THE QUAY

Wells and District Community Magazine • Vol 15 Issue 5
June 2020

This month: Wells Carnival plans for 2020 • Heritage House offering meals at home • VE Day celebrations in pictures

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Welcome to The Quay

So farewell then, Ark Royal pub. I think I have only ever had one, or possibly two, drinks in there in the 24 years we have lived in Wells, but even so it was a bit of a landmark and I know, in its glory days, it was a great place to go on a weekend and is remembered fondly (or not) by many stalwarts of the town. And the staff were big supporters of the lifeboat station, laying on huge plates of sandwiches for the crew and shore helpers after the annual lifeboat service and other station events. Now it's just a pile of rubble. A car park will take its place in the short term, but you can be sure that all that prime building land is almost certain to have houses on it eventually. Affordable ones for locals? About as likely as thinking the best way to test your eyesight is to drive for 30 miles with your family in the car but apparently that's a thing, so maybe affordable homes are on their way...

With lockdown being lifted, seemingly against the advice of many leading scientists, it falls on us all in Wells to continue to be careful (and yes, alert, if you must). It's wonderful to be able to see family and friends again, but this blasted virus has not gone away and we are just as vulnerable to it now as we have been throughout these last three months. Our local NHS services have coped wonderfully, but they are exhausted and need a break, and not to have to deal with a second wave if one should arrive. Please don't think it's over, because it isn't. We should welcome visitors back by all means, but don't assume that the country has returned to 'normal'. Keep your distance and wash your hands often and thoroughly.

The Carnival committee has come up with a novel idea for all who will pine for the 'week' of mayhem that normally envelopes Wells in late July and early August. You can read more about committee's plans on page 7 and look out for next month's issue of *The Quay* which will have a Carnival pull-out in it with lots of stuff to get you involved. Starting the ball rolling is the Garden Competition this month (again on page 7). If you've spent time during lockdown tenderly tending to your garden, now is the time to show off your endeavours, 'cos we all want to see...

Meanwhile stay safe and look out for 'lerts! **SP**

Answers to the quiz in last month's CoronaQuay

1. Niagara Falls 2. Arc de Triomphe 3. Sistine Chapel 4. Golden Gate Bridge 5. Buckingham Palace 6. Statue of Liberty 7. Leaning Tower of Pisa 8. The London Eye 9. Great Wall of China 10. Stonehenge

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Homes for Wells news

By David Fennell, chair, Homes for Wells

A letter similar to this will be sent to our tenants. I hope it explains just how we're trying to help at this difficult time.

Our many supporters, among them the readers of *The Quay*, like to know what we're doing, but the information here may help others too.

Our tenants have been contacted by Kady or Lotte about the Covid-19 Hardship Fund, set up by Wells United Charities. Several tenants have applied to this fund and some have already been successful. Wells United Charities has been very quick to respond; each applicant's case has been thoroughly checked to ensure it is genuine. Homes for Wells has been happy to back our tenants and we will continue to offer help and support to anyone who applies. An application form can be obtained from Wells United Charities directly, or by asking Kady or Lotte by email – **admin@homesforwells.co.uk**

We are very grateful indeed to Wells United Charities. It's part of what makes Wells special and it's been in existence for a very long time. Just as there are boom years, there are also bad years, through the ages. It's great that the charity is still here for us.

Wells Community Hospital Trust, Wells Town Council, the NHS, Wells Nelson Club and the Churches Together in Wells have also set up the Central Support Hub. I was contacted by Sam from the Wells Community Hospital to participate in the 'Health & Wellbeing in our Community' meeting last week.

It was a *Zoom* meeting and I was asked to say how Homes for Wells' tenants are affected and what we're doing to help them. I said that Kady and Lotte have been in regular contact with most of our tenants, to ask how they are and to offer support. We've had more responses than ever before. This is very positive – we really want our tenants to engage with us!

Some of the encouragement we have offered has been to update as soon as possible a Universal Credits claim, if that applies. The good news is that new applications have been processed far quicker than ever before.

We encourage people in need to make applications to all or any on the following list:

- Wells United Charities – email **admin@homesforwells.co.uk**
- North Norfolk District Council – please contact the Coronavirus Community Support Programme on **01263 516000** (for emergency food parcels, emergency funding and support and debt management).
- Heritage House – please contact Steve Cheshire on **01328 711333**, if any tenant might appreciate Morrisons food parcels. Please give your name and address and whether you have any children.
- The Wells Central Support Hub (for possible emergency funds). Please ask us – **office@homesforwells.co.uk** – for a form and help to make a successful application, or apply direct to Councillor Roger Arguile on **01328 710564**.

Besides that, Homes for Wells has deferred its annual rent increase to every one of our tenants, because that seems fairest. We've been helped in this by the incredible generosity of an anonymous Wells resident, because he and his wife see how important it is to keep Wells thriving as a balanced community of all ages and all walks of life.

What are the problems facing some of Homes for Wells' tenants? Firstly, those working in construction were initially hit, but are now starting back to work. Those working in hospitality – hotels, restaurants, entertainment, pubs, cleaning – have been hardest hit. From the perspective of their incomes, welfare and sense of purpose, the sooner these sectors are allowed to start again (even if at first it's just in the open air), the better. The next month will be scary as people flood in from London and other big cities, some with scant regard for the welfare of our people. We need to be brave and treat this as a risk to life similar to crossing the road – look all around you, only move when it's safe, but get on with your daily life, always alert.

I learnt from some of the other contributors to the Hub meeting that mental health issues are causing concern. Without doubt, if you're working in the NHS, the pressures have been terrible. There is also anxiety about the other cases building up while the focus is on Covid-19 treatment. This was made clear by the GPs in the group meeting.

Continued on page 25

Wells Town Council

Coping with Coronavirus

Do you need help while self-isolating?

Then please contact

Wells Central Support Hub

on 01328 710564 or email hub@wellsmaltings.org.uk

We offer a single point of contact for help and support to the self-isolating members of our local community during Coronavirus.

If you would like to offer your services and be part of our volunteer team, please get in touch on the number above.

Please stay safe and keep updated via the government website.

Wells Central Support Hub is a collective of Wells Town Council, Wells Maltings, Wells Community Hospital, Heritage House, Wells Churches Together and Holkham

Alderman Peel High School news

By Alastair Ogle, school Principal

Somewhere in a parallel universe far, far away: our Year 11 students are working hard as they begin their GCSE exams, staff are providing additional revision sessions and we are all reminiscing about the fantastic ski trip to Italy that students have just returned from.

However, in the real world: our staff have created robust systems to ensure students receive the appropriate GCSE grades and follow all guidelines laid down by the Department for Education and the exam boards, and the students who were meant to be on the ski trip have all received a full refund.

Staff are continuing to provide students with work via online platforms and we have now provided over sixty families with laptops to enable students to access work remotely. We have found that, in some cases, the laptops have also provided families with the ability to order food online, allowing them to follow isolation and shielding guidelines. Support mechanisms for families remain in place and I would advise anyone in need to visit our website for details of agencies that can provide support – **www.wensumtrust.org.uk/aldermanpeel**

As education continues in a very different way we are also planning for the start of the new academic year in September. Once again, we are over-subscribed and have 125 new students joining us in Year 7. This is the largest number of students we have ever had in one year group and we have therefore created extra classes to ensure that every student receives the support they need. We cannot wait to welcome them to our school community.

On behalf of the whole team at Alderman Peel, stay safe and thank you for your support.

Tips for parents and students during lockdown

During this time of quarantine, we have watched our key workers continue on bravely, and all had to adapt to living, working and educating from home.

Keep a daily routine

It is essential to keep to a daily routine as if still in school, in order to maintain some normality and encourage students to be productive. Try to start each day with a good breakfast and a clear idea of what the day ahead involves.

