

Winter 2023



Photo: R Shorting

Community Magazine

Inside this issue:

- From the Chair 2
- Artisan Fayre 3
- Luncheon Club 4
- GK Quiz 4
- Upwell Village Hall 5
- Tea on Tuesday 5
- Green Fingers 6
- Slimming World News 8
- Upwell Youth FC 9
- Upwell Academy 10-12
- Upwell Health Centre 13-14
- Fire & Rescue News 14
- Upwell Meth. Church 15
- Five Things 15
- Upwell Playing Field 16
- Well Creek Trust 17-18
- Three Holes VH & PF 21
- Welle Cinema 21
- Tram Mementos 22
- Christmas Opening 24
- Parish Council Mtgs. 24

CHRISTMAS CHURCH SERVICES

ST PETER'S

Dec 13th Service of Compline and Meditation
7.30pm

Dec 17th Normal Morning Service 9.30 am
Carols by Candlelight 6.30pm

Dec 24th Crib Service 4.00pm
Midnight Mass 11.30pm

Dec 25th Morning Service at St Clements Outwell 10 am

Dec 31st United Benefice Service at Friday Bridge 10.00 am

Midweek Services will resume in the New Year
Sending blessings to everyone for a Peaceful and Happy Christmas
from all at St Peters.

METHODIST CHURCH

Crib Service on Christmas Eve at 11.00 am
Christmas Eve Service at 6.30 pm, including Holy Communion,
led by Rev'd Debbie Caulk
Christmas Day Service 10.00 am

**Copy date for
Spring Issue 2024
Friday 8th March**

**Expected delivery
From
Saturday 23rd
March**



FROM THE CHAIR

Where has this year gone? It seems we have been catapulted toward Christmas – or is it just me? But regardless of the time of year, the Parish Council continues to work on maintenance for the good of the Parish.

For example, there will be a new trod in Lakes End between the hall and the bus stop, hopefully before Christmas. We are looking to get the trod completed along the section of Croft Road/

Townsend Road, Three Holes. We have identified problems with pavements around Townley Close, Town Street and St Peter’s Road. The drains do not appear to be working well at the bottom of Townley Close, and these issues will be discussed with Borough Highways for solutions.

We shall be claiming a small amount of funds available from the County Council, to help to pay for three cuts per annum of the parish’s public right of way, so that all can continue to enjoy them.

The Parish Council’s Finance Group met to discuss the budget and precept for the 2024/25 year, with a view to being able to finance all that the PC currently does, essential works and plan for the next fiscal year. As with everything at the moment, costs have been increasing and we did not wish to increase the Parish precept to help plug any gaps.

And so, sadly, it has been decided to not go ahead with the village feature project that would have been on the riverbank land opposite Joanne’s Pantry. This would have cost the Parish Council a hefty 5 figure sum to be built (yes we were very surprised as well) and then of course the area would need to

be regularly maintained. We simply cannot justify spending that amount on the feature when we will be able to use that money for more essential work and not have to increase the precept. Our thanks go to Grahame Seaton who put a lot of his time into research and planning permission. The latter is valid till 2026, so we could re-visit if economics are favourable. On the evening of the 12th November, a healthy but well pinecone-laden branch fell into the memorial gardens and road. Our thanks are given to Richard Melton who cleared what he could from the roads and to Cllr. Keith Harrison and to Tim Dewdney, who the next morning dealt with and cleared what was left in the memorial gardens and surrounding area. I am sure that most of you have noticed and speculated about all the scaffolding that’s appeared on both sides of the river in the area around the bridge near the church..... and I am guessing that most of you are right, as these poles are going to be the framework for the Christmas lights display.

We are forever in the debt of Cllr. Chris Robinson and Richard Melton for sponsoring this; for their hard work for designing and setting it all up. Thanks to SDM Fabrications Limited for the loan of and installation of the scaffolding and to Cllr. Brian Carr for the icicle lights he has provided for the display. We cannot wait to see what the lights will look like and plan to make this an annual event. It is hoped that switch on will be very late November/ early December but it should be advertised on all the Parish, Hall and Villages Facebook pages.

And so, it just remains for me to wish you all a happy and healthy Christmas, and for a peaceful New Year.

**Christine Aston
Chair UPC**



Sylvie Short
Author & Speaker

A collection of poems, some funny, some thought-provoking and others that I hope will touch your heart; for poetry surely reaches parts that other writing, however clever, cannot reach.

Together with flowers to brighten each page.



A new book by Sylvie - poetry this time.

If you would like to purchase a copy please phone Sylvie on 01945 774443.

Special price for Christmas and all local deliveries: £5.00

The Spring Artisan Fayre a wonderful collection of Fenland & East Anglian artists

Simon & Louise of Blended Monkey, the husband & wife ceramics/woodturning team whose studios are based in Upwell, are sponsoring the Spring Artisan Fayre to showcase some of the amazing local Fenland & East Anglian artists, creators & makers, while at the same time raise funds for MIND, a worthy charity that is close to their hearts.

Join them at the Upwell Hall, New Rd, PE14 9AB - from 10.00 am until 4.00 pm on SUNDAY 14 APRIL to experience a great selection of local makers, creators & artists. In addition to selling their beautiful handmade items & art, many will be demonstrating their crafts too!

ENTRY IS FREE and there is ample parking at the hall.

Tasty locally-made snacks & cakes will be available, and tables & seating provided.

All profits are going to MIND, a charity that the couple have fundraised for in the past and which provides advice and support to empower anyone experiencing a mental health problem.

Simon and Louise spend a good deal of their time providing creative therapy workshops to people who are suffering with poor mental health, recovering from brain trauma, or who generally need to get away from the pressures of everyday life and immerse themselves in something mindful, creative and relaxing.

We hope you can join them on Sunday 14 April!



FREE ENTRY

SPRING ARTISAN FAYRE

14.04.2024 10 AM-4 PM
UPWELL HALL PE14 9AB

FUNDRAISING FOR
MIND

Talented artists & makers selling their work & demonstrating their crafts
Drop-in workshops too!

Visit
www.blendedmonkey.co.uk/events
for info & updates

Upwell and Outwell Age Concern Lunch Club

Charity No 1082825

As the year draws to a close and the shops are full of mince pies and tinsel it is lovely to reflect on the highlights of our club's **35th year**.

We celebrated the Coronation with a fabulous afternoon tea and entertainment, organised a very successful coach trip and enjoyed a growth in our membership to 57 which is almost 20% up on last year, so news of the tasty meals and camaraderie of the club is certainly spreading!

By the time you read this our members and volunteers will have enjoyed a traditional Christmas meal at our first December meeting and sung along with a few festive songs and some hits of the 50s and 60s. We might even have seen Santa dancing in the corner!

On 19th December, and for the third year, we will be holding our charity 'Soup before Santa' event. This year we have six varieties of homemade soup along with baskets of rolls as well as piles of mince pies and shortbread to enjoy while we are entertained with live music. This year all proceeds will go to Pancreatic Cancer Research. Planning for 2024 is well underway with a few surprises and hopefully lots of fun. If you would like more information on the club, please contact Jackie Scotten on 07584 735805.

