

*Winter 2018*



# Community Magazine

**Inside this issue:**

- Chairman's Letter 2
- Rev. Skillings 2
- Church Services 2
- Shop Openings 3
- Gilbert & Sullivan 3
- Lily has changed 3
- Neighbourhood Watch 4
- Scouts 5
- Greenfingers 5
- Jazz Club 5
- 2019 Yard Sale 5
- Upwell Playing Field 6
- Uptown Fun 8
- Upwell Academy 9
- Well Creek Works 9
- Health Centre News 10
- TH Village Hall 13
- Welle Cinema 13
- Fire & Rescue News 14
- Upwell Hall News 14
- Parish Council Mtgs 16



## *Armistice Centenary*

*1918-2018*

*Lest We Forget*

The commemorative wreath to mark the 100<sup>th</sup> Anniversary of the 1918 Armistice was dedicated on Remembrance Sunday to the 66 men of this Parish that died in WWI. It was designed and made by a local craftsman to compliment the marble statue of the Angel of Peace on the War Memorial and consists of 66 poppies, one for each man. Constructed of powder coated steel it should last for many years. It was funded by a grant from Kings Lynn and West Norfolk Borough Council and donations from the community.



**Copy Date for  
Spring  
Edition  
is  
Friday 22<sup>nd</sup>  
March**

### **UPWELL AND DISTRICT POPPY APPEAL**

The poppy appeal generally raises about £3000 throughout the year, most of which comes in during the two week collection period running up to Remembrance Sunday. This year the total looks to exceed that by a comfortable margin.



**FROM THE CHAIRMAN**

Dear All,  
 Welcome to the winter edition of your community magazine. It was with great regret that Council accepted the resignation of Councillor Frank Humm. Over the years he has been a very active Member, particularly with Police and road safety matters. Frank was our principle contact with the Police and instrumental in setting up the Homewatch, now Neighbourhoodwatch, scheme as well as Speedwatch, for which he won an award. He also operated, single handed, the original SAM

camera that the Parish shared with Emneth and Nordelph. All along he has represented the interests of the people of Lakesend, where he used to live, and Three Holes, where at one time he was the Chairman of the Village Hall Committee. Always one to speak his mind, Frank has worked hard for the Community and his significant achievements will be remembered.

It might seem inappropriately hasty to advertise for a new Member to replace him, but with the election coming up next May it was considered to be for the best for a new Councillor to gain a few months experience in advance. A good response has been received.

A couple of NCC Highways points for your attention. First, you will read an article, elsewhere in this magazine, from Glen Gates, Watch Manager at Outwell Fire Station, about the dangers presented by parking on the yellow zigzags outside the school. It has taken a long time but at last this will be made a mandatory 'no parking' area, thanks to a change in Government Policy that has radically reduced the cost - and to County Councillor Harry Humphrey who has offered to pay for the relevant signs out of his own NCC Members Budget. Disabled and taxi parking will still be permitted but would everyone else please start right away and get used to finding somewhere else to park, if you really have no choice but to use your car.

Next, problems with the roads are often reported to the Parish Council, which are always passed on, but these can easily be

reported directly on the County Council website. There is a link on the homepage to report a highways problem, it is simple to use and by doing so you may receive a quicker response and be personally informed on progress.

Thirdly, Council were recently asked about a pedestrian crossing for the A1101 Town Street. Andy Wallace, NNC Highways Engineer for the area, advised that this would cost the Parish about £5000 to undertake a viability study and if that demonstrated a need a crossing itself would cost anything from £20,000 to £200,000. I am mentioning this because the subject of traffic calming often comes up and this startling figure is an illustration of what is actually involved.

Other matters: thanks to all who attended the Neighbourhood Planning consultation in September. Progress is being made and the Plan will shortly be put forward for pre-submission scrutiny.

Lastly thanks to all who attended at the War Memorial on Remembrance Sunday and the service that followed in the Methodist Church. Particular thanks to the Scouts, Cubs, Beavers, their Leaders and families for the outstanding contribution they made to the ceremony, to the British Legion for the loan of their 'Tommy' silhouette, to those members of the Community who contributed to the cost of the Centennial wreath that now stands in the Memorial Garden, to Andy Nicholson for offering the shop window for the poppy collection display and to Sally Fawkes and her helpers who made the collection and to all of you who made a donation to the British Legion Poppy Appeal.

With thanks to Editor Steve Calton, contributors, advertisers and distributors, in closing, on behalf of all Members of the Council may I offer you our best wishes for Christmas and a happy and healthy New Year.

Prue Lester

**Retirement of Rev. Paul Skillings**

Paul has ministered to the congregation of St Peter's Church, Upwell, as well as St Clement's Church, Outwell as 'House for duty' priest for the past four years.

We have greatly enjoyed his lively, down-to-earth approach to ministry and have benefitted from his long experience within the Anglican church.

His ability to put at ease those who find the church environment challenging, at Baptisms or Weddings for example, is a great gift which has been much appreciated.

