

Kenninghall News

Issue 254

February 2023



The Norfolk Community Foundation, which sponsors the Luncheon Club and the Pantry, has designated the lounge at the Red Lion as Kenninghall's Warm Welcome Space.

All are welcome to come and sit in front of the fire anytime when the pub is open* with no obligation.



**Community Coffee Mornings
Every Thursday from 10 am.**

* see page 17 for opening times



A message from Rev. Sarah



At the beginning of February I always look forward to seeing the snowdrops which start to appear in my garden. These delicate little white flowers are a welcome sight signifying the beginning of spring with longer and warmer days to come. If one looks carefully at the flowers they look rather like upside down candles and so traditionally they have been used for celebrations of Candlemas. This celebration commemorates the ritual purification of Mary and marks the ritual presentation of the baby Jesus to God in the Temple at Jerusalem. Many churches also used the occasion to bless all the Church's candles which is why it became known as Candlemas.

On Candlemas night people place lighted candles in their windows at home. Many people too believed that Candlemas predicted the weather for the rest of the winter and the following poem was often recited:

*If Candlemas Day be fair and bright
Winter will have another fight.
If Candlemas Day brings cloud and rain,
Winter won't come again*

We live in a world now where superstitions are not so believable but seeing the snowdrops one can have hope that spring is definitely on its way which to many is a massive relief from the cold and dark winter nights. This February I hope you get chance to admire the snowdrops and let's hope that the weather will warm up soon and we will be able to enjoy the miracle of the blossoming of spring. February this year also marks the beginning of Lent to which there will be a special service on Ash Wednesday on 22nd February in Old Buckenham. You are most welcome to join us for this and also to any of the other services that are advertised within the Benefice during February. If you would like to know any details of our Lent course too or would simply like to meet me for a chat then please do get in contact with me and I will be happy to help.

With my good wishes and God bless

Rev. Sarah E. Walker

01953 571549 or 07809430967

Services in February

5th February 3rd before Lent

Kenninghall 10.00 Benefice Service

12th February 2nd before Lent

Banham 11.00 Holy Communion

Quidenham 11.00 Holy Communion

Eccles/ Wilby/Kenninghall

New Buckenham 16.30 Evensong BCP

Old Buckenham 9.30 Parish Eucharist

19th February - next before Lent

Banham 9.30 Fresh Expressions Worship

Kenninghall 11.00 Morning Prayer

New Buckenham 11.00 Holy Communion

Old Buckenham 9.30 Morning Prayer

Wilby/Eccles/Quidenham 9.30 Holy Communion

February 26th

Ash Wednesday

Old Buckenham 19:30 Holy Communion and
imposition of ashes

26th February 1st of Lent

Banham 9.30 Holy Communion

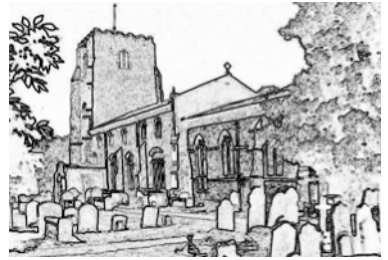
Eccles/Wilby/Quidenham 11.00 Service of
the Word

Kenninghall 11.00 Holy Communion

New Buckenham 11.00 Morning Worship

Old Buckenham 09:30 Parish Eucharist

Friends of St Mary's Church News



Many thanks to all of you who supported church events over Christmas.

Thanks to John and June who delivered the large pile of clothing etc to the Norwich night shelter and to all of you who donated, it is much appreciated. *(See message from John, below)*
Toys and Tins were also well received by the Salvation Army, thanks again.

On the subject of giving there is always a donation box for The Pantry in the church, if you can manage to buy a few extra bits while shopping it is an easy drop off!

The Christmas bazaar in the Hall exceeded all expectations and raised £1005.50! Thank you very much to all who supported this event in any way, and to Father Christmas and his elves who found time to visit us.

January's Cafe Church in the Lion was well supported considering the weather, thanks to our host Mandy.

Next month will be a Ploughman's Lunch, again in the Lion on Saturday 4th from 12 till 1.45pm, soup will be served followed by cheese and biscuits. A bargain at £8 a head, hope to see you there!