Try virtual activities

School is more than just education, as children are included in social and developmental practices such as clubs, physical education and more creative outlets. Try to consider online ways to include these concepts in your daily routine and encourage creativity as well as required schooling.

Have a dedicated work space

In order to encourage students to focus and not be distracted by the comforts of being at their home, try to create a clear workspace away from all distractions that they can use during school hours. Ideally this will be somewhere quiet, not too comfortable and central to the home so that students can ask for help or advice.

Take regular breaks

Taking regular short breaks can be as essential to students' learning as the rest of these tips, as it creates a balance of work and relaxation and allows students to digest work in healthy amounts. Creating a plan for the day with these small breaks and a lunch time included will help students maintain motivation.

Keep in touch with school staff too

Email and ask them questions, tell them what you find difficult, or too easy. It is hard for them to know unless you tell them.

What's on – Norfolk libraries online

Our libraries are currently closed as part of our response to the coronavirus outbreak. During this time, we're providing activities and groups you can join in with online. There are also lots of exciting, interesting and stimulating online resources you can use to help you stay happy and healthy at home. To access all of this information, please go to our website – **www.norfolk.gov.uk/libraries-local-history-and-archives/libraries/whats-on**

The Carnival Committee thought they had the year off... er, don't think so!

By Pat Weston, Carnival chair

In last month's issue of *The Quay*, we told you all that the Wells Carnival committee was very sorry to give you the news that it had to cancel the Carnival Week in August.

Since then, the committee has been very busy handing out children's craft and gardening packs, posting fun and craft ideas, quizzes and fun puzzles to keep you all amused in these difficult times. They have also been busy delivering *The Quay* – in fact, the guys and girls in the fuchsia polo shirts have never been so busy.

Wells Carnival has very kindly been given two generous bequests to cover the costs of the craft packs that we have been delivering to local children during the pandemic. So far we have delivered over 100 packs every two to three weeks, with more to come.

Both bequests are from local families that have supported the Carnival and will hopefully continue to do so. Thank you to the families of Shirley Palmer and Brian Goff. We are immensely grateful and you've helped brighten the lives of local children at this particularly difficult time.

At the end of May we had a special gardening themed pack delivered, in conjunction with local gardener Lesley Palmer. She produced nine videos to coincide with National Children's Gardening week which ran from 23 to 31 May, and are still available to view through our Facebook page. Many thanks to the Clarke family, who wished to continue supporting us through this difficult time, and their generous donation which helped to cover the cost of these additional packs.

The committee now has some exciting news...! This year the committee is planning to hold a virtual

Continued on page 9

Wells Carnival 2020 Fun Gardening Competition

During lockdown we know many people have been spending more time in their gardens. We would love to see the results...

- Entries by photograph only
- One photo per entry
- Must be your own garden (entries may be submitted on behalf of someone without technology)
- Dates for entry **11 July 20 to 18 July 20**
- By entering, you are agreeing to your name and photograph appearing on our media pages. No addresses will be given
- All entries should be sent to **wellscarnival@live.co.uk** together with name, address, contact number and stating category entered (please include age if under 16 years)
- The results will be announced on **Sunday 2 August 2020**

Categories

- Best garden
- Worst garden
- Container or hanging basket
- Sunflower – hopefully there will be entries from the seeds which were sent out in our craft packs
- A display of home grown edible produce
- A garden project built in lockdown

There will be rosettes and certificates for 1st, 2nd and 3rd places and a prize for 1st in each category.

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ALL AIRPORTS COVERED

Continued from page 7

Carnival Week for 2020 to make up for the loss of the real Carnival. Along with friends of the Carnival, the committee will be holding quizzes, bingos, a pet show, a painting competition, a best garden competition, a disco, tennis workshops, cookery displays, a duck race, a fancy dress display and if you build something small and play with it in the bath we could even have a virtual raft race.

If you think you will miss the amazing music nights in the week, think again. We will be playing videos of the bands that were booked for the week, and a collection of the bands that have been to Wells Carnival over the years.

All these events will be posted on our new You Tube channel which should go live in August. So you can stay safe at home and enjoy the fun in the garden or indoors, sing and dance in your garden or in the lounge. But stay inside on the Wednesday night, because as we all know, it always rains on Wednesday night in Carnival week.

More details of how to enter and be involved will be on Facebook and the Carnival website – **www.wellscarnival.co.uk** – keep checking. Please see next month's issue of *The Quay* as there will be a pull-out programme listing times and the events.

The second piece of good news is that we now have Wells Carnival wrist bands for 2020 – a different design to our usual ones, as this year's Carnival will clearly be different. Our wristbands acknowledge the incredible work carried out by our NHS workers. The wristbands are £1.50 each with all profits to go to NHS Charities Together.

There are various ways you can purchase the wristbands:

- From our wonderful Wells Post Office in Station Road – please adhere to social distancing when purchasing.
- Send a cheque payable to Wells Carnival Ltd, for £1.50 per wristband plus £1 p&p (this covers the cost of p&p for up to 20 wristbands) to: **Wells Carnival wristbands, c/o Remus, Bases Lane, Wells next the Sea, Norfolk NR23 1DH** (don't forget to include your postal address so that they can be sent to you!)
- Email: **wellscarnival@live.co.uk** with your name, address and the number of wristbands and we will confirm the amount due and how to pay by BACS.

Thank you for all your continued support and a massive thank you to all of the Wells Carnival Committee. In these recent difficult times not one has pulled a sad face, instead they have pulled their socks up and been determined to keep the town happy, especially the little ones.

When the going gets tough, the tough get going! Very best wishes and stay safe.

Heritage House offers 'meals on wheels'

Since 1985, Heritage House in Wells has been running as a day care centre for the many isolated, elderly and vulnerable people of the area. We are very proud of the positive impact we have had on the lives of our day visitors, their families and the wider community. The dedication of our amazing staff, volunteers and trustees have made this possible and during this time of uncertainty and worry we are determined to continue to put our community at the centre of our efforts, maintaining contact and support in any way we can.

On VE Day, to celebrate 75 years since the war in Europe finished, staff at Heritage House made the day extra special for those at home alone. The dinner was roast beef with all the trimmings, served with spotted dick and Union Jack napkins. Dressed in their best 40s inspired outfits including a genuine demob suit the staff delivered lunch to people who cannot manage without extra help in the home.

Since the start of the lockdown, Heritage House has been providing hot, nutritious meals delivered to the door five days a week. All of the meals are prepared from fresh locally sourced produce, cooked in our own kitchens and delivered by a friendly volunteer driver. A two course hot lunchtime meal to the door costs just £7. We are pleased to offer this service to any resident in our catchment area, particularly if they are elderly, vulnerable or self-isolating.

If you or someone you know would like a hot lunch delivered once or twice a week – or even every day – let us know. Please advise us in advance if you have particular dietary needs or require special assistance – for example, we can arrange to bring your meal inside your home (whilst observing social distancing guidelines).

For more information about meals, food parcels or telephone befriending for you or your loved ones, contact Heritage House on 01328 711333.

Clubs, groups and societies

Wells Men's Shed

In line with current government guidelines on managing the Covid-19 pandemic the Wells Men's Shed remains closed until further notice. We belong to the Association of UK Men's Sheds and they also offer advice and guidance about keeping safe and best practices for running Sheds during the lockdown. A number of established Sheds have facilities which lend themselves to social distancing and it's refreshing to know a few have been able to operate and some have been able to make face shields and other essential PPE for their local key workers. Unfortunately, the Wells Men's Shed is still in its start-up phase so we are less established and therefore unable to help in this way. However, we can learn lessons from this experience and factor them in when we reopen.

