

Summer 2023



Community Magazine

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UPWELL HEALTH CENTRE CAR PARK

Many of you cannot fail to notice how badly flooded the car park at Upwell Health Centre has become over the years. Pre Covid, it had been flagged as a problem - but then of course we all had to stop a lot of activity. During 2022, Borough Cllr. Vivienne Spikings spent a lot of time trying to get this problem addressed with the Borough Council, as it is they who own the car park land.

After various investigations and site meetings, it was determined that an underground culvert had become blocked, stopping the water from the dyke that runs along the car park and behind the Freebridge bungalows from going into an Internal Drainage Board drain.

The Internal Drainage Board (IDB) were involved, Freebridge Housing Trust became involved due to blockages from their land and then when the bungalows were built on the opposite bank, riparian ownership and responsibility came into play.

If you own land adjoining, above or with a watercourse running through it, you have certain rights and responsibilities. In legal terms you are a 'riparian owner', which means that you have a duty to maintain the watercourse and to clear any obstructions (natural or otherwise) so the normal flow of water is not impeded; and ensuring a natural flow from your upstream neighbour can transfer downstream without obstruction, pollution or diversion.

This was a recurring problem and so this year, after it became apparent that more than one entity was involved in trying to solve this problem and that it was not just the Borough Council, BCllr. Vivienne Spikings engaged the assistance of BCllr. Colin Rose to progress this as at the time he was also a member of the IDB (Internal Drainage Board). Colin had meetings with the Middle Level Commission and the IDB, (neither authority having responsibility for the dyke in question) and the BC and at times no doubt felt he was going round in ever decreasing circles. I understand that he may still be waiting for Freebridge's flood management to respond. The Parish Council supported any assistance and in one instance, literally!

Arriving at this car park one day, when it was more lake than car park, I found Parish Cllr. Andrew

Harrison in wellingtons, spade in hand, with Colin Rose. Cllr Harrison knew there were drainage gullies in the car park and had located one of them. After the standing water had drained away, the second gully was revealed. Cllr Rose had dug out two channels in the verge leading to the car park, and Cllr Harrison dug out one at the end of the car park curbing. This allowed as much standing water as possible to drain away.

After being advised of this, the Borough Council did then pump the remaining water from the car park, which only lasted until the next rainfall. This helped a lot but obviously did not address the problem of maintaining the ditch. Currently the two drainage gully pots are awaiting to be pumped out and the pipework jetted to locate where they appear in the dyke, so they can be marked for future reference and kept clear of vegetation. Hopefully in the autumn the leaves can be cleared away to stop them filling and blocking the drainage gully pots.

Colin had more meetings but a chance conversation with his colleague from Upwell IDB Paul Hartley, to let him know that groundwork was being conducted on the field opposite. The levels being suitable, Russell Fowler could do the cut straight across to the Listers Road ditch (that had just been dug out) for about £500, agreed by the landowner. (See pics p4) Colin agreed to make a site visit the next morning and advised the IDB Chair, who met the contractors on site and authorised the work. However, Russell Fowler very kindly agreed to do the work free gratis in the public interest.

And so, a problem that may have cost the taxpayer pre Covid in the region of £25k (*a guesstimate-Ed*), has been resolved with a lot of investigation, co-operation and common sense. Public thanks need to go to Russell Fowler, Paul Hartley, Steve Hartley, BCllr. Vivienne Spikings, BCllr. Colin Rose, Parish Cllr. Andrew Harrison, Steve Calton and to the landowners who allowed the contractor access across their land, Jonathan and Simon Bradley. And to anyone not mentioned but helped in solving this conundrum. It's amazing what can be achieved when we all pull in the same direction.

CLA

**Copy date for
Autumn Issue 2023
Friday
22nd September
Expected delivery
From
6th October**



Is it just me that thinks that Summer suddenly sprung out from all the wet weather without warning? Weather is something we love to talk about and the recent hot dry spell has brought its own challenges. One of which is heat exhaustion, so please do make sure you all keep hydrated, including your pets.

FROM THE CHAIR

Our **Swan** residents managed to become a topic for discussion in the middle of the Spring and hopefully you have seen the signage that the Parish Council, in conjunction with the Welle Creek Trust, put up to warn motorists, pedestrians and river traffic of their existence and habit of wandering across the roads in search of a few snacks. These snacks are kindly provided by parishioners and visitors but although the feathered families may now have moved on and grown a bit, please can we ask that if you do want to give them snacks, that you do so on the riverbank. This hopefully will then stop them wandering among the traffic as we do not want any harm to happen to them or humans. Whilst writing this, it has been reported that a pair of Swans with a much younger family have been subjected to stone throwing by some young people. This behavior is totally unacceptable and fortunately in this instance, a parishioner stepped in to stop it.

As you all know, there were **local elections** in May and the only changes to the Parish Council were the election of Kelvin Judd and sadly, the resignations of Zoe Harmer and Rob Shaw. Zoe is pursuing her career and undertaking a BSc degree course which understandably will take a lot of her time and energy. We wish Zoe all the best for her future. Rob was re-elected as Chair of the Upwell Village Hall Committee, so he will still be working with the UPC in a lot of respects.

The **Upwell Village Hall Committee** would gladly welcome new members. It is the management committee for the hall and responsible for trying to raise funds for the maintenance and upkeep. It usually meets once a month in the hall. Fresh ideas and helping hands are needed so if you think you would like to help, please let Melanie Hilton know. Her details are under Parish Clerk on the last page of the magazine. The UPC does have 2 Councillor vacancies and if you feel that this may be something you would like to do for the community, again please contact Melanie in the first instance.

Our **Borough Councillors**, Vivienne Spikings and Colin Rose were re-elected, with Colin now an Independent Borough Councillor. Congratulations to both and we know they will continue to provide the parish with much valued support and expertise.

There has been much discussion regarding **verges, road signs and potholes** of late and some of these issues have, and are now, being discussed at the highest level, hopefully to the satisfaction of all. Although these can be reported to the parish council, often the quickest and best route is to contact Norfolk County Council or the Borough Council. For those that have internet, if you search for Norfolk County Council, you can then drill down to the 'report a problem' pages. More details on this can be found inside the magazine.

In the last issue, I reported on the problems some parents had with the **allocation of school places**. I am very pleased to be able to report that, with a lot of assistance from County Councillor Chris Dawson and continued lobbying by both Upwell and Outwell parents, this has now been resolved and I understand that in the main, the children affected now have offers of places at Downham Market Academy or their preferred school.

