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Upwell Parish Council

Council and Community Newsletter

Spring Edition

2011

All Change For The Parish!

With Local Elections on May 5th, the Parish Councillors you currently know will be standing down from their posts and not all are standing for re-election this year!

After 8 years of outstanding service, the Chair of our Parish Council, Neil Morgan, has decided to step down and enjoy the retirement he so richly deserves!

A former headmaster, Neil moved to Upwell in 2002 and joined the council a year later. He was responsible for writing the Parish Plan with Paul Williams in 2005, when he was also elected Chair of the Council. Thanks to his erudite approach and 'firm but fair' leadership style he was re-elected as the Council Chair every year from then on and is the driving force behind this publication each quarter!

Neil was responsible for introducing the Home Watch scheme into the parish in 2007 and won the Mayors Award for Voluntary Service in 2010 for his contribution to



the parish council and his work with Upwell village hall, on whose committee he also serves.

He is standing down as a councillor at the Local Elections which take place on 5th May. All parish councillors will stand down and thirteen new councillors will be voted in to represent the people of our parish for the next four years.

If you have a couple of hours

Finally! As this newsletter goes to press our annual 'host of golden daffodils' begins its show in a riot of glorious spring colour.

to spare each month and would like to get involved with the local community, contact the Clerk for more information about becoming a parish councillor. You don't need any experience—just an enthusiasm for making our villages a better place for everyone.

Looking for an NHS Dentist?

It's a lot easier to see an NHS dentist than you might think. In fact, there are lots of NHS dentists and it's simple to make an appointment.

How can I find an NHS dentist?

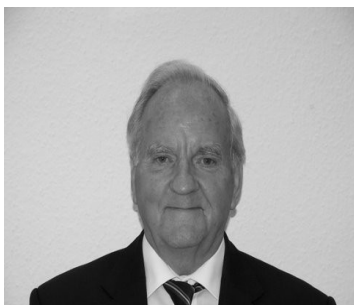
If you would like NHS dental treatment, just contact a practice providing NHS dentistry and ask for an NHS appoint-

ment. If you would like help to find an NHS dentist in your area you can:

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- Search the local dental map at: www.norfolk.nhs.uk
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- Visit the NHS Choices website at: www.nhs.uk
Visiting your dentist is important and with more dental practices welcoming new patients, it's never been easier to look after your teeth.

Visit the NHS Norfolk website for more information (www.norfolk.nhs.uk).



ANNUAL REPORT

This report, to be presented at the annual Parish Assembly on April 11th, marks the end of the 4 year tenure of the Parish Council in its present membership. It is pleasing to report that, in the 4 year period, there has been only one change in the personnel serving on the Council. David Barnard resigned from the Council in March and Brian Carr was co-opted onto the Council to fill the vacancy created. The fact that 12 councillors remained in continuous service over the whole period meant that there was a continuity in all the numerous discussions and deliberations undertaken, and attendance at meetings was in the main extremely regular. Interestingly, where it had in the past sometimes proved difficult to recruit people willing to give up the time and effort necessary to serve, no fewer than 7 applicants put themselves forward for this one vacancy. This is obviously an indication of a growing interest in parish and community affairs, but it is also reassuring in that we now know that 3 of the present councillors have decided not to put themselves forward for election this time around. It is all the more important that parishioners participate in the election on May 5th, and that proper consideration is given to the choices to be made on that day. Equally important in terms of continuity and uninterrupted service is the ongoing presence of both the Parish Clerk, Kate Cobley, and our Assistant Clerk, Kate Bennett. Both have given sterling service to the Council, having established a sound and confident knowledge of the tasks to be undertaken, and the many contacts which need to be made in order for proper and efficient co-operation can be established with the principal councils and the numerous agencies and companies with which the Council does

business. The Council's meeting structure of one full council meeting plus 3 committee meetings per month has proved to be sound and contacts necessary between meetings are normally facilitated by e-mails and or telephone. All meetings are carefully minuted and careful records are kept of correspondence, and contacts with the agencies mentioned above. All financial transactions are recorded in appropriate detail, and are subject to a full external audit. This has always been fully approved. These matters, together with the quarterly production of our popular newsletter, have contributed to our retaining our status as a Quality Council, which is an indication to our parishioners that this Council's business and conduct are all that they should be, as certified by the National Association of Town and Parish Councils. The currently serving councillors are well aware of the need to keep abreast of community affairs and concerns, and for this reason various members of the Council are also involved with many local groups, societies and clubs. Much additional voluntary work has been carried out on, for instance the War Memorial garden, the Community Garden at the back of the hall and the flower beds at the front. Volunteers have been out gritting difficult areas during the really cold weather, and two of our councillors have given of their own time and effort to repair the railings along Town Street, so that these are once again safe and attractive as a village feature. Likewise bus shelters have been repaired and restored to acceptable standards. Excellent use has been made of the Community service teams, under the guidance of the designated councillor who is highly experienced in this area and who knows the supervisors on a friendly and productive level. The Council owns this village hall, and is particularly grateful to the volunteers who form the Village Hall Management Committee, for their continuing work in ensuring that the hall and its contents are maintained to a high standard, and for directing, through the Hall manager, a highly varied and pleasing programme of activities, events and hirings. The Council's declared wish is for the hall to be at the centre of village and community activities and a glance through the list of hall usage contained in the current Council

newsletter will provide a good working idea of the pattern of use in any given week. The Council also actively supports the Playing Field Committee in its endeavours and we retain the hope that that committee will one day achieve its cherished ambition to replace the old pavilion with a purpose built new building.

