

News from County Councillor Dr Marie Strong Wells Division (Glaven, Priory and Walsingham Wards) [marie.strong@norfolk.gov.uk](mailto:marie.strong@norfolk.gov.uk) or 07920 286 597

**Recycling:** You may have read that because of uncertainty as to what can be put in the recycling bins, as opposed to the rubbish bins, some recycling has been contaminated and therefore had to be treated as rubbish. So I thought many of us would find a reminder useful. First recycling: <https://www.norfolkrecycles.com/bins-at-home/my-recycling-bin/#>. Next a reminder as to items unsuitable for recycling: <https://www.norfolkrecycles.com/bins-at-home/what-is-contamination/#>. Finally if you still have Christmas wrapping paper to dispose (or any gift wrapping paper throughout the year) the key message is if you scrunch it and it remains 'scrunched' it can be recycled – if it springs out it cannot be recycled – nor can paper which has glitter or tape. For more information: <https://www.norfolkrecycles.com/scrunchtest/#>

**No Cold Calling Zones** - can help to keep some of our most vulnerable friends, relatives and neighbours safe so if you think a zone would be a good idea in your street or local community check the information at [www.norfolk.gov.uk/nccz](http://www.norfolk.gov.uk/nccz). The Trading Standards team can offer help and support in getting a new zone off the ground, supply signs to be put up in the neighbourhood and stickers for doors. The team will continue to support established zones and will follow up on all reported incidents. The scheme comes with good advice about how to deal with anyone who turns up uninvited on the doorstep and attempts to sell a product or service; gives you confidence to say 'no' if cold callers do show up; makes it clear to rogue traders that they are not welcome and are likely to be reported to Trading Standards.

**UK Power Networks** – I may have sent this before but because it is useful for the vulnerable here it is again in case ..... UPN is offering advice to anyone experiencing a power cut. Call 105 to report power cuts and damage to the electricity network, or 0800 3163 105 (from a corded phone or mobile phone if you have no power)

Visit [www.ukpowernetworks.co.uk](http://www.ukpowernetworks.co.uk) for the latest updates

Visit [www.ukpowernetworks.co.uk/powercut](http://www.ukpowernetworks.co.uk/powercut) and type in your postcode to view the live power cut map; tweet @ukpowernetworks to report a power cuts or to receive updates. Extra help is provided to customers on the Priority Service Register. **Households with older or disabled people, those with children under five, or where someone uses medical or mobility equipment that requires electricity as well as other reasons can join the register.** You can find out more on: [ukpowernetworks.co.uk/priority](http://ukpowernetworks.co.uk/priority).

**House Fires:** Smokers are being advised to take extra care extinguishing cigarettes because smoking is the third biggest cause of domestic property fires in the county. A smouldering cigarette can lay dormant for up to six hours before sparking a flame, which means house fires can start in the middle of the night when people are asleep in bed. But it is not only cigarettes which can cause a fire so here are a few safety steps:

Do not: leave candles unattended, overload plug sockets, leave mobile phones and tablets charging overnight, leave stoves unattended

Do: install smoke alarms and test them weekly; clear clutter, register warranties on appliances so manufacturers can contact you if a product has to be recalled due to a fault, keep matches and lighters out of children's reach, close internal doors at night to slow fire spread, plan your escape routes so you know how to get out in the event of a fire. Norfolk Fire & Rescue Service carry out free home fire risk checks – to arrange one call 0800 917 8137.

I speak from experience when I affirm the recommendation that in the event of a fire get out, stay out and call 999.

Wishing you all a happy, healthy and safe 2019

**Marie**

County Cllr Dr Marie Strong

Wells Division : *Barshams & Houghton St Giles, Binham with Cockthorpe, Blakeney, Brinton with Sharrington, Field Dalling & Saxlingham, Glandford with Letheringsett, Great Snoring, Great & Little Walsingham, Hindringham, Holkham, Langham, Morston, Sculthorpe, Stiffkey, Stody with Hunworth, Thornage & Little Thornage, Warham, Wells-next-the-Sea, Wighton, Wiveton*