

Autumn 2017



Community Magazine

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**Copy Date for
Winter
Edition
is
Friday 24th
November**

COMMUNITY VIEWS NEEDED

Your Upwell parish Neighbourhood Plan

Drop in to comment on ideas for your
community's planning document. All welcome.



Saturday 21 October, 2.30pm-2.30pm @ Lakes End Village Hall

Tuesday 24th October, 5pm-8pm @ Three Holes Village Hall

Sunday 29 October, 2pm-5pm @ Upwell Village Hall

Saturday 4 November, 2pm-5pm @ Three Holes Village Hall



FROM THE CHAIRMAN

Dear All,
Welcome to the autumn edition of your Community Magazine. To start with, a brief update on a couple of points Richard made in the summer. There is a major snag with the bus shelter at the top of Townley Close, as no one seems to be able to work out how to get it to stand up! All in all, it may be easier to start from scratch and buy a new one with the County Council Parish Partnership Scheme, which means NCC would pay 50%. Unfortunately this means the project will be delayed until next

year.

Other Highways matters: NCC Rangers have been asked to address the condition of the footpaths in Three Holes and a request has gone in to have the 40 mph speed limit extended past the point where the footpath moves from one side of the A1101 to the other. Following complaints, Highways were also asked to resurface Pius Drove but the answer was a definite NO.

We are also looking into making the yellow 'no parking' lines outside the school mandatory, rather than advisory as they are now. A child was nearly run over shortly before the end of last term and the Head had her staff out on the roadside getting parents to move their cars to make sure that the children can leave safely. If you have to drop off and pick up children please park away from the yellow zigzags; even if it is not illegal to do so it makes it very dangerous for the children.

Rubbish, dog foul and litter: 'Rubbished Up', as they say, in other words, weeds growing at the foot of walls by the footpath. If your property has road frontage please go out and clear away any weeds, they are unsightly, a nuisance to passers by, encourage lazy people to drop litter and are an opportunity for lazy dog owners to ignore their mess. The children are walking to and from School (even with all the cars a lot of them are on foot). They don't need dog foul on their shoes whichever way they are going.

The same goes for hedges, trees and shrubs, please have a look and if yours are hanging over the footpath it's time to cut them back. People, particularly those with push chairs and buggies, should not need to take to the road to get by.

Finally, Neighbourhood Planning: on the front cover you will have seen that there are some drop-in sessions coming up next month. These will bring together all the ideas that you have put forward over the summer that will be the basis on which the policies will be written. Please spare a few minutes to come in and see what they look like and tell us what the priorities should be.

Closing with thanks to contributors, advertisers, distributors and Editor Steve Calton, the copy date for the winter edition will be Friday 24th November.

Prue Lester

REMEMBRANCE SUNDAY 12TH NOVEMBER
THE TRADITIONAL OPEN AIR SERVICE WILL BE HELD
AT THE WAR MEMORIAL
AT 10.45 A.M.
A TWO MINUTE SILENCE AT ELEVEN O'CLOCK WILL
COMMEMORATE THE FALLEN IN BOTH WORLD WARS.
THIS CEREMONY WILL BE FOLLOWED BY A SERVICE
AT ST PETER'S CHURCH

Blunt Family Trust and Orchard Gardens Update:

Efforts to engage with Mr Tony Davies, executor of Miss Blunt's Will have been unsuccessful. Letters from the Council Clerk as well as from individuals have not received replies and nothing has been heard from him since the meeting he held in Upwell Village Hall in March. We understand that he has been in poor health and offer good wishes for his recovery, but that does not dilute concerns about progress towards setting up the Trust, bearing in mind that Miss Blunt died over 4 years ago. A member of the Council was offered the following information which was minuted at the August meeting:

An update regarding the Edith Blunt Trust was given by a councillor. The recently constructed driveway off St Peters Road involves three land owners and is primarily for access to the five dwellings allocated on Miss Blunt's land. Two of the plots have been sold subject to contract and it is anticipated that the remaining three will be sold in the autumn. When the remaining plots have sales completed, both executors will 'retire' and the Trust will be set up. The Will is also the Trust Document so this does not need altering and will give the Trustees a wide range of powers. Due to the small areas of land owned by the other parties involved in creating the driveway, it was decided a ransom strip was not practical so repayment of the money from Miss Blunt's Estate used to construct the driveway will be from the sale of twenty plots jointly from the remaining two land owners concerned. This repayment will be over and above the amount loaned. Both executors wish to retire due to ill health but it was deemed appropriate that they should oversee the current projects to completion before setting up the Board of Trustees in accordance with Miss Blunt's wishes. It was resolved to publish an update in the next issue of the Community Magazine.

Grahame Seaton has also given me an update on the Blunt's Orchard Drive and Orchard Gardens site: the road has been completed and will have the tarmac finish laid when all the development is finished. The 5 affordable houses will be started at the beginning of October by Ashmore Developments Ltd for the Hastoe Housing Association. The car park for the nature walk is finished and it's planned to fit a matting surface to the footpath through it to make it wheel chair and push chair friendly so that it can be enjoyed by all. Once this has been done there will be an official opening and then the public can finally have access. All being well this should take place during October.

