

FREE

WYMONDHAM

magazine

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The free magazine for
Norfolk's finest
market town

CONTENTS

DOORSTEP HELPERS FOR THOSE IN NEED

Thank you to everyone who has sent content for this issue - not least of course all those who emailed in their rainbow pictures! Congratulations to Victoria Jacques and two-year-old Lillie, who were selected to be our cover stars for May - a touching and uplifting scene during these difficult times. Please keep sending us your pictures; you can email them to news@wymondham-mag.co.uk

As lockdown continues, we hope you will support our town businesses if you can, as money staying in the local economy will help us all.

Best wishes to our history columnist Colin Howey this month, who has unfortunately been unwell but will hopefully be back next issue. We wish you all a happy and healthy May.

Kate, Editor

Last month we reported on how Christine Cottrell, Vice Chair of Wymondham Access Group, had been co-ordinating 'Doorstep Helpers', a community response helping those most vulnerable during the coronavirus outbreak.

Christine has given *Wymondham Magazine* the following update: "When I started Wymondham Doorstep Helpers, I didn't appreciate how much it would grow. As the list grew longer, South Norfolk Council asked if they could join the group as members, and their Help Hub now field calls for people who need assistance. These requests come to the Doorstep Helpers Facebook page directly, where we pick them up.

"Initially the pharmacy was overwhelmed with requests and the Doorstep Helpers found themselves running down to drop off lists coming in several times a day. However with a few adjustments, we have all settled down to a sustainable pattern. We have a rota of people who in small teams go to the pharmacy at 4pm to collect and deliver the urgent day's prescriptions. There is always a rush as the rota comes out as the lovely Helpers hurry to make themselves available - so many want to be on that rota!

"However medication requests come in throughout the day, where we collect the prescriptions and deliver them to the pharmacies. All of this is for people who cannot get to the pharmacy as they are isolating and vulnerable.

Continued on page 4 >

NEWS 02

RAINBOWS OF WYMONDHAM 18

WYMONDHAM U3A 22

REFLECTIONS - MENTAL HEALTH 23

STAR THROWERS / BOOK REVIEW 25

FROM MY PERSPECTIVE 26

DIY WILLS - THE RISKS 27

NEXT DEADLINES 28



 **LOYAL TAXIS** 

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ALL MAJOR AIRPORTS AT COMPETITIVE PRICES



> Continued from page 2

"We have never had a request that we haven't managed to fulfil. With medication sometimes it's not ready and it gets delivered by us the next day. Occasionally someone doesn't open the door, but the Helper has returned. Sometimes medication is driven to Tacolneston, Little Melton, Wrampingham, Carleton Rode, and more. These are clearly outside Wymondham but the Helpers want people to have their medication so have been keen to assist. All our volunteers are doing their best for the community and are remarkable in their acts of generosity.

"Wymondham Doorstep Helpers continue to respond to shopping requests for people who are vulnerable or ill and cannot go out. Once alerted by the Help Hub we contact the person and find out what shopping they need; this is then delivered to their doorstep. There is a fear for some people that they might go hungry but we hope to reassure those fears by offering regular shopping if needed. We did in the early days shop for one person

who was down to their very last thing to eat. None of us want anyone to be in this position so please encourage anyone to use the number and someone will assist, with pleasure.

"The Helpers always adhere to distancing guidelines, speak to the person and tell them about their shopping, and receipts are always provided.

"Whilst we are in this difficult time it became clear to me that there were people feeling isolated and lonely, maybe a little lost. So I decided to gather a small group of people with different life skills who were prepared to listen and make a weekly call to anyone who would find this helpful. The group is called Wymondham Listeners, again using the Help Hub number to ask for a call. This seems to have filled a gap for some.

"As time goes on it is reasonable to expect more people might like some contact. I hope Wymondham Listeners fills something of a gap for those who have welcomed the opportunity to chat to someone. Call 01508 533933 or 0344 800 8020."

COMMUNITY HELP POINT VOLUNTEERS MAKE A DIFFERENCE

As the effect of the pandemic unfolds in our community it is heartening to remember that a network of help and support is being offered during these unprecedented times.

Arnie McConnell is Project Co-ordinator of the award-winning Wymondham Community Outreach Project, based in Our Lady and St. Thomas of Canterbury Roman Catholic Church, and has updated *Wymondham Magazine* on how the scheme volunteers have continued to offer support:

"The team of volunteers, currently led by Karen Brindle, ensure that no-one will go without food or important toiletries due to financial hardship. Karen, who many readers will recognise as a welcoming

face in reception at Wymondham Leisure Centre, has been unfazed by the challenge of meeting the need of people experiencing hardship.

"These times are so hard for us all, we must support the vulnerable more than ever,' Karen says. 'I am proud to be a member of a dedicated, focused, super-keen team providing support, food and essentials in the community. It is so rewarding to make a real difference to someone's life.'

"In recent weeks the award-winning project has received generous support from Morrisons and Waitrose in Wymondham as well as Clarion Futures - the charitable arm of Clarion Housing Group. And at a time where washing one's hands >

Help Hub throws mum vital lifeline

South Norfolk and Broadland Help Hub came to the rescue of a local mother desperately in need last week, after she was struggling to feed her daughter.

The coronavirus lockdown restrictions had meant mum Anne-Marie Stone was unable to provide food for herself and her one-year-old daughter Violet, so she called the Council for help.

She said: "I was absolutely blown away by the generosity of the Help Hub. Never did I imagine I would be in a situation, where I couldn't give my 20-month-old daughter a basic necessity - food! The Help Hub was able to supply us with a care package and I was expecting some bread, milk... the basics. I was speechless when I saw the amount of groceries which turned up at my door, literally hours later. I could have hugged and kissed the lady who delivered the food."

Council MD Trevor Holden, said: "People, through no fault of their own, are now finding themselves struggling to get necessities, like food, electricity and medication - things we have previously taken for granted. All councils and our partner agencies are working around the clock to help those in need."

The Help Hub is receiving over 500 calls a week and has co-ordinated thousands of volunteer visits with staff going above and beyond the call of duty to make sure people are safe and well.

Mr Holden added: "Our Help Hub is here for you if you need it, please don't struggle on alone, give us a call and we will do everything we can to get you the support and help you need."

> is paramount, the Help Point team were delighted to receive a consignment of soap donated by Handmade Norfolk Soaps, who are based in Wells-Next-the-Sea. The project has also received a number of donations from members of the community keen to galvanise community spirit.

"Understandably the number of people using the service has started to increase. In response to those in self-isolation, the project now makes regular contactless doorstep deliveries. One recipient of a food parcel who was recovering at home from the virus wrote: 'I am extremely grateful, more than I can convey. The delivery is a lifeline and also relieves worries. What you are doing is making a huge difference to our lives, please never doubt that'.

"Karen and her team are doing an amazing job. If anyone is unable to afford to buy food, we would ask them not to suffer in silence during this crisis. We will do all that we can to meet individual needs and fulfil any dietary requirements they may have.

"To engage with our service, there are no forms to complete. If you request a delivery no one will enter your house, ask for a payment of any kind, or seek to know your bank details. We work closely with South Norfolk Council to ensure that everyone's well-being is safeguarded."



Pictured above: Allison O'Neill, Morrisons' Community Champion

You can contact Help Point in the following ways: call 01953 603104, email community@wymondhamrcchurch.org.uk or on Twitter @wymondhamshare. >

An advertisement for 2b@1 Hypnotherapy. The background is a collage of various keys. At the top right, the text "2b@1 Hypnotherapy" is displayed in white on a dark background. Below this, the text "Are you struggling with" is followed by a bulleted list: "Anxiety or Stress", "Fears or Phobias", "Weight Control", "Addictions", "Sleep Issues", and "Low Self Esteem or Confidence". To the right of the list is a large, stylized key graphic with the text "Unlock your potential" inside it. Below the list, a pink banner contains the text "Do you want to discover how Hypnotherapy can help?". At the bottom, a dark banner contains the text "Call today to book your FREE consultation" followed by the phone number "07925 140 931", the email "info@2bat1.com", and the website "www.2bat1.com".



