



Upwell Parish Council Community Magazine

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EDITH MARY BLUNT

31st October 1925 - 3rd December 2012.

Edith was born in Upwell, the second child of Ellen and Ernest Blunt. She had an older brother James who died before her.

Her mother Ellen received a telemesssage from HRH

Queen Elizabeth on her 100th birthday on 30th November 1995 and died two years later.

Edith worked as a secretary in Wisbech for a time and also helped out on the family smallholding. The family business mainly produced soft and top fruit, which was sent to the local markets.

One of her interests was the family garden fronting onto St Peters Rd in Upwell. She would often be seen tending the many bulbs and flowers she had planted. She liked to try and have flowers available all year round.

Her major accomplishment was as regional organiser for The Blood Transfusion service.

She took on this voluntary service in the late 1950's and finally handed the position on in 1981. During this time she compiled a scrap book showing many of the successes of the organisation during the

period. In 1959, when she took on the voluntary position, only 320 pints of blood, out of 1057 pints of blood used in the local Wisbech hospitals, were given by Wisbech people. The figures for Wisbech were among the lowest in the country.

During the years the quantity of blood donation was increased with many new donors being attracted. In 1974 a record amount of 335 pints of blood was donated at a two day session held at the St Raphael Club Hall and Edie continued to make the sessions in Wisbech a success until she retired in 1981. After more than 20 years as local organiser of the Wisbech Blood transfusion service she received a pair of silver goblets from the regional donor organiser Mr John Naumann.



Edith and her mother aged 99 in 1994



Jim Blunt in 1986

In her Will her executors have been tasked with setting up The Blunt Family Charity.

BLUNT FAMILY CHARITY

The Executors of Miss Edith Mary Blunt have been charged with holding the residue of her estate upon Trust for the Blunt Family Charity.

The Blunt Family Charity is a charity to be established as soon as possible. The Executors have been given full discretion to determine the objects of the Charity and the Trusts powers and to include her wishes, but which are not intended to impose any immediate binding trust or obligation on her trustees.

1. Charity should include the name "Blunt".
2. Primary objects:
 - (a) Maintenance of the Village Church in Upwell.
 - (b) Advancement of education for those resident in the village of Upwell
 - (c) Relief of poverty within the village of Upwell
 - (d) Create maintain and improve any other facilities which may be beneficial to the residents living at any time in the village of Upwell.
3. Within the creation of facilities beneficial to the residents she hopes her Trustees will consider the creation of some form of

nature walk whether within the boundaries of the orchard land attached to "The Hollies" or elsewhere in Upwell.

Charity Trustees may be appointed by the executors to assist them. Some of the Charity Trustees should be resident in Upwell and the fact that they might benefit as locals should not preclude them from being appointed. Anyone interested in becoming a Charity Trustee to apply to me in writing giving a brief summary of their experience and why they should be considered.

**Tony Davies T & I (Wisbech) Ltd,
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add@globalnet.co.uk**





FROM THE CHAIRMAN

Dear All,
Welcome to the Autumn Edition of the Community Magazine.

I would like to start this letter by paying tribute to Miss Blunt. In recent times she was a lady who liked to keep herself to herself, but her exceptional generosity to the village in which she had lived all her life will keep her name alive for all time.

Looking back to my letter in the previous magazine may I remind you to take a look

at the new LED street light on the corner of Church Bridge and St Peter's Road, now that the evenings are drawing in. All comments will be welcome. The Parish Council have been offered funding for 30 of these lights and is enquiring about the availability of a light with a warmer tone. It is not yet known whether Norfolk County Council will repeat the Parish Partnership Scheme during this financial year so even if we do decide to go ahead, we cannot say whether it will be possible to extend the replacement lighting, let alone to all 149 streetlights in the Parish.

We have however been successful in obtaining the funding from the P.P.S. to put in a footway on Lowside. This will start where the existing one ends, and will be on the other side of the road to the junction with Small Lode. There have long been concerns for the safety of pedestrians at this junction and I hope that the work will commence shortly. We are still waiting to hear when the resurfacing of the footpath on Town Street will be done but after a great deal of nagging NCC Highways

have at last cut the Right of Way from Dovecote Farm to Marmont Priory lock, so please enjoy one of the Parishes most delightful walks while the weather holds. The map of Parish Walks can be found on the website: www.upwellpc.co.uk and can be printed off for ease of navigation! I would like to thank those people who cut Rights of Way voluntarily, your time and effort is very much appreciated.

Lastly the War Memorial has been listed as a Grade II monument and funding is being sought for professional cleaning and restoring the broken fingers to the Angel's right hand so that she will be in good condition before the 100th anniversary of the outbreak of the Great War in August next year.

In closing I would once again like to thank our Advertisers for their support, all those who have contributed to this magazine, the Distributors and Steve Calton, Editor.

Copy date for the Christmas edition is Friday 29th November.

With kind regards,

Prue Lester

To Rent Garden Allotments

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

Rent is £7.50 per year

Call for more information

TEL: 01945 774272

ADVICE FROM NORFOLK CONSTABULARY ON AVOIDING FRAUD AND SCAMS

I mentioned an innocent purchaser had bought a stolen vehicle. This brings me to the subject of fraud and scams. There has been a lot about it in the news over the last week and I've had a few questions put to me. So here is some practical advice on how not to get caught.

If it looks too good to be true..... it is. Most frauds prey on our desire to bag a bargain. What you are tempted to buy may well be stolen from somebody just like you. Why would a car worth £10000 be offered for £5000?

Buying from somebody you have never met, for cash, in a public place is foolish and potentially dangerous.

The internet is awash with buying and selling sites...and people wanting to defraud you. Always use the approved payment system. Don't agree to a credit transfer or send cash – you won't see the goods.