Members – a reminder. Our first session of 2024 is Tuesday 2nd January. Usual attendance rules apply.

funded
through



GENERAL KNOWLEDGE QUIZ

1. Which country first started the tradition of putting up a tree?
2. Which popular Christmas beverage is also called 'milk punch'?
3. How many ghosts show up in the story 'A Christmas Carol'?
4. Who invented the Christmas wreath?
5. What country has the most Reindeer?
6. What is a male Turkey called?
7. What year was the late Queen Elizabeth II speech first televised?
8. Which film features the song 'Walking in the Air'?
9. What is the name of the carrot in Aldi's Christmas advert?
10. How many times does the number 1 appear on a 24 door advent calendar?
11. What were Victorian mince pies made from?
12. Which British singer had a hit with the song 'Last Christmas'?
13. The character Wallace, from Wallace & Gromit, has a fondness for which type of cheese?
14. The twelve days of Christmas traditionally finish on which date?
15. St. Stephen's Day is also known as?
16. Since 1952, which song has topped the charts on 3 separate occasions?
17. Where did the three ships sail to on Christmas morning?
18. What is Scrooge's first name?
19. What is the name for the shortest day of the year?
20. Which pantomime does Buttons appear in?
21. The tradition of sending Christmas cards originated in the USA - true or false?
22. Who wrote 'A Christmas Carol'?
23. If you are born on Christmas day, what's your star sign?
24. What was the first Christmas song to be sung by Astronauts in space?
25. How many of Santa's reindeer have names beginning with D?

UPWELL VILLAGE HALL



Secretary Ros Shorting 01945 773604

A few changes have taken place over the last year – (probably mentioned before). We have a new bar – thanks to hard work by committee members - but more recently we have new curtains, supplied by local company Curtainique - which are a lovely Cranberry red that seems to have brightened the main hall.

We have had external work carried out – walls have been repointed and fascias fitted. Plans are afoot for a new sign and the front door will get a make over. Plus some more internal work to be carried out, hopefully.

On the events front we have said goodbye to Jules Wilkinson from the **Open Mic** nights. Jules has decided to take it easy for a bit and put his feet up... we wish him well. We will be welcoming Will Cheung as organiser for this month's Christmas Open Mic. Please do pop down for a pint, banter and music - hopefully some Christmas songs on **Tuesday 12th December 7.30 – 11.00pm** and the second Tuesday of the months throughout 2024. At the time of going to print we have **200 Club** tickets available (still £12 per year) with a big draw that takes place at Christmas with top prize of £500, monthly draws of £12, £15 and £25. In June there are four prizes .

We have a **New Year's Eve event** with a live local band "MOVE IT", Tickets are just £10, bring your

own nibbles, licensed bar, celebrate with Upwell Hall – 8-12.30am. Tickets must be booked in advance asap.

Groups held during the week in the hall are:

MONDAY

Bowls 2-4pm

Ballroom dancing 7-9.30pm

TUESDAY

Keep fit 10-11am

WEDNESDAY

Pilates 9.30 – 10.30am

Bowls 2 – 4pm

THURSDAY

Dog Training 1.30 – 3.30pm

Slimming World 5.30 – 7.30pm

FRIDAY

Friday Friendship 1.45 – 3.45pm.

If you require any further information please do not hesitate to contact or just pop along.

We have our Christmas decorations up and are awaiting Santa, although he did arrive early at the hall some two weeks ago and has been sitting up on the beams! Outside we are joining in the festivities with "Lighting up" Upwell. We have a Christmas tree at the front of the hall, please take a look.

We are on Facebook – Upwell Hall, look forward to meeting you. **Merry Christmas everyone.**

Tea on Tuesday

It is amazing to think that Tea on Tuesday has been running now for well over two years. I wonder how many hundreds of homemade cakes and sausage rolls have been eaten in that time?

Now averaging around 45 guests at each session there is always someone to ready to offer you a warm welcome and have a good natter over our pretty crockery and an ever-replenishing cakestand and teapot!

Why not banish those winter blues and pop along to our first session of 2024 on 9th January at 2pm.

We meet in the Upwell Methodist Church Hall on alternate Tuesdays

With notice we can cater for those on a gluten free diet and, as some of our visitors have difficulty with their mobility, we can possibly arrange transport to and from the club using a minibus suitable for those using walking aids and wheelchair users.

If you would like further information please contact Jackie Scotten on 07584 735805

Email: jackiescotten51@gmail.com

Part of Upwell and Outwell Lunch Club Charity No 1082825

Green Fingers Gardening Club

CHRISTMAS GREETINGS TO YOU ALL



The autumn is flying by with gardens and gardeners preparing for winter as the days shorten and temperatures fall. Our October meeting was very informative. Two Committee members, Susie & Gerry, had researched answers to some common garden questions. The answers given were accompanied by video clips giving useful techniques and advice. A great deal of time must have gone into preparing this session & members were very grateful.

In November, Marion held her annual Christmas Craft Fair with proceeds given to Help for Heroes. Club members assisted or attended (though it was open to all) with £740 being made in just 6 hours. December will soon be upon us and we have two gatherings then. The general meeting is at Upwell Methodist Church Hall on 7th when Marion will be demonstrating the making of Christmas arrangements which we will try to copy. We did something similar last year and the results were fun & impressive, hence the repeat. Our Christmas Lunch at the Elm Tree Inn is becoming an annual event; this year it's on 14th December. Monthly meetings will resume in the new year with the first one on 18th January (2 for 2.30pm). Come along if you like.

We are normally a happy Club but this summer brought sadness with the passing of two long-standing members. Connie, a founder member over 30 years ago, had been unable to attend for the last year. Prior to that she was an active member and keen gardener. Her rose growing was particularly successful and she won the Hearndon Rose Bowl Trophy no less than three times; in 2005, 2011 and 2021. June was another stalwart, until very recently. She had spent several years as a Committee member and could be relied upon whenever support was required. She enjoyed garden visits and had welcomed members into her own garden over the years. We will cherish fond memories of both ladies.

Report a Problem

Did you know that you can report various problems directly to Norfolk County Council? This quite often is the best and quickest route.

If you have internet access, search for Norfolk.gov.uk and go to 'Report a Problem'.

There you will see all the topics you can report directly to them. You can also

then track the outcome of your report. Topics you can report on include -

- Roads, pavements and cycleways
- Public right of way and trails
- Manhole covers and potholes
- Grass verges
- Sign posts

You will receive an acknowledgement and updates from NCC.



Helping adults in west Norfolk get involved in their local community

We can provide you with one to one support to help you:

-  Meet new people
-  Increase your confidence
-  Access community groups, events and services
-  Get online
-  Rekindle or discover a hobby or interest
-  Move into volunteering

asklily.org.uk
01553 616200




CROWN SERVICE STATION
SERVICING & REPAIRS
MOT'S CLASS 4 & 7
AIR CONDITIONING
TYRES
EXHAUSTS ETC.

01945 773553

CROWN SERVICE STATION
GARAGE@THECROWNLODGEHOTEL.CO.UK
ISLE ROAD OUTWELL PE14 8TD

Blended Monkey

Woodturning & Pottery
workshops for all ages & abilities



Creating handmade ceramic, woodturned & silk items available online

www.blendedmonkey.co.uk

enquiries@blendedmonkey.co.uk 01945 772811

Pure Heart

Supporting people in their own homes tailored to individual needs and requirements.
Covering Wisbech, March, Downham Market and all surrounding villages

For further information please contact us on: 01945 773861
www.purehearthomecare.co.uk
admin@purehearthomecare.co.uk

Care at home... because home is where the heart is

GLOW

UNISEX
HAIR & BEAUTY

01945 774576

LOWSIDE, OUTWELL, CAMBS, PE14 8RE

B & W Electrical Services have a wealth of experience within the industry and carry out all types of electrical work throughout the domestic, commercial and industrial sectors.