Meantime, the Shedders are working in our own 'satellite' sheds supporting assorted community projects and making items from recycled wood and pallets which we hope to sell later when we can reopen. We have also set up a members only tool hire system for the cordless tools, with appropriate safety and security measures for pickup and handling. This way our members have been able to be creative, albeit at home. So we are managing to soldier on with projects but missing the social benefits and the banter in the Shed.

It's very kind that we still get communications from the local community, many with offers of donations of tools, garden equipment and the like. We certainly appreciate the offers but we are not in a position, at the moment, to receive or collect such items as the Shed remains closed. We will make an announcement when things change and we have a plan to reopen.

So stay safe and stay alert everyone and as always, if you would like more information please visit us at **www.wellsnexttheseamensshed.weebly.com**, phone us on **07486 524603** or email us at **mensshedwells@gmail.com**

Wells Good Companions (formerly Wells Pensioners' Association)

There doesn't appear to be much likelihood of the Club being able to reform by 16 June. Had we still been on schedule it would have been the bring'n'buy sale and quiz on that date. If circumstances change at all then one of the committee will ring each member to confirm that we are open.

Also, due to the coronavirus I have not booked anywhere for our usual outing in July as a) we hadn't decided where to go and b) the situation is still too 'up in the air' to book anything.

Please stay safe and well and we look forward to seeing you all later in the year.

Wells Textile and Embroidery Group

We are a small group of crafters interested in using textiles in sewing, crochet, patchwork, cross stitch and embroidery.

When the Covid-19 crisis is over, we meet on Monday afternoons (except bank holidays) from 1.30pm to 4pm in the WI hall, behind the youth hostel on Church Plain in Wells.

If you would like to join us for a free taster session you would be very welcome.

The weather being so lovely this past month, quite a few of us who have gardens and those who have allotments have been looking at the flowers and insects. These things inspire embroidery and textiles and have for centuries for both men and women. One member of our group is making cards with embroidered butterflies, and another is working on a project featuring birds and bees.

If you are interested in having a go we are still sewing by app at the moment, it's one of those things that keeps us sane. Hopefully it won't be too long before we can all meet again.

Wells Town Tennis Club

It's good to be back! On Thursday 14 May we reopened one court for members to play. This is under very strict government guidelines interpreted for us by the National Lawn Tennis Association.

We are endeavouring to open to members of the public as soon as possible, but in reality this will take a while. First we have to trial and prove a new on-line booking system and make some changes to existing practice in order to comply with public safety guidance.

For the latest information please refer to our website – **www.clubspark.lta.org.uk/wellstowntennisclub**

To keep the Quay Diary on page 42 up to date, please send dates of your meetings and events (or cancellations!) for 2020 to editorial@quaypublishing.co.uk

Wells RBL Poppy Appeal VE Day

By David A Woolgar, Poppy Appeal Organisation

On 8 May when we should have been remembering the fallen in WWII 75 years on. We all know the reasons why the ceremonies were cancelled all around the country.

Here in Wells I felt that we could and should not let the cancellation happen as those that gave their lives then let us live today.

So with this in mind Mary and I put our heads together, and came up with what you see in the picture.

Mary suggested doing a flower arrangement but using poppies and she decided to add two silhouetted soldiers drawn onto thin plywood into the arrangement, so I had the honour to go out and buy a present-day fret saw as I had no blades for my 1940s one! Guess what? Platten's had just what I wanted! So back to the workshop and the silhouettes were produced, and then painted black and included in the arrangement.

We set this up at the Wells War Memorial just before 11am on 8 May and observed a two minute silence along with other people who chose to come – we all observed the distancing rules. Then at 3pm we returned to lay a VE75 wreath on behalf of Wells Poppy Appeal and observed a one minute silence. We also had the pleasure of seeing our RBL standard there being held by Ronnie Shaw which was nice to see and I give all my thanks to Ronnie for making our day complete as far as possible along with his wife Jean and Margaret and others.

John celebrates VE Day

Wells resident John Tuck, not one to miss an opportunity to celebrate, made a suitable poster to display on 8 May, proudly acknowledging his time in the 5th Battalion Manchester Regiment.

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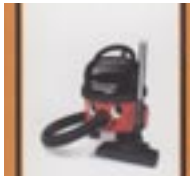

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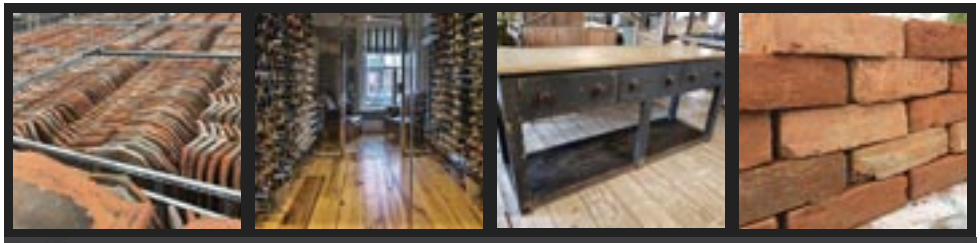

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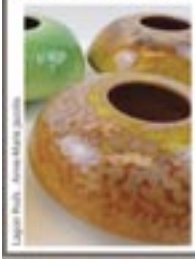

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News from the Anglican churches

By Rev Brenda Stewart

What a strange new world we are entering as we are realising how long it will be before life gets back to normal, if indeed it ever does completely. We live in a generation which thought it was invulnerable and then we discovered we were not.

I'm sure I'm not the only one who is grateful that I live in a place where I have been able to get outdoors on wonderful walks and have been able to buy all the basics of life from our wonderful shops in Wells town, and I would like to say a huge thank you to all the shop keepers who have remained open. I am beginning to see a few more people around and the other shops are gradually reopening, once they can work out how to organise things.

In due course our church buildings will reopen too but the churches are being very cautious because they are unsupervised public spaces and we don't want to put anyone at risk. Meanwhile, I am now able to go into the buildings and am glad to be able to record in our lovely churches for our worship which continues to be broadcast on You Tube.

Funerals have continued and please keep the families of those whose funerals have taken place in your prayers: Annabel Stannard from Wighton and Simon Linley at Wells.

If you would like me to add you to my weekly e-mail circulation, drop me a line on **bas@conbrio.com**. If you want to join us for worship the link for our You Tube channel, where you will find all our services since 29 March is **https://www.youtube.com/channel/UCCbVlSQ1HQ1jZvnESfrY2A/**

Methodist church news

By Sue Scoles

In accordance with government guidelines our little church remains closed for the time being. It is possible that when we are allowed to re-open it will be for private prayer only. We will have to wait and see, and be patient for a little bit longer. Meanwhile Colin Garwood and his team are producing a weekly newsletter for our members which not only shares news of fellow worshippers but also contains a short service for those who wish to follow it. We continue to pray for those working in our key services and for all those who are helping to keep up the great community spirit we have in Wells. You are doing an amazing job, thank you!

I have news from our local foodbank in Fakenham. They have managed to keep open during the lockdown period and have seen a 50% increase in food vouchers in April this year compared to April 2019. which isn't a huge surprise but if you imagine this is happening right across the country, it makes you realise how vital a service foodbanks provide. Please don't think the foodbank is for 'other people', there are a lot of people who are going through a hard time at the moment and they are there to help get you over this crisis. Phone the local CAB or North Norfolk District Council to see if you are eligible for a voucher. As well as donations from the general public they have also received food from cafés, restaurants and others, including our local sailing club, that have had to close and who have food or drink that would be past its sell by date by the time they re-open. It's another great example of the community all helping each other in these strange times.

Stay safe everyone and continue to look out for each other. Our minister Cliff Shanganya's phone number is **01328 862174**.