If you haven't bought a lottery ticket – you haven't won the lottery. Nor did you win any other money, car or TV that requires you to send a handling fee to release it.

Microsoft doesn't do house calls. If you get a call it is just a scammer hoping that you will give them access to your computer and your online banking details.

Your bank already knows your details. They don't ring you to ask them. There is a scam where somebody will try to convince you that your bank details are being used right now and that they need you to confirm your bank details to stop the transaction.

A reasonable amount of suspicion when buying or selling is very healthy.

To report a fraud or internet crime the Government have set up Action Fraud. The secure website - www.actionfraud.police.uk - provides a reporting facility and really good advice on how to avoid the latest scams. You can also report and get advice over the phone on 0300 123 2040.

Times change and criminals change too, so don't be fooled in cyberspace.

King's Lynn and West Norfolk Policing Commander Superintendent Carl Edwards

THE FARMING YEAR – SPRING/SUMMER 2013

After a wet and cold winter the spring started off fairly well, apart from a number of fields of oilseed rape, which appeared to have been grazed off by pigeons.

As the soil started to dry, drilling and planting of the crops began. Although the ground remained wet and cold under the surface, most crops started to germinate and grow well, if rather slowly, as the weather remained cold, especially at night, but then it started to warm up and growth improved for cereals, sugar beet and potatoes, even if soft fruits were a little behind.

Then in May, June and July it became really hot - and dry at times, which affected some produce. Outdoor strawberries did very well for a time, although the season was finished by the heat, but on the whole most early crops fared well, i.e. early potatoes, fruit and vegetables, although still behind after the cold spring.

At the time of writing harvest has started. Most cereals look fairly well apart from odd fields with bare patches where water had laid during the winter. At the moment we have an unsettled spell of weather, which has stopped harvesting but the Weatherman talks of it getting better so we will be able to get started again. The bushel weight is good and it looks as if the price will slip accordingly.

The main crop potatoes and sugar beet are looking fairly good and again the price is slipping because of the yield.

They tell me that the apple crops look promising.

The next jobs will be lifting the potatoes and sugar beet and preparing the land for drilling winter cereals. The cycle will start over again.

Keith Harrison

Green Fingers Gardening Club

It's amazing to think that most of the things we had planned for the year are now in the past. They were all very enjoyable. They included a visit to Guanock House and Hare Hall. Both were very good, and so was the outing to Cambridge Botanical Gardens.

We also had some very good speakers. Our plant stall at Upwell Playing Field Fayre raised over £100, which will partly go towards club funds and, along with other monies raised throughout the year, to a charity (yet to be decided upon) at the end of the year.

In August our members, Susie and June, opened their gardens for a group visit and we held a summer supper, followed by an auction. This was very successful and lots of fun!

Our speaker in September will be Nick Grestorex-Davies, on the subject of moths and butterflies. In October, Jeff Harrison will be taking about the photographer's garden. November will see our Annual General Meeting take place and there will be our usual social get-together in December. **Meetings are held on the 3rd Tuesday of each month at Upwell Methodist Hall. For further information, call Gussie on 01945 772586.**

Daisy Hearndon



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Upwell Health Centre Newsletter September 2013

A lot of water has passed under Church Bridge in Upwell since my last newsletter, even at the rate of flow in the Welle Creek! The practice has had many significant changes and we are already starting our 2013 flu vaccination campaign.

The most notable change has been the retirement of **Dr David Bevan**. David had been a doctor here since the mid 1980's when he replaced the late **Maurice Handoll**. During his time he pioneered the computerisation of the practice in 1987; played a huge role in the MAGPAS service in the area, finishing off flying around in the helicopter ambulance saving many lives; spent several years as the Chairman of East Cambs and Fenland PCT; fascinated us all by his often extraordinary wardrobe and looked after a large number of patients with psychological problems who miss him now he has left. He is still doing the occasional locum shift in other practices in the area but is mainly taking it easy. I'm sure you will join me in wishing him a long and happy retirement.

Dr Vineet Bhardwaj has been appointed a partner in David's stead and **Dr Heidi McDowell** and **Dr Kavin Unamboowe** have been appointed as salaried GP's. The two new doctors are doing 7 days a week between them. This means we are now offering many more hours a week consulting time following David's retirement even allowing for the fact I am now working at the CCG on Thursdays. Heidi is an experienced GP who has moved to the area to be with her new husband, while Kavin has just completed his GP training having spent the last year as our GP trainee. We also have a new trainee who you may remember as she has already spent six months with us a few years ago. **Dr Rebecca Smith** will be with us for the next year until she too completes her training. While on the subject of the doctors I feel I must make a mention of the other **Dr. Williams** who has been helping us out so much over the last two years. He found it amusing that I was often referred to as the old Dr. Williams, I hope because I had been here longer! He had recently retired from a Wisbech practice and is several years my senior and was flattered by the inference about his age. He is currently not working in the practice but is on stand by should he be needed for any future sickness or maternity cover. I mention him in order to profoundly thank him for all his invaluable help.

The growth in the size of the practice in recent years has put a strain on our nursing team which has also been unfortunate in having a series of long term sickness episodes. The upshot of this has been that a lot of the care for people with chronic disease that the nurses have done has been missed. Notably diabetic and spirometry clinics have got well behind and the smoking cessation service has been quite restricted. We felt we had to take action to address this problem and we have been very lucky to be able to appoint **Angela Mills** in the new role of Long Term Conditions Specialist Nurse. Angela, until recently, was the matron on the medical unit of Queen Elizabeth Hospital in Kings Lynn, prior to that she was a diabetic specialist nurse in the hospital. Angela started with us in July and has so far been concentrating on the diabetics in the practice. She is rapidly

catching up with the clinics we have missed and if you are a diabetic and you haven't met her yet I am sure you will very soon. As her title implies she will not only be looking after diabetics. The next diseases she will be taking on the long term monitoring of are essential hypertension (raised blood pressure) and ischaemic heart disease (angina and heart attacks).

