

# The Heron

Community Magazine

January 2017

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

## END OF AN ERA

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*Annette and Alan take tea in France*

As if that wasn't grief enough, the death of another village legend, **Roland Singleterry** was announced on 24th November, just too late to be mentioned in our last issue. Roland was one of the 'old stalwarts' of village life in Christchurch and he will be very much missed by his wife Mary, all his family and his many friends.

Roland was originally brought up in Welney but lived for over 60 years at 'Windyridge' on Padgetts Road.

*Continued on page 8*

## TWO LEGENDS LOST

Sadly, our great Heron contributor and supporter **Alan Russell**, whose death was announced in our December issue, was interred in Christchurch Cemetery on 1st December following a service at St Andrew's Methodist chapel, Outwell

*more on page 7*



*Roland and Mary*

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# Sixties & Seventies Disco



Christchurch  
Community  
Centre  
December 3rd  
2016



# Community Information

**Mobile Library:** first Friday each month  
in the Lay-by Upwell Road 15:00 - 15:40

## Mobile Post Office:

visits Mon - Thu in the Lay-by Upwell Road  
Monday and Thursday 16:30 to 17:00  
Tuesday and Wednesday 16:10 to 17:00  
Fridays - no service

**Dun Cow Meal Deal** on alternate  
Wednesday lunchtimes - 2 courses for £5.50 -  
Pre-Booked places ONLY.

This month's dates are 11th and 25th Jan

## URGENT NOTICE - BROWN BINS

If you are planning to have a Brown Bin after  
March 2017—and you'd like to sign up for the  
discounted rate of £36 you have to sign up  
ON-LINE **AND** DO IT BEFORE 9th JANUARY  
[www.fenland.gov.uk/gardenwaste](http://www.fenland.gov.uk/gardenwaste)

## Do you, or someone you know, need extra support during a power cut?

Although power cuts don't happen very often,  
when they do they can be worrying. UK Power  
Networks is the electricity network and it provides  
a 'Priority Services Register' for people who might  
need extra help in a power cut. Older people,  
families with very young children, and people with  
specific medical conditions are among the many  
people who are eligible to register for **free**  
**support**. You can find more details and register  
by visiting

[ukpowernetworks.co.uk/prioritysupport](http://ukpowernetworks.co.uk/prioritysupport)  
or calling 0800 169 9970.

## Community Safety Survey

There is a new website to help provide information  
that will shape future priorities about Community  
Safety. The surveys have been developed by the  
Police and Community safety team at Fenland  
District Council and it's just six short questions and  
only takes a few minutes.

You can complete them at all the Community  
Contact Points and at engagement events as well  
as by following this link (if you are on the website  
version of the Heron)

<https://advicechainapp.wordpress.com/have-your-say-community-survey/>

**Pilates class** is now in the Community Centre  
on Mondays at 6:30pm

## EDITORIAL

So one year ends and a new one begins. Not just  
that but the real end of an era with the loss of two  
esteemed village elders; Alan Russell and Roland  
Singleterry. How on earth do we replace two  
legends like them? The answer is, sadly, we don't!  
Because they simply don't make them like that  
anymore!

Both, as you would expect, had huge turnouts at  
their funeral services. Each in turn having a fantastic  
send-off; no doubt with Roland keeping an eye on  
proceedings from on high to see that the correct  
protocols were being followed. He too, of course,  
was the leading light and project manager of the  
Church renovations back in 1995. More details on  
these two sterling fellows on pages 7, 8 and 9.

More praises sung on the letters page too along  
with news of the success of the recent 60's/70's  
Disco (photos on page 2). Great suggestion re bus  
shelter demolition too from Jan & Cliff Clifford.

An interesting 'Day In The Life' of our PCSO Sue  
Clarke on page 10 proving shepherd's DON'T  
always watch their flocks particularly well.

More great news re our Community Centre – the  
former Upwell Jazz Cub will be moving to this new  
venue on a regular basis as of 29th of this month.  
See page 13.

There's a health update from Dr. Williams of  
Upwell Health Centre on page 20, and some  
important information on the use of antibiotics, and  
physiotherapy on page 23.

The WI have a special colour spread on page 27  
this month. Your activities, articles, could feature in  
our colour pages too if you send us some nice  
photos!

Bit of 'sports scandal' on the back page, which  
fortunately worked in AFC Christchurch's favour.  
Talking of sport – starting next month (Feb) we will  
be featuring our local rugby pundit Steve  
Drawbridge. Steve is Cambridgeshire County Senior  
Coach, is regularly featured on Radio  
Cambridgeshire's 'Drive Time', and recently made  
his debut for BBC Radio Cambridgeshire as a  
Commentator on this years Varsity Match. So we  
look forward to that.

Then there's all the usual features! So  
enjoy! 'Till next month!



# DIARY DATES

Abbreviations for commonly used venues:

TS = Townley School, CCC = Christchurch Community Centre, (new Hall)

TH = Three Holes Village Hall, UH = Upwell Village Hall, WH = Welney Village Hall

**If you have any important up and coming events let us know for inclusion here:**

Jan 3 <sup>rd</sup>	Christchurch Craft Club - Bring your projects - CCC - 7pm
Jan 6 <sup>th</sup>	"Cake, Coffee and Chat" Parish Church 2-3pm - All Welcome
Jan 6 <sup>th</sup>	Mobile Library visits - Upwell Rd Lay-by 3-3:40pm
Jan 9 <sup>th</sup>	Pilates - 6:30-7:30pm - £6 (monthly discount) Info - Jane Green 01354 638378 - CCC
Jan 9 <sup>th</sup>	Christchurch Parish Council Meeting - 7:30pm - CCC
Jan 10 <sup>th</sup>	Art Club - 10am to 12 noon - CCC
Jan 10 <sup>th</sup>	WI - Fish & Chip Supper - 7pm - CCC
Jan 13 <sup>th</sup>	"Cake, Coffee and Chat" Parish Church 2-3pm - All Welcome
Jan 16 <sup>th</sup>	Pilates - 6:30-7:30pm - £6 (monthly discount) Info - Jane Green 01354 638378 - CCC
Jan 20 <sup>th</sup>	"Cake, Coffee and Chat" Parish Church 2-3pm - All Welcome
Jan 23 <sup>rd</sup>	Pilates - 6:30-7:30pm - £6 (monthly discount) Info - Jane Green 01354 638378 - CCC
Jan 24 <sup>th</sup>	Art Club - 10am to 12 noon - CCC
Jan 25 <sup>th</sup>	Christchurch Book Club - 7:30pm - Pear Tree Farm - info - Sheila Day 07946635908
Jan 27 <sup>th</sup>	"Cake, Coffee and Chat" Parish Church 2-3pm - All Welcome
Jan 29 <sup>th</sup>	<b>Jazz Club - Now in the Village at 12 noon - only £5 entrance - CCC see pg 13</b>

