

Summer 2019



Community Magazine

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**Copy Date for
Autumn
Edition
is
Friday
August 30th**





FROM THE CHAIRMAN

As many of you may know at the recent elections for the new parish council there were some changes to the council. Prue decided to step down from the role of chair after many years of unstinting service and therefore the council had to elect a new chair. I had decided to return to the council following my retirement from full time general practice last year and the other councillors did me the honour of electing me the new chair at the AGM in May. I'd like to take this

opportunity to thank Prue for her exemplary service as chair and also the councillors who decided to step down at the election for their service to the community too.

This is not the first time for me on the council: I served two terms including two years as chair in the 1990s. I stepped down from the council after the birth of my youngest son in 2004 as, with work becoming more intense, I didn't feel I could give him the attention he needed and maintain my council work.

Since I have been out of the loop for some time I am going to first use my time to take stock of where the council is and what it is up to before interfering or taking any new initiatives. Certainly the recent work the council has been doing on the new **Neighbourhood Plan** is very impressive. I have been through the document and am fully behind the plan. One area I have suggested we strengthen the plan is in the area of

transport. The plan rightly points out the difficulties we have in the parish with public transport, although the recent changes to the bus provider has improved things I believe.

We need to make sure the parish is fully involved with **community transport** as this can be a lifeline for the many people without independent means of transport. **West Norfolk Community Transport** is a vital organisation in this area which provides services. The two main services are the **Dial-A Bus** service and the **Well-Being Transport**, a service provided by volunteer drivers and organised through West Norfolk Community Transport. Prue and I had a meeting with West Norfolk Community Transport recently and they are providing information we are going to include in this and future editions of the newsletter.

The Dial-a-Bus service will transport you from Upwell to Kings Lynn on Tuesdays, from Lakesend, Three Holes and Upwell to Kings Lynn on Wednesdays. You can also get from Upwell to Downham Market on Thursdays. Phone 01553 770310 for details,

The Well-Being Transport will take you to hospital and health centre appointments but this service relies on volunteer drivers. We don't have many in this area at the moment so can I urge you, if you have the time and want to help in the community, to consider volunteering. I am told most car insurance policies do not prevent you using the car in this way and you will get paid 45p a mile to cover your expenses. The number to call to book a car or to volunteer is 01553 776971.

Paul Williams

Councillor Profile: Christine Aston

Firstly I shall start by saying that I'm looking forward to serving on the council and assisting with any matters that I can. I moved to Upwell with my husband in 2002 and joined the Upwell Playing Field Committee in 2004, becoming Vice Chair after a couple of years and then eventually Chair, a position I still hold today. With the UPF committee, we have successfully fund raised to develop a new pavilion and maintain and improve the field facilities where we can afford to do so and I am very proud of the efforts of our small committee. On a more personal note, I'm married with 3 children and 4 grandsons. Born in London, raised in Cornwall, have lived in Essex and Spain. I'm employed by a Cambridge based Independent Financial Advisory company as an Employee Benefits Specialist and as I wrote my own contract, have flexibility as to when I work and from where. My second 'job' is writing and I am a published children's author and currently working on a couple of projects.

Councillor Profile: Andrew Harrison

I have been a member of Upwell Parish Council for the past 20 years. I was born and bred in Upwell and have lived and worked here all my life. I attended both Upwell Primary and Secondary Modern School, and upon leaving school immediately started my working career at the former Colin Chamberlain Builders Merchants, Carpenters and Joiners shop in Town Street. I worked there for 13 years before making the step to becoming self employed in the same trades I had been taught, and have remained self employed for the past 24 years. My wife and daughter also both work locally and my son is at CWA King's Lynn.

Councillor Profile: Keith Harrison

I have lived in Upwell for over 60 years in which time I have got married, raised a family and carried on the business of farming. Also I have been on the Upwell PC for a number of years.

Councillor Profile: Richard Melton

I've lived in the village for the past 15 years having married a true Upwellian and lost the toss over where to set up camp. I'm pleased I lost as together we have made Upwell our forever home raising three children, all of whom share our passion for the village and wider Parish. My work is predominantly based in March where I am director of a business which specialises in the design and supply of steel framed buildings. This will be my second sitting as a Parish Councillor and sees the continuation of my appointment as Vice Chairman, I'm extremely proud of the work done in past years and very much look forward to contributing further efforts to maintain the services and facilities of the Parish.

Update from the back benches.

Long before the election that never happened, I had decided to stand down as Chairman of the Parish Council and am very pleased to welcome Dr Paul Williams as my successor, as well as Christine Aston, Meggan Mercer and Colin Rose as new members. I'm sorry to say goodbye to those who decided not to carry on.

I have been in the chair for 8 years and it's time for someone to take a fresh look at what Council does and the way things are done and I'm sure Paul will bring his immense skills and ability to lead us onwards.

I decided to stand for election as there are projects that I would like to see through to completion, not least the Neighbourhood Plan and others with which I would like to involve new Councillors, not least this Magazine! I'm pleased to say that Christine and Meggan have offered and I look forward to working with them, I expect they will have fresh ideas, which will be very welcome. Meggan is keen to make use of Social Media as a means of communication and I will be very pleased to see that happen.

I've lived in Upwell for over 30 years now - and served on the Council for 16. In that time much has happened in the Parish and the wider world. There have been many changes to both – but ongoing is Council's commitment to work on behalf of the Community and our Villages and to listen to your concerns - and the tradition, going back to the late 1890s when Parish Councils were first formed, of holding monthly meetings to conduct our business in public. The new is and must be welcomed but the old still has value.

Closing, as I have done many times, with thanks to Editor Steve Calton, those who have contributed to this magazine, the noble army of Distributors and the Advertisers whose support make it all possible.