For all your electrical requirements, maintenance, servicing or emergency call out don't hesitate to call us on:

t: 01945 773265



B&W Electrical Services Ltd. ♦ 130 Wisbech Road ♦ Outwell ♦ Wisbech ♦ Cambridgeshire ♦ PE14 8PF
t: 01945 773265 ♦ e: enquiries@bandwelectricalservicesltd.co.uk ♦ www.bandwelectricalservicesltd.co.uk

Registered in England No. 11770679 ♦ Registered Office: 12-13 The Crescent, Wisbech, Cambridgeshire, England, PE13 1EH ♦ VAT No. 315 3002 59



To Rent Garden Allotments

The Parish Council has a number of garden allotments to rent on its Stonehouse Road site.

Call for more information

Parish Clerk, Melanie Hilton: 07368 420237

Miss Slinky & Mr Sleek lose over 17 stone

Good Friends Lost over 17 stone in just 18 months at local Slimming World Group

Friends Emily Pulston-White and Richard Butler were voted 'Miss Slinky & Mr Sleek' at their Slimming World group run by proud Consultant Allison Harness.

When Emily first came to our Slimming World Group she was not in a good place, mentally or physically: she was 18 stone 3 lb and classed as morbidly obese. Emily told me how she



ate her way through her emotions and suffered severe anxiety. The extra weight took its toll on her body and she suffered with irritable bowel terribly too. She had tried to



lose weight on her own, but was miserable living off just salads.

It wasn't until Emily mustered up the courage to walk through the door at our Slimming World group, that her life began to change.

Emily was pleasantly surprised by how supportive everyone was, realising everyone felt similar emotions and struggles. Emily learnt how Food Optimising, our healthy eating plan, meant she could eat the food she loved, never feel hungry and continue losing weight. She looked forward to attending the group every week and her weight was dropping off. As her agility improved she developed a love for fitness and joined a gym, something she could never have imagined.

In just 18 months Emily has practically halved her body weight losing an amazing 8 stone 12.5 lb shrinking from size

28 to size 8-10. She has evolved into a happy, slim, confident young woman with a zest for life.

Richard's main reason for losing weight was to become a truck driver, which meant getting through a medical. His blood pressure was through the roof, causing nose bleeds, and his weight at 22 stone 11.5 lb was a big contributor, as well as causing him back pain and breathlessness.

So he joined our Slimming World Group where he found everyone friendly and helpful.

Richard loves how easy the Slimming World plan is, especially using the accompanying online App, which he



finds really helpful. He realised he could eat so many different things and not be worried about weigh day.

Richard's life is much better now. Eating healthier, getting more active and he got back on a horse which he hadn't done since his teens, he said it was "a great feeling, and had been very missed".

Having lost a fantastic 8 stone 7.5 lb Richard inspires us all and added; "There are people out there who struggle with their weight like me, whether through illness, or life getting in the way, but with the right Group Support anything is possible! I couldn't have done it without the support of Allison and the group members. I will be staying with the Group, even when I get to my Target. Always there to help others on their Slimming World Journey, and hit their goals."

Emily and Richard are totally inspirational, they have improved their lives in so many ways, by joining my Amazing Slimming World Groups.

Contact me on 07826 362418 to start Your Weightloss Journey, or just come along to one of our friendly Groups, a cuppa and Warm Welcome await you on Thursdays 9am -10.15am at Outwell Hall or 6pm - 7.15pm at Upwell Hall.



Upwell Town Youth FC – Winter Update

It's been a busy few months here at Upwell Town Youth FC as we continue with our league seasons across all our age groups. We have enjoyed loads of great football at New Road and as the first half of the season draws to a close, we are excited to see what 2024 brings. Our U8 team continue their impressive campaign and we are seeing great developments from both of our U7 teams as they continue their maiden season. We're privileged to be able to witness so many 'football firsts' at this age group and each occasion is as special as the last. There have been some weekends where the weather has got the better of us but on the whole, we have enjoyed a fair amount of football so far. Fingers crossed; we get a bit less rain in 2024!

As the winter months approach, we are still seeing a great turnout in our play phase groups with children as young as 3 taking their first steps into football. We have been having lots of fun developing our skills, building our confidence, and making new friends. It has been a privilege to see how far these children have come in such a short space of time and at the other end of the 'Play Phase' scale, we are now looking towards the new year and getting the first few friendlies under our belt, which will be an exciting time for all.

If you have a child who would like to get involved, please message us via our Facebook page or email upwelltownyouths@gmail.com. Children can start from their 3rd birthday, right up to those who are currently in year 2 at school. To give you a flavour of what to expect, here are some of the comments we received from our most recent survey of parent opinion:

The kids are constantly moving and active. Numerous drills with all abilities accounted for.

Coaches are assertive and disciplined which makes the sessions enjoyable for all.

Variety of drills, keeping the children occupied and entertained. And encouragement from the coach is amazing.

Continue the amazing preparation and activities, they are very cleverly planned and executed.

The children love the trophy and are excited for each other when they get it.

The group has been very good for our son who really enjoys coming they have all made him feel very welcome.

Looking back at last years contribution, it is clear to see how much we have grown over the last twelve months. My thank you list this year could fill an issue of this magazine by itself, so I'll do my best to keep it short. I'll extend my first thanks to our fantastic group of coaches; Jesse, Jay, Sam, Daniel, Kelly, Tom, Lee, James, Rob, Liam, Jack, Jamie, Barty, Rob and Dan who give up their time throughout the week and without whom the whole endeavour wouldn't be possible. Thanks to the playing field committee for their support throughout the season and a special mention to Ros for her support throughout the year. We are also indebted to our club welfare officer, Lorna, who goes above and beyond in that role to make sure we are operating at the highest possible standards. And a final thank you to all the parents, who brave the elements week in, week out.

We are also grateful to our sponsors and funders. This year we were lucky to receive a National Lottery grant to help us take the club to the next level. Alongside this we were grateful to receive support from The Blunt Trust enabling us to purchase much needed equipment. Alongside this, our loyal and kind sponsors (including i3Secure, JAS Electrical, CSS Wisbech, Carpe Diem Football Coaching and Upwell Builders who supplied our kits for this year) are very deserving of our thanks.

All that's left is for me to wish you a very Merry Christmas and a Happy New Year

**Alex Parnell
Chairman
UTYFC**



Eastern Multi-Academy Trust
Empower - Motivate - Aspire - Transform



To all pupils, parents and wider community members of Upwell, we have had an exceptionally busy term so far. Over the summer break, Upwell Academy underwent quite a *transformation*. Hours upon hours were spent on the redevelopment of our **Academy Library**: two rooms designated to what is arguably the most important skill – reading! Staff weeded, catalogued and reorganised hundreds of books! Classes now regularly have the opportunity to visit during lesson time and their lunch breaks too. For the first time, we opened our doors to parents to visit and enjoy the space, select new books with their children and get stuck into a book. This will now be a regular feature and look forward to more parents and the wider community coming in.

Two of our storage rooms have been completely re-purposed; one is now a wonderful **sensory suite** and SENDCo space and the other is a vital quiet space for interventions such as speech and language and phonics. Thanks to the support of FOSA (Friends of School Association); our **art stockroom** has been relocated and the art resources are now in a smaller, more organised space where everything is clearly labelled and accessible. The curriculum resources, including mathematics, science, humanities, computing and more, have now become an integral part of the heart of the school and are stored in topic boxes which are catalogued and easily accessible to staff for children to *enjoy*. This will mean that not only will it be really clear what resources we have linked to each subject, but everything is within a few footsteps of where the teaching takes place.



