

TROWSE WITH NEWTON PARISH COUNCIL

Minutes of the Parish Council meeting, held on 20TH November 2023 in The Manor Rooms, Trowse at 7.15pm.

PRESENT

Cllr Bowers, Cllr P. Greenizan, Cllr Haynes, Cllr Owen, Cllr A. Greenizan, Cllr Barnes, Cllr Price, Cllr Long and Kate Leggett (Clerk)

052 (001) APOLOGIES

Cllr King

053 (002) DECLARATIONS OF INTEREST AND DISPENSATIONS

Cllrs on the Manor Rooms Management Committee, those with allotments and those on the Trowse Historical Society committee.

054 (003) MINUTES OF THE PREVIOUS MEEETING

Minutes of the meeting held on the 16th October 2023 were **AGREED and signed.**

055 (004) PUBLIC FORUM

a)

District reports – at the end of these minutes - report added to website.

County report – at the end of these minutes – report added to website.

b) **Public**

A resident asked the County Councillor about the provision for signage maintenance due to a large number being obscured or dirty. Resident was informed that they should contact Highways with specific details.

A resident has been assisting with the cows on the Church Meadow and it was noted that the land is covered with nettles and brambles. The Clerk informed those present that she had a recent email exchange with Crown Point Estates about this area and some clarification of ownership was needed.

A resident expressed concerns over the fire at the pumping station.

056 (005) MATTERS ARISING FROM PREVIOUS MINUTES (UPDATE FROM THE CLERK)

Decisions/Actions	Delegated to
Community policeman	Clerk (actioned)
Village sign renovation expenditure add to next agenda	Clerk (actioned)
Churchyard tree works	Clerk (actioned)
Benches on the common.	Clerk (actioned)
Noticeboard on Pepperpot Drive	Clerk/Groundsman (ongoing)
ENRA SPD response	Clerk (actioned)
Biodiversity Policy	Clerk (actioned)

Sign

Date

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The Clerk reported that the new Community Police officer is going to be PC Thomas Goodrum, and he will take position from the end of November. The Clerk will invite him to the December meeting to make his introduction.

Following the comment from a member of the public at the previous meeting about railings in the village, the Clerk gave a statement from the Heritage Officer at SNDC. It stated that the painting of the railings to gold “would not be incongruous or significant enough to warrant action.”

057 (006) COMMITTEE UPDATES

6.1 Personnel and Communications

Cllr Barnes gave those present an update of the Personnel and Communications Committee.

- The current distributor for the newsletter will not be continuing beyond December and the PC is having issues with sourcing another. The Clerk will approach the Church to see if one in 4 editions can be placed in with The Villager deliveries and an article asking for volunteers placed in the Newsletter.

6.2 Finance

Cllr Haynes gave those present an update of the Finance Committee.

- An update was given on the Santander account. The decision has been made to close this account and transfer the funds to the Unity account.
- a) Allocation of EMR. To discuss and approve specific Ear Marked Reserves for designated projects.
These funds will be allocated from the CIL funds received in year.
- Biodiversity Action Plan – a sum of £25,000 was agreed. **All in favour.**
- Purchase of grounds equipment – a sum of £10,000 was agreed. **All in favour.**
- Benches for the Common – a sum of £5,000 was agreed. **All in favour.**
- Cemetery/churchyard maintenance – a sum of £15,000 was agreed. **All in favour.**

6.3 Open Spaces

Cllr Owen gave a rundown of discussions held at the most recent Open Spaces meeting.

- a) To approve recommendation from Open Spaces Committee regarding the repair to the play equipment on the Common. The Clerk gave quote details. **Resolved to accept quite as presented. All in favour. Clerk to action.**
- b) Details of a Biodiversity Action Plan (BAP) for the village. The Clerk took those present through the discussions held at Open Spaces and the quote received for the implementation/management of a BAP and the associated baseline ecological surveys required. **Proposal was made in implement a BAP by Cllr Haynes and seconded by Cllr Long, all in favour. Clerk to action.**

058 (007) MANOR ROOMS

The chair of the Manor Rooms committee gave an update on activities in the Manor Rooms. Cllr Greenizan stated that the Manor Rooms committee had met with a professional fundraiser to get information as to how they can raise funds and apply for community grants.