Prue Lester



The August meeting was a celebration of the club's 25th anniversary. To mark this occasion, the committee had organised a garden party which was held in the grounds of the Methodist church in Upwell. The weather was very kind and there was an excellent turnout to mark this milestone. Everyone was

treated to a wonderful afternoon tea style buffet accompanied by live music by Clive and Tony, the Fen Duo. Before the meal started, Daisy, who is one of the three founder members, cut the cake especially made and decorated with flowers and our logo to represent the club. Doug took a photograph of all the members with Daisy. After the meal, Daisy reminded us of the history of the club. This started with the three ladies having meetings in each

others' houses and after a local leaflet drop, the numbers increased to twelve. Over the years the numbers have steadily increased and the club had to locate to larger premises. The current membership is 40 plus. The club's ethos has always been, and is today, to share gardening knowledge and expertise in a friendly and welcoming environment.

To round up the evening, Daisy was presented with a collage of photographs showing recent events in the clubs history together with the flowers and club emblem from the cake.

The next meeting will be held on the 19th September when there is a change to the advertised topic. The speaker will now be Geoff Hodge and his talk will be "The twelve month garden, colour all year round".

The October meeting will be on the 17th when the topic will be the History of the Tulip.

All our meetings are held at Upwell Methodist Church Hall at 7 for a 7-30 start. New members and visitors are always very welcome. Please ring Val on 01945 772247 for further details.



LAKES END VILLAGE HALL

The village hall is slowly but surely making progress in its endeavour to help the community. We have applied to become a charity and waiting for the application to be approved. Our coffee mornings, that are held on the second Monday of the month, are run free of charge for the over 55s in the community. A chance to meet others and make new friends, with a meal and cakes thrown in for good measure, from a 5* rated caterer. Our bingo nights are still a success on a Saturday as are the Auctions on a Tuesday. Refurbishme

nts are still ongoing with the community payback team starting soon with painting and garden maintenance. A new feature that has been put in place is our picnic and play area suitably fenced off with an appealing table and bench for all to enjoy. We are still trying to raise funds for a new roof so the hall can continue to serve the community for many more years to come.

SAM HESTER



UPWELL PLAYING FIELD COMMITTEE

Registered Charity 300425

A potted history lesson for those new to the area – Upwell Playing Field Committee - the conveyance for the land was signed 8th May 1957 between Mrs J. I. Smith to Mr L. Hunter Rowe and others for the princely sum of £1,850.00. The “general management and control of the premises and the arrangements for their use shall be vested in a committee of management (hereinafter called “the committee”)

At one point there were twenty organisations in the village with a representative on the playing field committee! Today that is considerably less.

A subsidiary charity was formed 29th September 1970 known as Upwell Parish Rooms whereby property known as the Parish Rooms in St Peters Road and two cottages were sold; fixtures and fittings of the Parish rooms were sold also and monies put into a separate account plus shares and savings bonds for improvements and maintenance of the Playing Field. To this day the present Upwell Playing Field Committee do not have access to these shares and savings bonds (receiving interest only) as they are held in private individual names not members of the present committee.

Why, you are asking, has the history lesson been written? For some reason quite a few people think the Parish Council own Upwell Playing Field – they do not. The Playing Field is totally separate from Upwell Parish Council and Upwell Hall. It is just coincidence that two Parish Councillors are members of Upwell Playing Field Committee and Upwell Hall Committee. There are events where Upwell Hall, Upwell Playing Field and Upwell Bowls Club come together; supporting each other making the combined effort of raising funds for each individual organisation.

Upwell Parish Council donate to Upwell Playing Field for the use of the gravelled carpark as do the Hall and Bowls Club for their events: there is no general parking in Upwell.

We, the present committee, work extremely hard voluntarily all year round – as most committees do – to provide Upwell with open space and outdoor facilities making very little profit – all three of the committees mentioned above are intermingled committees.

We are coming to the end of our fund-raising season – Horse and Pony shows 2nd September and 23rd September, with presentation evening on 21st October at Upwell Hall, bar, disco and food. All are welcome - there will be an interlude for the presentations.

Car boot sales finish 26th October and start again April 5th 2018.

MacMillan Cancer Coffee Morning is being held 16th September in the pavilion. Raffle prizes and cakes welcome please for this worthwhile cause.

Xmas Raffle – to be drawn 14th December - again raffle prizes please.

As ever the usual bills come in and hard-earned money goes out! – Insurance and electricity, grass cutting (have you noticed how good the field has looked during the summer?). Community Service/Unpaid Work have been brilliant; without them lots of jobs would not get done unless we pay – yes we do pay for the materials but not labour. The storage container is now all one colour and the goal posts repainted, we have a new litter bin installed, donated by Wisbech Lions, fixtures and materials supplied by UPFC and labour CS/Unpaid work.

We had a brilliant Party in the Park, with Dodgems, Ferris Wheel, BBQ and of course the music – Al & Jules, Adlib, Sounds Familiar, Animal Bar, Out of Order – Ian Notley for PA, Lights etc., (Whole page of photos in the Fenland Citizen) – our thanks to Robinsons Transport for the use of the lorry for two days, SDM Fabrication Ltd, fencing etc., ADS Groundworks for sponsoring all our banners and flyers - and supplying the marquees etc., to everyone who attended.

Summer Fayre day – again brilliant attendance, weather was brilliant for once! Afternoon tea organised by Elaine Hammond and Sue Copeman was a big hit – more next year, Upwell Streetwise dance team, Emneth White Tigers Karate, the dog show organised by Liz and Steph Thorpe. Vintage and classic car owners - what a turnout, more than previous years. Hilary and Sam refreshments etc., BBQ Kevin and Jimmy – Upwell Bowls Club for organising the bar for us and staffing it. Make a date July 7th and 8th 2018!