## Parish Church Services

Jan 1 <sup>st</sup>	11am	Rev L Brady	United Service - <b>MANEA</b>
Jan 8 <sup>th</sup>	9:30am	Rev S & SE Tooke	Holy Communion
Jan 15 <sup>th</sup>	3:30pm	Rev I Brady	Evening Prayer
Jan 22 <sup>nd</sup>	11am	A Carlin	Morning Prayer
Jan 29 <sup>th</sup>	10am	Rev L Brady	United Service - <b>CHRISTCHURCH</b>
Feb 5 <sup>th</sup>	11am	Rev L Brady, A Day	All Age Worship in <b>parish church</b>

**Every Friday** 2-3pm - Coffee, Cake and Chat in the Church building

**Many thanks** to Helen, Karen and other helpers for running our Harvest Supper in November. Also thanks to those who helped and supported our Coffee Morning in December which raised about £200.

Finally, thank you to those who donated their Dole Money to the church, it is much appreciated.

Daphne and Andrew

## The Heron Deadline

The 25th of the previous month is the deadline for all copy. However, due to the amount of copy we are getting, if you leave it till then, we may not have space. So - AS EARLY AS YOU CAN PLEASE

**Advertisers** - all our advert rates and conditions can be found on our website [www.theheron.info](http://www.theheron.info)  
Business advertisers can book series of six or 12 adverts, paid in advance. Small private ads are charged by the word. Village fundraising events or personal announcements 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.**



# Letters to the Editor



Dear Editor,

Just a note to say how much, as a guest of Councillor Pete Owen, I enjoyed last Saturday's Disco Dance.

Very reasonable bar prices and lovely hot chilli. I have to admit to eating two servings!!!

Lets hope this is the first of many a convivial evening to be enjoyed in this very well appointed new village facility. With very best seasonal wishes.

Regards,

Bernard Drage.

97 Queens Walk, New Fletton, Peterborough, Cambs. PE2 9AN. UK. 01733 346205

*Well done all, we understand that £500 was raised - Ed'*

Sir,

Re: Bus Shelter

A few thoughts regarding the Heron article on the old bus shelter. Over 10 years ago we raised the subject of the shelter with the Parish Council, with the object of ridding the village of this eyesore.

Over the years this graffiti decorated blight on the landscape has endured children both climbing on and falling off. Rescue and first aid has been provided. Used more as a smokers den than a bus shelter, and we no longer have any buses. Since the ineffective traffic calming measures, even the school bus parks further down the road.

How much more pleasant will it be to replace the shelter with a planter, utilising the concrete base? A seat could be incorporated, perhaps to the memory of Wolsey Rolfe, who advocated its removal many years ago, and did so much for the village. We still remember his laughing comments about incomers inevitable lack of success (we had only lived here 20 years!)

May we suggest a sweepstake to raise funds for the planting, the winner to be provided with a sledgehammer for first go at the demolition?

Jan & Cliff

Christchurch Cottage

Dear Richard,

May we, through the Heron, thank everyone for the flowers, cards, and letters sent to us on Alan's death. We appreciate all the kind words said about him, and all the support given to us these last few weeks. We would also like to wish that everyone had a Merry Christmas and hope you all have a Peaceful and Happy New Year.

Many thanks

Annette & Family

Dear Richard

A tribute to a village stalwart

It was very sad news to learn of the death of Alan Russell. Alan was a larger than life presence in the community of Christchurch. He was a farmer, a Parish Councillor and many of us have shared memorable times with Alan with his tremendous sense of fun and humour.

As a young girl I witnessed many friendly and fiery banter between him and my dad Ted Rolfe. They would always be joking about who had the best strawberry crop, who had the most pickers and even who had the most attractive pickers. Alan would often pull up outside Dad's allotment shed just to see the amount of fruit waiting to be picked up and spying on his pickers. They both shared a love of poetry and even wrote to each other this way about the strawberries and many other things to do with the land.

His sense of fun was infectious and on happy occasions such as birthdays and wedding anniversaries he would put pen to paper and read this out at the celebratory party. Some of his poems were a little risqué but always well meant.

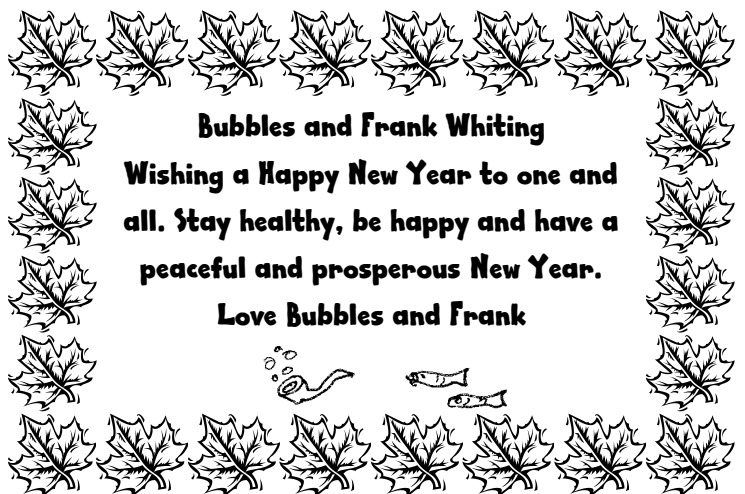
Although I no longer live in the village I always enjoyed his articles in the Heron and everyone will miss him. Alan once called my mum on her 80th birthday "the old gal of the Fens". Alan was a "giant of the Fens" and there will never be another like him.

