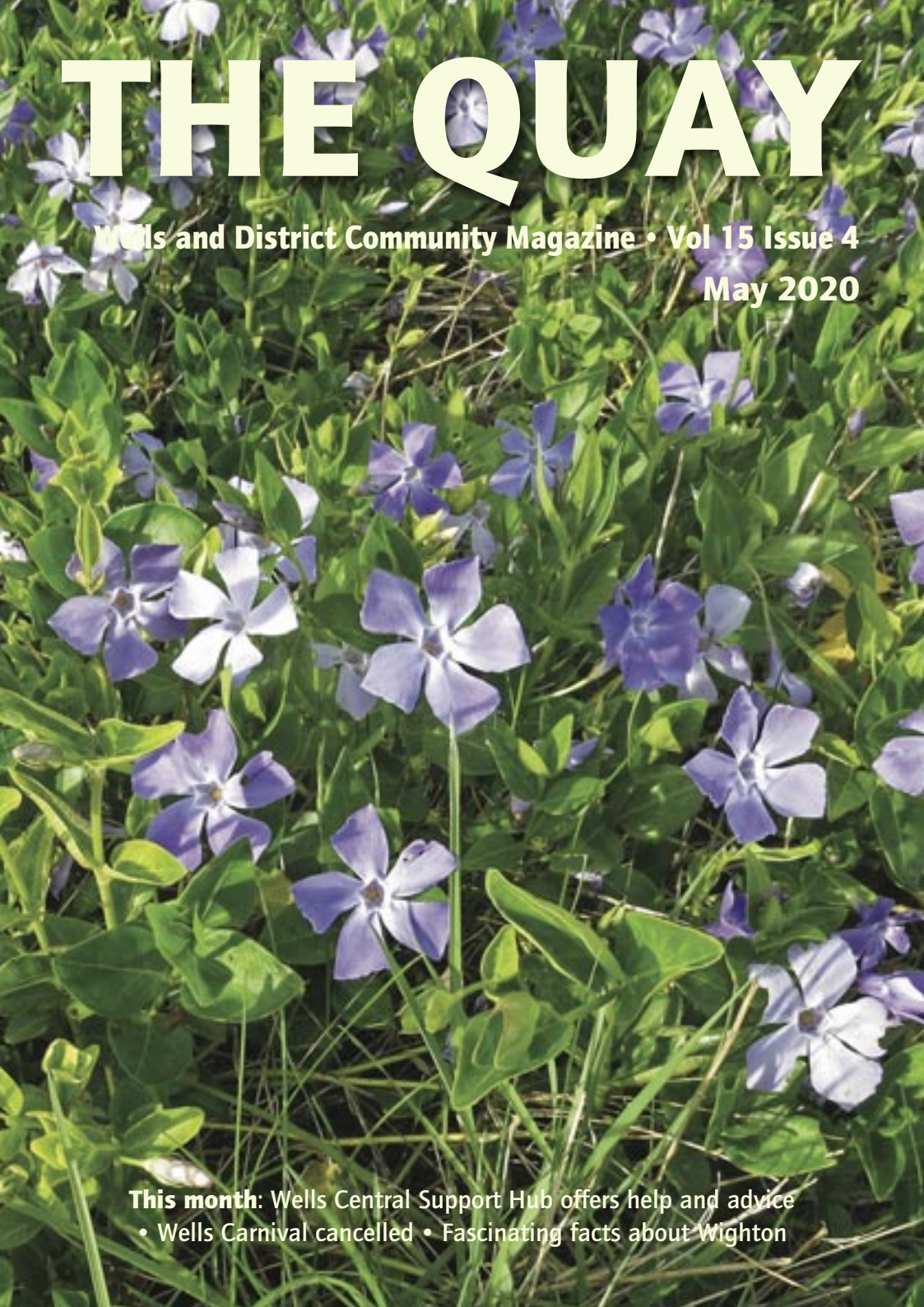
THE QUAY

Wells and District Community Magazine • Vol 15 Issue 4
May 2020



This month: Wells Central Support Hub offers help and advice • Wells Carnival cancelled • Fascinating facts about Wighton

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Welcome to The Quay

It's a bit of a cliché, isn't it? "The whole community came together and (xxx) happened." You read it and hear it over and over again but the words start to have no meaning. And then something like this dreadful pandemic happens and all of a sudden the words "The community came together" take on a whole new and rather wonderful meaning. Well, at least here in Wells they do.

The Wells Support Hub and the NNDC support centre and the Churches Together Friendly phone line have all been wonderful people to turn to if the need has arisen. You can read the report from the WCSH on page 7. Please, please use the Support Hub if you need to – don't be too proud or independent and think, "Oh, it isn't for me. I can manage". Yes, you may be able to, but there are days when none of us can "manage" and just talking to another person, getting some advice, some help – whatever it may be – might be enough to stave off the 'brainweasels' for another day.

And the Hub isn't just there for help with getting food and medicines – I heard of one person who had plenty of food, but it was all pre-prepared items in the freezer and the instructions for preparing and cooking it safely were too small to be read. A Hub member went round, deciphered some of the instructions needed, copied them in readable writing to a piece of paper and the problem was sorted. So please use the Hub for anything – that's what it's there for.

Personally, I would like to give a huge vote of thanks to a number of wonderful people, without whom *The Quay* would have been in real difficulties, both last month and this. I realised that I may not have enough copy to fill this month's issue and, as I don't and won't use Facebook, I asked Greg Hewitt to post a request for submissions from people. I was inundated! Fabulous stuff from all sorts of people, for which I deeply and sincerely thank you. Needless to say, I had plenty of 'ordinary' stuff to fill the magazine, which is why there is a treat (?) in the middle of this month's issue... And the stuff I haven't used this month will hopefully get an airing next month.

And huge thanks too to Cheverton printers for printing the magazine when in lockdown and to Roger Arguile, the Carnival crew and helpers for delivering the magazine. Our regular delivery man is not well and I had a panic. But 'the community' stepped in and most people got their copy of *The Quay* more or less on time. Spare copies are available outside the soap factory – 2d Maryland, NR23 1LY – and at the post office. Stay well! **SP**

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Copy for the May issue should be sent to editorial@quaypublishing.co.uk by 25 May.
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Homes for Wells news

By David Fennell, chair of Homes for Wells

We continue to be delighted by the generous donations and legacies which are being sent to us. There are many people who treasure the community of Wells and are putting their generosity to work.

Every Wednesday we hold a conference call to review the situation for each of our tenants. Help and guidance is being given to those who now have to claim for benefits, so that they can continue to cope and pay their rent.

Social distancing will probably have to continue for the rest of the year which means that many of our tenants might not be able to return to work for a long time. Some of them worked in as many as three jobs, as well as looking after their families, in order to pay their rent. Our priority is to keep our tenants housed and helped, and to keep Homes for Wells solvent and ready for when the economy starts to return to 'normal'.

Shaping the local market for housing

I was musing recently about AirBnB, the online marketplace for arranging or offering lodging, primarily homestays. On the AirBnB website you can see how many dwellings in Wells and the surrounding parishes are being let out. The company makes a cut of about 15% of the price of each booking.

I tried to compare the cost of an AirBnB rental in Wells with the cost of a Homes for Wells rental. AirBnB's cheapest one bedroom home during June this year will cost a visitor £664. Of this, £96 goes to AirBnB in the US. The rent for a one bedroom Homes for Wells dwelling, pro rata for one week, would be just over £90.

If you are an investor in property and have an interest-only mortgage, a Homes for Wells affordable rent wouldn't even cover the interest payments on that mortgage. If you let your property to visitors, as long as property prices keep going up, this is an investment which pays for itself. However, it is an aggressive type of speculation which comes at the cost of driving out the younger working-age population, by massively inflating the price of housing. It has this effect on Homes for Wells too, making it an incredible struggle for us to acquire new dwellings.

If you look on AirBnB's website you can see how much they are making out of Wells. In the last week in June, if all twelve normal sized houses listed in the town centre are let (including one on the Hopkins estate), I calculate that AirBnB will earn £2,136 in commission. And further calculation results in a figure of over £200,000 a year going to this Silicon Valley company, just for the use of its website!

Recently, we have seen a great increase in the number of applicants for a Homes for Wells dwelling. There are now over 90 on our Allocations list. The need for affordable homes is now the highest it has ever been, and we should be doing even more to increase our portfolio.

What's to be done?

That said, it can take a long time to change the way an organisation operates. My objective remains that we should grow to a size where we can create a virtual spiral. This will be achieved when we can afford the resources to support more tenants from our rental income, confidently manage more properties and generate sufficient donations to allow us to handle development opportunities with a full set of skills and resources.

So, when I look at the rate of growth achieved in 12 years by AirBnB, it shows what can be done to develop a business by combining some brand-image genius with creativity and finance.

