

Spring 2021



Upwell Parish Council



Community Magazine

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discussing with the local council extra large bins being made available to cope with it all. The uptake by people in the villages of Upwell, Outwell and Three holes has been fantastic and many roads are now covered by pickers from the group though there are still many areas that need covering. Some areas are



During our walks over the lockdown period myself and my partner noticed the large amount of litter around the village and like most people we moaned about it and walked on. Then one day we bumped into a lady picking litter as she walked and this inspired us to do the same. We soon found a few others that were doing this as well. After a week or so I decided to set up a Facebook group where I could log the routes that people were "picking" so that we weren't doing the same areas and doubling up. Within two weeks the group (**Welle Tidy, Upwell and Outwell Litter pickers**) now has over 130 members in the villages and huge amounts of litter have been picked, so much in fact that we are

discussing with the local council extra large bins being made available to cope with it all. The uptake by people in the villages of Upwell, Outwell and Three holes has been fantastic and many roads are now covered by pickers from the group though there are still many areas that need covering. Some areas are very bad and we may tackle these after lockdown with a small group clearing it in a day. To start with there is a lot of "historical" rubbish that needs clearing and once that is done it will be a matter of keeping on top of new litter. We have discussed getting a team together and a trailer to remove some of the fly tipped rubbish and larger rubbish that has been around for a long time. We have already had



members of the local community saying that they have noticed that the village is looking cleaner but there is more to do and many roads and areas that are not covered by a "picker" yet.

From a very simple beginning, just to check where is being picked we now have a very active group that are making a huge difference to your local community. Why not join the group? There is no pressure, the idea is you do as much as you want, where you want and when you want.

Things are moving fast.

By the time this goes to print we will have had a poster designing competition for children with Easter eggs as prizes and winning designs will be placed in shops around the village to encourage others to join the fight against litter.



Alan Payne



FROM THE CHAIRMAN

At last there seems to be light at the end of the tunnel; the Prime Minister has suggested life may return to normal in June, let's all hope so. At the time of writing we are still in full lockdown although I'm sure you'll all agree this time it has been a lot less strictly followed than last spring and summer. Fortunately we have had the advantage of the vaccination programme helping reduce case numbers. Here in

Norfolk the NHS has done really well getting the vaccine into people. By March 7th 49% of adults in Norfolk & Waveney had received their first vaccination compared to only 42% across England as a whole. However, at the time of writing the rate of positive tests here is 60.9 per 100 thousand of the population, this is still slightly higher than the national figure which is currently 59.2 per 100 thousand; so no time for complacency, the rate has plateaued here and in some places it is rising again so please keep following the rules, especially in the local shops.

I have been helping administer the vaccinations for our health centre and have also received two doses of the vaccine myself. I had no side effects and the national data is very encouraging that both vaccines are safe and give a good level of protection. The campaign is now aimed at younger people, some of you in those younger age groups may feel it's less important for you to have the vaccine, and I know there is some concern that take up will be lower in the younger age groups. What we all want is for life to return to normal, it can only do that when the rate of circulation of the virus is very low, even if most of the older people have been vaccinated if the younger people aren't then the virus will continue to thrive, it will have more chances to mutate to forms against which the vaccine may not work; therefore even if you are young there is a benefit for you having the vaccine well beyond the level of personal protection it gives you, if enough people have the vaccine you can start living a normal life again. So please when you get the chance to have the vaccine please grasp the opportunity.

Recently there has been a lot of discussion in the village, both on-line and in person, of the Five Bells Inn. As some of you may know the owners of the pub decided last year, after they were forced to close in the first Covid lockdown, that the pub would not re-open in its previous form. They wish to change its use to holiday

accommodation, where groups of people could rent it for a few days as a base for seeing the area or as a venue for celebrations etc. There is currently an application for this change of use before the Borough Council planning department. At our March Parish Council meeting, which was our annual Parish Assembly, there was a lot of lobbying from a group of people very opposed to the change of use as they wish to see the pub continue as a valuable asset for the village. The counter argument is that the pub has been run by a series of owners over many years and despite several different approaches none of them have managed to run it profitably; this group would argue the choice lies between a boarded-up building or a potentially well used holiday let, which would at least bring some visitors and economic activity into the village. Both sides of this argument hold their views sincerely and both arguments have merit. The Parish Council have advised the Borough that we can find no material reason for opposing the change of use but have made the Borough planners aware of the aims of our Neighbourhood Plan, which advocates maintaining a vibrant village centre; we have also made them aware of strong opposition to the plan among a group of our residents. May I urge everyone, no matter how strongly you feel on this issue, to keep calm and measured when advocating your point of view and show respect to people in our community who do not share your views.

Since our last newsletter the Parish Council have adopted a new Public Rights of Way policy. We have been disappointed over recent years that the county council has not been keeping the paths clear as well as we would like. We have now agreed the Parish Council will help by inspecting the paths once a quarter and getting involved in cutting them etc when needed. We are very keen that we improve and maintain good relationships with all landowners who have paths on or adjacent their land, and this aspiration is included in the policy.

Today my council tax bill popped through my letter box. Sadly it had gone up since last year, but that's not surprising when you consider how much has been spent on covid and the increased social care costs the council has borne. I am pleased to say that we have frozen the parish council element of the council tax element again this year.

Finally may I wish you all a happy Easter, enjoy the holiday, but please observe the Covid rules in place at the time.

Dr Paul Williams

Practice Newsletter 18th March 2021

The Covid-19 Vaccination Programme

It has been two months since I wrote the last update almost to the day, and a lot can change in two months! With the success of the vaccine roll out across the country it appears that some degree of normality may come to pass in the coming months. Vaccinations have of course been our focus at the practice and this has been challenging to say the least for many reasons. All of which are understandable given the speed and scale of the vaccine roll out.