Still on the subject of school, we are all aware of the issue with **parking outside Upwell's school**. This is also a problem in surrounding villages such as Outwell and Emneth. Once again Cllr. Chris Dawson has been encouraging policing of 'no parking' areas outside our regions' schools and both Upwell and Outwell Parish Councils have now written to NCC supporting this initiative.

Upwell is holding the annual **Yard Sale on the 16th July**. This has been advertised on the Hall Facebook page but for those of you who do not use that medium, we have re-produced a poster in this magazine with contact details.

And lastly but far from least, the **flooding of the Health Centre carpark** should now be resolved. Please see the article and photos from Borough Councillor Colin Rose. Many were involved in this and I understand that these efforts has saved the taxpayers in excess of £25,000! UPC would like to thank Colin, Borough Cllr. Vivienne Spikings, Cllr. Andrew Harrison, Russell Fowler, Paul Hartley, Steve Hartley and the landowner who allowed works to take place. Enjoy the rest of the Summer.

Christine Aston
Chair UPC

UPWELL YARD SALE 2023

A date for your diary

This year's Upwell Yard Sale will be held on the 16th of July.

There will be a map available as before and households all over the village will be taking part.

The entry fee is £5 as before and all donations will go towards the upkeep of the Upwell Village Hall

To book your table and to donate to this great cause Please send us an email in the first instance

upwellyardsale@gmail.com



Blunt Trust Update Summer 2023

Firstly, apologies for not having an update in the last Parish Magazine. Hopefully this update will cover everything we've been up to this year.

The Trustees had decided last year to **plant a tree** in the orchard nature walk to commemorate the Queen's Platinum Jubilee. However, prior to our actually planting it the Queen sadly passed away. We have therefore decided to plant a tree with joint purpose, not only to celebrate the platinum jubilee but also the coronation of King Charles III. We have purchased a magnolia tree and this will be planted in the autumn with a plaque. There will be a short ceremony and we hope members of the public will attend the plaque unveiling ceremony. The date will be confirmed when known.

We are also planning this autumn to try to **identify all the apple tree** varieties in the orchard; some are old varieties no longer commercially used and we want to highlight these. Once we have identified them, we will label them and produce an information board about them all.

While on the subject of the orchard I have some distressing news to impart. The orchard and the educational building on the site have been the subject of **vandalism** again. Some trees have been maliciously damaged and the shelter has had its roof damaged and some of the display cabinets vandalised. Pictures of the damage are shown here. We have involved the police and hope they can bring the culprits to book. In the meantime can I ask you all to be vigilant when using the orchard and report anything suspicious to the police.

Those of you who use the **nature walk** will have seen we have erected new signs at both entrances. Unfortunately due to a number of dog owners allowing their dogs to foul the area and not clean up after them, despite our installing dog waste bins at each end of the walk last year, the trustees felt we had to restrict the areas dogs can use by asking for all dogs to be kept on leads while walking in the orchard. The area is used by children a lot, especially those from Upwell School, and we felt this was the only way to try to improve the situation.

We have all been delighted to hear of the success of the recently reformed **Upwell Youth Football Club**. The club was nominated for an England Football Grassroots Football Award from Norfolk FA, and one of the coaches, Jay Best,

has won the Coach of the Year (Male Player Pathway). The Blunt Trust are especially pleased to hear of the success of the club as we provided significant grants to allow the club to be established and expanded. We also paid for the course that trained Coach of the Year Jay Best. It's fantastic for the youth of the village to have this club which caters for boys and girls alike.

Other grants we have made this year include £20,000 towards the replacement of the roof on the Upwell Methodist Church, a promise of another £20,000 towards work to correct water damage and rain drainage issues at St. Peter's Church, a promise of nearly £12,000 towards the provision of an additional store room at the Upwell Playing Field and two more educational grants. We have also paid FOSA at Upwell School £300 to allow some children to enter the Duke of Edinburgh's award scheme.

Please remember we are here to support all sorts of activities, and individuals, within the village of Upwell with grants to help with education and to provide equipment that may be needed for medical issues that the NHS is unable to supply. We have a website theblunttrust.com where application forms can be accessed. Now I have moved away from Upwell please don't put the forms through 116 Town Street's front door. Deliver to any of the trustees including Ros Shorting and John Richardson who lives in the old Baptist Chapel on School Road.

Finally I want to invite you to attend our AGM. It will be held on Tuesday August 1st at 7pm in Upwell Hall. I hope to see you there.

Paul Williams



Happy Circle Seaside

Bus Trip

Sheringham – Wednesday

19th July

£15 per person

Contact Sue on 01945 773638

for more information, or please
leave a message and she will
return your call

Report a Problem

Did you know that you can report various problems directly to Norfolk County Council? This quite often is the best and quickest route. If you have internet access, search for Norfolk.gov.uk and go to 'Report a Problem'.

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

can also then track the outcome of your report.

Topics you can report on include -

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

You will receive an acknowledgement and updates from NCC.

Upwell and Outwell Age Concern Lunch Club

Just a week after a fabulous afternoon of entertainment and a glorious celebratory tea for the Coronation, our members were celebrating the 35th Anniversary of the club (that's a lot of hot lunches over the years!)

Our lifetime president, chairperson and founding member, Pearl Willcox explained how the club first started and then led a round of 'Happy Birthday to Us' after which she was presented with a bouquet of flowers. Each member also received a commemorative coaster as a souvenir of the occasion.

As we did back in 1988, we still meet fortnightly for a hot lunch and a natter. Our membership continues to grow with over 50 members who regularly join us, but two weeks is a long time without a good chat with friends - so now on the alternate week we have Tea on Tuesday – but that's a whole different story!

If you would like further information about our club, please contact Jackie Scotten on 07584 735805 for a chat.

