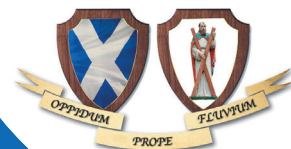


# NEWS

THORPE ST ANDREW TOWN COUNCIL

SPRING 2020 | [www.thorpestandrew-tc.gov.uk](http://www.thorpestandrew-tc.gov.uk) | 01603 701 048



## COMMUNITY SUPPORT EDITION

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**Do you want to volunteer?**

**Are you alone and need support?**

**Do you know someone in our community  
who is alone and vulnerable?**

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**IF SO, THE TOWN AND DISTRICT  
COUNCIL WANT TO HEAR FROM YOU!**

**Visit [WWW.BROADLAND.GOV.UK/CORONAVIRUS](http://WWW.BROADLAND.GOV.UK/CORONAVIRUS)**

**Or call 01508 533 933**

Thorpe St Andrew Town Council. Town Hall, Fitzmaurice Park, Thorpe St Andrew, NR7 0UL  
Call us on 01603 701 048, email at [office@thorpestandrew-tc.gov.uk](mailto:office@thorpestandrew-tc.gov.uk)  
or visit us at [www.thorpestandrew-tc.gov.uk](http://www.thorpestandrew-tc.gov.uk)

**ST GEORGE'S DAY 2020 EVENT CANCELLED**

This follows Government advice regarding gatherings



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**FINCH DESIGN  
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SUPPORTING THORPE ST ANDREW TOWN COUNCIL

**YOU RUN THE BUSINESS  
WE'LL BRING THE DESIGN**

# January 2020 Town Mayor's report

The January Council meeting had two members of the public attend, one to raise concerns regarding the recent mooring of boats in poor condition at the River Green and the other to hear our views on the proposed changes to Thunder Lane junction. Dealing with both those items, the Council has made representations to the Broads Authority regarding the boats and issued notices to the owners to move them. The consultation by Norfolk Highways, as part of the Transforming Cities Project and the Norwich Area Transportation Strategy (NATS), is for modifications to the Thunder Lane/ St Williams Way/Ring Road junction. The proposals are to change the pedestrian crossing points at the junction and improve the cycle way so that it is continuous from Laundry Lane and mandatory to the Thor Loke junction. A much-needed island in the middle of St Williams Way is very welcome to assist crossing at Thor Loke. Local councillors have been actively pressing for this for many years. This will make cycling and crossing the junction safer and in addition, by installing new traffic lights, the traffic flow will be improved. After many views were expressed a vote was taken to support the proposals with eight in favour and three abstentions. Local residents have also been contacted directly by County Highways and we would welcome any further comments.

The Town Council decided that it would respond to the consultation on Unauthorised Encampments in light of the frequency of unauthorised encampments at the Business Park and the Park and Ride site. The consultation could include encampments by water-born 'vehicles' so including the ones that moor at the Whitlingham Lane Nature Reserve. Council also debated and agreed a new Grounds Maintenance Contract.

For many months, residents have raised concerns with me regarding the poor condition of the two mini-roundabouts at the Plumstead Road East/Thunder Lane/Woodside Road junction and after false hopes were raised last summer then again in November, I am pleased to say that work was completed in February. It was very pleasing to have nine residents attend the February meeting of the Planning and Environment Committee Meeting and I will take this opportunity to remind all residents that at both Full Council and Planning & Environment Committee there is a point on the agenda which allows questions and comment from members of the public.

I was surprised to see a family hiring out one of the canoes from River Green on New Year's Day, but wrapped up warm, what better way to welcome in the New Year or enjoy a bright, winter or spring day?

February Council meeting saw the attendance of a number of residents, one raised the issue of the extra cabins at the car wash in Yarmouth Road, which The Council agreed to follow up with the Broads Authority. Other residents attended to speak on the issue of the Frostbites Sailing Club and the Broadland Boat Club sites, being nominated as an Asset of Community Value. A building or land can be nominated for consideration as a Community Asset if its loss would impact upon the community. Having heard the public representations Council debated this and took the decision that the sites in question were not under threat of being sold or used for purposes not related to community use so returned their recommendation to Broadland Council that there was no current need for the designation as a Community Asset. The Council also considered and approved a Social Media Policy. This was introduced to advise members on liabilities and issues of social media and to ensure that the Council is protected from

any comments or statements which might be made by individual councillors. The policy was approved but it was also agreed to review it in six months and to gather more information and guidance within that time.