Rest in peace dear friend.

Tricia Fisher

(Doris Rolfe's daughter)

*We hope to feature some of their poetic communications in future issues - Ed'.*



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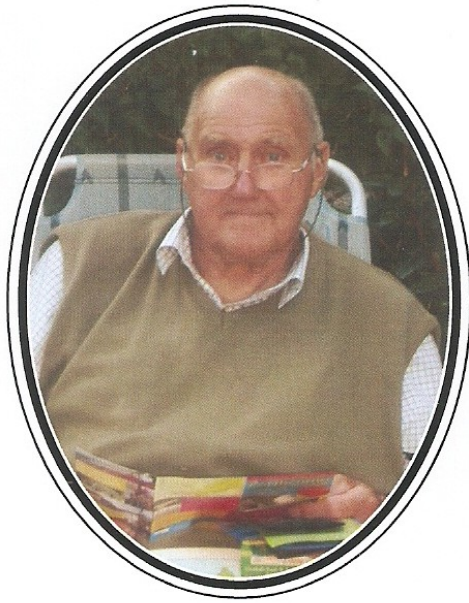


**On Thursday 1st December,** folks met at St Andrew's Methodist Chapel, Outwell to remember and celebrate the life of Alan Russell whose very presence has blessed so many people. Alan was born in Euximoor on 8th January 1938, only child of William and Elsie. He grew up in a Methodist home and attended Christchurch School.

Alan passed his eleven plus exams and went off to Wisbech Grammar School. On leaving school he went to work with his father. Alan and Annette married on 6th June 1959 having known each other all their lives as their parents had worked side by side on the land. Alan used to joke that they married because no one else would have her! But, they were a well matched and devoted couple throughout their lives. Beverly was born in November 1961 followed by Mark in December 1966 making the family complete. Alan and Annette took the family onto their own farm, Crown Farm in Christchurch and both Alan and Annette worked hard on the land year by year. But this took its toll on Alan and he had to retire early in 2002 because of the onset of Spinal Stenosis. Alan found this transition hard to adjust to initially as the seasons came and went and he was no longer involved in the planting and harvesting of the crops. But as he adjusted to this major life change he realised that the extra time allowed him and Annette to enjoy many

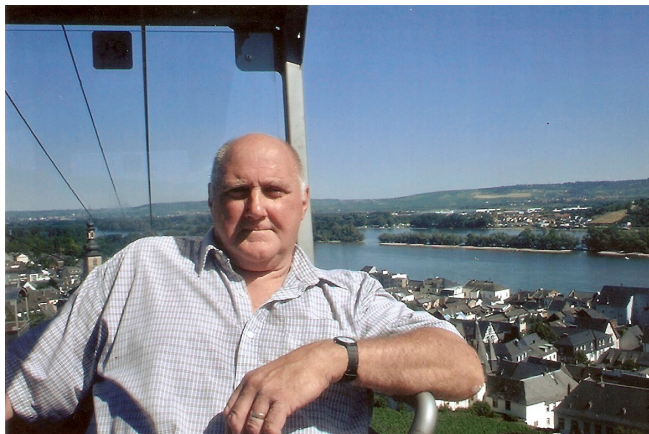
things, especially holidays in their caravan and his beloved motorhome. Together they travelled all over Europe from the top of Norway to the foot of Italy and all points between. Alan was most passionate about his holidays. Indeed as he and Annette returned from one holiday Alan was already beginning to plan for the next! To think it had all begun in a tent, progressed to the big caravan, then to a little caravan and his pride and joy, the motorhome. He was so sad when it had to

*In Loving Memory of*



## Alan Russell

his Granddad and they would share thoughts on the matches together. Mind you Alan found it hard to watch the matches live on TV. Too intense! He and Annette would go out for the day and he would watch the match later after he knew what the score was. But not only did he share this passion with Calum, he bravely encouraged Chloe to go off driving on her own across the fields and farm



*Alan enjoying a holiday in Germany*

go. Alan had many interests which included being part of the Oddfellows and the Machinery Club. Each month the Machinery Group would meet to learn about farm machinery; engineering issues, welding and repairing. Alan also dabbled in Scrap Metal dealing over the leaner winter months when the farming was slow. He loved the wheeling and dealing and the whole anticipation of maybe one day finding that hidden treasure, Alan was a determined Manchester United supporter which somehow missed a generation because both Mark and Beverly support Liverpool - a bit of a mini fun-filled rebellion! However, Calum was definitely a Manchester United supporter with

tracks in his old truck. And Chloe still loves to drive. He made a splendid patient for Phoebe who always wanted to work in a care home. Grandma and Granddad became the 'old people' and Phoebe was the nurse, wrapping them up in bandages and things. Alan was, indeed, a proper granddad.

- taken from the funeral address

*Alan's most recent incarnation, as readers will know, was as a columnist for The Heron. He was a mine of information, particularly on local history. We know that his musings have delighted many, his column and local insights proving very popular. He will be much missed by all who knew him. But in typical style he has left us some notes to be going on with, and we understand from Beverly, Mark and Annette that he has a substantial photographic archive which we hope to be dipping into from time to time in the future. Personally I shall really miss our regular friendly chats. He taught me so much about the old 'Fenfolk' – Ed'.*

# **Roland Singleterry - died suddenly 24th November - by Ruth Ingram**

**Roland was a carpenter** by trade and ran a building business which employed many local characters over the years. Colin Ingram took over the business when Roland retired and between them they have built well over 20 houses in Christchurch and done extensions and alterations to numerous others.

Roland was also a well-respected undertaker who carried out funerals from the age of 23 until he eventually retired well into his 70s. Many, many people have expressed their gratitude for the compassionate, caring way he carried out the funerals of their loved ones.

Roland took pride in everything he did and would never settle for a second-rate job. He was always very generous with his time and money and did so much for the good of others. Whether it was repairing the church floors, maintaining the bowls green or just supporting fundraising events, Roland would always be the first to roll up his sleeves and get involved when something needed doing.

