



## October News from Duncan Baker MP

Dear << Test First Name >>

### October News

As I write this, I am recovering from the London Marathon and I'm delighted that, together, we have managed to raise **over £37,000** for 26 local charities. A huge 'thank you' to everyone who has so generously donated to support these amazing good causes which do so much for North Norfolk.

One of the great joys of the marathon project has been meeting the hundreds of staff and volunteers involved in our local charities. Together, they help support those with serious illnesses, save lives at sea and by air, look after our wildlife, promote health and wellbeing, preserve our Dark Skies, help and encourage our young people, get people singing... and so much more. North Norfolk has 513 registered charities, and a far greater number of smaller charitable and

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community organisations too. This generosity of spirit was at its most visible during the Covid pandemic, but it's work that goes on all year round, every year – and it helps to enhance all our lives.

After a year where many of us have felt somewhat isolated and cut off from the communities around us, volunteering can be a great way to meet new people, learn new skills, take on a challenge, make a difference, be part of a community, and have fun!

One group of volunteers which receives little attention is the army of parish councillors who serve North Norfolk. We have 122 such councils in our district – and nationally, over 80,000 people give up their time as councillors to help their local communities. We owe them our thanks for all they do to support our towns and villages across the constituency.

At the local level, party politics matters far less than being committed to making a difference, and bringing your unique skills, experience, and perspective to the role. Maybe it's not something you've considered before, but many councils are eager to find new people to stand for election or to be 'co-opted' so why not get in touch with me to find out more?

And finally for this month, from November I will be resuming my regular monthly face-to-face surgeries for constituents. If there's any issue I can help you with, please do contact me on 01692 557140 or [duncan@duncanbaker.org.uk](mailto:duncan@duncanbaker.org.uk). The next surgery will take place in North Walsham on Friday 5<sup>th</sup> November from 10.00am.



**Duncan Baker**

MP for North Norfolk

### **In case you missed it...**

- On 16th October, I attended the opening of the brand new MacMillan Cancer Unit at Cromer Hospital, an amazing new facility which has involved several years of hard work from many different parts of the community. You can see my interview with Staff Matron, Anita Martins [here](#).
  - It was a great pleasure to join Giles Gibbons, CEO of 'Good Business', and Beth Hart, Vice President, Supply Chain and Brand Trust at McDonald's, for the latest Spectator podcast. We discussed whether fast
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food can ever be 'green' - with the COP26 climate change conference approaching, there's never been a more important time to be thinking about how we tackle the threats to our environment and habitats. You can hear the podcast [here](#).

- Following the tragic murder of Sir David Amess MP, I wrote to Sir David's family expressing the condolences of us all here in North Norfolk. There can be no doubt that this horrific incident will have implications for the security of MPs as we go about our day-to-day work, but we are all determined not to let this senseless act affect the right of all constituents to have access to their local MP.
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