This will mean that those of you on repeat prescriptions for blood pressure tablets, heart tablets and diabetes treatments will in future have to make appointments with Angela for your routine reviews. Angela is fully trained in looking after these conditions and will be delighted to meet you and do your checks. The effect this, and the other changes I mentioned earlier, will have on the rest of the practice should mean that it will be easier for everyone to book an appointment with the doctor of their choice without having to phone up on the day, which is the way things have been for the last year or so.

I now come to the news on the **flu vaccination** campaign. As usual we recommend that all of our patients over 65 should have a flu injection. Also any adult who suffers from a long term condition which makes them more likely to be unwell with flu. The list of qualifying conditions include diabetes, people who have had a heart attack or have angina, heart failure, congenital heart disease, asthma, COPD and other chronic lung disease, chronic kidney disease, stroke, TIA's in the past and degenerative neurological disease, those who are immunosuppressed due to disease or treatment e.g. steroid therapy. You may also have the vaccine if you are the main carer of a disabled person or if you live or work in a care home.

This year there is a new flu vaccine for children aged 2-10 which instead of being an injection is administered as a spray up the nose. This vaccine has been used in other countries for several years and has proved both safe and effective. This year we are offering the new vaccine to ALL children aged 2 or 3 on September 1st this year, and to all children with one of the qualifying conditions listed above between 4 and 10. Over 10 and you will be given the usual injection. The only exception to this are very severe asthmatics where the spray up the nose may trigger the asthma; this group need vaccinating but will be offered the injection.

There will be three Saturday Morning vaccination clinics as usual. The clinics will run from 8 am until 11am and we ask you contact us in advance to be given an indicative time to attend, this will ensure you do not have to wait too long. The clinics will be on:

September 28th
October 5th &
October 12th

Finally I would like to welcome back to the practice **Paula Howe** our dispensary manager. Paula has been off since January undergoing the gruelling treatment needed for her cancer. I am pleased to say she has now completed her treatment and is being phased back into work during September. I am sure pharmacy will benefit from having her guiding hand back on its tiller.

Dr Paul Williams

12th Wisbech (Upwell and Outwell) Beaver

Scouts Beaver Motto: Fun and Friends

On July 3rd we went for a hike and all the beavers who attended enjoyed this very much. The beavers were very well behaved and a credit to the colony.

July 10th brought us to another presentation evening where Raksha presented the beavers with their Imagination, Experiment, Hikes Away 1 and the Creative Challenge badges. We also congratulated Jamie on being the first in the colony to achieve all the badges possible in Beavers.

We said goodbye to Harvey, Dylan and Sam as they continue their scouting journey into cubs.

Scouts have had a great first year.

On our return from Summer Camp we started on our Fitness Challenge Badge, for which we had to devise an exercise regime and show improvements during a six week period. Our training included Badminton, Long Rope Skipping, Running, Catching and Tug of War. It was great to see that EVERY scout managed to improve their fitness



as well as explore healthy and unhealthy lifestyle choices and healthy diet. Again Scouts proved that they have got what it takes when it comes to cooking, when they devised a healthy menu, prepared all food and cooked it. The Apple Crumble was delicious and no one suffered any ill effects.

During our Annual General Meeting in June there were several Trophies awarded. Wolf Patrol won "Patrol of the Year" for their great efforts throughout the year and not one but two Scouts won the attendance cup not just for attending each and every meeting, but also for turning out for all extra activities like St Georges Day Parade. Well done everybody.



As the time of the Summer Holiday Break drew closer a Scouts Challenge afternoon took place, during which Scouts completed several challenges, all consolidating and refreshing things we had learnt throughout the year like tying Clove hitches, collecting tinder, building and lighting fires and cooking on them, identifying some plants but most importantly toasting marshmallows, which everyone really enjoyed. A game of Water Tag (Laser Tag with water pistols) finished the day and some adults found they were leaving wetter than the children at the end of the meeting. To finish off our year's activity a BBQ was arranged for Cubs and Scouts with the most of the food kindly donated by Prue Lester and cooked by parents while the Young People had a fun afternoon enjoying the great weather.

We begin our autumn term on September 11th from 6pm until 7.30pm at St.Andrews Methodist Church, Outwell where we will be pleased to welcome all our beavers back after the summer break and any new children between the ages of 6 and 8 years old.

The colony will be holding their first sleepover on Friday September 20th; the theme for this will be pirates. On their journey across the sea we will be visiting the Cayman Islands and learning about their customs. We will be doing various crafts, painting, cooking, etc as well as playing games and hopefully getting a little sleep !!!

Next term we will be working on our Promise challenge badge, our Creative, My Faith, and Safety activity badges. For more information contact Deborah on 07513993526

Wet games were everyone's favourite and some brave parents joined in the fun. The throw the Sponge Board was particularly popular and towards the end of the day Cubs and Scouts finally got their own back and leaders got rather wetter than anticipated. Great fun was had by all.

The brilliant finish to the afternoon though was when the Ice Cream Van turned up and everyone had a free ice cream, kindly donated again by Prue Lester. Thank you so much Prue! It made everyone's day.

Now we are counting down the days until the new Scouting Year begins again, Scouts will be back for the first time on the 11.9.2013 and will be welcoming new Scouts into their Troop. To start off we will be celebrating our 1st Birthday, with games and cake to enjoy.

