

Spring 2013



Upwell Parish Council



Community Magazine

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**Copy Date for
Summer
Edition
is
Friday 25th
May**



FUNDING OPPORTUNITY



KICKSTART NORFOLK, RURAL MOPED SCHEME OFFERS AMAZING FUNDING OPPORTUNITY FOR RURAL RESIDENTS



Are you unemployed or economically inactive?

- Is the lack of transport preventing you from moving forward with your life?
- Would having your own transport help you attend appointments, or to secure employment?
- Are you looking to attend training or education courses?

If the answer to any of these questions **IS YES**, Kickstart Norfolk can help. The Rural Moped Scheme can provide funding to residents of rural Norfolk and relevant Suffolk areas, this funding can provide you with a moped for up to 26 WEEKS to help you unlock your full potential.

To find out more about this amazing funding opportunity, please call the Norfolk team on 01362 699923 or visit our website: www.kickstartmopeds.org.uk.



The Rural Scheme is part funded by the European Agriculture Fund for Rural Development.



All funding is subject to funding



FROM THE CHAIRMAN

Dear All,
 Welcome to the spring edition of your Community Magazine. By the time this reaches you I hope that the snow and very cold weather will be long gone and we can look forward to a late spring and some sunshine over the Easter holiday.

The precept: for the first time since 2011, Council voted to increase the precept (by 2%) at the January meeting. The reason being that a Government grant that supports Parish precepts has been steadily reduced over recent years

and will be phased out completely in the near future. It was decided that a small increase to keep the financial position stable would be preferable to a larger one (with a possible attendant referendum) should Council find itself faced with unexpected and unavoidable expense. This 2% increase will take a band D contribution from £41.66 per year to £42.49. Neighbourhood Planning: work continues steadily. Draft Policies are currently being prepared and in the early summer there will be another consultation when you will be able to comment on them. Below is a 'call for sites'. By identifying suitable sites for about 45 dwellings, over its life time the Plan will protect the Parish from 'predatory' planning applications, should the Borough Council find itself, once again, to be deemed without a 5-year supply of development land. Going through Marshland the extensive development taking place

there is the consequence for that village of the last time that happened.

You may have noticed that the roadside and riverbank opposite Church Bridge mooring have been cleared of overgrown vegetation, along with the riverbank between the mooring and Church Bridge. Council have been trying for a long time now to find a way to get this done and finally resorted to a contractor. If you are one of those people who were affected by the traffic lights that had to go up for the day please accept my apologies for the disruption.

Lastly, I would like to congratulate Frank Humm. During his time on the Council Frank has always been actively involved with any and every initiative to do with the Police. He was the original Homewatch and Speedwatch co-ordinator and is still an active member of that team, as well as representing the Council at the regular SNAP meetings and at any other forum where he can direct Police attention in our direction. His hard work has not gone unnoticed by the Constabulary and he has been invited to a 'Citizens in Policing' event, to receive formal thanks for his contribution, particularly to Speedwatch.

Closing with my thanks to contributors, advertisers, distributors and Editor, Steve Calton, please note the copy date for the summer magazine has been brought forward by a week to Friday 25th May. This will also be applied in the autumn as I am trying to make life easier for all concerned by bringing forward the winter edition to avoid producing and distributing it in the run up to Christmas.

Kind regards,

Prue Lester

UPWELL PARISH NEIGHBOURHOOD PLAN CALL FOR SITES

The Neighbourhood Plan will incorporate sites for approximately 45 new dwellings. If you would like to put forward a BROWNFIELD site or a site that by its nature (size, hemmed in by other development etc) is unviable for agricultural purposes. suitable for no more than 15 please contact the Clerk either in writing or by email with the following information:

- Name and address of landowner
- Address for the site and map showing its location
- A brief statement outlining why you consider the site fits the criteria

Sites should be within or immediately adjacent to the development boundary.

A brownfield site is defined as "Land which is or was occupied by a permanent structure, including the curtilage of the developed land (although it should not be assumed that the whole of the curtilage should be developed) and any associated fixed surface infrastructure".

This excludes:

- *land that is or has been occupied by agricultural or forestry buildings;*
- *land that has been developed for minerals extraction or waste disposal by landfill purposes where provision for restoration has been made through development control procedures;*
- *land in built-up areas such as private residential gardens, parks, recreation grounds and allotments*
- *land that was previously-developed but where the remains of the permanent structure or fixed surface structure have blended into the landscape in the process of time.*

**CLEAN UP THE CREEK
 & COMMUNITY LITTER PICK
 SATURDAY 21ST APRIL**

**THE ANNUAL 'CLEAN UP' WILL START AT 9.00 A.M.
 FROM 67 ST PETER'S ROAD
 LITTER PICK AT 10.00 A.M. FROM CHURCH BRIDGE
 ALL WELCOME. PLEASE COME AND HELP - EVEN IF
 YOU CAN ONLY SPARE AN HOUR - TO GIVE THE
 VILLAGE ITS ANNUAL SPRING CLEAN.
 LITTER PICKERS AND RUBBISH BAGS PROVIDED.**


Upwell St Peter's Bellringers
 are looking for new people to join their team.
 If you have ever fancied having a go, now is your chance!
 Come and meet new people, learn a new skill and play an active part in your local community.