Residents may have seen the reports in the local press on the current issues of sewerage being discharged into the river at the cut by River Green. The Town Council had been made aware of the issue in August and reported it immediately to the Environment Agency which has investigated but so far taken no action. The Clerk reported it to full Council for a decision on whether further action should be taken to press the Environment Agency for actual action. Members expressed concern that seven months had elapsed with no action. It was agreed to write to the Environment Agency requesting urgent action, and to contact the local MP and the Minister for the Environment. The Town Council has taken action to remove the boats moored at the River Green. It has also completed background work and taken legal advice on policy to allow policing of the area, supported by action to move on unauthorised mooring.

The meeting of the Planning and Environment Committee for March welcomed a number of residents who had attended to express their views and concerns regarding the change of use of the Buck Public House car park into a chargeable parking lot. The main objections centred around the issue of the Buck PH being a listed building and the site being within the conservation area. The Council supported the residents' views and raised strong objections to the bollards, signs impacting upon a listed building and conservation area, plus the change of use having an impact upon the viability of the public house as a community asset. The full objections identified the various national and local policies which this application contravenes.

I was pleased to raise the Commonwealth Flag on River Green to mark Commonwealth Day on 9th March. The message this year was to acknowledge publicly the continuing aspiration of the Commonwealth to build on common traditions and uphold our shared values of democracy, inclusive development and respect for diversity. We also raised the Canadian Flag at the Town Hall to mark our relationship with commonwealth partners in our twinning with the town of St Andrews in New Brunswick, Canada.

Our social events at the Roxley Hall go from strength to strength with continuing support for the Dementia café, Luncheon club and Tea afternoon. I was pleased to be able to support the Dementia Club fund raising 'Forget Me Not dance' on Saturday 7th March. The Roxley Hall was full to capacity with dancing to 60s and 70s sounds wonderfully provided by the O'Fenders. The dance floor was packed all evening and a spectacular Blues Brothers Tribute section was the icing on the cake. I had the pleasure of serving on the bar for the evening and was pleased the draft Wherry proved so popular. Thank you to Fiona and team for organising and with the event being a sell-out, I look forward to a repeat performance!

For residents who enjoy walking around the town, you will be very pleased to hear that the School Lane footpath, between Yarmouth Road and White Farm Lane. This well-used path has been seriously damaged for some months and many residents will welcome it's reinstatement especially as we all seek to find pleasant walks whilst other activities are suspended. Our thanks to NCC Highways department!

**John Fisher, Town Mayor**

# Message from The Town Mayor

**We find ourselves in very strange and challenging times and I am pleased to have this opportunity to let you know what action Thorpe St Andrew Town Council is taking and how we can support the community.**

Following the Finance and Staffing Committee Meeting of the Town Council on Monday evening, 16th March, our Community Emergency Plan and Continuity Policy was approved which are the initial necessary steps for our preparations in dealing with Coronavirus. We were fortunate to have present at that meeting District and County Councillors as well as representatives from the Royal British Legion and the Thorpe St Andrew Parish Church. We have to be guided by Public Health England and Public Health Norfolk and government announcements but it was agreed at the meeting that the messages we want convey to our community are:

- To be aware that there is help available for residents who may be vulnerable,
- To ensure that those vulnerable residents know how to make contact with that help and to encourage them to do so.
- To ensure that help offered is easily reachable through various channels, i.e. telephone, email and social media and connect this with those in need.
- Residents should rely on those they know and be wary of strangers using the situation to their advantage.

We advise that help and advice should be sought, in the first instance, from family, friends and existing organisations known to you, e.g. the Church, RBL, WI, Salvation Army, Scouts, Guides etc. Residents seeking help should do so only from reputable and trusted sources and seek advice from the Town Council if they are at all unsure as to the validity of an offer of help.

You will find more information within this newsletter about support and help from local businesses, including pubs and shops offering deliveries of shopping and hot meals. I know that, above all else, Thorpe St Andrew has a tremendous community spirit which, as I write, is already swinging into action. By being sensible, pragmatic and working together I am certain we can help each other through the coming weeks, and months if necessary. As Spring bursts into bloom all around us, let's try to remain cheerful and positive – there are still many things we can enjoy – a walk in the sunshine, a drive to the coast or countryside, listening to music and birdsong, reading that book we've never had time for, getting the garden ready for summer, catching up with friends on the 'phone or social media- and of course, as my wife has lost no time in reminding me, there's that list of DIY jobs which has been hanging around for ages – but first I think I'll just walk my dog, Trixie, and hope to wave to many of you as I do so, even if it is from a distance!