The following week we will begin with our Photography and IT badges, which will hopefully result in an interesting slideshow and film evening about our summer holidays. Many Scouts, old and new alike, will be taking part at a two night autumn camp at Wolferton Scout Campsite between the 27.9 and 29.9 where some will be able to achieve their 5 and 10 nights away badges. Amongst cooking our own meals, campfire and wide games there is a Day Out in Hunstanton on the Cards, which we are all really looking forward to.

All in all we are looking forward to another exciting year.

We are always happy to welcome new Scouts as well as Adult Helpers. If you would like to find out if scouting is for you, come and see us on a Wednesday evening between 18.00 and 20.00 at the Upwell Methodist Church Hall. If you think you could spare a couple of hours once in a while to help, contact us on: 12thwisbechscouts@gmail.com We are always happy to answer any questions or queries.



Come and join the FUN

Anja

Scout Leader

The Tale of Two Girls on Leaving Upwell C P School

To complete our time at Upwell Primary, we went on an exciting residential trip to Brancaster Millennium Activity Centre (BMAC).

We arrived at school at 8:30 and when the bus came, the Yr 6's struggled to carry their bags to the bus, but we all managed it in the end! Once we had all boarded the bus the teachers did a head count and we were off. After an hour and a half journey we finally reached BMAC and the fun began.

Once again everyone had to carry their luggage off of the bus to the activity centre. When we got there, everyone was buzzing. There to meet us were Seb and Kath, two of the instructors from the centre. They explained what activities we were going to experience during our stay. Soon after we were shown our bedrooms; Fox's Den was where the boys from Upwell stayed, Seal's Cave was where the three boys from William Marshall stayed, both on the ground floor along with Mr White (Spider's Web) and Mr McBurney (Snake's Pit). All of the girls slept on the first floor but in separate rooms called Woodpecker's Hole and Caterpillar's Leaf.

Having decided what beds we were going to sleep in before gathering in the dining room for lunch and then afterwards we were given 45 minutes to unpack and get ready for our first activity which was BEACH FUN! It took about half an hour to unpack and make our beds which was quite difficult as no one knew how to put a bed sheet on a mattress! We ended up helping each other out. Although we were told to go to the common room (where everyone could meet up) we insisted on staying in our rooms for a couple of minutes to talk about how fun this trip was going to be.

Shortly after everyone was spoken to by the instructors about vital things that we needed to bring with us for Beach fun in the afternoon. We did as we were told and shoved everything in our small rucksacks and set off on a one hour trek to the beach (which was tiring). Once we got there we enjoyed messing around, playing games, getting buried in sand and whilst getting ready to leave Mr White generously bought us all a mini milk ice-cream. It was delicious! Meanwhile the teachers were loading up the mini bus to take us back to the centre. Because dinner wasn't ready for another hour, we started to relax and talk in the

common room. Eventually it was tea time we all enjoyed spaghetti Bolognese.

At 7 o'clock the Year 6's gathered in the common room for the final activity of the day, Get Knotted, where the leaders demonstrated different types of tying techniques. Then it was bed time. It was hard for some people being away from home but for others it was fantastic being away from siblings!!

VERY EARLY the next morning (at 4:45 am) most of the girls in Woodpecker's Hole were awake waiting for breakfast which was eggs and bacon on toast with beans as an option to choose from. Also in Fox's Den two of the boys woke up at 5:30 am and went to the common room where they were also waiting for breakfast too. Then after breakfast we heard about our morning activities, Real Rafts with Group A and Coastal Safari with Group B. During Coastal Safari there was great team building going on and we got to practise our knots from the previous evening. Those on the Coastal Safari explored the harbour looking for different adaptations of plants and animals. It was really muddy and we got to mess around on mudslides and get ourselves filthy - it was great fun!

Later in the day we reunited for orienteering. An experienced instructor took us on a hike to Barrow Common, where we were taught how to use a compass and a map. Even though it started to drizzle after 10 minutes, we carried on with the orienteering. Despite the rain most of us completed the task and as a treat we all got to go the park 5 minutes down the road; the boys played football and the girls chatted. Before the day came to an end we had a lovely barbecue and started to pack our bags ready to leave the following day.

As everyone was so tired on the last day, we were nearly late for breakfast. The groups swapped activities for the morning, before lunch and saying our farewells. We were sad to be leaving the centre because we had such a great time. We got to know each other a lot more and the activities were things we wouldn't normally get to do. All our friends said they had a fantastic time and we would definitely go again

**By Georgina & Lucy
former Year 6 pupils of Upwell Primary.**

THE TOWN OF WELL BY KEITH BRADLEY

Opening Keith's book, the first chapter is headed 'The Early Years', it was quite a surprise to read that 'early' refers to 4000 B.C.! He takes the reader through the lives of people who have lived here from Neolithic hunters and their Bronze Age descendents via the Roman Conquest and a likely visit from Hadrian (best known for his famous wall), the years of famine, particularly 536 A.D., experienced by the Anglo Saxons and then the Norman Conquest. Interestingly, through this time climate change and changes in sea level played a huge part in the fortunes of the people. (I hope history is not about to repeat itself.)

Medieval Upwellians lived in a time of prosperity, the town was an inland port and wool the primary source of revenue for Ramsey Abbey, the principle landowner. The building of St Peter's Church, the devastation caused by the Black Death, the political changes brought about by the shortage of manpower that followed the outbreaks of plague, events that are just a tiny selection from the fascinating material that Keith has collected and presented in a delightful and often amusing book. Want to know how to cook a peacock? The answer is on page 24.

The book ends in Tudor times and I hope the sequel is well on its way. It is available from St Peter's and costs £10.