There was never a dull moment when Roland was around, he could always find something or



## **Roland Singleterry**

somebody to laugh about! Some memorable stories we have heard include:

The time Frank Cawthorn decided he no longer wanted to live in a house, he wanted to convert it into a bungalow!

Roland and a gang of men took the roof off, pulled the top floor down with a tractor then just popped the roof back on again! (See picture on Christchurch Pictures Old & New Facebook page)

On the way back from a funeral at Peterborough Crematorium

Roland and the carriers stopped off at a builders merchants to pick up a flight of stairs. They

managed to squeeze the flight of stairs plus Roland and the carriers all in the back of the hearse!

Being an undertaker Roland always had a tape measure handy and before you knew it he would have measured you top to bottom and then across your chest 'Just in case.....You never know' he would say!

One of Roland's famous lines if you were poorly was 'I've just buried someone that looked better than you!'

Roland will be missed by his family and many friends – they just don't make them like him anymore!!

A poem that was read out at Roland's Thanksgiving Service:

### **If I Should Go - Joyce Grenfell**

If I should go before the rest of you  
Break not a flower nor inscribe a stone  
Nor when I'm gone speak in a Sunday voice  
But be the usual selves that I have known

Weep if you must  
Parting is hell  
But life goes on  
So sing as well.

The Village has much to thank Roland for, not least of which is the restoration of the Church floor. Roland inspired and led the team (which also included Alan Russell), we have a grainy picture of him and some of the team taken from a video film of the time. Roland is the one in the middle with the saw - Rest in Peace you two legends!





# A tribute to Roland, the Bowler - Malcom Hicks

**Roland was a founder member** of Christchurch Bowls Club in 1973 and enjoyed years of bowling and camaraderie with both members and opposing teams. On many occasions on a difficult green, Roland would be seen to stick out his chest and say "I can master this"! He probably didn't, but this was the man he was, he never gave up and never saw any challenge as impossible. He also bowled at March Indoor Club. He had many successes at both Clubs over the years.

He was a perfect clubman as any work needing to be done at the Club, only had to be mentioned, and before you knew it, it was done.

He fenced the green, built a shelter and for several years mowed and cared for the facilities. His

generosity to the Club was also second to none.

During the last few years due to his ill health and his caring roll for Mary, Roland has been missing from the playing surface, but still whenever possible he would be offering advice and encouragement from the greenside, or supporting the club at social events.

Christchurch Bowls Club has lost a great member, who will be sadly missed, but there is no uncertainty that the great bowls club in the sky has gained a regular competitor and a terrific clubman.





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# A day in the life of our PCSO - Sue Clarke 7140

**My day starts** at 08.00  
I am kitted up and ready to go by 07.50  
By 08.20 I am heading out with my list of things to do for that day (This changes by the minute as the jobs come in and we are allocated)

At 08.50 I am at a village School as there have been lots of parking problems

Whilst there I hear of another job coming in which is in the same village so I let control know I will deal with that as there is no point sending anyone else out it is not immediate.

I need to speak to a farmer re mud on the road.

Next job is to deal with some crimes that have been allocated to me .....view CCTV and talk to the victim of crime.

Whilst there I get allocated another job (see picture of 'Barry' the sheep) he is found in someone's garden... due to my knowledge of the



area and farmers it didn't take me long to find out who the owner was and he came to collect 'Barry' (*The shepherds obviously weren't watching their flocks that night - Ed*) Then onto another crime to view CCTV and speak to the victim. At 12.15 I manage to grab 20 minutes for lunch ! ( We get allocated 45 minutes unpaid) Next I am out to another village with a local Housing Agency as we have had a neighbourhood ASB (antisocial behaviour) issue Then I go to see a resident in another village who has been sworn at by a neighbour. Next on to another village for a welfare visit on a lady, I then get to another school re parking. I get back to the station in time to

update my crimes/book in the CCTV etc update databases

Finally I do 2 reports for Parish Council Meetings which I am unable to attend the following week.

18.00 hours I book off.

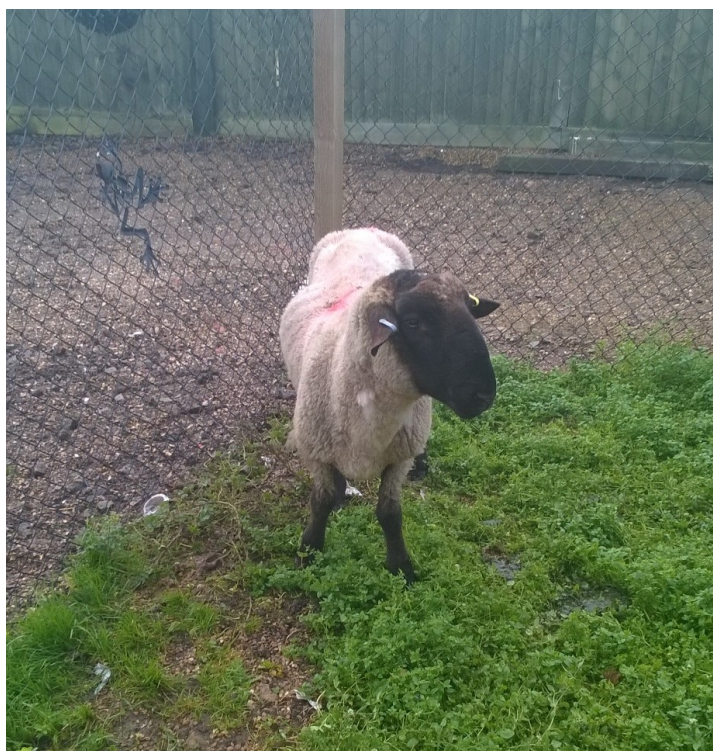
Such a variation of work that was a good day and by all means not the busiest!

Sue Clarke 7140

Rural PCSO, Wisbech District SNT.

[Sue.clarke@cambs.pnn.police.uk](mailto:Sue.clarke@cambs.pnn.police.uk)

Telephone:101 Extension: 3753 Mobile: 07738025220



Barry the sheep - soon to be returned to his owner

## SpeedWatch Update

After some delay due to equipment being audited we have now been told that it will become available as of the week beginning 14th January.