Photo: Miss Pearl Willcox, founding member and lifetime president



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GENERAL KNOWLEDGE QUIZ

1. In which part of your body would you find the cruciate ligament?
2. What is the name of the main antagonist in the Shakespeare play Othello?
3. What element is denoted by the chemical symbol Sn in the periodic table?
4. How many of Henry VIII's wives were called Catherine?
5. What was the most popular girls name in the UK in 2021?
6. What is the name of the 1976 film about the Watergate scandal, starring Robert Redford and Dustin Hoffman?
7. Which comedian was the second permanent host of Never Mind the Buzzcocks after Mark Lamarr?
8. In what US State is the city Nashville?
9. Which rock band was founded by Trent Reznor in 1988?
10. When did Croatia adopt the Euro as their currency?
11. Which Tennis Grand Slam is played on a clay surface?
12. In which European country would you find the Rijksmuseum?
13. How many films have Al Pacino and Robert De Niro appeared in together?
14. What was the old name for a Snickers bar before it changed in 1990?
15. What is the smallest planet in our solar system?
16. Who wrote the novels Gone Girl and Sharp Objects?
17. Which football club plays its home games at Loftus Road?
18. Continental United States has 4 time zones, can you name them?
19. What was the Turkish city of Istanbul called before 1930?
20. Name the Coffee shop in US sitcom Friends.
21. How many human players are there on each side in a polo match?
22. In what year did Tony Blair become British Prime Minister?
23. What is the capital of New Zealand?
24. Street artist Banksy is originally associated with which British city?
25. From what grain is the Japanese spirit Sake made?

Answers on Page 6



The new ditch at the Health Centre Car Park



Blended Monkey

It's been a year since we introduced our Blended Monkey & Crafter's Retreat businesses to the readers of the Community Magazine. So, we thought we'd provide an update.

We've grown a lot since we launched our Blended Monkey company back in 2012. Last year was particularly stressful, with lots of ups and downs, but thankfully we are still offering our award-winning woodturning, pottery and unique "2 Crafts in 1 Day" experiences in our garden studios in Upwell and providing a relaxing place to stay in our Crafter's Retreat.

Our students come from near and far, and when guests stay in our Crafter's Retreat, we actively promote all the fabulous neighbouring pubs, restaurants and places of interest that this wonderful parish has to offer. If you have a local business that might be of interest to our guests, please email us your details and we'll add you to our online and physical welcome folder. Our Crafter's Retreat guests are greeted with a welcome hamper containing local products too! We're proud to be part of the Upwell community and doing what we can to promote other small businesses in the area.

We continue to offer woodturning and pottery sessions as rehabilitation and creative therapy to people who suffer with poor mental health or who are coping after a brain trauma. In particular, it has been a real joy to see how one of our regular students, who suffered a stroke 9 years ago and who has been coming to us for over two years, has developed and thrived with the help of our woodturning and pottery sessions. Simon and I have also been busy visiting various facilities and institutions to give demonstrations and talks about our crafts. We really enjoyed our visit to Hickathrift House Care Home in Marshland St. James, where we were invited to chat with the



Blended Monkey



lovely residents, and Simon gave a pole lathe turning demonstration.

This year sees the launch of our new GREEN WOODTURNING/POLE LATHE TURNING experience which we're offering as a 1-2-1 or pairs workshop in a covered space of the Blended Monkey gardens. Students learn how to take a log of green wood, trim it with an axe, draw it to shape using a shave horse and draw knife, and then use a pole lathe to turn the piece into an item. The origins of the pole lathe are lost in antiquity, but it's known that Vikings used them as they've been found in archaeological digs. The ancient craft of pole lathe turning petered out in England after the Second World War

– so it's great to be reviving and teaching a heritage craft.

In conjunction with our workshops here at Blended Monkey, we're holding group pottery and woodturning workshops at various locations throughout the year, including the Farmland Museum and Denny Abbey and the Haddenham Arts Centre. We regularly attend the Bury St Edmund's Makers' Market which is held on the first Sunday of every month, but you will also find our Blended Monkey stall and pole lathe demonstration at some fabulous local events: this year including the Lakes End Easter Fayre & Dog Show, Fincham Craft Fete, Aldreth Vintage Fair, Handmade Makers' Market in Haddenham, SWISH summer event in Southery, Ely Cathedral's Green Fair, Welney Summer Gala, Heritage Crafts Weekend at the Farmland Museum and Ely's Apple & Harvest Day.

Feel free to email us at enquiries@blendedmonkey.co.uk if you have any queries or would like more information about what we get up to here at Blended Monkey & Crafter's Retreat. We're looking forward to another creative year.

Louise & Simon

This is St Peter's church, Upwell.

My church, Our church, Your church

In the heart of our village - it has always been there for us.

For our celebrations – the weddings, the baptisms, the memories.

For our losses – the funerals, the memorials, the memories.

For our quiet moments – the peace, the beauty, the memories.

Open every day for us to see its beauty, enjoy its calm, perhaps say a prayer or two.

We take for granted the things that make our village special because they've always been there for us. Sometimes, it's in our power to make sure that what we value in our village will always be there for us and our children and their children.

Find St Peter's Church, Upwell on the 'A Church Near You' website,



John Fielding/Flickr

Green Fingers Gardening Club



Our meetings through the Spring months have been varied, including a variety of locations. We were at the Methodist Church Hall, our usual location, for Ian Wilson's talk on

(near Swaffham). Again, the owner showed us around what was a garden worthy of RHS Chelsea. It had been laid out by Arne Maynard, a Chelsea designer, in the early 2000s. Nearly 20 years later, the herbaceous borders looked beautiful in the afternoon sun. There is also a kitchen garden, cutting garden, wildflower meadow and large pond. It is open in early July and October as a fund-raiser for the NGS. Get there if you can, the cake & a cuppa provided by local ladies are recommended. Our luck with fine weather continued when members met in **Raina's garden** in June. The annual Rose Competition took place there and was won by Susie who now holds the Hearndon Rosebowl trophy for a year. Members also prepared containers of plants to be sold at our Charity Open Garden at Marion's on June 25th. That event raised over £700 for West Norfolk Deaf Association, this year's charity.

Our next club meeting will be held in **Gerry & Sandi's garden** on Thursday July 20th (2.30-4.30). Should you wish to join us, the charge to Visitors is £3. Please phone the Chairwoman Raina (01945 772160) for more details.