If you have any suggestions for fund raising or would like to get involved please contact Ros. 01945 773604 or email rosdshorting@talktalk.net. We are always looking for extra pairs of hands on show days - it does not have to be all day – preparation and clearing down help is always needed.

Ros Shorting

UPWELL HALL 200 Club winners – 2017

JANUARY	£25 Andrea Moat	£15 M Parlett	£12 Les Spriggs
FEBRUARY	Jill Murfin	Jake Carr	Cedric Armstrong
MARCH	Tony Clingo	John Beecham	Jennie Navrady
APRIL	Ros Shorting	Sue Melton	Alma Smith
JUNE	£50 D Barnard	£25 Ros Shorting	£15 Peter Brooks
		£12 C. Robinson	
JULY	£25 Mick Mattless	£15 Trevor Rust	£12 Destine Martin



I am a patrol leader at 12th Wisbech scouts troop. As part of my chief scouts gold award I am writing a report on what we do at scouts and what my role is in the group. Firstly, I am a patrol leader which means I am head of my patrol. We currently have 4 patrols which we use to divide the troop into teams for activities and flag break. Part of my role is to keep track of my patrol members, make sure everyone knows what they're doing and to occasionally help our troop leader Christine [skip] with organising the group. If ,for whatever reason, I cannot attend a meeting, my assistant patrol leader [APL] takes on my role. I also use my experiences in scouting to help our newest members and show them what we're all about. In my time at scouts I have enjoyed many activities such as camping, target shooting, archery, baking, day trips, bouldering, rock climbing, high ropes, knot tying and many more. Scouting is a great way for young people to get out and about and learn new skills which they otherwise may not have been taught. Some of our scouts recently had a summer camp up in The Lake District. I myself did not attend as I was on holiday. However my fellow troop member Toby [PL] did. Here is his overview of the trip.

Hi! My name is Toby, I'm the patrol leader of fire patrol and I'm going to tell you about 12th Wisbech Scout summer camp of 2017 in the Lake District. On the first day of the camp we went to the Honister slate mine where we firstly went into the mines and then did the Via Ferrata (which is Italian for iron walkway). Out of the two, a lot other scouts and I, preferred the Via Ferrata because you're standing on metal bars being held on by two carabiners on a cliff face as you climb along the side of a mountain but the slate mine was still interesting too. The best part of the day was the spectacular view right on top of the mountain but then the instructor had to ruin the moment by saying we had to walk all the way back down! We were running late that evening so we stopped off at Bowness to have some cheeky fish & chips!

The next day was supposed to be packed with more new experiences like Ghyll scrambling but since it rained overnight (a lot) it got cancelled so we had to settle for some high ropes which was still great fun. Later, we had a quiz night covering all sorts of topics put together by two of the leaders.

On Thursday, we did geocaching, another patrol leader and I found the hardest one by accident and the route was rated 4-star difficulty and 5-star terrain! Later on, that day we needed to prepare a route for our 8-mile hike over Walla Crag and then we trekked down the hill to join in with the campfire. Some of us didn't enjoy silly actions and singing so they went off back to campsite while the rest of us were having fun making ourselves look silly!

Everybody dreaded this day but it had to happen. It was the day of the hike so we got in the cars and the leaders drove us all to Castlerigg stone circle where we started our hike. We went over Walla Crag, again in wet weather, and hiked off to Ashness bridge where we had our picnic (luckily by then it was dry!) and then five of us decided we had to go to the toilet so the five of us went all the way down then there was just a road so we turned back up the hill and the ones lucky enough to be able to go did and the others just had to wait a lot longer. Then to finish the hike we went around the mountain back to the cars. In total we covered just over 8 miles in about 6 hours! Just before we got back to cars we found a café so the leaders had some tea and biscuits and the scouts had either a drink or an ice cream. We all headed back and chilled ready to go home the next day.

I think everyone had a good time and on their behalf would like to thank the leaders for organising the camp.



Scouts is completely volunteer run and we need your help! If you or someone you know wants to help young people in your community benefit from the scouts association come along on Wednesday evenings 6:00pm-8:00pm it find us on Facebook just search 12th Wisbech scouts.





Welle W.I is held every first Monday of the month at Upwell Village Hall for 7.30pm start. Various speakers, activities and crafts are catered for each month, along with a competition of various topics that is not compulsory, but great fun.

So far this year we have listened in awe to a Metropolitan Detective talking about 'bad men' a humorous talk on aviation with a lady fighter pilot and a very interesting presentation on the local history of Upwell, Outwell, Three Holes and Nordelph with our local historian, Bill Smith.

We have learnt how to mould our own totem spoon, incorporating our hobbies, watched and had a go at 'one stroke painting', (not as easy as it seems) and learnt how to line dance, well three dances anyway, made harder because of all the

laughing.

We have also enjoyed our annual cream tea in one of our committee member's garden. A very pleasant social evening; as was our 'programme ideas' meeting helped along with wine and cheese.

Our next meeting on September 4th is our Harvest Supper, when the committee will be bringing soup and rolls and Muriel will be showing us her 'Fabric Folding' Don't know what that is? I don't either, but come along and find out. Meet new people, make new friends and have fun.

