

Bungay News

Local news from Bungay Town Council | Winter 2020



Post Office move for Bungay

Bungay Town Council will once again step in to provide essential services for its community due to the closure of the town's former Post Office.

McColl's gave notice to terminate its contract with the Post Office almost a year ago, but it was only in late November that the post office announced that the service would be ending on 22nd December.

Bungay Town Council had been actively monitoring the situation along with the support of our Waveney MP, Peter Aldous, who in turn had been lobbying the Post Office to ensure that the town would not be left without this vital service. Whilst there are candidates being considered to take over the running of a

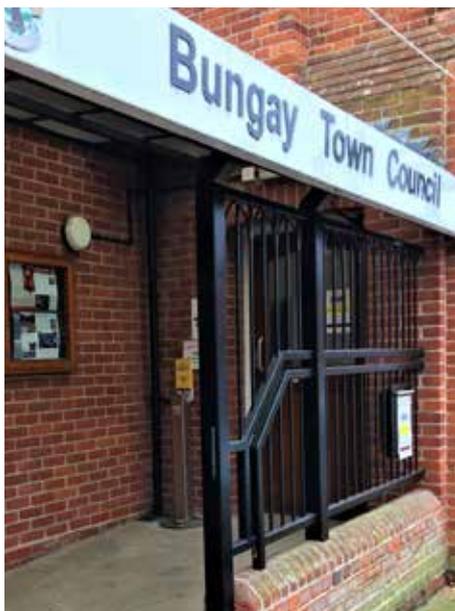
permanent Post Office in the town, the council were told that this might take up to six months to complete the process.

The temporary post office service will be based in the Town Hall in Broad Street and will open its doors to the public at 08.30am on Monday 11th January 2021. Opening times will be Monday to

Friday, 08.30am to 12.30pm, and 1pm to 5pm. There will be no Saturday service.

A full range of services will be provided including pensions, deposits, cash withdrawals, and the full range of postal services. There will be no 'on-demand' currency service or passport checking facility. Bungay Town Council wishes to reassure residents who are reliant on the Post Office that they will be able to collect their pensions and pay their utility bills in the normal way, as well as a regular letter and parcel service.

Cash and other transactions can also be undertaken using the recently installed ATM.



Bungay Post Office®

Bungay Town Council, Town Hall,
Broad Street, Bungay, NR35 1EE

OPENING - Monday 11th JAN

New Opening Times

**Monday to Friday
08.30-12.30 1.00-5.00**

Closed for Lunch 12.30-1pm

Tel: 01986 894236

Email: admin@bungaytowncouncil.gov.uk

All regular Post office services provided

No currency on demand or passport checking



Bungay's New ATM is launched!

Mayor of Bungay, Cllr Bob Prior said

"Even in these difficult times the Town Council continues to work tirelessly to ensure that our residents have access to vital services. Just as when we lost the ATMs in the town centre following the closure of the banks, we made sure that this facility became available again. It is worth noting that none of this would have been possible without first acquiring the freehold of the Council Offices earlier in the year and the hard work, dedication and determination of Town Councillors with a focus to make good things happen".

Above left: Entrance to the temporary Post Office. Centre: The new Post Office counter. Left: Bob Prior the Mayor, Peter Aldous, local MP, Jeremy Burton, town clerk, Ian Vernon, director Link, pictured with the ATM at the Town Hall in Broad Street

Bungay Old Cemetery

Councillor Sue Collins first identified the tranquil and somewhat neglected green space to the south of the town.



This is Bungay Old Cemetery on Hillside Road West, and because of this discovery a working group has been set up.

Their mission is to provide leadership to restore, maintain, and enhance Bungay Old Cemetery as a historic green sanctuary, and a restorative environment for the benefit of local people and nature.

The group very much hope that this project will involve members of the local community, schools, and other organisations who in turn will bring their own brand of expertise.

There is plenty to do but come the new year there are plans for clearing paths, nature trails, seating, and although in its early stages we have already planted native hedging and Spring bulbs to enhance the entrance.

