

The Heron

Community Magazine

April 2020

Delivered to homes in Christchurch, Euximoor and Tipps End - £1 where sold

No. 72

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Spring is here!



Happy Easter!

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TOWNLEY SCHOOL AND PRE-SCHOOL

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 office@townley.cambs.sch.uk
Website: www.townley.cambs.sch.uk
 01354 638229



Townley School and
Pre-School



ELSA

Miss Hammond has been on a course funded by the Opportunity Area to become an Emotional Literacy Support Assistant. She has been trained to plan and deliver programmes of support to pupils who are experiencing temporary or longer term emotional needs.



Story Café

Parents/Carers/Grandparents were invited to join the children in EYFS (YN and YR) to take part in story café event. The event began with the class teacher sharing a story sack with the children and adults. The children and adults were then given to opportunity to make a story sack each. Each child was provided with a different book and a bag. This event was also funded by the Opportunity Area!

Mini-Medics

We would like to say a huge thank you to the Lucy Pye for running a mini-medics first aid session for our Year 5 and 6 children. The children had an amazing morning, learning one of the most important life skills they could learn. It certainly does take a village to raise a child!

Community Information

Mobile Library:

First Tuesday of each month - in the lay-by on Upwell Road - 12:15 - 12:45pm. (Dates on the next page.)

Mobile Post Office:

Visits Monday to Thursday in the lay-by on Upwell Road
Monday and Thursday - 16.30 to 17:00pm
Tuesday and Wednesday - 16.10 to 17:00pm
Fridays - no service.

ANYONE WISHING THEIR ITEMS TO BE POSTED,
ON THE DAY, WILL NEED TO GET THEIR POST TO THE
VAN BY 4.40PM - WHICH IS WHEN IT IS COLLECTED.

Use it or lose it!

Community Car Scheme:

This scheme is still running for Christchurch and surrounding villages. To book a ride or to become a volunteer driver please ring 07902 316360. An additional driver is still required for the scheme. For more information please ring the number above.



West Norfolk Transport Project ~ Marshland Dial-A-Bus

On Wednesdays a service runs to King's Lynn, with pick-ups in Christchurch and Tipps End. Bookings can be made Monday to Friday (except Bank Holidays) 9am-4pm, starting on the Monday prior to the week of the journey.



Remember to mention if you use a wheelchair, take a trolley, use a walker, or any other aids.

Upwell Health Centre has information leaflets.

For fares, times and bookings please call 01553 770310.

Editorial

Hello everyone - I trust you are all keeping well!
A great deal has happened since the last Heron came out! Our arch enemy, Coronavirus, has created havoc, and we are all (I hope) taking every precaution in our efforts to stem the tide. *Sadly we are only on-line now, and probably for a couple more months. See page 5.* You will have noticed that our "Diary Dates" have disappeared. Well, of course - everything that involves a gathering has been cancelled until further notice. Such a shame. But you will still find interesting things to read in the coming issues of The Heron, as I would encourage all our regular contributors to write articles instead of their club reports. Coffee, Cake and Chat on Fridays has also been cancelled until further notice. Stay well, everyone! We can beat this!

What an amazing community we have in Christchurch! Just have a look on page 9. A scheme which began with an idea on our Facebook pages has grown into an organised scheme of love! Added to that, I have had several calls from people just checking I am OK. We are a mighty team, I have to say! Thank you to everyone.



Now HERE's a challenge for all age groups. Home schooling people take note. I happen to know that there is at least one Author in our village - but we can all aspire to that, here in The Heron. **Write a short story (400 words max), or a poem, a Haiku, a limerick ... USING LOTS OF IMAGINATION, entitled "The Virus and The Heron".** Please - no commentaries on how it has affected our community. No way! FAR too dull! Think outside the box.... perhaps an adventure story set in Space, a Ghost Story, or a "WHODUNNIT". Your choice. Happy to put them in The Heron, so get thinking! Stay healthy. All best wishes. Annie Nason

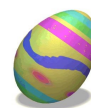


Would You Like to Video Call your family and friends?

Warning: You will need the Internet (via computer or a modern mobile phone) to use this.

For many of you, it might be sufficient to just use good old-fashioned telephone calls. If you want to go for video too though then for up to groups of 4 you can use the "Whatsapp" application available from Apple or Google. If you want to have a call with more than 4 though, e.g a virtual Gardening club or WI meeting, then you can try Zoom. There is a free (at the moment) version of this which can do the following:

- * Host up to 100 participants
- * 40 mins limit on group meetings
- * Unlimited 1 to 1 meetings
- * Unlimited number of meetings



I have just started to learn about this myself. You can find the site and sign up at www.zoom.us. There are some videos and help articles on there. I'm hoping to improve my skills on this in the next week or so and so if anyone would like help you can contact me on email at apdayemea@yahoo.co.uk. I can't guarantee to have the answer but I'll try.

Andy Day

Viva La Voce!



Saturday 29 February saw a special Leap Day celebration, at Christchurch Community Centre, with an evening of entertainment from Linda Ekins' Viva la Voce Choir. The choir, from Wisbech, generously gave a wonderful performance, of a range of songs - and free of charge - in support of the Christchurch Heron.



Linda showed her class and experience, as a Drama and Singing teacher, with some super solo performances including 'Cry Me A River' and other members of the choir also wowed the appreciative audience with their evident enthusiasm, fantastic solos, and a memorable beat box accompaniment to one of the songs. The mood ranged from the upbeat Madness classic, 'It must be love', through to the poignant Coldplay's 'Fix You', Snow Patrol's 'Chasing Cars', Blur Oyster Cult's 'Don't Fear The Reaper' and, beautiful, 'Shallow' from A Star is Born - to the ethereal classic, 'Scarborough Fayre and who could forget the hilarious Italian operatic Parody?! There were some great singalong moments and during one of the bouncier numbers, even the choir's only

canine member joined in the dancing and brought a smile to everyone's faces. The whole evening was a joy to experience and was made even better by the tasty food provided to keep everyone in good spirits. We can only hope that it will not be too long before we might be able to enjoy such a positive and uplifting evening, in such good company, again.

Graham Chappell

Christchurch Street Pride – Updates And Upcoming Event Changes



Due to the Covid19 outbreak, our community group litter pick has been cancelled, as per the government guidelines, we must maintain social distancing. However, we don't want to stop litter picks or making the village beautiful, and with isolation and boredom becoming a problem, but exercising still important, we are looking at ways to implement individual litter walks and events for families.

The Christchurch Street Pride group will be meeting virtually at 11 am on the 4th of April to discuss projects for spring and summer of 2020. We would love to welcome new members, so come and join the discussion online, learn more about street pride and ways you can participate. The meeting event details will be posted on our Facebook Page <https://www.facebook.com/groups/christchurchstreetpride>. This will be an opportunity for you to help your community and the village during these trying times. I'm sure we all can find a small project we would love to help with while maintaining health and safety. If you have any questions please email me hello@christchurcheco.co.uk and I'll be happy to help.

Nate

Parish Church

The Church is now closed until further notice. Sadly, that has meant no Easter Week Services, including Easter Sunday.

Although the building is not open, please do come and wonder round our churchyard, listen to the birds singing, see the new signs of life as daffodils and other flowers push their way through the soil.

Daphne and Andrew

Advertisers - all our advert rates and conditions can be found on our website www.theheron.info. Business advertisers can book series of 6 or 12 adverts, paid in advance. Adverts for village fundraising events, personal announcements, or small private ads are usually free.

At the time of going to press, all information is as accurate and up to date as we can make it. Changes and updates may be published subsequently. All information contributed by outside agencies, including dates etc., will be assumed to be correct.