Before the end of March all patients 50 or over will have been vaccinated (bar the people that do not want it or are unable to have it). We have already begun vaccinating patients with their second doses. We have just been told that our expected April deliveries will be significantly reduced in quantity so this will slow down the vaccines for people aged 18-49 a little. It will not affect people who are due their second doses during April as NHS England have guaranteed these deliveries.

For people aged between 18 and 49 (phase 2 of the programme) all appointments will be made via the NHS Central Booking System. This does not mean that you cannot come to the health centre to have your vaccination, but it does mean that we will not be contacting you directly. Patients will receive an invitation from the NHS with instructions to go online or call to make

their appointment at a convenient location.

It has been and continues to be a huge undertaking and we have not done it alone. I would like to recognise the entire team

at the health centre, both clinical and administrative, for the extra hours, days off worked, diligence, commitment and just plain hard work. Our volunteers at Upwell Village Hall have also been nothing short of amazing. These people have helped us to deliver the vaccines but also allowed the practice to keep running by freeing up staff to allow us to continue looking after patients. Thank you. I would also like to thank the support that we have had from our local support team at the Norfolk & Waveney Clinical Commissioning Group. They have helped us 100% to make sure we can get these vaccines into your arms.

Finally, I must thank all of you for supplying us with cakes, chocolates and sausage rolls (personal note – *especially* the sausage rolls) and for the kind and supportive words (whether in person or on social media) about the work we have been doing. This is our job of course, but I can assure you the whole team really appreciate this.

The vaccine programme rolls on. But before moving on to non-covid news can I just remind people of the following:

- If you are 50 or over and have not had (or booked) your

- If you are aged between 18 and 49 then please wait for a letter and/or text from the NHS to give you instructions about how to book your first dose.

- If you have had your first vaccine and are awaiting your second we (or the NHS) will contact you when it is time. It is possible, that this will be with short notice due to late confirmation of delivery dates. Remember the second dose is very important and you must have this to ensure protection.

- *Please maintain all precautions, and social distancing until the government advises differently. Vaccines will help to stop you becoming seriously ill but this does not mean you cannot spread it to others.*

Dr Clarke retirement

Dr Eamonn Clarke will be retiring in September of this year after 31 years at Upwell. He will of course be sorely missed by both patients and staff. Dr Clare Blundell will assume the role of Senior GP Partner. We are of course in the process of recruiting a suitable replacement.

First Contact Physiotherapy (new service)

We are pleased to announce that we are able to provide a new First Contact Physiotherapy service to our patients. This is a service provided by our local grouping of practices (our Primary Care Network) to provide faster and more appropriate care to common conditions.

Where appropriate, patients will be contacted by a Physiotherapist and they will assess, provide advice and answer questions. The conditions covered will include soft tissue injuries, sprains, sports injuries, possible problems with muscles, ligaments, tendons or bone, spinal pain including lower back pain, mid-back pain and neck pain, spinal related pain in arms or legs, changes to walking and Post-orthopaedic surgery.

Pharmacy

The pharmacy team would like to thank everybody for their patience with the queuing system outside and we will remove this as soon as safety guidance is relaxed. We will also revert back to previous opening hours

(09:00 to 13:00 and 14:00 to 18:30).

Don't forget our pharmacists are experienced health care professionals who are experts in medicines. They are able to help with all medicine queries and also provide health advice for a wide range of conditions. Please just ask.

Finally, (and I can't stress this enough) please keep...

- Following the lockdown rules.
- Having a vaccination when you are offered one.
- Do the Hands, Face, Space.

If people start to relax early the infection rates just increase!

Best wishes from all at the Health Centre & Pharmacy.

Steve

Manager, Upwell Health Centre



KLW DANCE

Inspiring dance in school

For more information on the group head to their Facebook page

<https://www.facebook.com/dancewizewithkate>

or email kate@klwdance.co.uk

Dance Wize which runs from the Upwell Methodist Church Hall on Monday evenings can't wait to get back to face to face classes in April. During lockdown students have been joining classes online through the power of ZOOM, Kate the group leader said "we are so proud of our students who have not let these challenging times stop them from dancing and joined us online every week, its very hard on ZOOM for them as we have to overcome lots of problems, but its great to see them still smiling and dancing with us" The group also enjoyed some alfresco dance sessions during the first lockdown and we were impressed by the commitment of students.



Outdoors at Outwell Playing Field

The group hope to be back dancing in the church hall with full Covid measures in place and full social distancing on the 12 April. Kate said "I am so excited to get back to face to face classes you really can't beat that feeling of being in the room together, we have had to postpone our show 3 times, and when we can finally get on stage its going to be magical thats for sure" Student Keira Pawszak said "As we all know, lockdown was a hard time for everyone. Doing dance over zoom was an uplifting activity, but I cant wait to go back to face to face where everyone can feel the energy in the room"



Last performance at KL arts centre 2019

Upwell and Outwell Age Concern Lunch Club



As the daffodils bloom again it seems unbelievable that it is now over a year since the last lunch club get together. All of our members and volunteers are looking

Despite not being able to meet, the committee have still managed a surprise or two for members as they all enjoyed lots of goodies in a surprise hamper at Christmas and by the time you read this the Easter bunny may just have visited as well!

We will be working hard to return as soon as restrictions are eased and new members will be very welcome. In the meantime, if you would like to know more, or even just like a copy of our newsletter or our special quizzes, don't hesitate to contact Pearl Willcox on 01945 773566

or me, Jackie Scotten, on 07584 735805

forward to the time when we can safely enjoy a meal, a cuppa and a chat together once more.

In the meantime, we will continue to keep in touch by phone and with our weekly newsletters containing a few conundrums, quizzes to keep the 'little grey cells' occupied and some jokes to coax the odd smile.



