

PARISH PLANET

THE BURSTON AND SHIMPLING PARISH COUNCIL NEWSLETTER

Editor: Christine Stevens

Have you any news items or stories the parish might be interested in? Please send your items by email to christine@burstonandshimpling.org.uk

Coronavirus (COVID-19) pandemic!!

The Burston Crown Convenience Store

Price list.

Local delivery available with Stevearoo.

Milk 1 litre bottle. 95p
Utterly butterly 250g. £1.30
Mature Cheddar cheese. 200g. £1.80
Salted butter 250g. £1.80
Home cooked ham. Priced by the slice. £1.25
Vegetable oil 500ml. £1.30
Bourbon biscuits. 80p
Custard cream biscuits. 80p
Jaffa cakes £1.00
Orange squash. 900ml. £1.70
Blackcurrant squash. 1litre. £1.80
Kellogg's variety pack of cereal. £3.00
Nescafé Gold blend 50g £2.80
PG tips tea bags 40. £1.20
Plain flour 1KG £1.30
Tins of Heinz soup. £1.25
Ravioli £1.40
Olives 100g £2.80
Pasta or rice 200g. £1.00
Mushrooms £1.30 100g
Eggs £1.50 half a doz
Potatoes 2kg bag £4.00
Carrots 1 kg bag 80p
Iceberg lettuce 95p
Brown onions £1.00 kg
Cucumber 95p
Cauliflower £1.20 each
Fresh tomatoes 250g 50p
New potatoes £1.80 per Kg
Peppers 70p each
Parsnips £1.30 kg



Please remember that if you need assistance with shopping, prescriptions etc you can contact the emergency co-ordinator, Mike Warwick, on 01379 741945
mike@burstonandshimpling.org.uk and he will arrange for a volunteer to assist you.
If you need food or supplies from the foodbank please contact Suzi 07447 305850, meireseiva1983@gmail.com...she will open the foodbank or deliver.
In accordance with Government advice the play equipment in the park is still 'closed'. It is not practicable to clean the equipment after use by one child and before use by another child. The BMX track is open on the understanding that users recognise social distancing and do not share any equipment.

PARISH COUNCIL CHAIRMAN'S REPORT

We have not had an issue of The Parish Planet since February this year. It is strange looking back at that issue.....not a single mention of Virus, or Covid, social distancing, quarantine, or lock-down, but several articles about forthcoming events, none of which actually happened.

In the last six months there has been a lot of change, and the villages have responded tremendously to the situation. In response to a leaflet drop across the whole Parish in the days before lock-down a host of people volunteered to shop and collect prescriptions for those who were isolating. Mike Warwick, our Emergency Co-Ordinator put the volunteers in touch with those who needed help, so that no-one who needed it was left unsupported.

But the response from the village was much greater than the provision of a team of volunteers. Suzie Silva, from Audley Close, had been helping Andrea Owen, our Community Co-ordinator from the South Norfolk Council Help Hub, especially organising the upcycling of many items – collecting unwanted items from those who no longer needed them (cots and high chairs for example) and delivering them to new owners who would appreciate them. At the beginning of lock-down Suzi extended her activities in the community, and on her own initiative set up a food bank, persuading Morrisons to donate supplies, and also persuading Pastor Sam to let the foodbank be arranged in the Chapel. Suzi opens the foodbank when it is needed, and delivers food to those who are unable to leave their homes.

The Burston Crown also provided a very positive response to the new situation, opening a convenience store that stocks basic items such as milk, flour, eggs, tea, coffee, butter, pasta, biscuits, and also providing a take-away service for meals. Steve and Steve-aroo enable items from the shop, and hot meals, to be delivered to homes in our villages. Major efforts were made to enable the pub to open as safely as possible as soon as possible, with a row of colourful beach huts now providing individual private dining rooms for up to six people. The Parish Council responded to the lock down by having the first parish council meeting by email, but later council meetings have been on Zoom, which enables the councillors to see and hear each other, and enables members of the public to attend the meeting.

Of course, there has also been a lot of help provided by friends and neighbours on a friendly and neighbourly basis, as one would expect in a community such as ours, and I am sure that everyone is still looking out for any people living close to them who are known to be vulnerable.

There is still a degree of uncertainty as to the future, but if we, as a community, continue to pull together and help each other I am sure that we will all get through it in the end.