NB as a matter of courtesy no content from the Heron should be used without prior permission.





Kitty Kane, former resident of Fen View, will be 100 years old on 19 April 2020. Now living in Nottingham, Kitty has very fond memories of Christchurch and sends her best wishes to all who remember her.

"My mother, a former Christchurch resident, Mrs Kathleen (Kitty) Kain, lived for around 30 years at 10 Fen View, Christchurch. During her time in the village, my mother had many friends and was Chair of the local WI and a member of the indoor bowls club.

Kitty had four brothers, two of whom (Ted and Dave) were regular and popular visitors to the Christchurch bowls club. Sadly, all four brothers have passed away in recent years.

Kitty left the village, very reluctantly, just after her 90th birthday, to be closer to my family and me in Nottingham. She remains very well for her age and lives semi-independently in warden-aided accommodation close to her family. My mother would be over the moon to hear from any of her old friends and neighbours!"

David Timcke (son by her first marriage)
8 Oakwood Drive, Nottingham, NG8 3LZ.
Tel: 07966 578841

TO KITTY, CONGRATULATIONS FROM ALL OF US AT THE HERON. HAVE A WONDERFUL DAY!



The good news is ... up until very recently, we were all determined that we would get The Heron through your door every month as usual, in these unusual times. However, with things as they are now, and with our sojourns outdoors so curtailed, we are now only on-line. If you know of a vulnerable person, not on-line, we might be able to help out a little. Email the Editor please.

Now the bad news... sadly, we have decided we should postpone The Heron (Heron Publishing) AGM. Watch out for it in the summer, when we can have strawberries with our glass of wine at the start. (They always help AGMs along, in my experience!).

Now for the VERY good news... the Parish Council have funded us to the tune of £1,020 – the cost of 3 issues. Thank you very much to the PC. Our recent, very enjoyable concert, featuring the Viva la Voce choir, raised enough to fund another issue. We already had enough in the bank (advertisers etc) to fund another 3 months. That will hopefully tide us over this virus period. Let's not become complacent, though. We will always have to raise funds, of course. Get thinking, folks!

Annie



THANK YOU!

I would just like to say a huge thank you to all our friends, family and the Christchurch Community as a whole for all the cards, flowers, good wishes and unrelenting kindness you have all shown us, after the loss of our dear son, Sean. We are so grateful and feel honoured to live in such a lovely village where people have shown nothing but compassion and care at this devastating time for us.

We are so sorry not to have been able to welcome all of you to Sean's Funeral, or to the planned get-together in the Dun Cow afterwards. Sadly, the restrictions in place in the country made that impossible.

Thank you!

Sandra and Brian Kay



A Diamond Wedding "Thank You"

We would like to say a big "Thank You" to family and friends for the money, cards and vouchers we received in celebration of our Diamond Wedding Anniversary.

Graham and Peggy



Letters to the Editorial Team

The Editorial team welcome letters from its readers. Please email letters to: editor@heron.info or post them to *The Editor of The Heron, Grasshopper Cottage, 5 Upwell Road, CHRISTCHURCH, PE14 9LF.*

PLEASE NOTE Letters will only be considered for publication if they are accompanied by name and contact details - names will be published, but not contact details. The Heron will not share any contact details unless given permission.

The team look forward to hearing from you!



Register your appliances

Cambridgeshire Fire & Rescue Service is encouraging residents to register their appliances for a safer home in 2020.



**CAMBRIDGESHIRE
FIRE & RESCUE SERVICE**
Working together to improve community safety

All you have to do is visit registermyappliance.org.uk, and register large appliances bought in the last 12 years.

Registering your appliances can instantly improve safety in the home. It ensures that householders can be contacted swiftly if a safety repair is ever needed or if an item is recalled by the manufacturer, helping to prevent the risk of fire.

With many households relying on appliances every day to handle essential chores, chill food and cook for their families, this quick task can give you peace of mind.

Book a Safe and Well visit

Did you know Cambridgeshire Fire and Rescue Service offer free home safety visits to those who are most vulnerable in our community? Our visits cover fire safety in the home, falls prevention, staying well and warm and crime reduction. Call 0800 917 9994 or visit www.cambsfire.gov.uk/safeandwell to find out more and book a visit or make a referral.



Get the call - become an on-call firefighter

Cambridgeshire Fire and Rescue Service is looking to recruit more on-call firefighters to help serve local communities across the county. CFRS is looking for men and women from all backgrounds to become on-call firefighters and provide emergency cover from either their home or their workplace. On-call firefighters are a vital part of our Service and community. They respond to a wide range of incidents, from fighting fires, attending road traffic collisions, animal rescues to supporting other emergency services. In addition to responding to emergency incidents, our on-call firefighters support their communities by providing information and advice on a range of community safety topics. They receive an annual wage to reflect the time they commit to being available plus additional payments for attending incidents and drill nights (one evening a week for two hours). It's a hugely rewarding role, and we hope to encourage members of the community from all backgrounds to get in touch and find out more about becoming an on-call firefighter. Visit www.cambsfire.gov.uk/oncall for more information.

We Have Recently Moved to Christchurch ...

Making a move to a new location is always stressful, and it fills you with worry and trepidation, but last Easter we made the bold decision to move from Essex to Cambridgeshire, moving to a little village called Christchurch. I was worried on many levels about many things; schools for the kids, would village life suit our family? What were the people like? It's all these little thoughts that keep you awake at night, worrying; but I can honestly say, 6 months later, it's the best thing we ever decided to do.



We have made some incredible new friends who welcomed us with open arms to village life, and yes, there have been challenges, but our kids have settled in, enjoying open space to stretch their legs, and allowing me to relax knowing they are safe. The children also love their schools and their teachers, and come home every day filled with new enthusiasm and joy, which makes the whole move worthwhile. They love long walks with our 4 dogs, and every morning we wake up to idyllic views, which living in a town couldn't compete with.

I absolutely love our new life. It has allowed me to setup and slowly grow a new business, Cache First Aid. Helping others in the village and surrounding areas, offering first aid courses. We as a family have been able to join the many clubs and events the village has to offer, something you seem to forget happens in this small part of the world. The past 6 months have flown past, but every day I'm reminded that our move to this village was worth everything, and would encourage more people to do the same.

Lucy Pye



Christchurch Characters Remembered ...

Hilda Lepa

Hilda Lepa met her husband Bill on the catwalk when a fair visited The Dun Cow. In 1985 they celebrated their Golden Wedding. Mr Lepa worked at the Hole-In-the-Wall Farm for half a century and they lived in Carol House, Christchurch. Both attended the church regularly and were members of the Parochial Church Council. Bill was also a Sexton and Hilda the church cleaner. Two years later, in 1987, Hilda was nominated to receive Maundy Money by the Rev. David Spencer (the Rector at the time) and she attended Ely Cathedral to be presented to the Queen and to receive the traditional Maundy Money. This was given to 61 men and 61 women - all pensioners of the Diocese. The number chosen reflects the age of the Monarch.

The Maundy service commemorates Jesus washing the feet of the Apostles at the Last Supper and traditionally the service was held in or near London but is now held in a different church (usually) or cathedral each year. The coins are presented in two leather purses, a white one containing coins to the value of the Monarchs age and a red purse containing a £5 and a 50p coin.

Sue Norman



I commend this prayer to you as we support each other through these days.