Paul feels it is now time to retire from ministry and so, at St Peter's Church, we give him our thanks, our blessing and our very good wishes for a happy and lengthy retirement for himself and Beryl, his wife.

Services at St Peter's Church, Upwell will continue, as normal, with Sunday morning services at 9.30 am, bi-monthly Messy Church services and a full programme of services for the upcoming Christmas season.

**ST PETER'S CHURCH, UPWELL**

2018

**CHRISTINGLE:**  **December 2<sup>nd</sup> 4.00 pm**

**MEDITATION & COMPLINE:**  **December 5<sup>th</sup> 7.30 pm**

**CAROL SERVICE:**  **December 16<sup>th</sup> 6.30 pm**

**CRIB SERVICE:**  **December 24<sup>th</sup> 6.00 pm**

**MIDNIGHT MASS:**  **December 24<sup>th</sup> 11.30 pm**

**ST. CLEMENTS CHURCH, OUTWELL:**  
**CHRISTMAS DAY SERVICE: 10am**

**CHRISTMAS AND NEW YEAR OPENING HOURS****UPWELL HEALTH CENTRE**

Usual surgery hours but closed Bank Holidays: Christmas Day, Boxing Day and New Year's Day

**G&B**

Usual opening hours except Christmas Day when they will open from 8.00a.m.-8.00p.m.

**Brian Tweed Butchers**

Saturday 22<sup>nd</sup>, Sunday 23<sup>rd</sup>, Monday 24<sup>th</sup> 8.00a.m.-2.00p.m.  
Christmas Day/Boxing Day closed  
Thursday/Friday 27<sup>th</sup>/28<sup>th</sup> 8.00a.m.-12.00 noon  
Saturday 29<sup>th</sup> 8.00a.m.-2.00p.m.  
Sunday 30<sup>th</sup>-Tuesday 1<sup>st</sup> January closed  
Wednesday 2<sup>nd</sup> 8.00a.m.-5.00p.m.

**Russell's Butchers**

Saturday 22<sup>nd</sup> 8.00a.m.-1.00p.m.  
Sunday 23<sup>rd</sup> and Christmas Eve 7.00a.m.-1.00  
Saturday 29<sup>th</sup> 8.00-1.00  
New Year's Eve 8.00-1.00

**Joanne's Pantry**

Open Christmas Eve  
Closed Christmas Day to re-open January 2<sup>nd</sup>

**Rav's Fish and Chips**

Closes 9.00 p.m. Saturday 22<sup>nd</sup> and re-opens on January 2<sup>nd</sup>

**M&B Distributors**

Closes 4.00p.m. on Christmas Eve. Closed Christmas Day, Boxing Day and New Year's Day

**The Five Bells**

Christmas Day and Boxing Day 11.30a.m.-2.30p.m. Bar only.  
No food. Closed for the rest of the day.  
New Year's Eve: Bar only until 5.00p.m. Closed for a private function in the evening.

**The Globe**

Monday 24<sup>th</sup> - Wednesday 26<sup>th</sup> 4.00 p.m. - Closing  
Thursday 27<sup>th</sup> - Sunday 30<sup>th</sup> noon - Closing

**UPWELL GILBERT AND SULLIVAN SOCIETY**

PRESENTS

A

**CHRISTMAS CONCERT****VARIED PROGRAMME OF SEASONAL SONGS  
AND CHOIR ITEMS****INTERVAL WITH TEA / COFFEE AND MINCE PIES****ALSO FEATURING****"THE GOOD OLD DAYS"****OLD TYME MUSIC HALL****UPWELL VILLAGE HALL 15<sup>TH</sup> DECEMBER 7.30PM****ADULTS £7.50 CHILDREN £4.00****TICKETS: 01945 773070****Lily has changed!**

From 1 July 2018, our Lily service expanded to include everyone over 18, not just those in later years.

Lily provides a comprehensive range of support in west Norfolk to combat loneliness and social isolation in adults of all ages. The project is linked to the 'No Lonely Day' initiative and encourages our residents to

develop friendships and engage in their local communities.

The Lily online directory lists organisations, services and activities that help people to live healthy, active and independent lives. It includes information relevant to adults of all ages. If you would like your event or organisation to be included in the directory, get in touch [asklily.org.uk](http://asklily.org.uk)

Lily Advisors from local charities are available to offer one-to-one support to people at home or in community locations.

Lily has a strong focus on community development, by helping groups to arrange activities and encouraging volunteering, and by providing community events, onsite information sessions, and support for employers, schools, and colleges.

If you, or anyone you know, would like to know how Lily can help, call 01553 616200 and choose option 6.

(Also see ad on Page 7)



  
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According to 'A Neighbourly Nation' report more than half of UK homeowners surveyed know most of their neighbours by name and a quarter of homeowners would trust their neighbours with a key to their home. Although 98% of people think they're good neighbours with almost a third saying they get on better with neighbours

now than they did five years ago, two in five Brits have had a disagreement with their neighbours.

