

East Rudham Village News



WINTER 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 |
| Jodie Bond(clerk) | 07703 464 409 |

Meetings of East Rudham Parish Council start at 7.15pm.

The January meeting will be held on Tuesday 19th.

The February meeting will be held on Tuesday 16th.

The March meeting will be held on Tuesday 16th.

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

News from the Parish Council.....

Hello all!

I'm settling in to my new role as Clerk and I'm enjoying getting to know more about the village.

We are pleased and proud to announce that Parish Councillor Wade has been named a 'Love West Norfolk Hero' for all of her outstanding work during the Covid-19 lockdown. Thanks again to her and all those involved.

The Parish Council are continuing to function within the new 'normal' and progressing parish matters, including organising the installation of the second part of the village green fencing. Due to the weather this will be scheduled for next Spring.

There has been further discussion regarding additional village gateways, more news on this to follow. Consideration is also being given to a 20mph zone SAM2 to be located outside the school, to help keep speeding down.

Something to look forward to.....we are currently sourcing funding to enable the Parish Council to update the play park. Plans include clearing old landscaping and tired equipment and replacing it with new up to date play equipment and landscaping to match. This is an exciting project and we hope to have works commence in the very near future.

Please remember to keep our village clean and tidy, cut back overgrowth extending from your own property. Guidance on this can be found on the Parish Council website or via the RSPB website.

As always, we welcome members of the public to attend Parish Council meetings.

The Parish Council meetings planned for 2021 will be....

at the Rudhams Village Hall (or via Zoom)

Dates may be subject to change, so please refer to our website for updates

eastrudhamparishcouncil.norfolkparishes.gov.uk

On behalf of myself and the Parish Councillors, we wish you all a Happy and Healthy Christmas and New Year. Stay safe.

Jodie (Parish Clerk)

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

Christmas 2020 - please see shop notice

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 February 18th 2021

For inclusion in the Spring 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.**

Freebridge Announce Plans To Support Community During Winter Months

Freebridge Community Housing have announced plans to provide additional support to tenants and the wider community in West Norfolk over the winter months.

Sophie Bates, Freebridge's Director of Housing said: "Given the very real concerns people have about the situation with the coronavirus pandemic, Freebridge's top priority continues to be the health and safety of our customers and our workforce. We do also understand though, that as a community housing organisation we need to work to provide additional support to our more vulnerable customers and the wider community throughout the winter months given the additional stresses and strains that coronavirus brings."

Activities planned for the next few months include:

Making regular welfare telephone calls to tenants over the age of 60, including daily calls, and some home visits, to our more vulnerable tenants.

Providing additional financial and welfare support.

Providing additional advice and guidance to people who have become unemployed as a result of the knock-on effects of coronavirus – we have taken on a number of additional employees to help do this.

Facilitating urgent temporary accommodation requests from partner organisations,

Identifying suitable empty properties for use as isolation units.

Providing support to partner organisations in respect of the supply of food parcels for those in need, and a programme of activities for young people to keep them active and entertained.

Sophie Bates, said: "We will achieve some of these activities through the work of our teams here at Freebridge, however some of them will be achieved through working in partnership with other organisations across West Norfolk including the Purfleet Trust, the Borough Council of King's Lynn & West Norfolk, the Princes Trust, St Edmunds Academy, Lily, West Norfolk Mind and the College of West Anglia."

"Freebridge's vision is to support a better West Norfolk and we know that by making a concerted effort to support the community during the winter months we can help make a real difference."

Details of specific activities will be announced over the next few months.

If in the meantime you have any concerns or questions please do get in touch with our Customer Service Team on 03332 404 444, or email them at enquiries@freebridge.org.uk

VOUCHERS FOR GREENER HOMES

Residents are being encouraged to take up the government's Green Homes Grant Scheme to help cover the cost of energy improvement measures to their homes.

Grants in the form of vouchers are available up to a value of £5,000 to cover up to two-thirds of the costs of the improvements, or up to £10,000 to cover the full cost for those eligible residents on low incomes.

Homeowners and private or social landlords are eligible as long as the property is situated in England. Landlords are not eligible for the low-income voucher. New build properties with no previous occupants are not included in the scheme. Vouchers are available from the end of September 2020. Vouchers must be redeemed, and the improvements must be completed, by the 31 March 2021.