Rev Lynda

Prayer for a Pandemic

By Cameron Bellm

May we who are merely inconvenienced
Remember those whose lives are at stake.
May we who have no risk factors
Remember those most vulnerable.
May we who have the luxury of working from home
Remember those who must choose between
preserving their health or making their rent.
May we who have the flexibility to care for our
children when their schools close
Remember those who have no options.
May we who have to cancel our trips
Remember those that have no safe place to go.
May we who are losing our margin money in the
tumult of the economic market
Remember those who have no margin at all.
May we who settle in for a quarantine at home
Remember those who have no home.
As fear grips our country,
let us choose love.
During this time when we cannot physically wrap
our arms around each other,
Let us yet find ways to be the loving embrace of
God to our neighbours.

Amen.



*Let's make use of
these difficult times
by being
determined to
become healthier!*

WATER - It's no magic bullet, but the benefits of water are many.

"Think of water as a nutrient your body needs that is present in liquids, plain water, and foods. All of these are essential daily to replace the large amounts of water lost each day," says Joan Koelemay, RD, dietitian for the Beverage Institute, an industry group.

Here are six reasons to make sure you're drinking enough water or other fluids every day:

- ◆ Drinking Water Helps Maintain the Balance of Body Fluids. Your body is composed of about 60% water. The functions of these bodily fluids include digestion, absorption, circulation, creation of saliva, transportation of nutrients, and maintenance of body temperature.
- ◆ Water Can Help Control Calories
- ◆ Water Helps Energize Muscles
- ◆ Water Helps Keep Skin Looking Good
- ◆ Water Helps Your Kidneys - your kidneys do an amazing job of cleansing and ridding your body of toxins as long as your intake of fluids is adequate
- ◆ Water Helps Maintain Normal Bowel Function.



Coronavirus and Christchurch Village Life

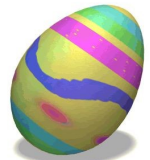
Basic protective measures against the new coronavirus

Take care of your health and protect others by doing the following:

- ♦ Wash your hands frequently.
- ♦ Maintain social distancing (at least 2 metres) between you and anyone else whilst out (1 hr per day).
- ♦ Avoid touching your eyes, nose and mouth.
- ♦ Practice respiratory hygiene (covering nose and mouth when coughing or sneezing by using either a bent elbow or tissue - disposing of the tissue immediately).
- ♦ If you have a fever, cough and difficulty breathing - seek medical care early (see info below).
- ♦ Stay informed on the latest developments - the World Health Organisation (WHO) website is a good one to follow - and follow advice given by healthcare advisers.

Upwell Heath Centre - 01945 773671 and Pharmacy 01945 774934 (dialling 111 out of hours or following the step-by-step instructions on 111.nhs.uk/covid-19 website).

TO PROTECT YOURSELF AND OTHERS - STAY AT HOME! DO NOT GO TO YOUR GP, PHARMACY OR HOSPITAL.



VE Day 75th Anniversary Celebrations

As a result of the Covid-19 pandemic, we have made the difficult decision to not continue with preparations for the forthcoming VE Day Anniversary Celebrations on Friday 8th May. In light of the social distancing advice given on the World Health Organisation page, we understand that most people will potentially be staying isolated and will not be wanting to attend any events involving large groups of people. It is a shame but sensible under the circumstances.

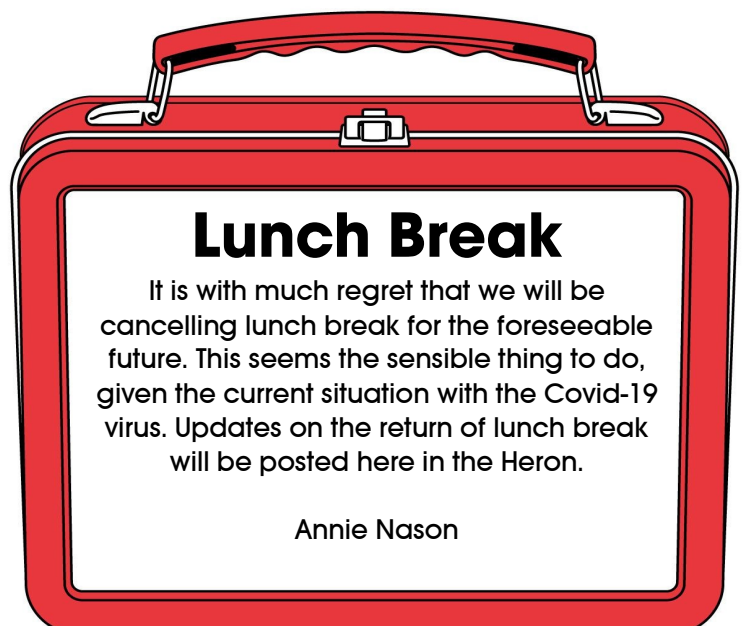
Geoff Harper, Community Centre Committee

PARISH OVER 65s LUNCH 2020

It is with regret that the Parish Lunch Committee has taken the decision to postpone the Parish Lunch on 5th April. Having taken guidance from the NHS and Government websites regarding the Covid-19 pandemic, we felt that it was a too high a risk to take - given the "at risk" age range of the majority of attendees.

It is hoped that the lunch can be rescheduled for later in the year but, for now, we would like as many people to know as possible, so please pass this message on. Thank you.

James Hughes
Chair, Parish Lunch Committee



WE CAN HELP WITH

- Shopping
- Friendly phone calls
- Picking up prescriptions
- Urgent supplies
- Accessing FaceTime to speak to families
- Anything else (within reason)
- Dog walking
- Running errands
- Posting mail



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INGRAM**

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07708 461 996



**JILL
WATTS**

01354 638 668
07807 040 278



**KAREN
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07388 445 232

FREE CARE FROM PEOPLE WHO CARE...

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance) and wash your hands regularly. Items should be left on your doorstep.

Caring for
CHRISTCHURCH

Townley School & Pre-School and Neale-Wade Academy

Townley Primary School & Pre-School and Neale-Wade Academy both took the serious decision to close their doors on Tuesday 17th March. Whilst a lot of schools in the area remain open, both our local schools were struggling with staff ratios after the 'self-isolating' advice was changed - to affect those with high BMI and underlying health issues. They have both said they will keep parents informed when the situation changes.

WWT's latest statement on coronavirus (COVID-19)

As at 22 March at 08:30.



We have taken the difficult decision to close all of our wetland centres to all visitors until further notice. In a change to our previous announcement, WWT members will not be able to access any of our wetland centres.

Whilst our centres are closed to the public, WWT continues working behind the scenes, and we will be stepping up our online content to help those of you who find yourselves suddenly responsible for your children's education, to give you ideas for things to do in the home and garden and, importantly, to keep you connected to nature.

Kevin Peberdy
Chief Operating Officer, WWT



Surgery : 01945 773671 Dispensary: 01945 774934 Out of Hours: 11

COLLECTING REPEAT PRESCRIPTIONS (for patients 70 years old or over)

From Wed 18th March, if you are 70 or over (or care for someone who is) we would ask, if possible, for you to collect your repeat prescription from us between 8 and 9am. This is a new service we are trialling, to help people who are socially distancing themselves, to collect their medication at a quieter time with less contact with other people. Please note this is for repeat medication collection ONLY. You will not be able to purchase items from the shop or obtain acute medication between 8 and 9am. Please tell your friends - spread the word - thank you!

We are doing our very best to help everyone in this difficult situation.

Important information about the coronavirus (COVID-19)

Upwell Health Centre is taking steps to minimise the risk of coronavirus infection by limiting the number of people that come into the surgery.

This means that:

- we will carry out most consultations by telephone
- all routine and non-urgent appointments will be carried out by telephone or cancelled for the time being
- we do not want you to attend the surgery in person without contacting us first.

If, after contacting us, you do need to attend the surgery please only come yourself or with people that are caring for you.