Please call Julia Neale (Tower Captain) for more details
 01945 773474 or 07759260443
 See us on YouTube - 'Upwell Ringers 2018'
 Please come along and support our fundraising


 at
 Upwell Village Hall
 29th April and 20th May 2018
 Doors open 6pm, eyes down 7pm
 Great prizes, raffle and refreshments

If you would like to sponsor a game or donate any prizes, please call Julia Neale on 07759260443.

Upwell Hall News

Looking out of my office window as I write this, one wonders *if* Spring is on its way! By the time you read this, work will have started on the **refurbishment of the Committee Room**, which apart from redecoration hasn't seen any modernisation or renovation since its construction in the 1950's. We will be replacing the ceiling with new plasterboard and having modern LED downlights to replace the existing fluorescent units. Radiators will be replaced with easier to control electric heating; the entire room will be re-plastered and new doors fitted. Hopefully the Committee Room will have a more private feel for those that hold small events or meetings separate from the main hall. We have plans for the future of the Committee Room, subject to funds being available. There will also be some minor work carried out in the **men's toilets**. Following on from this work, May will see the refurbishment of the **ladies' toilets**, which again have not seen any major work being carried out. The Committee held its **AGM** in February, and again were saddened and disappointed that we still have no new members of the community joining us. Unfortunately, as a result of the lack of enthusiasm, the proposed Race Night, provisionally planned for Saturday 22nd September looks as though it will not now go ahead, even at this early stage. With only eight committee members, it has become apparent that it is too much for us to promote, organise and sell tickets for this event, even

Upwell Playing Field Committee

Here we are in 2018, rather chilly of late, but today as I write this article it is sunny and hopefully Spring is on its way.

So, what is happening at the field – PERSISTENT dog walkers on the field - who blatantly ignore all signs on the gates, and ignoring polite requests NOT to walk their dog on the field.

Recent examples we have had:

- an older man with a black Labrador early mornings
- a lady at 5.45 on a Saturday evening in January with her cream dog leaving his mark on our doors
- the male who has a young border collie Sat 3rd March who let him run all around the field and head off towards Green Road.

Should we ever have any spare money the time may come to completely fence the field and just leave the children's play area accessible for CHILDREN!

Ros Shorting



with the combined forces of the Upwell Playing Field and Upwell Bowls Club. It is the same people who attend these events mainly the friends or family of those organising it. Also in jeopardy is the **200 Club**. We have over the past few years found it increasingly difficult to sell 200 tickets at £12.00 each. At the time of writing this, the remaining 24 tickets were on sale at Brian Tweeds Butchers. It has been down to existing committee members to sell these tickets, as retail outlets in the village are now very few. We may consider reducing the number of tickets or abandoning the 200 Club altogether.

On the good news front, the **Yard Sale** returns on Sunday 1st July. You can now book your pitch for £5.00 by contacting Linda or Brian on 01945 774145. This event has proven very successful and brings lots of people into the village. The **Craft Fair** is on Sunday 4th November and the **New Year's Eve Dance** is still planned to take place. At the moment these are the only fund-raising events we have planned.

Our next **Committee Meeting is on Thursday 12th April @ 7.30** in the Committee Room, so if you have an hour or so to spare, please do come and join us. We're not overly formal and do have a laugh along the way. Check us out on Facebook too.

Andrew Harrison (Upwell Hall Chairman)

Committee Members: Richard Melton (Deputy Chairman), Ros Shorting (Manager and Secretary), Amanda Williams (Treasurer), Linda and Brian Carr, Pat Moat and Charles Martin.

UPWELL PLAYING FIELD COMMITTEE
Registered charity 300425
(PRIVATE PROPERTY/PERMITTED ACCESS)

Gates locked at *any* time
when field, hall and bowls club **NOT IN USE**. £25.00 release fee charged.
No Golf practice.
Exercising of Dogs or Horses *STRICTLY FORBIDDEN*, on this field, excluding PERMITTED SHOWS.

PLEASE USE LITTER BINS PROVIDED.
Antisocial behaviour BY INDIVIDUALS OR VEHICLES should be reported on 101 all other emergencies 999 CCTV – 24/7
Speed limit 5mph – park sensibly please
POST CODE for Emergencies only PE14 9AB
Upwell Playing Field Committee receives no direct funding from the Parish Council/ Borough Council, it is entirely run by volunteers funded through charitable donations and fund raising events organised by the Upwell Playing Field Committee. Should you wish to join our committee please contact The Secretary 01945 774044.

UPWELL PLAYING FIELD COMMITTEE

A.G.M.

Tuesday April 10th 7.30pm

All welcome.

If you have young children you should want to be involved with the community. Please come along.

BLOOD, SWEAT AND PEAS

We arrived at our allotment and found it so overgrown even the weeds were competing for space! But we looked beyond that to a time when we would be able to dig up new potatoes and grow lots of vegetables.

Armed with a month by month book on allotments, spade, fork, rake, hoe and gloves – not forgetting the wellies – our adventure began. We decided to clear the plot in sections in order to get growing as soon as possible, so a row of beds was cleared and dug ready to take the parsnip and beetroot seeds. As soon as they were in it was game on – we were officially growers!

I started growing seeds in pots and seed trays at home, with potatoes in egg trays chitting themselves. A few weeks later the potato patch was cleared, dug, fertilised and ready for its new occupants. By now the chances of eating at the table were zero as it was covered in seed trays and pots with new shoots enjoying the streams of sunlight that poured in through the window.