Green Fingers Gardening Club

It is now a year since we last met as a Club. Who would have believed, as Lockdown 1.0 was announced, we would

be in Lockdown 3.0 a year on? Thankfully, there is hope with the vaccine being rolled out fast (or 'at pace' as they say in the Government Briefings). The delivery of the vaccine locally has been very well organised. Many thanks to all involved with the process at the Village Hall. Of course, Mother Nature has carried on regardless and there was a lovely show of snowdrops and aconites in January. St Clement's Churchyard was a picture. Now, it's the turn of

heathers, daffodils, hyacinths & I have even spotted one or two tulips & patches of Aubretia. In the shrub department, Forsythia, Daphne, Skimmia and Viburnum are looking good - as is the blossom on various trees. The swans on the Well Creek are nest building so the scene is set as we move into Spring.

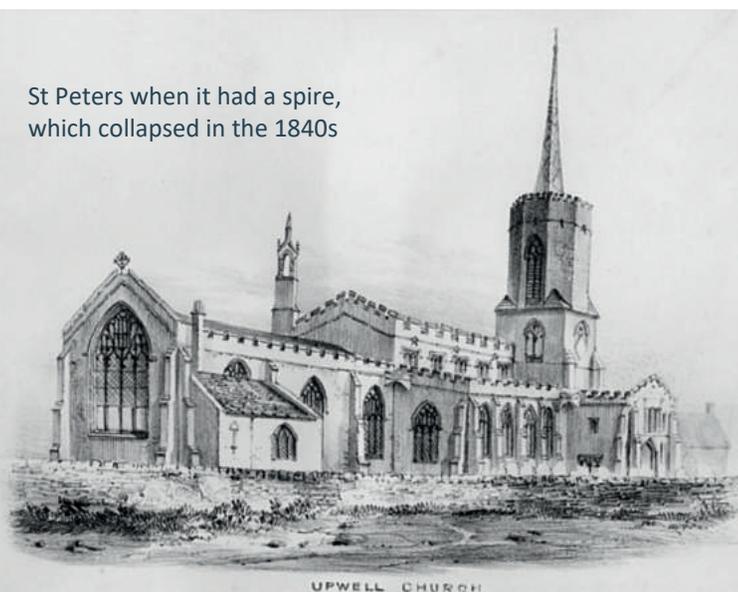
I hope that by the time of the Summer Edition of this Magazine, we will have regained a little bit of freedom and maybe, just maybe, 'Green Fingers' will be able to meet, if only in small numbers, to view individual gardens. In the meantime, there is such a lot to look forward to in the garden and a lot to be thankful for generally.

The Reverend Nigel Whitehouse

As the Reverend Whitehouse took up his post last year, I expect that many of you already know the 'new' Priest in charge of St Peter's Upwell and St Clement's Outwell? This interview would have appeared in our December issue but due to lack of space, Nigel kindly agreed to wait till Spring. Nigel was licenced as the Priest in Charge by Bishop Dagmar on the 18 of August and with his wife Jo, moved to the village from Whittlesey where he had been the Rector for 17 years. While Rector in Whittlesey, he was responsible for four churches and a population of some 20,000! All of which makes him well qualified to minister St Peter's and St Clement's.

Nigel has also become the Rural Dean of Wisbech Lynn Marshland Deanery and in that capacity will be getting to know many more parishes in the area. He feels that all vicars have a key role in guiding and always supporting church congregations and village communities but especially during our current worldwide crisis. In 2021 Nigel will be celebrating 40 years since ordination as a Priest and I am sure we all congratulate him on this milestone. The Reverend is going to be a busy man as he gets involved in the life of both churches and villages and he sends his blessing and prayers to us all. Nigel is available to everyone and he has kindly provided his contact details. You may phone him on 01945 353513 and his address is Wesley Manse, 21 Town Street, Upwell, PE14 9AD.

St Peters when it had a spire, which collapsed in the 1840s



Brass plaque in St Peters, inscribed:

in memory of sixty seven individuals of various age and either sex who in the short period from June 21st to August 13th 1832 died in this rectory of Asiatic Cholera, a frightful and previously unknown disease in this country - Reader, why hast thou been spared? To what purpose hast thou been left until now?'

Blunt Trust Update

Since the last update we have mainly been focused on getting the nature walk ready for use in the summer. As you can see from the photograph here some of the daffodils we planted in the autumn are in flower and those of you who've been down the walk will have seen significant changes over the last few months. We have now installed a gate and fence at the Stonehouse Road end of the walk and there are new bird feeding stations dotted throughout the walk. We will shortly be installing some picnic tables and an educational area. We hope local nurseries, playgroups and schools will use the nature walk to help educate and entertain the children.

We have planted a lot more trees including apple, plum and pear trees as well as other woodland species such as oak, chestnut and holly trees. We have also planted some hedges, flowering shrubs and fruit bushes. The hedge down the eastern side of the orchard is now complete and we will be starting on the western side later this year, we are expecting 400 trees from the Woodland Trust in April which will be a start on the process. We have created a raised bank around the hollow we use for burning prunings, we will get this turfed or seeded later but in the meantime please stay off the bank as it is unstable at present.

Once the roadway in the new Blunt's Orchard Drive estate is completed we will tarmac part of the car park and install dog waste bins at each end of the nature walk. Please enjoy the walk with your dogs but keep them under control and pick up and take away their poo to keep the walk pleasant for all users.

Since the last newsletter the new surface to the car park we funded at the playing field has been completed and most of the work has been done inside the pavilion. Hopefully when Covid restrictions are lifted the community can make use of these new improved facilities at the playing field.

We have made one more significant donation since the last update. A young lady with significant musical talent in the village is benefiting from our support to pursue a quality musical education.

Remember the trust is here to help fund local clubs and community groups with projects to improve things in the village as well as to help Upwell residents pursue educational goals.



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.

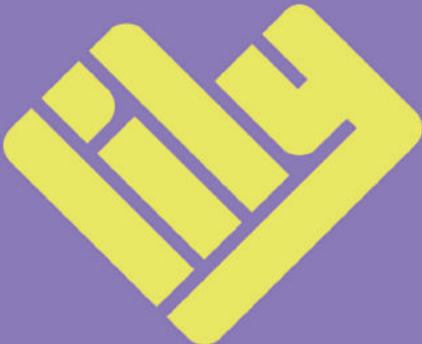
Install anti-virus software specially designed for your mobile phone or ask advice from your phone shop.