For additional information call Helen Thomas, our secretary, on 07717854549

SPEEDWATCH UPDATE

Recently the Speedwatch team were out with the Speedar camera. There were four of us standing by the entrance to the Upwell Village Hall car park. We watched in total disbelief as a van towing a trailer came hurrying round the corner by Townley Close at 40 despite the 30mph warning sign, the flashing 30mph speed sign, our Speedwatch warning signs, and our HiVis jackets, slammed on its brakes and turned past us into the car-park. I had not really believed the phrase "Normal for Norfolk" before!

For those of you who think that you can ignore the funny little people in HiVis jackets standing on the roadside pointing what looks like a black hair-dryer at you, may I kindly inform you that the details of anyone who we catch breaking the posted speed-limit is reported to the Norfolk Constabulary. They will, if it is your first offence, send you a polite letter of warning. After a second report they will flag you up as a repeat offender on their database and you will automatically be treated as a persistent offender by any Police Officer, anywhere in the country, in future.

Some 30-odd people locally will have experienced this in the last month!

There has been a lot of chatter online recently with people complaining about speeding through the villages and moaning that "They" don't do anything about it. The Outwell and Upwell Speedwatch teams have recently combined so "We" will be out more in future. We have also been informed recently that there are at least 5 unmarked police-cars patrolling in the area. We may not be able to stop all the NfNs speeding, but we are at least trying, and hopefully will be able to make life uncomfortable for those who think it is their birthright to ignore the speed limits. You never know, we might even stop one of your children or other relatives being run down and killed.

Jeremy Teague

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

UPWELL & OUTWELL NEIGHBOURHOOD WATCH



Along with this month's Parish magazine you should all have received a free Upwell & Outwell Neighbourhood Watch window/ door sticker. Just to clarify things — we have been asked a few times why on the reverse of the sticker, there are contact details for Coversure Insurance Services. The reason for this is that in order to launch our scheme we needed a sponsor and Coversure Insurance Services, Outwell offered to be that sponsor: part of which involves funding these stickers which currently cost 55p each. Not only that but if any of you need to speak to me directly or report anything suspicious then you have my

contact details to hand.

The crime rate in Norfolk is one of the lowest in the County, however, we still need to continue to work toward reducing crime and the fear of crime. The police cannot do this work on their own, they need the help of the whole community and a Neighbourhood Watch Scheme provides a way for local people to play an important part in making their community a safer place.

So please show your support for the scheme and display these stickers prominently in your doors or windows.

Many thanks

Jane Sutton
Scheme Co-ordinator

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

ASK LILY



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

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



Borough Council of
King's Lynn &
West Norfolk



YOUR SPEEDWATCH NEEDS YOU!



Fed up with people speeding through the villages?
Got a bit of time to spare?

Volunteer for the Speedwatch team:
The life you save may be someone you care about!

Phone Bob (01945 772356), Jeremy (01945 774256) or
e-mail Jeremy on upwellspeedwatch@gmail.com

HAPPY WAGS



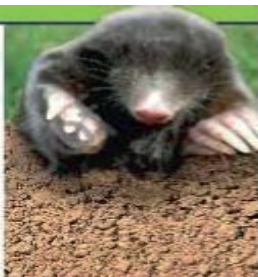
Dog Walking and at home pet feeding for cats, dogs, rabbits etc on a regular or one off basis in Upwell and Outwell area. Give Janet a call to discuss on 07771 885036.

www.dandjtransport.co.uk

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- 4 Have you taken out life assurance or an income protection policy in the last 5 years?
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Are You Recycling Properly?

Give your recycling a little bit of love or in other words, make sure it's clean, dry and don't bag it when to goes into the recycling bin. That's the message the Borough Council and the Norfolk Waste Partnership wants residents to heed as part of a major campaign to 'Recycle for Norfolk' in August and September.

The recycling message comes in the wake of national research by the charity WRAP, which promotes the sustainable use of resources. WRAP found that 64% of households dispose of one or more items incorrectly.

To back up this campaign, the Borough Council has recently sent out two new Waste & Recycling Advisers (Carl and Georgina) to look into recycling bins and to knock on our doors to give us all pointers on how to recycle properly. They have recently been round Upwell delving into our recycling bins, and it's pretty clear that many local residents here may not be giving much love to their recycling at all.

Incorrect items found in our green recycling bins included used nappies, adult human waste, vacuum cleaners, metal machinery, cigarette butts and ash, maggot-ridden food, and a whole range of items that shouldn't be there. Most people don't realise that all this nasty and unhygienic waste in our recycling bins has to be fished out by human hand at the Material Recovery Facility (MRF) at Costessey. Eeuw!

Carl and Georgina have given out lots of leaflets about what can and can't be put into the green recycling bin (and some useful stickers too). In the next few weeks some 'Give your recycling a

little bit of love' campaign leaflets will also be dropping through our letterboxes.

That's not the end of the story. Last year in Norfolk we paid an additional £430,000 just to have Norfolk's recycling material cleaned-up before it could be made into new products. If everyone makes sure their recyclable materials are clean, dry, and loose - and that they are placed in the right bin - it will save money.

Here in West Norfolk, bad recycling costs us an additional £¼m a year – that's money that could have been used on other services like cutting grass verges or improving village halls, sports facilities, or play areas.

Almost half of UK households put one or more items in their general waste bin when it could be put in the recycling bin (most commonly aluminium foil, aerosols, plastic cleaning bottles, and beauty product pots, and plastic tubs and trays). Plastic bottles from bedrooms and bathrooms are often overlooked as being recyclable and are simply thrown in the black bin. Why?