## Councillor John Fisher, Town Mayor



### Your vulnerable Veteran community needs you.

#### Coronavirus Royal British Legion (Thorpe) help group.

Veterans of yesterday are some of the most vulnerable today. We are informed that the new enemy virus is nearly on our door step. For the “at

high risk” vulnerable, the sick and the elderly (more mature) their own front door becomes their personal front line, their only means of defence is self-isolation. They will need shopping supplies, communication and support.

We thus call on the fit and healthy community of Thorpe St Andrew to come together and help them through their personal, hours, days perhaps even months of need.

If you can help please send your name, email address, postal address and how you could help to either:

**Cllr Stuart Snelling**  
(RBL Thorpe Treasurer & Thorpe Dementia Team Chairman)

Email: [rbllthorpe@gmail.com](mailto:rbllthorpe@gmail.com)

Mobile/text: 07798 516 906 Landline: 01603 300 509

Marian Attoe (RBL Committee Member)  
Landline 01603 702 807

We will work with all local groups under the regulation umbrella of Thorpe Town Council and Norfolk Police to ensure the safety of the vulnerable people during this community operation.

### A message from the Rector of Thorpe St Andrew – The Revd James Stewart

In a time of national crisis it would be easy to ask, 'Where is God in all this?' but, as we come together as a community for the good of all our residents, there God can be found, in the many random acts of kindness and compassion, that have already been shown, and will continue and grow in the weeks ahead. I want to assure all residents that we are here for you and that the whole community is in our prayers. We might not be able to visit physically but we will be on the end of a telephone and email, and through social media. Please do be in touch – so that we can help. Prayer is ongoing constantly in the Church as a whole, and whenever we pray, we join with brothers and sisters in Christ throughout the world, and with the whole company of heaven, so we never pray alone. We will keep the Parish Church (River Green) open during the day as long as we can and will only stop our main Sunday service (each week at 9.30am), if guided. Other services are subject to change. Contact us on **01603 439 160** or email [rector@thorpeparishchurch.org](mailto:rector@thorpeparishchurch.org).

#### Other useful numbers:

The Silver Line **08004708090** (weekly calls)

Friendship centres Age UK **08000 556 112**

Compassionate friends **03451 232 394**

Friendship line **02079 214 272**

With my love and every blessing,

**Fr James**

# CORONAVIRUS / COVID-19 UPDATE

FROM .GOV.UK (CORRECT AT TIME OF PRINT)

The Town Council provides this as information only. This is a constantly changing situation and it is important that you follow the most up to date guidance from the NHS, Public Health England, and/or the UK Government.

## SYMPTOMS

The most common symptoms of coronavirus (COVID-19) are recent onset of a new continuous cough and/or a high temperature. For most people, coronavirus (COVID-19) will be a mild illness.

## MAIN MESSAGE

- If you live alone and you have symptoms of coronavirus illness (covid-19), however mild, stay at home for **7 days** from when your symptoms started.
- If you live with others and you or one of them have symptoms of coronavirus, then all household members must stay at home and not leave the house for **14 days**. The **14-day** period starts from the day when the first person in the house became ill.
- It is likely that people living within a household will infect each other or be infected already. Staying at home for **14 days** will greatly reduce the overall amount of infection the household could pass on to others in the community.
- For anyone in the household who starts displaying symptoms, they need to stay at home for **7 days** from when the symptoms appeared, regardless of what day they are on in the original 14 day isolation period.
- If you can, move any vulnerable individuals (such as the elderly and those with underlying health conditions) out of your home, to stay with friends or family for the duration of the home isolation period.
- If you cannot move vulnerable people out of your home, stay away from them as much as possible.
- If you have coronavirus symptoms:
  - Do not go to a gp surgery, pharmacy or hospital
  - You do not need to contact **111** to tell them you're staying at home
  - Testing for coronavirus is not needed if you're staying at home
- Plan ahead and ask others for help to ensure that you can successfully stay at home and consider what can be done for vulnerable people in the household.
- Ask your employer, friends and family to help you to get the things you need to stay at home.
- Wash your hands regularly for **20 seconds**, each time using soap and water, or use hand sanitiser.
- If you feel you cannot cope with your symptoms at home, or your condition gets worse, or your symptoms do not get better after **7 days**, then use the NHS **111** online coronavirus service. If you do not have internet access, call NHS **111**. For a medical emergency dial **999**.