Thinking of Cafe church, we are occasionally short of helpers, it is not a difficult job, just making coffee/tea and chatting, a great way to meet people if you are new to the village. Offers of cake would also be welcome, call Anne Wood 01379 687230 if you are interested.

Annual Christmas Collection of Clothing , Food and toiletries for Norwich Homeless

Thanks again to everyone for your generous donations this year. A bumper collection from St Mary's Church and Street Farm , meant two large deliveries to Norwich.

The Staff and clients at St Martins Trust were very pleased to receive your gifts ,and were very grateful! Hopefully, we will do the same next year!.

John Hill, Britany Farm

A message from Avril Broughton

Hello everyone. I wish to thank everyone who has offered help to John and especially me to overcome my illness. It certainly helps me knowing your support is there in practical help and prayers. As Revs. Keith and Lorraine have said many times prayers do work. My situation is much better than back in mid December when I was carried to Addenbrooke Hospital after a routine MRI scan in Papworth Hospital. After having antibiotics injected into me every 4 hours I'm feeling much better. For the medics among you and their followers I was suffering a ' Vegetative Endocarditis' which means something very nasty was in my heart trying to make holes! With luck I should be 'released' from these wonderful NHS staff by the end of January providing they have destroyed my very own Alien!! My thanks and best wishes to you lovely bunch!

Avril Broughton xxxxxxxx



News from the Village Hall

Welcome to 2023. The hall committee wishes you all a happy and healthy year, lets hope that we don't have to experience such "interesting times" again. The cold spell before Christmas created problems heating the main hall. Heat pumps do struggle when the outside temperature is very low for days on end and we hope that we are spared another period like that this year. The hall has purchased 4 portable additional heaters that can be deployed as required.

The hall has decided to do something different this year and organise a Flower and Produce show. I don't think Kenninghall has held one before but many other villages successfully do them. Why not grow some vegetables this year and enter the show yourself? There will be opportunities for children to enter and I believe Kenninghall School are starting a gardening club. There will be adult classes for fruit, vegetables and flowers; home baking and produce; and arts and crafts including photography. We are still working on the details with the help of the Garden Club and will release them for next month's News. If you are able to help in any way please get in touch. The event will be held on Saturday 2nd September.

The next event in the hall is a Sip, Shop and Pamper evening on the 11th February, from 6pm to 9pm. There will be a selection of small, local businesses offering products and services including skincare, makeup, jewellery, massage, relaxation workshop, bags and more. Licensed bar, hot and cold drinks available. Entry free.

The Mum's choir has been reborn as Kenninghall Community Choir and their next choir practice in February is on the 21st at 7.15pm in the Memorial Room.

Weave and Unwind Willow Workshops are running a willow weaving workshop in the Memorial Room on the morning of Saturday 25 February. Contact Jane at weaveandunwind@btinternet.com for details.

Regards, Peter Kay Chair of trustees.

Mondays	Yoga Class 9.30am to 10.30am. Contact Angelique Weatherby on 07989 634239
Tuesdays	Badminton Club 7pm to 9pm. Contact Jeremy Hall on 01953 888245
Wednesdays	Yoga Class 6.30pm to 7.30pm. Contact Angelique Weatherby on 07989 634239 Third Wednesday every month: Lunch Club 12 noon to 3pm. Contact Alison Holman on 07785518987
Thursdays	Yoga Class 9.30am to 10.30am. Contact Angelique Weatherby on 07989 634239 Carpet Bowls 2pm to 4.30pm. Contact Gerald Sutton on 01379 687305 Thursdays apart from the first Thursday of each month: Pilates Class 6.15pm to 7.15pm. Contact Penny Crook on 07796 603643 Zumba Class 7.30pm to 8.30pm. Contact Penny Crook on 07796 603643 First Thursday every month (apart from May-August 2023 outings etc) Garden Club Plus 7.30pm to 9.30pm. Contact Daniel Myhill on 07508 508502
Fridays	First and Third Fridays of the month to the end of March Carpet Bowls League Matches 7pm to 9.30pm. Contact Gerald Sutton on 01379 687305