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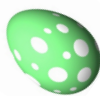
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support@upwellcomputerrepairs.co.uk - www.upwellcomputerrepairs.co.uk

Our speaker was Melanie Missin-Keating from MellyMade Designs in Littleport who came along to talk about her love for textile

art and design and how her work and 'being kind' to the environment have collided in recent years. She talked about how she now incorporates and uses everyday items and objects to give her work a natural colour and texture (teabags, copper pipes, onion skins, leaves and flowers being just a few)



and how she no longer has the need to buy new fabrics and materials as the majority of her work is done using either recycled fabrics from charity shops, jumble sales and recycling outlets or on a material called Vlieseline (which itself is a fabric interfacing made from recycled plastic bottles). Mel

talked about her love of insects and this is apparent in the majority of the pieces she showed us. She also talked about her time in India and how she now uses block printing to give a different effect on some of her work.

Mel then showed us some of her work and went through the various stages and different techniques she uses to produce the effects on some of her pieces. She showed us an Eco doll she had made, book covers, hangings, cushion covers, bags, lampshades to name just a few of things she had brought along to show us. All in all it was a really interesting talk and very inspiring.



Tonight's competition was an *animal made from a fruit or vegetable*. There were only 2 entries and the results were as follows: Sandra L – 5 and Val – 5.

There will be no meetings for the foreseeable future. See letter received from Isle of Ely office, March. ➡

Upwell Jazz Club 2020
Christchurch Community Centre
(Sat Nav PE14 9LL)

2020 programme cancelled until further notice.

For more information contact Nigel Smith on 01945 773121

Dear WI

We have received the following information from National:

National Annual Meeting

In light of the ongoing spread of COVID-19 and the new Government advice regarding social contact, the NFWI has made the difficult decision to cancel the Annual Meeting at the Royal Albert Hall on 4 June, and to postpone the Wales Conference on 26 April until later this year. We have been keeping a very close eye on the situation over the last few weeks but as the number of cases is rising and advice is becoming stricter, we believe this is the most responsible decision to make, even at this distance from the June event. We make this decision with great sadness and we know many members will be very disappointed, as we are, but we always prioritise the health and wellbeing of our members above anything else. We are still working out the practicalities involved for both events, but we wanted to let members know as soon as possible.

You will still receive your Annual Meeting documentation in the upcoming NFWI mailing as this was signed off at the end of February. Please retain this documentation and we will be in touch to confirm how we will proceed with regard to the selection of this year's resolutions.



Denman

Denman is postponing all courses and specific events that were scheduled to run until 12 April. Please contact Denman directly if you have a booking to discuss how you wish to proceed. We understand that many of you are concerned about current bookings and may wish to receive a refund, however we are all conscious of the financial impact this period of closure may have on Denman and therefore request you to consider postponing your booking to a later date rather than cancelling if this is possible. Please note that we will review all future courses again in a week's time and will update you accordingly. Thank you for your continued support for Denman.

WI meetings

We are now actively encouraging WIs to follow the new Government advice and reduce contact as far as possible, particularly for those who are more vulnerable. We are putting together FAQs for WIs and members to outline this, as well as some of the other practicalities involved.

Please could you inform your Treasurer that 'pooling of fares' is no longer applicable, due to the cancellation of the NFAM and does not need to be paid when returning your Subscriptions. If you have already paid this to Judith, she will be refunding this.

Su Rowbotham
Federation Secretary





Christchurch Gardening Club

As I'm sure everyone is aware the dreaded virus is everywhere. It's virtually impossible to turn on the radio or TV or even pick up a newspaper, without some or another expert trying to predict the future. The Gardening Club's normal monthly meeting was due to take place on Tuesday 16th March and a very good speaker was all set to come and give the members a talk on Vegetables in the kitchen. However by Monday afternoon, news of the progress of the epidemic was getting worse by the hour and the predictions for its outcome darker by the minute.

On speaking to other secretaries of local clubs it was apparent that they had already cancelled their forthcoming meetings and the clubs were now in limbo. So with alarm bells ringing a confirmatory phone call was made to our proposed speaker, Pauline Harper, who confirmed what we already suspected, that she would rather not come and speak at the meeting. Pauline has a vulnerable member of her family in the house and didn't want to take a chance that she might bring the virus home with her. A few phone calls to the other members of the committee was the next step, where they agreed with Marion and me, that we should cancel the meeting.

Although none of us are sure what will happen next, we have also decided to cancel next month's meeting as well, as we would not want to put our members in harm's way. We are disappointed as we were all particularly looking forward to welcoming David Rees, who would have told us all about organising the Sandringham



Flower Show. Unfortunately the proposed coach trip to the National Flower Show in Chelmsford, which had been booked for May has also been cancelled. Even if the event was

still to go ahead, several hours in the confined atmosphere of a coach might not be conducive to our members health.

So for the gardening club a disappointing time ahead for the next few months, but when you look at the predicament that faces Italy and other European Countries we can probably survive without a meeting or two. Looking on the bright side, just think of all that wonderful veg in our members gardens. So for the moment, be well, be happy, we will survive this I'm sure.

Steve



Christchurch Craft Club



There was a very calm atmosphere at Craft club this month as we all worked on our Zentangle designs. There had been a few comments such as 'I can't draw,' 'I'm not creative or arty', 'I don't think I'll be any good at this'..... but we all made a start and, within a very short time, we were filling in printed outlines with lines, swirls and dots. Some even chose to draw their own outlines to complete.



We soon found that as our patterns emerged, we relaxed and enjoyed chatting to our friends while 'doodling'.

Given the current situation with the Coronavirus, future sessions will be cancelled until further notice. However, we hope you continue to dabble with Crafts at home during this time! Stay safe all. Sandra

Christchurch Art Group



Due to the current situation and to follow Government recommendations. We think it would be sensible to **postpone the Summer Term of Christchurch Art Group** and hold the planned programme over for the start of the Autumn term in September.

We are aware that some of us are either in the vulnerable age group plus have partners/family who are also in the 'at risk' category. We appreciate that we might be very conscientious in our use of the room. However the room is hired by various folk.

Perhaps we can meet outside in the park/church yard for some sketching? Keeping at least one large paint brush apart!! Lets hope this situation will not last too long, take great care.

Keep safe, Jan

Christchurch Book Club



Book Club Report on Page 19.

Alice, Bob, Rachel, Dan and Eve went on an Easter Egg Hunt.

Each of them found 3 eggs of different colours.

3 purple eggs, 3 blue eggs, 3 yellow eggs, 3 green eggs and 3 pink eggs have been found. The first egg that was found was blue and was found by Rachel. Alice did not find any pink eggs. Bob did not find any purple or green eggs. Dan has no blue eggs but has a yellow egg. Eve has no purple eggs but has a blue egg. Rachel has a green egg but no yellow egg.

What colour eggs did each of the children find?

Answers on page 26

March 11, 2020

Chair of West Norfolk CCG wishes patients healthy futures as he steps down from role



The date of the merger of the NHS Norfolk and Waveney clinical commissioning groups (CCGs) and the formation of the new single CCG is nearly upon us. My last day as Chair of West Norfolk CCG is 31 March. The new CCG's west locality team is up and running under our locality director Howard Martin and I will be chairing the last West Norfolk CCG Governing Body meeting on Thursday, 26 March at the West Norfolk Deaf Association building in Railway Road, King's Lynn, at 9-15am.

I will be sad to say good-bye to West Norfolk CCG. I think it has done an excellent job in focussing on the health issues facing the population, and the problems faced by healthcare providers, in west Norfolk. During its tenure West Norfolk CCG has been able to give local support to healthcare providers and has had a greater understanding of the different needs of people living in the west of the county.