Communication with our parishioners is most important, and the aforementioned newsletter has done much to enhance the knowledge of what the Council does and how it works. We also have a Council website, and the three Council notice boards are kept up to date with dates of meetings, minutes and other relevant information. It may be for this reason that public attendance at Council meetings is rare, but it is worth underlining that these are public meetings, with a time slot allocated for members of the public to ask questions or speak on any relevant matter. The forthcoming elections will be something of a test of the level of interest in and support for your new Parish Council, and I cannot underline too strongly the importance of registering your vote on May 5th, and thus offering those who volunteer for these unpaid duties a clear token of that support.

Farewell!

Although the new Council will not meet until May 9th, this will be the last newsletter for which I shall be the Editor and the last of my 8 years on the Parish Council. Having occupied the Chair since 2005, I have many memories of the ups and downs of those years, but I shall be leaving the Council feeling secure in the knowledge that its meetings format and its formal business procedures are all that they should be. The spirit of our councillors is strong and positive, and I am confident that new members elected will be warmly welcomed and carefully introduced into the work of this, the 3rd tier of local government. I take this opportunity to thank my fellow councillors for all their support and encouragement over the years, and I also add my thanks to the many residents who have also offered support, particularly with regard to our newsletter. I shall leave with some regret, but advancing years and a number of medical issues have persuaded me that it is time to hand over the helm to a new Chairman, and a new councillor, hopefully full of energy and ideas! I shall remain as an active Chair of

the Village Hall Committee, and I have offered to lend a hand with future newsletters as a community contributor, should such help be wanted.

Neil Morgan
Council Chair 2005-11



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about your
community -
get out and
vote on 5th
May!**

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Parish Council Elections

All parish-
es rely

on local residents volunteering to stand as parish councillors to make the community a better place to live and work. The local elections on 5th May are being held across the Country for parish and district councillors.

Could I Be A Parish Councillor?

Any interested resident can stand as a parish councillor. You do not need to have any experience of local government and do not need to have, or state, a political allegiance. You do need to be nominated by two parish residents and submit a nomination form to your district council by noon on 4th April.

To stand as a parish councillor candidate you must:

- Be a UK or Commonwealth citizen, or a citizen of the Republic of Ireland, or a citizen of another European Union member state.
- Live in, or within three miles of, the parish or your principle place of work is in the parish.
- Be aged 18 or over.

It is also helpful if you have an interest in local issues, an understanding and willingness to represent the views of the whole community, are able to attend monthly evening meetings and have an interest in learning and developing your role in the Community.

Why Should I Be A Parish Councillor?

There are many reasons for becoming a parish councillor. Most people become parish councillors because they want to improve the local environment and the quality of life in the area. There is a great deal of satisfaction that comes from making a real difference in your local community. Other benefits include meeting new people and building new friendships, as well as becoming more active in the community

What Do I Do Next?

To stand as a parish councillor candidate you must submit a nomination form to your local District Council by 4th April. You can request a nomination form from your local Parish Clerk or the Electoral Services department at Borough Council of Kings Lynn & West Norfolk: by phone or through the website (www.west-norfolk.gov.uk)

Village Sports On Offer

Is your address Upwell or Three Holes? Are you interested in taking part in some sport? Or even just helping organise some teams?

Now is your chance!!

Upwell and Three Holes are to combine to create teams for the Village Games in Kings Lynn, on Sunday 26th June 2011, which the Council organise. You do not have to be a brilliant sports person, you could just be wanting to take part for fun or even to develop a new hobby.

We need teams for badminton, table tennis, mini athletics, netball, squash, indoor bowls, 5-a-side football, darts, gymnastics, mini soccer, archery, fitness triathlon and rounders.

Not only do we need teams but we also need coaches and managers. If you are interested in coaching you may be able to take a Level one coaching award in a sport and have up to 75% of the course paid for, in exchange for 2 days worth of coaching!

To help us develop our sports clubs the Borough Council have lots of equipment available for loan to get the activities started. The equipment ranges from table tennis tables, short tennis, badminton, bowls, etc. This is designed for the villages to borrow and gradually develop clubs to become self sufficient. In order for us to access the right equipment we need to know what YOU want.

In major shops in both Upwell and Three Holes you will find a questionnaire. When you have the opportunity, please fill one out and post it in the blue boxes provided for them. This is for all ages so please do not hesitate to view you opinion and support.

If particular activities are proven popular the Borough Council can also help with granting aid and qualified coaches to the village hall and playing field for summer holiday sports schemes, and also possible transport to overcome any barriers to accessing a sport or facility.

For regular updates and information please join our Facebook page 'Upwell and Three Holes Village Sport' or contact us at upwellandthreeholes@gmail.com. For more information about the Village Games go to www.activenorfolk.org.



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Upwell Health Centre News

You can register, cancel appointments and book telephone consultations on the new website as well as making appointments and ordering repeat prescriptions

Spring is around the corner and we are leaving our busiest time of the year at the health centre. The incidence of viral respiratory illness, especially, in winter always makes it a busy time. During and just after Christmas it looked like we were heading for another swine flu epidemic with the number of cases rising rapidly but then the infection rate plateaued and dropped and now we are back to normal incidence levels. There was a lot of media coverage about the apparent shortages of flu vaccine at the time. At the surgery we held our campaign as usual in October but had plenty of vaccine left going into December. There was, of course, a clamour for the vaccine again around Christmas and we did use up all our stocks around then. However, we still have single valent swine flu vaccine in stock, and since this was the variety of influenza virus causing the majority of infections it was suitable for anyone who had not received it the previous year. At present the government have not announced any changes to the system for administering flu vaccine this autumn so mark it in your diaries and calendars now; we will be starting with the 2011/12 vaccine in October again. We will announce the dates of the Saturday morning sessions on our website and in the local magazines as usual.