Pictured above: Stuart Ramsey, Olivia Reid and Annabel Fish from Waitrose with Sara Standley and Karen Brindle. Below; Jane Morris, Sara, Karen and Suzanne Nuri-Nixon. Bottom left: Sara, Francesca Stokes and Sylvia Coates.



PUFF'S TOYSHOP OFFERS DELIVERIES

Like many businesses Puff's Toyshop is closed during the pandemic until restrictions are eased. However Richard is still able to offer a free local delivery service within seven miles of Wymondham (as far as Attleborough) for orders.



Puff's does not have a website but does have an active Facebook page, where it regularly posts images of its stock to remind people of the type of toys and games on offer. Payment is by card over the phone, with delivery later that day. They have delivered into Norwich, but the distance incurs a £2 delivery charge to cover costs.

If you have any questions contact Richard and Jules via www.facebook.com/puffstoyshop and they'll do our best to help. They wish to thank all their customers, especially those who have already used the delivery service.

BISTRO TAKEAWAY RUNNING WELL

Station Bistro is continuing to offer a takeaway and delivery service of its entire menu. The service is running seven days a week, with the full menu available for delivery - including breakfast, lunch or even just a coffee and cake. You can order or pay over the phone by calling 01953 606433



Brendan Gray told *Wymondham Magazine*: "Our Burger Night has been a real success and sold out on both occasions, so I am looking at doing this more frequently. The support from the local community has been amazing!"

Be part of a virtual choir with VivaVoices

From Monday 27th April Graeme Hopson of VivaVoices is starting online 'virtual choirs' so that anyone who loves singing can take part from the comfort and safety of their homes. Community singing is more important than ever in these troubling times, when many people are feeling anxious and isolated.

There are three choirs to choose from – Mondays 7pm to 8pm, Tuesdays 7pm to 8pm and Wednesdays 2pm to 3pm. They will be singing a selection of feel-good pop, rock, easy listening and showtunes from across the decades. All are welcome, no matter where you live, and there's no need to read music.

Graeme has been running community choirs in Wymondham, Bury St Edmunds, Newmarket and Stowmarket called VivaVoices for over 10 years, which have raised over £36,000 for charity at concerts. Sadly, due to the pandemic, their concerts last month were cancelled, though they hope to be back in July.

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RUGBY SKILLS RAISE MONEY FOR HEALTH WORKERS

Sport is on hold during the lockdown but young players from Wymondham Rugby Club have been using their skills to raise money for health workers.

Two squads have each made their own Lockdown Rugby videos, raising money for the NHS and for local hospices.

Wymondham's Under 13 squad, The Rebels, kicked off the idea with lead coach Peter Graves challenging other age groups at the club to "put the fun into fundraising" by coming up with their own Pass It On videos.

Here's the U13s' video, which is raising money for Hospice UK: www.wymondhamrfc.com/videos/u13s-challenge--pass-it-on-158032.html

The club's Under 12 squad, The Warriors, took on the challenge, producing their own video raising money for the Norfolk and Norwich University Hospital charity: <https://youtu.be/Vt2chrijj-s>

Under 12 lead coach Arthur Pattison explained: "It's really important the kids can look back and say we



Lockdown Rugby - Who said rugby had to stop...

did something at this period of time, yes we made a silly video but it raised money for a serious cause.

"This is our very own rugby salute to the NHS, the emergency services, social carers and all key workers."

To support The Rebels' appeal for Hospice UK go to: www.justgiving.com/fundraising/pass-it-on-to-save-lives?fbclid=IwAR1KmPJsalMzFKSNhy79dOAZUNaprrSTdXjbQRJmLOgfDpWnY6nDIPXYq8

And to support The Warriors' appeal for the N&N charity go to: www.justgiving.com/fundraising/lockdownrugby

GARDEN CENTRE CLICK AND COLLECT PROVES POPULAR



Wymondham Garden Centre has furloughed 20 staff, but has a team of 15 still working to deal with telephone calls, email orders, stock and plant care. They continue to offer a click-and-collect service from the car park, and also a delivery service to

those unable to leave home, with four telephone lines in service.

Call between 9am and 4pm on 01953 600282 to place an order, with payment taken over the phone. A minimum order of £35 is required for deliveries.

A stock list is available at www.facebook.com/wymondhamgardencentre. They ask that you are specific about what you require when placing your order so that it simplifies and speeds up the process for all.

The team told *Wymondham Magazine*: "We at Wymondham Garden Centre are still offering our delivery and collection service and are ensuring that both staff and customers are following all social distancing measures to ensure the safety of all.

"We ask all customers to bear with us at this unusual time as we do our utmost to process orders in the most efficient manner. We really are looking forward to welcoming everyone back hopefully in the near future."

LAUNDRY BAG APPEAL HELP KEEP KEYWORKERS SAFE

A group of locals have been inspired to make scrub bags for NHS workers, helping them safely contain any potentially contaminated clothing before and during washing.

Amy Brown, who works at the Norfolk and Norwich Hospital (NNUH), tells the story: "I saw a Facebook post that suggested bags be made for scrubs. It made total sense to try and collect as many as we could, as there are over 7,500 staff there, a majority of them still working in Clinical Environments.

"I compiled a post on the local Wymondham Community Page requesting donations of pillowcases and it went crazy! Red Cars taxi driver, Paul Rooker got in touch and offered to do all the local collections for me totalling to approximately 30 in one day!

"I was subsequently inundated with requests from people who were eager to help make them, resulting in collections of finished bags and drop offs from people passing on their daily exercise route.

"Caroline Stance also got in contact and offered to be a further collection, drop-off and storage point. She has taken over the social media side of things at this point, something I'm so grateful for, as I'm currently working extra shifts to help with the workload at NNUH.

"So far we have collected, received and distributed approximately 2,000 scrubs bags across NNUH and the Community Services with donations still coming in."

Caroline adds: "I found the original post on a Facebook page and posted it; Amy then picked it up and ran with it. Paul Rooker from Red Cars did a huge pick-up of bedding and the good people of Wymondham have created an enormous sewing bee!

"We have already sent lots of bags in and we seem to be getting about 100 a day dropped off or collected. The feedback from the hospital is extremely positive. It means the staff can take clothes/ scrubs off at work and then put them straight in the bag, allowing

them to go straight in the washing machine in the bag when they get home. They are also being used to put their clogs in so they don't contaminate anything else.

"The fabric can be any cotton/cotton mix as long as it can be washed at 60 degrees. The finished size should be a minimum 15" x 12" (37.5cm x 30cm) with a drawstring top. Amy and I have a backlog of bags we need to find homes for - we have received well over 2,000 already - so for now the initiative is on hold, but it could restart if there is the demand in a little while. We will post updates on the Love Wymondham Facebook page.

"We have been overwhelmed by the response to this and want to say a massive thank you to everybody for their support and generosity.

"Thank you Wymondham and please keep up the good work!"



WATN DOWN THE LINE

It is now possible to listen to the Wymondham and Attleborough Talking Newspaper or Magazine editions by telephone, by calling 0330 22 33 452.

This is in addition to it being available via the charity's website, www.watn.org.uk

Please note that standard-rate charges apply, but if your telephone package includes free calls at evenings or weekends then this service will also be free for up to an hour at a time during these periods.

This service has been launched by Talking Newspaper Services Ltd with assistance from the RNIB, to help Talking Newspapers through the Covid-19 situation for the next few months.

PAWS FOR PLAY RE-OPENS

Centre Paws is re-opening its Paws for Play field from Saturday 25th April, with sessions available for booking online now.

The current Defra guidance is that there is no reason why facilities providing exercise areas for dogs should not be open provided suitable social distancing measures are put in place and hand washing routines are adhered to, plus people do not travel long distances to get there.

The field is open to people within a 15-minute drive or walking distance.

There are 15-minute buffers between sessions so it is vital you do not overstay your time or arrive early so users do not come into contact. There will be hand wipes on the field but you need to be responsible for your own hand washing before and after your visit.

All users per session must be from the same household.