Works that the vouchers can be used for include insulation, or if the home is already insulated a low carbon heating solution. All measures are listed on the Simple Energy Advice website:

www.simpleenergyadvice.org.uk/pages/green-homes-grant.

The site shows primary and secondary measures. The vouchers must be redeemed against a primary measure in the first instance and can be used to fund additional secondary measures or to top up existing primary measures to bring them up to the recommended standard.

Using these vouchers to improve energy efficiency in the home, can result in saving on energy bills in the longer term and also reduce the impact of our homes on the climate - by improving energy efficiency, less heating is required which in turn reduces the amount of Carbon Dioxide released.

To apply for a voucher from the end of September 2020, use the Simple Energy Advice website to check eligibility first. Then identify applicable home improvements, and their estimated cost. The site will also provide a list of accredited providers.

Applications for vouchers can be made once measures have been selected and a quote obtained through the Simple Energy Advice survey and accredited providers via the above website. **No Green Homes Scheme representative will contact you to encourage you to take advantage of the scheme.** If you are contacted by anyone, claiming to be part of the Green Homes Scheme, on the phone or on your doorstep, report them to us via our partners the Citizens Advice consumer helpline on freephone 0808 223 1133

Decarbonising Transport.

Why has the transport sector so clearly failed ?

With car traffic there are thirty plus million drivers to be individually brought on side. This is further evidenced by the fact that bus operators, are well ahead of the curve on introducing low emission vehicles ahead of other road users. It is much more difficult for us as individuals as we all put our specific needs and priorities above those of the nation as a whole. As a result, transport is now the largest single source of the nation's pollution. It accounts for 28% of the total and remains stubbornly high.

Cars are now, ever more frequently, being used for short distance trips: 94% of all car trips in 2018 were under 25 miles in length and 58% under 5 miles. Here in Norfolk, recent research by consultants WSP shows that in King's Lynn the fastest growing use of cars is within the town's postcode, indicating under 2.5 miles in length, which is a reasonable distance to bike.

However, we saw that when a real crisis hits and government took a lead, and so long as we could see the sense in it, we could change our behaviour quickly, and with remarkable results too.

It is necessary to remind ourselves of the fact that broadly the same number of people pass away in the UK at least in part from the effect of pollution as have done from the deadly Covid-19 disease.

Van deliveries

A second reason for growing transport pollution is the growth in the number of light commercial vans in the past decade. Van use (miles) has increased by 104% since 1990, attributed to service vehicles and 'last mile' delivery. We may curse them, but we order the goods online which they deliver, and we are therefore the source of the pollution they emit.

A seventy percent increase of van use at the same time as we are legally required to achieve net zero emissions, means that we'll all have to achieve ever greater reductions in the way we live our lives. The reason that vans are increasingly in use is to deliver items that we have ordered on line. Their use has soared during the Covid19 lockdown, and there is a real likelihood that some of us will have changed for ever the way we purchase goods – we'll sit at home and a van will deliver; it is all so simple. As these predictions pre-date the Covid-19 impact, there is now the very real likelihood that we'll be forced into greater lifestyle change to compensate if we are still to meet our legal net zero target.

That is a sobering thought; the less we click and wait for them to deliver, the fewer vans, the less pollution the less change we'll need to make to our lifestyles. Click and collect enables you to still order at home but collect all your purchases in one trip; at least that way you bulk up the goods in one trip rather than, as we have seen during the lockdown, ever more vans making single deliveries into a single community..

The school run

A third reason for transport emissions remaining stubbornly high is the growth in the number of children driven to school by car, rather than using public transport or walking or cycling. Evidence is that this is a growing phenomenon.

As a result, in some places the areas around schools have been designated 'car free zones' at drop off and pick up times and in one, in the London Borough of Lewisham, a road is now closed altogether at these times. It was done as an experiment with consent of local residents, and they are so happy with the outcome that it has been made permanent. There may be applications in Norfolk's towns, and even some of its villages.

Excerpts from an article by Ben Colsen MBE, BA(Hons). FCILT

Chairman of Sandringham Parish Council

Further info available from the Government's publication Decarbonising Transport

THE VILLAGE HALL

Can you spare a **little** bit of your time to help our villages?

The East & West Rudham Village Hall has now been open for nearly thirty years and, lockdowns permitting, hosts a regular flow of sports, meetings, quizzes, clubs, receptions and elections. The Hall, a registered charity, is in good financial health and is well maintained but some of the committee are showing signs of wear and tear! We would welcome the help of some new members to increase our numbers and to bring fresh ideas.