Mention of the website brings me to some news. I have been conscious for some time that our website was looking tired and over the last few weeks we have been putting the finishing touches to a new one. It can be found at www.upwellhealthcentre.nhs.uk And there will also be a re-direction from the old website address to the new one. I urge you to go and have a look at the new site. It allows for much more interaction than the previous one; you can register, cancel appointments and book tele-

phone consultations on it as well as making appointments and ordering repeat prescriptions, which have been the only options up to now. There is also a lot about the services we offer and quite a lot of health information. You can also register to get newsletters from the practice from time to time. Go on have a look. It is now six months since Dr. Millard retired and his patients have been seeking out a new doctor from among the rest of us left behind. This has meant that some of the patients who have been regulars with the rest of us have been finding it more difficult to get appointments. Just a pointer for everyone; Dr. Haine actually replaced Paul Millard as a partner at the surgery. However, she already had a following of her own having been with us for some years. The new doctor in the practice Vineet Bhardwaj is no stranger to us having spent two six month periods with as a registrar during his GP training. I can thoroughly recommend him to any Dr. Millard patients' still to find a new home.

I am sure a lot of you have been wondering what, if any, impact the government proposals to involve GP's in commissioning services for patients will have on you and the services we offer at Upwell. I am hoping you will see very little difference in the day to day operation of the surgery. However, it is to be hoped that we will see an improvement in the care you receive in hospitals. Unfortunately the changes are coming with a considerable handicap. Although the government have promised to increase NHS funding the squeeze on public spending is very apparent in the NHS. The continuing advances in medical science, especially new drugs and procedures, the aging population, the increased use of more and more sophisticated investigations and the fact that we are doing more than ever to actively prevent disease means that there are going to have to be many economies made in the NHS that will affect general practice. The pressure for us to spend less on drugs has been racked up for some time and we are always pressurised to prescribe the cheapest version of a drug when more

than one type is available. Some of you in the past have complained when we have done this and on occasions you may have been given the more expensive version as a result. In future this is increasingly less likely to happen. If a cheaper version does not suit you it is likely we will try another cheaper alternative rather than prescribe the expensive brand. There is only so much money to go around and it cannot be spent twice so I urge you not to complain if this happens to you it is just another example of the economies we all have to make in the face of huge cuts in overall government spending. This lack of money will mean GP Commissioning will be more difficult than it could have been; I liken it to fighting with one hand tied behind your back. However, GP's are well placed to decide the priorities that will benefit most people. However, there will undoubtedly be many special interest groups who will feel hard done by after these difficult decisions have been made.

Locally the process to form a GP commissioning consortium is progressing well. The current West Norfolk Practice Based Commissioning Consortium has formed a new grouping, as yet unnamed, elections for the executive of which will take place this month. This group will include the

GP's are well placed to decide the priorities that will benefit most people.

Wisbech practices as well as those currently in West Norfolk and our practice will be putting forward someone for election to the group. As yet it is too early to say more but there should be a lot more news in the next newsletter. I am looking forward to seeing the daffodils bloom again along the Well Creek but don't get too close to them; they can cause an awful rash!

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New Public Mooring At Three Holes

At the last meeting of the Parish Council, members heard that a proposal was being put forward by the IWA (Inland Waterways Association) to build a public mooring at Three Holes bridge. The IWA is a national charity working to promote the use, maintenance and restoration of waterways and carries out practical projects to enhance rivers and canals across the country.

The proposal was put to the Parish Council's Finance Committee at the start of March. It heard that, while the IWA would fund the £8-£10,000 project, it would be looking to the Parish Council to take on the ongoing insurance and maintenance liabilities. In return it would gift the land and moorings to the Council on completion.

The Parish Council will debate the proposal at its next full meeting on 11th April, which is being held after the Parish Assembly. If you have any comments or queries, please do not hesitate to get in touch with the Clerk or come to the meeting to find out more.



Beautiful spring daffodils are out in force once again around the village.





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A Referendum on AV

When you go to vote at the Local Elections on 5th May, you will also be asked to vote in the referendum to change the system for electing MPs in this country. Here is a guide to the issue.

What will the referendum be about? It will ask the public whether they want to replace the existing first-past-the-post system for electing MPs to Westminster with a method known as the alternative vote.

What is the current voting system? For Westminster elections, it's first-past-the-post. The candidate who gets the most votes in their constituency is elected as the MP.

Why do critics want the way MPs are elected changed? They say too many votes are effectively wasted under the current system, with elections decided by a small number of voters in a handful of seats where no single party has a large majority. This discourages people from voting and makes them disengage with the political process. A key weakness of first-past-the-post, they say, is that two thirds of MPs are now elected with less than 50% of support of voters and this undermines democracy. They argue a different system will provide voters with more choice, force candidates to appeal to a broader section of the public and work harder to get elected.

How is alternative vote different? The alternative vote - widely referred to as AV - system sees voters rank candidates in order of preference in single constituencies. People can nominate as many preferences as they like. Only first preference votes are counted initially. Anyone getting more than 50% of these is elected automatically. If that doesn't happen, the candidate with the fewest votes is eliminated and their second choices allocated to the remaining candidates in a second round of voting. If one candidate then has more than 50% of the votes in this round they are elected. If not, the remaining candidate with the fewest votes is eliminated and their second

preferences (or third preferences if they were the second choice of someone who voted for the first candidate to be eliminated) reallocated. This continues until one candidate has 50% or more of the vote in that round of voting.

What do opponents of the change say?

Defenders of the current system say it generally leads to stable government and has historically reflected the will of the public in that unpopular governments have been voted out. They argue that first-past-the-post is straightforward and easy to understand. They say parties get elected on a manifesto and are expected to implement it, while under other systems more likely to produce indecisive outcomes, the government is decided after the election by horse-trading and "political fixes".

Why is a referendum being held? A referendum on the alternative vote was not included in either the Conservative or Lib Dem election manifestos. However, the Conservatives - who largely oppose changes to the system - conceded a vote on AV as part of their offer to the Lib Dems in negotiations to form a government after the election. The Lib Dems have long urged changes to the voting system and although the AV system is not their preferred choice, they believe it is a first step towards a fairer system.