Talk about ambitious! I'll admit right here, right now that I did go a bit crazy with the sheer number of seeds I grew. I mean, I think over thirty tomato plants was a little excessive! But, having said that, we did share with family, friends and fellow allotmenters. Work was continuing at a steady pace with beds appearing here there and everywhere; but there was now a sense of urgency because, as the weeks flew by, we had seeds growing out of the dining room reminiscent of 'The Day of the Triffids!'

Our dog was beginning to feel abandoned, so the next job was to put a fence round the allotment; also, as I have mobility issues, we decided to make a lay-by for the car to cut down the distance I have to walk. When the gate and fence were completed, the dog was thrilled to bits to come with us and spent many a day racing round, 'helping' with the digging. Like us, he had absolutely no problem sleeping at night!

One of the great joys of the allotment is the people. You could not meet a more friendly and helpful bunch. We only had to say we were struggling with something – spacing, white fly etc – to find that help was eagerly given and, of course, gratefully received. Even dog walkers and strollers would stop by for a

quick chat and, believe me, that few minutes break was always welcome.

By late spring/early summer most of the seedlings, either home-grown or bought from our local garden centre/shop, were doing well. We had some brilliant successes and also spectacular failures, but that is how you learn. One great success was the courgettes. I grew two varieties, green and yellow, and there were pickings every visit which lasted through to November. But by far the greatest failure was the peas. I was sowing them

too deep in the ground then over watering to the extent that they were either drowning or just plain giving up! Several attempts later I finally had two rows of healthy plants with pods a-plenty.

By now you can only imagine how colourful the plot was with yellows and every possible shade of green. Summer arrived swiftly with our time being spent watering (taps are positioned from end to end), weeding and, best of all, harvesting! This was a special time as all our hard work was beginning to pay off.



Danny working in the Snow

Each visit we would pick, cut, pull up or dig the fruit and veg, take it home and eat it, freeze it or give it away.

Throughout the year, though, we did often manage to sit with a coffee (we took an old camping stove down with us) and relax for a while, enjoying the break and all the peace and quiet, so it wasn't all work and no play!

Autumn and then winter gradually crept up on us, so the time had arrived to dig over the now empty beds. We replenished the soil with compost and manure, leaving the beds to rest up until late winter/early spring when we'll be starting the process all over again.

This last year we have done a lot and also learned a lot. There's no denying it has been hard work, but it's also been very worthwhile and rewarding. If you can spare a few hours regularly every week, enjoy the freshest, most delicious home-grown food straight from ground to plate, then an allotment may be just what you need. Oh, and you get healthy too!

Alison Austin

The Novice Allotmenter



SAFETY ON THE PHONE

For many people their whole world is in their phone and it's never far away from them. But expensive phones are easy pickings for thieves so keep them close and keep them locked.

Never open or reply to unsolicited text messages – just delete them.

Use a password, passcode or pattern code – a shape in the keypad numbers of your smartphone – to lock your phone. Don't store password reminders on your phone either.

Install anti-virus software specially designed for your mobile phone or ask advice from your phone shop.

Don't open links or download anything that you're not sure of and clear your browser history regularly

If you lose your phone report it to the police on 101 and your service provider to block its use – even if it's a pay-as-you-go mobile phone.

Register your mobile with www.immobilise.com, using your IMEI number (15 to 17 digit code usually behind the battery – or key in *#06#).



The cubs and scouts ended the year with a Christmas sleepover, during which there was a visit from Father Christmas and his elf, games, crafts and a full Christmas dinner but not much sleeping! We started January with a visit from one of our previous leaders, Monique Yeowell, who led us in a water safety session at Grange Farm pool in Emneth. She reminded us of the importance of acting responsibly around water and how to rescue others who fall in without going in ourselves. Next two of our older scouts, Jennifer and Daisy, led a meeting highlighting how many people in the world don't have access to a toilet. After running a quiz about the issue, they awarded the winners with toilet rolls as prizes, which they proceeded to use to mummify other scouts. With pancake day just around the corner the scouts participated in the mandatory pancake making and eating meeting.



At the end of January some scouts and explorers joined Whittlesey scuba diving club for a trial dive. It was an amazing experience and the club photographer captured some great underwater snaps. During half term two cubs, six scouts, one explorer and three insane leaders attended winter camp at Walesby near Nottingham. The young people spent two days taking part in a variety of activities including climbing, caving, archery, rifle shooting, zip wire and an assault course. The leaders spent a lot of time trying to keep warm and get our gas stoves to work for long enough to make a cup of tea: gas stoves don't burn well when the gas is cold. On Saturday night we experienced high winds which blew away a number of tents belonging to other groups, but we suffered only one broken tent pole.



During our first meeting after half term we practised making an emergency phone call. We also talked about how to deal with an unconscious casualty and various other emergency situations. During the run up to Easter we are looking forward to more first aid, learning about the Wisbech to Upwell tram, backwoods cooking and taking part in an international scouting bowling competition.

Finally, a plea for help: the scouts and cubs are run by volunteers, and we desperately need more. If you have practical skills or enjoy adventure, please come and visit us at Upwell Methodist church between 6 and 8 pm any Wednesday during term time. You can commit to giving as much or as little time as you wish.



Akela



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 12th Wisbech scouts.

Let's Walk March 2018- May 2018

The local walks make use of the numerous footpaths around Outwell and Upwell, allowing us to view the villages from different perspectives as well as helping to keep the paths open. The more distant and longer walks try to explore other parts of Norfolk, Lincolnshire and Cambridgeshire and require car transport and sharing.