All other rules as per the website still apply. Visit www.pawsforplaywymondham.com to book.

Big C Launches alternative fundraiser

Big C, Norfolk and Waveney's cancer charity, has launched a new fundraising campaign due to many of the charity's planned events being postponed. Big C's 'Challenge 40' is calling for local people to raise money for the charity by exercising either at home or by using their 'once a day' exercise outside in line with government advice.

2020 is Big C's 40th anniversary year, so from Wednesday 1st April until Sunday 31st May the charity is asking local people who are able, to complete 40 minutes of exercise or activity, every day for 40 days. This could be a run, cycle, walk, an exercise routine at home or some gardening.

To sign up for Big C's Challenge 40, visit <https://fundraise.big-c.co.uk/event/challenge40-for-big-c/> to pledge your support and a £10 donation.

A MOHAWK FOR A MONTH

Russ Barker and son Alby from Wymondham have decided to grow Mohawks for a month to raise money for NHS Charities Together to help during the coronavirus pandemic.

With both of them working and schooling from home, it seemed the ideal time to have fun with their hair, not get into trouble for said haircuts from bosses or teachers, and raise some much needed funds for a very worthy cause at a very challenging time. They reached their initial target of £250 in under 24 hours due to very generous family, friends and colleagues, and are currently aiming to raise £500.



Russ and Alby would love others to join them by growing their own Mohawks and to start their own Mohawks for a Month NHS charity pages. Visit www.justgiving.com/fundraising/mohawk-for-a-month

WARD OFFER VEG DELIVERY

Peter and Rosie Ward (AJ Ward and Son), who in normal times run a stall at Wymondham market, have their usual range of vegetable, salad and herb plugs and pots available, which they are delivering to customers in the Wymondham area.

For further details email rosiewardspixworth@hotmail.co.uk or leave a message (including your name and phone number) on 01603 427778.

MNR EXTENDS CLOSURE PERIOD

The Mid-Norfolk Railway (MNR) has taken the decision to extend their closed period until further notice and following Government advice.

At the current time, a number of the heritage railway's volunteers and staff are in extended isolation. This means the railway remains closed to the public, including all the stations, shop and cafes, but the MNR will continue to review the latest advice and availability of volunteers and will provide updates once there is firm news about reopening. "Its certainly not the way we'd planned to be celebrating our 25th anniversary as a heritage railway," said MNR General Manger George Saville.

"However, trains still continue to run on the line under the contract operated on behalf of local main line train operator Greater Anglia to receive and store newly-delivered and out of service rolling stock, and the line has retained a small nucleus of staff to oversee these movements. So please don't trespass on what remains an operational railway."

The MNR's 'working-at-home' Office Manager Kellie Woodward is handling enquiries from anyone who had made bookings for May and June and she has been trying to contact as many people as possible - but has been unsuccessful in some cases. If anyone has not been contacted about their advance booking, email kellie.woodard@mnr.org.uk

Bookings for The Mid-Norfolk Railway's Polar Express



Train Ride™ were due to have opened in mid-April, but were put on hold because of the need to organise 'at home' working for staff and volunteers to handle the huge flow of booking and email correspondence that these services generate, and to enable remote access to the booking system that is normally based solely at Dereham Station. Keep an eye on the railway's social media channels such as Facebook, Twitter and Instagram and the railway's website at www.mnr.org.uk for news of when this year's Polar Express Train Ride™ bookings will open.

In the meantime, please stay at home. Things are tough for everyone at the moment, but If you'd like to support the Mid-Norfolk Railway Trust, a registered charity, through this difficult time, the line's donations page remains open here: www.mnr.org.uk/coronaclosurefund

FREE WILLS FOR NHS WORKERS

Wymondham-based Trusted Law is offering a Free Will to all NHS frontline workers.

Managing Director Natalie Chapman says: "At the start of this crisis, we agreed as company that we wanted to do something to help the NHS and discussed ideas such as donating a proportion of our fees, but after speaking to many of the frontline workers we soon realised that the best way that we could help was to use our knowledge and expertise to provide something that most of them were actually being advised to get... a Will.

"So far, we have helped 14 NHS frontline workers, which has included nurses and paramedics, with many more booked in. The response we have received is surprise

at the offer but a definitely appreciation that they have some peace of mind knowing that this task is taken care of."

If you, a family member or friend are working for the frontline NHS during this crisis, you can contact Trusted Law on 01953 711950 or email enquiries@trustedlaw.co.uk



ADULT LEARNING LAUNCHES ONLINE COURSES

Norfolk County Council's Adult Learning has made many of its learning courses available online, as well as launching a range of new online courses designed to keep you active, healthy and connected throughout the lockdown.

Courses range from one-off digital help sessions through to vocational courses helping you explore a new career. Nearly 200 different courses are now being offered online, with full support from the dedicated tutors and the Learner Services Team.

Cllr Margaret Dewsbury said: "Adult Learning's proven track record of delivering excellent courses for adults across Norfolk is well established. During the current lockdown situation, it's so important to keep both your body and your mind active. The huge variety of courses means there's something for everybody. While there's lots going on and life looks very different, for some people this is a wonderful opportunity to try a new hobby, learn something new or to study for extra qualifications."

If you're struggling to keep up with technology and connecting with loved ones during this time, the courses will help you to get to grips with email, video messaging and how to stay safe online. There are also courses for the whole family, designed to help support your children's learning at home through age-specific targeted activities.

Adult Learning continues to provide opportunities to revisit your education and work towards qualifications, such as Maths and English GCSEs. These courses, now delivered online, are a unique opportunity to take a step forward in your learning and career, opening up new opportunities in countless fields of work.

With many courses free or offering free taster sessions, and with more being added throughout the summer to ensure there is something for everyone, this could be the best time to continue your learning. For more information visit www.norfolk.gov.uk/adultlearning

LEARNING AT HOME THIS SUMMER TERM

The task of keeping children and young people happy, healthy and learning at home during lockdown is no small challenge, so with the start of the new summer term Norfolk County Council has some top tips and guidance to help parents and carers.

Chris Snudden, Director of Learning, said: "Most parents are not school teachers, and of course we don't expect them to try to copy what would happen at school, but they have already taught their children so much, and they should feel confident that they can help their youngsters learn at home. We know lots of parents have the added challenge of working from home as well as turning their hand to teaching and learning with their children."

The county council's education professionals are keen to help parents navigate all the great learning offers available online, many of them new local and national resources launched only this week.

The council has pulled together a selection of fun and educational activities. These have been hand-picked by our teaching and learning advisors from Early Years right through to post-16 and virtual schools teams from across the Eastern region. The selection of resources, which is being regularly updated, is separated into activities and learning for pre-school; primary, secondary, special educational needs and disabilities, post-16 and adult learning. Visit www.norfolk.gov.uk/education-and-learning/schools/educational-resources

You can also view Norfolk County Council's top tips for parents online at www.norfolk.gov.uk/education-and-learning/schools/educational-resources/primary/top-tips-for-parents

Making the most of the library apps

-  **Manage your library account using Spydus**
Renew books, make reservations, and update your personal details
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For more information on how to access the library apps please visit www.library.norfolk.gov.uk

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FIND OUT IF YOUR BUSINESS IS ELIGIBLE FOR HELP

Broadland and South Norfolk Councils have already supported 3,353 local businesses and paid out over £38 million in Government grants to help the local economy during the Covid-19 pandemic.

The two grant schemes available are the Small Business Grant Fund, and the Retail, Hospitality & Leisure Grant Fund. For a business to be eligible for the Small Business Grant Fund of £10k the property must be rated and the business must be in receipt of Small Business Rate Relief or Rural Rate Relief.

Eligibility for the Retail, Hospitality & Leisure Grant of £10k or £25k, dependant on rateable value, is based on how the premises is used. The qualifying uses set out by the Government in most cases rely on the specific premises being mainly geared towards serving the needs of visiting members of the public.