Due to the cessation of the Bowling Club the Manor Rooms Committee are looking to let the outside space as part of the Manor Rooms facilities.

Cllr Greenizan also stated that the Manor Rooms Committee were looking to have a closer working relationship with the Parish Council.

There is an opportunity for the Manor Rooms to raise some funds following a competition of the Ecclesiastical Insurance website and he encouraged people to vote.

Councillor Bowers proposed a short break to allow people to look through the plans of the revised parking scheme. Meeting halted at 8.15pm.

Meeting resumed at 8.25pm

059 (008) PARKING SCHEME

Cllr Bowers took those present through the details of the revised scheme following a meeting with County Highways, Cllr Neal and Cllr Thomson at County Hall. The revised scheme had been borne out of the responses received following the public consultation held in April/May. **It was agreed to accept the proposed scheme, proposed by Cllr Price, seconded by Cllr Barnes. A vote took place: 6 in favour, 2 abstentions. Motion carried. Clerk to action.**

060 (009) FINANCIAL MATTERS

9.1- To agree Payments for October 2023 as circulated. **AGREED AND APPROVED.**

9.2 – To agree bank Reconciliations for October 2023 as circulated. **AGREED AND APPROVED.**

9.3 - Clerk took members through information from the recent Trowse Historical Society meeting and the Pride in Place grants available. Due to a short window of opportunity being open it was thought that the PC might like to engage in some interactive information boards for the village to coordinate with the historical society's aims. **Clerk to seek further information.**

9.4 - Budget setting. Cllr Bowers gave information to those present about the budget process and the setting of committee budgets. Following advice from the Clerk the Parish Council will be looking to reinstate the Chairman's allowance and a sum of £500 was suggested. **This was proposed by Cllr Price, seconded by Cllr Barnes, all in favour.**

There were also some additional items that needed to be added to the Full Council budget, these being maintenance of the Defib and the cost of website hosting. Cllr Bowers suggested that the full council and committee budget be set at the December meeting when the precept would all be discussed and agreed. **All agreed.**

9.5 - To discuss and approve budget for the restoration of the village sign. A sum of £1000 had been suggested. **All in favour. £1000 approved budget.**

061 (010) PLANNING

Applications:

2023/3377 - 38 Whitlingham Hall. Erection of fence and wall. No objections.

062 (011) POLICIES

10.1 - Biodiversity Policy. The Clerk took those present through the Biodiversity Policy that had been circulated to councillors. **All in favour, Policy adopted.**

063 (012) DATE AND TIME OF NEXT MEETING

Next meeting is **Monday 18th December 2023** at 7.15pm.

Meeting closed at 8.45pm.

Decisions/Actions	Delegated to
Play equipment repair	Clerk
Work on BAP	Clerk

Sign

Date

Parking scheme	Clerk to advise Highways
Interactive Noticeboards	Clerk to investigate.

District and County Reports

District

District Councillor's Report: Nicola Fowler – November 23

Slowly getting to understand a lot more how the Council operates and the role I can play within it, especially with regards to understanding the decision-making process and when further information, or scrutiny is required.

Soon I will be allocating the Member's Ward grant which promotes local groups and causes. Please get in touch if you know a group that would like any help.

District Councillor Report – November 2023 Lisa Neal

Training:

Training on Homelessness and the Housing Register.

Business Awards:

Nominations are now open for our Business Awards for 2023, there are a number of categories that businesses can self-nominate for as below:

Business Growth; Business Innovation; Employer of the Year; Environmental Impact; Excellence in Advanced Manufacturing; Excellence in Insurance, Financial and Professional Services; Food and Drink Producer of the Year; New Business; Small Business of the Year and Tourism Business of the Year.

Residents are also invited to vote for their favourite Retailer of the Year and Pub of the Year.

The awards ceremony will take place at Norwich City Football Club in March 2024.

To nominate your business, or to vote for your favourite retailer and pub, visit the Councils' website

www.southnorfolkandbroadland.gov.uk/businessawards.

Closing date for entries is 15 December 2023.

Nutrient Neutrality:

The Joint Venture Company we are involved in regarding dealing with NN has been finalised, with all stakeholders involved approving how it will operate which means we should be able to start selling credits and releasing approved planning applications by the end of the month!