David Huse, OBE, Chair of the Neighbourhood Watch Network, said: "Being a good neighbour has huge benefits and makes your community friendlier and safer too. By looking out for your neighbours, watching out for those who are elderly or vulnerable and sharing crime prevention advice you can help keep you and your neighbours safe and your homes secure."

**What makes a good neighbour in modern Britain?** The report also shows that homeowners and renters approach neighbourly disputes differently, with homeowners admitting to complaining to their neighbour twice as much as renters. More than a quarter of UK homeowners and renters admit they have had a party and played loud music after 11pm, acknowledging that common causes of neighbourly disputes also include noise, parking, music and barking dogs. Over one in ten renters think they're a bad neighbour because they play loud music, compared to just 3% of homeowners.

**Being Neighbourly** – • 63% have taken in parcels • 54% have dropped off deliveries • 51% say they are quiet and courteous

• 49% keep an eye on the property • 38% think they are not nosey; the same amount are courteous where they park their car • 31% of UK homeowners and renters would go outside to check all was okay if they hear an alarm.

While communities are looking out for each other by doing the day-to-day things, the report suggests more can be done to strengthen meaningful relationships that form the foundations of a close-knit community. Only one in seven people have invited their neighbours over to their home and almost a quarter think they're a good neighbour because they keep themselves to themselves.

**Neighbours or good friends?** A third of people want to be friendlier with their neighbours with just one in 10 believing they have a worse relationship with their neighbours than they did five years ago. Overall, 15% of UK homeowners and renters don't know if they'd recognise their neighbours in a line-up!

**Traits of a good neighbour:** - Good neighbours look out for each other, for example keeping an eye on the house - Good neighbours are sociable and friendly - happy for a chat or a party invitation - They're practically helpful - from taking in parcels to offering help with the plumbing - They're kind, caring and respectful - more specifically thinking about the impact they have on neighbours What can we do to be a better neighbour? Increasingly we all lead busier lives, and while often we think we are being good neighbours, how well do we really know our neighbours? For those who want to, taking a little extra time to build meaningful relationships with those around us, can help strengthen our communities and make them safer places to live.

Best Wishes

Jane Sutton

Neighbourhood Watch Co-Ordinator

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My name is Max and I am an Assistant Patrol Leader at 12<sup>th</sup> Wisbech Scouts, in Upwell. We've been up to lots of stuff over the past term. Most recently we had a one night camp out! No tents this time, as we all camped out in the hall... but it did involve some pretty awesome burgers and The Lego Batman Movie! As Scouts we had to add our own voice overs to the film. We also had an evening of First Aid. We were set the challenge of building a stretcher out of a tarpaulin, a handful of sticks and some rope. We managed to build a stretcher and almost carry our 'victim' to safety. However, we dropped them just before the end (they were fine). We then learnt how to bandage someone. There was plenty of tomato sauce!

We also got to make and flip pancakes. This went better than expected with everyone flipping a pancake. Halloween was celebrated face first in water, scrambling for apples... which made a big mess on the floor. We then had to (with our eyes closed) try and eat donuts that were hanging from ropes. Most these ended up on the floor, while we were left eating the rope. all n' all, scouts is lots of fun.

Max Wright



Scouts is completely volunteer run and we need your help! If you or someone you know wants to help young people in your community benefit from the scouts association come along on Wednesday evenings 6:00pm-8:00pm to find us on Facebook just search 12<sup>th</sup> Wisbech scouts.



Well the weather has stayed reasonably fine to give us a chance to tidy the garden and do some cutting back so that it looks presentable through the winter, so we can forget the lawnmower and the weeding until the spring. In the meantime we can sit back and study the seed and plant catalogues while we think about what we are going to do next year.

Greenfingers has had a very good year with some very interesting and entertaining speakers and some good outings. We have gained some new members which is also good news.

There have been some changes on the committee. Val, our Chairman for the past four years, has retired, and so have some of the other committee members. Susie will be taking over the reins from Val but at the moment she is unwell. The other posts have also been filled. The programme for 2019 looks interesting. On the 15<sup>th</sup> January Charles Nelson will be giving a talk entitled 'Here be Dragons: Wild Flowers of Crete', and on the 19<sup>th</sup> February David Reeves will tell us about the Sandringham Flower Show. Other interesting talks are lined up and there will be an outing to Elgoods Brewery and a look around the garden there.

Meetings at Upwell Methodist Hall on the 3<sup>rd</sup> Tuesday of the month.