Prue Lester

Meet Meggan Mercer, one of our new Parish Councillors

Twelve years ago, at the age of thirteen, Meggan moved to Upwell and attended Downham Market High School. She has

spent the last three years studying Environmental Science at the University of East Anglia, focussing mainly on climate change, the resulting effects on the earth's processes (hydrological cycle, carbon cycle and the oceans) and how to adapt to, or mitigate, these changes – renewable energy, land and water management. Her independent projects and research have been within Norfolk/East Anglia and the changes we will observe here.

During her studies she has had a part time job, first as a seamstress, making school wear and merchandise clothing; and then as a self-employed GCSE Maths tutor. Before this she worked full time at R. Delamore Ltd (now Volmary) as a Business Administrator Apprentice and Purchase Ledger Clerk. With her graduation imminent, she has been employed during the summer by Norfolk County Council and TITAN as a Travel Trainer for young adults with special educational needs.

Meggan is one of a family of eight children; her mum and younger sister are also living in the village. She has a very loyal cat called Ronald, after Ron Weasley; and is currently in the process of renovating a property on School Road with her boyfriend, Glen Stittle. They are endeavouring to blend environmentally friendly features into the build along with her whacky interior design ideas. (Sounds fascinating!)

I asked Meggan what motivated her to join Upwell Parish Council and she said that being in Norwich taught her what it means to love the place you live in. She realises she is very much a country girl, feels fortunate to be here in such a picturesque village and thinks everyone should take pride in the upkeep of their environment. She praised both current and previous councillors for their achievements regarding the maintenance and improvement of the village up to now, and expressed a wish to learn from them in order to make the best decisions for future developments. Her awareness of the importance of environmental issues fosters a desire in her to

focus on changing unsustainable processes for more sustainable ones. She is pleased to see there is already evidence for this in the switching to LED light bulbs in the street lights.

Meggan would like to preserve the peacefulness and tranquillity of this village and hopes there will always be easy access to the countryside. She would like to improve the community engagement and voice of the Parish Council as she has perceived there are many issues brought forward by other means, such as facebook, but not at meetings because a presence is lacking. She is wondering if there may be a way to merge the two. In common with many of us, she would like to eliminate speeding from the village along with the amount of dog faeces and litter about the place. She realises this is a difficult issue

which has already occupied many hours of her fellow councillors' time and believes it will require a team effort involving the police, councillors and the residents of Upwell working together to make this change effective and permanent. Meggan's hobbies include upcycling, playing the piano, guitar and flute as well as singing, sewing knitting and other crafts. She has always volunteered her time and was, most recently, a Project Volunteer in Borneo working in orangutan conservation for International Animal Rescue. Before this she led a team to the summit of Ben Nevis, raising money for Prostate Cancer UK; and worked with Wisbech Town Team and Wisbech Town Council to re-vamp the switching on of the Christmas lights in Wisbech as the Entertainment Coordinator, as well as building set/props for the Angles Theatre, Wisbech. As a parish councillor, Meggan expressed a wish to improve the village for generations to come. With her track record, it looks as though she is more than capable of doing this. I am sure we all welcome her, wish her luck, and look forward to seeing what she will achieve alongside her fellow councillors.

Sylvie Short





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 Wednesday 18th September – The Range, Hunstanton or Sandringham
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Club Christmas lunch – Date and venue TBA
 Bus fare £20
 Pick-up starts in Upwell at 9am
There is no parking at Hircocks

Please ring Hazel for details on 01945 772327

Tram Project - some good news for Upwell

Over the last two or more years the hard work of a dedicated group of volunteers, supported by the Well Creek Trust and also, more recently, by SDM Fabrications Ltd, is about to pay off!

Following the article in the Spring edition of this magazine, the Tram Project team members were delighted to receive an anonymous donation of £500 from a member of the public. This, together with other donations already held by the Well Creek Trust, has enabled the team to purchase the period railway materials needed to build the Upwell Memento that will be installed near the Health Centre, the former site of the Upwell Tram Depot.

A grant application for £463 has also been made to the BCKLWN Small Grant Fund and, if this is successful, the money will be used to publicise and pay for an event at the Upwell Village Hall to mark the unveiling and launch of the Memento. Look out in June for, hopefully, an announcement that the application has been successful and a date for the event can be set.

Sue Lowe

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Green Fingers Gardening Club

We are now well into the gardening year. By the time you read this, roses should be in flower, hanging baskets in place, many will be planting out their summer bedding ... and the veg patch will be in full production. The longer days mean that we can all spend more time in the garden, possibly with a G&T and a good book or this Parish Magazine.....

I thought I would give some general information about the club. It was formed more than 25 years ago by a group of enthusiastic gardeners living in Upwell and the surrounding area. Some of these are members still. The impressive logo was designed by David years ago, before such things were fashionable. We normally meet once a month and there are 30-40 members led by a small but active committee. Currently, annual subscriptions are £16pp or £24 per couple. Various competitions are run at intervals throughout the year with the winner receiving a trophy, which is held for a year.

We have a Summer Supper evening in August and another social gathering in December. We also try to view members' gardens at various dates throughout the summer. There is no compulsion to be involved but some members are justifiably proud of their efforts and welcome the opportunity to show it to the others - others are happy just to serve tea & cake with their garden as a backdrop.

We try to get to gardens further afield too. At times there is enough interest to run a coach to an RHS Garden. We have been to Hyde Hall (Essex), Wisley (Surrey) and Harlow Carr (Yorkshire). These gardens are all worth a visit if you are ever in the area.

Our monthly meetings take place on the third Tuesday in Upwell Methodist Church Hall starting at 7.30pm. On June 18th Neil Callam will be speaking to us about the making of a Fenland garden. On July 16th we will hear about 'The Gardens of the National Trust'. In July we are also involved in village events: 7th July Upwell Village Fete where we will have a stall selling plants & books

20th July Coffee Morning & Open Garden at Rosebank, 72A Small Lode 10-2pm - see the advert on page 18. Come along and meet some GF members & you never know - you may be tempted to join us.

Blunt Family Trust News

As promised I am going to continue to provide regular updates on the progress in getting the trust to the point where we can start taking applications for grants and the progress of the nature reserve.