One of the benefits of a time of lockdown and an economic recession is said to be that that's when some of the best creative work is produced. I hope it turns out like this for Homes for Wells and I hope it works for the businesses of Wells, because on-line businesses can run from just about anywhere, and a beautiful environment attracts people who can choose where they'd like to base their operations.

Summer work

Are there any local students who would like to carry out research work for us during the summer? We cannot offer any pay or a job at the end of it but we can offer two interesting research projects which would almost certainly be an asset on any CV. If you would like to be considered and would like to know more, email your details to **office@homesforwells.co.uk** and I will get back to you.

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

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, Principal

Wells has always taken pride in being a community and in recent years this has never been more apparent. The mutual support for each other whether that be as part of a particular charity, business or as an individual is clearly evident. As a school we are all proud to be part of this community.

Like most of the world, work in schools is very different at the moment. The building remains physically open every day as the local co-ordination hub for North Norfolk District Council which is distributing food parcels to those in need. We also have a number of children in school whose parents are key workers and I would like to say thank you to all of you who are key workers, particularly those who put themselves at risk to help others.

We continue to communicate with parents daily and have organised online vouchers for parents whose children receive free school meals. We have also provided a number of families with laptops, allowing them to access online support, deliveries and also allowing their children to complete work set by teachers.

It has been a challenging time for year 11 students as their time at APHS was abruptly cut short. We have had further guidance regarding the process of how exam results will be awarded and staff are currently working on this, with departments 'meeting' online. As always, results will be published nationally at the same time. We have forwarded all information from sixth forms and colleges to students and our specialist Careers Adviser is still available for conversations by phone or email.

It is an extremely challenging time for parents who are trying to turn home into 'school' without the resources, facilities or in most cases, subject specific expertise that teachers have. Well done to you all so far. Please keep liaising with teachers for any advice you need. We have updated a great deal of our website in order to share the wide range of agencies that are available to families, not just about learning, so they can access other support as they need it.

As you would expect, 'normal' work continues. We have our numbers for year seven in September with the largest ever cohort of 127 students joining us from 24 different primary schools. We hope schools are open soon so we can invite you all to join us. We will, of course open only when we are told it is safe to do so. The year 9 options process has continued as has the organisation of classes and staffing for September. Well done to all those Year 10 students have submitted their prefect applications online.

On behalf of everyone at APHS I would like to wish you all the very best. Stay safe.

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.

Wells Central Support Hub update

Wells Central Support Hub is working well. We have now had well over a hundred calls, most of them for medication to be brought from the chemist but also some requests for odd food items. We are working well with both the chemist and the health centre. The Hub operators on the phones are Greg Hewitt the town clerk with Roger Arguile acting as relief on Wednesdays. We have a first and second reserve if either Greg or Roger get ill.

We work together with the District Centre at Alderman Peel school which is manned by Sandra King. They of course have a much wider area to cover, though we have been known to go out to Warham, Stiffkey and the Burnhams. Hot food provided by Heritage House is a major contribution. Clearly the work of the shops doing deliveries every day is making a huge difference. We know too that non-food items are being covered by selective opening and careful distancing. Platten and Anthony have decreasing stocks but tradesmen are managing to get some supplies.

While the Hub's main function is providing a telephone number for people who can't get help from family and neighbours, there could be longer term issues resulting from the pandemic, one of which is mental health.

Mental health may seem not to be a problem until you realise that it covers people getting fed-up, irritable, depressed, angry, frustrated, losing track of which day it is, beginning to wonder whether this will ever end, wondering whether life is worthwhile, wanting to take it out on an object or even a person, and so on. The fear is that people may cause permanent harm to their relationships.

Violence could be closer than we think. People may need help but not know how to find it. There are specialist agencies both national and local – the Samaritans must be having a vast increase in calls.

More locally, you won't get preached at if you ring the Churches Together number, just a listening ear (see page 15). It may be that help for people who are fed-up, irritable and so on will be needed on a bigger scale. At this stage, perhaps the best thing to say is that if you feel you want to break a window, smash some pots or shout your head off, ring the number. We will try to help.

Five fascinating Wighton facts...

Wighton once had a windmill

In the fields near the Stiffkey river the 18th century 'New Mill' lay close to present-day Mill Farm. It was rebuilt by Lord Coke in 1826 and the original foundation stone is set into the ground by the village seat. By 1895 the mill had fallen out of use and its workings were sold at auction in July that year. The tower was struck by lightning in 1933 and the Home Guard blew up the remaining brick shell in an explosives exercise during the Second World War.

The village is linked to a famous sculptor

Raymond Spencer Moore (1849-1922), father of sculptor Henry Moore, worked at Wheldale Colliery in Castleford, Yorkshire, marrying Mary Baker with whom he had eight children (Henry was his seventh child and fourth son). One of his daughters, also called Mary, became head teacher of Wighton village school and when Raymond became critically ill, he and his wife moved to Wighton to live with her in the School House, sadly dying a month after his arrival. You can see his gravestone in the graveyard.

The mermaid in the porch of All Saints church

One of sculpted bosses above the windows in the church porch depicts a mermaid who appears to be holding a mirror and a comb. One theory is that she symbolised the importance of the fish trade to some of the village's merchants in the 14th and 15th centuries.

Wighton is 'The Town of No Return'

Wighton was used as the location for 'Little Bazeley by the Sea', a village where agents mysteriously disappeared, in an episode of TV series *The Avengers*, which aired in September 1965, with Patrick Macnee (as John Steed, with his iconic bowler hat and umbrella) and Diana Rigg (as Mrs Peel in her leather catsuit). If you find the episode on YouTube you can recognise the High Street, the graveyard and the old smithy.

There was a gruesome murder in the village

An account in the 15th century Paston Letters tells how Wighton resident John Grys, his son and his manservant were "mordered in the most orrible wyse that ever was herd spoken of..." in 1423 after their front door was broken down and they were dragged off and hung by a large and angry mob. But why, history does not relate...

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News from Wells RNLI

The RNLI service and accessing the boathouse

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. Whilst the emergency continues there will be no crew training and no practice launches. Also, the boathouse may be accessed by the lifeboat and shore crews only.

Not such good news and much better news

In the light of the ongoing Coronavirus situation the Newfoundland Dogs Display, which was to be held on 28 June, has been cancelled. The hope is that all RNLI activities will start at the earliest opportunity, including the Lifeboat Open Day and the Lifeboat Service on Sunday 16 August, which will go ahead if circumstances permit. The Guild also hopes the Lewisham Town Band concert will go ahead on 26 September in St Nicholas church. A final decision on these events will be made on Tuesday 30 June.

Leisure activities on or in the water

The Royal Yachting Association (RYA) has confirmed that no leisure activities should take place on the water until all sanctions are lifted. This guidance is repeated on the Wells Harbour website. The RNLI, as the frontline nautical rescue service, stresses that this guidance is not optional, it is mandatory.

Donation

The lifeboat crews are most grateful to Black Shuck Gin for the donation of a supply of alcohol-based hand sanitisers to the station.

Construction of the new boathouse

Construction of the new boathouse was scheduled to start in April. Unfortunately it has had to be postponed because, due to the Covid-19 outbreak, the RNLI has scaled back all boathouse build activity and maintenance work to that which is absolutely urgent and essential. Our all-weather lifeboat, the *Doris M Mann of Ampthill*, is now 30 years old and is still in great condition. Although she is scheduled to retire, she will serve us well until it is possible to resume our plans to become a Shannon station.

Report of two 'shouts' which took place before lockdown

On Thursday 5 March UK Coastguard requested Wells lifeboat to assist Hunstanton lifeboat in rescuing a lone yachtsman at Scolt Head. The casualty had to be airlifted from his yacht by the air-sea rescue helicopter. Wells lifeboat was asked to see if the yacht, which was aground, could be re-floated on the next tide in the early hours of the following morning, as the Coastguard had concerns that it could become a danger to navigation. It was decided that the best course of action was to re-float the yacht on the afternoon tide on Friday 6 March, when both lifeboats were launched and the yacht was towed to the safety of Wells Harbour.

The Wells lifeboats were paged at 9pm on Friday 20 March to take two crew off a 28' yacht which had been on passage along the north Norfolk coast. The yacht had taken shelter in Holkham bay, having missed the tide to enter Wells. The inshore lifeboat (ILB) identified the boat which had its navigating lights on and was hard aground. With the tide receding fast, the ILB took the skipper and his crew off the stranded yacht and transferred them to the local coastguard team. It was decided to assess the situation again with a view to re-float the yacht and tow her into Wells harbour on Saturday afternoon's high tide.

When the lifeboat crew arrived on Saturday morning, they discovered that the yacht had not re-floated on the morning tide and the hull had broken up in the heavy seas. The lifeboat crew recovered the inboard fuel tanks and batteries to minimise the risk of pollution and cleared the beach of debris.