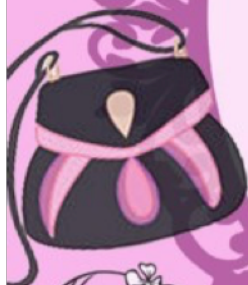
Pamper & Shopping Evening

11th February 6pm-9pm

*'Sip, Shop and Pamper' with
a selection of small and local
businesses from...*

*Skincare, Make-up,
Clothing, Handmade Handbags,
Massage, Sound Therapy,
Handmade Jewellery
and more!!*

Massage



**Kenninghall Village Hall,
School close, NR16 2EL**

**All Welcome
Free Admission**



Tree News

by Lucy Whittle

Happy New Year to everyone, I hope you had a warm and merry Christmas, we did and enjoyed one of Anne Wood's delicious turkeys.

At last we got some proper cold wintery weather, albeit very very cold, to kill off all the nasty bugs and beasties. The leaves stayed on the trees for a surprisingly long time but soon came off in the cold weather. Now it is warming up again and the days are drawing out the daffodil and snowdrop bulbs are popping up but it is still too early yet to see any sign of bluebells aconites or wild garlic. I hope they survived the unusually hot dry summer, time will tell. Keep an eye out.

There was a very good crop of apples in the orchard this year, the blossom must have just missed the frost we had, our orchard did well too and earlier in the month we had our own little Wassailing ceremony. It reminded me of the ones we used to have in the orchard years ago. They were fun but a nightmare to organise. Anyone is more than welcome to have their own ceremony amongst the fruit trees to drive out the cold dark winter and welcome the warm light summer.

Early days I know but mark Saturday 24th June for the Midsummer Celebration. Be there or be square !

The next workparty will be on Saturday 11th February 9.30-12.30 as usual. Tea and cake provided though any additional cake is always most welcome. We shall be removing more dead ash trees and replanting.

See you there, Lucy



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www.akerstreeservices.co.uk

The Borderhoppa 2023 outings leaflet is now available. We have many trips arranged throughout the year including pub lunches, garden centres, the coast, mystery tours, boat trips and many more. You can pick up a leaflet at your local library, information centre, GP surgery, from one of our drivers or by calling the office.

Need help with transport? Borderhoppa buses are available to people of all ages who are unable to use ordinary bus services either because of mobility difficulties or because there isn't a bus service available for them to use. Our door-to-door dial a ride service can take you shopping, to medical appointments (excluding hospitals), to visit a friend or relative or attend a local club. If you would like to find out more about the great service we provide please call us on 01379 854800 or visit our website www.borderhoppa.org



Kenninghall Morris

Interested in giving Morris Dancing a go. We are always looking for new people to join us. Dancing is good mental, as well as physical, exercise and is great fun. We also always welcome new musicians. We currently practice on Thursday evenings between 7:30 and 9pm at Hinderclay Village Hall. Interested? Contact us via our website: www.kenninhallmorris.org.uk



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Bad joke #2

I've had a really, really bad day.
First, my ex. got run over by a bus.
Then I got fired from my job as a bus driver.

Bad joke #3

When I was a boy the Dead Sea was only sick.

George Burns



An excellent Christmas Meal was enjoyed by 29 members at the White Lodge pub in Attleborough. On 5th January we had our AGM with a Garden Quiz and members were able to find out about the meetings and visits planned for 2023.

February Garden Club Plus Meeting

Thursday 2nd February in the Village Hall at 7.30pm

**Andy Bailey from Diss Garden Centre
talking about plants with a "Winter Interest"**

***Competition – a small bunch of
Snowdrops***

What should we be doing in our gardens in February?

Although February usually brings the first signs of spring the soil is often still wet and cold with the possibility of sharp frost and even some snow. So don't be in too much of a rush as most gardening jobs can be delayed until March but there are a few things below that can be done

Prune apple and pear trees - also currants and gooseberries

Prepare empty vegetable plots

Can sow broad beans and peas in light soils under cloches or plastic

Prune winter flowering shrubs as soon as finished flowering

Cut down any decorative grasses left uncut over winter

Trim winter flowering heathers

Prune summer flowering shrubs like buddleia and hydrangea

Clean the greenhouse, cold frames and wash plant pots and seed trays

Prune overwintered fuchsias and summer flowering clematis

Lift and divide snowdrops and winter aconites whilst still green

Still time to plant hedging, shrubs trees and roses

Shrubs can be moved to new positions whilst dormant

Start to chit early seed potatoes – egg boxes are ideal for this

Sow sweet peas in pots in a greenhouse or on a windowsill

If you have a heated greenhouse or propagator start off some summer bedding plants and tomato plants

Continue to put out suitable food and water for garden birds

Can I sharpen your secateurs, etc?