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#).

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www.asklily.org.uk



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 **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

Parish Clerk, Melanie Hilton: 07368 420237

UPWELL PLAYING FIELD COMMITTEE

Secretary - Ros. Shorting 11 Baptist Road, Upwell, Wisbech Cambs PE14 9EY Tel. 01945 773604
Reg charity 300425 email: upfc@talktalk.net

Another magazine, another 'nothing much has happened' short article! But at least we all have been given a light at the end of this tunnel and let us hope that this time we manage to get there.

Despite the restrictions we did have a successful Christmas raffle which we drew on-line and I must say it worked very well. Many thanks to all of you who participated and to committee member Pat Moat who organised it.

Committee member Liz Thorpe, with the assistance of Ros Shorting, has been running our Facebook on-line animal shows and another successful Horse & Pony took place end of February. We also had a Dog show which took place 13 to 21 March.

Next Shows on-Line:

- **27th March to 4th April – Any Animal Show (not equine as they have their own)**
- **12th April to 25th April – Horse Show**

Please go to our UPFC H&P Facebook page for all details on how to enter, classes and cost, as Liz will post these in good time for each event. Rosettes are given for 1 to 6 places and are currently posted. Also our website will have the details and contacts for the committee.

Thank you to all who have already and will be supporting these on-line events.

We have not been able to have a face to face meeting of the committee for some time but continue with on-line meetings. I would like to welcome both Christine Bidwell and Liz Ferris who agreed to join the Playing Field committee late last year. We are still a small committee so if anyone would like to know more about us so you can see if you may want to join, please let me know and we can have a chat. My contact details are shown under the Parish Councillor contact section in the magazine.

So looking at the Government's 'road map' it will not be before 21 June when we can all look to enjoy gatherings of more than 30 people outdoors and we hope to be able to then bring some of our events such as the Car Boot back for all to enjoy. Until then, please can I remind all that whilst you may of course use the playing field and equipment for your daily exercise, subject to the Covid Regulations, this is not a dog exercise area and unless specified at one of our organised events, **Dogs are not permitted on the field.**

Keep safe and let us all keep everything crossed that we can all meet in person in the Summer!

Christine Aston
Chair UPFC

Cemetery Report to the Parish Assembly

I must begin this report by expressing considerable thanks to Councillor Brian Carr who up until recently held the position of Chairman of the Cemetery Working Group as many of the achievements of the past twelve months have been down to him and the work of willing and hardworking volunteers.

It was Brian who suggested the idea of employing a dedicated Cemetery Groundskeeper and the appointment of Kelvin Judd has been to the considerable benefit of the Cemetery which I consider now to be an asset to the village.

The Working Group is rightly proud of the achievements which include key highlights as follows:

- Removal of the spoil heap (at last) (special thanks to Cllr Robinson and Cllr Harrison)
- Reinstatement of the cemetery fence between the allotments and the Cemetery.
- Clearance of ditches to either side of the Cemetery and clearance of overhanging trees.
- Removal of dead tree at the front of the Cemetery.
- Refurbishment and reinstatement of the Cemetery Bench.
- Retrieval and reinstatement of the Cemetery Bin (special thanks to Cllr Harrison)
- Cleaning of the entrance gates, walls and bollards (special thanks to Cllr Robinson)
- Painting of the timber fence to both sides of the Cemetery (special thanks to Cllr Carr)
- Completion of tree survey.

As some of you may know the Cemetery is currently managed by Upwell Parish Council on a trial basis on behalf of the Kings Lynn and West Norfolk Borough Council; the current trial period ends in August of this year and the Working Group is currently preparing arguments and proposals to take on the permanent

responsibility which it hopes to present to full council for consideration in the coming months.

It has been identified that in order to maintain the long-term viability of the Cemetery there is a need to extend as currently it is anticipated there is only around 5 to 10 years of capacity, the allotment land was always designated for this use and it is envisaged that application for this extension will be made in the coming 12-month period.

The allotment land will need to be carefully prepared and allowed to settle before being full incorporated as a part of the wider Cemetery.

The cemetery working group aspires to undertake the following works in the coming twelve-month period:

- Present adequate supported argument to full council for the permanent adoption of the Cemetery.
- Re-painting of the bollards at the front of the Cemetery.
- Clean and complete repairs to the memorial structure.
- Continued maintenance of the Cemetery to an exemplary level.
- Installation of a hedgerow behind the newly installed fence.
- Grassing of the area formerly occupied by the spoil heap.
- Re-alignment of the timber fence.

Although the Cemetery now benefits from an employed grounds keeper it continues to rely on a band of dedicated volunteers for regular upkeep. We would welcome the support of further volunteers, as no matter how little the contribution, it is always valued and appreciated.

For now, I thank everyone for their time and efforts over the past twelve months and look forward to reporting on our further achievements at next year's Parish Assembly.

Richard Melton

Upwell Hall News

Sadly, Upwell Hall has been closed to the public for several months now. However, we are proud that it is being used by Upwell Health Centre as a vaccination centre to help deliver immunity to Covid-19 to our population. We hope that the hall can reopen sometime in May or June once covid restrictions are loosened. There is one event we have planned for Sunday June 27th, that is the Upwell Yard Sale. This had to be cancelled last year due to covid but is scheduled for after the government's planned date to open things up. So, all being well it will go ahead with a base at the Hall again as usual - put it in your diaries!

It has been a difficult year for all businesses in hospitality and the hall has only survived because of government grants made available through the borough council, without those the hall would have lost £21,300 this year. The hall held its AGM on zoom in February, below I include an extract from the chair's report that was delivered at the AGM.