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Wells & District Churches Together

Despite lock-down Wells Churches Together group is very active.

The recent Christian Aid week saw a You Tube service compiled by Rev. Brenda Stewart in which other denominations took part. The link is: **www.youtube.com/channel/UCCbV-lSQ1HQ1jZvnESfrY2A/**

The all-important message about on-going need in a very impoverished area of eastern Kenya was the main focus for this year's Appeal; money going towards the building of two earth dams to conserve essential water for local communities. A valiant Helena Arguile 'stepped' her way during May (happily getting her fill of exercise doing 600,000 steps, or the equivalent of 300 miles) resulting in £2,900. Friends in Walsingham organised a fun *Zoom* quiz, adding the proceeds to her overall total. She hopes to reach £3,000 by the end of the month. Contact Helena on **01328 711788** if you wish to contribute.

The Friendly Phone-Line continues its valuable work for those fed-up and just wanting to have another human voice with whom to chat – **01328 710584**.

To keep everyone's spirits up, David Saunders has been playing piano with windows open to Clubbs Lane, every day at 3pm for approximately 30 minutes. On alternate days, socially-distanced singers turn up to sing a variety of songs old and new including some from the Quaker Song Book. David intends to keep playing until we get an all-clear for free movement again, especially for those over 70 and over 80! He is wondering if this might be worthy of a Guinness Book record?

Church service times

CHURCH	DAY	TIME	SERVICE
Church of England – Rev Brenda Stewart – 01328 710628			
St Nicholas, Church Street, Wells	Sunday	8.00am	Holy Communion
	1st Sunday of month	11.00am	Worship for All
	2nd, 3rd & 4th Sundays	11.00am	Sung Eucharist
	1st Sunday of month	6.30pm	Taize service
	2nd Sunday of month	6.30pm	Evening Prayer
	3rd Sunday of month	6.30pm	Healing service
	4th Sunday of month	6.30pm	Celtic Worship
	Wednesdays	10.00am	Holy Communion
	1st and 3rd Thursdays	10.00am	Quiet Prayer
	2nd Saturday of month	11.00am	Messy Church
	2nd and 4th Fridays	1.45pm	Little Fishes Parent & toddler group
St Withburga, Holkham (Remembrance Sunday to Easter,	1st Sunday	9.30am	Holy Communion
services held in Hall Chapel; Easter to Remembrance Sunday in St. Withburga's)	2nd Sunday	11.00am	Matins
All Saints, Warham; St Mary, Warham (Jul and Aug only)	3rd Sunday	9.30am	Holy Communion
All Saints, Wighton	2nd & 4th Sundays	9.30am	Holy Communion
Methodist Churches – Revd. Cliff Shanganya – 01328 862174			
Theatre Road, Wells	Sunday	11.00am	Morning worship
	Wednesday	10.30am	Prayer & praise
Holkham Longlands	4th Sunday	2.30pm	Sunday worship
Wighton	1st and 3rd Sunday	2.30pm	Worship service
Little Walsingham	Sunday	2.30pm	Sunday Worship
Evangelical Congregational Church Centre – Revd. Neil Woodruff – 07891 968966			
Clubbs Lane, Wells	Sunday	3.00pm	
	Tuesday	7.30pm	Prayer & Bible study
Roman Catholic – Father Keith Tulloch – 01328 713044			
Our Lady Star of the Sea, The Buttlands, Wells	Saturday	6.00pm	Holy Mass
	Sunday	9.15am	Holy Mass
Quakers – 01328 711387			
Friends Meeting House, Church Street, Wells	Sunday	10.30am	Meeting for worship
	Thursday	5.00pm	Meeting for worship

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County council news

By Marie Strong, Norfolk County Councillor

This month, whilst I have added a note about the stance of the Norfolk Resilience Forum, I decided to get back to some of our everyday interests including an update on recycling. But first a mention for fostering which has engendered more interest from potential fosterers during lockdown.

Fostering We continue to need more foster families to welcome children into their homes – particularly enhanced foster carers to help children needing greater support. If you have a spare room in your home, space in your heart and time in your life to help shape a young person's future watch this: **www.youtube.com/ watch?v=doXHHp5A0TY** Further details at **www.norfolk.gov.uk/fostering**

Recycling Centres Norfolk's larger centres are now open but with various caveats so check the website – which will be kept up-to-date as restrictions are removed and more sites open. For site information, detailed safety instructions and guidance on using the recycling centres during Covid-19 visit **www.norfolk.gov.uk/recyclingupdates** Here's the link to the last press release **www.norfolk.gov.uk/news/2020/05/recycling-centres-to-re-open-with-a-restricted-service**

Composting More people are growing their own vegetables so more reason than ever for my annual input on composting. Cut price compost bins are available to Norfolk residents – 220 litre compost bins for £10 and you can buy one, get one half price – go to **www.getcomposting.com** or email **customer.care@getcomposting.com**

See full details of the special offers available to Norfolk residents at **www.norfolkrecycles.com/wp-content/uploads/2020/04/Compost-Leaflet_Print-Ready-1.pdf**

Composting Food Waste I have frequently been asked about disposing of food and apart from fresh vegetable waste going on the compost heap or in the compost bin I have suggested freezing for future 'inventive' meals and soup. However NCC's waste department informs me that Bokashi bins allow you to compost all your food waste including meat, fish, dairy products and any other organic material in one container. Add your kitchen waste to your Bokashi bin, sprinkle on a handful of Bokashi bran and seal the air tight lid to start the fermenting process. After a few weeks your waste can be added to a conventional compost heap, or dug straight into the ground. For Norfolk residents the Bokashi bin twin pack is available at a reduced price of £15 (standard price £24.99) from **www.getcomposting.com**

Norfolk Resilience Forum Chaired by NCC's head of paid service, the forum represents organisations across Norfolk including district councils, the police, NHS and other blue light services as a body standing up for the health and safety of the people of Norfolk. At the point of writing we are awaiting the Prime Minister's June changes but whilst the current changes unfortunately gave rise to interpretation, the NRF has continued to urge people to stay away from crowded places, such as the coast, and to maintain social distancing at all times. "It is understandable that people want to get out and enjoy themselves. But we need to do this in a sensible way to avoid increased risk or placing additional stress onto not just the NHS but wider services like our coastguards. We need to understand that the restrictions have been 'eased' and not lifted completely. We need to move forward sensibly and it is not possible to immediately go back to how things were previously."

CONTACT Marie Strong by e-mail on marie.strong@norfolk.gov.uk or phone 07920 286597

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Continued from page 4

For Homes for Wells' tenants, the anxiety caused by loss of work and income and not knowing if your employer will close down permanently adds to anxiety and isolation. Our GPs rightly commented that we focus on the frail elderly who are the worst affected if they fall ill, who cannot get out to shop and are isolated. Yet, some are quite accustomed to this way of life – I know this from personal experience as my mother lives alone in rural Aberdeenshire and is valiantly independent in her nineties, yet has the most heartwarming help from her neighbours. I pointed out to the Hub members that single parents, with schools shut, are missing contact with other parents too.

Young people in the prime of life are seen as the toughest and most able to fend for themselves. Yet we must not miss the fact that the suicide rate is highest amongst young men in their twenties. Thankfully that's not happened in our own community here, but who knows who's on the brink? I must say that we should also not miss the fact that all the different churches in Wells offer immediate practical support for those who are looking for something (for example, homeless Matthew through the winter and now in his own place in Dereham) but it can be all manner of different help, in terms of companionship and social support, through to guidance towards a safer and happier life.

Please keep safe and well and may I offer you every encouragement to keep doing your best for yourself and your family and your community in Wells. If in doubt, call us!