So please remember – only put the right recycling in your green bin - check your stickers or the Council's website (www.west-norfolk.gov.uk/yourbins) - and keep it clean, dry, and loose.

Carl and Georgina will soon be revisiting us to see if we've moved from being recycling zeros, to recycling heroes (and heroines). I will keep you posted on how they got on in the next issue. Watch this space!

Cllr David Pope

Borough Councillor for Upwell with Delph.

Tel: 07941916874

THE FARMING YEAR 2017

Here we are again, flying through another year, where does time go? This has been a funny old one, what with Brexit and the General Election, but I suppose we will still carry on regardless. The winter months were dry and with few sharp frosts, so the winter cereals and other overwintered crops, i.e. oilseed rape, broad beans and other veg mostly look good.

The spring work started fairly well, with the soil being dry early potatoes, onions, sugar beet and spring vegetables could be planted and drilled. We had some really warm days which helped to get crops growing, the nights turned cold for a time but crops looked well although there had not been much rain.

Then, just as we got started lifting early potatoes and the strawberries were starting to ripen we had some really hot weather - 30c + - which was nice but a bit much for some crops. It didn't seem to affect things like oilseed rape and sugar beet but winter wheat, which had looked good early on, started to die back and get take-all*. Early potatoes and carrots didn't seem to suffer too much and fared reasonably well but the strawberries

struggled due to lack of rain. Then we had some heavy spells of rain, which, after the heat spoilt a lot of the fruit making it a short season. The rain helped the maincrop potatoes, sugar beet etc, but it was a bit late for some of the cereal crops.

At the time of writing harvest has started in some areas, I have been told some of the barley crops on the light lands are not very good but a lot of the maincrop potatoes looks well. The weather has now turned a bit unsettled, with spells of sunshine and some thundery showers, which makes combining difficult, as they are isolated and you could be combining and a short distance away somebody else might have to stop due to a heavy shower. Funny old weather.

As I ride around I can't believe the size of some of the farm machinery you see and meet on some of the roads. It makes you wonder how they are going to get down some of the narrower lanes. Harvesting is still being done, where the fields are clear land is being cultivated ready for the next crop, but as always in farming the weather rules, so let's hope we have a good late summer to help make life a bit easier when we come to lift the potatoes, onions and the rest of the year's produce.

Keith Harrison

Upwell Win Downham Triples Bowls Competition

Upwell Bowls Club played Downham Bowls club at Downham Market Saturday 2nd September in the final of the Downham Triples – winning convincingly 8 – 2, as follows: 3 winning rinks, 1 losing rink and an overall score. Team members from Upwell Bowls Club Mark Rose David Bailey Tony Merrell, Bob Clingo Colin Ludlow Anthony Hancock, Malcolm Shorting Ron Adams David Willgress, Kevin Brooks, Andrew Brooks and Nigel Carter. Anyone interested in joining the Bowls Club should contact Nigel Carter Chairman on 01945 738022



Village Staithe Transformed



I have been involved with the Well Creek Trust for a couple of years now and I'm on the committee. I first came to the village 44 years ago and the river certainly did not look as it does now, so when I returned to the village to live it was the one Charity that I really wanted to get involved with. It seemed a great retirement project as

I have a tiny garden and have always enjoyed gardening. There was a natural gravitation to Well Creek Trust with my love of the countryside and also living on March Riverside.

Well Creek Trust looks after the moorings, the banks, the daffodil planting, the general welfare of the river and fund



raising. It is really interesting and anyone can become involved. So many people have moorings in the village now and we need them to become members.

A few years ago David Barnard started the mooring at Upwell Church Staithe but, due to ill health, he has not been able to work on it for some considerable time. Unfortunately many of the working committee get no younger and we would love to have some new, young folk to help us. I looked at the mooring for some time before taking on the commitment. The banks and mooring were overgrown and it absolutely called out to me to do something with it. I checked to see that David would not mind and he gave me the full go ahead.

It was a much bigger task than I ever envisioned but, as I tackled it, I got more and more satisfaction from the work. Tim Dewdney was my saviour as he took away all the trailer loads of rubbish and slowly a different style of garden emerged. The bank beside the hand rails had never been developed and I went to friends to ask what they could give me from their gardens. The bank has been the hardest part but now, as it grows and fills, it gets much easier. The joy of seeing everything grow and transform has been wonderful. It has not been a chore, but an absolute delight to work on the riverside and the local people have been so encouraging. I think they have enjoyed the transformation as much as I have. Never a day goes by when someone doesn't

stop and say thank you or how lovely. It is such a wonderfully peaceful place to work and, of course, I have met many interesting people from all over the world. Many say that it is now one of the most stunning moorings in England and I am going to be sending off pictures to various gardening and boating magazines.

Because we are a charity with limited funds, it was obvious that I needed more money to help support the project. A lot of the wood was rotten and needed replacing and the Trust supported me with that. Fund raising has always been part of my life so I decided to cover the cost of the flowers on the mooring and the wood preservative myself but with the help of other generous donations. Narrow Boaters came in to moor and I would tell them about the project and that's where a lot of the money has come from. Memorial roses are being donated and all the flowers will have a name in the next few weeks. At the moment I am raising funds to put in a new notice board on the mooring and everyone who has donated will be mentioned on the board. Goldings generously gave me twenty bags of compost, which was an enormous help. Mandi Warren is painting the handrails in her own style and Helen Seims took over the restoration of the remembrance bench and helped me with some of the preservation wood painting. Janet Potten has been very helpful with plants and knowledge.