"2020 will go down as a remarkable year in everyone's memory. For Upwell Hall it has been a pivotal year in its history. There have been a few critical events for this hall over the years. When it was built by public subscription in 1868, that was its first significant milestone. In the early 20th Century it passed out of community ownership for the first time, and it wasn't until the parish council purchased it in the 1990s that it returned. Since that purchase the level of support from the parish council has been variable and the management committee have been frustrated in recent years by the reluctance of the council to support the hall. When the hall was forced to close due to the pandemic last spring and summer the financial position became critical; we asked the parish council for financial support and it was initially refused and then given only grudgingly. The committee were aware of the decay in the structure and fittings in the hall and the need for a substantial investment to bring things back to an acceptable standard. The committee persuaded the council to hold an extraordinary public meeting to discuss

the hall's future. At this meeting it was agreed the long-term future of the hall should be for it to be owned by a charity rather than by the council, but that before a suitable charity is set up the hall will need to be made sound structurally, environmentally and electrically. As a result of that meeting a plan has been drawn up to renovate the structure, transform the environmental footprint and rewire the building. The council have now signed a contract with a firm of architects to draw up a detailed specification and to appoint a contractor to do the work; 2021 will be another pivotal year for the hall.

I would like to record our official thanks to the government and the borough and parish councils for their financial support that has kept us going through the pandemic.

This year we have also been forced to change our hall manager to comply with the law affecting councillors. Currently Ros is doing the job voluntarily until we can make another substantive appointment. I would like to thank Ros for all her efforts over the years as manager and especially for carrying on in a voluntary capacity since September.

Despite the problems we did manage to improve the hall this year. During the summer we had the blocked drains from the ladies' toilet lined and the interior of the ladies renovated; it's a pity very few hall users have benefited from that yet.

I'd also like to mention Meggan Mercer and Glenn Stittle who constructed the raised beds outside the hall frontage for only the cost of the materials (and these were part funded by a grant from Wisbech Lions, so thank you Lions), and also I'd like to thank Meggan for her work as a hall committee member prior to her resignation 2 months ago". Finally, I am pleased to say we have appointed a new hall manager, Craig Horwill. Craig will start his duties on May 1st so should be up and running when the hall reopens, welcome Craig.

Dr Paul Williams



Fed up with lockdown? No social contact? Only four walls to talk to? Come and join Welle W.I. Due to Covid regulations our monthly meetings, first Monday of the month, are now conducted on line via Zoom. Although not our usual meetings we have a chat and a laugh with a Speaker or craft item to have a go at. Not a W.I. member; not a problem; contact Muriel, our President, on 01945 772356 for details on how to join.

As soon as group meetings are allowed, we are hoping to be back in the village hall, or even in the grounds, if permitted earlier. It is a chance for women of all ages

to gather, socialise and make friends and we would very much like to meet you.

Our next meetings are scheduled for:

Tuesday 6th April (moved from Monday due to Easter)

Monday 3rd May

Monday 7th June

Monday 5th July

Monday 2nd August

We look forward to meeting you so don't forget contact Muriel for further information.

Bye for now.

Voting safely at elections in May

Borough Council of
**King's Lynn &
West Norfolk**



On Thursday 6 May 2021 residents in King's Lynn & West Norfolk will go to the polls to have their say on who represents them at both Police Crime & Commissioner and Norfolk County Council elections.

Even though elections are not until May, we're already making plans to help you stay safe while casting your vote.

There are a number of ways to have your say - you can vote in a polling station, by post, or by appointing someone you trust to vote on your behalf, which is known as a proxy vote.

Lorraine Gore, Local Returning Officer for King's Lynn & West Norfolk said: "Elections are very important – they are an opportunity to make your voice heard and have a say on who represents you on issues that directly affect day-to-day life here in King's Lynn & West Norfolk.

"Preparing for an election at any time is resource intensive, preparing for an election during a pandemic is a whole different challenge. • The elections scheduled for 6 May 2021 are still scheduled to go ahead. •• We are planning for these elections now so that, however you choose to cast your vote in May, you can do so safely. We will be putting arrangements in place to help you stay safe at the polling station but you also have the option to apply to vote by post or by proxy."

Ailsa Irvine, Director of Electoral Administration and Guidance at the Electoral Commission said: "The choice on how to vote at May's elections is yours – you can have your say in person, by post or by proxy.

"If you are thinking about voting by post, you can apply now. This will make sure your application is processed early, and your postal vote can be sent to you more quickly. It's easy to apply and you can find out how by visiting the Electoral Commission website.

"You need to be registered to vote in order to have a say at the elections – the easiest way to register is online at

www.gov.uk/register-to-vote"

The Electoral Commission is the independent body which oversees elections and regulates political finance in the UK. They work to promote public confidence in the democratic process and ensure its integrity by:

- enabling the delivery of free and fair elections and referendums, focusing on the needs of electors, and addressing the changing environment to ensure every vote remains secure and accessible
- regulating political finance – taking proactive steps to increase transparency, ensure compliance and pursue breaches
- using their expertise to make and advocate for changes to our democracy, aiming to improve fairness, transparency, and efficiency

For further information on elections in the area, how to register to vote, or how to apply to vote by post or by proxy, voters can visit

www.electoralcommission.org.uk/i-am-a/voter.

This page will continue to be updated ahead of the polls.

The Commission was set up in 2000 and reports to the UK, Scottish and Welsh Parliaments.

Elections taking place in England, Scotland, and Wales on 6 May 2021:

- Senedd Cymru / Welsh Parliamentary
- Scottish Parliamentary
- English local government elections (includes polls postponed from May 2020), including elections to county, district, and parish councils
- Police and Crime Commissioners (polls postponed from May 2020)
- Combined Authority Mayoral (includes polls postponed from May 2020)
- Local Mayoral (includes polls postponed from May 2020)
- Mayor of London and London Assembly (polls postponed from May 2020)

**For further information please contact
Tim Baldwin on 01553 616506**

Now that lockdown 3.0 is now easing up, we can start looking at planning proposed events, clubs and classes at Lakes End Village Hall. We will be looking forward to a brighter future and seeing the Corona Virus becoming eradicated from society.