The time commitment is not huge. As a committee we usually hold an evening meeting just six times a year. We would welcome anyone from the villages who wishes to join us and help. A particular need is for a secretary as our current holder is retiring at the end of the year. Don't be frightened, it is just six sets of minutes a year and occasional letters!

If the thought of "committee" work and meetings does not appeal, we would like to set up a working group to make and keep the grounds and surrounds of the Hall tidier; spade, strimmer and secateurs rather than pens and paper.

If you value the hall and can spare a little time to help the villages please ring

Trevor Williamson 01485 528302 or 07990 014270

SIMON WADE

Electrical Engineering Services

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Ryan Fisher

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www.norfolk-accountants.co.uk

The Able Stables



We are launching a small “not for profit” organisation .

We have a fully accessible cottage on the farm now available for holiday lets. All elements have been specially designed with a wide range of disabilities in mind. It has gained M2 status under the National Accessible Scheme and sits in a fully enclosed walled area which is totally private.

It sleeps two, has a wheelchair focused shower room, kitchenette/sitting room, utility room and outside/inside room with seating and eating area.

From the New year paying guests will come and enjoy a holiday with us. The money we raise will then allow us to offer **complimentary** 2/3 night stays throughout the year. The clients of Parkinson, Multiple Sclerosis and Motor Neurone societies will be accessing this opportunity.

I would be grateful if anyone could let me know if there is an individual or couple that they feel might benefit from this charitable venture.

Also if anybody is keen to see the project I am more than happy to show you around.

My email address is lucinda.fox@virgin.net.

Jane and Rachel welcome you to



Jane's Coffee Corner

Teas, Coffees, Snacks & Light lunches

on

The Green, East Rudham,

PE31 8RD Norfolk

**Delicious home cooked meals
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We are closed during the present lockdown.

Under normal circumstances

**We deliver lunches on a Thursday to East and West Rudham
between 12 and 1pm.**

**We have Jacket Potatoes, Quiches, Paninis, Hot Roast Rolls,
Soups and Sandwiches to chooses from**

**Please call the Coffee Shop to request a menu and to
pre order your lunch and book delivery time.**

Deliveries cost just £1.00 per household.

**Please check our facebook page for the latest
information on opening times after the present
enforced closure ends**

Tel 01485 528921

PARTRIDGE & PEONY

The Green, East Rudham



BESPOKE FLORISTRY FOR ALL OCCASIONS

Opening times

Wednesday to Saturday 10am - 2pm

Telephone 07814 453736

Update from the Kings Lynn Job Centre

Useful contacts

Contacting your local JOBCENTRE Telephone: 0800 169 0190

Textphone: 0800 169 0314

Social Fund (General Inquiries) Tel: 0800 169 0140 Textphone: 0800 169 0286

National Insurance Number (Apply for) Tel: 0800 141 2075

National Insurance Helpline Tel: 0300 200 3500

Tax Credits Helpline Tel: 0345 300 3900 | Textphone: 0345 300 3909

Child Benefit Helpline Tel: 0300 200 3100 | Textphone: 0300 200 3103

Maternity Allowance Enquiry Line Tel: 0800 055 6688

Textphone: 0800 023 4888

Pensions Centre & Bereavement Benefit Enquiry Line:

Tel: 0800 731 0469 Textphone: 0800 731 0464

Disability Living Allowance: Tel: 0800 121 4600

Textphone: 0800 121 4523

Personal Independent Payment (PIP) Claims – Tel 0800 917 2222

Enquiries: Tel 0800 121 4433

Help to Claim for Universal Credit (Citizens Advice Bureau)

Tel: 0800 144 8444

Pension Credit Application Line Tel: 0800 99 1234 | Textphone: 0800 169 0133

National Benefit Fraud Hotline Tel: 0800 854 440 Textphone: 0800 328 0512

Attendance Allowance Tel: 0800 731 0122

Carers Allowance Tel: 0800 731 0297 | Textphone: 0800 731 0317

To Claim Council Tax Reduction Visit – www.west-norfolk.gov.uk/benefitclaims

To apply for New Style Contribution Based Benefits:

New Style Jobseekers Allowance:

www.gov.uk/guidance/new-style-jobseekers-allowance

Phone: 0800 055 6688 New Style Employment Support Allowance: Phone: 0800 328 5644 (choose option 2)