We will be sharing access to the equipment with two other villages; Doddington and Wimblington and I now have contact details for their respective co-ordinators. I will be arranging a firm start date for us in the very near future. Our PCSO Sue Clarke has offered her support too. Great to have her onboard. I will let all our volunteers know the time and date very soon. Let's hope we can start to make a real difference in limiting speeding traffic. Richard Guilford







Wendy was busy touring hospitals after husband David's accident and Peggy was poorly so Craft Club members rallied around to ensure our December meeting still went ahead. Wendy had planned felt tree decorations but, as we didn't have the templates, we chose to make Christmas cards and finish other projects instead. We had a very productive evening topped off with



festive nibbles provided by all the club members. **Our next meeting will be on January 3rd** at the Community Centre 7pm. Please bring along any craft project you have on the go or you're welcome to use bits and bobs from the cupboard to make something of your choice. We'd love to see new members next year (Wendy : 01354 638448). P.S David is now on the mend and, no doubt, being pampered by his lovely wife! Happy New Year Sandra L

## Art Club

Our group is friendly and relaxed. We are all enjoying the sessions and would love to welcome some more members. We have a tutor to lead us, but we all can learn as much from each other and gain in confidence. All artists have their own special style and approach so we have a lot of variety and some very good art -

The subject on **10th January** is to be **Drawing Techniques.**

Please bring any drawing materials you have and cartridge paper. I will bring a variety of materials and some large sheets of cartridge paper for you to try some different materials. I will bring some simple shapes for you to draw. Observation is the key!



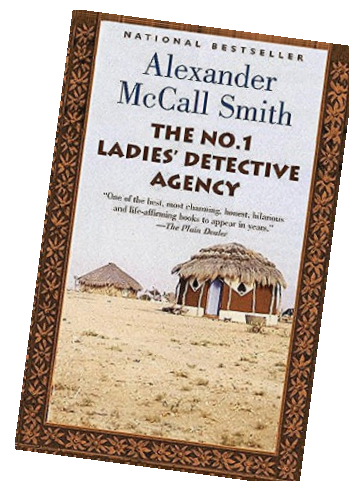
Do contact Sandra (638478) or Jan (638217) for more information, or pop along during the session to see what we are up to. We meet on the 2nd and 4th Tuesday of the month at 10am to 12 noon. (term time).

## Christchurch Book Club

Book Club met on 21st December. We had been reading 'This Year it will be Different' by Maeve Binchy. This series of short seasonal stories had a less than enthusiastic reception. Whilst all agreed they were easy to read, most felt they were rather 'thin' and 'lacked substance'. We are now reading 'The No 1 Ladies Detective Agency' by Alexander McCall Smith.

We will be meeting on Wednesday 25th January 7.30pm at Sheila Day's house, Pear Tree Farm, Padgetts Rd.

New members always welcome, please phone Sheila on 07946635908





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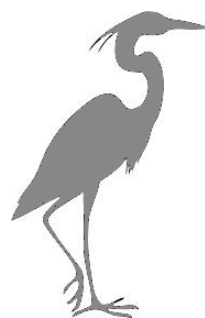
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## "Jazz Club finds a new home at the Community Centre!"

**After fifteen years, continuous residence** at Three Holes Village Hall, promoter Nigel Smith has decided to move the Upwell Jazz Club to Christchurch Community Centre. The move would not have been embarked upon lightly and really is a vote of confidence in the facilities provided by the hall.

Nigel Smith, a talented drummer, started the club in 2001 and over the last decade and a half has increased the prestige of the club to the point



Len Skeat

where internationally acclaimed musicians are happy to play for a discerning audience of regular patrons. This year alone has seen gigs by Len Skeat (renowned bass player) and his band as well as international clarinet star Pete Neighbour, Bob Kerr's Whoopee band and a host of talented local musicians. So not

only will it provide a regular booking for the Community Centre but will bring incredible musicianship to the heart of the village at a very reasonable price.

I suspect that about now as you read this, that some of you will be muttering "I don't like jazz"

Please allow me to explain. For those among us unfamiliar with this type of music, jazz takes many forms and one would be hard pressed to find two jazz fans in 100% agreement about anything. The popular misconception is of musicians playing discord after discord, ignoring their audience as they solo for chorus after chorus until the unfortunate listeners' ears begin to bleed. Nothing could be further from the truth. The musicians who play at the Club play mostly standards from the American songbook. These are by and large rich melodies with challenging chord sequences that often began life as songs from Broadway shows, composed by the likes of Irving Berlin, Henry Mancini and the Gershwin Brothers as well as Duke Ellington and many others too numerous to count. All participants do improvise but mostly in a

musically melodic structure that enhances rather than detract from the songs original concept. I would encourage everyone to come and spend a Sunday lunchtime and give this music a try, I'm sure you won't be disappointed.



As I write this the club's founder Nigel Smith is in hospital recovering from a life-threatening illness and I'm sure I speak for all the musicians and patrons of the jazz club in wishing him a speedy recovery.

The club is on the last Sunday of each month and begins at twelve noon starting Jan 29th 2017.

There is a bar and food is available.

Entrance is £5.00

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Steve Wayne



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No previous qualifications or specific skills are needed to become a Community Champion as CFRS is always seeking people from diverse backgrounds. The scheme is run by the charity Groundwork on behalf of CFRS. To find out more about the Community Champions scheme, contact Katie Dean on 01480 587140 / 07736 132870 or email

[katie.dean@groundwork.org.uk](mailto:katie.dean@groundwork.org.uk).

And don't forget to make a New Year Resolution to test your smoke alarm, and that of your elderly relatives, once a month by pressing the 'test' button on the device. To find out if you are eligible for a free home fire safety check please visit our website.

For the latest news, incidents and safety advice, or to contact us, log on to

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# The Alan Russell Column



*Alan and Townley School pupils were on a school holiday at Colwyn Bay in 1949. We are continuing Alan's musings, with his wife's blessing.*

Caernarfon Castle was on the agenda one day and we learned that before Edward 1st was instrumental in building it in 1283, the Normans and before them the Romans had build their own fortifications there. Edward's son, born there, was the first Prince of Wales declared there, as



was Edward VIII. Our own Prince Charles became Prince of Wales at grand investitures there in the 20th century when it is said 500 million viewers saw him, and the famous castle was brought to the attention of the wider world.