You may have seen in the EDP the first scheme has been to pay a farmer to stop farming pigs on land on both sides of the A47 for eighty years. This will enable credits to be bought for 5,000 homes.

Polling Stations:

We are currently carrying out a review of polling districts and polling places (stations) in the district. Every Council is required to carry out such a review every five years, so we need to complete our next one by

Sign

Date

January 2025. The aim of the review is to ensure that, where practical, electors have reasonable facilities for voting and polling stations are accessible. The review cannot make changes to parish/town boundaries which are, in the main, designated as polling districts. If you'd like to make any comments on this review, please follow the link below:

<https://www.southnorfolkandbroadland.gov.uk/elections/review-polling-districts-places-2023-24>

Cabinet Meeting:

Customer Experience Business Case

Public Spaces Protection Order - Vehicle-related anti-social behaviour

Business Breakfast:

Our next Business Breakfast is being held on **Wednesday 13th December at Park Farm Hotel, Hethersett from 7.30am to 9.30am.**

Our keynote speakers will be:

- **Neil Foley, founder of the Business Growth Club** - Why are businesses so bad at looking after their existing customers?
- **Laura Yaxley, from LY Copywriting Ltd** - Nail your newsletter - Drive repeat business and show your customers you care about keeping in touch.

Followed by:

- **South Norfolk Council** will be giving businesses a Business Support update.
- Jessica Barnard will be presenting from **Park Farm Hotel** on their offer.

National Award:

Broadland and South Norfolk Councils' Director of Resource, Debbie Lorimer, has been recognised with a national award.

Debbie won the award for Workforce Innovator at the inaugural Local Government Chronical Workforce Awards.

The Awards took place on 8 November with 45 live presentations from 36 shortlisted councils outlining their innovative solutions to workforce challenges.

Debbie won the award for her work in bringing the One Team together under one roof.

Grant:

South Norfolk and Broadland Councils have launched a Winter Pressures Grant that enables communities to support their residents through the winter period. The funding is for a maximum of £1,500 per group and can be used for projects that clearly outline how they will support individuals and families during the colder months.

Examples include;

- Support to operate Warm Spaces that offer free food and/or drinks, social engagement and wider support
- Provision of Christmas hampers and gifts for the most vulnerable households in a community
- Purchase of warmth providing equipment such as blankets, hats, oil-filled radiators etc. to donate or loan to those in need

Sign

Date

For further information and an application form, please see here; [Winter Pressures Grant – Broadland and South Norfolk \(southnorfolkandbroadland.gov.uk\)](https://www.southnorfolkandbroadland.gov.uk)

Business Builder:

South Norfolk Council and Broadland District Council have helped over 200 businesses secure grants totalling almost £700,000, through the Business Builder programme.

This investment has accelerated growth and supported start-up companies, created jobs and boosting the local economy.

Alongside investment, business owners have also been able to access advice and training, tailored around each business and its specific needs.

Phil Halls, founder of Grain Brewery said: “Last year we were looking for ideas to improve our turnover, as the business was under pressure. I had always wanted to convert the barn alongside the brewery and create a taproom where people could stop by, however I wasn’t financially in a position to invest in the work on my own.

“So, when the opportunity came up to apply for a Development Grant, I jumped at it. The whole application was very straightforward and fast, with Jo guiding me on which expenses the grant could cover, right down to details on items such as tables and chairs. Within months the work was done, and the taproom was open and ready to welcome customers. The locals really appreciate having somewhere they can pop in after work, especially since our local pub closed. Not only has it made a significant and critical difference to our turnover, it’s also a fun place to be for our local community.”

People looking to launch a business, but don’t know where to start, can also get help through the scheme. The Councils’ team can work out if the business is viable and provide a free in-depth online training course which covers everything a first-time entrepreneur needs to know. Once established, the business can come back and apply for a Build-Up Grant to take the next step.

For rural businesses, the Rural England Prosperity Fund has also provided a welcome pipeline of significant grants to assist investment in capital equipment and building works, with all applications going through the Business Builder programme.

Visit www.southnorfolkandbroadland.gov.uk/business/business-grants-funding

Wymondham Race:

Record numbers of runners joined in the 10K run on Sunday, organised by South Norfolk Council.