Those lessons and ways of working will now be continued as the new CCG will have a locality focus, with specific teams based in key geographic areas, including the west. This will give each area a voice and a dedicated workforce to ensure they can focus on local issues.

Each locality has a Local Delivery Group (LDG) as part of the work to transform health and care services locally. This group is represented by all the providers of healthcare in the area, including voluntary sector organisations and primary care. It also has patient representation and involves social care providers and in the west, the Borough Council of King's Lynn and West Norfolk, which is responsible for so many local services and initiatives. The West Norfolk LDG is an especially vibrant and energised group in which each organisation wants to help the others to deliver the best care possible so we can continue to drive down health inequalities and new ways of working in west Norfolk.

We have supported the new executive team at the Queen Elizabeth Hospital King's Lynn to deliver improvements following challenging Care Quality Commission (CQC) reports in the last two years. That is bearing fruit as there have been some very noticeable improvements at the Trust which we will hear more about at our next Governing Body meeting.

The novel coronavirus continues to receive much attention in the media. A national campaign is underway to promote key public health advice and I would encourage you to look out for these messages and follow the guidance, particularly in regard to hand washing. Do call NHS 111 if you are concerned about your health and please don't visit your GP surgery, hospital or pharmacy if you think you might have symptoms of the virus. You can find out more information about the novel coronavirus on the [Government](#) and [NHS](#) websites.

I have attached two national campaign posters are attached which we would be grateful for your help to promote locally.

So I will sign off my final blog and wish you all healthy futures. Good-bye from West Norfolk CCG.

Dr Paul Williams
Chair

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07896292465



Shakespeare's birthday is most commonly thought to be 23 April 1564.

Every year, William Shakespeare's birthday is marked with a vibrant mix of pageantry and performance on the streets of his hometown of Stratford-upon-Avon. On a weekend

close to 23 April each year, Stratford comes alive to honour its most famous son with a colourful day of music, performance and family fun.

You might expect that The Bard has something to say about April...well, you would be right. In this sonnet he laments the fact that he has been away from his love in the spring.

Sonnet 98: From you have I been absent in the spring

From you have I been absent in the spring,
When proud-pied April, dressed in all his trim,
Hath put a spirit of youth in everything,
That heavy Saturn laughed and leaped with him.
Yet nor the lays of birds, nor the sweet smell
Of different flowers in odour and in hue,
Could make me any summer's story tell,
Or from their proud lap pluck them where they grew:
Nor did I wonder at the lily's white,
Nor praise the deep vermilion in the rose;
They were but sweet, but figures of delight
Drawn after you, – you pattern of all those.
Yet seem'd it winter still, and, you away,
As with your shadow I with these did play.



Norfolk 'n' good

This 'ere Coronavirus
Well thas a rummun
There ent no stoppin' it
That just keep on a comin'

Best yew ken dew
Is keep washing your 'ands
But don't yew a panic
Or stock too many cans

Give thought to the vulnerable
Don't go loadin' your carts
Leave some for others
Don't go puttin' on your parts

Now, if yew find yerself coughin'
Please don't venture out
Make sure you STOP a troshin'
Make your common sense count

If yew have a fever
And feel unwell
Just yew stay hum
Call 111 and tell

Then hold yew hard
For a good two weeks
Slow yew down, boi
Til it's past its peek

Soon enough
We'll be outta the wood
And back to beein' bootiful
And Norfolk 'n' good

Jo Woods



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From Bacon Rolls etc. to Full English

FRIDAY FISH & CHIP SUPPER - 5.00 till 8.00pm
Fish, Chicken, Scampi, Homemade Pies

SUNDAY BRUNCH - from 10.30 am
Next one is Sunday 26th April



Happy Hour - Fridays 4.30 to 6.30



People with children at home.

How to stave off the boredom ...

I know that children who attend Townley School & Pre School, and Neale-Wade Academy have all been given work to complete at home but what do they do when the work is complete for the day? Go back to the X-Box? Sit in front of the TV? Stare at their phone? Whilst I don't have a problem with any of these things in moderation, I am going to try and get my children to engage in some "life skills" during this forced confinement.

I must confess I am guilty of letting my children get away with 'being lazy' - not making their beds, not tidying their rooms as often as they should, not putting their plates in the dishwasher, etc ... I could go on ... so I am going to try to teach them how to carry out the simplest of tasks - which will prepare them for when they eventually fly the nest (it'll be here in the blink of an eye I am sure!). Up until the last month or so, my children had no clue how to make a cup of tea, clean a bathroom or put a pillow and quilt into their corresponding covers! The results were hilarious at first but I am hoping they now 'get the gist'! So why not do something fun but educational with them too (of course, some of you may have started doing this already - but for those of you who haven't):

- bake and decorate a cake or cookies
- sew-on a button or mend a holey sock
- do the laundry/hang out the washing
- supervise them while they do some ironing
- show them how to mow the lawn/weed the flowerbeds
- get them to help prepare the lunch/evening meal
- get them dusting/vacuuming/mopping (well we obviously don't think these are fun tasks but they might!)
- there's always washing & drying up
- make Mum and Dad a sandwich/cup of tea/beans on toast (if you can get your hands on any beans!)
- take the dog for a walk (safely - using the distancing rules) and prepare it's food.

Some might call it 'child labour' but I call it 'helping to prepare your child/children for things they will have to do for themselves later in life'. Not all learning is done in the classroom!

An Ever-Hopeful Christchurch Mum

Parish Council Snippets

I really enjoyed this PC Meeting ... particularly for reasons mentioned later in the article! It wasn't quite as long as the last one either, so that had to be a plus.

PUBLIC TIME: *The Post Office Van* came up again in discussion, but this time with some answers. The Post Van lady is now on the Christchurch Community Facebook page, and has promised that she will post on there if the van isn't able to come to Christchurch on any given day. Whilst not everyone who uses the van is on Facebook, it was thought that perhaps people who are could get the word round in some way or other. **RESULT!** It was also noted that the mail on any day is collected at 4.40pm, whereas the van stays until 5pm. If customers need to post something on the day, they will have to be there before 4.40pm (Mon-Thu). **Christchurch Eco update:** Details elsewhere in the magazine. **Lunch Break Grant Application** for the rent of the CCC room. It was presented, and will be decided on at the next meeting.

VILLAGE STUFF: *Speeding smiley face (or scowl) screen* will soon be up, so *watch out* if you don't want to be *caught out*. **Green Lane Trees and bushes:** They need to be dealt with very shortly as they present a danger to farm vehicles and to the telephone wires which are getting tangled in the branches. The PC Clerk found out that they are the responsibility of the owners of the properties, and not the Highways people, so a letter will be going to them asking that the vegetation is cut back to make things safe. **Euximoor Bridge repairs:** The order has been placed for the work, but no indication as to when it will happen! **Potholes:** should be dealt with in the next few weeks. **Street Lights:** FDC are putting money into this for villages and the PC will be applying for some of that money. It is hoped that replacement lights will use LED bulbs which spread the light, rather than spot lights. Will they materialise before next winter, I wonder? A lot more detail on the PC website, which includes information about FDC business in connection with *The Incinerator*.

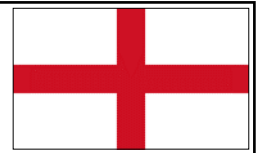
AND FINALLY: Christchurch Eco received a grant from the PC for £250 and The Heron – wait for it – received £1,020 towards the production costs. In case that figure makes your eyes water, I should like to point out that the PC in the past funded The Heron to the tune of £960pa. This time they rounded that figure up, so as to be able to fund 3 issues pa. That's a quarter of the yearly costs.

WOW! A big “thank you” from The Heron Team.