We have also improved our **office spaces**: in some rooms, just rearranging the furniture has resulted in a more spacious working environment and in others, the

use has been re-prioritised and this means we now have an SLT office as well as a conference room supporting staff well-being and continued professional development.



EYFS has also had an overhaul and again, through better organisation and storage of resources. The areas have been transformed. New flooring in the classroom means that messy play can be really messy without fear of ruining the carpet! The outside area has not been left out; a giant sand pit and canopy have been built to create '**construction corner**' that's now bigger and more purposeful and accessible in all weathers. A change of mud kitchen has meant it is accessible to more children.



It has been a mammoth task, and we are extremely proud of the hard work staff and members of the community put in over the summer and into the Autumn

Term. If you are

ever passing, please feel free to pop in; we would be very happy to give you a guided tour.

The new term started off swimmingly with our Year 5s and 6s enjoying returning to the pool. These sessions ensure all of our children learn how to swim well and are taught how to stay safe in and around water.

Our **New Pupil Leadership Team (PLT)** now extends across Reception Class to Year 6 and is led by our Head Girl & Head Boy, Sophie & Toby, and Deputy Head Girl & Deputy Head Boy, Maisie & Race. They have already taken to their roles like ducks to water! This term they have led tours of our Academy for visitors and spoke

about their experience during a whole school assembly. They contributed enthusiastically to our discussion about democracy, helping our younger pupils to understand the importance of **Pupil Voice**. All 16 children represented the Academy alongside friends and family, to plant the **commemorative tree** for Queen Elizabeth II and for King Charles's Coronation and sang a wonderful rendition of the National Anthem.



During the Summer break, our Year 4 children were invited to apply for the NEW role of **Junior Librarian**. Mrs Fisher, our English Lead & Reading Champion, and Mrs Roberts, our Academy Librarian, held interviews during the first week of term and were extremely impressed with the children's enthusiasm and love for books! Our Junior Librarians have since completed their induction to the role and have a great grasp of their responsibilities which include: sorting through book returns, redistributing books on the shelves, selecting front facing books to appeal to children of all ages and advising pupils on book choices. They were eager to receive their badges in assembly. All 6 children are actively involved in raising the profile of reading for pleasure, they led the Grand Opening of the Library and commit regular lunchtimes throughout the week to supporting pupils across the Academy to use and enjoy our wonderful library space.



This term we have enlisted the coaching skills of **Premier Education** to deliver some PE lessons, lunchtime and after school clubs. Pupils are already enjoying gymnastics, netball and archery with the aim of representing the Academy in tournaments locally and further afield. Our lunches are provided by Aspens. Our amazing Kitchen Team, led by our Kitchen Manager, Mrs Goodrum, prepare the most wonderful hot and cold lunches for our children. This term saw the continued offer of newly introduced 'Snack from the Hatch'. The children are excited by the opportunity to develop their maths skills;

using real money to go shopping for healthy snacks and drinks. Confidence and independence has soared as the children manage their own money and make purchases within their budget. 'Flapjack Fridays' are a huge hit. Everyone, staff included, line up to enjoy the chunky squares of fruity, oaty goodness at the end of a busy week. Parents, children and staff have also enjoyed their taster menu during our recent parents' evenings. Thank you, Aspens.

We celebrated **Roald Dahl's 107th birthday!** While staff dressed up as just some of his most famous characters, children came to school in the famous author's favourite colour – yellow! We enjoyed a hilarious game show of 'guess the character', shared facts, extracts and fond memories linked to his books and the man himself in a special celebratory assembly. In classrooms, children wrote poetry, described characters, developing their drama skills and much more. Our reception children have continued to use their own writing hut to inspire their early creative writing skills.

We celebrated this year's Harvest with a **Special Harvest Festival Assembly** led by Raine Thorrold, one of our Academy Committee members. Every year group from Reception to Year 6 attended, with children having carefully rehearsed a story, reading or poem to perform to a large audience of Reception Class parents, staff and their peers. We had the most delightful performance of 'I'm a Dingly Dangly Scarecrow' from all of our Reception Class children. We are unbelievably grateful to our families for donating to support local people in crisis. Wisbech Food Bank passed their thanks to FOSA, our children and families.

We were ecstatic to welcome PC Chris Lorraine and PC



Iain Fisher from **King's Lynn Constabulary** to the Academy. The officers were invited to support us with the children's campaign in creating a safer school environment during the school run, as well as promoting active travel. Pupils in Reception and from Little Sunshines Pre-School were thrilled to meet the officers. They spoke about their job and uniform and answered all of children's questions. They reminded pupils to ensure they always stay with a trusted adult and let them know straight away if they are approached by anyone they don't know. The children and adults enjoyed a chance to see their patrol car and they had lots of fun turning on and off the lights and sirens.

A huge thank you to **Curson Farms (Worzals Garden Centre in Wisbech)** for donating 211 pumpkins! All children from EYFS to Year 6 submitted entries to FOSA's annual Pumpkin design contest. Armed with pumpkins we set out on a quest to discover the finest pumpkin artist in each year group. As you can imagine it was extremely difficult to decide with so many budding artists and creative carving.

We welcomed **Major Anthony Gleave**, who serves with the Royal Engineers. Major Gleave joined Reception Class pupils for a special exclusive meet and greet and led a whole school assembly for pupils from Reception to Year 6. Major Gleave spoke about his career journey and his roles and responsibilities, giving pupils an opportunity to ask questions in an assembly which inspired us all. He embodied our TEAM ACE Values empowering pupils to care about their education and motivating them about the curriculum through his own experiences and travelling the world.



King's Lynn Fire Brigade visited - don't worry, no emergency! They were here to talk with our Reception children as part of our learning about our local community and the people who help us. The children enjoyed some great learning, and had fun taking turns with the hose, sitting in the fire engine and looking at all the different items the firefighters use. A cracking

afternoon - our sincere thanks to our amazing friends at



King's Lynn Fire Station for taking the time and providing memorable experiences for our children.

Our NEW mighty **Eco-Committee** of 7 committed pupils from across year groups have taken on the new and important role of helping Our Planet by spreading awareness of environmental issues and working to do their best to lead change at our Academy. With the support of Mrs Kirk, our Eco Coordinator, they have in just

a few weeks devised an action plan, led a whole school assembly, shared a poster competition and been actively litter picking on our grounds. In coming weeks, they will head out in the community to continue their hard work.



The children in Reception to Year 6 created beautiful artwork as part of our **Remembrance Week**. We paid tribute to the country's war heroes in a special service for Remembrance, which our Year 5 pupils prepared special readings for. The service also welcomed guest speaker, Warrant Officer Morby-Jones who shared his involvement in the armed forces and what Remembrance means



to him. The Pupil Leadership Team, Pupils from reception class to Year 6, and their families, took a reflective walk to Upwell's War Memorial in a fitting remembrance

tribute, where they laid the Academy wreath before observing a two-minute silence in memory of those who lost their lives. Thank you to everyone for making this such a poignant and memorable day for all children and to Miss Rawding and Mrs Taylor for accompanying them. I know they were exceptionally proud.