Prue Lester

Three Holes Village Hall

This autumn will be a busy period at Three Holes Village Hall. Thanks to funding from Norfolk Community Foundation and Borough Council of King’s Lynn & West Norfolk we will be installing a digital projector, electric projector screen, P.A. system and mixer/amplifier. This means the hall will now be kitted-out for new and different activities including training, presentations and conferences as well as showing films and being able to stage ultra-big screen X-Box, Wii or Nintendo games for parties. Should hirers need to project direct from the web, broadband and wi-fi are also available.

After many years of service to the Hall, Tracy Brenchley and her team from the Crown Public House, Outwell are giving up the running of our licenced bars. A huge ‘thank you’ is due to them for all their help and support and also for the kind donation of the refrigerated display units for the food servery/bar area. Discussions are on-going with a number of parties interested in taking over the role of Designated Premises Supervisor and the new DPS will shortly be announced.

Recently, with the move of long-time, Wisbech-based Kier Construction to new offices at Waterbeach, we have also been fortunate in receiving a donation of equipment that was surplus to their requirements. We were very grateful for the white-board, top-notch

display boards and other items that all help to make the hall an up-to-date and well-equipped facility for hirers. Events and activities coming up.....

Three Holes Bowls Club has 12 match fixtures between now and the end of February next year and also a presentation tournament coming up on Sunday 16 March. They are always pleased to see new members – just call Yvonne Drew on 07716 421563 or Hazel Medlock on 01945 772327

Christmas Bingo Sunday 24 November – Carol & Eddie Manning are staging a fund-raising Xmas Bingo on behalf of the Hall. Come and join in for the chance to win some fantastic prizes. Doors open 6pm , eyes down 7pm.

Fundraising Fun Quiz – they are also running this quiz for the Hall. Copies are £1 to enter and return date is by 31 October. First prize is £15 and second prize £5. For copies of the quiz and more details of these activities, contact Carol & Eddie on 01945 773961.

Hall hire For details of how to hire the hall for all purposes please contact Eddie in the first instance (01945 773961). General enquiries can be made to Rita (01945 772236), Sally (01945 773418) and Sue (01945 772824).

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UNsung HEROES: Jenny's Story

Jenny sits in front of us in Church and nothing about this gentle, quietly-spoken lady with her snowy hair and soft complexion betrays even a hint of the terrifying experiences that formed part of her early life. Having got on the wrong side of the Germans in World War Two, she has a story to tell.

Born in Thessalonica, Jenny was still living there as a teenager just before the war when a German family moved in next door. They were befriended by a Greek sailor and, suspecting that he may be a spy, the Greek Police wanted to discover more about him so Jenny was asked to get to know this man and pass on information about him to them. She did so, and they were obviously pleased with the way she worked as, when the war started, she continued helping them by assisting English prisoners to escape from a nearby prison camp.

In 1942, at the age of only seventeen, she was betrayed and thrown into prison where she was interrogated then moved to a different prison. After three months she was court-martialled for three days then sentenced by the Germans to two further years imprisonment, a lenient sentence by comparison with others at the time on account of her youth. She served her time in The Seven Towers (Eptapigrion), a huge, castle-like building with the reputation of being the worst prison in Greece. She was only there for eleven months as her sentence was reduced when Hitler decided to mark his birthday on 20th April by granting amnesty to young prisoners. Two of the Greek prisoners with Jenny were shot, but being young saved her; she was regarded as a foolish girl who didn't really know what she was doing so posed no real threat to the Germans.

The conditions in prison were horrendous; Jenny was kept in isolation and bullied then moved into a cell with three other girls, one of whom had a very vicious tongue which added to her misery. With only meagre rations of very poor quality food Jenny was brought to the edge of starvation and, listening to her, I found myself wondering why she risked enduring this by helping English men to escape. The reason she said was quite simply her love for England.



Jenny's love of England led to her marriage with an Englishman, who she

met towards the end of the war, and her subsequent move to Upware then Upwell in 1950 where she has lived ever since. Her heroic efforts on our behalf were recognised just after the end of the war when she was presented with a certificate bearing the following words:

'This certificate is awarded to Eugenia Kokidou as a token of gratitude for and appreciation of the help given to the sailors, soldiers and airmen of the British Commonwealth of Nations which enabled them to escape from or evade capture by the enemy.'

It's dated 1939 to 1945 and is signed by H.R. Alexander, Field Marshall Supreme Allied Commander of the Mediterranean Theatre.

The Germans may have seen Jenny as a foolish young girl of no particular consequence, but it's good to know that her bravery and the contribution she made were recognised by those she helped.

Sylvie Short

Planning For The Future

Consultation By The Borough Council On Sites For New Homes In Upwell

The next round of consultation is open for anyone wishing to comment on the Borough Council's plans for development in the local area. The Borough Council has prepared a document detailing a number of 'preferred' sites for new homes in Upwell. This shows the location of sites and number of proposed homes to be built. Upwell has four sites in the document, totalling 30 homes (to built over the next 15 years). This is still just a proposal, so you have a chance to look at the suggested sites and let the Council have your comments. New sites are still being accepted and no decisions are expected for at least another year.

The sites in our Parish are:

UPW1: Land North West of Townley Close, Upwell (15 homes - access from New Road)

UPW2: Land South East of Townley Close, Upwell (5 homes - access from Townley Close)

UPW3: Land at Low Side, Upwell (5 homes - access from Low Side) - This land belongs to the Parish Council

THH1: Land adjacent to 'The Bungalow', Main Road, Three Holes (5 homes - access from Main Road)

The Parish Council has also put forward a site on St. Peter's Road, Upwell, which it believes is the best option for any development within the village.

To look at the plans in detail, and make your comments, please go to the Borough Council website at www.west-norfolk.gov.uk and follow the links, through the Planning Pages to the **Detailed Policies and Sites Plan**. The consultation period runs until 4th October.

For help, or for more information, please ring the Clerk on 01945 774272.