Is the alternative vote system proportional representation? No. Parties could still form a government with less than 50% of first choice votes. Campaigners such as the Electoral Reform Society want a proportional system where the number of seats a party wins is more closely aligned with the number of votes they get. For many years, the Lib Dems have supported the more proportional single transferable vote system.

What if I only want to vote for one candidate? If someone votes for just one candidate under AV, their vote will be counted once in each round that takes place. But any further preferences they could have stated will not be taken into account.

When will the referendum take place? It will take place on 5 May 2011, the same day as elections to the Scottish Parliament, the Welsh Assembly, the Northern Ireland Assembly and local elections in many parts of England. Holding it then will save money as voters are already going to the polls across much of the UK, the government says.

What question will voters actually be asked? The government proposed the following question: Do you want the United Kingdom to adopt the "alternative vote" system instead of the current "first past the post" system for electing Members of Parliament to the House of Commons? Yes or no? In September, the Electoral Commission recommended the question be redrafted to make it "easier to understand". It said the public had a "limited understanding" of the voting systems they were being asked to decide between and this should be clarified. It suggested this revised version: At present, the UK uses the 'first past the post' system to elect MPs to the House of Commons. Should the 'alternative vote' system be used instead? Yes or no?

When will the outcome be known? The election is overseen by the Electoral Commission. Votes will begin to be counted at 16.00 GMT on 6 May, the day after the poll. The outcome of the referendum is expected to be known later that evening.

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Save Your Own Life!

Let's say it's 6.15pm and you're going home (alone of course), after an unusually hard day on the job. You're really tired, upset and frustrated. Suddenly you start experiencing severe pain in your chest that starts to drag out into your arm and up into your jaw. You are only about five miles from the hospital nearest your home. Unfortunately you don't know if you'll be able to make it that far. You have been trained in CPR, but the guy that taught the course did not tell you how to perform it on yourself.

Since many people are alone when they suffer a heart attack, without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness. However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing

sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally again. Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital.

Tell as many other people as possible about this. It could save their lives! A cardiologist says that if everyone who reads this tells 10 other people, you can bet that we'll save at least one life.

Local Volunteers Receive Mayors Awards

Pictured are Mrs Sally Elmer and Mr Nigel Carter receiving their Mayors Awards For Voluntary Service in Kings Lynn on 15th March.

Sally was nominated for her outstanding contribution to fundraising and community service. As the local area organiser for the Royal British Legion's poppy appeal, she helps to manage the remembrance day event each year. She is a major fundraiser for Macmillan, raising £1400 in 2010 alone and she is the Secretary of Three Holes Village Hall and Playing Field Committee.

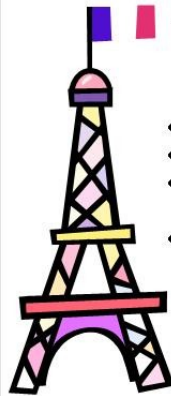
Nigel was nominated for his contribution to Upwell Bowls Club and for his help with the Playing Field Committee. He has been known to set his alarm for 2.00am to go and move the watering system over to ensure an even surface on the green and he is one of the main organisers of the Upwell Christmas Charity,

organizing events on behalf of CAMSAR, Coronary Care, Neuropsychology amongst many others.

Mayors Awards For Voluntary Service are given in recognition of those special people in our community who give their time freely, without pay or remuneration, for the good of others. The Parish Council is pleased to support Sally and Nigel and offers up its own deep gratitude for the work they do in our Parish.



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Three Holes News

Village Hall News

We were sorry to lose the services of Heather Chapman at the end of January. For the past 28 years Heather has organised the 200 Competition to raise funds for the Playing Field. Over that time she has collected £23,380 to help toward keeping the grass cut and in good condition, the equipment serviced and all the other expenses which are necessary to keep this amenity open for the neighbourhood.

Playing Fields do not usually generate any income and so fund raising has been and still is essential. We are fortunate that our Treasurer, Sally Elmer, has taken over the organisation of this competition. We appreciate this very much as it entails quite a lot of work.

The monthly draw will take place as usual on the last Thursday of each month at the Village Hall.

Coming Events.

Friday 16th April Easter Bingo Doors open 6p.m. Eyes down 7p.m.

Saturday 14th May Group Under Covered. £6 8 until late

Saturday 9th July Hayden's Country £6 8* p.m. until late

Saturday 23rd July Kenny Rich Duo £6 8p.m. until late

For information or to book the hall Tel. 01945 773961 Eddie or Carol Manning

Eastern Counties Bus Depot At Three Holes

The Eastern Counties Bus Garage opened in 1935. The late Edna Dalton remembered the garage being built by labourers who lodged at the RED HART, looked after by Mrs. Fiske.

It housed at least 6 single and double deckers. There was a frequent and regular bus service to Wisbech. Some of the buses collected passengers from Welney and Lakes End first and then from the villages on the way to Wisbech. Three Holes, Upwell 'round the town' as it was known, Outwell, Downham Road side, Emneth, Elm High Road finishing at the Horsefair.

During the second world war the drivers were all male but there were female conductors. I went to the Wisbech High School in 1943 and remember the horrific journeys we had for a week or two before it was decided that

more buses were needed. The single deck buses were then what were known locally as Cattle Trucks. The seats were all arranged around the sides so that more people could stand in the middle. As I got on the bus at Three Holes I and my friend Evelyn Goose had a seat but long before we got to Wisbech the bus was so jam packed that the conductor could just get inside the door. It was impossible to collect any fares. It was so hot and stuffy many people felt ill. Fortunately this did not go on for too long and eventually there was a separate bus for the High School, often a Double Decker, another for the Boy's Grammar School and the Convent Girls and a general service for people going to work.