A Wildlife Pond for the Garden. I'm sure most of you know that any water in the garden is a magnet for birds but bees and animals like hedgehogs use it too, provided there is a shallow area. A late afternoon meeting in April involved a trip to **Seagate Nurseries (formerly Seagate Irises)**, found on the A17 near Long Sutton. It's under new management and the owner gave us a conducted tour of the iris beds. He explained the changes he was making and the key to success when growing them. Last year's long, hot summer was ideal as the rhizomes (of Bearded Iris) need to be baked to ensure prolific flowering the following year. I have seen some beautiful stands of iris around the village this year so the advice seems to hold true. The weather has been 'scorchio' for the last few weeks which bodes well for next year's flowers. We managed to pull in another visit in May. It was to view a private garden at **Holme Hale Hall**



- | | | | | | | | | | | | | | | | |
|--------------|-------------|-------------------|--------------------------|------------------------|----------------------------|--------------------|------------------|--------------------|------------------|---------------------|-----------------|-----------------|--------------------------|-------------------------------|--------------------------|
| 14. Marathon | 15. Mercury | 16. Gillian Flynn | 17. Queen's Park Rangers | 18. Pacific, Mountain, | Central, Eastern | 19. Constantinople | 20. Central Park | 21. Four | 22. 1997 | 23. Wellington | 24. Bristol | 25. Rice | Words ending in 'dous' – | Horrendous, Tremendous, | Stupendous and Hazardous |
| 1. Kneecap | 2. Iago | 3. Tin | 4.3 | 5. Olivia | 6. All the President's Men | 7. Simon Amstell | 8. Tennessee | 9. Nine Inch Nails | 10. January 2023 | 11. The French Open | (Roland Garros) | 12. Netherlands | 13. Four (The Godfather | Part 2, Heat, Righteous Kill, | The Irishman) |



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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.

Call for more information

Parish Clerk, Melanie Hilton: 07368 420237

Meeting with the Middle Level Commission regarding the cutting of the river banks

A meeting was held on Monday 26th June at the MLC Offices; those attending were Upwell and Outwell Parish Council representatives, Welle Creek Trust members, NCC Highways Engineer – Andy Wallace and Borough Councillor Spikings, as well as various officers of the MLC. First and foremost, it was clarified that the MLC does not own the river banks, and are not responsible, or obliged, to cut the river banks. The MLC is solely responsible for navigation - which the overgrown banks do not affect. However, it was agreed that cut river banks do enhance the overall appearance of the villages. The whole issue now is that the MLC is constrained by Wildlife and Ecology Law, which has a legal status and is a Statutory Requirement. Basically, the river banks cannot be cut at certain times of the year. To do so would breach Wildlife Law. The only way to overcome this would be to undertake an early cut of the river banks, but that would mean no more daffodils! One of the contributing factors this year is that due to a cold, wet Spring, the daffodils were late in flowering. The MLC usually undertake a first cut six weeks after the daffs have flowered, which allows time for the bulbs to 'recharge' on the nutrients required to produce the following year's growth. It was agreed that cutting the daffs was unacceptable. Those residents who do maintain the river banks opposite their homes would also come under the Wildlife Law, but to avoid breaching it, **must** leave one meter of uncut bank from the waterline. Those with moorings or fishing platforms are responsible for maintaining those moorings or fishing platforms **and** cutting the banks either side of their structure! This is whether you built your structure or inherited it through a house sale. The MLC will not cut the bank where there is a structure or bank-moored boat. Several ideas for solutions were suggested as a way forward for next year, which may include (but not yet confirmed) an early cut, sacrificing just a few daffodils by 'block cutting' and also cutting the verges (more on that in a moment). The WCT members advised that they are experimenting with sowing wildflower seeds on the bank, which would also benefit from an early cut. For now, the first season cutting of all the MLC waterway system commences on the 15th July, and they have in excess of 120 miles of banks to cut! Upwell and Outwell might not see the river bank cut until August, but it was suggested by the MLC that they change their usual cutting plan in this area to get the Welle Creek cut sooner. Going forwards, there will be more discussions about how to avoid the current situation from being repeated in the future; but we have to accept that with current legislation, the Welle Creek might not look as well manicured as it has always been in the past. I would clarify that it was most certainly **not** the case that the MLC does not want to cut the bank now or in the future, they simply are not allowed to do so without breaking the law. Going

back to the verges, Andy Wallace explained that the NCC Highways verge-cutting contractors will no longer cut the verges within a 30 mph speed limit. This is considered as urban, and falls under the remit of the Borough Council, who do not have the machinery required to undertake verge cutting. This came into effect last year, but all the verges were cut by mistake! With the MLC having always voluntarily cut the river bank verges as part of the bank cutting process, this is why the verge along the river has not been cut separately by NCC Highways this year. It was strongly pointed out that there is a Highway safety issue, but unfortunately there is no solution on the horizon for this. It must be said that thanks should be conveyed to anyone who has taken it upon themselves to strim or flail the verges wherever possible, even if it just makes it safer for those people to get out of their own driveway. Every little helps and it is appreciated. For the future, the MLC officers were invited to attend next year's Welle Creek Trust AGM as guest speakers, and also a suggested event involving various organisations showing what they do etc. Look out for notices next year.

Cllr Andrew Harrison.



A warm and welcoming Pre-school located in the grounds of Upwell Academy.





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- Highly qualified and dedicated staff
- Fantastic outdoor and indoor area





61 School RD, Upwell, Norfolk, PE14 9EW

Email: little_sunshines_upwell@gmail.com

Facebook: Little Sunshines Pre-school

TEL NO: 07903 068464



It doesn't seem that long ago that we were emerging from the wintery conditions, looking forward to Easter and the summer

We are also pleased to announce we received our **1 STAR Accreditation from England FA**. This is an important milestone for the club in the programme that



season of tournaments and preparation for the 2023/2024 season. Fast forward a few months and we are in the thick of



it with our renewals and registrations for next season and we are proud to provide some key updates to the community

replaced the previous 'Charter Standard' accreditation that used to be prevalent in youth football. This accreditation shows that the club is developing in the right way and through the assessment phase we received excellent feedback on various parts of our coaching, governance and development which was great to hear.