To find out if you are eligible, visit south-norfolk.gov.uk/business-support-grant-covid-19

If you are not eligible for a business support grant, there is advice and support available to you at south-norfolk.gov.uk/business-support

Broadland and South Norfolk Councils are also taking steps to provide support to businesses in the preparation for the economic recovery, ensuring that as much as possible is done to help. Businesses are being encouraged to complete this survey: www.smartsurvey.co.uk/s/CouncilSurvey

YOUNG PEOPLE STILL NEED YOU

Local fostering agency Nexus Fostering is looking to recruit more foster carers, even amid the coronavirus outbreak. Whilst the physical offices are temporarily closed following government guidance, they reassure all potential foster carers that measures are in place to ensure that all phone calls, email and enquiries are answered and responded to.

By fostering a young person, you will be able to work from home, with ongoing training and 24/7 support provided. And with your help, these vulnerable young people will be protected from exploitation and away from unsafe and dangerous environments.

If you are interested in fostering, visit www.nexusfostering.co.uk/make-an-enquiry, call 0800 389 0143 or email info@nexusfostering.co.uk

KETT'S BOOKS MINI-CATALOGUE IS HERE

If you're looking for your next great read, Kett's Books can help.

Kett's Books had to shut its doors following the latest government advice. However, with over 3,000 books in the shop, the team of volunteers is still working behind the scenes to continue bringing you the books you want – and thanks to a collaboration with Waitrose, they can deliver them in the Wymondham and Hethersett area, and even as far as Attleborough.

As the stock changes daily, Johnny and the other volunteers are putting together a mini-catalogue to show off what they have right now, and what they believe is on the way – you can browse online at www.kettsbooks.co.uk/explore-our-catalogues

You can place an order by calling 01953 603663, emailing orders@kettsbooks.co.uk or using the order form at www.kettsbooks.co.uk/order-books



DANCING IN THE STREETS

With Radio Wymondham

Orchard Way resident Craig Briggs is the mastermind behind Radio Wymondham's new 7 o'clock Sunday Street Stomp.



"Craig approached us following the success of his event bringing local people out into their gardens, to their front doors, or just to their windows, to dance along with a few classic songs that he was playing," explains Radio Wymondham Director Paul Barratt. "Craig wanted to expand on the community spirit of bringing everyone out at the same time to dance along, however badly, to some well-known songs, whilst at the same time

respecting social distancing of course, and was looking for a way to do it, but without encouraging lots of people from nearby streets to actually come to Orchard Way at 7 o'clock on a Sunday evening. Radio Wymondham was the obvious answer!

"We were happy to help out and our presenters Paul Kazam and Sophie (both pictured) were up for the challenge" says Paul. "So, from Sunday 26th April, Radio Wymondham will be broadcasting the music for this event live all over Wymondham so that everyone can join in at the same time. There'll be one guest track followed by three floor (now street) fillers - songs like the Cha Cha Slide, Black Lace's Superman and the Macarena - and we want as many people as possible to join in."



Paul and Sophie will be getting things going from 6.30pm, and of course if you'd like a shout-out for someone who is celebrating a birthday or anniversary, then Radio Wymondham can help with that. They can also pass on messages of thanks to people who've been helping others through the emergency

situation recently too. Just get in touch with Radio Wymondham on email at info@radiowymondham.com, through their website or through the station's various social media channels, such as Facebook and Instagram.

To tune in, its www.radiowymondham.com. You can find Radio Wymondham on the free Simple Radio app on your phone, and the station is also on Alexa too - there's a handy video to help you set up your Alexa device to listen to Radio Wymondham on the station's own Facebook page.

You can get the 7 o'clock Sunday Street Stomp party started on your own street just by tuning-in online to Radio Wymondham.

Please join in and spread the word amongst your friends and neighbours and share that all-important Wymondham community spirit! Join in, enjoy and stay safe!

#Orchardway #radiowymondham #Sundaystreetstomp

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www.radiowymondham.com

In brief...

JAZZ EVENT CANCELLED

Wymondham Rotary Club will not be able to run their Jazz event in June 2020 due to the coronavirus outbreak. They are hopeful that it will return next year.

OPEN GARDENS POSTPONED

The Wymondham Open Gardens event planned for 2020 has had to be postponed. It is hoped the biennial event, which showcases residents' gardens throughout the town, will instead run in 2021, with a date yet to be decided.

LOYAL TAXIS SERVICE

Loyal Taxis Norwich is offering a 24/7 service to collect shopping or medicines for people for no added cost to the original journey price. Call 01603 619619 or visit <http://loyaltaxis.co.uk> or www.facebook.com/Loyaltaxisnorwich for more information.

ROTARY GROUP FUNDS NEW OVEN

Wymondham Rotary Satellite Group has joined with the main Rotary Club of Wymondham, to fund a new oven at the Wymondham Baptist Church Roots Café. The cost of the oven was £1,300 and was funded jointly by the two Rotary groups.

The Roots Café is an important meeting place for the Wymondham community, but has had to sadly close temporarily, due to the coronavirus outbreak. Wymondham Rotary satellite Group is proud to support this excellent local initiative, and we sincerely hope the Café can open again soon.

CHUTNEY LOST AND FOUND

Jack Russell Chutney went missing from the Hen House and Egg Shed at Cavick House Farm on 3rd April. Happily, he was safely returned to his family over two weeks later.



PICTURES BOOST CARE HOME RESIDENTS

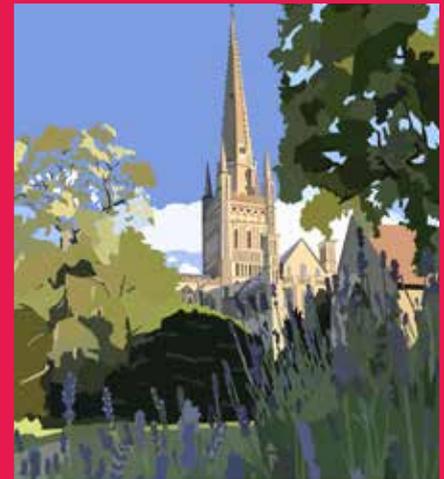
Felicity Hopper and Annette James recently appealed for children to draw pictures for Wymondham care home residents to give them a boost during lockdown. Karen Claydon, a carer at Robert Kett Court, says: "A big thank you for sending the tenants a picture each. They were hand drawn by local children, so if you drew one - you made someone's day today! Every picture will be treasured by their new owner, most are now up on their walls. These small gestures mean so much."

Annette's father Owen is pictured in Robert Kett Court with his picture. Pictures also went to Windmill and Sutherlands care homes.



LOCAL TEENAGER SHOWS OFF DIGITAL ART

Dee McGilvray is 17-years-old and studying Fine art, Art Multimedia and English Literature at Wymondham High Sixth Form. She's been putting lockdown to good use by experimenting with digital art.



VIEW OF NORWICH CATHEDRAL

FROM THE BISHOP'S GARDENS

She told *Wymondham Magazine*: "Ever since I was very young I've loved all types of art from fine art, crafts to design and now digital illustration. Since lockdown, I have been creating and illustrating multiple digital illustrations. Since starting year 12 in September, I have learnt how to create digital designs and illustrations in the class Art Multimedia by using software on the Adobe Creative Cloud. Illustrator is my favourite tool to use and my main form for creating my work.

"I am inspired by vintage railway posters so my work revolves around taking photos of landscapes and touristic feature buildings to then illustrate in the vintage style, however in a modernised way. I include a banner at the end of most my pieces which states where the location illustrated is and sometimes something extra such as where I was standing when I took the photo!"

WHAT'S STILL ON?

Businesses currently offering food takeaway and delivery services.

CHIPS AWAY

Deliveries only, order via the Just Eat app.



DOMINO'S

Deliveries only, order via www.dominos.co.uk/wymondham



FLAMES KEBAB

Collection and delivery. Order via <https://flameskebabtakeaway.co.uk>



INDIA VILLAGE

Call 01953 856007, 01953 856008 or order online at <https://indiavillagerestaurant.co.uk>



MERV'S HOT BREAD KITCHEN

Call 01953 607118 or 07771 996844 to order - between 7am and 12noon for same day delivery, or 12noon to 3pm for next day.