## WHO IS THIS GUIDANCE FOR?

This advice is intended for:

- People with symptoms that may be caused by coronavirus, and do not require hospital treatment, who must remain at home until they are well.
- Those living in households with someone who shows symptoms that may be caused by coronavirus.

The government is advising those who are at increased risk of severe illness from coronavirus (covid-19) to be particularly stringent in following social distancing measures.

This group includes those who are:

- Aged 70 or older (regardless of medical conditions)
- Under 70 with an underlying health condition listed below (ie anyone instructed to get a flu jab as an adult each year on medical grounds):
  - Chronic (long-term) respiratory diseases, such as asthma, chronic obstructive pulmonary disease (copd), emphysema or bronchitis
  - Chronic heart disease, such as heart failure
  - Chronic kidney disease
  - Chronic liver disease, such as hepatitis
  - Chronic neurological conditions, such as parkinson's disease, motor neurone disease, multiple sclerosis (ms), a learning disability or cerebral palsy
  - Diabetes
  - Problems with your spleen – for example, sickle cell disease or if you have had your spleen removed
  - A weakened immune system as the result of conditions such as hiv and aids, or medicines such as steroid tablets or chemotherapy
  - Being seriously overweight (a bmi of 40 or above)
  - Those who are pregnant.

**ASK FAMILY, FRIENDS AND NEIGHBOURS TO SUPPORT YOU AND USE ONLINE SERVICES. IF THIS IS NOT POSSIBLE, CONTACT BROADLAND DISTRICT COUNCIL ON THE **01508 533933****

## NOTE

There are some clinical conditions which put people at even higher risk of severe illness from covid-19.

For now, you should rigorously follow the social distancing advice in full, outlined below.

**People falling into this group are those who may be at particular risk due to complex health problems such as:**

- People who have received an organ transplant and remain on ongoing immunosuppression medication.
- People with cancer who are undergoing active chemotherapy or radiotherapy.
- People with cancers of the blood or bone marrow such as leukaemia who are at any stage of treatment.
- People with severe chest conditions such as cystic fibrosis or severe asthma (requiring hospital admissions or courses of steroid tablets).
- People with severe diseases of body systems, such as severe kidney disease (dialysis).

## A MESSAGE FROM THORPEWOOD MEDICAL PRACTICE

ThorpeWood Surgery would like to reassure their patients that we are supporting them through the current Coronavirus situation.

We may be looking after our patients in a different way such as telephone calls rather than face to face appointments. Our more vulnerable patients will be supported and should contact the surgery by telephone for an assessment if they have any health concerns.

We ask all patients to contact 111 online if they think they have Coronavirus or have been in close contact with a person who has suspected Coronavirus, returned from a country or area which has been identified as high risk.

Please do not go to the hospital, pharmacy or surgery.

Please do not come to the surgery for test results, booking an appointment or general enquiries, please telephone where you will be assessed and directed appropriately.

Please keep a safe distance from others, continue handwashing and avoid touching your face.

## WHAT IS SOCIAL DISTANCING?

Social distancing measures are steps you can take to reduce the social interaction between people. This will help reduce the transmission of coronavirus (COVID-19). They are:

1. Avoid contact with someone who is displaying symptoms of coronavirus (COVID-19). These symptoms include high temperature and/or new and continuous cough.
2. Avoid non-essential use of public transport, varying your travel times to avoid rush hour, when possible.
3. Work from home, where possible. Your employer should support you to do this.
4. Avoid large gatherings, and gatherings in smaller public spaces such as pubs, cinemas, restaurants, theatres, bars, clubs.
5. Avoid gatherings with friends and family. Keep in touch using remote technology such as phone, internet, and social media.
6. Use telephone or online services to contact your GP or other essential services.

Everyone should be trying to follow these measures as much as is pragmatic.

For those who are over 70, have an underlying health condition or are pregnant, we strongly advise you to follow the above measures as much as you can, and to significantly limit your face-to-face interaction with friends and family if possible.