Around 650 athletes ran the picturesque route around Wymondham in what was described as “perfect weather conditions”.

South Norfolk Council’s Chairman, Cllr James Easter, started the race and was on-hand to present the winners with their medals at the finish line.

Money raised from the entry fees is used to fund some of the Council’s most-valued community services, with some also donated to the Chairman’s chosen charity.

County report – Vic Thomson

Join the hunt next week for #RecycleWeek. This Recycle Week, we’ll be on a hunt for some day-to-day items that you didn’t know you could recycle. Keep an eye on our socials as we’ll be sharing lots of information about things you can recycle rather than throw away!

Sign

Date

It's International #EWasteDay. Get involved by bagging up your old cables, broken kettles or anything else with a plug, battery or cable and find your local drop-off point <https://bit.ly/45W8s9d>
#RecycleYourElectricals #InternationalEWasteDay

Western Link

The Norwich Western Link is a step closer to becoming a reality today as we now have a crucial funding commitment from central government for the project.

You'll probably be aware that we've been waiting, and pushing, for this news for some time, so it's great that ministers have listened and understood the importance of this new road link for Norfolk, and the wide range of benefits it will bring to residents and businesses. It will, I'm sure, be a huge relief to the people worst affected by the traffic congestion on small roads and in communities to the west of Norwich, which is causing knock-on impacts and concerns about air quality, road safety and quality of life.

Now we have this funding commitment we can move the project forward. So, what happens next? First of all, we need to finalise the planning application documents – these are already well-developed, but we previously couldn't finalise them given we didn't know when we would be in a position to submit them. So, we do need to do a final review and make any updates as appropriate.

A report will also be brought to the council's cabinet containing an update on the project and details about the planning application, and I and my fellow cabinet members will be asked to approve submission of the planning application.

As ever, we still have some way to go on the Norwich Western Link and a lot of hard work ahead, but it's fair to say we have achieved a major milestone with today's news. It's important that we continue to invest in transport infrastructure in Norfolk to support all kinds of journeys and accommodate planned growth. The Norwich Western Link, and the significant benefits it will bring to local residents, businesses and the Norfolk economy, is a key part of making sure Norfolk has the transport networks it needs.

Today's announcement gives us a commitment from central government to fund the majority of the cost of the project and will bring an anticipated £213m of national investment into the county, with the potential for the government contribution to be uplifted to cover even more of the costs.

Have your say on our walking, wheeling and cycling strategy for Norfolk

Norfolk County Council has today opened a public consultation on a draft walking, wheeling and cycling strategy for the county.

The strategy is an updated version of the previous walking and cycling strategy which was published in 2017. Since then, there has been a step change in national and local policy which has placed walking, wheeling and cycling at the heart of decision making.

The proposed new strategy brings together Norfolk's local transport, environmental and public health ambitions and aims to make walking, wheeling or cycling the natural choice for both travelling from A to B and for leisure.

The draft strategy has been created following policy reviews, evidence collation and engagement with district councils and Active Norfolk. Now the county council wants to hear from residents, stakeholders and organisations to get their thoughts on the proposed strategy.

Graham Plant, cabinet member for highways, infrastructure and transport said: "Our draft strategy supports the Government's ambition for walking, wheeling and cycling to be the natural first choice

Sign

Date

for many journeys. We want to support the growing population in Norfolk to choose sustainable transport whenever possible. This will help create and support healthy communities, enable our transport network to run effectively, emit fewer harmful emissions, and help protect our environment as much as we can.”

The scale and pace of delivering the strategy will be dependent on the level of funding the County Council can secure. Having this strategy alongside our already approved local cycling and walking infrastructure plans for Norfolk helps us to present our ambition to central Government and give us more likelihood of securing funding in the future.

The consultation is available online at www.norfolk.gov.uk/walking-wheeling-cycling and will be open until Friday 24 November. For anybody unable to complete the consultation online paper copies can be requested by contacting haveyoursay@norfolk.gov.uk or customer services on 0344 800 8020.