RENO FOOD & WINE

Call 01953 425995, 01953 603738 or email sales@renowine.co.uk.

Delivery £2, or free if over £15. A new website is in the process of construction. The shop is open to customers Friday and Saturday from 9am to 5pm.



RADIO WYMONDHAM WEEKLY PROGRAMMES

Monday

- 8am to 9am: Breakfast Briefing
- 12noon to 2pm: Cabbie Tracks
- 7pm to 9pm: The Sophie Sessions

Tuesday

- 8am to 9am: Breakfast Briefing
- 3pm to 4pm: Local & Unsigned / Ska & Reggae
- 5pm to 6pm: Sounds Easy
- 6pm to 7pm: Best of the 60's with Jimi Wei Tang
- 7pm to 9pm: The Andy Hours

Wednesday

- 8am to 9am: Breakfast Briefing
- 7pm to 10pm: Eurovision Radio International
- 10pm to 11pm: The Unreliable Narrator

Thursday

- 8am to 9am: Breakfast Briefing
- 1pm to 3pm: Running on MT
- 7pm to 9pm: Blowin' in the Wymondham

Friday

- 8am to 9am: Breakfast Briefing
- 12noon to 2pm: Mindfully Mellow
- 6pm to 8pm: Cabbie Tracks
- 8pm to 10pm: Kazam's Club Classics

Saturday

- 8am to 9am: Breakfast Briefing
- 10am to 12noon: That Saturday Night Show
- 3pm to 4pm: Ska & Reggae
- 8pm to 10pm: That Saturday Night Show

Sunday

- 8am to 9am: Breakfast Briefing
- 11am to 12noon: Sounds Easy
- 1pm to 4pm: Eurovision Lockdown
- The 7 O'Clock Sunday Streetstomp
- 9pm to 10pm: The Unreliable Narrator

Listings may be subject to change.

SATHUDEE THAI

Call 01953 600967 to order for collection. Menu available at www.facebook.com/sathudeethairestaurant



THE GOLDEN BLOSSOM

Re-opening for collections on Friday 24th April. Call 01953 600555 to order.



SHAPLA TANDOORI

Collection only with 20% off all orders. Call 01953 601173, menu available at www.shaplawaymondham.co.uk



TUMRUP THAI

Now re-open for collection only. Call 01953 607071, menu available at <https://tumrupthai.co.uk>



STACEY'S CAKEY BAKES

Cakes delivered to your home. Free Friday delivery in Wymondham. Call 07597 490890 or visit www.facebook.com/StaceysCakeyBakes



WYMONDHAM KEBAB

Collection and delivery available, order online at www.wymondhamkebab.co.uk



STATION BISTRO

Collection and delivery available. Call 01953 606433, menu available at www.stationbistro.co.uk/bistro-menu

Please note this information is subject to change. If we've missed anyone, email news@wymondham-mag.co.uk and we will endeavour to update the online issue.

The Enchanted Willow

Town centre florist The Enchanted Willow has re-started their - contactless - delivery service, now that the supplier is able to deliver more frequently. If you're ordering for someone else they must be able to take the flowers from the doorstep by themselves. There is a minimum spend and delivery is free in the NR18 area. Visit www.facebook.com/theenchantedwillowflorist for more information.



The Little Boutique

You can still shop at The Little Boutique online at www.uklittleboutique.com. Free local contactless delivery around Wymondham and Attleborough, with reduced postage cost of £1.99.



Howards Cycles

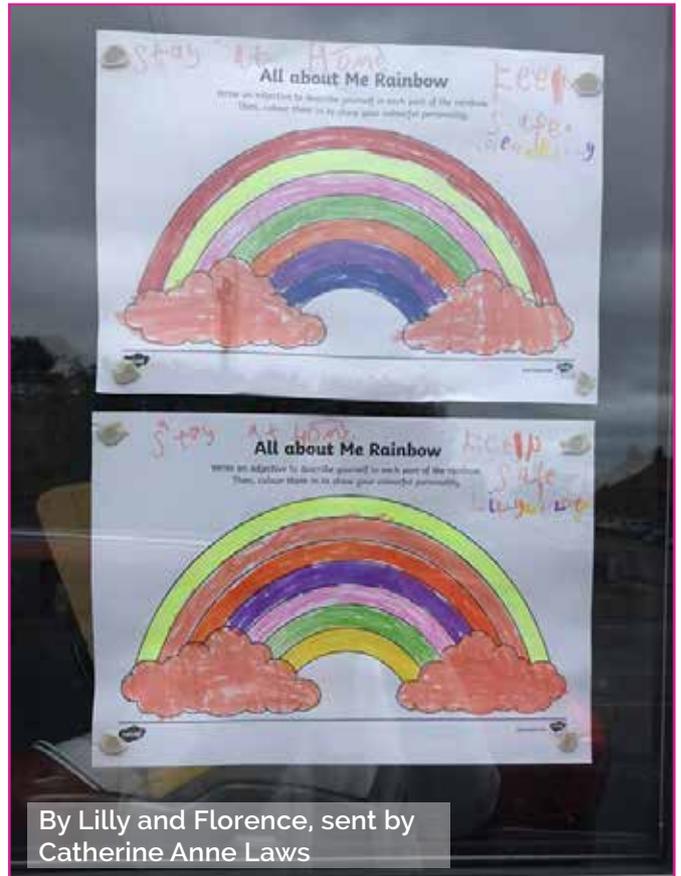
Howards Cycles has a new online click-and-collect shopping site, available at <https://howardscycles.contactlesstrade.co.uk/shop>

I CAN SEE A RAINBOW...

Rainbows have been helping to brighten up the neighbourhoods during this difficult time. We asked to see your rainbow pictures, and you did not disappoint!



Alby (aged 10), sent by Amanda Barker



By Lilly and Florence, sent by Catherine Anne Laws



By Darcie-May Capes (aged 4), sent by Ellen Outing



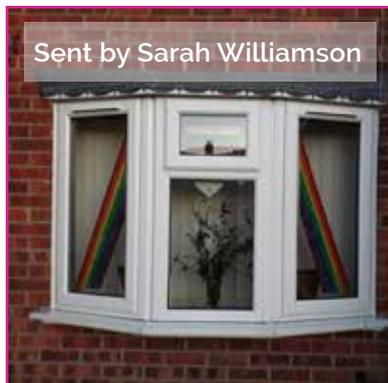
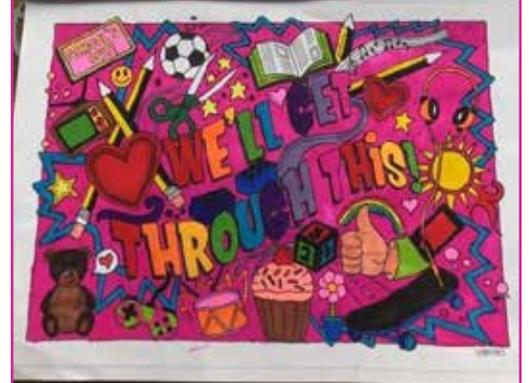
Sent by Craig Gould



Sophie (aged 4), sent by Lucy Meadows



Sophie (aged 13), sent by Becky Elley (top and below)