For the 'village walks' we normally meet at 1.30pm in the car park next to the Village Hall in Upwell. For the walks needing car transport we meet at 10am or 1.30pm in Sylvie Short's house, "The Coach House", next to Brian Tweed's, butchers.

Please be there with a few minutes in hand to allow for discussions regarding car sharing and directions.

We share transport and walkers without are welcome to join us as we will always make car passenger places available. All we ask is a small contribution towards the driver's fuel costs.

We operate as an informal group of friends and anyone joining us does so at their own risk.

Date & time of meeting	Location	Approximate length	Guide	Driving Distance (one way)	Notes
Tuesday 13 th March 10.00 am S.S. House	Castle Rising	6 Miles	Julia A.	24 miles	Packed lunch and then opportunity for drink at the end
Monday 26 th March 10.00 am S.S. House	Terrington St Clements	3 Miles	A.G.	19 miles	Drink and snack if required. Dog Friendly
Monday 9 th April 10.00 am S.S. House	Brandon	6 Miles	Jan A.	27 miles	Packed or café lunch at the end. Dog Friendly
Wednesday 18 th April 10.00 am S.S. House	Barton Bendish	3.5 Miles	Jan A. and S.S.	17 miles	Packed lunch Dog Friendly
Saturday 28 th April <u>1.30 pm</u> Village Hall	Village Walk	2-3 Miles	A.G.	N/A	Dog Friendly
Friday 11 th May 10.00 am S.S. House	Wicken Fen	4.5 Miles or 2.5 Miles alternative walk.	S.S.	25 miles	Packed or café lunch at the end.
Monday 21 st May 10.00 am S.S. House	Castle Acre	6 Miles	A.G.	28 miles	Packed or café lunch at the end.
Thursday 31 st May 10.00 am S.S. House	Holkham and Wells	6 Miles	A.G. and S.S.	43 miles	Packed lunch

For any further information contact:- Allan Gullon:- 01945 772354 OR Sylvie Short:- 01945 774443

Upwell Gilbert and Sullivan Society

THE MIKADO



Thursday 12th, Friday 13th & Saturday 14th April 2018
St. Andrews Methodist Church, Outwell, PE14 8TD

Adults £7.50 Children £4
Box Office: 01945 773070



UPWELL GILBERT & SULLIVAN SOCIETY

Nanki-Poo, the son of the Mikado, leaves home disguised as a travelling musician to escape a distasteful marriage with Katisha, an elderly lady of his father's court. He arrives in the town of Titipu and meets a beautiful girl, Yum-Yum, with whom he falls in love. He desperately wants to marry her, but obstacles are cast in his way by her guardian, Ko-Ko, the Lord High Executioner of the town, who is also in love with her and has every intention of marrying her himself. Katisha, the jilted bride, arrives in Titipu in search of Nanki-Poo. The arrival of the Mikado himself, brings the threads of this Japanese tale together in a conclusion satisfactory to almost everybody! Join us at St Andrew's for a fully staged and costumed production of 'The Mikado' – a topsy turvy gem, and one of the most popular Gilbert & Sullivan Operettas, full of rousing choruses such as 'If You Want to Know Who We Are' and beautiful melodies, including Yum Yum's delightful 'The Sun Whose Rays.' This operetta takes you from the wit of Koko's 'Little List' to the pathos of Katisha's memorable 'Alone and Yet Alive'. Don't miss your chance to see this musical masterpiece, reserve your seats now on 01945 773070.

Are you 65 or over? Need information or advice on things to do, getting out and about, staying safe and well or caring for someone, then...



Living Independently in Later Years
a directory of services, activities, advice and guidance for older people living in West Norfolk

Available online at www.asklily.org.uk
or by calling 01553 616200



Borough Council of
King's Lynn &
West Norfolk



COULD YOU BENEFIT FROM INDEPENDENT FINANCIAL ADVICE?

If you can answer 'yes' to any of the following questions you could benefit from independent financial advice.

- 1 Could your savings and investments be working harder for you?
- 2 Are you worried you aren't paying enough attention to your plans for retirement?
- 3 Worried about the wellbeing of your family should the unexpected happen?
- 4 Have you taken out life insurance or an income protection policy in the last 5 years?
- 5 Have you invested money into an investment or pension without a review from the provider in the last 6 months?
- 6 Do you like the thought of a flexible advice service that can fit around your lifestyle and meet your needs?

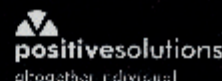
Why not enjoy the peace of mind that comes from receiving jargon-free advice on the most appropriate financial products for your personal circumstances.

For a free initial meeting contact: **Colin Frear**

T: 01773 812026 F: 05132 791298 E: ColinFrear@thinkinvest.co.uk
Sonic House, West Walton, Walsby, Lincoln PE14 7SD

The value of investments and pensions can fall as well as rise, and you could get back less than you invested.

Financial Services Regulation Authority (FSA) is the main regulatory body for financial services in the UK and is authorised by the Prudential Regulation Authority (PRA) and the Financial Conduct Authority (FCA) to regulate the activities of financial institutions.