Progress is infuriatingly slow with getting our charitable status. The charity commissioners are absolutely clear we can't register until we have a bank account. We have money to put in the account but so far we have been frustrated in our efforts to open one. I am hopeful we will have managed to get an account open in the next few weeks in time to get our application in for charitable status before our launch meeting in July.

Yes, we plan a launch meeting. We have booked Upwell Hall for the evening of Wednesday July 17th and hope to be able to have all the information available then about what we intend for the trust and how people can apply for grants etc. Just to make it clear to anyone who has already approached Tony Davies about getting a grant we will be starting from scratch with an application process the trustees are working on at the moment. We

will have written details available on the night of the launch meeting. However, I think it worth telling people now that any major grants will require match funding from the applicants and a robust business plan.

We are very keen to get the nature reserve open as soon as possible. We are planning to have a path through the reserve suitable for pushchairs and wheelchairs and also hope to plant new trees to form a distinct edge along each side of the reserve to encourage wildlife and improve the appearance of the reserve. At the moment entry and exit to the reserve is planned to be from the St. Peter's Road end where there is a small car parking area. We are working on getting an access point off Stonehouse Road but at present that end is not officially a way in or out of the reserve.

If you want to help we will be looking for volunteers to help with the maintenance of the reserve. Charles Martin is the trustee who has formally taken on the responsibility for the reserve so let him know if you'd like to help. Phone 01945 772239.

Watch this space for future updates.

Paul Williams



Hello from Upwell Academy FOSA! What a busy springtime we have had! Firstly we would like to say a huge thank you to all of our volunteers who continue to support the organisation by sharing their time, ideas and talents that make FOSA such an important part of school life for the children at the Academy. We have been delighted by the number of new volunteers who have come forward this year and also for the ongoing support of the teachers and staff at the school.

We held a FOSA disco at the end of March, which was, as always, great fun for the children and for the volunteers. The children took part in dancing competitions and were provided with glitter tattoos, glow sticks, refreshments and a goody bag to take home. Also in March our Year 3 and Year 4 students were lucky enough to have a sleep over at the Academy with a little night time treat provided by FOSA. The children enjoyed milk and cookies before lights out.... which hopefully helped for a restful night!



In the run up to Easter we asked for donations of Easter Eggs from parents/carers and from the local community to enable us to hold an Easter Egg Tombola on the last day of term.

The number of very generous donations blew us away so thank you once again. We were equally blown away by the length of the queues at the tombola stall, which stretched across the playground. There were lots of lucky winners and smiling faces!

Phil The Bag collections took place in April and May, which provided us all with an opportunity to have a spring clean. We have further collections planned throughout the year and will advertise these through our Facebook page, our notice board (located outside the entrance to the school office) and through local businesses. The Parish Council has kindly agreed for us to use the Upwell Village Hall as a "drop off" point for any donations that you may have. The hall will be open every Monday, Wednesday & Friday 2pm till 4pm and Tuesdays 9.30 – 11.30am so please do feel free to leave bags in the entrance hall when we are campaigning. Any donations of unwanted clothing, hats, shoes, belts, handbags, and household textiles including sheets, pillowcases, duvet covers, curtains or towels enable FOSA to turn this into money towards the Academy! Collections can also be arranged throughout the local area prior to each event so please email Upwell.FOSA@Gmail.com to arrange a time and date for your collection.

We now have a fantastic new FOSA logo, which was designed by one of our many talented students, Ethan

Coker. Ethan's logo was selected by the Academy Senior Management Team as part of a competition throughout the school, which invited all of the children to create their own design. There were some amazing entries and all of the children put in so much thought and time so well done to everyone who submitted an entry. Ethan was presented with a £10 gift voucher and a certificate by Nicky Elmer.

Following in FOSA tradition we will be providing all Year 6 students with a leavers hoodie to remind them of their time at the Academy and to wish them well in their futures as they move up into secondary education. We will also be providing our new starters in reception class with Upwell Academy book bags when they join the Academy in September.

There have been a number of concerns over parking and traffic issues outside of the Academy and along School Road. FOSA have been working closely with Mrs. Norman and the Parish Council to devise a safety campaign which focuses on the traffic issues and to ensure that our journeys to and from school are safer for us all. We held two meetings recently to discuss these problems including a number of near miss incidents involving children directly outside of the school. The meetings were well attended and some great ideas were put forward, which demonstrated the level of support driving a future safety campaign. The actions and outcomes of the meeting were as follow:

- FOSA will provide funding for some banners to be attached to the railings and a bollard to support the yellow lines when they become enforceable.
- Upwell Academy will trial opening the gates 5 minutes earlier to allow a 15 minute drop off window.
- The Globe Pub have authorised us to use their car park for AM & PM drop offs. This will hopefully ease the number of cars parked on School Road to reduce the congestion.
- We have created a map, suggesting alternative areas to park and other ways out of the village, which we hope will reduce the number of 3 point turns along School Road.
- We are being supported by local emergency services to show the impact that yellow lines parking can have.

Please help us to make our village safer for our children and all residents by supporting our campaign. Should you have any ideas of your own regarding road safety issues outside of the school then please do not hesitate to contact us.

We 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. And finally we would like to wish you all a very, happy, healthy and sunny summer.



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UPWELL PLAYING FIELD COMMITTEE

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Well our AGM has been and gone –! Committee re-elected en-bloc!



Car boot sale season has got off to a good start – one wet Thursday morning 9th May, not bad but the bills still have to be paid wet or dry Thursdays. Grass cutting is well under way - now weekly, main field and children's play area.

Our first two Horse and Pony Shows have been well attended: glorious sunshine for Easter Saturday in April and a complete downpour on May 18th, but the judges and competitors still carried on showing and riding. We have been fortunate that we have had a very good "turn out" of not only light horses, but a very good turnout of the Heavy Horse brigade, Shires, Percherons, Clydesdales and Suffolks. In-hand Judges are Carole Bartram and Paula Ryan, Ridden Judges Polly Drew and Emma Scotney. Next show Saturday 15th June.



