next payment is due, set-up or change a direct debit, report any changes and more. Details of how to register were being sent out with bills and notification letters from 9 March 2020.

For more information visit west-norfolk.gov.uk/myrevenues or please contact: Tim Baldwin on 01553 616506

Over 75-year-olds Who Watch TV Advised To See If They Can Receive Pension Credit

The borough council is encouraging over-75-year-olds to check if they're eligible for Pension Credit as this could mean they do not have to pay the TV licence fee when the free licence concession is withdrawn in August. Under current rules everyone aged 75 and over can receive a free TV licence. This will change to only those over 75-year-olds who receive Pension Credit in order to help the poorest pensioners. Cllr Adrian Lawrence, cabinet member for Housing, said: "Age UK say that up to £3.5bn of Pension Credit and Housing Benefit goes unclaimed each year by older people. With the rules changing for over 75-year-olds paying for a TV licence I would recommend that people visit gov.uk/pension-credit and click on the Pension Credit calculator or telephone 0800 99 1234 for advice. "People successful with a claim for Pension Credit can also check to see if they are eligible for other benefits." Across the UK over 1.5 million households with residents aged over 75 could receive free TV Licences funded by the BBC if they receive Pension Credit.

TV Licensing will operate a self-verification system where individuals need to demonstrate their receipt of Pension Credit in order to qualify.

For further information please contact: Tim Baldwin on 01553 616506

Further details can also be found from the BBC Media Centre:

Charity	Remit	Telephone	Email/Web Chat
Age UK Norfolk	For age 50 and over (excluding Norwich area)	0300 500 1217	advice@ageuknorfolk.org.uk
Shelter	Housing advice including tenancies, private/social housing, evictions, contracts, homelessness	03445151860	norfolk@shelter.org.uk
Equal Lives	For people with mental and/or physical disabilities	01508491210	info@equallives.org.uk
Norfolk Community Law Service	Legal, employment law, family law, domestic abuse, debt, immigration	01603 496623 or 07900153753 (also for WhatsApp, manned Tues, Wed, Fri)	info@ncls.co.uk WhatsApp can also be used to send documents 07900153753 (manned Tues, Wed & Fri)
Norfolk Citizens Advice	Range of advice including applying for benefits	03444 111 444. For Universal Credit 'Help to Claim' contact 0800 1448444	www.ncab.org.uk and click 'email advice'. Webchat available.

Healthwatch Norfolk COVID-19 Engagement

Share your experience of accessing information, care and support during COVID-19

Healthwatch Norfolk are encouraging people to share their experience of using health and social care services since the outbreak of COVID-19, so that constructive and supportive information can be passed on to service leaders.

The spread of the virus has led to unprecedented changes to the way patients and service users receive care: pharmacies are struggling to keep up with demand for medication; many GP appointments have been postponed or conducted remotely; and strict protocols have been implemented in hospitals and care homes to prevent infection.

Healthwatch Norfolk Chief Executive, Alex Stewart said: “For all of us that use local services it is an unusual time, where we have had to adapt to necessary changes quickly.

“It is crucial we do everything we can to enable staff to do their jobs safely and effectively, but it is equally important that we learn from this experience and that public opinion is listened to.

“Whether you have personally used services or look after someone else that does, this is an opportunity for you to have your say.”

The survey is an opportunity for you to have your say about anything relating to care and support since the outbreak of the virus, but Healthwatch Norfolk are particularly interested in hearing about:

- Quality of local information and advice about coronavirus
- Your experience of urgent and emergency care
- Experience of health and social care routine appointments
- Communication from NHS Trusts, councils and charities
- Managing your mental and physical health at home
- Advice for individuals and families in self-isolation
- Caring for someone in isolation

Access to dentistry in Norfolk

Positive experiences and messages of support for health and social care staff

As emergency plans to support Norfolk's population are rolled out across the county, Healthwatch argue that listening to the public is pivotal to ensuring that the health and wellbeing needs of people are met.

Mr Stewart reinforced Healthwatch's ability to relay public praise and concerns at this time:

“We have direct links to the public agencies providing front-line services in response to COVID-19, including local authorities, hospitals, GPs, pharmacies and care homes. Our recommendations are taken seriously by service leaders, so every response to our survey will be acknowledged and listened to intently.”

The organisation will provide regular updates to leaders so that real-time feedback can be used to positively impact the way services are being delivered.

To take part in the survey, visit www.healthwatchnorfolk.co.uk/hwn-covid-19-survey/ or contact Healthwatch Norfolk directly on 01953 856029 to share your experience with a member of the team.