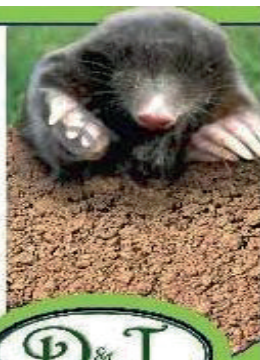


www.dandjtransport.co.uk

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- LOOSE OR BAGGED
- FROM 1 TONNETO 29 TONNES
- MUCK A WAY SERVICE



01354 740249



Upwell Parish Council



To Rent Garden Allotments

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

Rent is £7.50 per year

Call for more information

TEL: 01945 774272



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BASED IN THREE HOLES



01354 638701 INFO@FENSTAR.CO.UK



It has been a busy Spring term so far at Upwell Academy, with a couple of theme days including magic and bedtime stories, led by our wonderful Mrs Fisher. She has wowed us all with



her magic and storytelling. Here is what some of our children have been up to: Reception class have had a very hands-on time, making some fantastic pancakes which they shared with a few lucky

staff members. They have also been making superb use of one of the outdoor areas (recently regenerated by Governors and their families), looking for bugs and testing out their balance.



Year 1
On 27th February, Year 1 from Emneth Academy joined our year 1's at

Upwell for a fantastic themed castle day. They completed lots of craft activities such as dragon sock puppet making, hobby



horse making, shield designing and much more. During the afternoon year 1 parents from Upwell Academy joined us to help their children

complete the activities and to see what fun we had been having! "It's one small step for man, one giant leap for Upwell!" Last half term, Year 2 were learning about Travel and Transport from the past, looking at the invention of different vehicles and the famous people who developed them. We learnt about the moon landing and recreated famous scenes. We then designed

and created our own moving vehicles using junk materials you can find at home. We ended the half term by enjoying our 'Magical Day' with the rest of the school writing



potions, listening to magical stories and playing with slime! This half term, we have been enjoying learning about The 2018 Winter Olympics in Pyeongchang, researching host countries (past and present), the sports and the athletes.

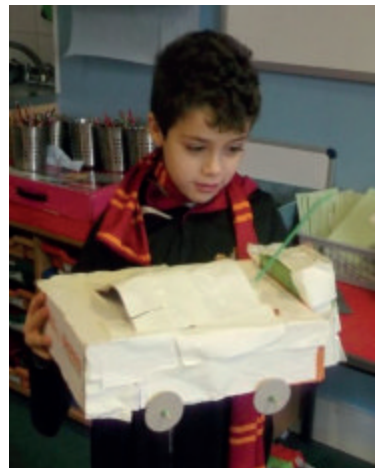


Year 3 have been delving deep into history, using 'The Stone Age Boy' as a text. They also made a chocolate Roman road, to test out their instructional writing skills. They are currently having a series of swimming lessons, to learn or perfect their swimming skills, vital as we have so many waterways around us.

Year 4 are currently immersed in their topic of Australia. They have been creating underwater worlds with their descriptive writing and finding out lots of information about the Great Barrier Reef. In Science they have planted their own 'water cycles in a cup' and are currently making observations each day to see the process in action. They have yet to apply their knowledge of decimal numbers to a problem about the weight of Australian animals...

On Thursday 8th February, year 5 took part in a 'fitness and team building day'. The day started in the bitter cold with circuit training, ten different stations ranging from spotty dogs to kick ups. We then moved on to a 'Blind Trail' where one person was blind folded and their partner had to give clear and precise instructions of how to get around, over, under and through the obstacles. It was

girls verses boys in the tug of war next which was great fun, the teams realised it was as much about technique as strength. The final activity was in the hall and we had to work as a team to manipulate a rope with a hanger attached to it to pick up a cone marker. We started in pairs, then finally as two teams in a relay. Lanchester class really enjoyed the activities and it made us all think about teamwork,



communication and trust. We cannot wait for the next one. As part of year six's work on Ancient Egypt the children have been back in time to 1922 where they have taken on the role of journalists, reporting on the opening of Tutankhamun's tomb. They have researched the key events that led up to the discovery and have thought about how they will include the opinions of those involved in the story.

If you are thinking about Upwell Academy for your child, please come and visit. Staff and children are always happy to show visitors around, and tell you about the exciting things we do.

Haidee Norman (Principal)



Upwell FOSA (Friends of the School Association)

A belated Happy New Year from Upwell FOSA! We hope that you had a fantastic Christmas and that the New Year has some exciting times ahead! We had a busy time in the lead up to Christmas with lots of great events for the children, parents, carers and friends.

On 8th December the children had non-uniform day followed by a movie night where they were treated to the film "Get



Santa". We were even lucky enough to get a surprise visit from one very special guest who gave all of the children a lovely Christmas gift.

Our Bingo night on 15th December was an amazing success and the Upwell Village Hall was a "full

house"! The atmosphere was great and we had lots of local winners to top off the night. Many thanks for all of our generous prize donations and to all of you who came along to support the event.

Once again last year FOSA made a substantial donation towards the cost of the Christmas pantomime, which kept the cost to families to a minimum and enabled every child to go. The children were taken to the Kings Lynn Corn Exchange Theatre to watch Jack and the Beanstalk and a great time was had by all. We have already started to plan our events for 2018 and will continue to share these with you throughout the year.

LAKESEND VILLAGE HALL

In comes the new year and with it comes a **new look village hall committee** full of plans and ideas. Some members were public spirited enough to stand in Wisbech Town at Christmas handing out food and warm clothing to the homeless.