Contact Us Jobseekers Allowance: www.gov.uk/jobseekersallowance

Income Support & Employment Support Allowance: Tel 0800 055 6688

Benefit Enquiries (Jobseekers Allowance, Income Support, Incapacity Benefit,

Employment Support Allowance and to report a death): Tel 0800 169 0310

Textphone: 0800 169 0314

Universal Credit Enquiries: Tel 0800 328 5644 Textphone: 0800 328 1344

MUGA Report September 2020

We are very pleased to see that the court is still being used extensively at this time of year. Tennis is possible along with small teams of football, netball and hockey. Although the court becomes quite spongy with lots of rain it dries out fairly quickly and games are possible. Unfortunately we have not been able to hold any of our usual events for months: our Sunday afternoon fun games session, the annual quiz which usually takes place in November and our highly popular ‘mulled wine and mince pies’ evening in December is unlikely to take place.

Anyone wanting to access the court, please contact Tony Dessent on 01485 528514 for information on any updated guidelines and for the key.

Alternatively Maggie Pattison can help with any information on magpattison@btinternet.com.

Memberships are still available through Dawn at collinsdawn75@gmail.com. The cost remains £7 for a single membership, £20 for family membership and £25 per quarter for club membership. Payment can be made by bank transfer to MUGA, sort code 20-30-81, account number 30005096.

Floodlight tokens (£2 for an hour) can be bought at Nanny P’s farm shop or please contact a committee member.

In these strange times we would like to take the opportunity to thank everyone for their support of the MUGA this year and most of all we wish everyone,

A Peaceful, Healthy and Safe Christmas and New Year.



West Norfolk to receive over £700k funding to create long-term homes for rough sleepers.

The Communities Secretary, Robert Jenrick MP, has announced new government funding of over £700,000 for West Norfolk to create new, safe, long-term homes for rough sleepers. The borough council submitted a funding application in August to the Next Steps Programme for funding to support people who had been provided with accommodation during the ‘Get Everyone in’ government led drive at the start of the pandemic to get people off the streets. Cllr Adrian Lawrence, Cabinet member for Housing at the Borough Council said: “I’m delighted to hear this funding has been secured. The support from James Wild MP has been crucial in getting help and a roof over the head of some of the most vulnerable people in West Norfolk.” James Wild, added: “When Covid-19 hit the council, Purfleet Trust, Night Shelter, Freebridge Community Housing, Broadland Housing and other partners worked incredibly hard together to help to get people off the streets and into safe accommodation. “Now we need to take further action to help eradicate rough-sleeping and I met the Minister earlier this month to champion this bid for longer term accommodation. This funding will help people in West Norfolk to turn around their lives through the Housing First model that provides vital additional support, as well as other flats for people moving from hostels.”

Two proposals were submitted. The first is to provide 10 move on flats, by partner Broadland Housing Association, who will manage the accommodation for people leaving emergency accommodation or supported housing. There will be dedicated support for those accommodated, with accommodation provided for the medium term until more permanent accommodation can be secured. This proposal will help release the emergency and supported housing for those in crisis now including those who may otherwise be rough sleeping.

The second proposal was an initiative for people who have higher support needs and may have had a pattern of rough sleeping over a number of years. Under a model called ‘Housing First’ it is planned that a number of units of accommodation (up to six) will be provided by Broadland Housing by March 2021 with a high level of support provided for a medium to long term.

Cllr Lawrence continued: “Housing First is an internationally recognised based model of housing and support for those with chronic housing, health and social care needs. Housing First has been shown to be effective in supporting people with histories of street homelessness, or other types of homelessness where contact with services has been unsuccessful in breaking the cycle of instability. This will focus on the most complex and entrenched rough sleepers and will provide valuable resource in terms of intensive support, ending their rough sleeping and sustaining accommodation.”

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SCHOOL OF NURSING GETS GO AHEAD

West Norfolk is set to get its own School of Nursing thanks to cash from the Government's Town Deal Accelerated Funding which has recently been confirmed.

The bid, supported by the Borough Council of King's Lynn & West Norfolk and the Town Deal Board, was developed by the College of West Anglia in partnership with the Queen Elizabeth Hospital. A grant of £597,000 has now been secured to deliver this project which will see high quality nursing training facilities developed at the college campus. The college will deliver the Level 5 (foundation degree equivalent) Associate Nursing Apprenticeship to support the future workforce needs of the Queen Elizabeth Hospital.