Visit our website at www.wellslifeboat.org

An annual £15 subscription to *The Quay* makes an ideal gift

The Quay is delivered free of charge to all properties in the NR23 area. If you have friends or relatives who live away, but would like to know what goes on in Wells, please help us to keep our costs down by suggesting that they take out an annual subscription – it's only £15! Send cash or a cheque made payable to Quay Publishing Ltd, for that amount to 2d Maryland, Wells next the Sea, Norfolk NR23 1LY and include the name and address of the person to whom the subscription should go.

Clubs, groups and societies

HM Coastguard Wells

The Wells Coastguard team, based at Bases Lane, is on-call 24 hours a day, 365 days a year for search and rescue operations. We are a group of volunteers from diverse backgrounds who are responsible for the co-ordination and delivery of emergency search and rescue response to all maritime incidents on the immediate coastline and at sea. Our guard runs from Thornham through to Kelling but we can be tasked anywhere along the Norfolk coast and beyond.

We are Category 1 responders (same as police, fire and ambulance) and we work alongside them and also the RNLI when required. We can call on many resources if needed including our Coastguard helicopter fleet and air ambulance.

We frequently respond to walkers who have been cut off by the tide or offer medical assistance and safety advice to sailors who have found themselves in trouble around our coast. Our team also attends broken down or aground vessels, helps injured people such as walkers, horse riders and tourists. Quite often we deal with suspected ordnance washed up on the local beaches, carry out receiver of wreck duties and much, much more. Our team members are all highly skilled and receive specialist equipment and training to carry out anything that we are tasked to. Our specialist training includes water rescue, advance first aid and lost and missing persons search.

During the Covid-19 outbreak we have been tasked to provide public safety patrols to assist Norfolk Constabulary and our local community, in upholding the Covid-19 guidance, by patrolling beaches and harbours along our coastline. We are pleased to say that we have only had to offer advice to a few people and that most seem to be adhering to the government's guidelines. In any sea, beach or cliff emergency dial 999 and ask for the Coastguard.

Wells in Bloom

In normal circumstances, at this time of year, the volunteers of Wells in Bloom would be clearing out the pots around the town and replanting them with their summer display. We have ordered plants to pot up but, as yet, these have not been delivered and we are not sure when this will be able to happen. In the mean time we will, while respecting social distancing, make the pots look as tidy as we can and hope that it will not be too long before we can create the displays. There will be no hanging baskets in Staithe Street this summer as, with many of the shops closed for the time being, there will be no one to water or look after them. Each spring we send out letters to businesses in Wells asking for a donation towards the cost of the work of Wells in Bloom. This includes looking after the planters around the town, the walkway between Staithe Street and the surgery, and the school turning circle. This year we have not made an appeal as, in the current situation where many businesses have had to temporarily close, we did not feel it was appropriate.

There is one other change. From this year the boat by the town sign at the west end of the town at the junction of Mill Road and Two Furlong Hill will be looked after by the Wells Action for Fairtrade Group. For several years they have had a floral display on Staithe Street outside the Mayshiel but this is area is no longer available. We look forward to their contribution when this becomes possible.

Many thanks to all those of you who have expressed your appreciation of what we do and we will be back as soon as we are able. This will be our 13th year and we look forward to tending the pots around the town again.

Christmas Tide and Spring and Autumn Fairs

In view of the current coronavirus pandemic and the continuing movement restrictions, the Wells Christmas Tide Festival Organising Committee has taken the decision to cancel both the Spring Fair planned for Monday 25 May and the Summer Fair planned for Monday 31 August.

With regard to the Wells Christmas Tide Festival itself, as this is not taking place until the end of November we are deferring making any decisions at this point, but will continue to monitor the national situation and guidelines.

Wells and district Poppy appeal

On 8 May we were to remember the end of the Second World War with a VE Day 75th anniversary at the town's war memorial, but with the coronavirus and all the problems that it has caused it was decided nationally that all the events should be cancelled, until perhaps later in the year.

We cannot forget those who gave their lives dur-

ing WWII for us today. So with this in mind Mary and David Woolgar decided that they would do something to honour those brave soldiers, sailors and airman, and their families. Mary would do a poppy display and David would provide a poppy wreath, which they hope is still at the town war memorial for the public to see. The wreath laying and the siting of the display was carried out at 3pm on 8 May.

Wells Men's Shed

Firstly, our members would like to pay tribute to Chris Jacklin, a much valued member of the Wells Community Hospital Team who sadly passed away recently. Chris was a huge supporter and positive influence on the Wells Men's Shed when we were trying to launch the project. He was always constructive, cheerful, helpful and generous with his time. Our thoughts go out to his family, friends and colleagues on the hospital team.

The national lockdown means our Shed remains closed and we have been investigating ways to 'work at home' or rather 'stay in your shed' and contribute to our collective effort. Supporting community projects at present is a challenge, so please be patient.

From the start we consciously chose to grow the Wells Men's Shed organically; meaning growth would be slow, but we have aimed to make do and mend until we could afford to build resources. This, coupled with generous donations of tools and materials, means that we own our assets and are financially secure to protect our future. Our host, the Wells & Walsingham Light Railway, depends on visitors to fund its operations, so the closure impacts its business dramatically. Please support the WWLR through its GoFundMe appeal accessed through their website **www.wwlr.co.uk**. Their future is our future.

Stay safe 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 United Charities

Are you experiencing difficulties due to the Covid-19 emergency? If so, did you know that WUC are offering single grants to local people?

To qualify, other sources of support must be unavailable to you and your needs must meet the objects of WUC, ie relief of poverty and the advancement of education, particularly but not exclusively by supporting the elderly to include relief of sickness, poor health, disability and old age in the community – the catchment area of Alderman Peel High School.

We are able to process grants of up to £500 fairly speedily, but if your needs are greater please write that on the application form.

Download the 'Covid-19 application form' from our website – **www.wellsunitedcharities.org.uk** – or pick one up from Jagger's chemist shop.

If you are in isolation without a computer, contact Wells Central Support Hub on **01328 710564** and they will deliver one to you and help you fill it in over the phone, if you require.

If you wish to donate to WUC and help our community support programme, please visit our website.

Wells WI

No meeting this month, of course, but members are keeping in touch with each other by telephone or email, and everyone seems to be coping well.

This month we remember the end of the Second World War in Europe. It's a shame we can't have our celebratory street party on the Buttlands. Maybe, just maybe, we shall be able to have one in August to mark the real end – the Japanese surrender.

Wells Textile and Embroidery Group

This month was a little odd to say the least but virtual crafting on WhatsApp seems a lot easier than we thought. We have been able to meet virtually at the normal time, 1.30pm to 4pm, on Monday afternoons. We have been able to put photos of our work up for all to see. One of the good things about being indoors is that a lot of our members have been sorting out old projects and clearing out some of the materials that we will never use. One of our members has been making crochet rainbows for her friends and family. We are lucky that we all try to be available at our usual time. Some members have been taking advantage of the good weather and working on gardens and allotments. We had tips on recycling plastic bottles for plant labels and how to get rid of cloth munching moths. Just goes to show how resilient and resourceful our members are. We look forward to next month and what it brings.

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

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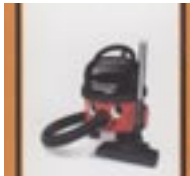

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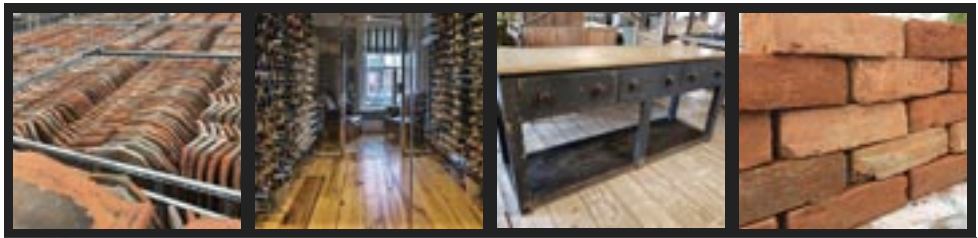

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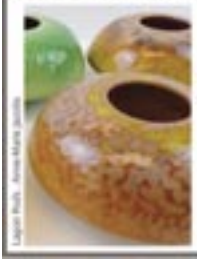

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News from the Anglican churches

By Rev Brenda Stewart

When our children were still at home there were various films that were family favourites and watched regularly. One was the very silly romcom *Groundhog Day*, the basic premise being that time gets stuck and a rather self-centred TV weather forecaster (Bill Murray) finds himself repeating the same day over and over again. We see him initially baffled, then frustrated, then depressed. Eventually, he starts to change. He learns the piano, studies, starts to do good turns and manages to woo Andie MacDowell, the romantic interest. Having got the girl, time resumes and we are left to assume that they all live happily ever after.