Please remember that no dogs are allowed on the playing field. Thank you. Your co-operation is much appreciated.

St George's Day



England's patron saint is St George. The anniversary of his death, which is on April 23, is seen as England's national day. According to legend, he was a soldier in the Roman army who killed a dragon and saved a princess.

The earliest documented mention of St. George in England comes from the Catholic monk the venerable Bede (c. 673–735). Edward III (1327–1377) put his Order of the Garter (founded c. 1348) under the banner of St. George. This order is still the foremost order of knighthood in England and St. George's Chapel at Windsor Castle was built by Edward IV and Henry VII in honour of the order. The badge of the Order shows Saint George on horseback slaying the dragon.

Interestingly, England isn't the only country where St George is revered. In Spain, Saint George is the patron saint of the former Crown of Aragon, since King Peter I of Aragon won the Battle of Alcoraz with his patronage. He is also patron of several cities in Spain. In Portugal, devotions to Saint George date back to the twelfth century. The Portuguese Army motto means “Portugal and Saint George, in perils and in efforts of war”.



St Georges Day is also the day England celebrates Shakespeare's Birthday (see page 15). And here's a nice thing ... Shakespeare's Henry V says this, when going into battle:

***“The game's afoot:
Follow your spirit, and upon this charge
Cry ‘God for Harry, England, and Saint George!’”***

**Home schooling going
well two students
suspended for
fighting one teacher
fired for drinking on
the job**

Pets Corner

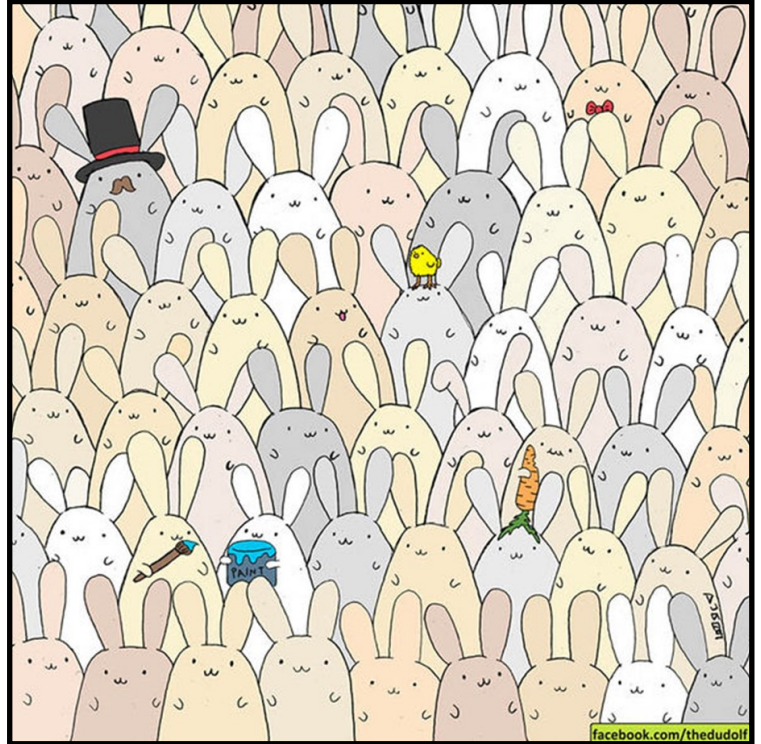
Easter Bunnies are all over the place! Chocolate Bunnies too. However, NEVER feed chocolate to your pet rabbits; it's poison to them. Rabbits make wonderful indoor pets. They are adorable, super-soft to touch, and brimming with personality - but they do take some looking after, remember.

They really like being with other rabbits, so if you only have one rabbit, you must keep it company and play with it a lot. Rabbits need social interaction, plenty of exercise and a lot of enrichment activities. Are you allowed to let your rabbit out in the house to run about a bit? Why not hide some of your pet's favourite food behind a chair, or in an easy-to-get-into cardboard box? You could make a cardboard castle, filled with empty toilet paper rolls, old phone books, and other paper products you find around the house. Your rabbit will love to explore it ... and chew at it, of

course! That's the kind of thing the words "enrichment activities" refer to. HOWEVER, don't feed them too many carrots. Just a bit of one, now and again. The same goes for cabbage leaves and the like. Their best food is the kind you can get in pet shops.



Kids Corner



**Can you spot the egg in this band of bunnies?
(answer on page 26)**

How does the Easter Bunny travel?

By hare plane!

How does the Easter Bunny keep his fur neat?

With a hare brush!

Why do we say that?

"Sleep Tight" - Early beds were made with a wooden frame. Ropes were tied across the frame in a criss-cross pattern. A straw mattress was then put on top of the ropes. Over time the ropes stretched, causing the bed to sag. The owner would then tighten the ropes to get a better night's sleep.

"Hog Wash" - Steamboats carried both people and animals. As pigs smelled so much they would be washed before going aboard. The mud and filth washed off was considered useless "hog wash".

"Hands Down" - Hands down comes from horse racing, where, if you're way ahead of everyone else, you can relax your grip on the reins and let your hands down. When you win hands down, you win easily.

"By the same token" - Bus token? Game token? What kind of token is involved here? Token is a very old word, referring to something that's a symbol or sign of something else. It could be a pat on the back as a token of friendship or a marked piece of lead that could be exchanged for money. It came to mean a piece of evidence that could be used as proof. "By the same token" first meant, "those things you used to prove that - can also be used to prove this."

**How many words can you make
out of the letters:**

EASTER EGG

**We managed 30.
How many can you find?**

**We have placed some Easter
Eggs throughout the publication
this month. Can you find
them all?**

Answer on Page 26



MAJESTIC

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MARCH, CAMBS

Christchurch Book Club

Book club was due to meet on 24th March, but it will come as no surprise, that it has been impossible to convene this meeting. We had been reading "Little Dorrit" by Charles Dickens".



It has not yet been possible to canvass reactions from all members, but so far some have barely been able to start it, whilst others have become engrossed! There are a wide (and sometimes confusing) array of characters in this book, including some comic characters and notable grotesques. Speaking personally, whilst I found the book hard going (and probably only kept going because of "audible") I was surprised at the comedic touch. Particularly amusing to me was "The Office Of Circumlocution", a government department. The term 'circumlocution' describes roundabout or indirect speech, or the use of many words where a few would do. The Circumlocution Office is a place of endless confusion. Forms need to be filled in to request permission to fill in more forms - it sounded rather familiar!!!!

It is unclear when book club will meet again, almost certainly not for some time. In the mean time, the book for April is "The Death of Dalziel" by Reginald Hill (we certainly go for variety!) I have been able to get copies from the library which at the time of writing remains open. At this time, many folks are shut in and have time on their hands.... maybe members (and non members) might be able to suggest book choices for those who have access to Kindles or audible. (the Christchurch Facebook pages are good for this). Lending books to neighbours is another kindness which will be appreciated at this time, but please do so safely.

Meanwhile I will keep folk updated via the Heron and Facebook.

For more information please contact Sheila Day on 07946635908.





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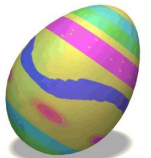
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to book a session.

**Email: michelelowery24@gmail.com or
call 07739 378901**

EXTRACTS FROM THE FENLAND COMMUNITY SAFETY PARTNERSHIP NEWSLETTER (February 2020)



Useful Information



Phone the police on **101** for non-urgent crime or **999** for an emergency. Or use the quick online reporting tools to report a wide range of crime, anti-social behaviour and vehicle offences.