Only locations identified for Town Deals have been offered access to this additional grant to fund capital projects that can be delivered by 31 March 2021. £750,000 has been allocated to King's Lynn, in addition to the original £25m Town Deal fund already allocated. £597,000 for the School of Nursing, and a separate bid for the remaining £153,000 to go towards public realm improvements.

David Pomfret, Principal/Chief Executive of the College of West Anglia, said: "The School of Nursing creates a fantastic opportunity for west Norfolk. The Coronavirus has caused a massive global recession, however, health and social care is one of the very few sectors which is set to grow." This project, a partnership between the College of West Anglia, the Queen Elizabeth Hospital and the Borough Council of King's Lynn & West Norfolk, will create local career and skills development opportunities. Nursing is an incredibly important and rewarding career. This project will mean that the very best of talent can stay local, improve the stability and quality of the QEH workforce and support the west Norfolk economy and the wellbeing of west Norfolk communities."

The project will include the provision of two high-quality teaching spaces, refurbished into a hospital ward with two beds and equipment, to give students with near real-world experience of a clinical setting, and a simulator suite with two beds and clinical simulator dummies to present students with challenging situations. Scenarios from the simulator suite will be broadcast into larger class rooms so that a larger body of students can learn from the experience.

Dr April Brown, Chief Nurse at the Queen Elizabeth Hospital King's Lynn NHS Foundation Trust, said: "We are absolutely delighted that funding has been secured for the West Norfolk School of Nursing.

"Once in place, this course will open up career opportunities for local people who perhaps never thought that there would be a chance to study nursing in West Norfolk, closer to home.

"The capital part of this project will be completed within the funding time scales, with the accreditation work taking place in order for the School of Nursing to receive their first cohort of students in September 2021."

Graham Purkins, Chair of the Town Deal Board, added "The healthcare sector is one of the largest employers in west Norfolk. This project will provide opportunities for local people to access nursing training and employment in King's Lynn instead of them having to travel to Norwich or Cambridge. This increase in access to skills facilities will enable us to grow our own employees for the healthcare sector rather than having to recruit from overseas. It also establishes a model of closer collaboration with local employers to ensure employees have the skills they need."

Tips from the Norfolk County Council Waste Team

GUEST ARTICLE BY MARTINA GLASSON

THE NORFOLK COUNTY COUNCIL WASTE TEAM

What's scarier than witches, ghosts and ghouls at Halloween? How about the 18,000 tonnes of edible pumpkin that ends up in the bin each year. That's the same weight as 1,500 double decker buses! Whilst most people know they can use the flesh of the pumpkin, the slimy stuff in the middle hardly gets a look in. But put it in a pan with plenty of water, then boil to make a thin broth and voilà, you have a fabulous base for soups.

Pumpkins are a wonderful seasonal vegetable. However, sometimes it is hard to know which foods are in season in the UK, particularly when there is so much available on supermarket shelves throughout the year. Locally produced seasonal food is tasty and often more affordable as it has travelled fewer miles.

Please encourage everyone to follow us on **Food Savvy Norfolk** [Twitter](#), [Facebook](#) or [Instagram](#) for the latest recipe ideas and food saving tips.

Squash food waste

It's not just about pumpkins, with UK households wasting 6.6 million tonnes of food each year, it's time to be Food Savvy all year round. Here are our top three tips to get you started:

Make the freezer your best friend – it's a great way keep food fresh for longer. We have put together [15 freezer friendly foods](#) that might surprise you! Having a plan will help you stretch food across the course of a week and ensure you only buy what you need. Check out [our handy guide to meal planning](#). Fresh fruit and vegetables are some of the most commonly wasted foods. [These 10 tips for storing fruit and veg](#) will help you keep your five-a-day in peak condition.

10 tips for storing fruit and vegetables like a professional.

Fresh fruit and vegetables are healthy and delicious but are also some of the most commonly wasted foods. These 10 tips for storing fruit and vegetables will help you keep your five-a-day in peak condition until you're ready to eat them. All lush, no mush in your fridge and fruit bowl from now on.

- 1) Potatoes and sweet potatoes Potatoes are best kept in a cool, dry and dark cupboard. Don't worry if they have started sprouting, just cut off any sprouts before using them.
- 2) Apples 860,000 apples are thrown away a day in the UK! Apples last up to two weeks longer in the fridge in their original packaging. If you buy them loose, pop them in a reusable container in the fridge.