The late Audrey Carnson remembered in 'Three Holes: Portrait Of A Village', was last off one morning, having been one of the first to get on, and she counted 109 passengers off the single deck bus. How times have

changed!!!

The garage was used for Three Holes Jubilee celebrations in 1936, when a stage was erected at one end for a concert of local talent in the evening.

The Methodist Sunday School also had their Anniversary services in the garage, but this was stopped during the war as the buses were not allowed to park outside over night.

The garage closed in 1985 and was sold to Mr Mark Hempton who carries on a scrap cars business.

Three Holes Village Hall

Large Dance Floor
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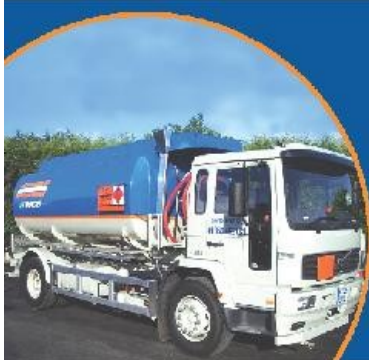
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New Hair Salon For Upwell

The shop in Lister's Road had once been a hairdresser's – it said so on the window – but it had stood empty for ages, the shutters down and no sign of life. Then one day, in the course of my daily walk, I noticed that the shutters were up and there was life beyond the glass. I was intrigued enough to step inside and so impressed by the bright, colourful interior that I made an appointment.

Cassie Golding, the owner, is a local girl who lived in Barroway Drove and went to school in Downham Market. After a short spell in Sixth Form College she left to follow the only career path she had ever wanted and became apprenticed to a hairdresser in King's Lynn where she did most of her training in the salon working with the owner. Cassie looks back on this time as the most valuable experience she could have had as she was fortunate



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enough to be the only apprentice and therefore received one to one tuition. This enabled her to complete a two year course in fourteen months, followed by a year doing level three after which she was qualified and able to start building up a client base.

She remembers with gratitude the amount of attention that Chris, her boss, was able to give her and cites this as the reason she had enough confidence to start up her own business after only five years. She had helped him to move to much larger premises where the staff of two became twelve.

"I was his 'right hand man,' and had I not done that I wouldn't have been able to do what I'm doing now."

Cassie took over the salon last June and feels a connection with this particular shop as she is related to the previous owners and remembers coming here to have her hair cut as a little girl. Her family are obviously delighted with what she has achieved and have been very supportive, her dad doing all the work necessary to make the place habitable again, including the decorating. Cassie acknowledges that without him it wouldn't have happened and laughs when she recalls the arguments they had about the name. As he

had such a major input into the quality of the finished salon, he insisted that he should approve the name, and 'Locks and Looks' was the only one they could agree on.

The choice is deliberate and very much in accord with Cassie's future plans as she is developing the beauty side of the business along with the hairdressing, and already offers a wide range of treatments from manicures and pedicures to waxing, tinting for eyebrows and eyelashes, spray tans and make-up lessons. She caters for males and females of all ages and offers an attractive discount if you are a student or senior citizen.

She loves being asked to do a bride's hair for the big day, getting quite excited and involved with the whole process. She also offers "Princess Parties" that are very popular with young girls

these days and even does party food to follow the pampering.

Cassie is enjoying being her own boss; she likes not having to answer to anyone as she is, by her own admission, very headstrong and not good at being told what to do. The downside, however, is the stress associated with the responsibility of making the books balance. The business is doing better than she expected after less than a year and she does try not to panic during the odd quiet week. Someone else to whom Cassie pays tribute is Annie Secker, also a local girl, who works with her at present and without whose support she could not have started up on her own.

Cassie is justifiably proud of the fact that at only 21 she is running her own business, and she is keen to expand; on the day we talked she was interviewing another beauty therapist in the afternoon and is already on the lookout for anyone else who may have some expertise to offer. In order to develop the hairdressing side of the business further she would like to employ two more stylists.

If you don't already support one of our local hairdressers I can unreservedly recommend that you give this one a try.

Support Your Newsletter!

The Government is asking us to take an active interest in our own communities and participate in supporting local activities. As a Parish Council, we offer this newsletter as a forum for the community to share information as well as inform residents about issues which might affect them. It carries information about local groups and organisations, local issues and history, profiles of local people who have played a prominent role in the area and reports on council projects. In short, the newsletter is designed to provide information which can be useful and interesting to our parishioners and is part of the process of creating that local identity that we all share, be it as a resident or as part of the business community.

We already carry some local advertising but the production costs exceed the amount of revenue we generate each quarter from these. We are therefore asking for everyone possible to support the production of this newsletter. Whether you have an advert you would like to place or are a business or resident who would like to act as a patron by giving an annual donation, we are calling for your help!

Local business man, Chris Robinson, has already pledged £100 on behalf of his grading business and Mr Neil Morgan has offered £50 a year towards the magazine. All patrons will have their names listed in the newsletter each quarter and businesses will be given the opportunity to have their logo printed on the cover.

FORMAL CALL FOR LAND FOR LOCAL NEEDS AFFORDABLE HOUSING IN UPWELL OR OUTWELL

Hastoe Housing Association are looking for 1-2 acres of land for local needs, affordable housing in the villages of Upwell or Outwell.

This land would ideally be situated close to the existing village however outside of the normal development guidelines/ boundary. These sites are otherwise known as 'Exception Sites' and are acquired at a value higher than agricultural value but much less than open market value as it would be on land that development would not normally be permitted.