We also held our **presentation night** at Upwell Village Hall – we had great fun presenting all children connected to the club with their medals, certificates and individual awards for those not in the play phase. I'd like to give special mention

on how your club is progressing. At the time of writing, **we are just about to celebrate our 1st 'birthday' as a club** and we are grateful for all the support we have been shown over the past year. We were reminded through 'Facebook Memories' of our first posts for 'Upwell Dribblers' as it was named then and expected (or rather hoped) that we would see somewhere around 10-15 children sign up to form a 'stay and play' football session with a view to entering the league in a few years' time. At our recently held AGM, we were pleased to confirm around **70 children** connected with the club over the first year and we are still welcoming new faces on a regular basis.



and **thanks to Gordon Moat** who sponsored an Endeavour Award which went to Freddy from our youngest age group for this year. Gordon was instrumental in the

We will enter the 2023/2024 season with 3 teams competing in the Mid Norfolk league. We will have one U8 team and two U7 teams travelling around West Norfolk enjoying their football from



earlier iteration of the club and it was great to have both Gordon and Patricia at the presentation night. Whilst we're on the subject of thanks, I'd like to give thanks to Upwell Builders and CSS who are sponsoring new kits for some of our match playing squads as well as a continued thanks to i3 Secure for their sponsorship of kits for our play phase age groups. You will also see our coaches wearing brand new club tops, kindly sponsored by James at JAS Electrical Contractors. Thank you James!

September. Alongside this, our play phase age groups between U4-U6 will continue their training programmes in preparation for when it is their turn to start playing football. We will continue to recruit players into those age groups **so if there are any children who are 3 – 5 who would like to get involved, please get in touch with the club**. Alongside this, our Thursday Open Training sessions have grown to now warrant two sessions and if you are interested in this please visit our

Since our last update Norfolk FA held their yearly awards. The club was delighted to be shortlisted for an award but unfortunately, we were pipped to the post for Club of the Year - but this has given us the 'fire in our bellies' to work even harder to win it next year. We did enjoy success in the form of our U8 Coach, **Jay Best, winning Coach of the Year** which is a fantastic achievement which all at the club congratulate Jay on his award!



Facebook page and drop us a message and we will tell you more.



As we look forward to the summer holidays we do plan to host Summer Workshops which will be run in a similar fashion to the Easter and May workshops held earlier. Spaces will be limited so please keep an eye on our Facebook page for more information over the coming weeks.

That's all from us at the moment – if you'd like to get involved with the club – please get in touch. Have a fantastic Summer!

Alex Parnell
Chairman - UYFC

Outwell Fire Station - Norfolk Fire & Rescue Service



Since my last post, we have all continued to be very proactive - training, to not only maintain, but to also continue to develop our skills and competencies, to ensure those within our communities stay as safe as possible. One of these sessions was to attend a recent high-rise exercise within Norwich, to ensure we are all able to demonstrate new operational procedures, safely and effectively, following the incident at Grenfell Tower. We must all ensure we adapt to service needs and develop new techniques to ensure safety for those around us in neighbouring communities, and those further afield.

Continuing with training, our newest crew member FF Kyle Ward is not only working through his development folder to become a competent firefighter, but while writing this, he is part way through week 1 of his 2-week Breathing Apparatus Course. As usual Kyle has worked hard to prepare. I am confident he will continue to do himself and his station proud and achieve his goals. Thank you to his family for their support.

FF Sanjay Markland has also just successfully completed his Gateway 2 assessments; meaning he just needs to complete his development folder to be deemed competent in role. Nearly there Sanjay.

Whilst on the subject, of competent firefighters: FF's Keith Game and Ben Lanchester have both worked very hard and have recently been signed off as competent in role. Well done to you both, for working so hard.

FF Rowan Fox-Noble is currently preparing for his next Incident Command assessments in mid-July, which, once successfully completed, will allow him to ride out in charge of our crew to incidents. This is no easy achievement and takes a lot of effort to complete. We are sure he will go above and beyond to succeed and achieve his targets.

FF Keith Game has just planned and delivered (with support from other crew members), a very successful and informative session for a local pony club; to teach them fire safety around stables. Keith put a lot of his own time into this session, which, once complete, received excellent feedback - not only from the children but also their parents, who felt they also learnt a lot. Well done, Keith, and other crew who stepped up on the day.

With the extreme conditions of summer now upon us again, we have already started to respond to more fire calls, primarily fires in the open. These, as a whole, could have

been prevented with a bit of pre-planning and awareness of the effects warmer weather have on our surroundings. We have also had several woodland fires across the county that have been caused by careless use of disposable BBQ's. This not only puts those around us in danger, but it also puts our crews at significant risk, who attend to extinguish such fires in often very extreme conditions. We all saw the devastating effects fires had last summer, to homes, businesses, and the wildlife around us.

Please help us to prevent such losses from happening again this summer!

Since my last post, we have also attended several building fires, and some very serious RTC's. Can we please urge everyone to drive carefully, plan your journeys, allow plenty of time to arrive, and ensure you are fit to drive. And also just as importantly, if you do decide to consume alcohol, please plan other ways to get home, for everyone's safety. At present we have four applicants, who are each hoping to join us as our newest crew members. We have however, also recently had one applicant that seemed genuine and very interested in joining us. After an initial meeting, he seemed suitable, and was offered one of the limited spaces within our recruitment program. He then disappointingly failed to not only turn up to any of these assessments, but he also chose to not inform anyone prior, which is disappointing; his space could have been given to someone more committed and willing, as spaces are always in short supply, Becoming an On-Call firefighter is a big commitment, and not for everyone. So please ensure you come and see us, to find out all aspects of what it entails, before agreeing to be put forward for this once in a lifetime opportunity.

Should anyone feel they have what it takes to become a member of our crew, and lives or works within 5 mins of our station, please feel free to either contact me on the number below, or feel free to attend Outwell Fire Station on a Wednesday evening, between 18:30 and 21:30, where one of us will happily have a chat with you.

Thank you all for your continued support.

Remember push the button not your luck.

Get Out & Stay Out!!

Watch Manager Glen Gates

WM Glen Gates Mob: 07946331359 Email:

glen.gates@norfolk.gov.uk

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



Upwell Methodist Church

94 Town Street, Upwell PE14 9DQ

For further information please contact Jane Hurst

T 01945 588282 E janehurst1@virginmedia.com

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

Website: www.upwellmethodistchurch.uk

Minister: Rev Debbie Caulk

E deborah.caulk@methodist.org.uk

Rev Roger Taylor has written another musical play which will be performed at our church on Saturday the 22nd July at 2.30 pm and again on Sunday morning the 23rd July at 10.30 am. The play is entitled "The 7 +1 ages of man (and woman)". The actors involved are members of various Methodist churches across the circuit and the Worship Band will accompany the singing.