A thriving slate industry was transporting slate all over the world when it was the fashion to have slate roofs and many other uses. One day an outing was arranged over the Menai Bridge built by Thomas Telford to Anglesey and to the famous, for its longest named town LLANFAIRP.G. – sorry, I can't remember the correct spelling but I recall it means something about a lovely place with a gentle stream – that's got over that – please look it up yourself.

A gold paper star to the first one to spell and say it correctly. No doubt we have a living, breathing Welsh person in the readership who can.

*Here's a bit of help for you all - Ed'*



We didn't make it up Snowdon, time and funds no doubt didn't allow.

All in all we enjoyed our first trip to Wales but WPE couldn't resist being true to form as, one morning at breakfast, he made me stand up and said one little boy's mummy is missing him. Apparently mum and dad had had a day at Great Yarmouth and had sent me a post card saying they had an enjoyable day and hoped I was enjoying my holiday. You just grin and bear it, don't you?

All too soon our holiday was over and we had to make our way back to March station. I was never able to go on any more Townley School holidays as I left and went to Wisbech Grammar School and their school holidays were out of our reach as Paris and other places on the continent were their destinations!

*To be continued*



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**The Open Days in 2017** (when novice members of the public can come long and have a go for free) are:

- ♦ Saturday 20th May 12.30 onwards
- ♦ Saturday 8th July 2.00 pm onwards

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- ♦ Saturday July 1st 12.15 Topper Travellers Open
- ♦ North West Norfolk Sailing Association "Norfolk Week" at SBSC: Friday 11th August 08.00 & Saturday 12th August 08.30
- ♦ Lionel Wilkinson All-comers Memorial Cup and Ken Gray trophy: Sun 13th Aug 09:00
- ♦ 2000 Class 2017 Millennium Series: Sunday 27th August 09.10 and Monday (bank holiday) 28th August 10.00

If you want to try sailing then have a look at the opportunities on the Club's website at

[www.snetbeach.co.uk](http://www.snetbeach.co.uk) and speak to Jane Leet:

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# Heroes Wanted

**March 3-5, 2017**

The #GBSpringClean will take place from March 3-5, 2017, and is being supported by, among others, TV naturalist and writer Steve Backshall, the BAFTA award-winning *Deadly 60* presenter.



Steve Backshall

We need your help to make your neighbourhood and our country a place we can all be proud of. Sign up now and spread the word to your friends, family and colleagues.

Isn't it great to live in the 21st century? Where deleting history has become more important than making it.

Thanks to John  
Murray for these  
classic car model  
brain teasers

1 point for model and 1 for the make

1. Arctic canine
2. Hard headed sheep
3. One who pays back
4. Mythical creature of Wessex
5. Slender sword
6. Carried by a Monarch
7. Speed in France
8. Famous downhill race track
9. Friendly agreement
10. Male or female companion
11. Enormous flat fish
12. Medieval hunting hound
13. Central Russian town
14. Large cat with ear tufts
15. Monarch of the Glen
16. Light breeze
17. A very good omen
18. A big wide ocean
19. Uses all the Star Signs
20. The one who scouts ahead

Answers page 25



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Tel/Fax: 01354 638229

Headteacher: Mrs Maria-Anne Higgins

### Mr Garlick

John Garlick retired from our school governing body this term. We were able to surprise him with a special farewell assembly! He first became a school governor here in 2002, and very quickly took on the responsibility of Chair. He has been a real stalwart of the school, supporting it with both his time and expertise. John has been a fantastic support to both myself and to Rob during his time as head, and we are both extremely grateful to him for this.

The children have numerous fond memories of Mr Garlick. A particular favourite of mine was during a recent visit with a school inspector, a small girl in Reception produced a tape measure, she was determined to measure his height. If you



have not met John he is very tall, so this was not an easy task for someone so small!

John, we would like to thank you for all you have done for us, we will miss you, but hope you will be back to visit us soon.

Mrs Higgins



### Christmas Excitement

We have had a busy month, squeezing in our fantastic Christmas Play, a visit to the Panto, Christmas Dinner and Christingle!

Thank you all for supporting the work of the school and in particular supporting the fundraising efforts of Friends of Townley School, who work extremely hard to provide lots of additional resources for the school.

**We would like to wish you all a Happy New Year and look forward to seeing you in 2017.**



# Upwell Health Centre

*by Dr Paul Williams — West Norfolk CCG's Governing Body member responsible for Prescribing and Education and the CCG's prescribing team*

Well another year has come to an end. It only seems yesterday we were starting 2016, time is certainly passing quickly these days. The last year has been a difficult one for the surgery and the NHS. It can't possibly have escaped your notice the number of news stories about financial pressures in the NHS, deficits

at the hospital, and huge savings being needed to be made. We in Upwell are not immune from these national pressures. In fact this year they have become quite a problem for us. At the CCG (the organisation which pays for health care in local areas) we have to save approximately £7 million between now and the end of March. This is a tremendous task and one we are likely to fail in. However, in order to meet those savings the CCG is asking all practices to do what they can to save money. This is necessitating some changes to medications that people are having and also we need to think twice before referring people to hospital. Do be assured however that patient care and safety will not be compromised.

One of the main cost pressures for the NHS comes from emergency attendances at A&E departments. It seems that year-on-year more of us are choosing to go to A&E with our medical problems. Part of this I think is because the 111 service often sends you there when you phone up for advice. However that is not the only explanation. Often people seem to choose to go there rather than consult their general practitioner. Part of this I think is because people think they will have difficulty getting an appointment with a doctor; that can be true but is not always the case. However, at Upwell we do our best to make sure people who are ill and need to be seen on the day are seen on the day. We do triage calls, which means that sometimes a doctor will speak to you and decide that the problem doesn't need to be seen on the day, in that situation we will either give you medical



advice on the phone or arrange for you to be seen within the very near future.