Our very first classes would be crafty in nature. It is proposed that Deborah Gair would teach sewing classes at Lakesend Village Hall and Sandi Turner teaching Card Making. This is extremely exciting news. These classes have many benefits to everyone's mental health, especially since the pandemic started last year. Dates are yet to follow and will be advertised in many areas, including the Parish Magazine. We are also looking at a Christmas Fair on 20th November. Please get in touch for information.

Sam Hester's Bee and Butterfly Haven for the field adjacent to the hall is slowly coming along. Please follow Sam on Facebook via Lakes End Village Hall page as well as Upwell and Outwell Discussion Page. The idea is to help with increasing the numbers of Butterflies and Bees as well as pollination of flowers. We all know that bees are in decline and Sam's idea of getting some flowers in is a blooming good idea. Sam is also looking into getting a couple of residents involved into some gardening ideas at the village hall.

Hurst Crescent's septic tank problems are coming along with proposed works starting in the next few weeks. This is fantastic news for Hurst Crescent Residents and as chairperson to Lakes End Village Hall Committee, I am so pleased that our hard work into getting this sorted is paying off.

Since I became chairperson in January last year, I have had a handful of people come to me about issues they are facing within Lakesend, for example, drainage. I do understand that we have had a lot of rain over the last few months. Nevertheless, the community needs someone who can make a difference. I have been in regular contact with 2 Parish Councillors, 1 of which is an independent borough councillor for Upwell and Delph Ward. All you need to do is get in contact with me and say "Willow, I/We have a problem, can you please help?". You can do this via email, telephone or through a committee member. My contact details are at the bottom. I know what it is like to be voiceless. Let us come together and make a difference.

Willow Dines

lakes.end.villagehall@mail.co.uk

07942506760



The CPRE Norfolk Awards 2021 are open

Looking after the countryside, improving life for Norfolk communities, and helping deal with climate change are all things where we need action. And every other year, the CPRE Norfolk Awards celebrate those who are doing just that.

We are CPRE Norfolk, the countryside charity (charity 210706), working for a countryside that is rich in nature, accessible to everyone and which plays a crucial role in responding to the climate emergency.

The 2021 CPRE Norfolk Awards has a range of categories and we are looking for projects carried out by local groups, local organisations (such as parish councils), and those in the private and commercial sector, and those that involve young people, that celebrate and enhance the quality of country life in beautiful Norfolk.

The entry categories are: (i) rural living (for projects that improve the sustainability of rural living such as reducing energy, carbon, water use etc. in rural communities); (ii) countryside champions (for projects that enhance wildlife, landscapes or improve countryside access); (iii) digging deep (for businesses, local authorities and parish councils that are putting something back to benefit the environment or landscape); (iv) good lighting design (to recognise schemes which keep light pollution impacts to a minimum in the rural countryside) - this category is not competitive.

Size of projects does not matter, especially where initiatives can be replicated throughout the county.

Entries can be made between February 1st and May 28th, 2021 and there will be an awards evening in September (hopefully a live event, but if this is not possible, we will hold a virtual event).

Find out more here: www.cprenorfolk.org.uk/awards-2021

Download a leaflet about the awards

<http://bit.ly/AwardsInfo1>

Download an entry form <http://bit.ly/AwardsApp2>

Please contact info@cprenorfolk.org.uk if you have any queries.

The CPRE Norfolk 2021 Awards are generously sponsored by [Brunswick Investment Management](#).



What a challenging academic year it is turning out to be! The winter lockdown has been so hard for everyone; at least in the first one we were able to spend lots of time outdoors and enjoy the beautiful weather. It is good to see that plans are in place

to start easing lockdown and I hope that as a community we continue to do what is asked of us so that the rate of infection in the area keeps coming down.

We are so grateful to the wonderful work taking place at the Upwell Health Centre. Many local people have received their vaccination and it really gives them peace of mind. A big thank you to the NHS.

During lockdown we had a wellbeing day where children and families could choose a range of wellbeing

activities such as den building, baking, story reading etc. The Academy also provided all children and staff with a Wellbeing Bear, to keep them company until the academy could be back together again. They have all gone to loving homes and have been given some amazing names. Hopefully we will be able to hold a teddy bears picnic in the summer term so we can see all of the bears with their new owners.

Today we have dressed in red or worn pyjamas to raise money for Comic Relief Day. Year 6 made their own 'Deely boppers'. Don't they look fantastic!

Traffic outside the school has been somewhat problematic, and despite reminders, some cars continue to do three point turns

in the road. Not only does this block the road for others, but it is also a considerable danger to pedestrians with cars mounting pavements. There have been a number of near misses since 8 March; one where a child was nearly knocked off his bike and another where a mother with a young child in a pushchair was nearly hit. I urge anyone using School Road to please be considerate of others and to remember that at certain times of



the day there are 200 children plus adults moving onto or off the site.

We are unable to accept visitors to the Academy at the moment and that includes families with children due to start school in September 2021. However, we do have a short slide show on our website which shows photographs of key areas of the school and we are working on a transition plan for the Summer term. Finally, we have four old picnic benches which are in a poor state, if anyone can use the wood or wants a 'renovation project' you are welcome to have them, for free. I just ask that you are able to collect them.

Haidee Norman – Principal at Upwell Academy
office@upa.eastern-mat.co.uk 01945 773220





Well Creek Trust Appoints Fishing Commissioner

The Well Creek Trust has great pleasure in announcing the appointment of Martin Hugh Scott as Fishing Commissioner for the Trust. Martin will be a member of the committee advising the Trust on all fishing matters, such as the fishing seasons, invasive species, general care along the Creek's banks, ensuring the fishermen do not dig them up or cause erosion.



Photo courtesy of Martin's daughter Samantha Scott B.A

New Fishing Platform for the "Fishing for Kids Club".