In William Shakespeare's play, "As you like it", Act 2, there is a very famous speech beginning, "All the world's a stage and all the men and women, merely players. They have their entrances and exits and one person in his time plays many parts, his acts being 7 ages". In other words, Shakespeare is saying there are 7 stages in a human life. Our aim is to challenge the view that we have only 7 stages in our lives, and briefly explore life in all its 7+1 stages.

If you managed to see Roger's first musical "About JON" (Jesus Of Nazareth), I am sure you will enjoy this one. If you would like to come along and sing some favourites of the 60s and 70s you will be very welcome.



Tea on Tuesday

Did you know that Anna Russell, the 7th Duchess of Bedford, began the ritual of afternoon tea in around 1840? She invited her friends to join her for tea and cake and a 'pause for tea' soon became a very fashionable event. Tea on Tuesday is a lot less formal!

Pretty teacups, flowers and lots of happy chatter set the scene once a fortnight and the Methodist Church Hall on Town Street is where it all happens!

Amid the murmur of happy chatter there are piles of homemade cakes and gallons of tea as well as a small bring and buy stall and lots of laughter, so if you would like to make new friends – or catch up with old acquaintances - pop along to have a cuppa.

As I am writing this on the longest day of the year, I thought it appropriate to have a thought for the day, so how about:

A cup of tea is an excuse to share great thoughts with great people!

There is no charge, we just ask for a small donation if possible to help keep the club running.

Tea on Tuesday is open to all ages and meets on alternate Tuesdays from 2pm until 3.30pm.

If you are interested in knowing a little more please contact Jackie on **07584 735805** or email her at

jackiescotten51@gmail.com

www.upwellhealthcentre.nhs.uk

Hello everybody; it's been some time since we issued a newsletter for our patients, so about time we did! As ever, a lot has changed in the practice in the last six months, and I hope this message goes some way to keep the community informed.

I'm pleased to report that after that the turmoil over the last few years during a pandemic we are now fully staffed. This is great news for everybody, especially the patients, as we can progress with new initiatives and improve care. We also have new roles which includes a **GP Assistant** (whose job it is to support GPs and other clinicians with administrative and other tasks) and a **Long-term Conditions Coordinator** (whose role is to contact and coordinate patients for their long-term condition reviews).

The long-term conditions project is designed to help us catch up and stay on track with all the reviews we would like to do for people with one or more long-term condition (such as heart disease, diabetes and so on). This work has already started in earnest and patients are being called in for appropriate tests and appointments with clinicians here at the surgery. Going forward, eligible patients can expect to receive a call around their birthday to arrange this review. We hope that this review and advice given will allow patients to improve their quality of their life. Do take their advice!

Another initiative that we are about to start on is the **GP Improvement Programme (GPIP)**. This programme (provided by NHS England) is intended to help practices improve access to the surgery (whether by phone or digitally) and help us to manage the workload internally - so the practice staff can continue to work safely without undue stress. We will be working hard on this program to ensure we do our best for patients and the staff. We have also recently introduced a **new practice website and new online contact system**. The new contact system is called PATCHS and we are encouraging patients to use this for admin requests. If this is of interest to you please head over to our website and click on the link that says "online services". You will see more information and instructions regarding how to register with PATCHS.

On a related note, **the practice is no longer contactable by email**. Email is neither a safe or secure method of communication and we need to move away from this method of communication. ***For all administrative communication (such as sick notes, changing addresses, general enquiries) should be sent via PATCHS. For appointments, clinical matters and anything urgent please contact us using the telephone or visit us in person.***

NHS England are very strongly encouraging all healthcare services to embrace digital applications and digital access to healthcare services. GP services are no different. However, although we recognise the potential benefits of digital access we are acutely aware that some patients may have difficulty accessing services digitally. Please be assured there will always be a non-digital method of communicating with us.

Speaking of access to our services I can report some figures (sourced from the NHS England GP dashboard) which I hope will give some confidence that we are seeing patients face-to-face.

From June 2022 to May 2023, we delivered 49747 face-to-face appointments (21060 telephone appointments)

From June 2021 to May 2022, we delivered 39452 face-to-face appointments (32754 telephone appointments).

It should be noted that the aim here is not actually to see every

patient face-to-face. *The aim is to provide every patient with the appropriate type of appointment with the appropriate healthcare professional so that our GPs have time to focus on patients that require the complex medical care only they are qualified to provide.* We would like to remind patients that there are many conditions and complaints where other health professionals such as pharmacists, physios, pharmacy technicians all of whom can assist you fully. And don't forget, if they need help or clinical support they will always have access to a GP.

Our **Patient Journey Team** will signpost you to other practice healthcare professionals or organisations if appropriate. This signposting is carried out on the instruction of the surgery GPs and is constantly reviewed.

As you can see in the above numbers the total number of face-to-face and telephone appointments is approximately 71000 patient contacts per year. This works out on average to be about six contacts per patient per year!

You may also be interested to know that we answered and managed 18572 separate phone calls in the period March to May 2023. This equates to an average of 315 calls per day.

Moving away from statistics I'd like to talk about our **patient participation group (PPG)**. Our PPG is a great group of patients who meet with the practice every two months (communication continues in between). The PPG is led by its chairperson Cilla Adcock who does an amazing job. The practice is grateful for the PPG support and help provided with such things as flu/covid clinics, feed-back and general support. I am hopeful that the PPG can be involved in the GP Improvement Project as outlined above. A recent example of how the PPG helps the patients are the new noticeboards in the surgery – the categories of the boards and some of the content are a direct function of the group's input. These boards will be updated by the practice and PPG to reflect educational and support materials for patients in a much clearer way. The PPG are on the lookout for new members (see back page)

I am able to provide some news regarding the **vaccines for the upcoming autumn season**. With regard to the 'flu vaccine, we have been informed that patients who are not clinically at risk aged between 50 and 64 will no longer be entitled to receive a free NHS 'flu vaccination. (All other patients in the traditional risk-groups will still be able to receive this vaccine for free under the NHS.) This essentially reverts the entitlement for these vaccines for this patient group to pre-covid times. Patients in this group can still obtain a vaccine but this will need to be done privately via a pharmacy and therefore likely to incur a charge. With respect to covid vaccinations, the spring booster campaign will have come to an end by the time you read this message. The campaign officially ended on the 30th June 2023. I am informed that there will be an **autumn covid vaccine campaign** and we will post information on our website and Facebook page when we have more information.