I do the gardening myself and all the planting and watering, and try to be on the mooring every day. The hard part is over and it's now maintenance. We need to replace more wood in the Spring and the onward fund raising is vital. I am going to hold a coffee morning on the mooring and outside the church on Tuesday 19th September between 10am and 12 noon. Coffee and cake will be served for a donation of £5 and every penny raised will go back into this mooring. I am also having a bottle stall and would be most grateful for donations of any type of bottle. It can be shampoo, alcohol, or any spare bottles that people have. I am also looking for old gift bottle bags which can be Christmas, birthday, wine etc. If it rains or there is a funeral, the venue will be changed to Narrow Waters on March Riverside, Upwell.

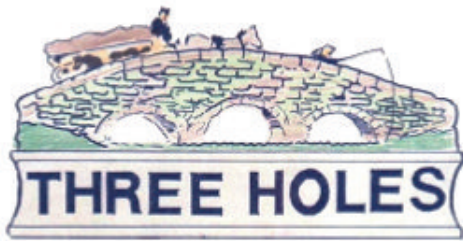
Many of the plants given this year were bedding and I wish to change everything to perennials, but still adding a little bit of bedding next year for more colour. There is no colour scheme,



just a mixture of joyous colour which lifts everyone's spirits, when they see the middle of the village.

It has been, and continues to be, a real pleasure.

Sheena Hartley



Three Holes Village Hall & Playing Field

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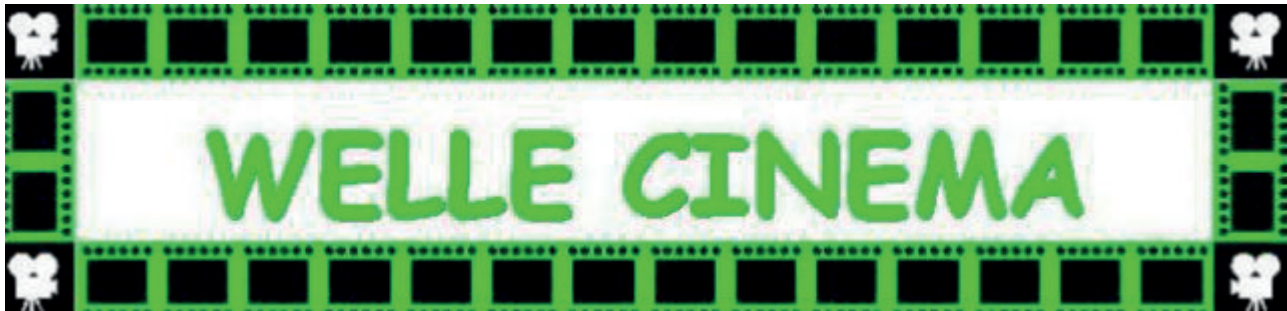
www.threeholesvillagehall00.org.uk

At the time of writing we are planning to unveil a plaque in the Hall thanking Doris Forth and Rita Cuss who retired from the Three Holes Village Hall & Playing Field committee in 2016. They have each given over 50 years support to numerous activities and events for the community of Three Holes. This will take place in the interval of the film screening on Sunday 10th September.

Three Holes Bowls Club is busy preparing for the 2017/18 Paget League matches and will be offering some extra Monday

evenings to their regular Thursday evening sessions. First one is Monday 2nd October at 7pm to 9pm for £3.50 including tea/coffee. For more details contact 01945 773561

On Sunday 26th November a Christmas Bingo will take place to raise funds for Three Holes Village Hall. This will be hosted by Carol & Eddie Manning (01945 773961). Doors open 6.00pm, Eyes down at 7.00pm.



Sunday 10th SEPTEMBER, 2pm: A MAN CALLED OVE (15)



“Feel good black comedy” with “Laugh-out-loud funny” scenes. Stepping from the pages of Fredrik Backman's international best-selling novel, Ove is the quintessential angry old man next door. An isolated retiree who spends his days trying to enforce his own neighbourhood watch-style, made up rules that only he cares about, and visiting his wife's grave - Ove has given up on life. Enter a boisterous young family next door who accidentally flattens Ove's mailbox while moving in and earning his special brand of ire. Yet from this inauspicious beginning an unlikely friendship forms and we come to understand Ove's past happiness and heartbreaks.

COMING SOON.....

Sunday 8th OCTOBER, 2pm: MANCHESTER BY THE SEA (15)

After the death of his older brother Joe (Kyle Chandler), Lee Chandler (Casey Affleck) is shocked to learn that Joe has made him sole guardian of his nephew Patrick (Lucas Hedges). Taking leave of his job, Lee reluctantly returns to Manchester-by-the-Sea to care for Patrick, a spirited 16-year-old, and is forced to deal with a past that separated him from his wife Randi (Michelle Williams) and the community where he was born and raised. Bonded by the man who held their family together, Lee and Patrick struggle to adjust to a world without him.

Sunday 5th NOVEMBER, 2pm: CHURCHILL (PG)

“Tensions mount for the beleaguered British Prime Minister Winston Churchill (Brian Cox) in the days leading up to infamous Allied D-Day landings in Normandy, France in June, 1944. Fearful of repeating his deadly mistakes from World War I in the Battle of Gallipoli, exhausted by years of war, plagued by depression and obsessed with his historical destiny, Churchill is reluctant to embark on the large-scale campaign, one that the entire war effort hinges upon.