As day dawned on the first day of week six of lockdown I suddenly realised that we are all stuck in a sort of *Groundhog Day* with each day unfolding in fairly similar fashion, and I have to admit that week five was the lowest point for me so far as it became apparent that this is going to be a very long road and life is going to be different post lockdown.

Meanwhile, my pattern of twice-weekly live-streamed services, keeping in touch with folk by phone, email, text and Zoom, and encounters when out for my walk or doing errands has been punctuated by a number of funerals. With our church buildings closed these have taken place at crematoriums or we have had graveside services (on occasion complete with hymns) in glorious spring weather. The numbers of mourners have ranged from just one to about 20 and on two occasions no family members could be present but were able to watch the service on video. Nevertheless these have all been moving occasions in their different ways and I look forward to meeting up with the families properly in due course. Please keep in your thoughts the families of Margaret Scott, Herbert Seaman, Betty Collins, Hilda Swanson and Mark Dunthorne from Wells and Dennis Savory and Sidney Bray from Wighton. And let us not forget wedding couples who have been caught up in all this. The three couples who should have been married in June have now all rescheduled to next year and it remains to be seen what happens to the others. I have a feeling I may have a lot of weddings in 2021! God bless and keep safe.

The Friendly Phone-Line

Churches Together in Wells is offering a friendly and neighbourly voice on the end of the phone to anyone who is fed-up or self-isolating.

Don't hesitate to call

Margaret **01328 710584** between 9am and 9pm and she will arrange for someone to call you.
All calls treated with complete confidentiality.
If you know of anyone who needs support at this time, please share this tel. no. with them.

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Methodist church news

By Sue Scoles

Since I last wrote in *The Quay*, we have all learnt a whole new vocabulary. Not just coronavirus or Covid-19, but also self-isolating, social distancing, shielding and lockdown. It's a completely different world out there! But I would just like to say how fortunate we are to live in Wells, where there is such a tremendous community spirit. Thank you to everyone who is helping us all get through this pandemic. You are all really appreciated.

Although we had to cancel our annual plant sale, our ever-resourceful gardeners, Sandra and Marion, devised a plan whereby plants could be bought and paid for with no physical contact. This worked really well and I'm sure there are plenty of happy gardeners out there.

We have been keeping in contact via a weekly newsletter which not only shares news of members of our congregation but also shares our weekly service with prayers and readings. I'm sure this has been a great source of comfort especially for those living on their own.

I have no news of the foodbank as I have been unable to go during the lockdown, but please if you can afford it, remember those less fortunate and pop something into the box at the Co-op. It is still being collected and there is still a very great need.

A reminder that Cliff Shanganya's phone number is **01328 862174**, should you need any help or guidance.

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If you need a chat or some support...

Currently, we are all experiencing an unusual situation because we are social beings at heart: so we're all on a steep learning curve. But already, enterprising individuals and groups are sharing positive ideas about how to stay healthy in mind, body and spirit as we isolate or 'socially distance' ourselves. However, many of us are lighting a candle and sending our thoughts and prayers to someone in need.

Churches Together in Wells is offering a friendly and neighbourly voice on the end of the phone (9am to 9pm) to anyone who is fed-up or self-isolating. Do take up the offer if you need to! Phone Margaret on **01328 710584** and she will put you in touch with someone – see the box on page 15.

Chris Jacklin tribute

By all at Wells Community Hospital Trust

We would like to pay tribute to our dear and trusted friend and colleague, Chris Jacklin (Jacko) who sadly died on 28 March. He held our team together with his quick wit and easy laughter and made every person's life richer for knowing him. His death has left an enormous gap in our lives, in our hearts and our souls. We will miss him so very much; his tireless hard work for the Trust, his easy smile, ready laughter and massive heart. Our thoughts are with his dear family and friends.

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

Coronavirus up-to-date links from reliable sources collected by Norfolk County Council

So much information is coming through daily and you can be kept up-to-date by the links provided here so please keep this edition. Please keep friends and families without computer access in touch with useful and accurate information – by phone or if requested by print outs popped through their door...

• The most recent verified data on cases in the UK and Norfolk is available from Public Health England on its Public Health Matters blog. Other trusted sources of information are **www.nhs.uk/coronavirus** and **www.gov.uk/coronavirus**.

• Norfolk County Council has a dedicated webpage for coronavirus updates in Norfolk and impacts on Norfolk County Council services – www.norfolk.gov.uk – it is updated regularly.

• UK businesses driving innovation and development will be helped through the coronavirus outbreak with a £1.25 billion government support package. The package includes £750 million of targeted support for small and medium sized businesses focusing on research and development. A new £500 million loan scheme for high-growth firms, called the Future Fund, has been confirmed,

• A major new package of measures to support online learning. These measures will ensure vulnerable children and disadvantaged young people at vital stages of their education have access to essential resources at home and free laptops will be distributed.

• The Coronavirus Job Retention Scheme is live, with businesses able to claim up to £2,500 per employee a month towards staff wages; furlough scheme open for applications, employers can now go online to claim cash grants up to 80% of wages capped at £2,500 a month per worker. The furlough scheme has been extended by one month to the end of June – **www.tax.service.gov.uk/coronavirus-job-retention-scheme**

• Ease pressure on local pharmacies. Pharmacies are under huge pressure to ensure that everyone gets their prescriptions under safe conditions. Healthwatch Norfolk has put together some tips on how you can help the situation, including that no one with symptoms of the virus should visit a pharmacy.

• A call for people with health and social care skills. Anyone who has previously worked in care is being asked to re-join and apply via Norfolk Care Careers as soon as possible.

• Parents – the government has published guidance for parents on how best to support their child's education and development.

• Adult learning on line and help to use the internet – Adult Learning staff have taken on a massive undertaking moving learners and courses online – and developed new courses. The summer programme includes courses to combat social isolation and keeping mentally and physically fit. There are also a range of courses introducing those less familiar with the online world to applications such as WhatsApp, Zoom and Microsoft Teams, email and the internet. Visit **www.norfolk.gov.uk/education-and-learning/adult-learning** to find out more.

• Business support – the government has launched a business support finder to help businesses see what support is available to them – **www.gov.uk/business-coronavirus-support-finder**

Thanks and appreciation My thanks are due for the marvellous work our NCC officers are continuing to provide despite the massive pressures under which they are working.

My appreciation of the fantastic work being carried out throughout our communities in so many different ways – including those small acts of kindness about which only the recipient will ever know.

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1. **Frail Lasagna** – two words
2. **Emphatic Order** – three words
3. **As Is The Pencil** – two words
4. **Dodge Bengal Tiger** – three words
5. **Launch Magpie Back** – two words
6. **Tutorials By Feet** – three words
7. **Waterfloe Poisoning** – four words
8. **Heed Tone Only** – three words
9. **Organic Wheat Fall** – four words
10. **Gen On These** – one word

Answers in next month's issue of *The Quay*

What *could* happen...

What might have happened if we'd lived somewhere slightly different...

The bra manufacturer has gone bust, the specialist in submersibles has gone under, the manufacturer of food blenders has gone into liquidation, a dog kennel has had to call in the retrievers, the paper suppliers has folded, the Heinz factory has been canned as they couldn't ketchup with orders, the tarmac company has reached the end of the road, the bread company has run out of dough, the clock manufacturer has had to wind down and gone cuckoo, the Chinese restaurant has been taken away, the shoe shop has had to put its foot down and given its staff the boot and finally the laundromat has been taken to the cleaners!

Wells Word Search

P	I	C	A	R	A	V	A	N	S	D	A	I	E
A	H	M	E	C	A	E	S	S	U	D	N	A	S
U	C	K	C	O	R	S	N	N	O	O	R	A	T
R	U	O	B	R	A	H	E	I	H	A	E	S	A
C	F	B	P	T	O	S	B	T	P	B	C	K	O
I	O	I	P	I	N	E	W	O	O	D	S	S	B
E	D	A	P	S	S	C	H	C	A	E	B	R	E
A	L	B	A	T	R	O	S	E	N	C	F	A	F
B	N	I	H	F	I	S	H	I	N	G	C	I	I
U	L	F	F	I	S	H	E	R	M	A	N	L	L
O	G	N	I	P	M	A	C	C	S	S	U	W	N
Y	R	I	C	E	C	R	E	A	M	H	O	A	R
I	S	L	A	E	B	S	L	L	U	G	D	Y	G
H	A	H	E	C	H	I	P	S	H	S	R	A	M

GULLS
DUNES
LIFEBOAT
PINEWOODS
ALBATROS
RAILWAY
CAMPING
FISHERMAN
ROCK
CARAVANS
SPADE
BEACH
SEA
HARBOUR
SAND
ICECREAM
MARSH
FISHING
CHIPS
BUOY

Entertaining the tinies

Teddy Bear Walk
Find a teddy that looks like they might need some fresh air. Where do you think your teddy might like to go? With a grown up take your teddy for a safe walk around your neighbourhood.