We have a vast number of exciting events coming up including our **Christmas Fair** and we look forward to sharing them with you next time but please do visit our website for regular updates as the year progresses: <https://www.upwellacademy.co.uk/> and if you are interested in your child joining us in EYFS in September, do not hesitate to contact Mrs Rhodes in the office and she will organise a tour.

Miss Ellington, Interim Principal

A warm welcome to the latest Upwell Health Centre newsletter. This edition explains some changes at the practice, offers some advice (and a request) for managing minor ailments as well as a maybe another perspective on looking after your well-being.

Helping us to help others.

Our focus here at the surgery is to make sure we see all the patients that need to have a clinician look after them. Given that our daily demand for appointments is beyond what we have the capacity to manage safely it very important that adult patients that have minor ailments which can be managed by themselves try and do so. There are many self-limiting conditions in adults (such as coughs and colds) which could be managed with the right self-care without the need for an appointment.

We recognise that many people when unwell may be uncertain if they need to come to the surgery or not. We understand this and certainly do not want to put people off contacting the surgery if they need help. What we would ask however, is that any adult patient who is normally fit and well go to www.nhs.uk/conditions and search for their symptoms. Read and follow the comprehensive advice which explains what do and when you should speak to a pharmacist or the practice. The advice on the website will be the same advice that a GP would give you if you came into the surgery. If the symptoms last longer than the NHS website indicates then please of course call us for further advice.

This will allow us to provide appointments to patients that have more severe needs.

We are also taking steps internally to assist in this aim. You many have noticed that in the last few weeks we have been testing a different approach to managing the phone calls coming into the practice requesting an appointment. Our Patient Journey Team (PJT) are taking more details about your needs and then this information is being passed on to a clinician to assess. That clinician will either contact you to discuss directly or allocate you an appointment with an appropriate clinician. All clinical decisions are made by clinically qualified staff. Our PJT will not make an appointment for you (except in instances where a patient meets specific criteria as defined by the GPs). The trial will continue through December.

Practice Changes

One of the changes that has happened in the practice recently is the introduction of a new online system for contacting the practice. This system is called PATCHS and allows patients to contact us via our website for non-urgent clinical and administrative matters. Patients do need to sign up to the PATCHS system but this is easy and straightforward (please be assured all information

governance assurances and processes are in place and that the supplier is an approved NHS Supplier). We encourage patients to use this system and you can expect a response in a day or so (depending on volume received – but we do our best to respond quickly). Please consider using this service as it helps reduce the telephone wait times for patients that cannot access online services. Online access is very much a national NHS priority and so we will continue to encourage patients to use the service if possible.

We have also improved the way we carry our annual clinical review for certain patients. Patients with one or more chronic diseases (for example, diabetes, COPD, asthma etc.) are regularly reviewed – usually on an annual basis. You will be called by our Long-Term Conditions Coordinator for a review on or around your birthday month each year. Most patients will need 2 appointments – one for a blood test and one for the clinical review. Please do attend these appointments if you have agreed to do so as we do get wasted chronic disease review appointments which is disappointing. These are important reviews and wasted appointments impact the care of other patients. Please note that some conditions and medications require more frequent reviews and patients will be contacted as necessary in these circumstances.

I am also pleased to announce that towards the end of January we will have a new Nurse Practitioner working with us. We are also recruiting to roles in our admin and nursing team so do please spread the word and contact us at the surgery should you or anyone you know be interested.

New year, new you?

Whilst people might be living longer generally maybe we should all take a moment and consider how well we want to be able to live our future lives? Will we be able to do the things we want to do? Or will we be constrained by a chronic illness? Nothing is ever certain of course, but the science says the best way to increase the chances of higher quality later life is by taking action now to improve your lifestyle and well-being. No matter what medication and NHS support you receive in the future, looking after yourself now will almost certainly provide you with a better future life.

The NHS Live Well website (www.nhs.uk/live-well) has excellent practical advice.

www.patient.info is also excellent and includes motivational stories and other healthy living related information and interesting articles.

So, do your future self a favour - take some practical steps now to improve your well-being and lifestyle. It is never too late. To all those that are already taking steps – well done and keep at it, it really will make a difference.

Seasonal thanks and wishes

I would like to thank the team here at the health centre and pharmacy. As always, it's been a busy and challenging year so thank you to everyone for their relentless hard work and efforts looking after the patients and each other. I would also like to thank the members of the Patient Participation Group for their support and engagement despite some frustrations caused by the practice! And finally, I would like to thank all of

you for the lovely feedback and support including constructive criticism which we do take on board.

The GP Partners and the team here wish you all a wonderful festive season and new year.

Best wishes
Steve (Manager)

**Norfolk Fire & Rescue Service****Outwell Fire Station - Update**

I hope this update finds everyone doing well and looking forward to the festive time ahead.

Since my last update, we have found a drop in the number of fire calls we have been alerted too. Even so we have still all been busy with station training and crew development.

Our newest crew member FF Matthew Thomas has just successfully completed his 2 week On-Call Induction assessments, which means he is now able to form part of our crew responding to emergencies within our community. Matt received excellent feedback from this course, achieving good standards, in all assessable areas. Well done Matt you did yourself, your family and us as a service proud. We look forward to welcoming you on fire calls, and to support you, and your continued development.

FF Sanjay Markland has been working hard to prepare for his final assessment (interview), to fulfil a wish to become a wholetime firefighter. This will be, in addition to his an On-Call Firefighter role at Outwell Station. Good luck Sanjay.

FF Kyle Ward has recently completed another successful assessment. This time his Gateway 1 written assessment. Next week he will also

complete his Gateway 1 practical assessments. A development firefighter is expected to complete two gateway levels within their development stages, to become a competent firefighter. Well done, Kyle, keep up the good work.

As winter approaches, please ensure you all plan for, and allow more time for journeys. Please ensure your cars are all checked and ready for the changes in temperatures & conditions. Also, if you have any form of open fire, please ensure you have your chimneys swept by a reputable person, and to all test your smoke detectors weekly.

We still have vacancies for recruits to join our team, to help support our community. You will need to work and/or live within approx. 5 minutes of Outwell Fire Station. If you would like to know more, please feel free to contact me on my number below.

Please help us to help you all stay safe, for a Merry Christmas and a Happy New Year.

Remember push the button not your luck.

Get Out & Stay Out!!

Watch Manager Glen Gates

WM Glen Gates Mob: 07946331359 Email:
glen.gates@fire.norfolk.gov.uk Outwell Fire
Station, Churchfield Road, Outwell, PE14 8RL



Upwell Methodist Church

94 Town Street, Upwell PE14 9DQ

For further information please contact Jane Hurst

T 01945 588282 E janehurst1@virginmedia.com

Facebook Page: <https://www.facebook.com/UpwellMC>

Website: www.upwellmethodistchurch.uk

Minister: Rev Debbie Caulk

E deborah.caulk@methodist.org.uk

'THE MANY NAMES OF JESUS'

A family friendly Carol Service with a difference

Come and explore some of the many names we associate with Jesus, especially at Christmas

Saturday 9th December 2.30pm
Sunday 17th December 11am
at Upwell Methodist Church

MESSIAH

SON OF GOD

EMMANUEL

NOEL

Five Things You May Not Know

- Identical twins do not have the same fingerprints
- In the Philippines, McDonalds serves spaghetti
- Sloths take two to four weeks to digest food
- Iceland is the only country on Earth without mosquitoes
- Dogs' noses are like human fingerprints; each one is unique

CURTAINS
BLINDS
POLES
TRACKS
FABRICS
TRIMMINGS

T: 01945 774330 M: 07732968547
www.perfectchoicecurtains.co.uk diane@perfectchoicecurtains.co.uk



UPWELL PLAYING FIELD COMMITTEE

New Road, Upwell, Wisbech, Cambs. PE14 9AB.