CONTACT Homes for Wells, The Sackhouse, Jicklings Yard, Wells next the Sea, Norfolk, NR23 1AU
- Telephone: 01328 711703
- E-mail: office@homesforwells.co.uk
- Website: www.homesforwells.co.uk

Little Fishes group still swimming along!

St Nicholas' Little Fishes group is keeping in touch through a group WhatsApp. In April families were challenged to have fun by taking part in a Treasure Hunt. Photos and comments can be exchanged if parents/carers wish to do so. All families are welcome to take part; contact Kate if you would like the activities to be sent to you by email or WhatsApp – **kate.clodd322@gmail.com** or phone **07826 280915**.

Wells rainfall roundup for May

By Keith Leesmith

Yet another dry month with only 5mm rainfall recorded – this was the driest May since 1991.

We have now had three dry months in a row, so does that mean that a hose-pipe ban is just around the corner? The answer is that there is no reason why we should be that short as the rainfall over the last twelve months has been a lot more than normal – so the aquifers ought to be fairly full. Not much consolation if you are looking at a field full of sugar beet and don't have irrigation, and Jon Smith, the Holkham herdsman, saying that he has never known a year with such a shortage of "good grass", but comforting for the rest of us.

It is easy to forget the news of yesterday, but do you remember the television pictures before coronavirus and the Australian bush fires? They were of flooded fields – not all in the west of England, but quite a lot in Yorkshire and Lincolnshire too? That was only three or four months ago.

The weather does tend to 'catch up with itself'. I have a feeling that as soon as the date is announced for caravan parks and holiday homes to re-open, it will start raining and not stop for several weeks!

Wells town council

There will be no town council meetings for the foreseeable future. To contact Wells town council go to wellstc.norfolkparishes.gov.uk or phone 01328 710564 or email clerk@wellstowncouncil.org.uk

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Wells flood warden team news

By Mike and Marie Strong, joint coordinators

We recently viewed flood maps which indicated that it would be possible for flood water to the east of the town to reach Warham Road. Luckily we noticed the footnote in small print indicating that the flood levels did not take into account any levies, embankments or constructions designed to act as flood defences. It reminded us just how important Wells' embankments are to our flood defences and how it is imperative to keep them in good order.

It was disturbing therefore to receive the following email: 'I noticed that the solar panel on top of the camera by the North Point sluice has been damaged/vandalised and the glass is broken. I wondered if this was something your contacts in the Environment Agency should know about?'

Followed soon after by this email: 'The other thing that EA could be made aware of is the number of bikes on the East Bank. And not just bikes: the other day I saw a man on a quad-bike driving along the bank top with two small children on board! The problem seems to be that the EA 'No bikes/motorbikes/horses' symbols at the boatyard end of the bank are tiny and, because the gate is removed, transgressors don't stop to look – they just sweep through. Either that or they could not care less about the integrity of a bank that stops quite a chunk of Wells from flooding.'

We immediately informed the EA and received the following response: 'At the moment the camera is still working, so we are still able to monitor the screen, however we are looking in to how we can get the glass replaced.'

'With regards to the cyclists and quadbikes on Wells East Bank, we don't want them using it either. Together with Norfolk County Council we will try to come up with something that will make people stop and think... Your email suggests that the signs that we have put up are not enough and we need to think about putting something else in place to prevent unauthorised vehicles accessing the footpath.'

No sooner had we received this information then we were told by another local resident of a mobile home driving onto the bank to disgorge its eight occupants! This should reinforce the need for the EA to address the situation. The bank is there for the safety of Wells' residents so please keep us informed of any transgressions – phone us on **01328 710743**.

Lockdown lessons: life first, money second

By Peter Barton, Continuum

It's probably fair to say that for most people the pandemic has been a wake-up call. Sadly, some people have paid the ultimate price and we will be forever indebted to the key workers who have kept the country going, especially the NHS and care workers. For some there is a realisation that life is not a rehearsal, we don't live forever.

We don't know yet what the new "normal" will look like. More importantly, what sort of "normal" do you want? Do you want exactly what you had before? Or maybe you've come to the conclusion that you don't need the latest iPhone or a newer car as these things don't seem as important now. Has the lockdown changed your views on work, your home and your life in general?

As an independent financial adviser, I spend many hours researching investments and pensions and talking with people about their money but, as I've said in a previous column, money is there to add value in other areas of your life, possibly now more than ever. A pile of money is just a pile of money, whereas a pile of money that's used to good effect – possibly to create your own financial independence, either from your work or your business – has much greater worth.

Until recently, investments were behaving as we wanted them to so the abrupt falls came as a shock, although recessions are a regular occurrence so we ought to expect corrections like these. Ideally, when the next one comes around you want to have choices – after all, being truly financially independent means working because you want to, not because you need to.

Financial planning is about knowing how much is enough. But how much is enough? Well, even though your views on that may have changed recently, having a solid financial plan in place is a good first step as it will act like a road map in helping you to reach your destination. Underlying that

Continued on page 33

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News from Wells RNLI

Five missing on the Norfolk marshes Wells inshore lifeboat was paged at 10.46pm on Saturday 30 May to five persons missing in the vicinity of Blakeney harbour. The lifeboat launched with a crew of three and proceeded towards Blakeney.

The coastguard and the police were also tasked and located the missing persons with the aid of a drone at 11.33pm. Wells inshore lifeboat arrived at Blakeney harbour at 11.40pm and proceeded towards the area where the drone was hovering and the casualties had been sighted.

The coastguard team had crossed the marshes and were on scene with the casualties at 11.55pm. The casualties had been on the marshes for four to five hours but were not requiring medical attention and, as there was insufficient water in the creeks for the inshore lifeboat to take the casualties off the marshes by sea, the decision was made for them to walk off the marshes with the assistance of the coastguard team.

With all in order at 00.02am on 31 May the inshore lifeboat was stood down by Humber coastguard. It arrived back at the boathouse and was thoroughly cleaned and refuelled and was ready for service at 01.15am.

Coronavirus update: the Wells RNLI service in today's environment In the current national situation we should be highly appreciative of all those citizens who are continuing to serve in the emergency and caring services and key workers in essential services. This includes the Wells lifeboat and shore crews who continue to be on call for incidents at sea. It is good to report that, since the easing of the lockdown, there have been no shouts up to Monday 25 May. The crews, however, did have a good meeting on Friday 15 May using *Zoom*. A number of operational matters were discussed and, at the same time, the crews and volunteer staff enjoyed meeting together, albeit by a screen link. On-line training will be starting in the near future.

Guidance to the public RNLI Wells issued a press release on Thursday 14 May and it was widely used in the media. It confirmed that some harbours would be open for leisure boating activity from 16 May. It stated that "if you are thinking of going afloat, please inform others of your intentions in advance, make sure that your boat is in good, safe working order and do not venture beyond the safe limits of your vessel's capabilities and the experience of you and your crew. At all times be extra cautious." All this advice continues to be relevant to water activities, not just during the pandemic but at all times when considering boating activities at sea.

So if you intend to go afloat or know someone who is intending to do so, please ensure you and they have read this guidance.