HAPPY CHRISTMAS AND NEW YEAR TO YOU ALL

Daisy Hearnden

**Upwell Jazz Club 2019**  
Christchurch Community Centre (Sat Nav PE14 9LL)

The UK's first guaranteed banjo tree jazz club

**2019 Diary Dates**

Sunday January 27th • Sunday February 24th  
Sunday March 24th • Sunday April 28th  
Sunday May 26th • Sunday June 30th  
Sunday July 28th • Sunday September 29th  
Sunday October 27th • Sunday November 24th

Time: 12.30pm - 2.45pm  
Admission: £6.50 Accompanied under-16s Free  
Bar, fresh rolls, crisps and savouries available  
More information from Nigel Smith on 01945 773121

**The 5<sup>th</sup> Upwell Village Yard Sale**  
will be held on Sunday the 30<sup>th</sup> June 2019.  
Please make a note of the date. If you require any further information, please contact Linda Carr  
[lcarr182@btinternet.com](mailto:lcarr182@btinternet.com)  
More information will be available nearer the time.

# UPWELL PLAYING FIELD COMMITTEE

Reg charity 300425

So what's new? Not a lot! We have a new gate to replace the one that was rammed; not gone quite to plan. The cones have been put away from the mindless vandals who put them across the A1101 on 16th November, and who also smashed the covers off the flood lights.

Car boot sales have now finished, with a good number on the last day 25<sup>th</sup> October, and the weather was kind. As I have said previously you meet some lovely people over the course of the summer and see some excellent "bits" in the sales. Resume 4<sup>th</sup> April – weather permitting.

Horse and Pony shows have also finished for the season with our annual presentation evening at Upwell Hall on the 27<sup>th</sup> October. Emma Roberts was Supreme Champion with young Poppy Ireland as Reserve Supreme. Our first show will be 20<sup>th</sup> April 2018 again weather permitting.

The season finished with a Tack sale on Friday 16<sup>th</sup> November in Upwell Hall, some 20 tables selling all things horsey!

Our Weekend event will be 6<sup>th</sup> and 7<sup>th</sup> July as per previous years and we have already booked some attractions. If you would like to help out but do not want to be a committee member – no problem just see a committee member for more info.

The Dog show that should have been held at the Summer Fayre was held on the 7<sup>th</sup> October along with a car boot sale. It was a bit low on numbers but a good day was had by all, with Jet (GSD) from Wymondham taking "Best in show"

Our joint event with Upwell Bowls Club and Upwell Hall was a success with each committee receiving over £300 each.

Bingo has been held over until early in the New Year.

Our final event of the year will be the Christmas Raffle, tickets will be the normal £1 per book of four tickets with seasonal prizes and this year to be drawn at the 5 Bells pub Thursday 13<sup>th</sup> December ...again all donations gratefully received for our Christmas Raffle

To operate, as with all committees we struggle for members, we meet once a month throughout the year in the pavilion – usually on a Tuesday evening 7.30pm. If you have moved to the village recently and want to get involved in village life – come and join us. I am usually about most days particularly on a Thursday – at the pavilion come and have a chat. At some of our events we need posts knocking in, items moving, but there is always tea, coffee and sometimes a bacon roll payment, and camaraderie!

**AGM 16<sup>th</sup> April 7.30pm in the Pavilion.**

**All that remains is to wish you all a Happy Christmas and a Prosperous New Year**



## PRESENTATION EVENING SATURDAY 27<sup>th</sup> OCTOBER 2018.

**Held at Upwell Hall with disco provided by Jonny Allstars, and jacket potato supper. Rosettes and Trophies were presented by Steve Board, inhand judge from Long Sutton.**

### INHAND WINNERS –

Best turned out	Smart & Punch Trophy	Rebecca Bradford
Best condition	Medals For All	Emma Roberts
Veteran inhand	S.C.S. Agric. Contractor	Jill Tweed
M & M Large	UPFC	Pip Read
M & m Small	UPFC	Adrian O'Connor
Novice Handler	UPFC	Steph Thorpe
Heavy Horse	CHEMEX	Jan Allen
U10yrs	UPFC	Rebecca Bradford Poppy

### Ireland

JNR 11-16YRS	A J & S R MANN	Steph Thorpe
SNR Handler 17 yrs	CHEMEX	Jan Allen
Non-Coloured	UPFC	Emma Roberts
Coloured	Pro-Equestrian Therapy	Teresa Brodie
COB	UPFC	Emma Roberts
Young Stock	Kenbourne Stud	Emma Roberts
Shetland & Miniatures	Mo Blackford	Rebecca Bradford
Rare & Foreign	UPFC	Jan Allen
Overall Jnr winner	Inhand	Steph Thorpe
Overall Snr winner	Inhand	Emma Roberts


### INHAND CHAMPION

RIDDEN WINNERS:		
Concourse D'Elegance	Rosy	Poppy Ireland
Tack- Turnout	Hot Fuss	Teresa Brodie
Ridden Veteran	Greenacres Stud	Poppy Ireland
Novice Horse/Pony	UPFC	Shelby Cowells
Novice Rider	Tom, Jo & Maicie Henfrey	Joanne MacCullum,
10yrs U inc lead rein	A.L. & S Thorpe	Poppy Ireland
Jnr Rider 11 – 16yrs	Stowbridge Shires	Steph Thorpe
Snr Rider 17yrs+	UPFC	Teresa Brodie
M & M large	Henfrey trophy (Cole)	Jill Tweed
M & M Small	UPFC	Maicie Henfrey
Ridden Non Coloured	UPFC	Poppy Ireland
Ridden Coloured	S.C.S. Agric Contractor	Teresa Brodie
Ridden Heavy Horse	Gemma Newton Farrier	Jan Allen
Open Ridden	UPFC	Teresa Brodie
Show Hunter/Pony	UPFC	Emma Hunt
Rare & Foreign breed	UPFC	Jo Henfrey
Overall Jnr rider		Poppy Ireland
Overall Snr rider		Teresa Brodie
Ridden Champion		Teresa Brodie
Reserve ridden champion		Poppy Ireland
SUPREME CHAMPION		Emma Roberts
RESERVE SUPREME CHAMPION		Poppy Ireland.