But teddy might like to go to the moon! Can you fly in a rocket? Can you moon walk? What might you see on the moon? Or teddy might want to dive into the ocean! What can you find under the sea? How fast can you swim away from a shark?

When you get home can you draw a picture of where you went with teddy!

Dough Glorious Dough!
Playdough
- 2 cups flour
- 1 cup salt
- 1 tbsp oil
- Food colour (optional)

Combine all the ingredients in a bowl and slowly add water until it becomes a dough.

Cloud Dough
- 1 cup hair conditioner
- 2 cups corn flour
- Food colour (optional)

Combine and enjoy!

Water Marks
All you need is water, brushes (or hands!) and a large flat surface. Use the water to "paint" a masterpiece on concrete, decking or a fence! Wait for it to dry and disappear then create another! If you have chalk soak it in the water to make colours and it will wash away easily!

Supplied by Polka Day Care

Keep fit with Amy Emerson

During these times it is more difficult to keep yourselves active each day, especially for the elderly. It is important to find new ways to remain active at home, as exercise is so important for overall health and to keep stress levels down. Our bodies and minds still need exercise to function well, prevent weight gain, stop our muscles from becoming sedentary and help keep our spirits up during these challenging times.

You really don't need any gym equipment to exercise at home. You can use the stairs, a wall, a chair or grab a couple of tins or bags of flour from your cupboard to add a bit of resistance to your workouts. You can walk, march, run on the spot. If you have a garden get outside and take a breath of fresh air every day. If you're sitting for long periods make sure you take regular breaks and walk around. Dancing is also an excellent way to help you physically and mentally, put on your favourite music, turn your stereo up and dance away!

If you're on Facebook I have posted lots of free home exercise videos you can do, from seated workouts, low impact/low intensity workouts to high intensity. You will find something for everyone! My Facebook page is called **Fitness with Amy by the sea**

I can highly recommend another two local personal trainers that have also been posting free exercise videos on their Facebook pages. They are **Cardio and Core** and **Platten Fitness and Personal Training**. I also recommend **The Body Coach** (Joe Wicks). You will find lots of his videos on **YouTube**.

Take care everyone, stay safe and keep moving!

MAKE YOUR OWN SLIME

In a mixing bowl add • 1 cup PVA glue • 1 teaspoon of bicarbonate of soda • Gel food colouring. Mix well together then add • 1 tablespoon contact lens solution. Mix thoroughly until you can stretch it with your hands – have fun!
Do not eat – wash hands after use

PEBBLE PHOTO HOLDER

Rock or pebble • Paint • Wire and wire cutter • Beads
- Paint your rock with a design of your choice and allow to dry thoroughly.
- Take a piece of wire and wrap around the rock a couple of times and leave enough to make a holder for your photo. You can add some beads at this stage.
- To make the part the photo slots into, wind the wire round a cork (or similar round object) a few times. Snip off any excess wire.

Cartoons © Ruth Phillips

Calling all young scientists

By Steve Humphreys

We all seem to be hearing more science than we would like at the moment. However, the ideas below will hopefully provide some easy and fun science experiments to help stimulate the young minds in our town. Some supervision may be required but hopefully not too much.

Acid or alkali?

Many of us will remember using pH indicator paper at school to see if a liquid was acid, alkali or neutral. But did you know you can make your own pH paper using a red cabbage and some thick kitchen roll?

Chop up half a red cabbage into small pieces. Put it in a pan, cover it with water and bring to the boil. Once the water has boiled, take it off the heat and let it cool. Using a sieve, drain off the liquid into a bowl. Cut thick kitchen roll (or blotting paper if you have it) into strips the size of a thick chip (mmm chips!). Dip these strips into the liquid then leave them to dry. Now to see if they work! Dip a strip into an acid, such as vinegar, a different strip into an alkali, such as a solution of bicarbonate of soda and a third strip into something neutral such as water. The acid should turn the paper a deeper red, the alkali will turn the paper green while the paper will stay the same colour when dipped into a neutral solution. Young scientists can now test other liquids such as orange juice, fizzy drinks, cold tea or whatever they want to.

Volcano experiment

This is a very easy experiment to see what happens when you mix an acid and an alkali together. In this case carbon dioxide is produced which bubbles through the washing up liquid to make a foam and causes the volcano to erupt!

Use a small plastic bottle or a plastic cup to hold the solution. If you want to be artistic (or just keep the kids occupied for longer!) you can make the model of a volcano around this container. When you are ready, fill the container half full with vinegar (the acid). Then add a generous squirt of washing up liquid and for extra effect maybe a couple of drops of food dye. Place the volcano on a large tray to catch the eruption (or maybe do it outside to save any cleaning up!) and gently mix these ingredients together. Finally, add a large teaspoon of bicarbonate of soda (the alkali) to the solution, stand back and watch the eruption!

Make a sun dial

Take a piece of card and cut out a circle. This will be the face of the sun dial. Decorate it with whatever pictures or patterns you want to make it individual to you. Place a piece of BluTac in the middle of the circle and push a small stick (or half a straw) into it so that it stands upright. Now take your sun dial outside into a sunny place in the garden, ideally where it will be in the sun for most of the day. Making sure not to move the sun dial, every hour (or as often as you can persuade the kids to do it!), use a ruler to draw a line where the straw's shadow falls and write the time at the end of the line. Check the next day to see how accurate you have been.

How fast does a seed grow?

Spring is well and truly with us and the gardens and fields are starting to burst into life. But how long does it take a seed to germinate and do different seeds grow at different rates? If you have any seeds in the shed why not pot up a range of different types following the instructions on the packet. Record the date the seeds were planted and the day the first shoots appear. You can then measure the size of the plants every few days. If you only have one type of seed why not experiment by placing one pot in a warmer place than another, or use fertiliser on one and not the other, or water one but not the other... For those who really want to see themselves in a white lab coat in years to come, all the measurements can be put on a graph.

A huge thank you to everyone who has contributed bits and pieces for *The Quay* this month – I thought I'd be short of copy, but I was overwhelmed with the pieces everyone sent in. If I haven't used your 'bit' I will try to do so next month, unless 'normal service' has been resumed... Please stay safe and well, and thank you! **Sara Phillips, editor**

Shredded oxtail and tomato pasta

Cooking time: 3.5 hours

Ingredients 1kg of oxtail; 1 tin of plum or chopped tomatoes; 4 to 6 cloves of garlic; oregano to taste; 200ml red wine; salt and pepper; 1 litre of beef stock; 1 white onion; pasta of choice (thicker, larger pasta such as rigatoni or pappardelle works better)

Method Pre-heat your oven to 130°C, gas mark ½. Heat up a deep roasting pan and brown off your oxtail chunks. Remove and set aside for a moment. Dice the onion and garlic and add to the pan soaking up what was left behind by the oxtail and seasoning to help bring out moisture. Cook till they become translucent. Then add back the oxtail along with the stock, tinned tomatoes and wine with another hit of seasoning and the oregano. Pop the lid on and put in the oven for two hours. After two hours remove the lid and continue cooking for one more hour or until you feel the sauce has thicken up and the meat falls from the bone. Cook your pasta and serve either mixed with the sauce along with some baby spinach or any green veg you have to hand that you might like to add and the oxtail or place on top of the pasta. If you're lucky enough in these times to have any hard cheese such as parmesan or pecorino grate some of that on there too and enjoy.

Recipe from James Hughes, sous chef at The Wells Crab House

The Wighton Bread Round in 1959

By Graham Able

My father was a baker and we lived next to the bakery in Great Walsingham. He served the local villages of Barsham, Creake and Wighton as well as Walsingham itself and I often used to go on the rounds with him, selling bread, cakes and groceries, during the school holidays.

I have good memories of the Wighton round, starting at Wheycurd Farm and Copys Green, then going downhill to the Carpenters' Arms where I would sit in the van whilst the delivery of bread seemed to take considerably longer than at any other stop.... but then the landlord at the time was father's cousin, Ray Able, and if it was very hot I did get a lemonade brought out to me. Thence up the High Street passing what is now our house but was then a working forge (Hubert Spalding's father was the last Wighton village blacksmith).

Leaving Wighton via the Creake Road, our next stop was Crabbe Castle, serving all the cottages there as well as the main farm house.

Crossing the main road, we drove to the most distant customers at Longlands Farm on the Holkham Estate, at that time a working farm, after which we served three of the New Holkham cottages on the route back home, a round trip of about three hours.

It is somewhat ironic that many of us over a certain age who have been told to stay home during the current pandemic are benefiting greatly from the excellent delivery services still offered by the likes of Leftley's, Howell's and the Country Store in Wells. This would have amused and pleased my father greatly.

School dinner favourite!