Our next big event will be our Weekend Event 6th and 7th July – Saturday 6th is PARTY IN THE PARK, live music, bbq – BRING YOUR OWN drinks in PLASTIC containers only or cans - NO GLASS, Tea, coffee available. Sunday 7th is our SUMMER FAYRE day, with vintage and classic vehicles,



stalls, afternoon tea tent, Fenland Raptors, arena displays. Bowls Club bar will be open – DO NOT BRING YOUR OWN

If you would like to be involved, need a stall form or a form for vehicle display, please contact Ros 01945 773604 or Christine 01945 774060. Raffle tickets will be on sale before the weekend, in local shops and with committee members. Raffle prizes welcome to Pat Moat on 01945 772257

To operate, as with all committees, we struggle for members. We meet once a month throughout the year in the pavilion – usually on a Tuesday evening 7.30pm. If you have moved to the village recently and want to get involved in village life – come and join us. I am usually about most days, particularly on a Thursday at the pavilion; come and have a chat.

If you would like to sponsor an event – Horse and Pony Show class £10 per class, donate raffle prize, sponsor our Summer Fayre or Party in the Park please let us know.

Some of our events we need posts knocking in, items moving, but there is always tea, coffee and sometimes a bacon roll payment, and camaraderie!

We look forward to meeting you all again during the summer.

Speed Posters Competition

While on our Speedwatch outings I have been amazed by the vast numbers of speeding vehicles driving around our villages (large numbers of which are parents taking children to school, nearly always running late but still trying to get their offspring to school on time ..REGARDLESS).

This got me thinking...perhaps we could get the children to help us to at least try and slow the parents down a little.

I approached Mrs Norman, head teacher at Upwell Academy and asked if she would mind getting some of the pupils to design a poster with a speed theme.

She agreed and years Two and Three got involved, the results were amazing - thank you children.



Unfortunately we could only pick two winners (one from each class as my wallet would not stretch to any more !). There will be a prize for each winner and I have had their

pictures enlarged. These will be displayed at various points around our parish.

Winner from class two...Emily Wyllie
Winner from class three...Libby Bennett

Once again, a BIG

THANK YOU to everyone who took part and to Mrs Norman for allowing it to happen.

It was very difficult choosing winners as all the entries were excellent, let's hope your efforts have some effect on the drivers who speed through our villages.

Bob Johns



The end of the academic year is fast approaching and we still have lots to fit in. Our younger children will be visiting Hunstanton and the sea life centre to further their learning in science. KS2 will be visiting the Harry Potter studios in

London toward the end of June and we are all very excited (including the staff!).

Year 5 and 6 had a wonderful time at residential this year. It was very cold but we were all kept busy with six different activities each day. This ranged from driving go karts and beach buggies, to zip wires and lazer tag.



Key Stage 1 have enjoyed learning about life cycles and having the experience of actually seeing this happen with chicks, tadpoles and caterpillars....who we hope will become butterflies before we break up for half term.

Our curriculum this year has been supported through the use of films, and our classes were named after them. We are busy working on our new curriculum for the coming academic year, which

films we will use and also what we will call our classes. And as always, we will try and fit in as much fun as we can. The staff and children always work incredibly hard, but we want to ensure that the children see learning as something which is enjoyable and not a chore.

I am really pleased to be able to say that a pre-school at Upwell

Academy is finally on its way. It is something which the Governors and I have tried to pursue for many years and I am so excited that we are almost there. The Little Sunshines pre-school has been registered with Ofsted and places are filling fast. The pre-school will be located within the school which will ensure close links between the pre-school and the academy, it will also enhance transition when it is time to move to the Reception class. They will be familiar with where things are, some of the staff and children and also the school grounds. I am sure this will reduce some anxieties too that parents have when children join school full time. I am sure the pre-schoolers will enjoy growing things in our garden, using the trim trail and listening to some wonderful story times in our library.

We also have places in our reception class for September 2019 so please come and have a look at the wonderful things we do at Upwell, meet our fantastic staff and see the changes we continue to make to the structure of the school to ensure it works for us as we grow. There are a couple of exciting changes

happening for the reception class including improved access to the outdoor area and covering to some of the outdoor area ensuring the children can have free flow throughout the day whatever the weather. Sorry staff – time to wrap up!



At Upwell Academy we are fortunate to have lots of outdoor space. We have the river side garden which KS1 have been enjoying this term. There is a huge field for lunchtime activities, after school clubs, sports days, picnics etc. We have an outdoor amphitheatre for our budding bards. We have one area with raised beds for growing; This currently has some sun flowers being grown in it....and some buried cheese!! You will need to



speak to our year 2 children to find out why. A project we are currently working on, and hope to have finalised for September is a sensory garden. We want to create an area where children can experience the five senses and have an area of calm where they can take time out when they need it. I have so many ideas and am struggling to pick a few for each of the senses. One thing I am certain about is that the children will be very involved (including pre-schoolers) and will have something

in the garden which they have created. I hope to be able to share before and after photographs with you in the not too distant future. No pressure Mrs Norman!

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Upwell Hall is revamping its social media presence and welcomes everyone to join us to make our Facebook page @upwellhall a hive of activity and see what's going on at the Hall during the year, find out how to contact us and how to hire the hall for events. We'll shortly be adding an event calendar and other features to the page.

We want to know what activities and events you would like to see take place at the hall and how we can make it the first choice for hire locally for all your special events, be it weddings, christenings, parties or something else. The hall has a fully licensed bar and can hold up to 200 guests.

We will be launching a survey via Survey Monkey, to gather your thoughts and ideas, so please join us on our Facebook page and help us shape the future of the hall.

Want to volunteer and be part of the Hall Committee? We'd welcome new members and your involvement, so please get in touch and find out how you can help!