Churchill deserves a pat on the back for its production and an almighty applause for its performances. All in all, it is a fascinating watch.”

Sunday 10th DECEMBER, 2pm: WHISKY GALORE - the re-make (PG)

“The film is about the SS Politician, an 8000-ton cargo ship sailing for Kingston, Jamaica and New Orleans with a cargo including 28,000 cases of malt whisky – with Eddide Izzard as the captain. On 5 February 1941, during gale force winds, she ran aground off the Island of Eriskay in the Outer Hebrides. There's a place in the world for gentle comedies, and a place in most people's hearts for good whisky. This may not be the best you've ever tasted, but it'll warm your cockles.”

NO NEED TO BOOK -

Admission is £3 per person. Doors open 30 minutes before screening commences.

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

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OUTWELL AND UPWELL AGE CONCERN LUNCHEON CLUB

We meet once a fortnight at the Upwell Methodist Church, in Town Street. We start at 12.00 . The club is for anyone over 60 years of age. We provide a dinner, a dessert and tea or coffee. The price is £5.

This Luncheon Club has been serving the community for the past 29 years and look forward to our 30th Anniversary in May 2018.

However due to the passing of years the present Officials are feeling a little stretched, therefore we are looking for help. The Offices of Chair, Vice Chair, Secretary, and Treasurer positions, are the most important that need covering. We are asking for people now so that we can train them into the posts, so they get as much training as they feel they might need to enable them to take over.

Anybody who feels they would like to do a little voluntary work once a fortnight, would be most welcome. If interested would they please contact Miss Pearl Willcox on 01945 773566.

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Upwell Academy News

The academic year ended on a high with our year 6 children performing really well in their KS2 sats, achieving above the national average. I am incredibly proud of the children and staff for their hard work and commitment.

A group of staff, governors and their families have been working during the holiday to create an outdoor learning space opposite the school by the river. This will provide opportunities for children to gain hands on experience of nature. There is still work to be done, such as replacing the rather dilapidated wooden gates and obtaining some unwanted tractor tyres to create seating for the children. It is very much a work in progress but we will get there!

With support from The Trust, work has also taken place within the school to create vibrant learning areas for all our children. The library has been extended and we hope to open it up to the younger children and families in the community yet to start at Upwell Academy.

One classroom has been extended to cope with the demands of our ever growing school numbers, and our year 4's now have a super learning environment.

Our youngest children will be able to enjoy a colourful and interactive outdoor area, allowing them to continue their learning in a fun space. It includes items such as musical instruments, a weather station, mud kitchen and a fabulous sensory tepee.

I look forward to welcoming children and staff at the beginning of the new academic year, and seeing their fabulous new uniform.

Visits to the academy are always welcome, whether you have children coming up to school age or you are a past pupil and curious about how the school now looks. Please contact us via the academy website <http://www.upwellacademy.co.uk/> or the school office on 01945 772134.



Haidee Norman (Acting Principal)

Upwell Academy FOSA

On Sunday 2nd July Upwell Academy Friends Of School Association held their annual FOSA Summer Fair and what a fantastic day it was! The event was attended by almost 500 visitors who were treated to an array of stalls, games, entertainment and delicious refreshments with all monies raised going back into the school for the benefit of the children.

Many local businesses generously made donations of raffle prizes, services, and advertising whilst parents and friends of the school provided some great knick-knacks for the Tombola stall. A total of £1350 was raised throughout the day so a huge thank-you goes out to all those who supported the event and who continue to support the work of FOSA at Upwell.

On 6th November FOSA will be holding a "Phil the Bag" event at the school so if you have any unwanted clothing, hats, shoes, belts, handbags, and household textiles including sheets, pillow cases,

duvet covers, curtains or towels please do pop it all in a bin bag and let FOSA turn it into money! Collections can be arranged throughout the local area prior to the event so please email Upwell.FOSA@Gmail.com to arrange a time and date for your collection. Members of FOSA will be on hand at the school gates between 8.30 – 9.00am on 6th to help with any donations on the day.

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

Please do follow FOSA on Facebook – Upwell School FOSA (Friend of School Association)

Outwell Fire Station Update

Since my last update FF Sam Diggle has successfully passed his 2-week Induction Course and now just needs one small on-station assessment to enable him to ride out to incidents with us. He has already become a valuable member of the team, liked by all. Well done Sam, keep up the good work.

Previously I mentioned Maryana (Ana) Smith who has since also completed her medicals and fitness tests, which means she will be starting her employment with us in early October, in preparation to attend our next 2wk Induction course in November. Well done Ana.

Both Jason Kent and Edward Bidwell passed their 1wk LGV (Grade 2) driving courses with flying colours. Edward has already put himself forward to attend a 1wk Emergency Fire Appliance Driving Course (EFAD) in early September. So you may see us out and about a lot more in the next few weeks

while we get his driving hours up to the required amount to attend the course. Jason will be booking his soon.

As you can see things are still going in a positive direction in all ways for us. 18 months ago I had such a limited crew that our availability to protect our community was less than 5%. This week my crew and I have now got it up to around 70% with a total crew of 8. Thank you all within the local area that has supported our journey and progress.