Before I go, I want to take this opportunity to acknowledge and thank the practice and pharmacy team here at Upwell Health Centre. It certainly has been a tough and busy few years. Everybody has worked so hard to deliver as much care as possible to you all. A big thank you to them.

Best wishes for now, look after yourselves and have a great summer!

Steve

Dance Wize Lights Up Kings Lynn Guildhall Theatre

The scorching heat of the hottest day of the year did little to deter the passionate dancers of Dance Wize as they took the stage on June 11th at the Kings Lynn Guildhall Theatre. The afternoon unfolded into a fantastic showcase of talent, leaving the audience in awe and the performers beaming with pride.

As the founder of Dance Wize, I have witnessed the incredible growth and dedication of our students, and I couldn't be more thrilled with the success of this performance. It's a privilege to work with so many young dancers and help them discover the joy of dance.

The Kings Lynn Guildhall Theatre served as the perfect backdrop for our dancers to shine. The stage came alive as our students energetically took to the stage.

It was a delightful challenge to keep the energy levels high on a day when even the weather seemed to conspire against us. The heat was intense, but our dancers embraced the challenge with unyielding enthusiasm. Their passion and unwavering commitment shone through every move, captivating the audience from start to finish.

The success of our show is a testament to the hard work and dedication of not only the students but also the entire Dance Wize community. Our weekly classes, held at the Upwell Methodist Church Hall every Monday evening, provide a nurturing and supportive environment for dancers of all levels to grow and flourish. It is through



these regular sessions that our students develop their skills, build confidence, and form lifelong friendships.

I extend my heartfelt gratitude to every dancer who graced the stage that afternoon, as well as the tireless efforts of our backstage crew of chaperones. Without their passion and commitment, this show would not have been possible.

For those interested in joining Dance Wize or learning more about our future performances and events, I invite you to reach out to us at kate@dancewize.co.uk. We welcome dancers of all ages and skill levels, and we can't wait to help you discover the joy of dance.

As I reflect on the 11th of June, I am filled with immense pride for what our dancers achieved. The stage at Kings Lynn Guildhall Theatre became a canvas on which dreams were realized, and the applause echoed the hard work and dedication of each and every member of Dance Wize.

Kate Whyborn, Founder of Dance Wize



Five Things You May Not Know

- A snail can sleep for three years
- Australia is wider than the Moon
- Only four words in the English language end in 'dous' – see quiz answers
- Switzerland prohibits the ownership of just one Guinea Pig!
- Venus is the only known planet that spins clockwise.

Well Creek Trust Dance



Due to popular demand, the Well Creek Trust has organised another dance for 2023. Please come and join us, everybody welcome.

Venue: Upwell Village Hall

Date: 23rd September 2023

Time: 7.30 pm

Price: £17.50

Contacts for booking:

Grahame Seaton: 01945 772632

Author in Search of Ghost Stories

In October 2021 King's Lynn resident Dr Paul Lee released a book on the **ghosts of West Norfolk**, which contained many new stories, as well as unearthing forgotten stories which had languished in newspapers and books for decades. Fresh details were also found which added substantially to existing tales; sadly some of these new additions have put quite a few cherished and revered stories in a doubtful light! Unfortunately when compiling his book, Paul's research was hampered by the Covid pandemic, which meant that much needed research materials were unavailable at the time.

His book was met with some acclaim and shortly after publication he was inundated with brand new accounts from readers. By this time access restrictions had lifted and Paul soon availed himself of the contents of libraries, archives and museums. After a long period of time collecting archival treasures and interviewing many new witnesses, he feels that he has collected enough material for a massively expanded second edition, hopefully to be released in time for Halloween, which is his 52nd birthday.

Paul is now convinced that there are many more stories from the region after being overwhelmed by the generosity of West

Norfolk residents who told of their own encounters with the uncanny; indeed, the majority of tales he has been told have never appeared in other media before, hence his feeling that there must be a plethora of untold occurrences still to be unveiled!

Although most ghostly accounts are quite innocuous (disembodied footsteps and moving objects to give two examples), a few are disturbing. For instance, one family fled their home in the early hours of the morning after ghostly ire was directed at the youngest child. There is also a huge variety of spectrally afflicted locations; stately homes, pubs, hotels, castles, retail shops etc. - and even the roadways of the region. ***Paul is interested to hear from any readers who might have information on the phantom residents of the region.*** It doesn't matter if the stories are ancient or modern, or whether they occur in private homes or public locations; if you request anonymity, or want the location suppressed he will honour your wishes.

His email is paul.lee.1971@gmail.com

WELLE W.I.

Hello everyone, we hope you are enjoying the good weather we are having lately but being mindful of extreme heat and the sun's rays.

Our W.I. members are going on a day trip to Burghley House in September instead of our normal meeting. This should be an enjoyable occasion and seats may be available for non-members if required. Please speak to our President Jan,

contact number at the bottom of the page if interested.

Our October meeting will include a speaker on Medical Detection Dogs. This is an open meeting therefore non - members of the W.I. can attend for a small fee.

November is our annual meeting, where a new committee will be elected, followed by a harvest supper. This year will be our 10th anniversary; so much to celebrate.

December will include fun and games for our Christmas event.

Should you wish to join in the activities and make new friends, come along. We hold meetings on the first Monday of the month at Upwell Village Hall for 7.30 until 9.30pm and new members are always welcomed.

Welle W.I. planted a mulberry tree in the Blunts Orchard last year for Queen Elizabeth II, but the weather was against us at the time to place the commemorative plaque, however our President Janet, along with other members of the W.I. took the opportunity a few months ago to put the plaque in place. The tree is near the first bench at the top of the orchard if you wish to view it. The photo shows Janet after her hard work. (The ground had become very hard!).

Don't sit at home - come along and join in the fun. Hope to see you all soon.

For further information contact President Jan 01945 774565



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Everyone that came along really enjoyed our Kings Coronation Film & afternoon Tea Celebration, huge thanks to all the trustees and volunteers that organised the event, decorated the hall and made all the cakes and other food in advance of the day.