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## UPTOWN FUN

Partypackage Ltd are established retailers of Partyware, Gifts, Toys, Novelties & Fancy Dress. We have been trading since 2005 and are a family run business originally from Essex. The business started as an online retailer and soon opened a showroom/warehouse in Epping Essex where the business has been trading until July this year (2018) when the family moved to Upwell and decided to open a shop here the very next month! Moving to a new house is supposed to be one of the most stressful experiences of your life and our move certainly was stressful, taking over a year to all fall into place, so we must have been gluttons for punishment moving our business just a matter of weeks afterwards! No mean feat I can tell you, especially with 3 young children to get organised for new schools and all this in the build up to the busiest time of year for the Party industry, Halloween! Matters were not made any easier with our choice of shop premises, the Old Post Office here in Upwell was literally falling down inside and out and so it was all hands to the pumps to get it ship shape in time for opening before Halloween. We finally opened our doors in September and as that was the build up to

Halloween a lot of people assumed we were a pop-up shop or a Halloween Fancy Dress shop! We offer a vast range of products and would say don't let the size of the shop deceive you! As an established online retailer, we have been offering click and collect for our customers for many years as well as worldwide delivery. Retailing via our website, eBay, Amazon as well as in the shop, we have an extensive product range that was well in excess of over 60,000 product ranges at the last count!

We obviously do Fancy Dress as many people found out in October, we also provide our customers with all manner of Party Decorations, Novelties and themed Tableware as well as Gifts, Toys and Jokes. We were keen to let the local audience feedback to us on what would be desirable for us to hold in stock on site from our available range and Helium Balloons was just one of the products our local customers seemed to be asking for so we have the Helium in store to go with the many hundreds of Balloon designs we have available. Obviously within the confines of a shop, space is always going to be a premium, so we always advise our customers to ask us if they can't see what they want, as the chances are we more than likely hold it in stock at one of our warehouses. The beauty of being an experienced online retailer is that we have a strong logistics partnership with our manufacturers and suppliers which means even if we don't have a product in stock in store or in the warehouse, we can typically order it for delivery within 48 hours. Currently we are in the middle of the change over from Halloween to Christmas and we're busy re-stocking our shelves with Christmas Decorations, Gifts, Partyware and Stocking Fillers so it's well worth popping in and having a browse or of course visiting us online.

The Party industry is one of the leading driving forces behind the retail economy, with almost always something happening each day to celebrate around the world, we are always busy, whether it's Halloween, Christmas, Easter, St Patrick's, St George's, Valentine's or just your every day Wedding, Birthday, Hen & Stag party or of course a Fancy Dress party! We must

keep one step ahead of course so when most people are planning their Spring Holiday, we are already sourcing the products for Halloween & Christmas! Originally, we come from a corporate background, but we are so glad we swapped our business suits for balloons and silly wigs! Not only is the business varied, it's also constantly been growing since we started it from humble origins in 2005 out of the Garage and, thanks largely to the popularity of online shopping, has grown each year steadily. Most of our business is still done online but we have from very

early on felt a shop presence is one of the best ways to keep a tab on the marketplace as a whole, and to see what trends are developing in customer tastes. We've also noticed a steady return of physical shop sales over the years; as the internet has grown, it has, for many people lost its appeal in some shopping respects and we find it's helpful for our customers to have that choice of being able to actually see and touch the merchandise! Some of our products truly must be seen in person to be fully appreciated in fact!

The official name of the business is Partypackage Limited, a name that was derived from the early days of the business. Back then all of our customers were online, and we specialised in providing a party in a box solution for themed events. We do still do this of course and our online presence is very much established under that name, but having grown with the industry and expanded our range over the years we felt that with the move, we could introduce a new trading name for the shop that was perhaps less product specific and more reflective of our business today. Obviously having chosen Upwell as our place to live and work, we were keen to incorporate this into the name. Also, we were keen to make sure people knew where we were. We splurged the two together and came up with Uptown Fun! The 'Up' part being Upwell and the 'Town' part being Town Street where we are, I think the 'Fun' part speaks for itself!