£4 per item in aid of Kenninghall Kicking Cancer. Phone John Richardson 07785 533898

K P C NEWS UPDATE

November and December Meetings

Firstly, Happy New Year from Kenninghall Parish Council to all residents and readers. As there is no Kenninghall News in January, I have summarised the points from our November and December meetings.

East Harling & Kenninghall Medical Practice

Chair Ali Holman and I now have regular meetings with Simon Round, Practice Manager to address any concerns from Kenninghall residents and get an update on progress at the practice. The practice continues to be busy but the number of non-attendees for booked appointments continues to rise. Please contact the practice if you cannot make your appointment so they can allocate it to another patient.

Kenninghall Food Hub, “The Pantry”

There were now 143 households of The Pantry; regular updates were provided on Facebook. Mr Halmshaw said it was very well organised and encouraged other councillors to visit.

AD Plant, Bressingham

As you are all now aware the AD Plant was refused retrospective planning permission at the December meeting of South Norfolk DC. We along with the residents of Bressingham and Fersfield await the next steps. Thanks go to our District Councillor Marion Chapman-Allan and Liz Truss, MP for supporting the campaign.

Village Hall Defibrillator

The Village Hall defibrillator has now been installed outside the main doors and available for use. It has been registered with the emergency services. Free online training is available from the supplier so any Groups or individuals who use the hall and area regularly and would like training

should contact me for more details.

Allotments

Miss Holman advised that the allotment holders had sent a proposal to the agents to the landowner and were in discussions about a 5 year agreement.

SAM2

The data for Garboldisham Road for November was as follows:

- The 85th percentile was 34.8mph
- Average speed 25mph
- Maximum speed recorded was 65mph.
- 37.4% of vehicles were speeding with an average speed of 35mph.

Highways

Miss Holman reported the wall in West Church Street had now been repaired; Highways still had a lengthy list of actions to tackle in coming months.

Playing Field and Village Hall Field

Volunteers are needed to help with a work party in the Spring, if you are interested, please contact the Clerk or a Councillor.

Kenninghall Flood Update

NCCH reported that some final points were being made before moving to Stage 2. A meeting will be held on Monday 23 January 2023.

Neighbourhood Development Plan (NDP)

Mr Mitchell reported that he had updated the NDP to take account of recent changes and any future planning applications would be judged against the NDP. A full discussion took place on the benefits of the NDP and KPC would seek advice before committing to the next stage.

Mary Bowles Charity (“MBC”)

Mr Taylor as Trustee of MBC provided a summary of the aims of the Charity and recent activities. Whilst the Trustees had

KPC *continued*

recently completed the sale of land at Besthorpe which was under the ownership of MBC, it was noted that the proceeds had to be used responsibly under the terms of the covenant and in line with Charity Commission guidelines. Whilst there had been suggestions on how the monies could be spent, the Trustees were responsible for and had to account for any spend. The proceeds had been invested (after consultation with the Charity Commission and other advisors) and the income would be spent in line with the original aims and distributed equally between Kenninghall and Banham.

November District Councillors Report from Marion Chapman-Allen:

- Norfolk Community Foundation were funding Warm Spaces grants.
- Breckland had received a gold award from MOD for the Armed Forces Covenant Employer Recognition Scheme which recognised councils' support for veterans. They had received Silver status in 2017.
- A webpage had been launched providing advice on Avian Flu. 8 cases had been reported in Breckland and 142 across East Anglia.
- The Local Plan Review had been extended until 1 December 2022 and considered sites for housing, industrial development, and open spaces. Public consultation would take place in early 2023. A new app called "Commonplace" had been launched with information on sites being considered under the Local Plan.
- Breckland had received a Gold Pawprint from the RSPCA for helping stray dogs. A welfare Licencing Officer had been appointed and was encouraging dog breeders to get registered, conducting inspections of premises and had already made prosecutions.