YOUR VILLAGE HALL



News, Dates & Events

Sunday June 30th 5th annual Yard sale – still time to book in and earn some extra cash from unwanted items in the attic! Some 25 yards already booked, contact Linda Carr 01945 774145

Next two events are something new for Upwell Hall - Wednesday

July 10th Hypnotherapy evening contact Sam Hester 01354 610016

Wednesday **July 31st Medium evening** contact Sam Hester 01354 610016

Sunday November 3rd Annual Christmas Craft Fayre contact Amanda Williams 01945 772946

Wednesday December 11th Father Christmas is at Upwell Hall, further details later.

Tuesday December 31st New Years Eve Celebrations contact Ros. Shorting 01945 773604.

Further events will be advertised in the near future.

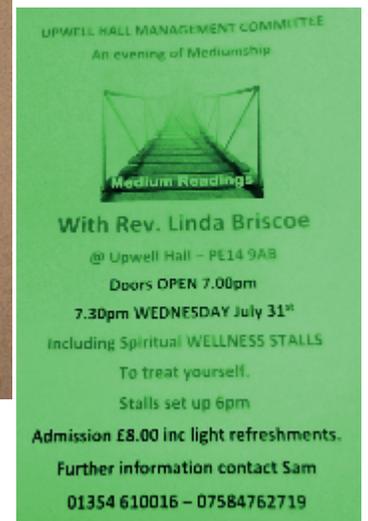
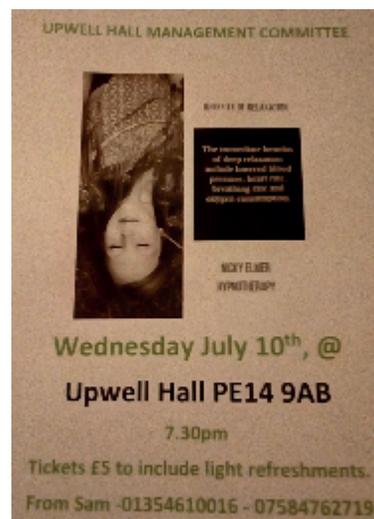
An evening with local Artist **Ian King** was held on Wednesday May 8th, usual chat and painting evening. The painting was of a Yorkshire scene and was raffled and won by Audrey Hindle of March. It is hoped to organise painting classes with beginners and improvers.

200 CLUB WINNERS – 2019

JAN: £25 Pam Poole £15 Jill Day £12 Hannah Poole
 FEB: £25 Linda Carr £15 K. Timson £12 Helen Hartley
 MAR: £25 D. Marchiotta £15 C. Oakey £12 J. Saunders
 APRIL: £25 Leigh Didwell £15 Russell Lister £12 W. Smith.
 MAY: £25 Brian Ball £15 Francesca Carter £12 S. Trotman.

June will be the half yearly draw.

We do have space for weekly hirings in the main hall– Monday mornings, Tuesday afternoons, all day Thursdays, and Friday morning subject to any prebooked weddings. Wednesday and some Friday evenings available. Regular hirings 10% discount Further information by contacting upwellhall@talktalk.net or 01945 773604.





Neighbourhood Watch wants YOU to become.....



With fraud accounting for more than half of the UK's reported crime, it's time for us all to take a stand.

Scams come in many forms; uninvited contact is received by email, letter, telephone or in person, making false promises to con victims out of money. The most common scams include fake lotteries, deceptive prize draws or sweepstakes, clairvoyants, computer scams and romance scams. Postal, telephone and doorstep scams are often targeted specifically at disadvantaged consumers or those experiencing a period of vulnerability.

Criminals attempt to trick people with flashy, official looking documents or websites, or convincing telephone sales patter, with the aim of persuading them to send money, buy an overvalued or non-existent product, make a premium rate phone call or share their personal information. Doorstep scams are crimes carried out by bogus callers, rogue traders and unscrupulous sales people who call, often uninvited, at people's homes under the guise of a legitimate business or trade.

Friends Against Scams (FAS), an initiative run by the National Trading Standards (NTS) Scams Team, is empowering people to take a stand against fraudsters. The FAS online training tool takes around 20 minutes to complete and can be found on the website. People can also complete the training at a face-to-face session if preferred and these events are advertised on the Friends Against Scams website. The NTS Scams Team have already presented the session at two Neighbourhood Watch fraud awareness days in High Wycombe and Aylesbury and are due to do more.

Once someone has completed an awareness session, they become a Friend Against Scams and are asked to make a simple pledge (such as talk to family and friends about what they have learnt). The NTS Scams Team are looking to train one million friends by 2020.

Neighbourhood Watch can help the NTS Scams Team reach its goal and help to protect the most vulnerable people in our communities.

For those who would like to do more after becoming a Friend, there is a short training video (also on the website) to become a SCAMchampion. SCAMchampions are volunteers who want to spread the message and hold their own FAS awareness sessions. Once registered they gain access to all of the session resources, they can advertise their sessions on the website and also update the number of Friends they have trained.

Neighbourhood Watch would like to invite everyone to complete the online learning and help people in their community to avoid being scammed out of their hard earned money. Scams are fraud, fraud is a crime. For advice on where to report scams and to get extra help with these issues, please use the toolkit on the Neighbourhood Watch website or visit: www.FriendsAgainstScams.org.uk. And to get in touch with the Friends Against Scams team, please email FriendsAgainstScams@surreycc.gov.uk

Jane Sutton Co-ordinator

Email – janesu2@coversure.co.uk

Tel: 01945 738869



<https://www.ageuk.org.uk/information-advice/care/housing-options/adapting-home/finding-tradesperson/>

How to find a good tradesperson

When you need a job doing around the house, it's important to find a tradesperson with the right skills and approach. This can save you money, time and frustration. Find the right person for the job with our tips below.

How do I find a trusted tradesperson?

Ask family and friends for personal recommendations. This is often the easiest and safest way to find a tradesperson who will give a quality service.