Running a shop as well as an online business has many challenges. Whilst we can spend a large portion of our day handling online orders it is just as important that we provide our customers with a personalised service when they are physical customers. This is something we always strive to excel at and we make it clear to all our employees that, although our internet customers hugely outweigh our physical customers, they are equal in all respects and we have found that keeping this as the basis for our customer service has stood us in good stead over the years. So, with that in mind, it would be our pleasure to serve you in the shop Monday to Saturday or 24/7 via our online outlets so do check us out! Also, we are exploring a new venture in neighbouring Downham Market this Winter at the newly opened Regent's Market in the old Cinema so if you can't make it to Upwell then do pop in and say hi to one of the family who will be running a stall in the undercover market there too!

We're serious about fun!

**Lee & Oona  
Partypackage Ltd. (Uptown Fun!)**







We are only ten weeks into the new academic year and already it has been busy. There have been a number of school visits such as Flag Fen and Gressenhall, and Year 5 are visiting the Fitzwilliam Museum in Cambridge to support work towards their Arts Award. We even had a visit from a meerkat, only three years old, but he took it all in his stride and behaved perfectly. He even

allowed some of us to have a cuddle, definitely a perk of the job!

Keeping children safe is our absolute priority and we have had several visitors highlighting the importance of safety. The KS1 children had a very exciting visit by our local fire station and children have had a number of talks on the importance of road and bike safety. Year 3 and 4 pupils have also been learning about the importance of seatbelts and car seats.

Our spotty day for Children in Need successfully raised over £100 and highlighted the struggles that some children face. We also held a remembrance assembly which included a two-minute silence to reflect on the sacrifice made by so many, and how even enemies could eventually become friends. The children have created some wonderful displays.

We are really enjoying our film-based curriculum and the themed classroom doors look fantastic. Teachers have really put a lot of thought and effort into this.

I would like to say a big thank you to all the staff and volunteers who help us offer a variety of clubs, either at lunch time or after school. We currently have gymnastics, cookery, art, drama, gardening, football, colouring, reading, Lego.....and no doubt I

have missed some out of the list. Clubs are so important as they offer children an opportunity which is sometimes not available to them.

**Mrs Haidee Norman, Principal**

*If you are starting to think about schools for younger children, or you are curious to look around Upwell Academy, please call to arrange an appointment. I welcome the opportunity to show off the amazing work we are all doing.*

[office@upa.eastern-mat.co.uk](mailto:office@upa.eastern-mat.co.uk) 01945 773220



## Well Creek

### Middle Level Commissioners Proposed Phased Maintenance Dredging 2019 Phase V — Marmont Priory Corner to Thurlands Drove Junction, Upwell Hall Bridge Road Junction to New Bridge, Upwell Isle Bridge Outwell to Outwell Boat Basin

I write to inform you of the Commissioners' intention to undertake the fifth phase of channel maintenance dredging works to remove siltation and sediment from the Well Creek. It is currently proposed to undertake the works during January/February 2019.

The exact timing will be dependent upon Norfolk County Highways' acceptance of the necessary road traffic management plan and weather/river conditions during that time.

Should the Well Creek freeze over, a contingency for dredging operations to be curtailed for up to one week to allow for 'fen skating' will be in place.

The resultant dredgings will be transported away from site to Salter's Lode, where they will be stored and left to dry sufficiently to be re-handled and reused elsewhere in the Commissioners' river system as bank raising material.

The proposed works will not necessitate a navigation closure of Well Creek, nor is it envisaged residential or business access will be affected by the proposed works. Please be assured we will endeavour to work as efficiently and effectively as conditions allow.

In order to keep adjacent residents and business owners fully informed, hand delivered notices will be posted prior to the works commencing.

Please contact me at the Commissioners' offices in March if you have any other queries, or if there is any other assistance or information I can offer to the Parish Council regarding the proposed dredging works.

**Jonathan Fenn**  
Operations Engineer

## Upwell Health Centre Newsletter

There have been many changes at the Health Centre during 2018, the most significant of which was the retirement of Dr Williams in May after 30 years serving the patients of Upwell, Outwell and the surrounding villages. Paul was one of a group of GPs who worked long and hard to modernise the Practice and improve the services we provide. He also was responsible for making Upwell Health Centre a training practice and was so successful that four of the doctors currently working at the surgery first joined us as trainees. In August of this year we were able to join Paul and Amanda on a delightful river cruise to wish them a long, healthy and happy retirement, and I'm sure our patients would want to support us in thanking them for everything they have done for the local community.

We have also welcomed some new staff at the surgery; Debbie Craven is our new Clinical Pharmacist who will be helping the doctors to review patients on long term medications. Meanwhile Mel Marsh has taken over from Sabir as our regular Pharmacist. Our new Nurse Practitioner Penny Burrows has joined our clinical team and many of you will have met her already, and then we have our Paramedic Jake Fretwell who is helping us with triage, seeing patients, and doing home visits.