Can I please remind you all the importance of not only having a sufficient amount of smoke alarms within your homes, but also ones that work correctly and are checked weekly. It is also advisable to use your Hoover on them each month to remove any dust that can build up. Many people still have no working smoke alarms, and then regret it. Be safe

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

Upwell Health Centre Newsletter

Autumn 2017

Please forgive the lack of newsletters in recent months, things have been fairly calm here and there didn't seem much news to impart!

However, now its September we have the dates of our flu clinics so it seemed a good time to pen a new issue.

We can become a bit blasé about flu and flu injections, especially after a few years with a relatively low incidence of flu. We have been lucky the last few winters in that we have not had a significant outbreak in the area. However, the flu virus's ability to transform itself is constantly getting around our natural immunity and it is inevitable we will have a significant outbreak soon. It may be this year so it is just as important as ever you get immunised this year if you are in an at risk group. These groups are:

- Anyone 65 or older
- COPD sufferers
- Asthmatics requiring inhaled steroids
- Children who have previously been admitted to hospital with a lower respiratory tract infection
- People suffering from chronic heart disease such as angina, previous heart attack, heart failure or atrial fibrillation.
- People with chronic kidney or liver disease
- People who have had a stroke or mini stroke or who suffer from a chronic neurological disease such as MS.
- All Diabetics
- Anyone whose immune system is suppressed either due to ill health or medication
- ALL pregnant women
- People without a spleen
- People who are morbidly obese, that is a BMI over 40.

If you are in any of these groups you are also highly likely to be eligible for a pneumococcal vaccine to prevent pneumococcal pneumonia. For most people you will only need one injection, however, some will need a booster dose. Ask about this when you attend for your flu injection.

This year the shingles vaccination is available for anyone 70 to 74 who was born after 1st September 1942 and who has not previously been vaccinated and people aged 78 Or 79.

The clinics are on Saturday mornings again. **The dates are: September 23rd and 30th, October 7th and 28th.** Please book a slot at one of these clinics with reception, over the years we have learnt that by giving people an indicative time to come it reduces your waiting time and enables us to be most efficient.

You may remember me mentioning that we had been lucky to be allocated money from NHS England to help us build an extension to the surgery. It won't have escaped anyone's notice that no building work has taken place! The good news is we have planning permission and the builders' quotes but as yet we haven't had the green light to proceed from NHS England, they seem reluctant to part with the cash! I am hopeful building work will commence in the next few months. Since my last edition we have had further staff changes at the surgery, and I'd like to officially welcome all the new staff.

We now have a full complement of nurses. Kelly has recently joined us; Kelly previously worked at the North Brink surgery in Wisbech. Caroline who previously worked in the Community Nursing team has also joined us since the last edition.

Dr Rosier, who was here as a locum to cover Dr. McDowell's maternity leave, has finished his stint with us because she is now back in post following the birth of her second child. Congratulations Heidi.

In pharmacy Mel has joined the full time staff. Mel has recently qualified as a pharmacist and is spending her pre-registration year with us.

Our final staff change has been in the office where Charlotte, our apprentice, has completed her apprenticeship and has been employed as a receptionist in our admin team. Well done Charlotte.

I am sure those of you who regularly read my efforts will know that I spend a part of every week working at the CCG.

The CCG is the body who spend the money the government give to West Norfolk for health care. Every year the CCG gets asked to make greater and greater cost savings to allow the money provided to be adequate. So far West Norfolk CCG has delivered a small surplus every year. This year is the biggest challenge yet as we will need to deliver a saving of over £10 million if we are to come within our budget.

One of the ways we are being asked to help with delivering this saving is by making sure all the referrals we make to hospital are necessary. To this end we will be introducing a new system soon where all referrals will be discussed by the doctors as a group before being sent off to the hospital. The aim of this is to try and make sure the expertise doesn't already exist in the practice to deal with a problem to avoid the need to go to the hospital.

The CCG is also asking you, the patients, to help them deliver that saving by embracing self-care. Self-care means thinking before you visit the doctor if the problem is something you could deal with yourself, perhaps with the benefit of the advice of, or drugs from, your local pharmacist.

GPs in West Norfolk are being asked to avoid, where possible, prescribing certain drugs such as simple pain killers, anti-histamines and other allergy treatments and other products readily available over the counter in pharmacies.

To get more information on this issue why not visit the West Norfolk CCG website (<http://www.westnorfolkccg.nhs.uk/>) where you will find a monthly blog I write. In that blog over recent months I have spoken a lot about self-care. More information can also be seen at the Self Care Forum website, <http://www.selfcareforum.org/>.

Paul Williams

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Upwell parish Neighbourhood Plan for 2038

The Upwell parish Neighbourhood Plan will be a document written by the community to guide future development of the parish over the next 20 years.

The Neighbourhood Plan can't stop development, but it can influence the provision of housing, community facilities, the environment, businesses, services and transport access by developing local planning policy.

If successful at Referendum, it will become part of the statutory development plan for the area. **Make sure you have your say on the future of our villages.** Together our views matter. During the Autumn we will be writing the Plan.

We want to know your ideas for the future of our area



www.upwellparish.com



Upwell Parish Council

Meeting Dates For 2017

Unless otherwise stated, all meetings will take place at Upwell Village Hall. The Press and Public are cordially invited to attend any meeting. Residents can address the Council at the start of

the meeting but may only speak thereafter with the permission of the Chairman.

October 2nd
Full Council 7:00pm

November 6th
Full Council 7:00pm

December 4th
Full Council 7:00pm