Are you struggling to pay the bills? This week celebrates Household Support Fund Awareness week, find out what support is available for you at https://orlo.uk/cost_of_living_jt3c8...
#HouseholdSupportFundAwarenessWeek

We're starting to get excited... it's not long now till you will start to see the first of our 70 electric buses driving on key routes into Norwich. Look out for more details coming soon.

£2,500 grants available for community tree projects

Norfolk County Council in partnership with Busseys has today launched a grant scheme to help local communities plant new trees and create greener and cleaner areas to live. The scheme is part of the council's one million trees initiative and aims to support tree planting projects across the county and contribute to ambitious net-zero targets.

The Busseys Community Tree Grant has made £10,000 (maximum of £2,500 per application) available to community organisations in Norfolk who are passionate about tree planting. Applications must be for planting trees that provide a tangible community benefit.

Cllr Eric Vardy, Cabinet Member for Environment and Waste, said: " This collaboration represents a significant step towards enhancing the county's green spaces, nature recovery, and ecosystem. I am thrilled that we are working with the Busseys family and that together we can promote and support tree planting across our picturesque county through this initiative. We all know that money doesn't grow on trees – but this scheme will provide local communities with the money they need to make trees grow! I encourage local communities to develop their plans and apply for this fantastic scheme."

Busseys managing director, Paul Bussey, said: "We have a longstanding commitment to environmental sustainability. Our Tree Planting Initiative, which began in 2007, has allowed us to plant trees for every customer who purchases a vehicle from us or donating to Foodcycle for meals. We are excited to expand this initiative in partnership with Norfolk County Council to further promote greenery, cleaner air, and overall community well-being in Norfolk."

To ensure the success of this project, an application process has been put in place to guarantee that all trees are planted in suitable locations to maximise their survival and provide a meaningful community benefit. More information on how to apply, the application process, and deadlines visit: [How to apply - Norfolk County Council](#).

This grant initiative is open to anyone in Norfolk who possesses the necessary land permissions and space to undertake tree planting projects. For more details about who can apply and the grant requirements, please read www.norfolk.gov.uk/busseyscommunitygrant.

People needing help when they leave hospital are set to benefit from a new community service, to help them recover at home.

The Norfolk and Waveney Community Support Service (NWCSS) will be led by Voluntary Norfolk, the British Red Cross and Age UK Norwich and is funded by Norfolk County Council, NHS Norfolk and Waveney Integrated Care Board and Suffolk County Council.

The service is aimed at helping people with everyday tasks, like shopping, walking the dog or making phone calls and supports people to live independently whilst they recover. It supports people leaving hospital and those with short-term needs in the community.

The service has evolved from six separate services into one consistent joined up service for the whole of Norfolk and Waveney. The support provided through the original services will continue but with a combined wealth of experience and skills to support the whole of Norfolk and Waveney. Funding for the service has also increased by 30%, from £471,000 to £621,000 per year.

Cllr Alison Thomas, Cabinet Member for Adult Social Care at Norfolk County Council, said: "We know that people recover better from illness and injury when they are in their own homes and sometimes, they need a bit of help to get back on their feet. This isn't just help with social care but with the smaller tasks that we sometimes take for granted.

"The evidence tells us that if people can keep their home in a habitable condition, eat well and maintain their relationships, there is a much lower chance of them needing long-term care, so this service has the potential to make a huge difference to people's lives.

"I am delighted that such well-known and respected organisations have joined forces to deliver a newly enhanced service for those recovering at home following hospital discharge."

The service has been developed in partnership with partners across health and social care and is one of several approaches to support hospital discharges this winter.

Alan Hopley, CEO, Voluntary Norfolk, Gary Morgan, Director for Central England, Health & Local Crisis Response, British Red Cross and Jamie Price, Head of Operations, Age UK Norwich, said:

"The operating model offers an opportunity to minimise duplication, ensure a more joined up experience for the service user, and provide a single point of access for referring organisations across Norfolk and Waveney.

"We know that individuals have better outcomes and readmission is reduced when such support is in place, and the partnership model will utilise the experience and local networks of the three providers to support people and link them into community groups to encourage them to be confident, resilient and engaged with their community.

"We'd like to thank all those who have engaged with the design and set-up of the service and look forward to engaging with stakeholders across Norfolk and Waveney as it rolls out to different referrers. We're also excited to continue the development of the service to grow and enhance the offer and work with local organisations."