- £1.6m had been allocated to provide emergency housing for the homeless; this would be short term housing to reduce the reliance on B&B and hotels.

Liz Truss, MP Parish Visits

Liz Truss is offering to meet all her Parish Councils to offer support; we will be contacting her office to arrange.

Kenninghall Village Shop

Access outside and around the shop for those with mobility scooters and prams was discussed due to the outside seating, advertising signs and newspaper stand potentially blocking the path. We understand that this has now been addressed.

WHY NOT ATTEND A PARISH COUNCIL MEETING?

The councillors would like to invite you to attend any Parish Council Meeting which are held every first Tuesday of the month (except in August) at 7.30pm in the Village Hall. We are a friendly council and would like to hear your views and thoughts on village matters, so why not join us at our next meeting on Tuesday 7th February 2023. If you cannot attend, please contact the Clerk or a Councillor and they will raise any matters on your behalf.

How to contact us is published on the website as well as the Agendas and Minutes of all past meetings; find us at www.parish-council.com/kenninghall

Alternatively, you can find details on the village noticeboard, via a councillor or the Clerk at kpcparishclerk@outlook.com

Alison Pena, Parish Clerk - Kenninghall Parish Council
07836 224395



The Pantry has now been open for 3 months and what a busy three months it's been. In September 2022 we moved from delivering food parcels to opening The Pantry. A project that was in the planning for 10 months.

There were a number of motivations in doing this. Firstly, it was to step away from dependency but still providing support. Secondly it gives dignity and choices to those who need support. Thirdly it allowed us to provide and nudge healthier food options and a healthier diet thus starts to address nutritional poverty through fresh vegetables and fruit. Fourthly it allowed us to start a conversation with our members, if there is a squeeze on disposable income then it will be more than just buying enough food and it will be all the other costs that will be challenging, particularly energy. Lastly it allows us to be a welcoming face and someone to talk to; we may not be able to solve an individual's problem but we can show we care and share that problem over a cup of tea. That succour cannot be underestimated.

The Pantry is part of Nourishing Norfolk. A Norfolk wide project made up of 15 food hubs supporting over 13,000 residents to access affordable food, which helps reduce pressure on household budgets. The Pantry is the only rural food hub solely manned and managed by volunteers in Norfolk.

The pantry's support extends beyond the food hub. We also run family holiday cooking clubs, workshops, provide fuel support, support local warm spaces, support local organisations and schools via The Hygiene Bank to provide free toiletries and period products to families in need, we also have High School students join us for work experience.

The cost-of-living crisis has been with many of our members for some time, masked by the pandemic. People are having to make some very difficult decisions and it is brutal. The Pantry is looking at other ways we can support households during 2023.

The Pantry is funded through grants from The Norfolk Community Foundation, Breckland Council, Feeding Britain and The National Lottery. The Pantry is not funded or affiliated with any organisation or committees within Kenninghall. The only funding The Pantry has received from any organisations within Kenninghall was a one-off donation from St Mary's Church, Kenninghall of £250 for which we were very grateful.

If you would like to support The Pantry we have food donation bins at Kenninghall and East Harling Doctors Surgery, Kenninghall Primary School and St. Mary's Church Kenninghall, or please pop by The Pantry during our opening times.

Items to consider donating, hygiene products, tinned fish/meat, cereal, biscuits, pasta/curry sauce jars.

If you would like to make a financial contribution

Helping Hands T/A The Pantry

Sort code 30-98-97

Account Number 77037462

Thank you for the support we have received from local residents, businesses and the wider community.

thepantrykenninghall@yahoo.com





thepantrykenninghall@yahoo.com

NEW OPENING HOURS

MONDAY 10AM - 12PM

TUESDAY 9.30AM - 11.30AM

WEDNESDAY CLOSED

THURSDAY 10AM - 12PM

FRIDAY 9AM - 11AM

SATURDAY 28TH JANUARY 10AM - 12PM

AFTER THAT WE WILL BE OPEN

EVERY OTHER SATURDAY 10AM - 12PM

SUNDAY CLOSED



Norfolk County Council

A stylized illustration of a brown coffee cup with a white rim and handle, sitting on a matching saucer. A wisp of white steam rises from the cup.