Lillian Frary has sent in a recipe for Chocolate Oat Cake for anyone missing their school dinners – this was a favourite.

Ingredients 250g butter or margarine; 125g granulated sugar; 175g rolled oats; 175g self raising flour; 14g cocoa powder

Optional icing: 125g icing sugar; 14g cocoa powder

Method Melt the butter or margarine in a saucepan. Place the remaining ingredients in a mixing bowl and add the melted butter or margarine to the dry ingredients. Place into a greased tin, smooth the top and bake at 350°F, 180°C or Gas mark 4 for 20 minutes. Cut into portions while still warm. Make icing if required and coat the tops of the warm biscuits. Once the icing is set, remove from tin and cool.

News from the library service

You can still join the library to access our online services. You can sign up online and we'll send your borrower number to you by email. Then you will be able to access eBooks, eAudio, eMagazines, eNewspapers and information subscriptions for free – **www.norfolk.gov.uk/jointhelibrary**

The library service is currently running online storytimes, bounce and rhymes sessions, online reading groups (Norfolk Borrowers), podcasts and much more. And if you're new to getting online then visit **www.learnmyway.com** for lots of free computer courses that will help you learn the ropes – there are lots of subjects to chose from.

Just a reminder that any books borrowed from the library before we closed are being renewed automatically. Wishing all our library users well.

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Science and sensibility

By Bob Humphries, Director, VisionRealisation R&D Consultancy

"Science and everyday life cannot and should not be separated" said Rosalind Franklin in 1940. Never has this been more apt as, each day, the country receives the Covid-19 briefing from a government minister, flanked usually by the Chief Medical and Scientific Officers. Their every utterance is picked over by the Zoomed-in journalists and analysed in detail over the coming hours. We have never before been exposed in this way to emerging science and its potential implications.

It is reassuring to see science and scientific experts front and centre during a medical and societal emergency driven by a biology that we don't yet fully understand. It is also good that, when a question moves to scientific detail, the lead politician will refer it to the scientific or medical expert. Unfortunately, this is also the point where things can go astray. The press conference is predominantly populated by political journalists familiar with interviewing politicians and pushing for simple soundbites, yes/no answers and certainty. The problem is that science is not like this.

Science is evolutionary. There is seldom a 'Eureka' moment. We tend to think in the context of scientific 'discoveries' as a point in time when a discovery is made, and we often think of the discovery being attributable to an individual. In fact, a 'discovery' usually represents a composite of small steps accrued over a period of time by individuals working in groups, sometimes separately, sometimes collaboratively.

We are now hearing and seeing, played out in real time, each small step in the emerging scientific understanding of SARS-CoV-2 and Covid-19. It is a rapidly evolving situation and each day should only be seen as part of a jigsaw lacking a picture for guidance. Scientists spend most of their careers living and working with uncertainty and the reality is that we will never know the full picture – instead we see a blurred version through the lens of current knowledge and the tools at our disposal. We scientists pose hypotheses based on certain assumptions and test these hypotheses through experimentation. We learn to distinguish those experiments capable of providing a robust hypothesis test, and as near a definitive answer as possible, from those which can only be indicative, suggesting trends and providing clues that give some confidence to invest time, effort, and finances in further investigation. We also learn to be cautious about over-interpretation and over-communication of findings from these preliminary studies.

With our current hunger for solutions, and media exposure to preliminary study results, caution and careful consideration is being bypassed. There is a significant risk that 'positive' findings from small, signal-searching, clinical studies are seized upon and misrepresented, with unintended consequences. An example is Donald Trump's declaration that the anti-malarial drug, hydroxychloroquine (HCQ), could be a 'game changer' in the treatment of Covid-19. This was based on results from two small clinical studies that were really only signal-searching studies. Interpretation of the studies has caused controversy, with significant concerns around study design, data handling and lack of adequate peer review. However, the clues were sufficient to stimulate initiation of a number of large, appropriately designed studies involving thousands of patients that will provide more definitive information. In the meantime, the hype has led to a risk of shortage of medication for patients who rely on HCQ for treatment of other conditions. In addition, driven by a desire to prevent inappropriate use of HCQ, medical agencies have been emphasising potential safety concerns. The overall effect has been to cast a cloud over the potential of HCQ in the management of Covid-19, and yet, in the right patients, at the right stage of the disease it may still prove to be an effective treatment or preventative agent. The jury is out until the ongoing studies are completed.

The Royal Society motto, '*Nullius in verba*' (take nobody's word for it), underpins the scientific discipline to verify all statements by an appeal to facts determined by experiment – a good motto for today.

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 have to plan for every contingency including, at present, the possibility of a surge tide occurring while the majority of Wells residents are in lockdown. Over the coming months we know that we have a 2.95m AODN on 6 June, 3.03m AODN on 24 July, 3.39m AODN on 22 August and a rare occurrence of a 3.6m AODN on 20 September.

The Wells Flood Action Plan dictates that shortly after a phone call from the Environment Agency confirming the timing and anticipated level of surge water, we call together the warden team for a briefing. This takes place in the Sackhouse which becomes our control centre and the rendezvous point for our team, the police, Coastguard, and Fire and Rescue service. Under lockdown conditions it would be unwise to bring the warden team members together into an enclosed space so the early briefing would be carried out via email. The briefing would allow opportunity for sector leaders to report any of their members' absences to permit redistribution of duties. Emphasis would then be placed on the tide schedule and EA's report on the anticipated height of the water and how it would affect the homes in each sector.

Our normal practice is to telephone as many residents as possible to warn and inform them and to check what action they intend. This is a far quicker method of warning and informing than making house to house visits. During normal conditions, having contacted as many as possible by phone, our warden team does hit the streets to check on those properties with which they have failed to establish contact. With lockdown and social distancing pertaining this would not be appropriate. Therefore our warden team members would continue to endeavour to communicate with their residents by phone. If this fails sector leaders would visit the homes, knock and step well back – if necessary standing on the opposite side of the road. The final stage would be as in 'normal' flood situations when we would ensure the police had the details of residents we had been unable to contact in case evacuation was felt essential.

Our sector teams check annually with the residents within their sector if the contact information we have is still correct; it is impossible for us to give early warning and advice if we do not have up-to-date details. It is rare for a landline number to change but often mobile numbers have been changed. Therefore we ask everyone at risk of flooding that if they or their family have changed contact details over the last 12 months please update us – phone **01328 710743**. Please be assured that any contact details we have are kept secure and are only used for the specific purpose of flood surge information.

Employment opportunities

New Anglia Local Enterprise Partnership has created a temporary jobs page on the LEP website – **newanglia.co.uk/employment-opportunities**. The page compiles vacancies with organisations which are trying to recruit additional staff in order to continue to operate during the current Covid-19 situation across East Anglia.

Vacancies include those at supermarkets, such as Tescos, Morrisons, Aldi and East of England Co-op; food producers such as Bernard Matthews; various vacancies in the care sector, and fruit and crop picking and packing.

Wells rainfall roundup for April

By Keith Leesmith

The rainfall recorded in Wells for April was 26mm, against a long-term average of 44mm. This is the second 'dry' month in a row and was particularly dry in that 20mm was recorded over the last three days of the month with the other 6mm being collected from 1 to 27 April. It's probably imagination, but I get the impression that the crops on my allotment really enjoyed the last three days of the month – they seem to have shot up. On the other hand, I have heard it said before that plants appreciate the water from the sky far more than that from the tap.

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Using the lockdown to improve your finances

By Peter Barton, Continuum

How about spending time on your finances during lockdown, especially if your income has been reduced? Using some extra time now may pay dividends in the long run. For a start, check your bank statement – are you paying for things you no longer need, or even own? I had one client who was insuring her house twice as she had not cancelled her previous policy. Perhaps that packaged bank account no longer offers the same value as it once did?

Review what protection plans you have in place. Do you have enough cover and are the premiums still competitive? Have your circumstances changed since you took them out – perhaps your family has grown, the mortgage has increased or vice versa. Your protection plans should always be reviewed every few years to ensure they still meet your needs but never cancel a policy without knowing exactly what it is as it may prove difficult or impossible to reinstate later.

Request a state pension forecast. I sometimes meet new clients, maybe only a few years from retirement, who don't know how much their state pension will be or when they qualify. Go to **www.gov.uk/check-state-pension** to find out how. Have you lost track of a pension? If so, use the government's free pension tracing service at **www.gov.uk/find-pension-contact-details** to help you find it. How about your current employer's pension – do you know where it's invested and how it has performed? Unless you've chosen your own funds, you're likely to be in the default option and this might not suit your objectives in terms of potential growth and risk.

Similarly, do you have old cash ISAs or savings accounts that are languishing at miniscule interest rates, possibly 0.01%, that you could switch to a new account? What about your investments, such as stocks and shares ISAs or investment bonds – when was the last time you reviewed these? Are the funds still performing well, does their risk suit you, are the charges competitive?