However, medical time at the surgery is not infinite and it is clearly vital the clinical team are able to continue to provide a safe service. We only have so many appointments to give out. Most days we will see more people

than we have appointments for. This means that patients need to be sensible when deciding whether or not they need to see a doctor. If you have a minor cold or other problem speak to the pharmacists before deciding to come to the doctor; often we will not be giving you any treatment, just suggesting you take medicines that you can buy over-the-counter. Self-care is the new buzzword. It means we want you to consider what you can do to look after yourselves before you come to the NHS.

As I mentioned in a previous newsletter, we introduced a new system for making appointments in the Spring. It did really well over the Summer but it is getting less effective now Winter is coming. When you phone the doctors for an appointment you will be faced with several choices. If the problem is not urgent you will probably have to wait to see a doctor of your choice. This may well be a wait of several weeks. If you are flexible and are prepared to see a different doctor this may be shorter. If you are acutely unwell and feel you need to see a doctor that day, then you will be seen on that day, but before that happens you may well have to speak to a doctor to explain your symptoms so he or she can make a judgement on how urgent the problem is. You may also be offered the opportunity to have a telephone call back from your doctor about your problem. This may not be straight away or even on the same day if the problem is not urgent. We are not trying to make it difficult for you to see us but we just need to be sure that the time we have is spent with the right patients. Staff shortages also contribute to the problem. With demand going up it is important we have enough staff to meet the needs. Unfortunately we have

*Continued next column*



been down one or two nurses now for several months. A new nurse will be starting with us shortly but we will still be one short of full complement until March 2017 and so please be patient when you wish to see a nurse. As you know Dr McDowell has been on maternity leave for a few months. She is not due back until later in 2017. We have been fortunate that Dr Rosier has been filling in for her. The doctors here at Upwell always strive to offer the highest quality service we can, however to deliver quality takes time and resources. Please be assured we are going to maintain the quality of the service we offer but require your help to let us do that.

On a lighter note we have had some good news at the surgery. The details are still unclear but we have been included on a long list published by NHS England of surgeries in the country who are going to be given some financial assistance to improve their facilities. If all goes according to plan we will be building a new pharmacy, moving some of the offices into the extension, increasing our consultation space and improving our reception and waiting areas. It's not definite yet but we are very hopeful this will be happening in the very near future. Finally I take this opportunity to wish you a very Happy New Year. We re open after the Christmas break on 28th December. The only day will be will be closed at New Year is on the Bank Holiday Monday.

Dr Paul Williams  
Senior GP Partner

## The Joan Smith Column

*Joan had changed job and had begun working for Mr & Mrs Anderson in their large house...*



When I arrived next morning a huge lorry was trying to reverse into the driveway at work. I stood outside until it got right in as there was no room for me to squeeze by. The huge gates were open but it only just fitted through. Once it was in there was a large area of space either side. There was a large crate on the back of the lorry, but the lorry had a built in crane like the Ridgeons lorries have now. With the aid of the two lorrymen they craned it off the lorry to outside the building that was to house its contents. Yes! It was the large printing machine Mr. Anderson had ordered. A Heidleburg if I remember correctly? I thought it would never fit into the building as even after the crate containing it was removed the machine still seemed enormous. As I went into the house I left Mr & Mrs A outside directing the men and trying to oversee the placing of the machine into its building. I commented to Mrs A how early they were. She just asked me to carry on as usual and she would see me about eleven at coffee time.

When break time came the two men were asked to join us; the two children were there too. One of the men asked what we would be printing? "Oh! Anything! £1s, £5s!" I said jokingly. The eldest girl said "Oh goody Daddy then we'll have lots of money!" I felt my face go red and wished I hadn't made such a silly comment. I apologised to her and said that I had only been joking. As I hurriedly went about my work I wondered if I would get my notice. I wished I had kept my mouth shut. I hadn't been there many days after all.

At lunchtime Mrs A called me and asked if I would take some coffee and sandwiches out to the two men working on the new printing press. They were from Birmingham and joked and quizzed me about my remark. I explained that we were to be printing medical journals – No money! The press almost filled the building and they were still busily fitting more bits and pieces onto it. As I went in to eat my sandwiches Mr A came out and enquired about the machine's operation. They began to explain things and were still there when I left at 5.00pm.

It was with great surprise the next morning that I was greeted by the huge lorry still parked up outside my workplace. As I went in Mrs A explained that the firm had booked the two men into a B & B nearby as there was still much to do and explain about the new press. No more was ever said about my silly comment. I was very pleased about that. I wondered who was going to be operating the machinery? I was soon to find out the very next day.,,

*To be continued*

Charlie went into B&Q to buy some bricks. He found an assistant and posed his request, "I'd like 80,000 bricks please," "That's an awful lot of bricks" the assistant remarked, "What are you building?". "A barbecue", came the answer. "A barbecue, surely that's going to be a very big barbecue," laughed the assistant. "Well yes," explained Charlie, "I live on the 18th floor" *told to us by Terry Symonds - Ed'*

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# Antibiotics – don't overuse them, or we'll lose them

That's the message from local health chiefs as they urge patients to only use antibiotics when absolutely necessary, and not for mild infections like sore throats, colds and coughs.

Recently it was World Antibiotic Awareness week and the theme was handle with care, which was highlighting that antibiotics are a precious resource and should be preserved. The CCG is taking action and patients might find that when visiting their GP with mild infections like coughs, ear infections or sore throats that they'll be given advice on how to treat their ailment at home, instead of a prescription.

Dr Richard Spiers, Clinical Lead for Prescribing and Clinical Policies, at Cambridgeshire and Peterborough Clinical Commissioning Group, said, "Antibiotic resistance is one of the biggest threats facing us today. Without effective antibiotics many routine treatments will become increasingly dangerous. Setting broken bones, basic operations, even chemotherapy all rely on access to antibiotics that work. Imagine having something like meningitis and antibiotics simply not working to fight that infection because the bugs have become resistant.

"This is not something you can bury your head in the sand about, or think that other people will take action instead of you. All of us need to take action, not just for ourselves but for everyone. So next time you feel unwell with a mild illness, don't head straight to your GP asking for antibiotics. Visit your local pharmacist who will be better placed to offer you the right medication and advice."

There are many myths about antibiotics but remember...