Use the [TrustMark](#) tool to find tradespeople. TrustMark is the only government-endorsed scheme for all trades in and around the home. Search for reputable organisations and reliable tradespeople using your postcode.

Contact your local Age UK. Ask about our 'Trusted Trader' scheme or see whether they offer [handyperson services](#).

Be wary of traders who knock on your front door unexpectedly looking to get work - don't feel pressured to hire them. If in doubt, always say no, close the door, and if necessary, contact the police.

What should I do before I hire a tradesperson?

Get at least three quotes and compare prices – make sure you confirm exactly what's covered by the price for example, (labour and materials) so you know what you're getting for your money.

Check credentials and trade licences – for example, boiler engineers must be Gas Safe registered.

Ask for references and speak to previous customers.

Find out how long they've been in business.

Get contact details – including an office address and landline phone number.

How can I avoid problems with tradespeople?

Give the tradesperson a clear brief

Be specific and set out a clear, detailed brief, except for very small jobs. The brief should describe what work needs to be done in the greatest detail possible. Things to consider include:

- the materials the tradesperson will use and what you will supply
- whether subcontractors such as plumbers are included in the cost
- cleaning up and getting rid of rubbish.

Get a written contract

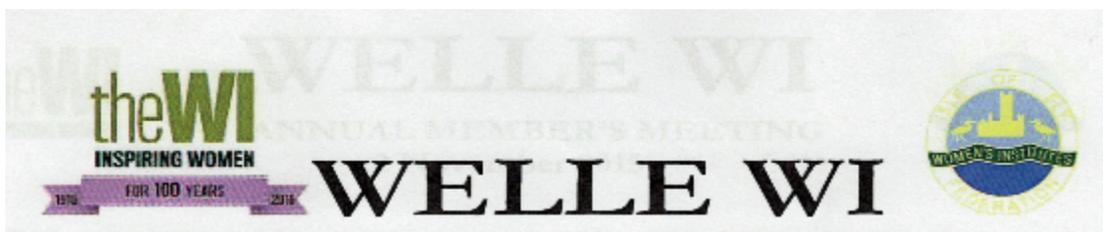
For any medium or large jobs, you should insist on a full legal written contract as it offers you protection if anything does go wrong. Agree on any stage and final payments before work starts.

Don't make advance payments

Only pay for work that has been done. Where materials need to be bought in advance, it is reasonable for the trader to ask you to pay a fair percentage of these costs as the job progresses.

Check building regulations

For certain types of work, you may need to get a building regulations compliance certificate from your local council. This certificate proves that the work is safe and has been done to the right standard. If your tradesperson is a member of a Competent Persons Scheme, a government-run accreditation programme, they can provide your certificate for you.



Welle W.I. have enjoyed a good beginning to 2019 with a variety of activities that have taken place over the last few months. These included talks on acupuncture and book writing, along with flower arranging, bag stamping and keep fit chair.

The talks were both entertaining, informative and humorous as were the keep fit and bag stamping. Some of our members have a very well developed artistic flair and some have a very well developed humorous bent. In all something for everyone.

Future meetings will include a talk on 'Who Gets Granny's Spoons?' our annual cream tea event and an open meeting in August, (where non-members of the W.I. can attend) to listen to a Speaker on 'Murder, Sex and Mayhem' with pudding and punch as extras. This will be followed by our Harvest Supper and Games, a drumming workshop, our AGM with fish and chip supper and lastly for the year our Christmas party, which will include Welle's Got Talent.

Sounds fun? Come along at any of our meetings for a nominal fee, meet new people, make new friends and join our growing community. We meet at the Upwell Village Hall on the first Monday of the month for 7.30pm start.

We look forward to seeing you there.

For any enquiries please contact our President Muriel Johns on 07809743805



Three Holes Village Hall & Playing Field

Page 13

Charity no. 304483

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

www.threeholesvillagehall00.org.uk

The Three Holes Village Hall & Playing Field is a charity owned by the village of Three Holes. It has no guaranteed funding from any source other than its own efforts.

If you haven't been into our hall for a while or ever, we can tell you that the main hall is light and bright, fully licensed and has capacity for up to two hundred people plus a good-sized stage, purpose-built bar/food servery area and a very spacious, well-equipped kitchen. Wi-Fi broadband is also available – just ask for details.

The committee works constantly to attract grant funding and, as a result, has been able to purchase professional audio-visual equipment (including fully installed digital projector, cinema-

sized screen, PA system, DVD and CD players, mixer and amplifier).

So, what's stopping you - why not hire it? It's fantastic for family parties, weddings or to start an exercise class, set-up a club or hold your business meetings. **You can book & pay online at www.threeholesvillagehall00.org.uk or phone Helen on 01354 610318 .**

We are always keen to hear from people who would like to get involved and we may also be able to help you apply for grant funding to set up a new community group, activity or club. If you would like to chat about your ideas

contact Sue on 01945 772824



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How does a CCG work? – Blog 23

As I write this it is the end of May and we are all looking forward to the summer. This is a time when we have just finished wrapping up the last financial year and are busy making plans to allow us to continue to offer a high standard of health services in the area for the next 12 months, while also delivering the financial savings demanded of us by our regulator NHS England and Improvement.

In this edition of my newsletter I thought I would try and explain to you what it is we actually do at the CCG, and how you can learn more about our activities and decision making.

We have received a budget from the NHS of about £293 million for the year 2019/20. That seems a staggering sum yet, when our costs and the money we need to pay to all the providers of care within the CCG area are taken into account, it means that we are going to have to save about £12 million just to break even.

CCG stands for clinical commissioning group. Commissioning is what we call the process of deciding what services we want a provider to do for us, and then agreeing a contract to ensure we get what we pay for. For example we have a contract with Queen Elizabeth Hospital in King's Lynn to provide urgent and emergency care. That means paying for them to treat you when you go to A&E or are sent in by your GP with an acute illness, such as appendicitis. Within that contract there are targets the hospital have to try and meet, like the famous one about being admitted or discharged within 4 hours when you attend A&E. We monitor the performance of the hospital and every two months we publish a Finance and Performance report which lists exactly how the hospital has performed on all its targets or indicators.