This advice is likely to be in place for some weeks.

## MESSAGE FROM LIONWOOD MEDICAL PRACTICE

As a precautionary measure in view of the COVID-19 illness, from today all routine appointments with a GP will be conducted by telephone. Should a GP need to see a patient, arrangements will be made. These measures are being put in place to assure public and staff safety. If you already have a routine appointment booked, one of our staff will contact you regarding this. For the latest COVID-19 advice please visit [www.nhs.uk](http://www.nhs.uk). Thank you, Lionwood Medical Practice.

## THORPE ST ANDREW IS ON THE DIGITAL MAP

Thorpe St Andrew Town Council and Norfolk Geeks have put together a digital guide for residents and visitors to use which is free to download on android and iPhone. The app contains lots of information about the town including local events, roadworks, bus time tables, history walks, local businesses, reported issues and even the weather. The app updates its content regularly from the website and most functions are designed to be useable without Wi-Fi or mobile data.

The town council website has also been replaced with a new easier-to-use site, which provides a wealth of information about the town and the council. One of the key features of the new site and app is the reporting of issues and faults. The app provides the facility to report a fault using your GPS for location and camera to add a picture

along with the details. You can even add your email address to get confirmation once the fault is resolved. You can also see any existing faults and the current status. It's hoped that this will help issues to be reported more quickly and accurately which in turn will lead to speedier resolution.

The plan is for the app and website to become a central point for finding out about the town and what is going on, while promoting local businesses and facilities. To get your event added to the calendar or to add your business, please contact the town council.

The app will also allow for 'push notifications' to issue important messages to the community during the coming weeks. So please do download the app and make sure you enable 'push notifications'.



# If you are self-isolating, I can help

My name is .....

I live locally at .....

My phone number is .....

My email address is .....

## If you are self-isolating due to Coronavirus, I can help with

- Picking up urgent supplies/perscriptions
- Picking up urgent shopping
- A friendly phone call
- Posting mail

**Contact me and  
I'll do my best  
to help you!**

### Tips for anyone supporting people who are self isolating

If you want to help your friends, family or neighbours who are staying at home, remember the following advice to help prevent the spread of Coronavirus:

- Maintain good hygiene, such as regularly washing your hands
- Leave items outside the person's home for them to collect, rather than delivering in person.
- Provide support over the phone and make use of social media

### Advice if you are self-isolating to help prevent the spread of Coronavirus

If you are staying at home you should not invite or allow social visitors to enter your home.

The NHS has clear advice for those staying at home. Visit [www.nhs.uk/conditions/coronavirus-covid-29/self-isolation-advice/](http://www.nhs.uk/conditions/coronavirus-covid-29/self-isolation-advice/)

It is your home and you do not have to agree to anything a visitor may ask. Only use someone you know and trust.

**DEMENTIA CAFE, LUNCHEON CLUB, SINGING GROUP, LITTLE LIMES  
PARENT AND TODDLER GROUP, AND AFTERNOON TEA ARE CANCELLED,  
BUT WILL RETURN SOON!**

## YOUR LOCAL BUSINESSES ARE HERE TO HELP!



### THE COTTAGE THUNDER LANE 01603 433444.

We will be delivering from Monday 23 March and there will be no delivery charge. Orders must be paid for when ordered over the telephone to limit the contact. We are only able to deliver to the NR7 postcode. Deliveries are available between 11:00am and 2:30pm at the moment.

#### MENU

Choices and prices will be on our Website and Facebook page in the next day or so but are as follows:

<b>Butcher's Sausages (3) and Mashed Potatoes</b>	<b>£11.95</b>
with Onion Gravy and Seasonal Vegetables	
<b>Traditional Cottage Pie</b>	<b>£11.95</b>
with Seasonal Vegetables	
<b>Beef or Vegetarian Lasagne</b>	<b>£11.50</b>
with Garlic Bread and Salad	
Chilli Con Carne with Rice	<b>£11.50</b>
<b>Open Turkey and Ham Pie</b>	<b>£11.95</b>
with a Puff Pastry Lid, New Potatoes and Vegetables	
<b>Pasta Carbonara with Garlic Bread</b>	<b>£11.50</b>
<b>Mediterranean Vegetable Pasta</b>	<b>£11.25</b>
with a Tomato and Herb Sauce and Garlic Bread	
<b>Salad with North Atlantic Prawns</b>	<b>£ 11.95</b>
in a Marie Rose Sauce with New Potatoes	
<b>Salad with Spicy Cajun Chicken</b>	<b>£11.95</b>
with New Potatoes	
<b>Roasted Chicken Breast</b>	<b>£12.95</b>
with New Potatoes, Seasonal Vegetables and a Thyme Cream Sauce	
<b>Jacket Potatoes and salad garnish</b>	
with the following toppings:	
Cheese	<b>£6.25</b>
Baked Beans	<b>£6.25</b>
Cheese and Beans	<b>£6.75</b>
Prawns in a Marie Rose Sauce	<b>£6.95</b>
Cajun Chicken -	<b>£6.95</b>
Tuna and Red Onion Mayonnaise -	<b>£6.75</b>
Chilli with Soured Cream	<b>£6.95</b>