30 Year Anniversary The 30th anniversary of a significant event in the history of the Wells lifeboat is coming up on 3 July. On that date in 1990 the current Mersey lifeboat, *Doris M Mann of Ampthill*, was passed as ready for service by the RNLI authorities. This lifeboat had arrived in Wells some weeks earlier and the crew had participated in working-up trials and training on the new boat. As the boathouse adaptation for the new boat had not been completed, the new boat and its predecessor, the Oakley class *Ernest Tom Neathercoat*, were located on carriages on the beach. The coxswain at the time was Graham Walker MBE. Those still serving in 2020 who were on the crew at the time are the coxswain, Nicky King, Phil Eaglen and Fred Whitaker. All remember taking part in the working-up trials. However, whenever there was a shout during this period, *Ernest Tom Neathercoat* was used. With all due respect to *Ernest* it was likened to "moving from a hare to a snail". The events of 3 July are well remembered by the current deputy second coxswain, Martin Emerson, who was a pupil at Wells Primary School at the time. Pupils were given the afternoon off and watched the hand-over ceremony. Both lifeboats were moored at the quay, where *Albatros* now resides. *Doris M Mann of Ampthill* was officially passed for active service in the late afternoon of 3 July 1990. The official naming ceremony was carried out by Her Royal Highness the Duchess of Kent on 17 July 1990.

It is testament to the three coxswains and crews of *Doris M Mann* over thirty years that the condition of the boat is so good. It is the oldest boat in the RNLI fleet and was the first Mersey boat to enter active service with the RNLI.

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Travel matters

By David Hissey

Travel using public transport, like many things during this virus crisis, is going to be rather different/problematic/difficult, call it what you will, until a vaccine is produced and widely available. The latest advice now being demanded by all the transport services is, don't travel unless you have to, try to find an alternative mode, don't travel in peak periods, use face masks, carry hand sanitiser, wash your hands before and after you travel and don't travel if you have any signs of the virus. This advice is likely to remain in place until a vaccine is found.

Coronavirus has changed all our lives, all sorts of demands have been made of us including changing our travel habits. In fact many people with underlying health issues have been told not to go out at all, at the same time we are being reminded of the need to stay active and fit.

Walking and cycling have taken centre stage. Electric bikes (or e-bikes as they are known) are growing in popularity and the trend shows no sign of slowing down. Their health benefits are often questioned compared to riding a regular bike but the evidence from a UK based study suggested that, in adults over 50, e-bikes helped riders cope with physical ailments that made normal cycling challenging and cyclists also felt safer using e-bikes than traditional pedal cycles. In the study participants found that e-bikes allowed them freedom to discover new routes in their local area and allowed them to ride with more physically-fit people. For individuals with a recurrent injury or illness, e-bikes offer the potential of significantly increased mobility, while also improving physical and mental health, reducing the intensity of cycling, but still providing good aerobic exercise.

E-bikes come in all the traditional variations, off-road, touring, folding, cargo, and at all price levels starting at around £1,000.

Everyone can benefit from that little extra help, but if you happen to live at the bottom of a hill, an e-bike saves the ride from getting too hard before you've started. There's an old motto: "don't stop for lunch at the bottom of a hill" but now even people with mobility issues or those suffering from recurrent illness or injury may find this mode of transport is a way to keep going while keeping fit and virus free. Family rides are now possible once again so mum and dad can keep up with the wizz-kids. Stay safe and as always, if you do need to use our public transport services, do check by phone or online before setting out on your journey.

Useful contacts

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and useful telephone numbers can be found in *The Quay* Directory on page 39.

Cooking with Carla Phillips

Little savoury biscuits

I used to call these the 'Little Savouries for the Ladies Who Lunch.' They would be terrific at a drinks party – easy and quick to make and they don't splat and stain the carpet!

Ingredients 100g plain four; 100g unsalted butter; 30g drained tinned anchovy fillets; 70g stoned Greek olives; 50g grated Gruyere cheese; 50g grated parmesan cheese; ½ tsp ground black pepper; a little beaten egg or egg white (to glaze the biscuits before baking).

Method First chop the anchovies and olives together – this shouldn't take long. Then cut the butter into the flour, or rub it in, pastry style. Add the cheese and black pepper. Then mix in the anchovy-olive mix and form it all into a ball. Roll it out on a floured surface, then cut it into little rounds.

Transfer these to a baking sheet lined with parchment paper. Chill them for at least 20 minutes, until you're ready to bake them. Then brush them with the beaten egg (or egg white) and bake them in a medium hot oven (190°C or gas 5) for 15-18 minutes, until they are golden.

Cool on a wire rack before storing in an air tight tin.

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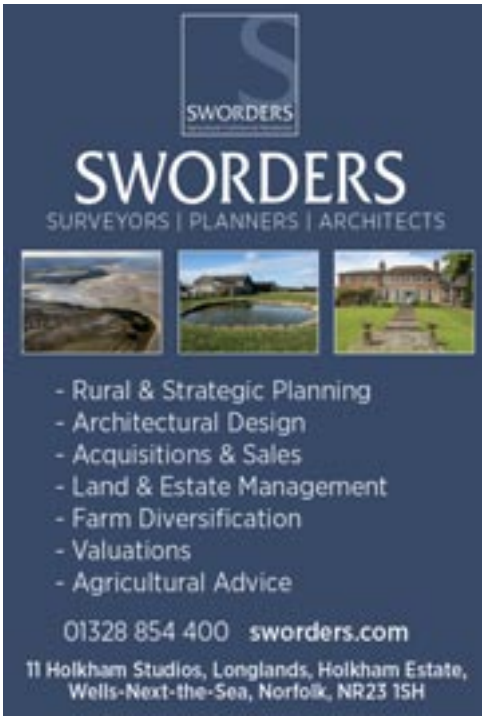
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Acting as an Attorney in a time of coronavirus

By Miranda Marshall, Hayes + Storr

Attorneys are facing particular challenges in fulfilling their duties under a Power of Attorney during the Covid-19 lockdown, while vulnerable people may feel lonely and distressed.

The duties of an Attorney under a Power of Attorney (whether 'Lasting' or 'Enduring') remains unchanged by Covid-19. It is how that role is carried out that is changed, and changing. The same applies to those appointed as a Deputy (what used to be called a 'Receiver') under an Order of the Court of Protection.

In acting as an Attorney, the best interests of the person for whom you are acting (known as the 'Donor') must be central to every decision you make. The government advice is clear to those who are particularly vulnerable and self-isolating, and even more so to those 'shielding'. If the person for whom you are Attorney lacks mental capacity, they may not understand the need for self-isolation, even to the extent of hostility or downright refusal to comply. If so, the Attorney should help their understanding by stopping their visits too, even if this is confusing or upsetting for the person.

It is more important than ever to make sure that the person feels secure and cared for. Isolation can be particularly distressing if someone is unable to understand why they are going without visitors for long periods. Staying in contact by telephone, or by sending cards, letters and little gifts by post, can help ease their loneliness.

It is vital that Attorneys and carers work together for the best interests of the person they are looking after. Now more than ever the Attorney should stay in touch with the person's care team to ensure that their needs are being met.

If the person has made a Lasting Power of Attorney ('LPA') for Health and Welfare, it may only be used if they lack the mental capacity to make the health or welfare decision for themselves. Every decision is time and decision specific; so it is 'shades of grey' not 'black and white'. They may have sufficient capacity to make some care or treatment decisions, but not others. Health and welfare decisions cannot be delegated. Everyone is presumed to have mental capacity, unless it is proven otherwise. If you are unsure about whether you should be acting, you should seek advice.

Where an elderly relative is self-isolating and cannot get to the bank, they might wish to put in place a simple authority to enable their banking to be handled by others. Internet banking is 'blind' to the person managing the account, which can be very helpful, but with appropriate safeguards and, of course, full consultation before any transaction.

A wider-ranging step would be to grant a Lasting Power of Attorney for Property and Financial Affairs which will grant the Attorney authority to manage their finances; but may be too slow and complicated in these restricted times. The LPA must be registered with the Office of the Public Guardian to be effective (you are looking at three months to prepare and register). If your relative has mental capacity and only requires help during this specific time a General Power of Attorney may be more appropriate, as well as quicker and cheaper. A General Power of Attorney should have limits as to the power given.