If you are aware of any potential sites or if you own land in this area and would like more information please contact Melanie Stephan of Hastoe Housing Association at: Rectory Farm Barns, Little Chesterford, Saffron Walden, Essex CB10 1UD, tel. 01799 533496 or email mstephan@hastoe.com

Gilbert & Sullivan Society's New Production—Iolanthe

The Society had its origins back in 1970, when a lady by the name of Audrey Carnson, already running a youth club with her husband, decided to move from performances for concert parties to the more ambitious project of a G. and S. operetta, - specifically H.M.S.Pinafore. This set a tradition which, 41 years later is still very much alive and well, with a keen and dedicated membership, consisting not only of the performers, but also a strong supporting group of helpers who undertake many of the tasks associated with stage and house management etc. The Society stages a full Gilbert and Sullivan production every spring, and with one exception has done so for all of those 41 years. Obviously, with the passage of years, the Society's membership will have had many changes, but, remarkably, 2 of the original group members from 1970 remain to this day. Pat Askew, who now acts as Social Secretary, is one of these long serving members, and missed only 3 productions in the early 1970's when at university. The second of these, Peter Calver, has been in every single production, always taking a leading role, right up to this day. Peter is the current Chairman of the Society, which obviously owes much to his presence, encouragement and example. In the meantime some members have left, some have joined, and some have left then rejoined! The shows have been produced in a variety of venues over the years, including Upwell Village Hall, a youth club building which used to stand behind that hall, the Angles Theatre in Wisbech, the now demolished Upwell secondary School, and the present venue St. Andrew's Methodist Church in Outwell. As well as the major productions, the Society stages a Christmas Concert and entertains at various events and functions throughout the year. For its 40th anniversary last year, the Society performed H.M.S. Pinafore again, celebrating with the same operetta as when it all began in 1970. In 1971 the production was of Iolanthe, so that the current production is also a 40 year commemoration. In fact this will be the 5th time that Iolanthe has been performed over the years, and most of Gilbert and Sullivan's works have been similarly staged on a regular basis. Society members still have a strong feeling of being indebted to the late Audrey Carnson and her husband, and describe her as their founder and "a remarkable woman!" New members are always welcome, and anyone interested should attend a weekly meeting on Tuesday evenings, 7.30p.m. at St.Peter's Church in Upwell. The photographs show the cast of the very first production of Iolanthe in 1971.



UPWELL BOWLS CLUB

Upwell Bowls Club will be holding a Spring Meeting on April 10th at the Bowls Club 10.00am New Road Upwell and the green will be open for playing on Sunday April 17th. 2pm for 2.30pm start.

President: Ray Jakings 773011
 Chairman: Nigel Carter 773331
 Secretary: Ronnie Adams 585550
 Treasurer: Malcolm Shorting 773604

If you would like to have a go, you are very welcome. Just turn up or contact one of our officers (above) and you will be made to feel right at home!



Upwell Village Hall News

Events for 2011

Watch out for posters and media announcements for booking details of these events.

'Strictly Upwell' ballroom dancing lessons under the expert tutorship of Mr. Boyd-Tuck will carry on throughout the spring and into the summer.

A **raptor presentation** is planned for mid to late April. Watch out for posters and announcements in the local media.

There will be a **quiz evening** on Friday 6th May. Individuals, businesses and organisations are all welcome to enter teams of four players. Refreshments included in the entry fee. There will be a cash bar.

The popular Easter Fun Day cannot be held this year because of other commitments.

Following its great success in 2010 there will be a **race night** on 25th June. Refreshments included in the entry fee. There will be a cash bar. By popular demand from regular participants Neil Morgan will organise a **car treasure hunt** to take place on 21st August. As usual, the number of participants will be limited by law so early reservation of a place is essential.

November 6th is the date of the pre-**Christmas Craft Fair** organised as usual by Amanda Williams. A good opportunity to buy Christmas cards and a wide range of Christmas presents.

New event – On 24th September there will be a Harvest Dance.

Poppy Dance – will be held on 11th November to coincide with the annual Festival of Remembrance. This is not a hall event but is mentioned here because it is in aid of such a good cause.

The annual **New Year's Eve Ball** will take place on Saturday 31st December.

If you would like to see, or have ideas for particular types of event or entertainment at the hall, please contact me – contact details below.

Regular Hall Meetings and Events

Upwell Parish Council meets first Monday of the month. Full Council meeting starts 7.30 pm. Contact the Parish Clerk for more details of other monthly meetings:- Kate Cobely 772260

Upwell Playing Field Committee meets monthly, new members always welcome. Contact the secretary, Ros Shorting 773604

Upwell Short Mat Carpet Bowls, every Monday & Thursday afternoon 2 till 4. £3.00 each per session, bowls provided if required. Refreshments available. Contact Neil Morgan 773865

Sue Burt, Keep Fit for over 50's, every Tuesday morning 10 till 11. Contact Sue 772900.

Willow Kelly Dog Obedience Training, every Tuesday night 6 till 9. Contact Willow 01945 430931

Weenies Babies & Health Visitors, Wednesday afternoons 1.15 till 3.30. Contact Sue 771930

Upwell Cubs, every Wednesday evening (School term time) 6.30 till 8. Contact Nick 07969 927982 or Pam 773561

Upwell Ring Craft (dog training) every Thursday evening 7 till 9.45. Contact Vicky Watkinson 01945 870419.

Little Monkeys Mother & Toddler Group, every Friday morning 9 till 11.45. Contact Martine Pound 773146

Upwell Hall Committee meets regularly and new members are always welcome. Contact Neil, 773965 or Ros, 773604.

Hall Bookings – Private Events and Functions: Remember: If you wish to hire the hall or enquire about its facilities, call Dee Harrison on 01945 773735.

Community Service At Work In Upwell

It is some 10 years since I became involved with the Community Service Team in Upwell. Community Service was first introduced into the Village by ex Parish Council Clerk, Barrie Myhill, a retired police Inspector for Norfolk Constabulary back in the 1990s.