If you are new to the village take the opportunity to meet new “friends” - if you’ve been here a while, come and catch up with old friends!

Paul

14



Thank you to everyone that joined our Wreath Making Workshops, it was a huge success with many stunning wreaths made. It would not have been possible without the help and guidance of the talented Laura Martin, Flowers by Laura, thank you so much for your time and support.

Through our fund raising we were delighted that we could take the whole school to The Legends of Robin Hood Pantomime at Bury St. Edmunds Theatre Royal. The children had a wonderful time, with much laughing, cheering and booing. For many it was their first experience of a panto and we are so grateful for everyone's support so that we could make this happen.

After a few cold, hard working weekends we have completed four raised beds for the children to start planting in. Thank you to all those that helped and to Rob Knights for the compost. The school runs a weekly gardening club and we are looking forward to seeing what they produce.

Lego club has proved a great success again this term with around 25 children signed up. We are still looking for Lego donations if anyone has any spare.

We have much planned for the term ahead, with a February Fun Run to help get children active and a cake stall in the playground after school on Friday 10th February, before half term starts. Any cake donations would be greatly received, homemade or otherwise.

We look forward to sharing our March plans soon.

KENNINGHALL Singers

A FAMILY CHOIR
BASED IN KENNINGHALL

REHEARSALS 7.15-8PM
REHEARSAL DATES SPRING/SUMMER 2023
10TH (IN CHURCH) , 24TH JAN
21ST FEBRUARY
7TH MARCH (IN CHURCH) 21ST MARCH
18TH APRIL
2ND MAY (IN CHURCH) 16 MAY, 30 MAY
13TH JUNE, 27 JUNE
11 JULY

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OR f ROUNDMIDNIGHTMUSICNORFOLK



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FEBRUARY LUNCHEON CLUB THEME:- VALENTINE'S DAY!

Contact Ali
on 07785 518987

The Mobile Library will visit on Friday 24th February

Market Place 10.35 - 11.05
School Close 11.10 - 11.30
School Close 15.15 - 16.00



Bin Collections February

	Thursday	Friday
Black & Brown	2nd & 16th	3rd & 17th
Green	9th & 23rd	10th & 24th

KENNINGHALL NOTICE BOARD

Sip, Shop & Pamper
Saturday 11th February
6pm - 9pm
Village Hall

Garden Plus Club
Meeting
Thursday 2nd February
7.30pm Village Hall

Kenninghall Singers
Rehearsal Tuesday 21st February
7.15pm - 8pm
Village Hall

Woods Work Party
Saturday 11th
February,
9.30 - 12.30

Parish Council
Meeting 7.30pm
Tuesday 7th February

Cafe Church
Saturday 4th Feb
Ploughman's Lunch
Red Lion
12 noon until 1.45pm

KENNINGHALL
LUNCHEON CLUB
15th FEBRUARY

Sound advice from the BBC

SCAM TEXT MESSAGE ADVICE

BBC

RIP-OFF
BRITAIN

Rip Off Britain's tech expert David McClelland and solicitor Gary Rycroft have put together this handy guide to help you avoid falling victim to fraudsters...

How can I tell a scam text from a genuine text message?

- Don't panic!
- It's natural to think you have to reply straight away, but think about it first
- Take some time to look at the message closely.



Gary says...

"The key message is to be really suspicious about any message that you get out of the blue."

A good place to start is looking for the following signs that indicate the message may be a scam:



Unknown numbers

Requests for payment or payment details

'Urgent' requests

Carefully examine website links & check for any characters out of place

Spelling or grammatical errors



David says

"A number of legitimate companies are now not including links in messages they send to their customers"

- Fraudsters are finding ways around some of these indicators, including 'spoofing'. This is where fraudsters use identity masking technology to change the name or number that is displayed as the sender. This can make it look like the text has come from your bank's number or from an organisation like 'NHS' or 'GOV UK'. So even if it looks like the text has come from a legitimate source, you still need to take it with a pinch of salt!
- If in doubt, contact the company or organisation you think sent the text and ask if it's genuine. Look online for a number for them – don't try to call the number the text came from.
- Some organisations and companies have information on their website about how they will contact customers or users.