Sent by Sarah Williamson



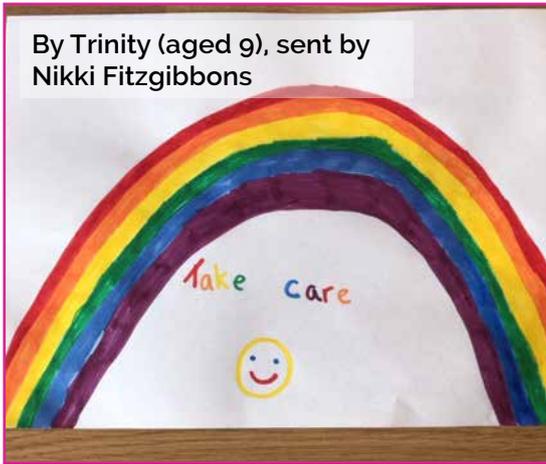
Sent by Charlotte Howard



Lillie (aged 2), sent by Victoria Jacques



By Heston (aged 8), sent by Nikki Fitzgibbons



By Trinity (aged 9), sent by Nikki Fitzgibbons



Jenson, sent by Emma Tracey Howes



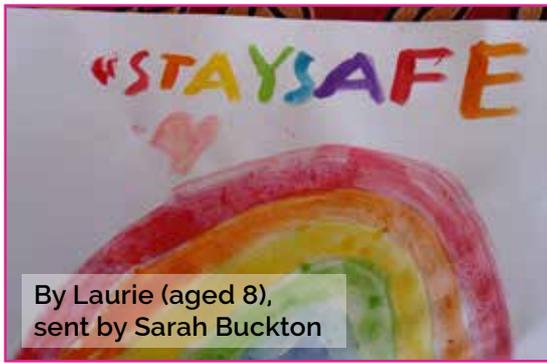
The Briggs Flock, sent by Mark Robertson



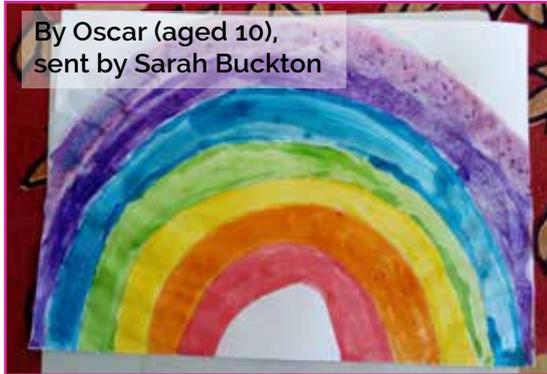
By Zachary (aged 6) and Thea (aged 5), sent by Jennifer Foulds



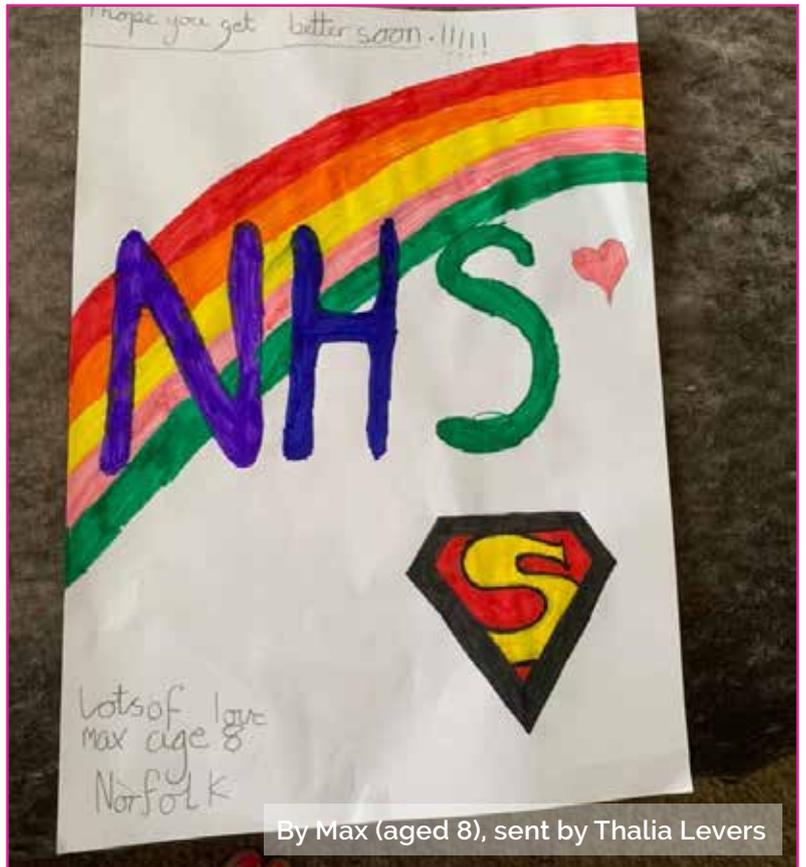
By Kiri (aged 8), sent by Stephanie Everitt



By Laurie (aged 8),
sent by Sarah Buckton



By Oscar (aged 10),
sent by Sarah Buckton



By Max (aged 8), sent by Thalia Levers



Leo, sent by
Kayleigh B



Leila (aged 2), sent by Nicola



Henry the Hare, dressed
by Sarah Buckton



By David Hazleton, taken in Wicklewood



If you think that Wymondham's retired folk just play bingo, watch the telly and potter in gardens, while letting their brains go to seed - then you couldn't be more wrong!

The 450 members of Wymondham's U3A are a really dynamic, friendly and lively lot. The message of this organisation is 'Learn, Live and Laugh' and we certainly do all that and more. Normally we have weekly Coffee Mornings and monthly meetings with a speaker, all at Central Hall. At present we have 57 interest groups which are led by members. Also we have various day outings and coach holidays. These are wonderful for members on their own as there are always folk to chat to and new friends to make. We also have a monthly newsletter to communicate with all our members.

However with this lockdown things have changed. So how are we coping? Very well actually! We are now sending out regular news sheets and letters on line as most of our members are computer savvy. We have set up a phone tree system to contact non email members and they receive paper copies. It is vital to us to communicate and keep the spirit of our U3A alive and out there.

Also some of our Baby Boomers have become whizzy Zoomers! A few of the groups have continued meetings on line. Others are zooming friends and relatives and some reluctant members have been persuaded by their children to become computer literate! So we are

really a 'with it lot' when it comes to modern technology.

I became the new Chair Personage in March and feel like I'm a virtual chair! However I do make up daft poems which I send to our members to keep their spirits up. I am getting such a positive response to these which is very encouraging.

Hopefully, when this unprecedented time has passed and we can be enjoying all that our U3A has to offer, we will be able to offer a warm and friendly welcome to new members who like to join this wonderful organisation.

<https://u3asites.org.uk/wymondham/groups>



It lurks in dark corners
Of each and every mind,
Oozing guilty feelings
It isn't at all kind.

This being has a name
It's called a 'round tuit',
'Cos we say this to ourselves
So we don't have to do it!

But now we have more time
We could grapple with this beast
And do all those suit jobs
Then feel so very pleased.

THE CORONAVIRUS BLUES

Well, I woke up this mornin'
An' listened to the news,
My roof ain't leakin'
But I got the Corona Virus blues.

At the super market
There ain't no pasta or rolls for loos,
My man ain't gone an' left me,
But I got the Corona Virus blues.

Goin' to the chemist
There ain't nothin' but queues,
My crops ain't failin',
But I got the Corona Virus blues.

We gotta exercise
But can't go where we wanna choose,
My live stock is healthy,
But I got the Corona Virus blues.

We can Skype, Zoom an' phone
With computers we can use,
I ain't run outta food an' booze
But I still got the Corona Virus blues.

Poems sent to U3A members during the lockdown

I WISH

I wish that I'd invented
The word 'unprecedented',
And patented it that day
So, whenever people say
IT,
I'd get lots of dosh
And pretend to be real posh!
But I didn't, so I have to be
Contented to just be me!

THE ROUND TUIT

I bet you have a creature
Living in your house,
You won't ever see it
It's as quiet as a mouse.

It feeds on good intentions
Procrastination it loves most,
It grows larger daily
For you're its generous host.

REFLECTIONS FOR LOCKDOWN

Looking after your mental health

This is a massive change for everyone and will affect people in different ways; some of you will be enjoying the time but some of you it will be too much and hard to process or adapt.

This is such an important time for your mental well-being - whether in just being able to cope or creating better strategies and implementing future goals.

Here are five steps to help you if you are struggling with the effects of lockdown, whether you are still working or living alone.

5 Steps to support your emotional mental health

Step 1 - Do not add extra pressure at the moment

Some of you will be taking this opportunity to get jobs done you wouldn't usually get time to do, maybe fitting exercise in your day. But do not add pressure - if you feel 'you need to do everything', you don't, this could just be a time to just 'be okay'. Take it day to day.