- 3) Bananas should be kept in a cool and dark place (but not the fridge) and should generally keep their distance from other fruit and vegetables. Unless you want to ripen other fruit, then they are a great help.
- 4) Mushrooms A mushroom's ideal home is in the fridge in a paper bag or the original packaging. Once opened, keep them fresh by covering them with a folded tea towel snugly like a blanket.
- 5) Lettuce 6) Salad leaves and 7) Spinach Moisture is the mortal enemy of our leafy heroes. Keep them fresher for longer in the fridge in their original packaging or in a container lined with a piece of kitchen towel.
- 8) Peppers last up to two weeks longer in their original packaging in the fridge. Only using part of a pepper? Keep peppers perky by leaving the stalk and seeds attached, then store in the fridge.
- 9) Celery can wilt as it loses water. Revive it in a refreshing bowl of ice water. And don't forget to use those lovely leaves in a stew, stock or soup!
- 10) Avocados are best stored in the fridge or on the counter to ripen them quickly. Only need half? Leave the stone in and sprinkle with lemon juice to prevent the other half from browning, then wrap and store in the fridge.

SHARE YOUR STORAGE TIPS USING THE HASHTAG #FOODSAVVY.

For regular food storage tips, new recipe ideas, tricks for batch cooking and much more, simply *sign up to our monthly newsletter.*

Community Fridges

Another initiative that helps combat food waste is Community Fridges where surplus food from both local businesses and individuals is shared in the community. This also provides easy access to fresh, nutritious food for everyone. Fortunately we have a large network of Community Fridges in Norfolk and if there is one near you, please do support them.

Interested in setting one up? Email us at lovefoodhatewaste@norfolk.gov.uk.

Our Food Savvy Champions are trained volunteers who feel passionate about food. They share their knowledge with the community in a variety of ways and although the current situation doesn't allow them to attend events and give talks in person, they can write articles for magazines and newsletters or may be able to do an online workshop. If you would like help from one of our volunteers or to become a volunteer yourself, please email lovefoodhatewaste@norfolk.gov.uk.

Well-Being Initiative Task Force

Norfolk Association of Local Councils Limited (Trading as Norfolk ALC)

www.norfolkalc.gov.uk

Information about what the Police and Crime Commissioner (PCC) is, and what he can do

Norfolk elected Lorne Green as its PCC on 5 May 2016 and his responsibilities include:

Setting objectives for tackling crime and disorder in Norfolk through a Police and Crime Plan.

Ensuring Norfolk has an efficient and effective police force. Your PCC hires (and, if necessary, fires) the Chief Constable and holds him/her to account for running the force. Your PCC also sets Norfolk's policing priorities and monitors performance against those priorities.

Setting the budget for policing the county and determining how much you contribute through your Council Tax. Your PCC also scrutinises how the police use their budget to meet Norfolk's policing priorities.

Bringing together Norfolk's community safety and criminal justice partners to make sure local priorities are joined up.

Commissioning services which contribute to the objectives within the Police and Crime Plan.

Providing support services for victims and witnesses of crime.

Getting communities involved in keeping Norfolk safe and being the voice of the people when it comes to policing and criminal justice in Norfolk.

More details of what the PCC does can be found on
<https://www.norfolk-pcc.gov.uk/>

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

CURRENT SCAMS

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

SOME OF THE RECENT SCAM ALERTS

We are reminding residents to continue to be Scam Aware following the new restrictions in England.

Action Fraud have put together a list of scams we should all be aware of regarding Covid-19 and lockdown. These include:

Fake Government emails offering grants and tax reductions

Emails offering to assist with universal credit applications

Fake track and trace emails claiming you have been in contact with someone who has Covid-19

Fake adverts for hand sanitizers and face masks

Fake emails offering 6 months of free TV License

Fake online dating profiles

Fake investment opportunities

More information on these scams and advice should you receive one can be found on the Action Fraud website or by calling 0300 123 2040

The Friends Against Scams partnership have also created a fact sheet to help raise awareness on coronavirus scams. Friends Against Scams help to protect and prevent people from becoming victims of scams. The fact sheet as well as information about becoming a Friend Against Scams and the free online awareness training available can be found on the Friends Against Scams website .

Do not give out

Passwords

Pin numbers

Bank details

Personal details

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 |
| James Wild MP | | james.wild.mp@parliament.uk |
| 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 |
| 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 |