Scout Helpers Needed

12th Wisbech Upwell & Outwell Scouts and Cubs need adult volunteers to help run their weekly sessions. We meet on a Wednesday evening from 6 to 8pm at the Methodist Church in Upwell and have a full and varied programme for children between 8 and 14. You don't have to be from a Scouting background yourself or have children within the group, just a willingness to want to "put something back" into your local community. If you want to join in Scouting's "BIG ADVENTURE" you can contact us via our email 12thwisbechscouts@gmail.com or just pop in and see us on a troop/pack night.

Are You Missing Out on Help?

Many older people are losing out on money which could help them stay independent in their own home. This is because of ignorance of the welfare benefit system or pride. Although recently you will have heard much about "Welfare reform", older people's benefits have largely been left alone. There is money available to help people pay for help in their home. Many older people have been used to working hard and providing for their families and do not feel they would qualify for any benefit. Some well used phrases are "I manage" and "there are others much worse off than myself".

Attendance Allowance is a benefit which is not means-tested and does not affect savings or income. It is awarded to people over the age of 65 with problems with their day to day living because of health conditions. For instance, an older person may have poor mobility or find it difficult to dress or bathe. This does not mean that carers will come into the home and help, although the extra money may be used for this purpose. There is no restriction on what the money is used for. However, it could be useful to pay for help or support in the home or aids to help mobility. There are two rates which you may qualify for. The lower rate is currently £53 a week and for people with night-time needs, it is £79.15 a week. Application forms are available from the Department of Work and Pensions. You can obtain one by contacting them on 0845 7123456.

Winter Fuel Payment is paid to a household where one person is of pensionable age. You could get between £100 and £300 tax-free to help pay your heating bills if you were born on or before 5 January 1952. Most payments are made automatically between November and December. Winter Fuel Payment is paid automatically if you get the State Pension or another social security benefit (not Housing Benefit, Council Tax Reduction or Child Benefit). You may need to make a claim if you qualify but don't get the payment automatically.

Pension Credit is an income related benefit made up of 2 parts - Guarantee Credit and Savings Credit.

Guarantee Credit tops up your weekly income if it's below £145.40 (for single people) or £222.05 (for couples). This may be state pension, occupational pensions and any other income. However, if you have savings of more than £10,000 the benefit entitlement will be affected. Savings Credit is an extra payment for people who have saved some money towards their retirement, e.g. a pension. You don't pay tax on Pension Credit.

People on a low income may qualify for help with **council tax** or, if renting the home, **housing benefit**.

For people with access to the internet a website called www.gov.uk has much more information and a calculator to help you see if you qualify.

Information supplied by **Dee's Home Support**

Dee's Home Support

Are you or a loved one struggling with day to day living due to health or age related problems?

We provide a local, compassionate and professional support service for older people who need some help to live independently at home. We have current and cleared CRB checks in place. References and testimonials are available for your peace of mind.

- ✓ **Advice & completion of benefits & grant applications in the privacy of your own home**
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From an initial **FREE** assessment, together we can tailor individual support for your needs.

01945 774383 or 07748 700020

UPWELL VILLAGE HALL NEWS & EVENTS

Summer almost seems a distant memory with autumn swiftly approaching. The hall through the summer months has held various wedding receptions, children’s parties, the County Council elections, committee meetings, the regular weekly hall groups and of course much more.

The yet-again highly successful ‘Race Night’ held in conjunction with the Wisbech Lions back on Saturday 22nd June, was another fun filled evening. A good crowd attended creating a relaxed atmosphere, well, at least until the races commenced! Some won, some lost but an enjoyable time was had by all.

Forthcoming Events:

Friday 25th October – The ‘Lincs Ladies Fashion Show’ is due to make a return in the next few weeks. Those that attended the spring event back in March, know what bargains us ladies can buy at very reasonable prices. There will be top quality clothes from various high street stores, many at just £10 each. Tickets will be £2.50 each which includes admission and a cup of tea or coffee + biscuits, a cheap night out even if you don’t buy anything. Doors open at 7pm for a 7.30pm start. If you would like to be one of the two models for this event, please call Dee Harrison on 01945 773735.

Sunday 3rd November – ‘Christmas Craft Fair’. This ever popular annual event will once more be packed with numerous quality stalls bearing a vast array of unusual hand made items ready for gifts for loved ones or just a good excuse to treat yourself, don’t miss it! 10am to 4pm.

Tuesday 31st December – ‘New Year’s Eve Dance.’ 8pm to 12.30am. A cold meat buffet with desserts. Dancing to the band ‘Get Back.’ For further details, please contact Ros Shorting on 01945 773604

New Age Kurling

A new idea has been put forward to see if anyone would be interested in a new indoor sport called ‘New Age Kurling.’ It is a form of the original curling game, but adapted so that it can be played indoors on any flat, smooth surface. It can be played by both able-bodied and disabled individuals of all ages. If enough people show interest, then hopefully the equipment could be borrowed to begin with to set up a local club. Please contact any Upwell Hall Committee member for further details.

200 Club Winners

July	Ticket	Winner	Prize	Aug.	Ticket	Winner	Prize
1st	69	Christine Oakley	£25.00	1st	20	Jake Smith	£25.00
2nd	144	Judith Skelton	£15.00	2nd	162	Chris Crofts	£15.00
3rd	102	Alex Lester	£12.00	3rd	126	K. Stimson	£12.00

Upwell Village Hall- Short Mat Bowls Club

It was in the Spring of 2010 that my husband, Neil, decided that it would be a good idea to start a Short Mat Bowls Club in the Village Hall. We started with 20 members and some of you may remember the photograph that appeared in the Community Newsletter. Some members were already good bowls players, but some, like me, were new to the sport. During the intervening three years some members have "disappeared" and some new faces have become very familiar to the devotees who have stayed.