We have a new **auction** which started successfully on Sunday February 4th and is being run fortnightly thereafter. Lots accepted from 10am. Bidding starts at 2pm. Viewing all day. Hot and cold Refreshments are also available, served from a 5* rated kitchen

For any enquiries contact Eddie 07871529805

The **Lakes End Happy Circle** club is still running fortnightly on a Monday 1.00-3.30pm

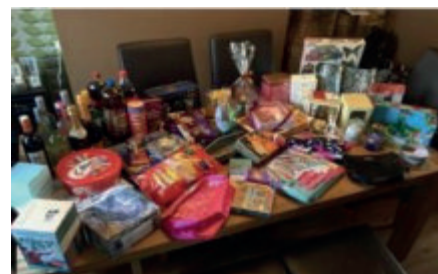
For those of you who are missing the **bingo**, do not worry, it will be back: the proper licences are being applied for.

The goal posts will be going up in the field with help from the **community payback team**, who have also been busy

* Monday 23rd April – Phil the Bag

If you have any unwanted clothing, hats, shoes, belts, handbags, and household textiles including sheets, pillowcases, duvet covers, curtains or towels please do pop it all in a bin bag and let FOSA turn it into money! Collections

can be arranged throughout the local area prior to the event so please email Upwell.FOSA@gmail.com to arrange a time and date for your collection. Members of FOSA will be on hand at the school gates between 8.30 – 9.00am on the day to help with any donations.



* Sunday 1st July - Summer Fayre

If you would like to hold a stall on the day then please email Upwell.FOSA@gmail.com for a booking form. Stalls will be charged at £10 for a single plot and £25 for a double plot and we are hoping that this year will be as successful and enjoyable as our previous years.

FOSA would like to invite new members to join us to support the organisation in the year ahead. This may be through volunteering time to help out at events, sharing ideas about future fundraising or how the money raised should be spent at the school.

decorating the hall, carrying out repairs and generally maintaining the area including grass cutting, weeding and hedge trimming.

If you enjoy making jams, preserves and pickles, have green fingers, or could even give Mary Berry a run for her money then we need you: we are planning a **produce competition** in WI style with Rosettes and a trophy for 1st 2nd 3rd in all categories, with a £30 cash prize for best in show overall. We will be getting impartial judges and plan for all this to take place on May Day.

We are also hoping for a few other attractions on that day as well

Keep an eye out for adverts closer to the time.

Sam Hester

Spring Speedwatch report

Since I last wrote about the activities of the Upwell and Outwell Speedwatch Team several things have changed.

Firstly way back in December we received new warm Hi-Vis jackets courtesy of Upwell PC, so unless the Giant Daffodils are in full bloom it is even harder for us to hide in the undergrowth, but on the other hand we don't shiver as much.

Secondly in January we received a new lighter-weight speed-measuring device. So instead of the big black boxy one we are now waving a small grey one with orange trim. As well as being lighter the new device has a longer detection range, and a narrower beam so we can even pick up the second vehicle in a train of speeding traffic.

Thirdly in February we had more sites approved for us to use. If it had not been for the "Beast from the East" we would have had even more sites spread throughout the two parishes, but it was deemed unsafe for the approval team to make an unnecessary trip. In March we will be getting even more.

And finally I have discovered an almost fool-proof way of slowing traffic down in the Villages: During this morning's mini-blizzard, with snow settled on Town St everyone was actually obeying the speed-limit! However, much as I don't enjoy standing on the roadside in the early hours or late in the evening in winter I would not wish the current deep-freeze on us just to slow down a few criminal drivers!

Wherever we have been out catching speeders, despite the signs and Hi-Vis jackets, we still manage to catch about 5% of the passing vehicles speeding. We quite often catch them before they seem to realise we are there and have a good laugh as they suddenly jam on their brakes and drive sedately past us looking fixedly straight ahead! Over the past 3 months or so some 150 letters have been sent out from the Norfolk Constabulary telling them that the almost emergency stop did not work!

As those of you who travel Southwards on a regular basis have discovered Cottons Corner bridge has been undergoing an extensive overhaul. Hopefully there is only another month before the covers come off and we get to shave 5 miles off the trip. The Speedwatch team have discovered that of the 400-

odd vehicles that pass us in one hour in Three Holes, only half carry on through to Lakes End. No wonder Ha'Penny Toll Road acquired such large potholes, although presumably the Cambridgeshire Highways "Dragon" has been up as the worst have been filled in recently. There is however a major pothole just after you rejoin the 16 Foot, so beware!

Looking ahead there are several changes coming up in the Driving Legislation soon:

Learner drivers are going to be allowed on Motorways – good for those learning to drive, another hazard to look out for, for those of us who learned to drive when the motorways were emptier!

A £100 fine and 3 points for driving in the "closed" lane on a "smart motorway" – so don't drive in a lane with a Red Cross showing on an overhead gantry.

From April VED (Road Tax) is going up one band for new Diesel Vehicles.

From May the MoT is going to be "scored" as Dangerous, Major and Minor. Minor faults will pass, but the other two count as fails. Also a fail will occur if your Diesel Particulate Filter has been removed or tampered with (unless you can PROVE that it was done for cleaning purposes). In addition the emission test has been made harder to pass.

Coming up in the future the MoT is considering a Graduated License for new drivers, with the possibility of new drivers being banned from night-driving!

And finally.....

Despite the weather now is a good time to VOLUNTEER for the Speedwatch Team

– email UpwellandOutwellSpeedwatch@gmail.com stating your Name and days/time you are available.

Please remember that the speed-limit throughout the built-up areas of the villages is 30mph.