Tel. 01945 773604 email upfc@talktalk.net

Registered charity 300425

Last report for 2023 – we have this morning decorated the Upwell Playing Field Pavilion, just to join in the festivities ahead. Please go and look.

I will start off by thanking all our sponsors through the year – major sponsors Fountain Foods, A. D. Hurst & Sons Ltd., C. P. Allen, Russell's Family Butchers, Nelson Groundworks, Stewart Brown/P. J. Brown & Son Electrical and all who sponsor our Horse show classes through the season, too many to thank individually. A Thank you to those that provide material things through the year – Robinsons Transport, Glenn Boyce, Kelvin Judd, Brian Carr - anyone I have missed, apologies!

Car boot sales finished at the beginning of October due to inclement weather. We have had a mixed season, but raised some cash to go towards repairs on the children's play equipment. **There are still several thousand pounds needed.** We have met some lovely people over the summer, and I for one have bought one or two nice pieces from stall holders.

Horse shows, as previously reported, have been disappointing. As already mentioned we do not charge the earth – this coming year 2024, we will be changing the day, as has been requested several times. It is a case of use us or lose us – we are here for everyone, novice horse/pony to the novice handler/rider to the more experienced who has a new steed to get more experience, large or small – come and see us. Rosettes to 10th place. All dates to be published later in article. We held our **Presentation Evening** on Friday 20th October at Upwell hall for all members who are eligible for the accumulator and win points towards trophies awarded.

Onwards and upwards - we have our new store for all things UPFC to be stored, all alarmed etc., nothing of value kept anywhere overnight on site – after the last break in, someone must take all valuables home. We can now decorate the home changing room that was used as a storeroom for quite a few months, for football equipment – this will be done with materials donated via the B.C.K.L.W.N. and Borough Cllr Colin Rose. We now must paint in between children's and adult matches, all OFFERS OF HELP gratefully received.

On to to 2024 – and we have one or two new things - **NEW FOR 2024 – VALENTINE CHARITY TRACTOR RUN 11TH FEBRUARY** in aid of MIND and UPFC. We have already received lots of interest for this, registration 9.00am at the field leave 10.30am, £10 per tractor with passenger. Tea, coffee and bacon roll on registering. ROUTE TO BE CONFIRMED LATER.

CAR BOOT SALES – Open THURSDAY 11th April Sellers 8am buyers 9am, nothing alive or dead, no alcohol, no sharps (unless in locked cabinet). Toilets and refreshments on site.

BIKE SHOW – New for 2023 and a big hit, JUNE 22/24 to be confirmed, this will be for all Motorcycles, and all vintage, classic vehicles, BBQ, BAR, live music.

SUMMER EVENT – 2024 will be SATURDAY JULY 6TH 11am – 11pm approximately, with Outwell Fire and Rescue, Archery, UTYFC, Alpacas, Kate and her dogs, ice cream, BBQ, bar. Cakes, **.stalls wanted**,

FUN DOG SHOWS: 14th April, 6th July (TBC), 22nd September.

HORSE SHOWS: SUNDAY April 21st, SUNDAY May 26th, SUNDAY 16th June, SUNDAY JULY 21st, SUNDAY August 11th/18th, and SUNDAY SEPTEMBER 15th

A list of all proposed events will be sent to EPEGS.

UPFC have purchased our own line marker recently, for use by committee and men's football team.

I would like to thank all committee members for their work during the year. It's not always easy being a committee member and we don't always agree, but we do seem to do a good job of keeping the field and buildings in good order. We usually meet third Tuesday of the month, 7.30pm in the pavilion. Meetings last about 1.5hr.

Thank you for your continued support and look forward to seeing you in 2024.

Merry Christmas everyone





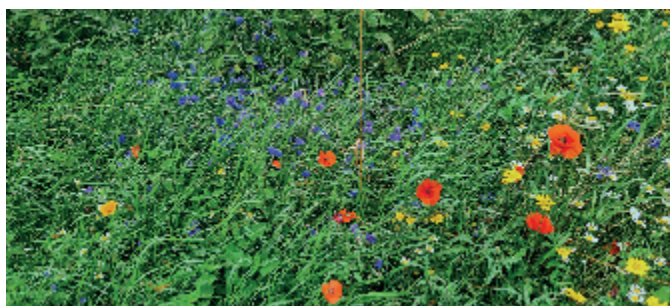
Wildflowers Project

The wildflowers experiment was launched in 2023 with the full support of the Middle Level Commissioners who maintain the navigation of the Creek.

Paulette Nuss who sits on the Trust's Committee was



offered control of the project. Paulette consulted several municipal bodies to get feedback on the best approach for sowing the seeds, even though the actual action of sowing seeds sounded relatively easy. However, she was warned that good fertile soil would not always guarantee a successful crop of flowers. Several sources warned that a lot of wildflowers thrive on old scrubland, such as decaying and abandoned building sites. It is generally thought that exposing the soil and then scattering the seeds would do the trick. Paulette was advised to measure out areas of 1 metre square and sow the seeds evenly and tread the seeds into the soil.



As you can see from the photos, it proved very successful and attracted many different species of Butterflies, Bees and Beetles and many different birds. The Trust would like to thank Paulette for her hard work and on the back of this success, the trust has asked

Paulette if she would like to run with the project on a bigger scale for 2024. In order to do this on a bigger scale, Paulette will need help from volunteers. If anybody is interested, please send an email to wellcreekst2303@gmail.com for the attention of John Delaney. Paulette is looking to start the work in April 2024.

Autumn Dance

The Trust held its first Autumn ball on the 23rd September this year, due to the many requests and the popularity of last years Golden Anniversary ball. The night was a great success, with delicious food supplied by Bates Bakes, music supplied by Adlib and the hall bar supplying the drink. The Trust would like to thank everyone who came and supported us.

Middle Level Meeting

The Trust has been receiving quite a few complaints from various boat owners about the condition of the Creek. Boats have been running aground or boats props seizing up due to weeds floating on the surface. The Trust raised these issues with the Middle Level Commissioners (MLC) who maintain the Creek. One of the principal responsibilities of the MLC, is to keep the Creek fully navigable for everybody's leisure. We have been assured by the MLC that they will be taking extra measures next year to address the weeds and rectify the grounding issues of this year. The MLC has requested that if somebody should have an issue of the same nature next year, to contact them directly on their website <https://middlelevel.gov.uk> 2024.



Tram Memento Project

For people who may not know, the Trust has been sponsoring the Tram memento project, run by William



(Bill) P Smith. The Tram originally ran from Wisbech to Upwell and was the inspiration for the Reverend Awdrey's Toby the steam tram, who is one of the characters in the Thomas the Tank Engine series of



books. The project is progressing well, despite some of the issues encountered on the way. Phase 4 was unveiled on the 4th November 2023 at Boyces Bridge, Emneth.

These are the locations of the other mementos:

- Memento 1. The Tramway in Outwell.
- Memento 2. Upwell Health Centre.
- Memento 3. Lance Hunter-Rowe haven (Outwell Basin)
- Memento 4. Boyces Bridge Emneth.
- Memento 5. B&Q in Wisbech (soon to be completed).
- Memento 6. Fire Station Wisbech. (To be started).