My Tips:

- **Write a daily list** - Adding even just small accomplishments like washing up or making the bed. Maybe even making a list the night before so you have your schedule set. Whatever helps you. But if you don't tick off all those jobs, it's okay. Tomorrow is a fresh day. This is a time to be gentle on yourself.
- **Set a achievable schedule** - I am one for this, you can write too many things that just aren't achievable in one day! Maybe limit to five or even two jobs you will feel proud of. Include the things you need to do for your mental health like read a chapter of a book or take a bath.

- **Do what feels good for you** - Some of you will like to keep busy, some may need time to relax. This may also differ from day to day. Ask yourself - what do I need?

- **Remind yourself this isn't forever** - This time will be a memory, it will not be our forever. It is difficult sometimes to have this mind-set but try and remind yourself in those unsettling moments - this will pass.

My reflection: We are all human and we will all feel some sort of pressure during this time. I write a daily list and add those little jobs - this helps me feel in control of my day. If you need a lay in or have a sofa day - take it with no guilt. Listen to your mind and body.

What helps you manage the pressures?

Step 2 - Use this time to reflect

This can be a lonely time, an unsettling time. Whether you live alone, have a partner, have little ones, its ok to still feel lonely but try and switch this around to reflect!

Reflect on what you need, reflect on what you want and reflect what is important to you, as those things still remain but just maybe hidden for a little time.

My Tips

- **Reset** - We sometimes dream of space, a shut down from the world to reset - this is the time. So, ask yourself, what do you need to reset? Recharge?
- **Ask yourself what helps you be still?** - Stillness doesn't mean being still, it means what calms your mind, how do you lose yourself. It may be reading, sunbathing, yoga, painting, walking, cooking, watching reality tv (oh my guilty pleasure), what gives

you that time? Whatever the answer it isn't wrong - it's what your mind needs.

- **Start thinking of ideas of what you would like to do after lockdown** - You may take things from this time that you would like to make part of your daily life. Or just get excited about spending time with the people you have missed and the places you would like to go. Just having a coffee with your bestie or a parent, etc. will feel like a pure gift. Start getting excited.

- **What have you learnt?** We will all take something from this. Our negative experiences and our positives. Try and focus on those positives, what do you want to carry forward? Write all those positive steps and changes down and take all of what you have learnt.

My reflection: I feel still when I am gardening, moments spent outside with my dummies and feeling the sun. Am I setting my alarm at the moment.? No as I feel my body needs rest. I am having time to reflect on how I want to continue my career and enjoying the time to do so... What are you reflecting on?

Step 3 - Connections

Remember connections aren't lost; even though we cannot physically see family and friends we can still connect. We are so lucky to have the technology, to help another positive.

This time can also make us spend more time speaking and showing those that are important to us that we are thinking and missing them. That's special.

My Tips

- **Connect** - Whether you talk, text message, email or send letters to >

> your dearest. You can still connect and share your experience. If you feel you need to do this daily or weekly that's okay,

• **Unite** - Have you found your family, friends, neighbours or even people you hardly know have shown kindness? Remember, mental health can make you feel alone but everyone is going through this, people will understand. Unite.

• **Plan** - Start talking about all those plans, sharing a cuppa, a family lunch, a celebration party. Start planning events. Look to the future.

My reflection: I have realised I miss the small things, like meeting a friend for a coffee or going to the garden centre. Getting excited and thinking of the things I would like to do, like a boat trip on the Broads. What are your plans?

Step 4 - Ask yourself- What makes your heart sing?

What makes your heart sing? What makes you smile? It may not be a hobby as such but what makes you light up? If you don't know, see if you can use this time to find it,

• **Ignite your Hobbies** - Start enjoying the things you enjoy. You may know what it is yet so why not use this time to find it?

• **Spend time in nature** - If that's going for a walk, a run or just sitting in your garden it's so important. I like to think we are giving nature a breather - doesn't it show, with the news of the herd of deer roaming Wymondham!

• **Accomplishment** - Pick the things that will make you feel good to achieve, maybe decorating, gardening, cleaning those kitchen cupboards...

• **Music** - Use music when you want to sit and relax, to help you clean those windows, to dance silly with the kiddies. Music lifts everyone. Dance, be silly.

My reflection: Personally, what

makes my heart sing is gardening. When I am outside creating something I am proud of. My mind is still. My other passion is my dogs, who are a great help and we can all enjoy being outside. I have also cleaned my windows - that sadly made me feel so happy! What makes your heart sing?

Step 5 - Practice mindfulness and gratitude

I know it maybe be a weird thing to suggest... this time can be seen as a negative and it is, but we can control how we individually cope with it.

• **Be aware** - This doesn't have to just be meditation, yoga or journaling (which of course are great). People practice mindfulness and gratitude every day without thinking of it; now is the time to really be aware of this.

• **Be thankful** - for those little day to day moments, this will make you feel more positive. Write them down or just acknowledge them. Every day we have things to be thankful for and now time to recognise this. Even missing someone we cannot see at present, we can be thankful we have them in our lives.

• **Have your own space** - For everyone it's important to have that time out. With those that suffer with stress and anxiety it is even more important to have that time on our own. It could be five minutes or an hour. Don't feel bad for having to step away, it will make you a little stronger.

My reflection - I would love to tell you I meditate and journal everyday, that is defiantly my aim but you need to take small steps. I have certainly been able to be more mindful and grateful for what/who I have around me and has let me re-frame my future plans.

What are you grateful for?

Lastly my Top Tips -

• Do not be hard on yourself and

respect your feelings.

• Try to limit the news if it makes you feel anxious.

• Reach out - whether it's to family, friends or someone like me.

• Remember this isn't forever and get those exciting plans set.

We will never forget this time and will be a strange transition to go back to normal but I believe the world will be kinder - if not everyone, then we can be!

Remember its okay not to be okay and there is support now and after.

It is my aim to help those that are struggling, or just looking to relax. I am holding live Facebook relaxation sessions every Sunday at 10am, an hour's session to have a visualisation relaxation to just be still. Visit my page at www.facebook.com/lianneshinebright



An update from

Star Throwers

Holistic Cancer Support Charity



By Victoria Pigg, www.starthrowers.org.uk

Our Current Support Services

Our centre still remains closed but we are able to offer some remote services for counselling and support, please call: 07513 187541 or email info@starthrowers.org.uk to see how we can help. We have set up a dedicated page on our website outlining our current support services and lots of helpful videos and links from our therapists: www.starthrowers.org.uk/supporting-you/support-during-covid-19

2.6 Challenge – a fundraising challenge for everyone!

Star Throwers is asking our supporters to join the 2.6 Challenge. The challenge is to dream up an activity based around the numbers 2.6 or 26 and to fundraise for Star Throwers by setting up a Virgin Money Giving fundraising page.

Taking up the 2.6 Challenge can be as simple as walking or running 2.6 miles or 2.6 kilometres, walking for 26 minutes around the garden or doing 26 press-ups. It can be a sponsored activity or a donation - £2.60 or £26 - whatever is affordable.

Every small event can add up to something worthwhile and make a huge difference to Star Thrower's commitment to support local people affected by cancer.

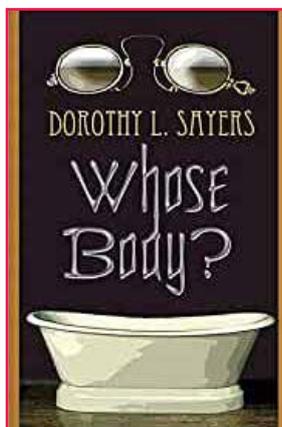
For more information about this amazing challenge and to register head over to <https://www.twopointsixchallenge.co.uk/>. Please select Virgin Money Giving as your fundraising page. Thank you for your ongoing support and please let us know what you decide to do as we would love to hear about your 2.6 Challenge. Email: info@starthrowers.org.uk

To find out more about how Star Throwers supports people affected by cancer visit www.starthrowers.org.uk or call 01953 423304.