We meet twice a week: 2 hours on Monday

afternoon and 2 hours on Thursday afternoon. Some people come only on Monday, some only on Thursday, and some come on both days! We start at 2.00 p.m. and pause at 3 o'clock for tea/coffee and biscuits. Sometimes Linda Carr has had a baking session and brings us cakes for us to try! There is an enormous amount of chatter and fun, as well as lots of exercise. By 4.00 p.m. most of us are ready for a relaxing evening. We are thinking of investing in the purchase of a new mat, and we would warmly welcome any new friends to the Club. If you are looking



for company, or fun, or exercise, then do turn up one Monday or Thursday afternoon, and give it a try!

Margaret Morgan

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New To The Area

Hi all, I'd just like to introduce my wife Angie and myself. We are new to the area, having returned from living in France due to ill health.

We originally came from Aylesbury area in Buckinghamshire, but due to the vast difference in prices between there and here, we decided we would settle here. A good choice as it turned out.

We bought a bungalow in Marshland St James at first, to give us a base until we could find exactly what we were looking for. After about a year we found our existing home in Three Holes. It had been let as a multiple occupancy house for nine farm workers and required a complete refurbishment. Fortunately, before retirement I was a builder so it wasn't quite as bad.

We had a spare plot of land so we built a cattery for Angie to run as a paying hobby. She has looked after cats for the RSPCA and Cats Protection League for years. She has a passion for cats and to be paid for doing what she loves is wonderful.

So here we are in Three Holes, John, Angie, our son David, Casper our cat, Moppet our dog, two little call ducks, three chickens and a tortoise....settled in and loving it.

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UPWELL PLAYING FIELD COMMITTEE

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Well what has been happening at the field during the summer months?



April saw the first **Horse and Pony Show** of the year, a resounding success judged by John Wortley. A Dog Show - yes **Dog Show** - was held on 11th May. In June was the second of our Horse and Pony Shows, with judge Leanne Nicholls doing a sterling job. Unfortunately, the gymkhana events could not be held, as the ground was too hard. July 28th was our annual **Summer Fayre** and we made a reasonable profit on the day.

August saw the first hirings for our **new pavilion**. On Sunday 11th it was let for a wedding anniversary party and on Wednesday 14th, Emneth Children's' centre held a teddy bears picnic. We are able to cater for small events in the pavilion - to a maximum of 30 people.

The August Horse and Pony show was postponed from the 24th to 31st due to inclement weather, but the weather was kind to us on the 31st and Graham Ward of Gorefield kindly stepped in to judge. Sponsors: Toby's Horse Feeds, Bloom & Wake, Goldings Animal Feeds, Ray Wilson, Navradys, Horsey Hooves, T.T. Sports Horses Chatteris, Mrs Cobley, Fred Hartley Estates. If you would like to sponsor classes for the pony shows please contact Liz Thorpe on 773466 or me.

Football training has resumed for 4 Under 12 teams on Tuesdays and the Under 15s have now started training on Thursdays.

A charity Dog Show for MacMillan and the Stroke Association was held on the 25th August organised by Barbara Townsend of the Wisbech Greyhound Rescue. The committee presented a trophy for the Best cross breed puppy – another well attended event.

We also heard in August from Inspired Facilities/Sport England that we were no longer on the list for any funding. Initially we had been selected from some 1,100 applications and managed to get to the second round but only 14 applications were then selected to go forward. As you can see, it's been a busy, hot summer. The playing field equipment has been in use constantly – skate boarders travelling from as far as Peterborough just to try out different skate parks. In previous issues I have mentioned the youngsters



who use the skate ramps fund raising for repairs. The rubber matting has now been replaced on most of the ramps (some materials were very kindly donated). Replacement cargo nets, rope ladders and the suspension bridge have all been replaced on the children's play equipment – all due to lots of use over the last ten years.

Now for September - **football matches** have begun with the first Under 15s first home match played on the 8th. The goal posts are up on the big pitch and the pavilion is in use on match days in the community side, with a kitchen, community room and toilets.

By the time this magazine is published we shall have made our first draw for the **100 club** - a new way of funding the playing field. Buy a ticket for the year and we hold regular draws for a cash prize. At the present we rely on our own fund raising, including lettings for the pavilion and field to pay for all the usual bills, electric, water, grass cutting etc, etc.

Upcoming Events:

On the 28th September Upwell Playing Field Committee are opening the pavilion, free of charge, for two hours for a **Macmillan Coffee Morning** 10am – 12 noon. Please support this worthwhile event.

October 5th will be the last Horse and Pony Show of the year. The judge will be Jean Cartwright, Steward Leanne Nicholls. We are also holding a **Halloween Fancy Dress Family Disco** on October 26th in Upwell Village Hall. November 22nd **Table Top Tack Sale** Upwell Hall. Doors open for Sellers at 5pm – buyers 6pm. Tables will cost £5.00, to book one contact Liz on 773466 or me.

Manual help is always required for all events, knocking posts in, making tea, booking in, car park duty, selling raffle tickets, door duty etc. If you are available and would like to get involved please contact Christine Aston Chairperson 774060, John Spikings Treasurer 773424 (daytime only) or me. Advanced notice – Upwell Playing Field Summer Fayre 2014 will be on July 13th.

Ros Shorting 773604

STOP PRESS! The youth football team are looking for managers- anyone who can help call Richard on 01945 771974



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Walk Upwell 2013 PROGRAMME OF WALKS – October to December 2013

Below, please find the programme of walks we propose until the end of this year. With the nights starting to close in there are no walks planned for the evenings. To add a bit more variety for the Sunday walks we have had to go a bit further afield.