Jeremy Teague

THE GREENFINGERS GARDENING CLUB

According to the Met. Office, spring officially starts on the 1st March. I'm writing this on the 26th February at 3p.m. There is thick ice on the fish pond and the lunchtime forecast was that the weather is going to get worse. Let's hope there is a big improvement so we can get started on the many jobs that need doing in the garden at this time of the year.

Apart from the weather it has been a good start to 2018 for the club. We've had very good speakers at both our January and February meetings and we've also gained some new members, which is always good news.

On the **20th March** we have Esther Monro coming to give a talk on WRAGS, which is a scheme to retrain women into farming.

On **Sunday 18th March** we have an outing to Chippenham Park near Ely to see the spring bulbs.

At the meeting on the **17th April** Mary Larham will be talking about growing vegetables. This will be at our normal meeting place, Upwell Methodist Church Hall.

There will not be a meeting in Upwell in **May**: instead we will be paying a visit to Bank House in Marshland St James.

We will be back in Upwell in **June**, as usual, when our speaker will be Peter Green, talking about Wicken Fen, Past, Present and Future.

Meetings are held on the 3rd Tuesday in the month at 7.00 p.m. for a 7.30 start at Upwell Methodist Church Hall.

If you are not a member and would like to come along and meet us ring Val Payne on 01945 772247. She will be happy to talk to you.

Daisy Hearnden

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Upwell Health Centre Winter Newsletter Jan 2018

At the end of January I will have been a GP in Upwell for 30 years. When I arrived here in February 1988 I was appointed as an additional partner to make 4 doctors. At that time the list size was just over 6000 and was starting to grow: Drs Rushmer, Millard and Bevan felt they needed an extra pair of hands to cope with the increase and appointed me. There have been a tremendous number of changes in general practice since then and the job is unrecognisable now compared to that time. When I started patients turned up in the morning, took a number and waited for their turn, we only operated appointments in the afternoon surgery which started at 4-30. In those days we covered the patients 24 hours a day, 365 days a year. The job was less intense in the daytime often with periods where you could recharge your batteries in the afternoon. We still did Saturday morning surgeries and didn't get home until gone 7 most days. When I arrived, I was impressed to find that this was one of very few practices then which had computers on the GPs' desks and recorded all the consultations on computer. This practice has always been forward looking and we have strived to ensure we are always up to date and offer the best possible care, we are very conscious that most of you have no other choice of GP practice to attend. We now have 10,500 patients, 7 doctors, a nurse practitioner and a long-term condition nurse.

2018 is going to be another year of change at the practice. The one which will have the biggest impact on the day to day work here will be the new GP computer system we are changing to in February. We have been using a GP system called Emis for many years but in this area more and more of the practices are using a different system called SystmOne. This system is also used by the community nurses and the hospital also has SystmOne terminals on the wards. We recently decided to change to SystmOne as we feel it will offer the patients a more accessible system and will hopefully address some of the issues we have been having with slow running and crashes. The main impact you will notice is the interface you see when you access the practice computers for repeat prescriptions and appointments will change. We also need to make you aware of the increased accessibility other NHS organisations and staff can have to your records, with your consent of course. Giving

doctors in hospital access to the GP record is something the NHS has strived for for years as it makes sense that any doctor treating you should have access to as much information about your medical conditions as possible. The government did spend billions on trying to set up an integrated system a few years ago but that failed and was scrapped. The current approach is to allow increased access to the current systems we have and make them more interoperable rather than to create an all singing and dancing system everyone can use.

As you would expect changing our main computer system will entail major work and some significant accommodations for a few weeks. The following bullet points tell you the important things you need to know to help you navigate the change smoothly.

- We will be running on the new computer system from the 22nd February. Please bear with us whilst we iron out any initial unexpected issues.
- The new system gives patients the ability to have their medical record shared to other organisations during episodes of care elsewhere. Please ask for a leaflet or see our website for more information about how this works. We will of course endeavour to answer any questions you have.
- Unfortunately, after the 22nd February, patients who use our online services (repeat prescriptions and appointments) will need to obtain a new password and user ID from the practice. We apologise for this inconvenience. It is inconvenient for both patients and the practice but there appears to be no appropriate alternative.

On other matters I am really optimistic the new pharmacy and practice extension I have been trailing for the last few newsletters will come to fruition this year. We are very close to agreeing the final plans and funding arrangements with NHS England. Once we have an agreement and some dates I will do another news letter telling you all about the plans.

2018 promises to be another landmark year for Upwell Health Centre, let us hope it is a successful and prosperous year for us all.

Dr Paul Williams



THE ACORN CLUB

On the 24th January the Acorn Club met to present a cheque for £1600 to the Local First Responders. This was money raised from the previous years' fund raising by members and their friends.

It is with regret that we have to report that this was the last meeting of the Acorn Club as we have become victim to the struggle of finding people to serve on the organising committee and therefore we have to close.

The Acorn Club has been running since 1996 and has managed to fund raise an amazing total of £28,069 for local charities.

We would like to extend our thanks to all who have supported our events over the years.

Liz Ferris



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WEEKLY FRIDAY AUCTION – according to availability of the hall.

We are delighted that the auction is taking place again on a regular basis on Fridays thanks to Vik and her team of helpers and they are also supplying freshly cooked, hot meals throughout the day – phone 07879 005521.

WEEKLY SATURDAY BINGO - according to availability of the hall.