If you would like to know a little more history of this famous Tramway, please go to our website. www.wellcreektrust.org.uk

AGM 2024

The Trust will be holding its AGM next year in the Outwell Village Hall. The meeting will start at 7pm. There will be several guest speakers from the Middle Level Commissioners, including Paul Burrows the new CEO, Nicola Oldfield Chief Engineer, Jonathan Fenn, Operations Engineer and Sofi Lloyd, the new Environmental Officer. They will be giving a presentation on the work the Commissioners do to keep the area safe for the residents of the villages in the Fens and of course the work they do for the environment and wildlife.

Everybody is welcome to attend the meeting, there will be refreshments available from the bar.

Race Night 2024

For the first time, the Trust will be holding a Race Night at the Upwell Village Hall on the 20th April 2024. We intend the evening to start at 7.30pm, so please book this fun night in your diaries for next year.

THE FRIENDSHIP CLUB

**WE MEET AT UPWELL HALL.
IN THE COMMITTEE ROOM
EVERY FRIDAY AT 1.45 PM**



Each week we have either Bingo, Chinco, Horse Racing or a Quiz as well as a raffle.
Also Fish & Chip lunches through the year and a Christmas Lunch.
A Small charge of £2 is asked and this includes a cuppa and a biscuit.

For Further information please call
Susan Rainbird - 01945 773993
Pat Gritton on 01945 773117 / Elaine Day on 01945 773155

HARNWELL ELECTRICAL LTD

Electrical Engineers & Contractors
Industrial, Domestic, Agricultural & Commercial Installations.



THE GRANARY, ST PETERS ROAD, UPWELL,
WISBECH, CAMBS PE14 9EH
Telephone: (01945) 773207

G & B Superstore

POST OFFICE

Serving the Local Community
Town Street, Upwell PE14 9DF
Tel: 01945 773507

Opening Hours

Mon-Sun 5.30am to 10.00pm

Newspapers • Wines from the World
Alcohol & Beers • Groceries • Food to go
Lottery • Pay Point • Magazines • Cash Point

OFFERING SERVICE AND SUPPORT TO
THE BRITISH FARMING INDUSTRY

STITCHER SYSTEMS - WEIGHING SYSTEMS
BAG PLACERS - PALLETISING SYSTEMS

AGRIMECH

WWW.AGRIMECH.CO.UK 01354 638 222



THE **1:1** DIET
by Cambridge Weight Plan

#One2OneDiet

Want the
weight gone
This is the one.



It's the one with a personal diet Consultant to give you:

- A big dollop of support
- Deliciously nutritious products
- A you-shaped weight loss Plan

Free delivery
and consultations

Ask us about our special offers!

Hi, I'm your local Consultant:

Terrie & Gordon

07941127383

Facebook – Fenland Weight Loss

Crime
Family
Property
Employment
Personal Injury
Care for Elderly
Dispute Resolution
Wills, Probate & Trusts
Company & Commercial

mcp
SOLICITORS

Tel: 01945 464331

8 York Row, Wisbech,
Norfolk PE13 1EF

www.mcp-law.co.uk

- Convenient town centre location
- Home visits may be available

A.R. CLINGO FUNERAL DIRECTORS

- ✦ Family Independent Business
- ✦ Private Chapel of Rest
- ✦ Personal Attention
- ✦ 24 Hour Service

Full estimates given at all times

Pinfold House
St. Peter's Road
Upwell, Wisbech

Phone: 01945 772502

Golden Charter
Funeral Plans



30% of people aged 65 and over will fall at least once a year.

For those aged 80 and over, it's 50%.*

We are here to help.



Careline Go



Careline Alarm



Handyperson Service



Keysafe

To find out how to stay independent in your home, call us on 01553 616200 or visit careline-cs.org.uk



Care & Repair



Careline



*According to figures taken from gov.uk

WORKING WITH YOUR FAVOURITE TRAVEL BRANDS TO FIND YOUR *perfect holiday*



CONTACT YOUR LOCAL BRANCH FOR EXPERT, PERSONAL SERVICE WITH A SMILE

BOOK WITH ALL YOUR FAVOURITE OPERATORS on your high street & with a personal service at Sunlounger

- ✘ Low deposits
- ✘ Hundreds of suppliers
- ✘ Thousands of destinations
- ✘ On your high street
- ✘ Financially protected
- ✘ Book ahead to 2026
- ✘ 0% Monthly payment scheme
- ✘ ABTA & AIDL protected



Wisbech - 01945 479354
46 Market Place, Wisbech
King's Lynn - 01553 407150
50-52 Newmarket Street, King's Lynn
www.sunlounger.com



MORTGAGES MADE SIMPLE

- Independent whole of market mortgage advice
- Buy to let specialists
- Equity release
- Secured loans
- Life & critical illness cover



www.tophousemortgages.uk

01945 773945 enquiries@tophousemortgages.uk
Office c/o Fen Vista, Isle Rd, Outwell, Wisbech, Cambs PE14 9 1D



LOCAL IRONING SERVICE NOW COVERING THIS AREA

£5.00 DISCOUNT WHEN YOU SHOW US THIS ADVERT

BOOK ONLINE www.allironedout.co.uk

48 Turnaround, Free collection & delivery
Fully insured, professional service

0333 444 0150



SCAN ME

need a new website?
online shop design?
help with SEO?

We're based in Upwell
Support your local website designer



talk to Phil at **OCEANIC**
Tel: 07817 651882

oceanicdesign.com

KEV WALES SCRAP COLLECTION

SCRAP CARS AND SMALL VANS WANTED /
MOT FAILURES / NON RUNNERS /
ABANDONED PROJECTS

ALLOY WHEELS, BATTERIES, CATALYTIC
CONVERTERS BOUGHT

- DVLA PAPERWORK COMPLETED
- SCRAP COLLECTOR LICENCE HOLDER
- ENVIRONMENT AGENCY WASTE CARRIER HOLDER

CONTACT
07977 125539
FACEBOOK
WHATSAPP



Three Holes Village Hall & Playing Field

Charity no. 304483

Junction of Main Rd & Squires Drove, Three Holes, PE14 9JY

www.threeholesvillagehall00.org.uk

To book the hall call Helen Hartley 01354 610316

EMAIL h.hartley@btinternet.com



Firstly, the Trustee Committee would like to wish everyone Happy Holidays for the Festive Season and a Happy New Year for 2024 and to say a big thank you to Darren & Wendy Fiander for kindly supplying all the items and running a stall at the November tabletop sale and donating all proceeds to the hall. Also many thanks to Jane Carter and Rita Cuss who donated back their 200 Club winnings to the charity.

The last **tabletop sale** of 2023 is on Sunday 17th December 9am -12 noon and the final Saturday bingo on Saturday 16th December - starting back on the 6th January. The Friday Auction will be closed on the 22nd & 29th of December.

Other activities at the hall:

TABLE TENNIS open to all over 12 years, Tuesdays 7pm - 9pm. Contact Danny Amey danoir999@gmail.com

Three Holes Indoor BOWLS CLUB meets weekly on Thursdays at 7pm, new players welcome. Contact Pam Russell, Secretary 01945 773561



TABLE TENNIS

THREE HOLES VILLAGE HALL
EVERY TUESDAY FROM
7PM TO 9PM
OPEN TO ALL FROM AGE 12 & ABOVE
£5 for adults and £2 for children
12 upwards

FOR FURTHER INFO PLEASE
CONTACT DANNY AMEY :
danoir999@gmail.com




WELLE CINEMA
Sunday 7th January
Three Holes Village Hall
NO NEED TO BOOK

**INDIANA JONES & the
DIAL OF DESTINY (12)**

Daredevil archaeologist Indiana Jones (Harrison Ford) races against time to retrieve a legendary dial that can change the course of history. Accompanied by his goddaughter, he soon finds himself squaring off against Jürgen Voller, a former Nazi who works for NASA.