Executive Director of Nursing for NHS Norfolk and Waveney Integrated Care Board, Tricia D'Orsi, said: "This service will give people greater choice and more control over their own recovery and independence, as they transition towards life living with, or after an injury or illness.

"It is a great example of voluntary organisations, local authorities and the NHS working together to improve outcomes for local people and communities.

“We believe the service will bring benefits to the wider health and care system so that people can leave hospital when they ready, creating capacity for others requiring hospital care.”

The service is made up of a mixed pool of paid staff and volunteers. Anyone interesting in a voluntary role can contact volunteering@voluntarynorfolk.org.uk

Council budget proposals published

People can have their say on the county council’s proposed council tax levels and budget proposals for next year.

Norfolk County Council is consulting the public, until 1 December 2023, on a 4.99 per cent overall rise to its share of council tax, plus savings of £26.5 million.

Councillor Andrew Jamieson, the council’s deputy leader and cabinet member for finance, said: “We are keen to hear people’s views on our proposals to balance our budget while ensuring that vital services are protected.

“We are operating in increasingly challenging circumstances, having faced a period of reductions to funding we are now grappling with rising demand and increasing costs to deliver services.”

The proposals out to consultation are:

- A general council tax rise of 2.99 per cent, plus a further two per cent of adult social care precept
- Savings proposals of £26.5 million

The £26.5 millions of savings proposals make a “significant contribution” towards the council’s £46.2 million savings target:

- Adult social services, £14.2 million
- Children’s services, £4.8 million
- Community and environmental services, £5.5 million
- Strategy and transformation, £0.9 million
- Finance, £1.0 million

The remainder of savings proposals will be developed over the next few months once further information has been released from government. The council is waiting to hear whether more funding will be provided in the autumn statement in November, or the provisional local government finance settlement in December.

Cabinet will consider consultation findings in January 2024 and make its final recommendations to council. The full county council meeting will decide the budget and council tax level on 20 February 2024.

To take part in the consultation, see www.norfolk.gov.uk/budget

Have you got a ditch on the other side of your hedge or fence? Are you responsible for its upkeep? If you are – make sure it’s clear! Find out more about how you can prevent flooding here https://orlo.uk/floods_2EDiQ

Sign

Date

Winter campaign launches to support residents in Norfolk and Waveney to stay Warm and Well.

Supported by local health and care organisations in Norfolk and Waveney the latest Warm and Well Campaign is being launched to help us all stay as well as possible during the cold months ahead.

The campaign encourages Norfolk and Waveney residents to “winter proof” their health and wellbeing by preparing for winter illnesses and reminding people what to do if they do fall ill.

Additionally, the campaign aims to support people to who may be struggling to pay bills or heat their home this winter by raising awareness of the wide range of winter hardship support that is available locally.

The Warm and Well campaign promotes some of the essential ways that residents can stay healthy, warm, and well this winter, including:

- Getting their flu and COVID-19 vaccinations as soon as they’re offered them
- Keeping themselves well this winter by staying warm, keeping active, and keeping a well-stocked medicine cabinet so they are prepared for common winter illnesses
- Advice for people who look after someone at home and how to set up an emergency carer plan
- Signposting people to the hardship support that is available and providing tips on how to make homes more energy efficient.
- Encouraging use of the NHS 111 service, community pharmacies, Minor Injuries Units, and GP practice services instead of going to A&E
- Supporting people to look after their mental health

People can find all the information they need by visiting the online portal here www.winterwellnorfolkwaveney.co.uk.

Health and care leaders are encouraging all residents to make use of these resources to support their health during the coming months and help reduce pressure on local health services.

Tricia D’Orsi, Executive Director of Nursing at NHS Norfolk and Waveney, is urging people who are eligible for free flu and Covid-19 vaccines to take up the offer. She said: “Vaccination against seasonal illness is a really important way to help keep you and your loved ones safe and healthy this winter. Last year, we saw some people becoming very unwell with flu and Covid-19. Vaccination is a safe and effective way to help protect people who are at risk of getting seriously ill from flu and Covid-19 and to help keep people out of hospital over winter.”