The Council looks forward to welcoming diverse groups and individuals to get involved and enjoy this tranquil space. Please contact the town council for more information.

Bungay Emergency Community Support (BECS)

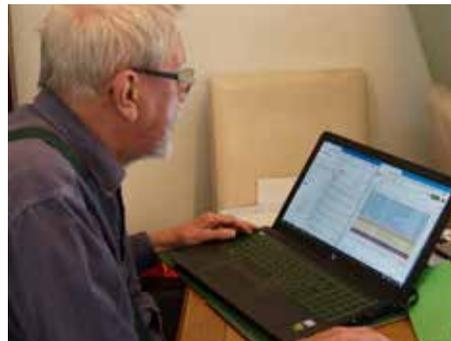
BECS took its first call on March 30th 2020 and continues to provide a service to the community during the Covid-19 pandemic. During this time more than 80 volunteers have been involved with the project answering calls, collecting, and delivering items, shopping, handling callers enquiries, and producing face coverings. The service has responded to a variety of needs including supermarket shopping, the collection and delivery of prescriptions, and even more diverse things such as defrosting a freezer, and sadly on one occasion assisting with arrangements to have one resident's dog put to sleep.

During the first lockdown BECS were receiving up to 30 calls a day, many from residents who were shielding and unable to go out, or their support network of family and friends had temporarily broken down. Now the number of calls has reduced, but each one remains equally important, and is always treated as a priority. Volunteers are available to speak in person between 9am to 12 noon, Monday to Friday, and a message can be left at all other times, with the reassurance that a call will be returned the next morning.

Many people find themselves lonely and devoid of human contact, and a visit by a volunteer, however brief can make a huge difference, and this of course is where our Good Neighbour Scheme will come into its own.

We have recently received an award "In Recognition of Outstanding Service to the Community in Suffolk during the Covid-19 Pandemic" from Lady Clare, Countess of Euston, HM Lord Lieutenant of Suffolk. It was also signed by Bridget McIntyre MBE, High Sheriff of Suffolk. All our volunteers are proud to have been a part of this amazing response by the people of Bungay for the people of Bungay.

Tony Dawes, Chair of the Bungay Emergency Community Support Working Group.



LAUNCHING 2021

You

@bungay

a safe, friendly local venue for young people aged 8-18

but before we launch we need you to help us:

WHAT'S MISSING FOR YOUNG PEOPLE IN BUNGAY? WHAT WOULD YOU LIKE TO SEE?

gaming · free wifi · pool · free refreshments · outdoor sports · cooking · digital services · trips out · support and signposting · c-card

take five and tell us:
you@accessct.org / 07554 454946

powered and supervised by
access
Your Community Your Trust

registered venue
Card

Supported by
BBC Children in Need

Youth Services

"My team has been hugely impressed with the talent and genuine enthusiasm of the young people of Bungay over the summer holidays, in what has been a challenging period."

Our feasibility study has shown a real want for young people to be part of the local community. Our work in early 2021 will continue to support young people and their families, with the creation of a new youth service for young people to visit and enjoy themselves, whilst being able to seek advice. This engaging service will also integrate and unite young people with the entire local community."

Keith Turner is Access Community Trust's Youth Services Coordinator. He can be contacted as follows: Email: keith.turner@accessct.org Tel: 07554454946

Supporting Bungay in lockdowns and beyond

“A flower that blooms in adversity is the most rare and beautiful of all.” This quote from Mulan, I feel, sums up the work that Bungay Emergency Community Service (BECS) has done, and continues to do. Having taken over 1,600 calls and helped support more than 400 different people, the support BECS has provided in light of the global pandemic, has been phenomenal. Having received support from them myself during the first lockdown, when the opportunity arose to work alongside them, I jumped at the chance.

In September this year, Bungay Town Council provided a grant to fund a new Project Coordinator, to work with BECS to create a legacy for the town. My role is all about transforming our emergency response to Covid-19, into a charity created by Bungay people for Bungay people. BECS is the foundation and we are building on its successes and hard work.