This event has moved from Lakes End to Three Holes and doors open at 6pm with eyes down at 7pm. Hot and cold drinks, snacks and home-made cakes are available – phone 07751 491268.

THREE HOLES BOWLS CLUB MEETS MONDAYS & THURSDAYS

Doors open at 6.30pm with play from 7pm to 9pm. All abilities and new players are very welcome and a session costs £3.50 and includes tea & biscuits – phone 01945 773561.



At THREE HOLES VILLAGE HALL

£3.00 per person. Raffle & Refreshments available.

NO NEED TO BOOK

Sunday 8th APRIL – doors open 1.30, film starts at 2pm **VICTORIA & ABDUL** : (PG)

The extraordinary true story of an unexpected friendship in the later years of Queen Victoria's (**Academy Award winner Judi Dench**) remarkable rule. When Abdul Karim (Ali Fazal), a young clerk, travels from India to participate in the Queen's Golden Jubilee, he is surprised to find favour with the Queen herself. As the friendship deepens, the Queen begins to see a changing world through new eyes and joyfully reclaims her humanity.

Sunday 13th MAY, 2pm: PG, 124 mins

Hidden Figures tells the incredible untold story of Katherine Jonson (Taraji P. Henson), Dorothy Vaughan (Octavia Spencer) and Mary Jackson (Janelle Monae) – brilliant African-American women working at NASA who served as the brains behind the launch into orbit of astronaut John Glenn, a stunning achievement that turned around the Space Race. The visionary trio crossed all gender and racial line and inspired generations.

Sunday 10th JUNE, 2pm: **FILM TO BE CONFIRMED**

Upwell Jazz Club 2018

Christchurch Community Centre (Sat Nav PE14 9LL)

Sunday 29th April

Guests: Myke Clifford – saxophone/flute/vocals
Heinz Hunt – saxophone/flute/dancing
Nigel Portass – keyboards
Will Sivler – drums

This session sees the saxophones and flutes of Myke and Heinz doing battle once again, with the added attraction of Heinz doing his 'Strictly' impressions.

Also back by popular demand is Will Sivler on drums.

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

Upwell Jazz Club 2018

Christchurch Community Centre (Sat Nav PE14 9LL)

Sunday 27th May

Guests: Tom Melvin – vocals
Steve Waye – guitar/vocals
Nigel Portass – keyboards
Russell Keay – drums

Once again a very warm welcome back to Tom Melvin and Steve Waye. They will be entertaining you with classic music and songs from the era of the Great American Songbook. This morning they are supported by the talents of Nigel Portass on keyboards and Russell Keay on drums.

Time: 12.30pm - 2.45pm Admission: £6.50 Accompanied under-16s
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UPWELL PARISH COUNCIL



Norfolk Fire & Rescue Service- Outwell Fire Station

Firstly I would like to report that for the first time in over three years Outwell Fire Station is not one of the stations listed within NFRS website as recruiting, and needing new crew members. We now technically have a full complement, consisting of 10 permanent crew members plus two additional support crew for drill periods. As a result Outwell Crew has been selected to receive an Award for its outstanding methods and success in recruiting, at our Annual Making a Difference Awards Ceremony in March at County Hall, Norwich. All crew members shall be attending. Thank you all for your ongoing support.

We have in the last week had two new starters at our station; Both Duncan Perham and Keith Game have passed all their theory, practical, fitness and medical assessments first time. We shall now be training them up ready to attend their two week Induction Course commencing on the 16th March. We wish them well for this next stage of their development.

As you may have seen & heard, we have been able to respond to many incidents recently ranging from serious RTC's, building fires and large animal rescues. We have also today responded to an incident which involved releasing a trapped teenager from a toddlers swing

in Outwell. It all seems very amusing you may feel. With a bit of common sense this could have been avoided, allowing two appliances to be available for real emergencies.



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Upwell Jazz Club 2018
Churchfield Community Centre - (Sat New PE14 8RL)

Sunday 24th June
Guests: Tina May – vocals
Brian Adams – trumpet/flugel horn
Dave Newton – piano
Liam Skeggs – double bass
Mike Smith – drums

The group have worked with the group who is playing in the jazz club.
Fast-selling tickets from the Green, Peasack, Sogwood and Big Bull Duns
come early to get a seat and avoid frustration from some of the local area business.

Time: 12.30pm - 2.45pm
Admission: £6.50 Accompanied under-16s Free
Bar, fresh rolls, crisps and sandwiches available
More information from Nigel Smith on 01945 773721

Upwell Jazz Club 2018
Churchfield Community Centre - (Sat New PE14 8RL)

Sunday 29th July
Guests: Laura White – vocals
Ross Bradbury – saxophone/flute
Derek Chesham – trumpet
Nigel Parkes – keyboard
Dave Jackson – drums

The session sees the return of the now-popular Laura White singing
an eclectic mix of soul-blast numbers from Billie Holiday to Cole Porter.
Fantastic entertainment – come early to avoid disappointment!

Time: 12.30pm - 2.45pm Admission: £6.50 Accompanied under-16s Free
Bar, fresh rolls, crisps and sandwiches available
More information from Nigel Smith on 01945 773721



Meeting Dates For 2018

Unless otherwise stated, all meetings will take place at Upwell Village Hall. 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.

- April 9th**
PARISH ASSEMBLY 6:30 pm
- Full Council 7:00pm**
- Tuesday May 8th**
A.G.M. 7:00pm
- June 4th**
Full Council 7:00pm