TWO VILLAGES • ONE PARISH

PLAYING FIELD UPDATE

The last six months has been one of the most unusual times for us all but even though we have had to temporarily close some of the facilities in the playing field we have kept the maintenance of the grass, hedges and orchard going in readiness for when the restrictions are lifted.

The playing field is looking as good as I've seen it and that's thanks to our new grass cutting contractor, Alan Page, who is keeping the field and community orchard areas looking pretty good, I think you will agree. Our caretaker, Hadleigh, is looking after the play area grass and some hedges and again he is doing a grand job.

Unfortunately early in the pandemic crisis we had to close the play area, zip wire equipment, and BMX track to comply with Government requirements. We have now been able to reopen these facilities along with easing the restrictions on the use of the BMX track but again trying to follow the guidelines wherever possible. New signs will be going up shortly advising users of these facilities what should be done to limit the spread of COVID-19. In essence we are asking users, in particular parents, to apply social distancing where possible and to use personal hand sanitizers or hand wipes at all times, especially when using the play equipment. These new signs will be in place shortly. We ask all villagers to read and apply these guidance rules for their own safety.

You will notice now that a new green cabinet has appeared in the playing field and this is the network distribution cabinet for the B4RN broadband system that will shortly be brought into the village. There is an update elsewhere in this edition on what will be happening in the coming weeks and months.

The parish council are always looking at ways to make the playing field more accessible to parishioners and we are now considering building an all-weather footpath around the perimeter of the field which will give easy access from Audley Close to the school and carpark area, link the footbridge that comes into the field from Gissing Road to the community orchard and bench at the bottom of the field. There is a plan below of what we are planning and we would like to know your thoughts on this proposal so please let me know what you think.

Lets hope that shortly we shall all be returning to some sort of normal but until then rest assured we shall carry on looking after the playing field as best we can.

Keith Cowley

THE DON SWANTON AWARD



On a very hot morning villagers gathered on Burston village green to celebrate Tommy Bloomfield, a life-long resident of Burston, to congratulate him on being awarded the Don Swanton Award 2020. It was good to see so many people turn up to support him. The presentation would normally be made at the Annual Parish Meeting but, following Covid 19 precautions, it was held outdoors with social distancing being maintained.

Tommy Bloomfield has carried out numerous good deeds which have enhanced the neighbourhood.

There is hardly a village amenity that Tommy has not been involved with or helped to maintain. He has cleared pathways and communal areas, he has assisted in improvements and maintenance of the Playing Field and the BMX

track and has even built a bridge over the ditch to enable villagers to access the area safely.

In 2018 he provided a Christmas tree for Burston Village Green. That, however, was only the beginning of his work of the Village Green. He played a major and essential role in the creation of the War Memorial. The War Memorial is a fitting tribute to the fallen and the village owes this man a debt of thanks for his works in ensuring its creation. As one villager said "the memorial was completed and ready for the Remembrance Day Service...but only because of the sterling efforts of Tommy".

It was therefore particularly appropriate that Tommy was presented with the Don Swanton Award at the War Memorial site which is a lasting testament to his good work.



Isobel Pugh

B4RN

Great news for our villages, at last the cabinet has been installed in the Burston playing fields and the rail crossing has been completed. The Burston and Shimpling team has been working very hard behind the scenes to prepare for this time. What have we been doing? Planning routes, obtaining wayleaves from all the relevant landowners, learning the various B4RN systems such as mapping & the customer relations management database and being trained on fitting house kits, splicing, blowing fibre and digging ducting in people's gardens in Shimpling.

We are now ready to build the network so if you want to learn new skills, meet new people and generally help the community to get the fastest rural broadband in the country get involved.

If you had been sceptical that the project was never going to get off the ground, it now has so please sign up for a gigabit voucher funded by the Government to get world class broadband to rural communities to help them thrive. Go to b4rn.org.uk GET B4RN and put in your postcode and follow the instructions. It is a great opportunity to invest and get 5% return, if

you invest £1500 or more you will get a free connection worth £150. The team is Jane & Brian Fishwick, Jim & Lynn Howard, Alison Wakeham and Chris Humphreys. The photo is showing the installation of the cabinet on the Burston playing field along with villagers from Burston, Shimpling and the Heywood and also B4RN people from Lancashire down to train and help with the build in Burston, Shimpling and Tivetshall.