I know that the subject of triage has caused concern for some patients so I will try to explain why we have started using it at Upwell. We are all aware that the NHS is coming under continuing pressure with more patients needing our help, and much tighter control on the resources we need to meet the needs of the people we look after. There is a recruitment crisis in the NHS and many of you will know that we were unable to find a suitable candidate to replace Dr Williams. At Upwell Health Centre we have responded to these challenges by introducing a triage system. This is all about making sure that you see the right person, at the right time, and in the right place to deal with your medical problem. In practice this means that the office staff will ask you for some brief clinical details about the nature of your problem before putting you on the call-back list. After that the clinical staff will either book you straight into a surgery appointment or phone you back to discuss your problem in more detail before making a decision about who you should see, and when and where. In some cases this may include directing you to other NHS services such as the Minor Injuries Unit in Wisbech or the Accident and Emergency department at King's Lynn.

Some patients have raised concerns about giving their clinical details to our office staff but, I can assure you that all of our staff are trained in the importance of confidentiality and are well aware that none of the information you give should be

discussed or shared with anyone other than the clinical staff. If you do not want to give details of your problem to the office staff you will still be put on the call-back list but it will make it harder for the clinicians to prioritise your call.

The triage system is something we are still refining to make sure it provides the best possible service for all patients. If you have concerns or ideas about this then please write to me at the surgery.

Work on our new purpose built pharmacy is moving fast and we are looking forward to opening this in February. This will allow us to provide a faster, safer and much improved service for all patients and we hope you will take advantage of all the improved services this new building will allow us to provide, And finally a few words about physical inactivity which is increasingly being recognised as a contributing factor for many medical conditions. Here at Upwell Health Centre we are looking at ways of being more active. Several members of our staff have signed up to run the Cambridge Half Marathon in March, and our lead Nurse Practitioner, Lynette Reeves, and Practice Manager, Steve Reeves, are both running the London Marathon in April.

Those are considerable challenges but there are easier ways of becoming fitter. One of these is to take part in a Parkrun which is a free to enter, friendly and non-competitive 3 mile run that takes place every Saturday morning at hundreds of parks up and down the country. We are thinking about taking a group of staff and patients to a King's Lynn Parkrun in the New Year and if you would be interested in joining us then please register your interest by emailing [enquiries.upwellhc@nhs.net](mailto:enquiries.upwellhc@nhs.net).

**On behalf of everyone at the Health Centre I wish you a very Happy Christmas and a very healthy New Year.**

**Dr Eamonn Clarke**



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Prameel Shah, Pharmacist

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On Sunday 11<sup>th</sup> November our bingo was a fantastic success with £763 being raised to help support the upkeep of the village hall and the playing field.

A big THANK YOU has to go to Dennis Martin and his team who run the regular Saturday bingo at the hall. They kindly gave their time and expertise to help our committee members host the evening, donated several raffle prizes and also encouraged their regular players to come along to our event.

Another big THANK YOU goes to the local businesses and everyone else who gave bingo and raffle prizes, made wonderful cakes for us to sell with the tea and coffee, joined in the bingo and raffle and also rolled up their sleeves and helped out.

**THANK YOU ALL - WE COULD NOT HAVE DONE IT WITHOUT YOU!!**

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### Sunday 9<sup>th</sup> December, 2pm: **GOODBYE CHRISTOPHER ROBIN** (PG)

This film gives a rare glimpse into the relationship between beloved children's author A. A. Milne and his son Christopher Robin, whose toys inspired the magical world of Winnie the Pooh. Along with his mother Daphne, and his nanny Olive (Kelly Macdonald), Christopher Robin and his family are swept up in the international success of the books; the enchanting tales bringing hope and comfort to England after the First World War. But with the eyes of the world on Christopher Robin, what will the cost be to the family?



**NO NEED TO BOOK - Admission is £3 per person.**  
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Coming Soon

**Sunday 13<sup>th</sup> JANUARY 2019 2pm**

### **THE GUERNSEY LITERARY & POTATO PEEL PIE SOCIETY 12A**

London, 1946. Juliet (Lily James), a charismatic and free-spirited writer receives a letter from a member of a mysterious literary club started in Nazi-occupied Guernsey. Her curiosity piqued, Juliet decides to visit the island. There she meets the delightfully eccentric members of the Guernsey Literary and Potato Peel Pie Society, including Dawsey (Michiel Huisman), the rugged and intriguing farmer who wrote her the letter. As the secrets from their wartime past unfold, Juliet's growing attachment to the island, the book club and her affection for Dawsey will change the course of her life forever.

## Norfolk Fire & Rescue Service News



This month I need to start with a very serious topic that I have been trying to address with the help of head teachers at local schools for some time. This subject is inconsiderate parking and stopping of vehicles during school times by an increasing minority, **which is becoming extremely dangerous for**

**all concerned.** It is an ongoing problem that has been getting worse, where some drivers park in not only inconsiderate places, but also places that are both illegal and unsafe to other motorists and pedestrians, especially small children who may not be seen by other motorists whilst trying to cross the roads.