In all cases, the person making the Power of Attorney should seek professional advice on the best solution (both short and longer term) for them before signing any legal document. Do not be afraid to seek advice from your solicitor, if you are in any doubt what you should (or should not) be doing, either for yourself or your relative or friend. We are the local friendly specialists and are here to help. Always look for a solicitor who is an accredited member of the specialist group Solicitors for the Elderly (SfE); a leader in this field for 25 years.

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Continued from page 27

plan will be your savings, ISAs, pensions, investment bonds, even rental properties maybe, together with the right protection policies to act as a safety net should things not go as smoothly as we would have liked.

If you would like professional advice, Continuum has a number of articles and guides on its website.

The information contained in this article is based on the opinion of Continuum and does not constitute financial advice or a recommendation to suitable investment strategy. You should seek independent financial advice before embarking on any course of action. The value of an investment can go down as well as up, investors may get back less than the original investment. Peter Barton is an Independent Financial Adviser at Continuum. Tel: 01603 879875 or 07787 561087. Email: peter@mycontinuum.co.uk. Website: www.mycontinuum.co.uk

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Mailbag

Please address your news, views and comments to The Quay, 2d Maryland, Wells next the Sea, NR23 1LY. Please note that the views expressed in the letters we print are the views of the letters' authors and NOT the views of the editor or the board of Quay Publishing Ltd.

I completely agree with Angela Fennell's opinion on our local shops and wish to add my thanks to the local shopkeepers and their staff for their friendly service. Each time I ring I have thoughtful help and advice and all done in a pleasant manner, even when they are unbelievably busy, yet never a hint of brusqueness or irritation. Very many thanks to you all.

However, on a less cheerful note: I raise plants, some of which I sell at my gate, the proceeds of which, until now, I have given to a small charity which I have supported for twenty something years. This year I wanted the money to go to the NHS. Today, when I went to put out more plants I discovered to my disbelief that not only had many plants gone, but so also had the jar containing whatever money there was.

I feel sick as I sit here writing. At a time when life is so precarious and the NHS doctors, nurses, cleaners and all auxiliary staff put their lives in mortal danger day after day to help others, that someone would steal the little money I had hoped to help support them, leaves me speechless. When I think of Captain Sir Tom Moore at the age of 100 and all the money he raised and then this, it beggars belief.

Susan Moore, Wells

In the May issue of The Quay the article 'Five fascinating Wighton facts' told how the famous sculptor Henry Moore lived for a while in his youth at the school in Wighton. When Alfred Cohen and his wife Diana moved into the School House and turned it into an art gallery and studio they found a part-worked stone in the garden which they were later able to hand to Henry Moore.

Alfred was an American who served in the US Air Force and at the end of the war won a scholarship to study art in Paris. He never returned to the USA but made his living as an artist first in France, then Kent, and finally in Norfolk. He worked in his studio in Wighton from 1978 until his death in 2001.

Alfred was born 100 years ago. I recommend anyone interested in art to view a selection of his paintings and a short film about his life and work on **www.alfredcohen.org**, the website of the Alfred Cohen Art Foundation.

John Millwood, Wells

I thought readers of The Quay might like to see a photo of my grandad's huge effort celebrating VE Day during such stressful times of lockdown. The gentlemen in the classic cars are Guy Warren and Robin Golding.

A message of hope is sent out to all, it's like a war effort fighting the enemy only the enemy in this case is invisible. It has painfully divided us by taking away from us the most natural thing in the world, to hold and hug our loved ones.

We have got to believe that our VE Day is going to come and follow as much advice as we can. The advice isn't always clear but these are strange times, all nations are struggling to get things right. Normality will return but when it does, we must not forget how fragile we all really are. Virtual hugs to everyone...

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Wells Community Hospital news

The phased return from lockdown has now started its journey and although uncertainty still hangs in the air, we are grateful that our indomitable community spirit has been ever present throughout each of our neighbourhoods – from Mrs Jones collecting her elderly neighbour's prescription, to local businesses and organisations changing the way they work to support those in need. This was never more evident than when our local communities celebrated VE Day's 75th Anniversary with afternoon teas and picnics – all covered in bunting and socially distanced of course!

Looking after yourself during these times – wellness and health

I touched upon being grateful at the beginning, and it probably seems harder than usual to remain positive and not let some negative thoughts creep into our mindset at the moment. There are some proven ways to improve your mental health, reduce your stress levels and feel happier...gratitude being cited as one of them.

'Count your blessings' is old but excellent advice! Gratitude practice can be a mental exercise – try setting aside time to conjure up and appreciate things you are grateful for. These can be large things (someone you love) or small (a beautiful leaf). Humans have a tendency towards negative bias, and gratitude reverses this. Why not try keeping a Gratitude Journal? Keep it simple, list one to five things two or three times a week. "Gratitude doesn't change the scenery. It merely washes clean the glass you look through so you can clearly see the colors."– *Richelle E. Goodrich*

Thank you

A massive thank you to everyone who supported our 2.6 Challenge on 26 April. We raised a whopping £2,200 from your support! This should have been the date of the London Marathon, but like many other fundraising events it had been postponed due to coronavirus.

We ran 2.6 miles and walked 26 miles to help Wells Community Hospital and raise awareness that there will be an expected £4bn income shortfall for charities all over the country from the cancellation of fundraising events because of coronavirus.

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Thanks again to all our supporters, large and small, because without you we wouldn't be able to continue especially at this time.

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- admin@wellshospital.co.uk
- www.wellshospital.org.uk

VE Day sing-a-long for Scarborough House

Although we could not go inside, the Clubbs Lane Singers (we sing outside David and Joolz Saunders' home, 'Caprice', at 3pm on Mondays, Wednesdays and Fridays) asked Scarborough House if we could sing from their car park to mark VE Day for the residents.

Jackie, Evelyn, Kay and Joolz made the socially distanced quartet with David on keyboard. Scarborough House residents stood at open doors and windows and joined in singing World War II songs, finishing with Vera Lynn's "We'll meet again".

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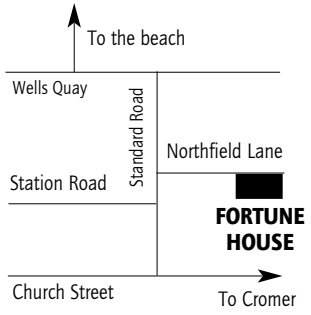