<https://www.cambs.police.uk/report/Report>



crimestoppers-uk.org/



www.cambsvictimservices.co.uk/



To report a hate crime:

www.met.police.uk/true-vision-report-hate-crime/



twitter.com/actionfrauduk

Council committed to operating essential services amid Coronavirus concerns

Fenland District Council is assuring residents of its commitment to keeping essential services running, while helping to prevent the spread of Coronavirus in local communities. "Residents can also get daily updates regarding Coronavirus via the Council's dedicated [Coronavirus webpage](#), and through the Council's Facebook and Twitter accounts (@FenlandCouncil).

CUSTOMER SERVICES: The Council is encouraging customers to avoid face-to-face contact wherever possible. Therefore, customers are being encouraged to use alternative methods to request council services including via the Council's 'Apply for it', 'Pay for it' and 'Report it' webpages, the Contact Centre on 01354 654321 or via email at: info@fenland.gov.uk.

BUSINESS SUPPORT: The Government has set out measures to support businesses including business grants, Business Rates Relief and a Hardship Fund. The Council will be issuing new business rates bills based on the changes and is awaiting further guidance on the Hardship Fund. We will be working hard with Government to ensure the funding is distributed to those who need support as quickly as possible."

EVENTS/ACTIVITIES: The Council has cancelled its Pride in Fenland Awards ceremony and St George's Fayre. Its Active Fenland physical activity sessions have also been temporarily suspended until further notice.

PERSONAL WASTE: Guidance has been produced to help ensure the Coronavirus is not spread via the disposal of personal waste in the general household collections. Anyone self-isolating due to suspected or confirmed Coronavirus symptoms should:

- ◆ Place all personal waste, such as used tissues and disposable cleaning cloths, securely in a plastic bag or bin liner.
- ◆ This plastic bag should then be placed in another plastic bag and securely tied. These bags must be stored separately to other waste for at least 72 hours before being placed in the general rubbish collection.

After 72 hours outside the body the virus is no longer viable and the double bagged waste can be put in the general rubbish collection as normal. Only waste that is contaminated, such as tissues that have been coughed in and disposable cleaning cloths need to be treated in this way. Regular household recycling and waste should be treated as normal.



Church News

Report on our 2 Lent Lunches: As ever, they went very well and it was good to see members of the Village coming along. Loads of imperishable goods were donated for The March Food Bank. £164.36 was raised for The Ferry Project in Wisbech. Thank you to all who came, and those who provided the excellent soups.



The Ferry Project is situated at South Bank, Wisbech PE13 1JQ, and has a nice café, by all accounts!

Church Spring Cleaning will now become **Church Summer Cleaning** – date to be announced some weeks hence. Sigh.

The Church is now closed until further notice. Sadly, that has meant no Mothering Sunday Service, and there will be no Easter Week Services, including Easter Sunday. However, we can all continue to pray for our community! During the week beginning April 5th we are praying in particular for the community in Well Farm Road, Day's Farm, and all other outlying farms and dwellings. Anyone who would like to use some quiet time to meditate, Rev Lynda recommends this website: **pray-as-you-go.org** This is a Christian site, offering daily meditations using readings and music, lasting 15 minutes each day.

Update on Rev Ian's health: The operation went perfectly. He is home, but still has issues with his lungs. They are, of course, self-isolating, so please do not turn up at their door expecting to be let in! Keep them both, and their 2 sons, in your thoughts and prayers, please.



Thoughts from the Rectory

Dear friends,

As you may know, following the advice of the government to avoid "gatherings" the Church of England has taken the step to suspend gatherings in church. This means that in the benefice of Six Fen churches which includes the churches of Benwick, Christchurch, Doddington, Manea, Welney and Wimblington, all services and other gatherings on church premises are, for the time being, suspended. Those who have booked Weddings and Baptisms have all been contacted personally.

Although the building is not open, please do come and wander round our churchyard, listen to the birds singing, see the new signs of life as daffodils and other flowers push their way through the soil. Allow the slowing of the pace of life to help you reassess your priorities and, in the stillness, feel the presence of God.

Both Ian and I are, like many of you, in the "at risk" group - as outlined by the government - and therefore taking seriously the recommended 12 weeks of social distancing. Thank you for your concern, your love and your prayers for us. Please be assured that we, and your village church, are holding you all in our prayers.

Finally - one of my favourite verses from the Bible is in the book of Joshua Chapter 1 verse 9 "**Be strong and brave! Don't be afraid and don't panic, for I, the Lord your God, am with you in all you do.**"

Rev Lynda



Many are concerned about the ongoing Coronavirus public health issue and the way it has affected nearly every industry across the world.

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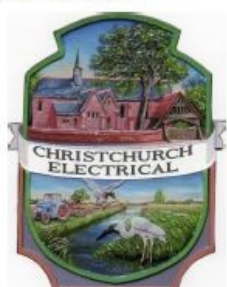
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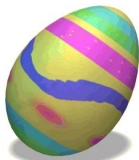


**OUTWELL
THURSDAYS ~ 9.30AM**

**OUTWELL VILLAGE HALL
136, WISBECH ROAD, OUT-
WELL**

**PLEASE CONTACT CONSULTANT JO
07527 646062 FOR FURTHER DETAILS**

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Useful Telephone Numbers

Age UK Cambridgeshire	0300 666 9860
Alzheimer's Society (Fenland)	01945 580480
Christchurch Resident's Association	01354 638990
Churchwarden - Mrs. D. Symons	01354 638352
Citizens' Advice Bureau, Wisbech	03442 451292
Community Car Scheme (to book a journey)	07902 316360
Community Centre Bookings	01354 638478
Community Fire Safety Officer	07717 858166
District Councillor - Will Sutton	01354 638025
District Councillor - Michelle Tanfield	07908 707129
Electricity Faults - UK Power Networks	105
FACT	01354 661234
Fenland District Council	01354 654321
Floodline	0845 988 1188
Library - March	0354 045 5225
National Debtline	0808 808 4000
Norfolk Dial-a-Ride	01553 770310
Parish Clerk - David Gibbs	07932 191050
Parish Councillor - Jill Bliss	01354 638343
Parish Councillor - Sharon Pomeroy	07837 407536
Parish Councillor - Roger Gladwin	01354 638538
Parish Councillor - Geoff Harper	01354 638681
Parish Councillor - James Hughes	01354 638310
Parish Councillor - Peter Owen (Chair)	01354 638847
Parish Councillor - Kay Miller	01354 638232
Police - PCSO Sue Clarke	07738 025220
Police - Emergency	999
Police - Non Emergency	101
Telephone Preference Service	0345 070 0707
Townley School	01354 638229
Trading Standards	03454 040506
Train Information	03457 484950
Upwell Health Centre (and out of hours)	01945 773671
Upwell Health Centre - Pharmacy	01945 774934
Veterinary Centre - The Crossings (D'Mkt)	01366 382219
Vicars - Ian & Lynda Brady	01354 740627
Water Emergencies	03457 145145
Club Contacts	
Art Club - Jan Clifford	01354 638217
Book Club - Sheila Day	07946 635908
Craft Club - Sandra Lloyd	01354 638956
Gardening Club - Marion Hawthorn	01354 638230
Short Mat Bowls Club - Wendy Keen	01945 772737
WI - Peggy Warby	01354 638339

Neighbourhood Watch

Colin Steenson - Church Rd (East)	638664
Sandra Kay - Crown Rd	638478
Shirley Knight - Church Rd (West)	638779
David Yates - Church Rd (West)	638448
Julian Swallow - Upwell Rd (North)	638679
Jackie Wood - Upwell Rd (North)	638679
Simon Freeland - Upwell Rd (South)	638802
Richard Guilford - Area Co-ordinator	638990
David Harrowing - District Co-ord.	01945 870963

Temptations whilst in isolation

Social Media

Snacking

Housework

Binge-watching Netflix

Snacking

Gaming

Chocolate

Going back to bed

Snacking

Drinking too much tea/coffee

Playing with the dog/cat

Chocolate

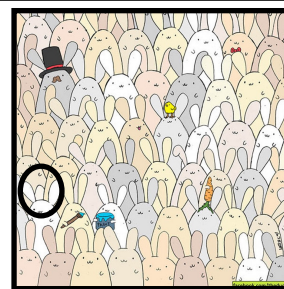
Regular take-aways

Snacking

Ironing



NETFLIX



There are 40 Easter Eggs hidden in this edition of The Heron.