I work with volunteers and councillors as part of a good neighbour scheme working group, to help people whose lives have been changed by the Covid-19 pandemic, to keep in touch with their communities, and by providing support services that meet their needs. One of the most immediate concerns we identified was the high levels of isolation felt by so many in the community because of the pandemic. From there, we developed our new befriending service.

We want people who are feeling alone to know that there are people who they can call on for a chat, and to receive that extra bit of support. The scheme is open to anyone, of any age, gender, or ability, who wants to have a chat with one of our friendly volunteers.

The support from the local community for our befriending scheme has been amazing. A plea on local Facebook pages produced over 10 new volunteers, enabling us to contact almost 30 people on a weekly basis. Currently we are operating over the telephone but hope that next year we will be able to extend this to face to face support, with a natter over a cup of tea for example.

Whilst we do not know what next year will hold, we have lots of plans in the pipeline! We hope to provide volunteer buddies to provide encouragement to those anxious about returning to normal activities. Giving them the support and encouragement that they need to go out shopping, back to clubs they used to take part in, and getting involved in the community once again. Something which may seem daunting to many.

This is an opportunity for the many and varied community groups in Bungay to come together. We would like to forge links between groups and other services in the town, and our vision is to be able to provide support for one another and share expertise, especially in the aftermath of Covid, and a real opportunity for local people to volunteer and become involved.

We are hopeful that the new year, whilst bringing its own challenges, will allow us to create a good neighbour scheme that helps support all that need our help, and create a charity that Bungay is proud of.

If you, or someone you know, would appreciate the support the befriending service provides, or you would like to volunteer with us then please contact BECS on 0300 365 2995 or by emailing bungayvolunteers@gmail.com.

Martha Coleman is Coordinator of Bungay's Good Neighbour Scheme.

Bungay Town Council 2021/2022 Budget & Precept Proposals

The Bungay Town Council 2021/2022 Budget & Precept (the amount of money we ask from households). Proposals will be considered at a meeting of the Full Town Council to be held on Thursday 21st January 2021, to which members of the public are welcome to attend.

To date the Budget & Strategy Sub – Committee have held a series of meetings and will be putting forward their recommendations to this meeting. The Budget and Precept proposals have been complicated this year by a number of factors.

East Suffolk Council have advised the Town Council that it is likely that the number of households liable to pay Council tax in Bungay, for several reasons, will reduce for 2021/2022 which will result in an increased amount payable per Household.

The Town Council has already taken ownership of the Council premises in Broad Street, and will shortly acquire several other assets from East Suffolk Council at no cost to the town. These include two sets of public Toilet Blocks in Cross Street & Priory Lane, three large recreational areas in Kings Road, Meadow Road and several other pieces of land including the Staithe. Once these assets have been taken over by the Town Council they can be improved and enhanced for the benefit of the residents of the Town.

Owning the Town Council offices allows the town more control over how the building is used, and the installation of the ATM, and its use as a temporary Post Office are two examples of how the town will benefit from having greater autonomy. Of course, with ownership comes more responsibility and we continue to work hard to ensure that these assets are handed over in good condition, thus negating any immediate maintenance costs etc.

Income for 2021 / 2022 is difficult to forecast as this has already been affected during 2020/ 2021 by the Covid19 Pandemic which has reduced lettings and rental income at the Riverside Centre. The Budget & Strategy Sub – Committee are therefore looking at ways future income levels can be increased from the assets it owns.

The Town Council's role in the community continues to grow as other organisations are forced to take a step back. A good example of this is the Bungay Emergency Community Support volunteer service (BECS) which has provided help to many Bungay residents throughout the Pandemic. With the high levels of uncertainty surrounding both the Pandemic and Brexit, the Town Council needs to be mindful of Reserves, which reduced during 2020 / 2021 and need to be maintained.