Finally, there's a useful Money Health Check on the Money Advice Service website. Just visit **www.moneyadviceservice.org.uk/en/tools/health-check** for more information.

If you're concerned about any of these and would like professional advice, Continuum would be happy to help.

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**

Wells health centre update

At Wells Health Centre we are currently operating a telephone appointment system due to the Covid-19 virus. Please do not visit the surgery unless you have been asked to come in for an appointment or need to collect a prescription.

Our nurses have been contacting all our patients who are at very high risk of developing complications should they get the virus, just to check that they are OK and to answer any concerns they may have. These patients would have received either a letter from the government or from the surgery.

Sadly we do now have cases of the Covid-19 virus in our community, both confirmed and suspected, including a few in hospital who are seriously ill so please do not think that this is not affecting our town and nearby villages because it definitely is.

We would like to thank many patients for their generosity during this difficult time. Also many thanks to the people collecting prescriptions for neighbours and friends, Fakenham Academy for making us some face visors, Tracey for providing visors, Sarah for making face masks, and Rina for making scrubs bags, scarves and masks.

Is there anyone who could make scrubs and a small mask for a doll or teddy (and does anyone have a doll or can you knit a teddy or two?) so that we could use them when we see children so that they are not frightened by the clinicians in full PPE gear?

Our thoughts are with anyone affected by this awful virus. Thank you to everyone for staying indoors and social distancing and please stay safe.

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The show won't go on!

By Patrick Weston, Carnival chair

The Carnival directors recently met by video link to discuss the week in August and regrettably we have decided to cancel Wells Carnival 2020 in light of the Covid-19 pandemic.

The directors and committee have taken into consideration government advice, the uncertainty of how long we will be in lockdown for and the likelihood of social distancing for the foreseeable future along with concerns about counting cash, encouraging people to visit Wells when travel could still be restricted, and the reluctance to ask for sponsorship or other monetary support from local businesses, who may be in financial difficulties. We feel we have no option but to cancel Wells Carnival 2020.

This is not a decision we have taken lightly, but we feel it is the right decision. The safety of all our local residents, visitors, entertainers and volunteers is of paramount importance.

As many of you will be aware, the committee starts planning for Wells Carnival at least 12 months in advance. Bookings and deposits have already been paid, with balances due in the coming weeks. In addition, we may be required to pay cancellation fees if we delay the decision any further. As there is no guarantee the restrictions on travel and gatherings of large crowds will be lifted by August we need to minimise any further losses, so by taking the decision at this stage, we will ensure we have funds remaining to carry forward to 2021. We hope you understand and will continue to give your amazing support next year, when we will be back, bigger and better than ever.

Wells is always an amazing place to live but in these recent difficult times the community response and help has been taken to the next level. Everybody is helping and making sure the town is safe and the residents are all cared for.

The Carnival committee has been trying very hard to put a smile on people's faces, young and old. We have sent out craft packs, helped deliver *The Quay* magazine, helped the town council with the Wells Central Support Hub and posted many quizzes and art and craft ideas on Facebook. We will continue to do this and carry on assisting the town by providing additional support, where needed. There are numerous suggestions for keeping the youngsters, and not so young, entertained on our Facebook page, and we welcome any photos of your creations etc.

The committee would also like take this opportunity to thank all the key workers of Wells, and further afield, for looking after us all – Wells Carnival 2021 will most definitely be in your honour – and to everyone else please make sure you stay at home, look after yourselves and stay safe.

Please keep checking our website and social media for updates and items to make the lockdown pass more quickly – **www.wellscarnival.co.uk**

Wells Maltings: locked down, but not out!

By Simon Daykin,

Sadly, we had no choice but to close our doors just before the official lockdown announcement at the end of March. Programmes have been postponed until later in the year or even cancelled, and we are looking closely at how we can respond to a socially distant time ahead. They call it the 'New Normal' I believe...

We are delighted that the initiative to work with partners and get the Wells Central Support Hub off the ground has done so well, and has provided a lifeline to those in our local community in times of need. In the meantime, 90% of our staff have been placed on furlough, with just myself and a colleague keeping the affairs of the Maltings ticking over, whilst preparing for an immediate future with uncertain conditions and requirements.

There are so many deserving causes, locally and nationally, but as a charity ourselves, and one that had only been in operation for 18 months before lockdown was announced, times are going to get tough. We receive no funding for our operations (the creation of the new Maltings building was fully funded, but not our day-to-day operations), and like any business we need to trade to survive. So we hope to get everything moving again as soon as possible – but only when it is safe to do so. We simply will not compromise the safety and health of our community and our visitors by re-opening too early.

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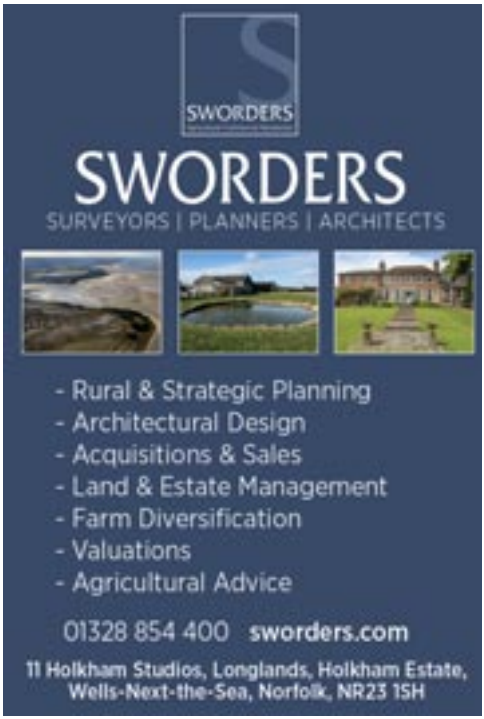
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Wills in a time of Coronavirus

By Miranda Marshall, Hayes + Storr

The greatest technical challenge in the making of Wills in these times has been their signing, the process of which remains unchanged for 180 years. The Wills Act of 1837 (s9 and s15) was one of the first statutes to which the young Queen Victoria gave her assent, shortly after her accession to the throne.

After consultation, and despite the reduction of the risks of contagion that could follow, the lifting of the requirement for formal signing is not to happen, as the vulnerable are even more susceptible to abuse in these desperate times.

English law requires a Will to be in writing. The law requires the simultaneous presence of both the person signing the Will and the two witnesses. The witnesses must also see each other sign the Will in the presence of the person making the Will (known as the 'Testator').

It is possible for signatures to be acknowledged, which would allow the Testator to sign in perhaps more relaxed circumstances and then display the signed Will so both witness can see and to declare it to be their signature. This is perhaps pushing the boundaries and seeing each other all sign is always to be preferred.

The witnesses must not be people who take any benefit under the Will, or married to a person who takes any benefit.

Where Wills are signed in less than satisfactory circumstances, we will enable Testators to sign their Will again in the exact same terms once lockdown ends, within our fee.

There must at least be a line of sight in the process of the Will's signing, but there is no prescribed distance. I know a lawyer who took his adult daughter out to witness a Will signing, which took place on the wheelie bin. There are instances of Wills being passed through the car window after the testator has signed. Signing could also be done with the testator signing in front of a window and then passing the Will to the two witnesses (unrelated husband and wife neighbours, perhaps) who then sign whilst the Testator watches through the window. This is human ingenuity at its best.

It could be worse. In Greece Wills must be signed at the notary's office with three witnesses all present; so English law is not the most restrictive.

The other challenge with Covid-19 Will-making being done by phone, email and snail mail, rather than at a meeting, is the need to be even more aware of the risks of undue influence and insufficient mental capacity. As a bare minimum I insist on speaking to each of the couple when they make Wills, to assess their understanding and intention. 30 years' Will-making experience means one can usually tell when things aren't quite right.

So does the current English Law of making and witnessing a Will enable sufficient social distancing for the purposes of the protection of public health? The simultaneous presence of a person making the Will and the two witnesses would not of itself be a breach of Reg 7 of the Coronavirus Restrictions 2020. Because it falls under the exception of 'being reasonably necessary ... to fulfil a legal obligation' under Reg 7d)(iv).

The big question is whether the public health risk of the simultaneous presence of the Testator and two witnesses is sufficiently alarming to be a deterrent or obstacle to making a valid Will at all, as anecdotal evidence suggests it might be.

Among the country's key workers are "solicitors acting in the execution of wills", as specified by the Ministry of Justice. This is a time when experience, professionalism and being local and, sometimes, being known by your local solicitor really count.

We remain open for business, although our office premises are closed. Our lawyers are remote working from home. I live four miles from my office and I or one of my team are calling into the office daily to keep the wheels turning. We are here to help and support our local clients (old and new) at this time of national trouble. With appropriate social-distancing we are still meeting clients to get their Wills signed, where needed, and are taking appropriate social-distancing and hygiene precautions to safeguard us and you.