Starts 2pm doors open 1.30pm,
£3.50 pp.
BAR & REFRESHMENTS

For more details go to
www.threeholesvillagehall00.org.uk




WELLE CINEMA
Sunday 4th February
Three Holes Village Hall
NO NEED TO BOOK

80 FOR BRADY

Based on a true story—in sports comedy 80 for Brady, four longtime friends—and diehard New England Patriots fans—take a whirlwind trip to the 2017 Super Bowl to see their idol Tom Brady battle it out against the Atlanta Falcons. .

Starts 2pm doors open 1.30pm,
£3.50 pp.
BAR & REFRESHMENTS

For more details go to
www.threeholesvillagehall00.org.uk





The Wisbech and Upwell Tramway mementos so far (see page 18 for locations).

Pictures by Patricia Pleasants

- | | |
|---------------------------------------|--|
| 13. Wensleydale | 1. Germany |
| 14. January 5 th | 2. Eggnog |
| 15. Boxing day | 3. Four – Marley, Christmas Past, Present and Future |
| 16. Do they know it's Christmas | 4. A German pastor named Johann Hinrich Wichern |
| 17. Bethlehem | 5. Southern Norway |
| 18. Ebenezer | 6. Gobblers |
| 19. Winter Solstice | 7. 1957 |
| 20. Cinderella | 8. The Snowman |
| 21. False – it was the UK | 9. Kevin |
| 22. Charles Dickens | 10. 13 times |
| 23. Capricorn | 11. Mincied beef |
| 24. Jingle Bells | 12. George Michael (with Wham) |
| 25. Three – Dancer, Dasher and Donner | |



Slimming World

Join Our Friendly Groups Thursdays
9am at Outwell Hall
or 6pm at Upwell Hall

slimmingworld.co.uk From 24th December 2023 to 27th January 2024

FREE Recipe Book worth £4.95 when you buy a Countdown course and a **FREE NEW 2024 Member Pack**

Eat what you love, Never feel hungry and Lose weight for a Fantastic Christmas & 2024

Phone Allison for money saving Special Offers on 07826 36 24 18



COVERSURE
INSURANCE SERVICES

COVERSURE INSURANCE SERVICES OUTWELL

coversure.co.uk/outwell 01945 738869

Would you like your copy of the magazine to be emailed to you?

Do you know of anyone in the parish who doesn't get a copy but would like to?

Would you be available to help deliver the magazine within the parish?

If the answer is YES to any of the above, then please let us know by emailing upwellmag@gmail.com or calling 07947422677.

Russell's Family Butchers

Local family run Butchers located in Upwell

Fresh Beef, Pork, Lamb and Poultry, all reared on our own farm.

Licensed Game Dealers.

Our shop is open:
 Monday 9am—5pm
 Tuesday—Friday 8.30am—5pm
 Saturday 8am—2pm

Or you can visit our stalls on Wisbech & March markets.
 97 School Road, Upwell, Wisbech, PE14 9EW
 Tel: 01945 773419

Like our page on Facebook for weekly updates and offers

GLEN STITTLE

Complete Bathroom Installations



General Plumbing
 Wall & Floor Tiling
 Kitchens Installed

07845 601076 - Day
 01945 773638 - Evening
www.glenstittle.co.uk

Want to Advertise Here?

Over 1000 copies to Houses In Upwell, Three Holes And Lakesend four times a year

1/8 page: £30 per Issue/ £100 per Year

Other Sizes pro-rata

Contact Christine Aston 07947 422677

Email upwellmag@gmail.com

Peter J Brown & Son

Electrical Contractor

Est 1966

- Commercial and Domestic
- Installations and Maintenance
- Periodic Test and Inspections



Tel: 01945 773377 / 772368
Mobile: 07860 293837



Rav's Fish & Chips

Fish & Chips
 Curries
 Southern Fried Chicken

MON-CLOSED
 TUES 4-9PM
 WEDS 4-9PM
 THURS 4-9PM

FRI 11-1:30PM
 4-9PM
 SAT 11-1:30PM
 4-9PM
 SUN CLOSED

105 SCHOOL ROAD UPWELL, WISBECH 01945 772 398

UPWELL PARISH COUNCIL

Chairman

Christine Aston 07947 422677

Deputy Chairman

Andrew Harrison 01945 773735

Brian Carr 01945 774145

Jill Gooch 01945 773301

Keith Harrison 01945 772661

Kelvin Judd 07725 761996

Prue Lester 01945 772234

Chris Robinson 07836 606098

Ros Shorting 01945 773604

Mike Turner 01354 610639

Borough Councillors

Colin Rose 07885 258434

Vivienne Spikings
01945 772248

Clerk:

Melanie Hilton

Email: upwellpc@gmail.com

Tel: 07368 420237

Facebook Page:

[https://www.facebook.com/
search/upwell+parish/](https://www.facebook.com/search/upwell+parish/)

keywords search

Website

[/www.upwellparish.
co.uk/](http://www.upwellparish.co.uk/)

CHRISTMAS AND NEW YEAR OPENING HOURS

UPWELL HEALTH CENTRE AND PHARMACY

The practice and pharmacy are open as usual on all non-bank holiday work days. So we are **CLOSED from Saturday 23rd to Tuesday 26th inclusive and Monday 1st January.**

Open Wednesday 27th - Friday 29th and from Tuesday 2nd January.

The week leading up to Christmas is always extremely busy in the pharmacy. Please try not to leave any medication requests until the last minute. Thank you

G&B

Normal opening hours except Christmas Day, 08.00-20.00

Russell's Butchers

Friday 22nd 0600 -1700

Saturday 23rd 0600-1500

Sunday 24th 0600-1200

**CLOSED UNTIL - Saturday 30th
0730-1400**

**CLOSED UNTIL Tuesday 2nd January
0830-1700**

Rav's Fish and Chips

Saturday 23rd 11.00-13.30 16.00-19.00

Sunday 24th December CLOSED
until
Tuesday 2nd January 16.00

Joanne's Pantry

Closes Saturday 23rd 12.30

Wednesday 27th- Friday 29th
0830 - 1400

Saturday 30th 0800-1300
Tuesday 2nd January 0800 -1400

The Co-op

Closed Christmas Day

M&B Distributors

Sunday 24th Christmas Eve: 08.30-14.30

**Closed Monday 25th-Wednesday
27th**

Thursday 28th -Saturday 30th 08.30-17.30

**Closed Sunday 31st and Monday 1st
January**

Tuesday 2nd January Normal trading

Bloom & Wake

Friday 22nd, Saturday 23rd 0700-1800

Sunday 24th 0900-1200

**CLOSED MONDAY 25th AND
TUESDAY 26th**

Wednesday 27th - Saturday 30th
0700-1800

Sunday 31st 0900-1400

CLOSED MONDAY 1st

Tuesday 2nd 0700-1800



MEETING DATES 2024

The Press and Public 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
All meetings start at 7.00 p.m.

Upwell Village Hall

January 8th

February 12th

March 11th
Parish Assembly 6.30 p.m.
Council 7.00