This menu is subject to change.

### THORPE BUTCHERS

Yarmouth Road, 01603 433 168

Open 8am - 5pm Monday to Friday. Free deliveries to isolated residents.

### LONDIS

South Hill Road, 07984 911 002

Open 7am - 9pm most days (please ring for details). Able to do a few small deliveries in the area.

### EAST OF ENGLAND CO-OP

Laundry Lane, 01603 439670

Open 6am - 11pm daily.

### SAINSBURYS

Pound Lane, 01603 300023

Open 7am - 10pm except Sundays.

Online shopping deliveries as normal. Sainsbury's will set aside the first hour in every supermarket this Thursday 19th March, for elderly and vulnerable customers. I hope that you can respect this decision and will work with us as we try our best to help those that need it the most. If you or an elderly family member, friend or neighbour would like to shop during this hour, please check online for your local supermarket opening hours.

We will also help elderly and vulnerable customers access food online. From Monday 23rd March, our online customers who are over 70 years of age or have a disability will have priority access to online delivery slots. We will contact these customers in the coming days with more details.

For any online customer who can travel to our stores, from Monday 23rd March, we will operate an expanded 'click and collect' service. We are significantly increasing the number of collection sites across the country over the coming days in preparation for this. Customers can place their order online as usual and pick it up from a collection point in the store car park. We believe this will also work for people who are self-isolating.

As we work to feed the nation, we are also focusing all of our efforts on getting as much food and other essential items from our suppliers, into our warehouses and onto shelves as we possibly can. We still have enough food for everyone - if we all just buy what we need for us and our families.

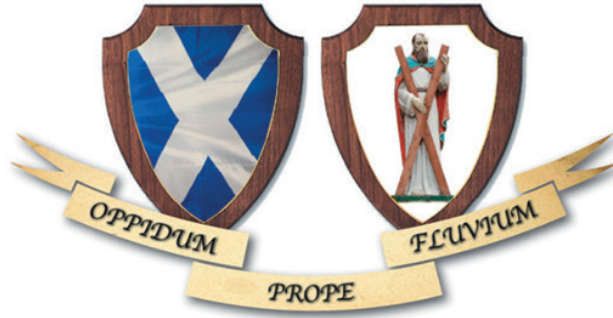
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### CONTACT YOUR THORPE ST ANDREW TOWN COUNCILLORS SOUTH EAST WARD

<b>Martin Lake</b>	01603 700474	<b>Fraser Bowe</b>	01603 460252
<b>Sue Lawn</b>	07962079332	<b>Jonathan Emsell</b>	07717362842
<b>Stuart Snelling</b>	01603 300509	<b>Jane Fisher</b>	01603 432838
<b>Joshua Boast</b>	07597566813	<b>Trudy Mancini-Boyle</b>	01692 630978

### CONTACT YOUR THORPE ST ANDREW TOWN COUNCILLORS SOUTH WEST WARD

<b>Ian Mackie</b>	01603 454122	<b>Peter Berry</b>	01603 432770
<b>Leigh Reeves</b>	07795192553	<b>John Fisher</b>	07714781479
<b>Nigel Shaw</b>	07768757625	<b>Taylor Fordham</b>	07511913982
<b>John Ward</b>	07920286599	<b>Trevor Garner</b>	01603 702118



THORPE ST ANDREW TOWN COUNCIL

**PLEASE NOTE:**

**I AM SELF  
ISOLATING**



**The Parish of  
Thorpe St Andrew**



**PLEASE PLACE IN YOUR WINDOW IF REQUIRED**