As well as the urgent care contract we also have a contract with the hospital to provide what we call planned care. This is where your GP refers you to outpatients and the hospital decides you need some treatment, for example a new hip. The cost of the procedure is laid out in a tariff published by NHS England, and when the hospital carries it out, it is paid that cost. This means the more elective work it does the more it gets paid. Again there are targets the hospital has to meet in this area, and these are also included in the Finance and Performance report I mentioned earlier.

Another measure we have of the hospital's performance is the Delayed Transfers of Care (DTOCS) statistics. These are the numbers of people

who are medically fit for discharge but have not been discharged because there is nowhere for them to go in the community: patients you may have heard described in the press as 'bed blockers'.

We monitor these figures and try to get them as low as possible.

We can influence these figures through other contracts we have with community providers and social services. For example we pay Norfolk Community Health and Care (NCHC) to provide a service called the virtual ward: this is a team of nurses who can intensively nurse you at home for a few days after you are discharged. We also pay Norfolk County Council for a service called Norfolk First Support: these are social carers who help with the social aspects of the extra care needed in the first few days after you're discharged from hospital. We also pay for what we call intermediate care beds. These could be in a nursing home or cottage hospital, and are beds out of hospital for people well enough to be discharged but still too ill to be cared for at home.

Every two months we have a Governing Body meeting in public, where, among other things, we discuss the performance of all our providers. Sadly very few members of the public come to these meetings which are usually held at the West Norfolk Deaf Association building in Railway Road in King's Lynn. You can find out about all our meetings in public, and view the reports we publish, on our website westnorfolkccg.nhs.uk.

Our next meeting in public is in fact our Annual General Meeting where we will be distributing our annual report and reviewing our performance in the last year. We will also be following the AGM with a full Governing Body meeting where the latest performance figures will be discussed. The AGM will be held on the morning of 1 August at King's Lynn Town Hall.

See you there?



West Norfolk
Clinical Commissioning Group

Dr Paul Williams



THREE HOLES VILLAGE HALL *Charity No. 304483*

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



Sunday 9th JUNE 2019, 2pm:

STAN & OLLIE (PG) 98 mins

Laurel and Hardy – the world's greatest comedy team -- face an uncertain future as their golden era of Hollywood films remain long behind them. Diminished by age, the duo set out to reconnect with their adoring fans by touring variety halls in Britain in 1953. The shows become an instant hit, but Stan and Ollie can't quite shake the past as long-buried tension and Hardy's failing health start to threaten their precious partnership.

NO NEED TO BOOK - Admission is £3 per person. Doors open 30 minutes before screening commences.

Refreshments and licensed bar available. Tel. 01945 773710 or 772824

Coming Soon

Sunday 14th July 2019 – NO FILM DUE TO STAFF HOLIDAYS

Sunday 11th Aug. 2019 – BOHEMIAN RHAPSODY 12a , 134 mins

Bohemian Rhapsody is a foot-stomping celebration of Queen, their music and their extraordinary lead singer Freddie Mercury. Freddie defied stereotypes and shattered convention to become one of the most beloved entertainers on the planet. The film traces the meteoric rise of the band through their iconic songs and revolutionary sound. While bravely facing an AIDS diagnosis, Freddie leads the band in one of the greatest performances in the history of rock music.

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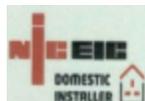


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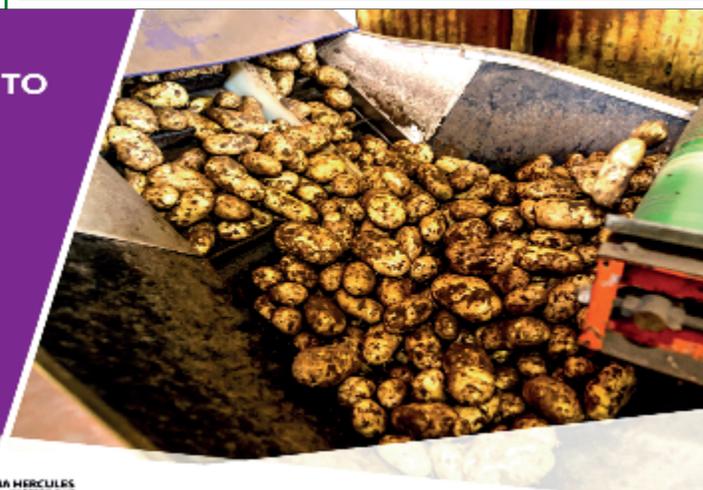
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Upwell Royal British Legion

A new committee has been elected to run Upwell British Legion. We are offering the premises to groups and societies at a competitive rate.

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Statistic via ONS, 2010

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UPWELL ST PETER'S CHURCH



Flower Festival Weekend Friday 28th - Sunday 30th June

St Peter's church will be celebrating its 65th Flower Festival over the weekend of Friday 28th Saturday 29th and Sunday 30th June. Various themes over the years have included TV Programmes, Nursery Rhymes, Hobbies and Crafts, Occasions, Celebrations and Musicals.

This year's theme is Musicals, and the arrangers will be in full swing on Thursday 27th ready to open on Friday morning at 10am through to 4pm.

Friday evening 7.30pm there will be music from the 60s and more with Malcolm and Friends, tickets are £8.00 including a finger buffet.

Saturday morning 10am – 12noon coffee morning with various stalls, including cake, plants books and CDS. Church will remain open until 4pm.

Sunday 10.30am – 4pm, Songs of Praise 6pm followed by raffle.

Donations of cakes, plants etc., welcome.

UPWELL ST PETERS CHURCH

Musical  Memories
from the 60s




FRIDAY 28th JUNE 

 **7.30pm**

With - **MALCOLM and FRIENDS**

Tickets £8 inc. finger buffet.