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EMERGENCY SERVICES	
Police	999
Ambulance	999
Fire	999
Coastguard/Lifeboat	999
NON-EMERGENCY SERVICES	
Flood Co-ordinators	01328 710743
Police (non-emergency)	101
Wells Coastwatch	01328 710587
Wells Fire station (Fakenham)	01328 856054
Wells Lifeboat station	01328 710230
Environment Agency – Floodline	0345 988 1188
BANKS & BUILDING SOCIETIES	
Barclays Bank, Fakenham	0345 7345345
HSBC, Fakenham	0845 7404404
Lloyds TSB, Fakenham	0845 0723333
NatWest, Fakenham	01328 853210
BUS/RAIL INFORMATION	
Burnham Market Community Car Scheme	01485 210342
Dial a Bus	01553 770310/776971
Lynx Bus Company	01553 611955
National Rail Enquiries	08457 484950
Sanders Coaches	01263 712800
CHURCHES	
Wells Group of Parishes	01328 710628
Methodist Church	01263 712166
Evangelical Congregational Church	01263 862970
Roman Catholic Church	01328 821353
Quakers	01328 711387
Russian Orthodox	01328 820108
COUNCILS	
Wells Town Council	01328 710564
Norfolk County Council	0344 800 820
North Norfolk District Council	01263 513811
HOSPITALS/HEALTH CENTRES/DENTIST	
Burnham Market Surgery	01328 737000
NHS Direct	0845 4647
N&N Hospital, Norwich	01603 286286
QEII Hospital, King's Lynn	01553 613613
Red Cross	01328 711829
Wells Health Centre	01328 710741
Wells Community Hospital	01328 711996
Wells Hospital Physiotherapy	01328 711187
LIBRARIES	
Fakenham Library	01328 862715
Wells Library	01328 710467
SCHOOLS	
Alderman Peel High School	01328 710476
Fakenham Junior School	01328 862188
Fakenham Infants School	01328 864511
Fakenham High School & College	01328 862545
Walsingham Primary School	01328 820265
Wells Primary & Nursery School	01328 710320
OTHER USEFUL NUMBERS	
Adult Education	01328 851213
Chemist – David Jagger	01328 710239
Citizens Advice Bureau	01328 856024
Funeral Directors	01328 710301
Norfolk Carers (freephone)	0500 179546
Norfolk Debt Line	01603 763980
Norman Lamb MP's surgery	01692 403752
Registration of Births & Deaths	0344 800 8020
Registration of marriages, civil partnerships	01328 863268
Relate (Marriage Guidance)	01603 625333
Veterinary Surgery	01328 711022
Wells Maltings Booking Office	01328 839000
Wells Post Office	01328 710332
Wells Tourist Information Centre	01328 710885
CONTACT NUMBERS – Local Organisations	
Art Group	01328 710923
Churches Together	01328 710584
Disabled Gardening Group	01328 786630
Fakenham Choral Society	01328 851848
First Wells Sea Scouts	01328 710577
Friends of the Granary	01328 710193
Heritage House Day Care	01328 711333
Homes for Wells	01328 711703
Hope and Smile	01328 711378
Keep Fit Group	01328 730508
Lifeboat Guild	01328 711823
Local Archaeology	01328 711449
Local History Group	01328 710261
Rosemary Group (bereavement support)	07503 310665
Screen-next-the-Sea	01328 711085
Sing for Joy	01263 570117
The Royal British Legion	07469 186208
Wells Area Partnership	01328 711378
Wells Bellringers	01328 710208
Wells Brownies	07748 256714
Wells Carers Support Group	01328 710501
Wells Carnival	01328 713002
Wells Craft Group	01328 710019
Wells Croquet Club	01328 710558/710963
Wells Discussion Group	01328 710951
Wells Football Club	01328 710907
Wells Friendship Club	07766151715
Wells Harbour Office	01328 711646
Wells Maltings Trust	01328 711378
Wells Men's Shed	07486 524603
Wells Nelson Club	01328 710408
Wells Pensioners Association	01328 711425
Wells Photographic Group	01328 856456
Wells Sailing Club	01328 712000
Wells Town Bowls Club	01328 316411
Wells Town Tennis Club	01328 710578
Wells Travellers	01328 316021
Wells Twinning Committee	01328 738513
Wells United Charities	07764 406852
Women's Institute	01328 712078
Workers Educational Association	07856 792186

Kathryn Gigg

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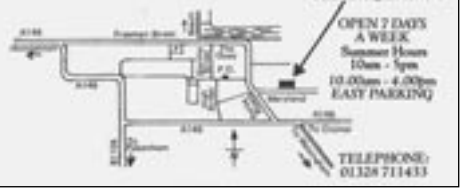

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The Quay Diary

Diary entries for the next issue of The Quay should be received by 26 June. Contact Editor Sara Phillips on 01328 711717 or e-mail editorial@quaypublishing.co.uk

I am leaving these in purely as a matter of record – all events are almost certainly cancelled during the outbreak. But it's nice to know what we could have been doing!

JUNE

Date	Group	Time	Place	Event
15	Textile & Embroiderers Group	2.00pm	WI Hall, Church Plain	Weekly meeting
18	Wells Nelson Club	2.00pm	Wells Community Hospital	Bi-weekly meeting
20	Community Craft Market	10.00am	St Nicholas church	Community Craft Market
22	Textile & Embroiderers Group	2.00pm	WI Hall, Church Plain	Weekly meeting
26	Warham Reading Room	7.30pm	Warham Reading Room	Quiz Night
29	Textile & Embroiderers Group	2.00pm	WI Hall, Church Plain	Weekly meeting

JULY

Date	Group	Time	Place	Event
1	Wells Library	2.30pm	Wells Library	Monthly book club
1	Wells Library	5.30pm	Wells Library	Monthly crime book club
2	Wells Nelson Club	2.00pm	Wells Community Hospital	Bi-weekly meeting
2	Wells WI	2.15pm	WI Hall, Church Plain	Posh Cream Tea
5	Warham Reading Room	2.00pm	Warham	Village Fete
6	Textile & Embroiderers Group	2.00pm	WI Hall, Church Plain	Weekly meeting
13	Wells Ladies Probus Club	11.00am	The Globe Inn	Monthly meeting
13	Textile & Embroiderers Group	2.00pm	WI Hall, Church Plain	Weekly meeting
13	RNLI Guild	7.30pm	Peter Collingwood Hall	Monthly meeting
16	Wells Nelson Club	2.00pm	Wells Community Hospital	Bi-weekly meeting
20	Textile & Embroiderers Group	2.00pm	WI Hall, Church Plain	Weekly meeting
22	Textile & Embroiderers Group	2.00pm	WI Hall, Church Plain	Weekly meeting

AUGUST

Date	Group	Time	Place	Event
5	Wells Library	2.30pm	Wells Library	Monthly book club
5	Wells Library	5.30pm	Wells Library	Monthly crime book club
10	Textile & Embroiderers Group	2.00pm	WI Hall, Church Plain	Weekly meeting
10	RNLI Guild	7.30pm	Peter Collingwood Hall	Monthly meeting
16	RNLI	TBC	Wells boathouse and quay	Station Open Day and annual lifeboat service
17	Textile & Embroiderers Group	2.00pm	WI Hall, Church Plain	Weekly meeting
24	Textile & Embroiderers Group	2.00pm	WI Hall, Church Plain	Weekly meeting

SEPTEMBER

Date	Group	Time	Place	Event
3	Wells WI	2.15pm	WI Hall, Church Plain	Norfolk Blood Bikes
7	Textile & Embroiderers Group	2.00pm	WI Hall, Church Plain	Weekly meeting
14	Wells Ladies Probus Club	11.00am	The Globe Inn	Monthly meeting
14	Textile & Embroiderers Group	2.00pm	WI Hall, Church Plain	Weekly meeting
14	RNLI Guild	7.30pm	Peter Collingwood Hall	Monthly meeting
21	Textile & Embroiderers Group	2.00pm	WI Hall, Church Plain	Weekly meeting
25	Warham Reading Room	7.30pm	Warham Reading Room	Bingo
28	Textile & Embroiderers Group	2.00pm	WI Hall, Church Plain	Weekly meeting

OCTOBER

Date	Group	Time	Place	Event
1	Wells WI	2.15pm	WI Hall, Church Plain	Elephants in the Sea
5	Textile & Embroiderers Group	2.00pm	WI Hall, Church Plain	Weekly meeting
12	Wells Ladies Probus Club	11.00am	The Globe Inn	Monthly meeting
12	Textile & Embroiderers Group	2.00pm	WI Hall, Church Plain	Weekly meeting
12	RNLI Guild	7.30pm	Peter Collingwood Hall	Monthly meeting
19	Textile & Embroiderers Group	2.00pm	WI Hall, Church Plain	Weekly meeting
26	Textile & Embroiderers Group	2.00pm	WI Hall, Church Plain	Weekly meeting
30	Warham Reading Room	7.30pm	Warham Reading Room	Quiz Night

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