The amount of work, and what is done in the town by the Town Council, continues to grow, but the Budget and Strategy sub-committee is mindful of what we ask you to pay. All money raised by the precept is used in the service of Bungay, Councillors on the Town Council receive no allowances, unlike East Suffolk and Suffolk County Councils. Your payments of our precept go to make the Town better, and to make the Council more efficient in its working.

Jeremy Burton. Town Clerk. Janet Blowers-O'Neill. Chair Budget & Strategy Sub-Committee

Bungay Medical Practice

During this challenging year, the Town Council has been working with the community, local charities, organisations, and groups to ensure that residents are supported and protected as much as possible.

So, whilst establishing the Bungay Emergency Community Support team (BECS) for our vulnerable adult residents, we were also conscious that the young people in our town needed a service tailored to their needs. Therefore, we approached the Youth Service Co-ordinator at ACT whose work has already produced some positive results.

It is very much the view of the Council that the more connected all our local support services are the stronger and more united we can be as a community.

Most recently the Town Council and the GP surgery have begun working more closely together exploring how our emerging Good Neighbour Scheme can add value to the support of the Community Health team and complement Social Prescribing provision to ensure more comprehensive support for those in need.

In addition, we are receiving regular updates on the Covid-19 vaccine roll out. This is what the Practice Manager of Bungay Medical Practice has told us.

'The local plan is well advanced and is being devised by the local Primary Care Network. The vaccines will be delivered from a single site in the new year and we are also prioritising the most at risk and contacting them if there is any capacity at the Paget.'

Mr Whittaker also wanted to reassure residents concerned about access to the surgery during the pandemic saying, *'all the usual doctors are available at the surgery and appointments can be made in the usual way. What is different is how some of those appointments are being managed as we are currently seeing fewer face to face but undertaking many more telephone / video consultations...as the vast majority of matters can be resolved via a call and the patient gets a timely response without the inconvenience of having to attend the surgery, so as to ensure the possibility for cross infection is minimised and social distancing is optimised.'*

As more detailed information in relation to the vaccine emerges updates will be posted on the Town Council website. - Cllr. Sue Collins

ACT - Your Community Your Trust

A social prescribing service has been running successfully in Bungay for 2 years. The service is all about empowering adults to take greater control of their health and wellbeing through referral to a non-medical link worker who gives time and focusses on 'what matters to me'.

From this point, the person is encouraged to take more control of their own health and resilience. This might include connecting people to community groups or statutory and voluntary services for practical and emotional support. People engaged in the scheme will usually have at least one long term medical condition such as a mobility problem, diabetes, or a common mental health problem.

When we are enabled or supported to lead a more resilient lifestyle, our long-term health outcomes improve and we are more able to play an active role in our community.

Research shows that the factors impacting on a person's health include a wide variety of non-medical factors including finance, housing, employment, and relationships.

When the important things in a person's life are in a good balance their wellbeing improves and, in a nutshell, this is what social prescribing is all about.

Of particular concern during the time of the pandemic has been the impact of both isolation and loneliness on people's health.

The support mechanisms that helped make up the fabric of Bungay society that were available to us pre-Covid have had to adapt or even temporarily shut. Face-to-face meetings have been very difficult or impossible for us all. The

provision of social prescribing has adapted to this in offering many more telephone calls for ongoing support.

As our personal circumstances change within the wider Coronavirus setting, including the availability of vaccinations, social and leisure opportunities in Bungay and the villages will open once more.

There will be opportunities for us to consider starting something new or to revisit the things that supported us previously. This is social prescribing in action.

The social prescribing service in Bungay is commissioned by Suffolk County Council and the NHS in Waveney. Local charity Access Community Trust are currently the local service providers.

If you are interested in exploring how social prescribing might be helpful for you, please get in contact with Bungay Medical Centre or contact Access on 01502 527200 and chose option 2.