I wish you all good health. Please stay home and keep safe in these sad and strange times.

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Cooking with Carla Phillips

Oatmeal cookies – thin and crisp

For years I've been searching for a plain, large oatmeal biscuit, simply flavoured and with good lasting quality when stored in a tin. This one is very pleasing, served with ice cream or stewed fruit, and it's good on its own, served with a cup of coffee or tea. They are easy to make, using the 'all in one' method, in a single mixing bowl. The batter spreads, so that the biscuits must be set well-apart on large-ish baking sheets, lined with Bakewell or greaseproof paper.

Ingredients 140g plain flour; ¾tsp baking powder; ½tsp baking soda (bicarb); ½tsp salt; 200g butter, at room temperature; 170g caster sugar; 40g light brown sugar; 1 egg; 1tsp vanilla extract; 190g rolled oats.

Method First, cream the butter and the sugars. Then, stir in the flour, baking powder, bicarb and salt. Then add in the egg, vanilla and last of all, the oats. With a tablespoon, form into little balls and place well apart on the baking sheets. Press them slightly in the middle, to about ¾ inch thickness. Bake them in a hottish (200°C, gas mark 6, fan 180°C) oven for about 13 minutes. Cool them on the baking sheets before transferring them to a wire rack. Store in tins – almost indefinitely.

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.

Wells shopkeepers have been amazing during the lockdown. I am sure they are very stressed in many ways, but it does not come across to the customer and they are generally smiley and helpful. I am fortunately able to go into the town to get my shopping but I understand from less able friends that the delivery service has been fantastic and a real life saver. Thank you all, it is much appreciated.

Angela Fennell, Wells

Can I just say how brilliant it was to have *The Quay* land on my doorstep as usual, so normal and just what we needed. I completely agree with the comments about our local shops, deliveries and so on, but also our families in these times who are very sternly telling us that we should not be going out but are looking after us. This is what makes Wells so special!

Jill Scillitoe, Wells

I would just like to say how much I wish I still lived in Wells. I see on Facebook how all the local shops are providing a delivery service to make sure people have all they need and I see neighbours helping each other. I now live in Dorset on the south coast, a five minute drive from award winning beaches – none of them are a patch on the beach at Wells. The local shops here have all shut, leaving people with only the big supermarkets in which to do their shopping. There is no sense of community. Cherish the community you have in Wells, it is beyond compare. To those people who may remember me I send you my love and I hope to see you all on the other side of this awful time in which we're living. You have no idea how much I miss you all.

Shelley Woodroffe, Bournemouth

I want to acknowledge all the parents who are home schooling their children. We have found ourselves in unprecedented times; head teachers, teachers and school support staff have all altered their roles and are trying as best they can to provide an excellent education for your children but in reality it is you that is keeping this going. You are trying to interpret what is sent, hunting for books in the house to help learning, contacting friends for support, Googling at every opportunity all whilst trying to juggle the realities of a scary world, working from home, run a home and making sure the children are smiling. It's tough! So if today you have managed to get dressed then a pat on the back, if your children are messy, unwashed and happy a pat on the back for you and if you have realised how important your friends and support network are then a virtual hug from me to you!

Lucy Wines, Wells

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Wells Community Hospital news

We are still running only essential services at the moment, so please check our website and Facebook pages for the most up to date information!

Looking after your mental health in these challenging times

The media has been full of updates about Coronavirus – from daily bulletins on the TV to minute by minute stories in your social media feeds – it is hard to avoid. But what if you are living with a mental illness that could be exacerbated by this non-stop rolling news? How can you distance yourself from others, without becoming overwhelmed or daunted?

Here are some ideas and resources to help manage our wellbeing whilst at home:

• Look after your body and look after your sleep. Get out in the fresh air when and if you can. We can exercise once a day on our own or with others in our household.

• Stay connected with people. Support and help others – reach out to neighbours if you're able to. Popping a note through the door with your phone number on could be a real lifeline to someone. Or you might find a note on your own doorstep!

• Write a list of tasks or chores and try to tick off at least one every day.

• Feel prepared – working through the implications of staying at home should help you feel more prepared and less concerned.

• If you have a smartphone, look into apps such as Zoom or Houseparty which can be used for video-calling friends or loved ones.

• Talk about your worries – remember, it is OK to share your concerns with others you trust – and doing so may help them too.

• Stick to the facts and focus on the present – find a credible source you can trust – such as **www.gov.uk** or the NHS website – and check information you get from newsfeeds, social media or other people.

Please also check out online resources such as The Mental Health Foundation, Mind and Every Mind Matters.

Other resources available include:

• Norfolk and Waveney Wellbeing Service – a wellbeing service which has created online webinars about different aspects of coping with Covid-19 **https://www.wellbeingnands.co.uk/norfolk**

• The Silverline is a free confidential helpline providing information, friendship and advice to older people, open 24/7. Call them on **0800 470 8090**.

• CAM Crisis Messenger – a text service that provides free, 24/7 crisis support across the UK. If you need support, text CAM to **85258**.

• Samaritans – there 24 hours a day, 365 days a year for anyone that wants to talk about their mental health. You can call them free on **116 123**.

Wells Central Support Hub

We have committed to continue to support the vulnerable in our community by working in partnership with Wells Town Council, Wells Maltings, Heritage House Caring Group, Holkham and Wells Churches Together as well as our local Health and Social Care partners to form Wells Central Support Hub.

If you are vulnerable and need help or would like to assist our volunteer support team, please contact us on **01328 710564** or email **hub@wellsmaltings.org.uk**

You can also volunteer to support the Coronavirus (Covid -19) response at Voluntary Norfolk: **www.voluntarynorfolk.org.uk**

Norfolk Community Response District Council Community Hubs can also offer you support, especially if your mental health is being impacted by other factors such as your finances, housing arrangements or relationships. Norfolk helpline is on **0344 8008020**, or the north Norfolk helpline **01263 516000**.

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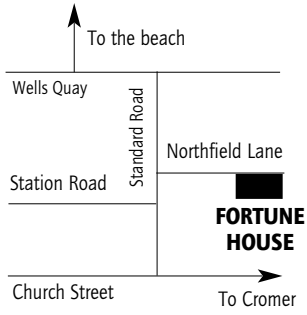

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Wells Fire station (Fakenham)	01328 856054
Wells Lifeboat station	01328 710230
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CONTACT NUMBERS – Local Organisations	
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Churches Together	01328 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
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Wells Friendship Club	07766151715
Wells Harbour Office	01328 711646
Wells Maltings Trust	01328 711378
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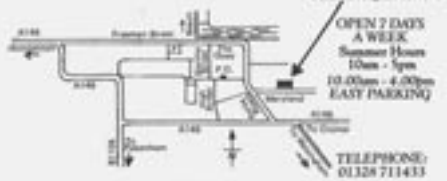

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The Quay Diary

Diary entries for the next issue of The Quay should be received by 25 May. 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!

MAY

Date	Group	Time	Place	Event
15	Christian Aid	11.00am	Gordon Barrett Hall	Christian Aid Coffee Morning
16	St Nicholas church	10.30am	St Nicholas church	Coffee and Chat – all welcome
16	Community Craft Market	10.00am	St Nicholas church	Community Craft Market
18	Textile & Embroiderers Group	2.00pm	WI Hall, Church Plain	Weekly meeting
21	Wells Nelson Club	2.00pm	Wells Community Hospital	Bi-weekly meeting
22	St Nicholas church	1.45pm	St Nicholas church	Little Fishes Parent/Toddler Group
23	St Nicholas church	10.30am	St Nicholas church	Coffee and Chat – all welcome
26	Warham Reading Room	2.00pm	Bridge/river, Warham	Duck Race
29	Warham Reading Room	7.30pm	Warham Reading Room	Bingo
30	St Nicholas church	10.30am	St Nicholas church	Coffee and Chat – all welcome

JUNE

Date	Group	Time	Place	Event
1	Textile & Embroiderers Group	2.00pm	WI Hall, Church Plain	Weekly meeting
3	Wells Library	10.30am	Wells Library	Knit and Natter Group – all welcome
3	Wells Library	2.30pm	Wells Library	Monthly book club
3	Wells Library	5.30pm	Wells Library	Monthly crime book club
4	Wells Nelson Club	2.00pm	Wells Community Hospital	Bi-weekly meeting
4	Wells WI	2.15pm	WI Hall, Church Plain	Pearls in June
8	Wells Ladies Probus Club	11.00am	The Globe Inn	Monthly meeting
8	Textile & Embroiderers Group	2.00pm	WI Hall, Church Plain	Weekly meeting
8	RNLI Guild	7.30pm	Peter Collingwood Hall	Monthly meeting
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

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