	Purple	Blue	Yellow	Green	Pink
Alice	1	0	1	1	0
Bob	0	1	1	0	1
Rachel	1	1	0	1	0
Dan	1	0	1	0	1
Eve	0	1	0	1	1

Web links in the Heron are active when viewed in our online version www.theheron.info



Snettisham Beach Sailing Club

*Special prices for 7 year old + novices in 2020
for kids learning to sail this July*



Are your holiday plans for this summer falling apart? Then you'll be looking for something to occupy the kids, perhaps? This year there's a special offer for the youngest Novice sailors at Cadet Week at Snettisham Beach Sailing Club from 27th to 31st July. Instead of the 2019 price of £85.00 a person for the week, Novices - 7 years and older - can now take part for £60 each, and if they book with a friend the 2 Novices can pay just £100. Novices take part in 5 sessions each day of Cadet Week from Monday to Friday, each session lasting 3 hours, with a Prize Giving following on Saturday.

Choose between daily Morning OR Afternoon sailing sessions: Mornings: 9.30 to 12.30 and afternoons: 1.30 to 4.30



Only **24** places are available so make sure you book now. Participation is only available to Club members, so have a look at snetbeach.co.uk/about-us/how-to-join/ to see how you can join and email memsec@snetbeach.co.uk with any questions about the type of membership that suits you best.

If you want to get afloat check out the opportunities on the website at www.snetbeach.co.uk and speak to James Trim, Chief Instructor courses.snet@gmail.com 07938 190846.

Walking for Health and Exercise

Many people see walking as simply a means getting from one place to another but the reality is that walking is one of the best forms of exercise there is. Walking briskly can help you build stamina, burn excess calories and make your heart healthier. Getting out and about in the countryside is also great for mental wellbeing. However, the act walking can be made even healthier and more enjoyable by the use of sticks and poles.

The object of using a walking stick or a pair of poles is to spread the weight around the body to offer support to the legs, feet and knees. There is no doubt that using a walking stick can be beneficial for people with arthritis and other types of joint pain: One study even found that using a stick can actually help reduce the disease progression of osteoarthritis. It is important though to ensure that when using a walking stick it is being used correctly:

- Don't hold the cane on your weaker side. When using a cane, you might be tempted to hold it on your weaker side — but that would be incorrect. A cane should be used in the hand opposite to the affected limb, hip, or knee, and should be advanced with the affected limb when walking, it helps preserve a normal gait pattern and keep the body weight over the base of support to ensure good balance.

Walking with poles

There are basically two types of walking poles; these are Trekking poles and Nordic walking poles. Although similar in appearance there are subtle differences between the two. In a nutshell, trekking poles are used for balance, support and stability whereas Nordic Walking poles are used for propulsion.

Most obviously, poles reduce the impact of walking on knee joints and leg muscles. Arm and shoulder muscles support and relieve the leg muscles. The "rhythm" created by walking with poles leads to relaxed, more regular breathing and increased stamina. Trekking poles are an excellent aid for prolonged periods of walking and especially walking over uneven surfaces.

Nordic walking is an activity that started in Finland. It is based on cross-country skiing whereby the poles are used to propel the walker forwards. This activity uses nearly all of the muscles in the body which makes it very good for muscular strength and provides a full body workout. Nordic walking is an effective and efficient mode of exercise to improve overall fitness in older adults. It is a very easy sport to get into and can be practiced alone or in groups. The poles are quite specialist in that they have removable wrist straps and ergonomic handles. At the foot of the pole is a removable rubber tip with a sloping base to ensure good grip on the ground. These poles but can be purchased quite cheaply from many sports retailers...

If anyone is interested in giving Nordic Walking a try, I would be more than willing to give you some advice and point you in the right direction.

Andy Street - 01354 638457



PORTUGUESE BLACK BEAN & MEAT STEW

FEIJOADA

INGREDIENTS (*Halve quantities ... or freeze some for another day!*)

250g dried black beans, soaked overnight, then drained
100g streaky smoked bacon, cut into slices
500g pork ribs
3 chorizo cooking sausages, sliced
500g pork shoulder, cut into 5cm cubes
3 red onions, chopped
4 garlic cloves, finely chopped
Pinch of chilli flakes
Olive oil for cooking
2 bay leaves
2 tbsp white wine vinegar



METHOD - Heat a large, heavy-based saucepan with a fitted lid, add the bacon and fry until crisp. Remove the bacon, keeping the oil in the pan. In batches, sear the ribs, sausages and pork shoulder. Season each batch with salt and pepper. Remove the meat and set aside. Add the onion, garlic and chilli to the pan. Pour in a little olive oil if it needs more. Season with salt and pepper and fry for 8 minutes, or until soft.

Add the meat, bay leaves white wine vinegar, and drained beans. Pour in just enough water to cover (about 650ml). Bring to the boil and reduce the heat to a simmer. Cover and cook for about 2 hours, or until the beans are soft and the meat is tender. If there is too much liquid in the pot, you should take the lid off for the last hour (or less). ***OTHER WAYS OF COOKING THE STEW: – **use a slow cooker** (4 hours); **use a pressure cooker** for a quick version, in batches of 30mins each; **cook in the oven** for 3-4 hours at 160C/140C fan/gas 3.



Serve with rice, a sprinkle of parsley or coriander, hot pepper sauce and orange slices.
Recipe from bbcgoodfood.com, June 2014

This dish is a favourite of Cleide, who originally comes from Brazil, and lives in Christchurch with her partner and two children. It will make a tasty change from all the sweets and chocolates, for those who are brave enough to try it.

A LIFE SAVER! *What3words.com*

Police have urged everyone to download a smartphone app they say has already saved several lives. What is it and how does it work?

Kicked. Converged. Soccer. These three randomly chosen words saved Jess Tinsley and her friends after they got lost in a forest on a dark, wet night. They had planned a five-mile circular stroll through the 4,900 acre (2,000 hectare) woodland, Hamsterley Forest in County Durham, one Sunday evening, but after three hours they were hopelessly lost. "We were in a field and had no idea where we were" - the 24-year-old care worker from Newton Aycliffe said. "It was absolutely horrendous. I was joking about it and trying to laugh because I knew if I didn't laugh, I would cry." At 22:30 BST they found a spot with a phone signal and dialled 999.



"One of the first things the call-handler told us to do was to download the what3words app," Ms Tinsley said. "I had never heard of it." Within a minute of its download, the police said they knew where the group was and the soaked and freezing walkers were swiftly found by the Teesdale and Weardale Search and Mountain Rescue Team. (From BBC News on line). To find out more information go to: **what3words.com**.

(For example, the door of 10 Downing Street is slurs.this.shark, while the area across the road where the press congregate is stage.pushy.nuns. Church Road in Christchurch, for example, is: relieves.gradually.currently!!)

Any views expressed in The Heron do not necessarily reflect the views of The Heron Editorial Team.
The team aim to provide a balanced view of village opinions where such views are expressed.
We reserve the right to edit any submissions where we feel this is appropriate.