Another aspect that these drivers seem unconcerned about is that there is a fire station locally that most of the time relies on these very roads to respond to possible life risk emergencies. What this means is that while your local Fire Service is being held up by these drivers, it is not able to reach those emergencies as soon as it should and more importantly, when needed. This could cost lives, which is something no one wants to have on their conscience.

Whilst we are unable to get through this road those who choose to cause obstructions are in fact breaking the law. For example 'The Emergency Workers Obstruction Act 2006' means it is unlawful for a person(s) to perform an action which results in obstructing or hindering emergency workers from their duties. Even though not a well-known act, it does get enforced nationwide, although hopefully it will not have to be locally.

Both Church Drove, Outwell & School Rd, Upwell have various road markings that mean stopping and parking is prohibited in certain places, yet every week day the same drivers choose to park on these zig zags, other markings and unsuitable places.

I have today been invited and taken part in an assembly with Beaupre school teachers to help them get the message across to the pupils, and hopefully in turn their family members, as to just how dangerous this situation is becoming. Historically such situations only change when someone has been injured or

worse. Please help us and the schools preventing this from happening. I hope to be able to plan a similar visit to Upwell academy in the coming weeks.

As a guide to help those unsure as to where they should or should not park please see below.

### Roadside Parking – The Law – Rule 243

#### **DO NOT STOP OR PARK:**

- **Near to a school entrance.**
- **Anywhere you would prevent access for emergency services.**
- **Opposite or within 10m (32ft) of a junction, except in an authorised parking space.**
- **Opposite a traffic island or (if this would cause an obstruction) another parked vehicle.**
- **In front of an entrance to a property on a bend.**

The list is a great deal longer, but these are the main ones that relate to areas down both School Rd & Church Drove which are ignored on a daily basis by many drivers.

On another topic, this last month you may have seen us responding to several incidents locally & some further afield. We have seen an unusually busy end of October & start of November with varying incidents from out of control bonfires and building fires, including a house fire caused by careless use of fireworks. We have also attended several extremely serious RTC's. Hopefully this will not continue in the coming weeks.

As winter is approaching quickly, can I please urge everyone to prepare. Prepare your journeys and allow more time and ensure your cars are all checked and ready for the changes in temperatures & conditions. Also if you have any form of open fire, please prepare for winter by having your chimneys swept by a reputable person.

Please stay safe and help us to help you all stay safe.

Watch Manager Glen Gates

**Mob: 07946331359**

**Email: [glen.gates@fire.norfolk.gov.uk](mailto:glen.gates@fire.norfolk.gov.uk)**

**Outwell Fire Station, Churchfield Road, Outwell, PE14 8RL**

## Upwell Village Hall News

Since the last newsletter, Upwell Hall Committee said goodbye to Richard Melton as deputy chairman and his wife, Kim, as Bar Manager, as both had decided to resign their posts due to family and work commitments. The committee thanks them both for their time and effort in supporting the Hall, and hopes that maybe we shall see them back again one day. This leaves seven active committee members, which is a struggle when it comes to ideas for, as well as manning, events. As always there is an open invitation for any resident with time to spare for one meeting (second Thursday @7.30) a month to join our committee. As a result of Kim departing as Bar Manager, the search was on for a replacement. Thankfully we had a successful applicant and Lesley Frary has taken on the role. If anybody is interested in some periodical bar staff work, mostly but not restricted to Saturday evenings, then please drop Ros an email ([upwellhall@talktalk.net](mailto:upwellhall@talktalk.net)).

Back in October the Hall hosted a Race Night, with profits being split between the Hall, Playing Field and Bowls Club. The night was fairly well attended but a few more race-goers would have

been nice, however a good evening was had by those who did take part. Thanks to Charles for organising this event. November saw the ever popular Craft Fayre, with over 400 people passing through the door. Amanda and Paul continue to surprise us with the number of craft stalls they fit into the Hall, this year was no exception with the Hall at full capacity, with some enquiries still being turned down. The refreshments as always were welcome and also brought some much needed income. Thanks to all involved.

Last but not least, the Hall will be hosting the usual New Years Eve dance, again please contact Ros for tickets. 200 Club tickets are now available from Ros or other committee members, costing £12.00.

**That just leaves me to say Merry Christmas and a Happy New Year to everyone on behalf of Upwell Hall committee.**

**Andrew Harrison (Upwell Hall Chairman), Ros Shorting (Manager and Secretary), Amanda Williams (Treasurer), Linda and Brian Carr, Pat Moat and Charles Martin**



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Ros Shorting	773604

Your Borough Councillors Are:  
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Vivienne Spikings 01945 772248

Your County Councillor Is:  
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#### Clerk:

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are cordially invited to attend any meeting. Residents can address the Council at the start of the meeting but may only speak thereafter with the permission of the Chairman

**Full Council 7.00 p.m.**

**January 7<sup>th</sup> February 4<sup>th</sup> March 4<sup>th</sup>**

**Parish Assembly**

**April 1st**

### Meeting Dates For 2019

Unless otherwise stated, all meetings will take place at Upwell Village Hall. The Press and Public