Phil Love is a Social Prescriber for the Bungay area and he is based in Bungay. He works Monday – Thursday and can be contacted as follows: Email phil.love@accessct.org Tel. 01502 527200 / 07748 019156

Phil's Line Manager is Al Hardie: Email Alistair.hardy@accessct.org Tel. 07776 658 766

access

Your Community Your Trust

We stand strong and continue to provide support to those in greatest need within our communities, whilst following Government guidance on COVID-19

#letdistanceuniteus at this trying time

Town Economic Manager

At the full council meeting on 17th December it was unanimously agreed to proceed with the employment of a Town Economic Manager. This position has resulted as a review of Town Centres in the Waveney area which was sponsored by East Suffolk Council.

The resulting theme of the review for Bungay was the necessity of a co-ordinator to bring about ideas and implementing them for rejuvenating the town centre. Currently 16% of the potential retail outlets in Bungay are vacant. The review was supported by the town council and BEBA (Bungay Events and Business Association). The post of the Town Economic Manager will be funded by grants and it is hoped to have somebody in place by April. - Cllr. John Adams



Out and about with Andy!

I have always been interested in nature and photography, even while on duty with St John Ambulance which I was in for nearly 20 years.

In 1995 I entered a photo competition at the Bungay festival of a photo of the late David Hollis the Town Crier sitting down and drinking a nice pint and it was after this the late Jim Jervis an old School teacher of mine asked me to take some photos for him and the Bungay in Bloom as well as for the tourism leaflets like the Angles Way.

I started work at the Otter Trust in May 2001 which I loved and learning about the animals especially the otters and working outside you learn and watch the weather as well as cloud watching with the showers heading over the Waveney Valley, this got me into landscape photography as my mobile phone is always in my pocket, it shows that you don't need expensive equipment.

Later on I was on my own for the best part of the day when the Otter Trust closed to the public and I was Mr Philip Wayre's* eyes and ears and constantly taking photos on what's happening on the site and capturing the wildflowers and wildlife and then printing photos that I had taken to take them back to his house to show him and his family who I stay in contact with.

I was approached by the Museum if I would like to be the town recorder after the last Town Recorder Albert Thwaites passed away who was Town Recorder after Frank Honeywood retired.

A lot of people stop me in the street and say that they saw my photo either on Facebook or in the Newspaper or the TV which is great to be known.

Andrew Atterwill, Town Recorder

*Philip Wayre, who died last June aged 93, co-founded the Otter Trust, a charity which pioneered the captive breeding of otters for release into the wild and has been credited with saving the animal from extinction in much of England.



A Christmas Message from the Mayor

This Christmas is going to be different to any other we have known.

We are all facing many challenges for the next few months as there remains so many doubts over the future, from health and work, to when we're going to be able to visit family and friends, or when can we hug our grandchildren again.

My message to everyone is what my Partner always says to me, "Keep your eyes on the horizon". By that she means, no matter how bad things may seem at the present time, we will get through it, and we will see better times again. We will get through these difficult and often distressing times together!

By helping each other, keeping an eye out for our neighbours, making sure they are safe and well, and not in need of anything. Talking to them, even if that means by telephone or using some other device – just make sure that they are not lonely this Christmas. We don't want anyone to be feel isolated at any time of the year, but Christmas is a particularly poignant time for young and old alike, and we must all make an effort to ensure that everyone has a good Christmas. If you are able to make it a GREAT Christmas, then so much the better!

Being involved with the Scout movement for most of my life, I would like to use their moto which is as relevant now as it ever was, "Think of others, before yourself". In fact, that is not a bad way to live your life. If we all thought of others before ourselves then the world would be a much better place!

We have an awful lot to be thankful for. Bungay is a fantastic place to live, and sometimes it is taken for granted. I can assure you that with the plans that are now



materialising and those in the pipeline, it will be an even better place to live for everyone.

On behalf of Bungay Town Council and myself, I would like to wish each and every one of you a Very Happy Christmas and hope that your wishes for the future come true.

Stay Safe and keep others safe.

Bob Prior,

Town Mayor