If you would like a member of the team to contact you please email :

b4rnburston@gmail.com

Photograph Peter Everard Smith



BURSTON HOUSE HOSPITAL NEWS

Well, what an unprecedented few months we have all had. In our last update we informed you that we were planning to hold our very first Spring Ball. Well COVID-19 unfortunately scuppered our plans. But, we didn't let it spoil our fun. Instead we have had a socially distanced picnic in our courtyard, an ice cream van visited site to be

enjoyed by all and Harris' Hog Roast provided us with lunch one day. I know what you're thinking – that's very food focused. Well, what can we say? Food makes us happy! Our outdoor sports have been much needed light relief. We moved away from a favoured choice of football for obvious reasons and have enjoyed numerous games of cricket. The weather has been on our side and we have even had patients come out to spectate. It's been a lovely community feel.

The week commencing 20th July was Priory Group's Being Supportive week and the theme was kindness. We celebrated this at Burston House Hospital with our socially distanced picnic and we made a kindness tree where staff and

patients could write notes and hang them on the tree to show their appreciation to anyone they chose. By the end of the week the tree was full! Patients also made a poster where they shared achievable ideas of how to be kind to others. The staff however were thrust back to their childhood by receiving a bag of retro sweets to say thank you!

The patients have been busy attending their sessions and meetings to have their say. The Real Work simulation programmes have continued, alongside Recovery College. One of our patients is currently running the third cycle of their independently planned Recovery College wellbeing session, which focuses on exercise, hydration and food.

What has been obvious from the past few months is how everyone has pulled together here, which really had a positive effect on our spirits and morale. For us, things didn't really change all that much. We continued to engage patients and support them with their day-to-day lives. The main adjustment we made was to enhance our infection control measures.

Going forward, as restrictions are lifted further, we will continue to remain vigilant as our patient's health and safety is a priority. But, alongside that we hope to plan some more activities, adhering to government and company guidelines, to keep spirits high and to show our appreciation to patients and staff for their efforts these past few months.

Stay safe everyone and see you soon!

Sam Hogg, Basic Skills Teacher



BURSTON CHAPEL

AN ONLINE SERVICE IS CURRENTLY BEING HELD

Sunday Morning Service at 11 am

Tel 01379 741816

For further details see the Burston Chapel

Website:- www.burstonchapel.co.uk

ST MARY'S CHURCH SERVICES

September:-

13th 11.00 am Holy Communion - Burston

20th 11.00 am Morning Prayer - Gissing

27th 11.00 am Holy Communion - Shelfanger

October:-

4th 11.00 am Morning Prayer - Tivetshall

LITTERPICK

We'll be having another Litter Pick on Saturday
19th September-

Contact Angela Belgrove for details tel. 01379 741534



NSAB

(Norfolk Safeguarding Adults)

See Something Hear Something
Say Something

There is a special number to ring
0344 800 8020 if you are worried
about an adult being abused or at
risk of abuse.

At all times, we
can be the eyes
& ears to help
protect adults at
increased risk of
abuse & harm.
If you are worried
about an adult
being abused or
at risk of abuse
call 0344 800
8020.
We are here to
help.



NEWS BULLETINS

Informative emails are sent to about 150 email addresses in the parish from time to time with news of events, road closures and other items of interest. If you would like to receive these emails please send your email address to nigelfrankland@btinternet.com. If you later change your mind and do not want to receive them any more your name will immediately be removed from the list of recipients.

HM Government

**I'm getting
a test now.
For you.**

If you have symptoms, don't leave home
except to get a test. Stop the spread.

Book a test now at
nhs.uk/coronavirus or call 119

PROTECT OURSELVES. PROTECT OTHERS. PROTECT NORFOLK.

NHS

Public Health
England

Norfolk
County Council



YOUTH CAFE

Every Thursday during term time in St Mary's Church. If you are High School Age the Youth Café is open from 3.45 pm to 5.15 pm and you get free pizza and milk shake. TEL 741816

Parish Council Meetings

Recently the Parish Council have conducted virtual meetings on ZOOM. Contact our Parish Clerk Ann Baker for more details.

Future meetings start at 7.30 pm with the next meeting on

Tuesday 22nd September 2020

The Parish Council

The members of the Parish Council are:-

Nigel Frankland (Chairman) 01379 644788

Alison Wakeham (Vice Chair) 07768 927182

Christine Stevens 01379 740505

Keith Cowley 01379 742766

Isobel Pugh

Angela Belgrove 01379 741534

Mike Warwick 01379 741945

Ann Baker (Clerk) 01379 742937

Council website burstonandshimpling.org.uk

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