To book tickets contact Ros 01945 773604, Peter 01945 772630
Or Daphne 01945 772171



FIRE SERVICE NEWS

To start this month's report, an update on FF Ben Lanchester who started his 2 weeks RDS Induction Course this week. He is now working hard as reported last month learning the skills required to ride out with us to emergencies. So far he is doing well. We have our fingers crossed.

Also FF Ollie Skeels, our second newest crew member will be taking his Major Pumping Assessment in the next few weeks, meaning that once passed he will be able to be booked available as a restricted driver during daytimes, hopefully having passed the assessment to prove his knowledge in being able to use the pump on our appliance to provide water supplies where needed. Good luck Ollie, I am sure your efforts will pay off. This will mean better availability during daytimes.

As a follow on from my last report about 3 potential new recruits. Two of these are still in the process and awaiting further assessments, but unfortunately one was unsuccessful in his BA assessment, after experiencing problems. So he is at the end of his journey for now.

In the last month we have attended several incidents, ranging from helping an elderly gentleman whose car had gone into the river, to attending an incident following a loss of life in a private pool. We also attended a large outbuilding fire in Nordelph, with several other appliances backing us up. Although we stopped the fire from spreading to the owner's house, they did however lose their workshop, which is where the fire is believed to have started, in a fuse box for the electric supply that fed wood working machinery. We also attended what initially came in as a 'Hazmat Major' at Nestle Purina. As you can imagine, we attended with many other appliances from both Norfolk & Camb's. However surprisingly we were the first pump in attendance to find several employees outside being violently sick following ingesting contaminated foods. Luckily an isolated incident and I was soon able to release all the other appliances.

On Bank Holiday Monday, 27th May, we held our annual Charity Car wash at Outwell Village Hall Car Park in support of The Firefighters Charity, which not only supports Firefighters old and new in times of need, but also their families as well. Last year we raised £422. This year we hoped to beat that.

Remember push the button not your luck.

Get Out & Stay Out!!

Watch Manager Glen Gates

UPWELL PARISH COUNCIL
Summary of Receipts & Payments
year ending 31st March 2018

2017/2018		2018/2019
£		£
	RECEIPTS	
34747	Precept	36030
1553	Council Tax Support Grant	996
16242	Allotments - Agricultural & Garden	15278
0	Cemetery	2544
7268	Village Hall	6482
2	Bank interest	7
2910	Adverts/Newsletter	3920
374	Recharges (training, salt for grit bin)	259
285	SWALEC refund	0
5426	Grants	7520
0	Donations	1130
0	PPS funding	3450
0	Miscellaneous	250
2148	VAT	3760
70955	TOTAL RECEIPTS	81626
	PAYMENTS	
8649	Salary	9035
180	Payroll	180
333	Expenses	428
428	Audit fees	397
279	Stationery	214
3783	Bank/Loans	3728
7006	Agricultural land	7020
709	Garden Allotments	548
3840	Parks and open spaces	8296
0	Cemetery	1515
811	Dog Waste Collection	823
9147	Village Hall	11833
198	Security	567
210	Training	62
368	British Telecom	787
12599	Street lights	2298
2120	Insurance	2184
20	S137 payments	20
250	Donations	250
2246	Advertising/Newsletter	2205
445	Subscriptions	456
100	Highways	10587
3892	Neighbourhood Plan	8545
90	War Memorial	420
1758	Car park at playing field	1738
0	Car park Townley Close	300
528	Other	1799
3713	VAT	6228
63702	TOTAL PAYMENTS	82463
33605	Opening Balance	40858
70955	Plus total receipts	81626
63702	Less Total Payments	82463
40858	Total transferred to Annual Return	40021
	Represented by	
38922	Unity Trust Account 20281171 - Tailored account	37732
1956	Unity Trust Account 20281184 - Tailored deposit	2289
313	United Trust Business 3 year bond - 20126240	204
20	Unpresented cheques	0
40858		40021



OPEN GARDEN AND COFFEE MORNING

Saturday 20th July 10.30 to 12.30

At Rosebank, 72A Small Lode, Upwell

FREE ENTRY

Tea, coffee and cakes

Plant stall, cakes, books and a raffle

ALL PROCEEDS TO CHARITY

UPWELL AND OUTWELL OPEN GARDENS

Please come and join us on
 Sunday 14th July 2019
 when a variety of beautiful gardens will be open
 for you to enjoy

from
 12.00 noon until 5.00 pm

Tickets, maps and further details will be available from
 Upwell Methodist Church for a donation towards our
 building repairs.

Some gardeners will provide refreshments and all will
 share their ideas.

Everyone is welcome.





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Colin Rose 07885 258434

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upwellpc@googlemail.com

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Norfolk Fire & Rescue Service Needs You!!



Outwell Fire Station - Norfolk Fire & Rescue Service

Have you ever thought of joining a highly trained and respected team that responds to emergency calls and protects your local community?

If so then please either contact myself, for an initial chat using the details below, or visit us on a Wednesday evening at Outwell Fire Station, Churchfield Rd, Outwell, PE14 8RL. Alternatively please use the link below to register your interest:-

<https://www.norfolk.gov.uk/safety/norfolk-fire-and-rescue-service/recruitment/becoming-a-retained-firefighter>

To be eligible you will need to:

- Live, work or both within approximately 5 minutes of Outwell Fire Station.
- Be willing & able to respond to emergency calls at short notice during agreed periods.
- Be available to attend weekly drill periods on Wednesday evenings (times may vary depending on the training need).

In return you will:

- Become an employed & fully qualified Retained (On-Call) Fire-Fighter.
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Applications welcome from all walks of life, male or female and who are at least 18 yrs. old.

WM Glen Gates Mob: 07946331359 Email: glen.gates@fire.norfolk.gov.uk



Upwell Parish Council

Meeting Dates For 2019

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

Full Council 7.00 p.m.

July 1st

August 5th

September 1st