Their help in maintaining various parts of the village has been invaluable over the years. Projects have included clearing rubbish from the Welle Community Gardens, maintenance of Upwell cemetery and St. Peter's Churchyard, painting the skate park, re-aligning the children's play area fencing, erecting the posts in the Playing Field car park to stop joy riders from speeding around the car park, painting fencing in front of Upwell village hall, cutting trees, strimming the 'brink' in the field and clearing litter from the dyke around the playing field and Health Centre car park.. One particular clearance of the dyke around the playing field filled 6 black bin bags with carelessly discarded litter.

When time permits the Playing Field committee usually work

alongside the Community Service team. The lads and lasses are normal people. Yes, they have been in trouble with the law that is why they are on CS, but it could be anyone's son or daughter, mother or father etc, it is not aimed at anyone particular element of society or age bracket. I am not allowed to ask what offences have been committed but if they wish to tell me, then that is up to the individual. Meeting with them and talking to them on a regular basis is a learning curve for anyone. I find them to be polite, jovial and most of them wanting to get the job in hand done, work their hours and finish CS. Many are very proud of what they have achieved on the projects.

Groups vary from 6 – 9 offenders or, if we are extremely lucky, we may get two groups, which is always a bonus for the project in hand at the time. Upwell Playing Field pavilion is their base unless we have a really cold snap when the pavilion water pipes freeze and the Church steps in to fill the gap for toilets and refreshments.

The latest project has been to rejuvenate the St. Peter's Church Millennium Garden, created by the late John Medlock. The garden had become untidy and rubbished up and a suggestion put forward by community Service Team Supervisor, Nathalie Bullock, early last year has now come to fruition. The old grave stones that been propped up against the churchyard wall or lying stacked flat for a number of years, have now been laid in the garden to make a feature. New gravel has been supplied by the Church committee, timber and paint has been donated, and equipment borrowed to move the grave stones, some of which are very large and ornate. A bench has been donated by the Parker family has been renovated by one young CS person; who took great pride in sanding it all down and applying teak oil. It was deeply upsetting that local youths had already damaged the bench before renovation. A second bench in the churchyard will be renovated over the next few weeks.

Parts of the churchyard were that overgrown it was difficult to see anyone walking through. There were dangerous, large rabbit burrows and graves so covered in rubbish that they were unable to be seen. Now it is the best I have seen it look in years. Anyone researching family history will hopefully be able to find the right graves, although there is still more to be done. Have a walk into the Churchyard and see for your self.

So...if you see CS in the village at the Church, Cemetery, Playing Field or cleaning bus shelters, street benches etc., do not scowl! at them or walk on the other side of the road. Stop and have a chat, they do not bite!



Before (left) and after (right) at the churchyard



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YES! A Produce Show For Upwell

We are holding an Autumn Produce Show in the Methodist Church Hall on Saturday 10th September, so if you live – or attend school – in the Parish of Upwell (that is Upwell Village, Three Holes or Lakes End), or you are a member of a club in the parish you are invited to enter. Why not start now and try to:

GROW THE BEST – white potatoes, coloured potatoes, shallots, onions (from sets), runner beans, beetroot, carrots, parsnips, courgettes, cabbages, peppers, cucumbers tomatoes, cooking apples, dessert apples, pears or plums. There's even a section for the l-o-n-g-e-s-t runner bean!



CULTIVATE THE MOST BEAUTIFUL – gladioli, roses, your favourite individual bloom, annuals or perennials (there's a class for a mixture of those), and practise your flower arranging in unusual containers – boot...cup etc. – Anything under 18 inches

FINELY TUNE YOUR CULINARY SKILLS – there will be classes for a Victoria jam sponge, flapjacks, short-

bread fingers, fruit scones, plain scones and cheese scones, a Cornish pasty, sausage rolls, fruit jam, marmalade and chutney.

GET CRAFTY – see if you can take a photograph that truly captures rural life; knit a child's jumper or cardigan; submit an item of needlecraft; make a hand-crafted card or make/decorate something in wood.

AND FOR CHILDREN – (we haven't forgotten you) Can you: Decorate home-made buns, or biscuits – or even a flower pot? Or why not have a go at a cross-haired painted egg shell? What about a stained glass window design on A4 tracing paper? – Or an alien or animal made of fruit and/or vegetables?

The above list is intended to whet your appetite and get you thinking, growing or busy with your needles. More information about the timings of the show, paying your entrance fee (which is only 20p) and further practical details will be published nearer the time. However, if you are serious about entering there are rules for all the classes as well as general rules, so make sure you don't disqualify yourself from the start by picking up a leaflet for your guidance which will be available at most of the local shops from the end of March.

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7.30pm – 8.30pm – all ages

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Over 50?

Try our class on Tuesday mornings at
Upwell Village Hall 10.00am – 11.00am

Call Sue for more information on
01945 772900 or email burtys@aol.com



Upwell Parish Council

Parish Assembly
Monday, 11th April

7.00pm

Upwell Village Hall

This is a special meeting for the **Public** to hear reports from the Parish and County Council about activities this year.

Come along and meet your Parish Councillors. You can discuss any concerns you may have regarding the villages or ask about meetings, events or what the Parish Council does for residents.

Council Reports start at 7.00pm prompt. Talk to a councillor in confidence about any issues you may have from 7.15pm – 7.30pm. A Full Council meeting will follow at 7.30pm.

For more information, call the Clerk: Kate Cobley on 01945 772260

Five Bells — Under New Management!



Sitting as it does more or less at the centre of Upwell, the 'Bells' inevitably catches the eye of those driving through or simply out and about their

business in the village shops. Observers will have noted the most obvious recent change, in that the exterior walls have been painted in gleaming white. Those who have ventured inside will have noted immediately that a £20,000 makeover has transformed the pub for the better. Here, too, new paint is in evidence, and the floor now boasts its older oak rather than a rather tired carpet. The tables are no longer sticky to the touch, and the ceiling has been re-plastered, so that the rather threatening patched up hole has disappeared, - hopefully forever! To the regular customer, certain other changes will become evident, including, for examples, lit candles on the tables of an evening.