OPEN AIR MARKETS

The open air markets return to King's Lynn and Hunstanton. With lockdown restrictions easing across the country, and government advice that markets can reopen, traders are returning to King's Lynn and Hunstanton.

In King's Lynn traders were back in the Tuesday Market Place from June 2nd.

Meanwhile Hunstanton welcomed their traders back from Sunday June 7th to the usual location in the Southend Car Park, off Le Strange Terrace.

SCAMS

Scammers are continuing to use the coronavirus pandemic to scam people with claims that these offers are ‘supporting the Nation’ during this time.

If you get a message like this, do not interact with it in any way and do not like or share on your social media profile

Scam Alert – Facebook Messenger asking to borrow money

We are warning Facebook users to be aware of messages from existing Facebook friends sent via the Messenger service which asks to borrow money.

The message will give a reason why the money is needed ‘urgently’ and will be followed by further messages pressuring the recipient into sending the money.

These messages come from a Facebook friend’s account but are actually sent by fraudsters who have hacked the friend’s Facebook account and taken control of it. If you receive this or a similar message via Messenger, do not interact with the message and contact the friend via another route if possible. Advise them their Facebook profile may have been compromised.

Find out more about keeping your Facebook account secure, including activating login alerts and two-factor authorisation.

Scam Alert – text messages claiming to be from PayPal

With more people ordering items online, we are warning residents about scam text messages claiming to be from PayPal.

A recent example says that ‘you have (1) important unread message’. The message then provides a link to ‘view & resolve the current issue with your account’.

These text messages are not genuine and are not connected with PayPal.

If you receive this or a similar text message, delete it without clicking on any links.

If you are concerned about the security of an online account, contact the provider directly via their genuine website or app.

Never use links or details provided in a text message.

You can report suspected text message scams to us via our partners the Citizens

Advice consumer helpline on freephone 0808 223 1133.

Scam Alert- Test and Trace Scams

There are lots of reports across social media of Test & Trace scams.

Please remember, genuine texts, calls or emails from the NHS service won’t ask you for any personal details up front.

You’ll be given a unique ID number to log in to the NHS Test and Trace website.

The ONLY official web address for the NHS Test and Trace service is:

<https://contact-tracing.phe.gov.uk/>

Once you've logged in using your ID, you'll be asked to enter some basic information about yourself including:

- Your name, date of birth and current address
 - The names of the people you live with
 - Places you've recently visited
 - Names and contact details of people you were in touch with around 48 hours before you developed symptoms.
- You won't be asked to share this information up front over a call or text, so if someone is asking you for it directly, they are a scammer.

Contact tracers will never:

- Ask you to dial a premium rate number to speak to us (for example, those starting 09 or 087)
- Ask you to make any form of payment or purchase a product of any kind
- Ask for any details about your bank account
- Ask for your social media identities or login details, or those of your contacts
- Ask you for any passwords or PINs, or ask you to set up any passwords or PINs over the phone
- Disclose any of your personal or medical information to your contacts
- Provide medical advice on the treatment of any potential coronavirus symptoms
- Ask you to download any software to your PC or ask you to hand over control of your PC, smartphone or tablet to anyone else
- Ask you to access any website that does not belong to the government or NHS

Stay scam aware, and report any suspicious approaches to Norfolk Trading Standards via 0808 223 1133.

CURRENT SCAMS

Scam alerts and criminal activity.

East Rudham Parish Council receive regular information from Norfolk

Police about Scams and criminals active in our area.

To enable this to be passed on to those living in our village, the information has been put on the parish council website.

This is updated regularly as new information is received

For more urgent situations, there is a Stop Press section

www.eastrudhamparishcouncil.norfolkparishes.gov.uk

Please have a look

USEFUL TELEPHONE NUMBERS

<i>Title</i>	<i>Name</i>	<i>Number</i>
Badminton	Tony Dessant	01485 528 514
Community Car Scheme		01485 520 823
Fakenham Surgery		01328 863 241
Henry Bellingham MP		01485 600 559
Horticultural Soc.	Trevor Williamson	01485 528 302
Litter/fly tipping hotline		0800 2532687
Massingham Surgery		01485 520 521
Docking Surgery		01485 521 135
MUGA	Maggie Pattison	01485 528 842
Pre School Little Owls	Nikki Secker	01485 528 487
POLICE		101
Oil Buying Scheme	Susan Jones	01485 528 243
Rudham Primary School		01485 528 230
Village hall bookings	Julie Rouse	01485 528 376
WI	Jane Whewell	01485 528 159