By Freddy Lowe

BOOK REVIEW

Whose Body By Dorothy L Sayers



In surreal and bizarre times like these, sometimes what one needs is a novel with an immersive and cosy writing style, with so much humour that you're almost crying with laughter. The premise of Dorothy L Sayers' irresistibly addictive classic novel is as follows: a dead body is found in a bathroom in Battersea. The body is wearing a pair of golden pince-nez* ... and nothing else.

What follows is a hilarious, heartwarming, and highly gripping story which allows you to tune out of life for a few glorious days.

Whose Body is one of those spectacularly rare novels that has something in it for everybody. The approachable length of 214 pages, substantial font size, and accessible writing style allow this book to be enjoyed by readers of all ages.

Teenage readers who – like many of my schoolfriends – are taking advantage of this lockdown period by attempting to read more classics: this enjoyable and witty novel is a refreshing break from other classics in that it does not need to be taken too seriously. Adult readers who grew up loving P.G. Wodehouse, Agatha Christie, Jane Austen, or P.D. James: this novel is highly reminiscent of all of those literary styles.

Readers who need to invest in characters to enjoy a book; one cannot help but invest in this book's charming and funny protagonist Lord Peter Wimsey. Readers who need a gripping plot to enjoy a book; look no further.

Lovers of Golden Age Detective Fiction will instantly click with this; people on the opposite scale who love modern Netflix police dramas will feel equally at home with the endlessly entertaining characters of Charles Parker and Inspector Sugg.

* 'Pince-nez' are a type of reading glasses which use a nose clip instead of earpieces, mostly used in the late 19th and early 20th centuries. French students will recognise the phrase 'pinch-nose' in their name.



From my perspective

By Councillor Suzanne Nuri-Nixon

As we enter another phase of lockdown due to the Covid-19 emergency, it's nice to observe that by and large Wymondham is adhering to the advice of staying at home. On our daily walks we come across slightly more people than we might do otherwise but everyone keeps their distance and is very polite about it too.

Those of us who have gardens have rediscovered our love of gardening and thankfully with Wymondham Garden Centre offering deliveries and click and collect, I'm sure a lot of us have better looking gardens now.

In amongst the difficult times we find ourselves in, some council services are unchanged with waste disposal for example still running and many council staff redeployed to other areas such as the Help Hub to assist with those vulnerable in our community who need help with prescription pick-ups, shopping etc.

There is also some council business going on with Wymondham's Planning Committee continuing to monitor applications, albeit via email and not face-to-face meetings. District Council also hold some virtual meetings, with the Emergency Committee convening online.

It is important to that things continue to tick over in these uncertain times. It is equally important that we do what we can to preserve not only our physical health but also our good mental health.

So as well as the South Norfolk Help Hub number which connects volunteers with jobs for vulnerable or shielded

households, there is also a small team of volunteers who can offer a phone call to those feeling isolated. The number for both is the same: 01508 533933.

In addition there is also a county-wide resource which is the First Response 24/7 service for people of all ages who require mental health care, advice and support. The number is 0808 196 3494.

There are things we can do ourselves to keep good mental health. One of these is of course to go out for a walk, run, cycle ride and thankfully we have good weather to enjoy. Stay connected to loved ones with phone calls or by using online platforms to virtually chat and try to avoid too much news. By all means keep up to date but a constant stream of Covid-related news is guaranteed to defeat even the most sturdy among us.

Many have taken the enforced lockdown as time to learn new skills, taken up baking or learning a new language for example, but don't feel pressured to do this. It's important to try and rest and sleep properly because many can experience anxiety because of the situation we find ourselves in. And don't be too hard on yourself. We will all feel uncertain at times, apprehensive about the future. But we must remember that these times won't last forever and we just have to be patient until this emergency is over.

Stay safe, stay home and stay mighty.

South Norfolk Early Help Hub can be reached by calling 01508 533933.

NHS
Norfolk and Suffolk
NHS Foundation Trust



First Response

Call: 0808 196 3494
(Freephone)

A 24/7 service for people of all ages in Norfolk and Suffolk requiring mental health care, advice and support.

CORONAVIRUS – DIY WILLS, THE RISKS

Written by Ejike Ndaji, Solicitor at Spire Solicitors LLP

Each day, we see an emotional and overwhelming impact of Covid-19, or the coronavirus pandemic. Alongside the global outbreak, people are more focused on getting their legal and financial affairs together to prepare for the “what if” scenario.

With social distancing imperative for the decline of the global impact of Covid-19, as well as a more stringent consumer looking after their day-to-day financial affairs more closely, there, understandably, has been a significant increase in online 'DIY' Wills.

A DIY Will is often done from the comfort of one's own home, usually via an online form gathering basic information about your wishes. Whereas this type of Will may offer savings on time and money, the consequences of it going wrong could be severe. This is because the online forms lack any type of personalised estate planning to achieve your wishes appropriately and, in addition, they may be run by unregulated Will writers, firms and solicitors.

The most serious risk of creating a DIY Will using such platforms is that it could result in adverse consequences, which, unfortunately, will only come to light after your passing. This may be as a result of provisions being too vague or ambiguous which may result in the Will being deemed invalid, or improper and inadequate tax-planning which may lead to tax consequences that could have been mitigated. It is important to remember that should your DIY Will be deemed invalid, it could also be contested in court.

Although most of our nation is in lockdown, it is still possible to make a Will or Codicil (an amendment to your Will) remotely via your local Solicitor. At Spire Solicitors LLP, we can handle every step of making a Will remotely, whether this be by email, telephone, or video link to ensure that your final wishes are recorded accurately.

Much like most law firms, we always recommend that you take advice from an SRA regulated firm, which we are, to minimise risk to your estate.

The process of making the Will is thankfully simple during the lockdown period. We have summarised the process and key information below for your ease.

1) How do you make a Will during lockdown?

This step is simple as most instructions can be taken over the telephone, video and email. Once the Will has been drafted, this will be sent for approval or

amendment, prior to the final Will being prepared for signing by you.

2) How do you get your Will witnessed?

A valid Will must be signed by the Will-maker in the presence of two witnesses. The witnesses will also need to sign the Will. The witnesses cannot be beneficiaries of the estate.



With the current lockdown, we recommend that Wills are signed in the presence of neighbours or friends at a safe distance, by using appropriate protective materials and separate pens. It is possible for the Will to be signed and witnessed through a window at the same time with the above measure in place.

3) Can you digitally sign a Will?

This is a frequently asked question which we are receiving, and the answer is unfortunately no. A wet signature is used to clearly identify the individual, with witnesses signing to confirm that they were present at the time of the signing. This is a legal requirement to determine the validity of a Will.

The process, although different to what people normally would expect covers the essentials for you to make a valid Will during lockdown. We will provide clear, straightforward advice and pricing structure, as well as guidance on any other aspects which you may wish to consider during the process.

At Spire Solicitors LLP, we have the tools and technology to continue to provide an uninterrupted service. Our business will continue to provide the best level of service to our clients with the same level of support.

If you would like to discuss any points in this article further, please contact Spire Solicitors LLP on 01362 692424, or via ejike.ndaji@spiresolicitors.co.uk for all your legal needs.



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To refer someone for FREE support visit:
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Coronavirus

Actions for your community

Six steps to make a positive difference in your community

- Think of others and be kind**
People in every community will face the challenges of Coronavirus in some way – from needing basic provisions to help while they are unwell.
- Connect and reach out to your neighbours**
As self-isolation increases, we need to find new ways to stay connected and check in on one another for our physical and mental wellbeing. Share phone numbers or connect online and stay in touch. Download our 'Here to Help' postcard at www.norfolk.gov.uk/coronavirus
- Make the most of local online groups**
Keep up to date, share information and be a positive part of your local community conversations.
- Support vulnerable or isolated people**
Different groups in our communities are at increased risk and social isolation and loneliness are key concerns for all ages. There are things you can do like volunteering for local support services or donating to food banks to help.
- Share accurate information and advice**
Support anyone who may be anxious about Coronavirus. Sign post them to the correct advice from Public Health England or the NHS, and encourage people to follow the correct hygiene practices.
- Behave responsibly**
Help to protect others in your community by following advice around practicing good hand hygiene and staying home if you are unwell.

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