Some of you know that David Nash will be moving away from Upwell quite shortly and so will only be able to lead one more walk. Jan Allen has kindly offered to help for the remainder of this year but we will need to find a new chairperson at the AGM which is being planned for early January.

New members are more than welcome and Allan is happy to negotiate an appropriate level of membership fee for the months / weeks left.

Please let us know if you would like to suggest or lead a walk that would add to the programme.

Our very best wishes and happy walking,

David, Allan and David

We can be contacted by email or phone:

Allan allanalex@live.co.uk

01945 772354

David Porter

djporter49@btinternet.com

01945 774405

Date	Location	Approx. Length	Leader	Driving Distance	Grid Ref:
Wed. 2 nd Oct	Massingham	8.25 miles	David Nash 10am VH	50mins 32miles	TF798229
Sun 13 th Oct	Ramsey	3 miles	David Porter 12.30pm VH	40mins 25miles	TL291851
Wed 23 rd Oct	Brandon Country Park	7 miles	Allan Gullon / Jan Allen 10am VH	50mins 30miles	TL785852
Sun 27 th Oct	The Wiggenhalls	3 miles	David Porter / Allan Gullon 12:30 pm VH	20mins 10miles	TF593143
Sun 10 th Nov	Denver	3 miles	Allan Gullon 12:30pm VH	20mins 10miles	TF588012
Wed 13 th Nov	Peddars Way Sedgeford	7 miles	David Porter 10am VH	50mins 33miles	TF735348
Sun 24 th Nov	Ely	3 miles	David Porter 12:30pm VH	30mins 18miles	
Sun 8 th Dec	Upwell	3 miles	Jan Allen 12:30pm VH	-	
Wed 11 th Dec	Bexwell (Start in Downham Mkt)	6.5 miles	Allan Gullon 10am VH	20mins 10miles	TF615030

Jennie Fowler at "Just to Be."

"Just to Be"....how wonderful that sounds...‘just to be’ – making time and space for ourselves in the midst of busy lives. And Jennie Fowler aims to help us do just that.

Having arrived here in Upwell from Lincolnshire in 2008, Jennie lives with her partner, Charlie, and daughters Annie and Megan, and offers holistic therapies, working mainly from a purpose-built room in her back garden, though she also visits people in their homes

Jennie is well qualified for this work having taken courses in Swedish Massage, Reflexology, Indian Head and Hopi Ear Candling. She is VTCT qualified (the VCTC is a Government approved awarding organisation offering National Vocational Qualifications) and a member of the Federation of Holistic Therapies. She derives a lot of pleasure and satisfaction from helping people to feel better – physically, emotionally and even spiritually – and hopes that her clients will leave her therapy room recharged and ready to face the world with renewed energy.



As well as having numerous benefits, therapeutic touch has an impressive history; Hippocrates himself was known to have encouraged massage, and a wall painting, found in the physicians' tomb dated 2330 BC, shows reflexology being used. With such an endorsement, it is no wonder that Jennie feels frustrated when people see this alternative therapy as a luxury instead of part of a healthy life-style, which she believes it is and, in order to improve accessibility to all, she tries to keep her prices down to an affordable level.

What a super asset to have on our doorstep!

Please note – Contact details: Tel: 01945 771954 Mobile: 0771 974839

Email: justtobe@live.co.uk Or go to Jennie's website – www.justtobe.biz – for details and prices of available treatments.

SPECIAL OFFER: Anyone who books an appointment quoting this article will get a £5.00 discount. ALSO....22nd – 28th September is World Reflexology Week so, for that week only, as well as the £5.00 discount Jennie can offer a further 10% off your treatment. Sounds good to me!

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COMMUNITY RIGHT TO BID

This new Community Right allows local community groups to ask the Borough Council to list certain assets as being of "community value". Assets could include public and private buildings and land.

- If an asset is listed and then comes up for sale, the new right will give communities that are interested a total of 6 months to put together a bid to buy it (including a 6-week cut-off for an initial proposal to be put forward).

- A building or land in a local authority's area will, subject to the Localism Act and Regulations, be listed as an asset of community value if it is successful in the nomination process.

Once an asset is listed, the owner cannot then dispose of it without:

- Letting the local authority know that they intend to sell the asset or grant a lease of more than 25 years.

- Waiting until the end of a six week, interim moratorium period if the local authority does not receive a request from a local community interest group to be treated as a potential bidder.

- Waiting until the end of a six month, full moratorium period if the local authority receives a request from a local community interest group to be treated as a potential bidder.

It is important to note that the owner does **not** have to sell the asset to the community interest group.

Further information from K.L.W.N.B.C.

REGISTER OF
ELECTORS

The Government is requiring all Electoral Registration Officers in England to publish a revised Register of Electors on 17th February 2014. A form and reply paid envelope will be personally delivered to every property in West Norfolk from 1st October. You must complete and return the form. This is important because the Register is used not only for electoral purposes but also by many financial service providers dealing with mortgages, loans or new accounts etc. Anyone whose name is not on the Register will be unable to vote at future elections and is also likely to have problems using any service that involves a check of the Register.

The form is intended for the present occupiers of an address. The name of anyone aged 16 or over who is expected to be resident at the address needs to be on the form and the names of anyone no longer at the address crossed out. The date of birth of anyone aged 16 or 17 will also be required.

Forms received by owners of empty properties need to tick the "Property empty" box and return the form. This will avoid the issue of reminders.

In the event of any queries when the form arrives, householders can telephone the Helpline where any of the electoral staff will be happy to assist. The number is 01553 616773 (King's Lynn and West Norfolk Borough Council) or 01354 654321 (Fenland District Council).

Prompt return of the form or, better still, confirmation by freephone, internet or SMS (details on the form) would be very helpful. It will also avoid the need for reminders and help to keep costs down.

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