Martin Scott who is the Well Creek Trust's new Fishing Commissioner will be running his "Fishing for Kids Club", on a new purpose built fishing platform, where he will be teaching children how to fish. Martin thanked JRH Outdoor Services for building the new fishing platform free of charge and Outwell Timber for supplying the timber at a good discount. The platform was built while the banks and the Creek were still frozen. Martin raised the funds for the materials and the Well Creek Trust drafted the planning application and submitted it on his behalf. Bob Nudd, first English angler to win 4 individual World Freshwater Angling Championships, in 1990, 1991, 1994 and 1999, opened the fishing platform, with the help of 7 year old Kadie and 6 years old Jaxon. Martin even managed to catch a fish after the opening. Bob and Martin removed their masks temporarily and moved a little closer for the photo. COVID-19 spacing and masks were restored immediately afterwards.

Little Sunshines Toddler Group

As lockdown lifts, it is time to interact, explore, make new friends and enjoy some precious time with your children.

Little Sunshines pre-school are bringing a new and exciting toddler group to Three Holes Village Hall. The group will run every Wednesday throughout the school term starting on Wednesday 14th April from 9:30-10:30am with fully qualified staff leading the group. The cost is £3.50 per family, to book your space please email

littlesunshines.upwell@gmail.com. Everyone is welcome and we look forward to meeting you.

Little Sunshines pre-school is situated at Upwell Academy. We are open Monday to Friday 9am-3pm for children aged 2 and over. We have spaces available from September 2021. For more information please email

littlesunshines.upwell@gmail.com.



GENERAL KNOWLEDGE QUIZ

(Answers on Page 16)

1. What sort of fruit is a Laxton Superb?
2. In which Simon and Garfunkel song do the words 'Jesus loves you more than you can say' appear?
3. Cheddar Gorge runs through which hills?
4. Which is the main cereal used to make both Irish and Scotch whisky?
5. Who had the 1962 hit with 'Right Said Fred'?
6. What is the capital of the Grand Duchy of Luxembourg?
7. In which country does the Nile reach the sea?
8. The Norwegian Spruce is better known by which name?
9. What is the Queen's residence in Scotland called?
10. Who is the patron saint of carpenters?
11. In which English county is Glastonbury?
12. What is the capital of Kenya?
13. Where would you find the statue of *The Little Mermaid*?
14. What did Persia change its name to in 1935?
15. Who wrote *Pygmalion*?
16. There are two Cleopatra's Needles. One on the London embankment but where is the other?
17. What is the longest river in Scotland?
18. Which insects live in Apiaries?
19. What does a Buck Rarebit have that a Welsh Rarebit does not?
20. In which Lake District village did Wordsworth live at Dove Cottage?
21. What is the state capital of Alaska?
22. On which river does the city of Derby stand?
23. In which sport is the Stanley Cup contested?
24. In Greek mythology who was God of the Underworld?
25. Who had a number 1 hit in 1981 with *Tainted Love*?

FIVE THINGS YOU MAYBE DIDN'T KNOW.....

- The world's first traffic lights were installed near the House of Commons in London in December 1868.
- The glow from six large fireflies provides enough light to read a book.
- Mediaeval monks used to call the toilet the *necessarium*.
- The first set of dentures were in use around the 16th century.
- Modern pencils do not contain lead.

FIVE MORE THINGS YOU MAYBE DIDN'T KNOW.....

- The female nine-banded armadillo regularly bears litters of identical quads
- The first petrol driven car took to the road in 1885
- The Taj Mahal took nearly 20 years and 20,000 men to finish
- Mayflies live, on average, for only four to five hours
- The Romans invented the mile. For them it meant a thousand paces

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- SPRING 2021 QUIZ ANSWERS
1. Apple
 2. Mrs Robinson
 3. The Mendips
 4. Barley
 5. Bernard Cribbins
 6. Luxembourg
 7. Egypt
 8. Christmas Tree
 9. Balmoral
 10. St Joseph
 11. Somerset
 12. Nairobi
 13. Copenhagen
 14. Iran
 15. George Bernard Shaw
 16. Central Park, New York
 17. River Tay
 18. Bees
 19. A poached egg
 20. Grasmere
 21. Juneau
 22. River Derwent
 23. Ice hockey
 24. Pluto
 25. Soft Cell

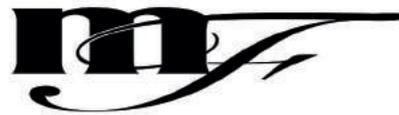
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Outwell Fire Station - Norfolk Fire & Rescue Service

I hope this update finds you and your loved ones all fit and well and managing your own way through this situation we find ourselves in. Hopefully things will be easing for all of us in the coming weeks.

As you can imagine, life as we knew it has changed in many ways for us at Outwell Station, with current guidance from Public Health England, to protect us and our community. Some of these changes include that to maintain station availability and prevent the risk of the whole station becoming ill and subsequently unavailable. We have split the crew up where possible into two groups, who train separately now. During this time of social distancing, we respond to incidents with a maximum crew of 5 instead of our usual 8 riders. This looks set to remain for some time yet.

Even though we have had to deal with many challenges in the last twelve months, and still continue to in many ways, I would like to share how grateful I am to all our crew, and family members for their continued efforts, adapting to change and for their continued support, which has allowed us to continue how we have.

Throughout each lockdown, all but critical skills training courses, as well as off-site training were cancelled, to prevent the spread of Covid.

However as you can imagine we have not been idle but instead finding new ways to maintain both our knowledge and practical skills. This is working well as a whole, whilst also providing us with new opportunities to learn.

Within Norfolk Fire & Rescue Service we have so far been lucky compared to previous predictions, with only a very minimal number of colleagues affected either directly or indirectly. At Outwell Station we have luckily had no cases amongst our crew or our families proving that the systems in place to protect us and our community are working.

To maintain strategic availability at core stations during initial lockdowns, I was seconded to Thetford Day Crew Station from April to October, to help maintain their officer skills & availability they had been lacking at that time. However since then I have been able to resume my usual role within the On-Call Support Officer Group, still being based at Outwell Station.