Diane Steiner Deputy Director of Public Health at Norfolk County Council said “Our winter wellness health portal has lots of useful health information to help you prepare for the onset of Winter. You can help reduce your risk of catching and spreading winter bugs such as the common cold or tummy bugs as well as serious illnesses like flu and COVID-19 by adopting simple measures such as washing hands regularly in soapy water for at least 20 seconds, covering your mouth and nose with a tissue when you cough or sneeze and putting the tissues straight in the bin. If you do fall ill and don’t feel well enough to do your normal activities staying at home and avoiding contact with other people until you feel better is also a sensible precaution to take.”

Bill Borrett, Chair of Norfolk and Waveney Integrated Care Partnership, said “People can feel more isolated during Winter months as they stay indoors, and this can impact their mental health. We can all help by checking in regularly on friends, family and neighbours particularly during cold snaps. Connecting with your local community can make a difference for those living by themselves plus it can help lift your own mood as well”.

Sign

Date

“Last year our winter wellness portal received thousands of visitors seeking information like how their local pharmacist can support their health. This year the portal includes even more information to help people get the support they need over the cold Winter months. Visit www.winterwellnorfolkwaveney.co.uk “.

Gritting

Twenty-seven brands new gritters will be taking to the roads for the first time later this winter in a £3,238,000 boost to the annual push to help keep Norfolk moving safely during the winter months.

The news comes as crews completed their first gritting runs of the season at the weekend, treating routes in the west, inland north and south and east coast areas of the county.

Norfolk’s fleet of 58 winter vehicles treat 2,200 miles of roads on each full 3-hour gritting run. All A and B-class roads and some C-class roads are treated with a focus on commuter and major bus routes and as far as is possible one route into all villages. The A11 and A47 are gritted by National Highways.

Cllr Graham Plant, Cabinet Member for Highways, Infrastructure and Transport, said: “Our salt domes are fully stocked, crews are ready to go, and our experienced highway team are keeping a close eye on weather sensors and detailed specialist forecasts that that help inform where and when gritting will be taking place.

“To help keep people moving around safely this winter, however they choose to travel, we’ll again be providing information and advice on social media with the hashtag #NorfolkWinter.”

In addition to the 49 gritting routes, a number of pedestrian areas and main pavements are treated in the centre of Norwich, Great Yarmouth and King's Lynn, and more than 2000 grit bins are available around the county for people to use on roads, pavements and cycle paths.

Find more information via www.norfolk.gov.uk/winter

- Scam Alert - Fake emails offering 'free spins' at online casinos
- Information Alert - Safestyle UK cease trading
- Scam Alert - Text messages claiming to be from Royal Mail
- Scam Alert - Scams targeting users of Careline Community Service
- Allergen Alert - Asda is recalling all use by date codes of their Asda Chocolate Caramel Mini Crisp Bites 200g up to and including Use By 14 December 23 as packs contain egg which is not mentioned on the label. This means the product is a possible health risk for anyone with an allergy or intolerance to egg
- Allergen Alert - Morrisons is recalling all best before date codes of their Morrisons 18 Caramel Crispy Bites as packs may contain egg which is not stated on the label. This means the product presents a risk for anyone with an allergy or intolerance to egg
- Recall Alert - Candy Dynamics is recalling several varieties of their 'Toxic Waste Slime Licker Sour Rolling Licking Candy' due to the possibility that the rolling ball may detach which could cause a choking hazard

Rogue Trader Alert - Doorstep cold calling incidents

- Scam Alert - Letters claiming to be from the Chartered Trading Standards Institute
- Scam Alert - Automated telephone cold calls claiming to be from Visa

- Recall Alert - Sainsbury's is recalling their 'Taste the Difference Spanish Chorizo Iberico Ring 200g' with all date codes from Use By 23/11/23 onwards due to the possible presence of *Listeria monocytogenes*
- Recall Alert - TK Maxx are recalling 'Biscotti Darlings' which were on sale in TK Maxx and Homesense stores between 01/05/23 & 30/06/23 due to mould being found in the product
- Recall Alert - Poundland are recalling their 'Creepy Town Hanging Ghost' with the Poundland Product Code 814437 which has been sold in stores since 21/08/23 due to a serious safety risk and potential injury hazard