"REMEMBER... Scams and threats don't just apply to text messages but other messaging services too - such as WhatsApp and Facebook Messenger. Be extra vigilant for the "Hi Mum and Dad" scam message. This is where scammers impersonate your family members, particularly adult children, in order to ask you for money. 'Hi Dad, I've broken my phone and I'm using a mate's phone. I need to talk its urgent can you text me on WhatsApp on my new number please.'

If you receive a message like this don't be tempted to transfer money immediately, enquire further by asking who specifically it is by name and by calling them or asking for a voice note.



David says

What do I do if it turns out the message is a scam?

- Don't reply to a scam text. It informs the scammers your number is active and you could be bombarded with more scam messages.
- Do not click on any links, even if they look genuine. Clicking a link could result in malware being downloaded onto your phone that compromises your data.
- Do not share personal or banking information.
- You can report the scam text by forwarding it to 7726, which is a free reporting service provided by phone operators. This information can then be used by your provider to investigate the origin of the text message and arrange to block or ban the sender.

I've replied to a scam text, what should I do?

- If you've shared your banking details, you should contact your bank immediately.
- If you've shared your password, change the passwords on any of your accounts which use the same password.
- If you've lost money, tell your bank and report it as a crime to Action Fraud (for England, Wales and Northern Ireland) or Police Scotland (for Scotland).



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RIP-OFF BRITAIN
LIVE
COST OF LIVING SPECIAL





**Events at SWT Redgrave and Lopham Fen
nr Bressingham, IP22 2HX
February 2023**

Weekend Wildlife Club

Saturday 11 February,
10.30am-12.30pm, £5
Monthly club with wildlife-themed
activities for 6-11 year olds

Young Naturalists

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EAST HARLING & KENNINGHALL MEDICAL PRACTICE

I hope by the time you are reading this you have had a good Christmas. I would like to wish all our patients a happy and healthy New Year.

December saw the first cold spell of weather of the Winter followed by the nationwide concerns over Strep A and rising flu and Covid-19 infection levels.

As a result, December saw all-time highs for the Practice in respect of not only the number of telephone calls received but also prescriptions dispensed. On one Monday in December there were over 1,200 attempted telephone calls to the Practice.

Our upgraded telephone system enables patients ordering repeat prescriptions to utilise Option 2, thus relieving the pressure on the appointment booking line (Option 1).

This dedicated service is available from Monday - Friday 10.00 am – 1.00pm.

Option 1 is not available for repeat prescription requests, but these can also be ordered via our website 24/7 or by visiting the Practice during opening hours.

To further enhance patient access, January sees the introduction of opening on 1 Saturday each month at East Harling between 8:30am and 2.00pm. Appointments for will need to be pre-booked. Whilst phone lines are closed on these Saturdays, a member of the Reception team will be able to help patients attending the pre-booked appointments, and with general enquiries. The Dispensary will also be open.

Unfortunately, we continue to see high numbers of missed appointments totalling 136 in December. Telephone appointments are included in this number because clinician time is allocated for telephone appointments in the same manner as face-to-face appointments. With demand for appointments at such a high level, even with very short notice it is almost certain that we can offer cancelled appointments to other patients.

As ever, I very much welcome any feedback or suggestions on what you would like to see in these updates— my direct e-mail address is s.round3@nhs.net.

Simon Round

Practice Manager

9 January 2023

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Details in next month's News





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Kenninghall News March edition

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Please email all news and articles to article@kenninghallnews.org.uk by **Wednesday 15th February**.

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Kenninghall Contacts

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Kenninghall Parliamentary, County and District representatives

Member of Parliament

Elizabeth Truss

elizabeth.truss.mp@parliament.uk

Constituency Office 01842 766155

County Councillor

Stephen Askew

stephen.askew.cllr@norfolk.gov.uk

07774 159738

District Councillor

Marion Chapman-Allen

marion.chapman-allen@breckland.gov.uk

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