So, what has happened? Well, back in October, a new company took over the lease, and a new Manager put in place, by the charming Irish name of Mary Heggarty. The company is known as S.D.M.R.Ltd, and

the overall Director is Raghu Kodakandala. This company has taken over and transformed a number of pubs and hotels in East Anglia, including the Ostrich at Castle Acre, the Wennis and the Leziat Yacht Club both at King's Lynn, and it appears that further changes and improvements are planned for the Five

the pub restaurant, meals are now served from 12 noon to 3.0 p.m. and evening meals from 6.00 p.m. to 9.30 p.m., Monday to Saturday. Sunday carvery is available from noon until 6.00 p.m., alongside the everyday menu. Promised also are special lunch-time deals and a 2 for £10 deal Monday to Thursdays.

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Bells. Most staff have been retained, but, new members have also been appointed. There is, for example, a new chef, called Jacob, who proposes to produce a different style of menu, and also to arrange a buffet menu for anyone who is planning a celebration. Jacob previously worked at Knight's Hill hotel in Kings Lynn. A new Bar Manager, who we believe is called Gilly, should arrive soon, transferring from The Wennis. The Village Hall bar is looked after by the Five Bells management, as licence supervisor, and a large scale extension of the presently available buffet service is planned for introduction almost immediately. Looking after the Village Hall bar arrangements, and contacts with the Village Hall Committee, will be Sam Alderton, who will attend Committee meetings and join in the planning of events. In

Jacob is planning to bring in some new 'meal deals' and create some very special food, nights, such as curry and steak.

Ever popular quiz nights will be held every other Tuesday evening and Poker has found it way onto the events schedule, being held in the restaurant on a Monday evening.

Rarely seen by those of us who live in Upwell, but always available to visitors, are five lettings rooms, with, for example, a double room available at £65 per room per night, including breakfast, and a single room at £45.

We look forward to future developments with interest, and, as for the new menus, the proof of the pudding (and the main courses), will, as they say, be in the eating! N.M.

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Vivienne Spikings 01945 772248

Your County Councillor Is:

Harry Humphrey 01945 430539

Clerk:

Kate Coble 01945 772260
upwellpc@googlemail.com
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Parish Council meeting Dates 2011

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.

April

4 th	Finance	7.00pm
11 th	Parish Assembly	7.00pm
	(a special meeting for the residents of the Parish)	
20 th	Environment & Leisure	6.15pm
20 th	Planning & Transportation	7.30pm

May

9 th	Finance	7.00pm
9 th	AGM & Full Council	7.00pm
18 th	Environment & Leisure	6.15pm
18 th	Planning & Transportation	7.30pm

June

6 th	Finance	7.00pm
6 th	Full Council	7.30pm
15 th	Environment & Leisure	6.15pm
15 th	Planning & Transportation	7.30pm

Upwell Playing Field Committee News

Firstly, as Secretary of the Playing Field Committee we send our condolences to the family of Frank Rayner who died 10th March, a long time member of the Playing Field committee and subsidiary committee Upwell Parish Room Funds.

So what is happening at Upwell Playing field? Dog walkers still cannot read and continue to exercise their animals on the field! Youths and some 'oldies' are using the back of the pavilion as a toilet and have been caught on camera doing so! I must admit I was lost for words when I saw a man mid seventies using the pavilion at the roadside end as a toilet while his wife waited in the middle of the car park. And the older generation criticize the youngsters of today!

A successful Valentines Dance was held on the 12th February at Upwell village hall. After emailing various committees that I sit on and my Home Watch group, I received over thirty raffle prizes. I was extremely pleased and grateful, especially as three prizes came from people who have only lived in the village for a few months. A profit of £1,138.95 was made for the pavilion fund and I personally was amazed at the support. Everyone enjoyed themselves with a sausage and chip supper provided by Navradys and dancing to 'Sounds Familiar'.

On the fund raising side, we as a committee are extremely disappointed with the lack of support regarding our calendar (now priced @ £2.50). We asked for you as parishioners to supply photographs as mentioned in the previous newsletters but unfortunately, due to lack of support, this venture may be abandoned. Your input to the playing field is important for its survival – support it or lose it! We cannot run at a loss and committee members cannot afford to prop it up financially indefinitely.

EVENTS:

Our next event is the Easter Raffle on 16th April. Raffle tickets are on sale at various shops in the village and from committee members. Tickets are £1.00 per book and first prize is £50.00 (plus various other prizes) but we are also looking for donations of Easter Eggs. This is for **your community**, your children, grandchildren etc., so help the committee to provide a better pavilion and please donate an egg or ask a neighbour for a suitable prize. **June 11th** will be our Gymkhana and Pony Show at Upwell Playing Field. There will be various fun classes and a BBQ, etc. For further details contact Liz Thorpe on 01945 773466 or 07951713837.

August 7th is this year's Summer Fayre. There will be classic and vintage cars on show, candy floss,

a sweet stall, BBQ, summer raffle (**More prizes required** and dog agility competition. For further info contact Christine on 01945 774060.

September 4th will see a Fun Dog Show at the playing field, further details in the next newsletter.

October 29th is the annual Pumpkin Ball, including a three course meal, live band and dancing. Further details closer to the date.

We are forever indebted to various people for their help. As previously mentioned on our calendar for voluntary work: Allan Gullon, Brian Carr (both committee members), both are relatively newcomers to the village but are more than willing when it comes to manual work. Non committee members, when they get the call, Glenn Boyce and Ian Notley must be thanked for the use of equipment and working together. A big thank you goes out to local businesses Robinsons Transport and J.W. Brighty for removing rubbish and for their continued support.....and then there is the Community Service/ Probation Service team. Without their continuing help throughout the whole year we would be in trouble with various tasks left undone so big thank you goes out to everyone concerned from a very grateful Secretary and Committee.