Following our Annual General Meeting at the end of April, the charity has eight trustees. The trustee committee has elected its main officers, Chair – Roy Killingworth, Vice Chair - Yasmin Wallbanks, Secretary - Helen Hartley, Treasurer - Geoff Fox-Noble. I am pleased to report that Christine Nelson, Mark Hempson, Rachel Kemp and Vik French have agreed to stay as trustees for another year, BClr Colin Rose our previous interim Chair has agreed to stay on in an advisory role and Sue Lowe a volunteer/projectionist for Welle Cinema. Thank you to Colin & Sue. Like all of you, the charity has been going through some tough times and is now struggling to meet the rising running costs of the hall. Our charity receives no direct funding and has no employees. Everyone involved is a volunteer and we would welcome anyone wishing to get involved. Funding for running costs has to come from hire fees and we can also apply for grants for some specific projects and activities. So, if you have an idea for a community project or activity that you would like to attend or to set up and run at our hall then please get in touch. Email: h.hartley@btinternet.com or speak to one of the committee members. We are looking for new Trustees and/or volunteers to help run events and help with fundraising. The hall is in urgent need of a new flat roof and replacement cookers and cooker hoods. Any help you could give to help run events and raise funds, would be very much appreciated. If you have any unwanted items suitable for raffle prizes, they are always welcome. Thank you to everyone who already donates.

We have recently installed a new alarm system at the hall; thank you to Geoff Fox-Noble for organising this.

Plans are underway to start a monthly, Sunday morning, indoor Table Top/Car Boot Sale. At this stage we need to gauge the interest of anyone who would be interested in booking a table: please email or call Yasmin yasminwallbanks@gmail.com 01945 773272 or speak to any committee member to register your interest. If you could spare a couple of hours once a month to help run the event, please get in touch, we would love to hear from you. TABLE TENNIS CLUB, there has been some interest, but we are still looking for more people to make this viable: open

to all 12 years and over, please email Danny Amey danoir999@gmail.com to register your interest.

The Trustees would like to thank Rita Cuss for the kind donation to THVH&PF of a signed copy, of the book Rita co-wrote, THREE HOLES Portrait of a Fen Village. Thank you to Andrew Cuss for the kind donation of his 200 club winnings.

Thank you to Darren Fiander, John Pearson, Callum & Chloe Killingworth, for helping to cut the grass at the THVH playing field. Thank you to Helen Fox-Noble for running the THVH&PF Facebook page.

REGULAR ACTIVITIES AT THE HALL - Follow us on Facebook for news of events and film screenings

WELLE CINEMA – Screenings are usually the first Sunday of the month NO NEED TO BOOK - There is no Screening in August.

THREE HOLES INDOOR BOWLS CLUB – are looking for new players, open to all over 16, why not come along and give Bowls a go, new players very welcome, no experience necessary, come and enjoy a fun, friendly game, meets weekly on Thursdays at 7pm £3.50pp, Contact Pam Russell, Secretary on 01945 773561 or just turn up, a warm welcome awaits.

FRIDAY AUCTION runs most weeks, sale starts at 6pm. Open for drop-off of items and viewing from 9am. Hot food served all day. For more details contact Vik 07879 005521

SATURDAY BINGO runs most weeks, doors open 4pm, eyes down 6.30pm, hot and cold drinks, sandwiches, cake and snacks available. For more details contact Vik 07879 005521

Roy Killingworth Chairman





August No screening

3rd September 2pm

Elizabeth a Portrait in Parts (12) to commemorate the 1st anniversary of Queen Elizabeth II passing. A unique and inventive feature documentary about the life of Queen Elizabeth II. A nostalgic, uplifting and fresh modern chronicle of the extraordinary 70-year reign of Her Majesty the Queen, the longest-lived, longest-reigning British monarch and longest-serving female head of state in history.



1st October - 2pm

A Man Called Otto (15) A Man Called Otto tells the story of Otto Anderson (Tom Hanks), a grumpy widower who is very set in his ways. When a lively young family moves in next door, he meets his match in quick-witted and very pregnant Marisol, leading to an unlikely friendship that will turn his world upside-down. Experience a funny, heart warming story about how some families come from the most unexpected places.

Quarterly report on Police matters

This became my duty before I am re-instated (which should be in July) after the election in May as Downham Market Police Priority Setting Panel Chairman. Paula Gilluley, our engagement Officer, is tied up with the 2023 Royal Norfolk Show so I shall be brief. She can be contacted at: Paula.Gilluley@norfolk.police.uk

There have been some staff changes and new "Contact" Posters will be sent out in July.

Safer Neighbourhood Team: Beat Manager for: Denton, Emneth with Outwell, Upwell and Delph, Downham Market and Hilgay with Denver Wards - PC Andy Wise. SNDownhamMarket@norfolk.police.uk

For: Watlington & Airfield, West Winch, Wimbotsham with Fincham and Wissey Wards - PC Jamie Cowen. SNWatlington@norfolk.police.uk

For: Spellowfields & Clenchwarton, Wiggshall & Merse Lande, Walpole, Walton and St. Lawrence Wards - PC Chris Lorraine - SNTerrington@norfolk.police.uk

The local Policing Sgt: Sgt. Emily Green - Emily.GREEN@norfolk.police.uk

Local Policing Inspector: Inspector Dan Edwards - Daniel.Edwards@norfolk.police.uk

The next Police Priority Setting Panel meeting will be on the 25th of July 2023 at Watlington Village Hall at 19.00. It will be a hybrid meeting, so consult your local Parish Clerk for details or a link nearer the time. It is regrettable to note that at the last two Police Panel meetings, Priorities had changed from speeding to anti-social behaviour as the main concerns.

PREVENT

The above-named Government initiative has been developed as part of the Government's overall counter-terrorism strategy published on 1st September 2022. Its aims are: to tackle the causes of radicalism and respond to the ideological challenge of terrorism, safeguard and support those most at risk of radicalisation through early intervention and enable those who already have engaged in terrorism to disengage and rehabilitate.

There is more detail available on the internet, along with training, from which you can learn about: the Prevent duty, different forms of extremism and terrorism, the risk around radicalisation and your supportive role, making a Prevent referral that is both informed and with good intention, along with the interventions and support available.

With the current World situation, I would suggest everyone looks into this, starting on-line.

BCIrr. Colin Rose, Upwell and Delph Ward. 20/06/2023

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MEETING DATES 2023

The Press and Public are cordially invited to attend any meeting. Residents can address the Council at the start of the meeting but may only speak thereafter with the permission of the Chairman
All meetings start at 7.00 p.m.

July 10th
Upwell Village Hall

August 14th
Lakes End Village Hall

September 11th
Upwell Village Hall

October 9th
Three Holes Village Hall