Since my last update we have been working hard in all areas, and as a result, **FF Ed Bidwell** has recently been promoted to Crew Manager following his successful Incident Command assessments.



Well done Ed for all your hard work. **CM Matt Crawley** has also moved close enough to respond fully.

As a result of now having three OIC's, we are finally able to consistently give above 90% availability to protect our community once more, meaning we are responding to more calls than we have previously been able to, instead of a majority of those being attended by neighbouring stations.

I would like to thank those of you who have continually supported us and helped us to do what we do.

Whilst we have had to adapt and overcome to continue training and developing our skills, other crew members have passed various assessments, including **FF Ben Lanchester** and **FF Sanjay Markland** who have both passed their two week Breathing Apparatus Course; **FF Duncan Perham** who has passed the required elements to become a competent Firefighter. He is also now completing the required elements to attend his LGV driving course in May. So you may see us out and about completing structured driving training.

Both **FF Jason Kent** and **FF Rowan Fox-Noble** are preparing to attend an Initial Incident Command Course in June as an initial step towards becoming two more incident commanders for us, as part of their continued development.

At present we have a crew of eleven, with a final member hoping to start his training later this year. **As a result at present we are not actively recruiting, as we also have some previous applicants on a waiting list.**

Now that busier times are due to resume once more, when more shops and businesses are set to reopen, the roads will be getting busier and busier each week. Please try to plan your journeys, drive to arrive and try not to put yourselves or others at risk, especially at a time where our resources are already stretched in various ways.

In the coming weeks as restrictions are lifted, you will start to see us out and about locally and training within our community again. Please feel free to say hello as usual, but please protect yourselves and us by maintaining social distancing while restrictions continue.

Remember push the button not your luck.

Get Out & Stay Out!!

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I can hardly believe, one year on, that we are still battling Coronavirus and most of the usual activities at Three Holes and other village halls are not permitted to go ahead.

Little Sunshines Toddler Group



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to book your space

NEW TODDLER GROUP

Starting Wednesday 14th April.

Great opportunity to meet new parents/carers and children.

This group is led by fully qualified staff.

We can't wait to meet you!

One piece of very good news is that a new toddler group, which had been due to start at Three Holes last autumn but was delayed due to Covid, can take place starting 14th April. The Hall's trustees are particularly delighted to welcome Little Sunshines Toddler Group as it has been many years since this kind of service for parents, carers and very young children last took place in Three Holes.

The Group's organisers said "The Little Sunshines team is really looking forward to meeting the families coming along to our first toddler group session"

The sessions run every Wednesday 9.30-10.30 in term time. For more details and to book a family session contact:

little_sunshines.upwell@gmail.com

BOOKING ESSENTIAL

We had hoped to be able to announce the date and invite everyone to come along to our Annual General Meeting which is usually held in April. Sadly, at the time of writing, there is no definite indication that a public event such as this can go ahead. Please do keep checking our website and social media for updates as we are keen to have an 'in-person' AGM if at all possible but otherwise we will arrange a virtual alternative and we will definitely be re-launching the "160 Club" to help raise funds to maintain the hall.

We are hoping to re-start the monthly Welle Cinema sessions as soon Covid allows and have re-applied to the People's Health Trust, Health Lottery for a grant to help us get back up and running. It was an award from the Health Lottery that provided the funding to set-up the Welle Film Project in the first place and we are keeping our fingers crossed that they will assist us once again.

Please go to the Three Holes Village Hall website for updates on what is - or isn't - able to go ahead www.threeholesvillagehall00.org.uk. For bookings contact Helen on 01354 610316 or for anything else email me, Sue Lowe, lowecuss@gmail.com

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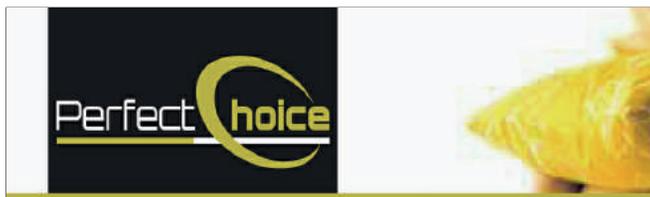
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UPWELL PARISH NEIGHBOURHOOD PLAN – THE REFERENDUM

It is still uncertain whether the Neighbourhood Plan will go to Referendum with the County Council and Police and Crime Commissioner Elections on May 6, postponed from last year owing to Covid-19. The reason being a logistical problem for the Borough Council in that there are potentially 3 Elections to be held simultaneously. If it does go ahead they are required to give at least 28 days notice.

Anyone on the Electoral Roll will be able to vote and answer this question: ***Do you want The Borough Council of King's Lynn & West Norfolk to use the neighbourhood plan for Upwell Parish to help it decide planning applications in the neighbourhood area?***

The Upwell Parish Neighbourhood Plan is a document that sets out local planning policies for Upwell Parish. It has passed through all the stages required to go to referendum.

To summarise the process that the Plan has undergone to reach this point:

In 2015 the whole Parish was designated as the area to be covered by the Plan.

Numerous consultation events took place during the period prior to publication of the Regulation 14 pre-submission document, on which the Community as well as a number of statutory bodies were consulted, 8 April - 24 May 2019. The response to this event was incorporated into the Plan and the submission version externally examined in May 2020. Further amendments were made to comply with the Examiner's recommendation and advice. The Plan was signed off by the Borough Council and the final version is published on their website. It can be found by following the link below or via the Parish Council website.

[https://west-norfolk-consult.objective.co.uk/portal/neighbourhood_plan/neighbourhood_plan_consultations/upwell_npconsult?tab=files](https://west-norfolk-consult.objective.co.uk/portal/neighbourhood_plan/neighbourhood_plan_consultations/upwell_npconsultation/upwell_npconsult?tab=files)

Prue Lester



MEETING DATES 2021

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.

April 12th

May 17th

June 14th

July 12th