- ◆ Patients must always finish the course even if they feel better before that – that's one of the main causes of resistant bugs.
- ◆ Patients must not share antibiotics with another person – if they have been given antibiotics they are for a specific infection and are specific for the patient.
- ◆ Don't stockpile antibiotics "in case you might need them".
- ◆ Most sore throats are caused by viruses so antibiotics won't work – they get better on their own.

For more information visit

<http://www.who.int/antimicrobial-resistance/events/world-antibiotic-awareness-week-2016/en/>



## Healthwatch asks questions about physiotherapy care



In the last few months, we have heard an increasing number of stories about problems getting an appointment for musculoskeletal (MSK) physiotherapy care. This includes inconsistencies in how to book an appointment and long waits for some patients.

Some people told us they waited too long for an appointment (up to 21 weeks in one case). Another person told us they couldn't book a physiotherapy appointment directly but had to be referred by their GP. However, their friend from a different part of the county could book an appointment directly with the same physiotherapy provider. Most people tell us they are getting good care once they are being seen.

We raised these issues with Cambridgeshire and Peterborough Clinical Commissioning Group, who plan and pay for most of these services. They agreed that care was not consistent across the county and they needed to look at how these services are planned and provided in the future.

Do keep telling us your stories of MSK physio care - we want to hear how easy or hard it was for you to see a physiotherapist and if you got the treatment you needed. You can call us on 01480 420628, email us at [enquiries@healthwatchcambridgeshire.co.uk](mailto:enquiries@healthwatchcambridgeshire.co.uk) or tell us online.





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 **shaun.ginley@btinternet.com**

**Home Protection • Trusts • Wills**

# Useful Telephone Numbers

Age UK Cambridgeshire	0300 6669860
Alzheimer's Society (Fenland)	01945 580480
Anglian Water – Susan Bull	08457 145 145 101
Christchurch Resident's Association	01354 638990
Churchwarden - Mrs. D. Symons	01354 638352
Citizens' Advice Bureau, Wisbech	01945 464367
Community Car Scheme (to book a journey)	07902 316360
Community Centre bookings	01354 638478
Community Fire Safety Officer	07717858166
County Councillor - Fred Yeulett	01354 653763
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 0455225
National Debtline	0808 808 4000
Norfolk Dial-a-Ride	01553 770310
Parish Clerk - Jane Rees	01354 638131
Parish Councillor - Jill Bliss	01354 638343
Parish Councillor - William Beswick	01354 638758
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 - Nigel Russell	01354 638279
Police - PCSO Sue Clarke	07738025220
Police - Emergency	999
Police - Non Emergency	101
Telephone Complaints	0345 145000
Townley School	01354 638229
Trading Standards	845040506
Train Information	08457 484950
Upwell Health Centre (and out of hours)	01945 773671
Upwell Health Centre - Pharmacy	01945 774934
Vicars - Ian & Lynda Brady	01354 740627
Water Emergencies	08457 145145

Club Contacts	
Art Club - Jan Clifford	01354 638217
Book Club - Sheila Day	07946 635908
Craft Club - Wendy Yates	01354 638448
Garden Club - Marion Hawthorne	01354 638230
Short Mat Bowls Club - Wendy	01945 772732
WI - Peggy Warby	01354 638339

Web links in the Heron are active when viewed in our online version [www.theheron.info](http://www.theheron.info)

★ = newly added numbers

Neighbourhood Watch	
Colin Steenson - Church Rd (East)	01354 638664
Sandra Kay - Crown Rd	01354 638478
Peter Knight - Church Rd (West)	01354 638779
David Yates - Church Rd (West)	01354 638448
Julian Swallow - Upwell Rd (North)	01354 638679
Jackie Wood - Upwell Rd (North)	01354 638679
Simon Freeland - Upwell Rd (South)	01354 638802
Richard Guilford - Area Co-ordinator	01354 638990
David Harrowing - District Co-ord.	01945 870963

## And Finally...

Back in the day – when I was married – we always said Christmas was for the kids but New Year was for the adults! We never had a babysitter



problem as all our friends and family were content to come to us! These days, as I have done since about 2000, we settle down to Jool's Holland's annual 'Hootenany' on BBC2 to see in the New Year. I usually manage to persuade my other half to stay up with me, especially if Tom 'The Voice' Jones is on. He did a great album with Jools and his band a few years back. Really enjoy the 'Hootenany' – "Hootenany!" I hear you cry! It's great to see bands and individual artists all mixing in for a damn good 'Jam-Session', though I'm sure its secretly well rehearsed.

Must confess I am excited at the prospect of 2017. I turn 65 in January and now have a new band myself – "Fat Boy Gilly & The Brazils". Guess who Fat Boy Gilly is? We'll be doing our first gig at the Community Centre for my 'Birthday Bash' on the 27th. First gig together should have happened back on the 3rd December but the boys came down with the 'dreaded lurgie' so I ended up doing that one solo! Went well though! – must have done as they ended up paying me more than I'd asked for! Can't wait for the 27th. Meanwhile a very Happy & Prosperous New Year to you all! 'Till next time! – Ed'.



**Lesley Beeton** was our demonstrator for our December meeting. Lesley enthralled us, as we watched 3 lovely flower arrangements take shape. Lesley arranged a round door hanging using a variety of seasonal foliage, cinnamon sticks, ears of wheat, slices of dried orange, berries and orange roses, a delight on anyone's door. Next a table arrangement using gold coloured candles, rosemary, holly, conifer, gypsophila to represent snowflakes and white/lime green roses, this would really enhance a Christmas table. Lastly a low standing arrangement using red amaryllis, berries, cones and again seasonal foliage. Members and visitors enjoyed the festive demonstration, a delight to watch, Lesley was thanked by Peggy Warby. All arrangements were in the raffle along with other prizes.

**Federation forthcoming events:**

February 9th 2017 jigsaw morning at Sutton  
February 23rd 2017 Ten Pin Bowling at Guyhirn  
**Next Meeting** January 10th 2017

Christchurch  
Community Centre 7pm  
Fish & Chip  
Supper  
Competition:  
Old newspaper  
or old cutting

New Members  
always welcome

One of the wide range of activities available to the members of the WI is jigsaw competition! Ladies from all over the area, including two teams from Christchurch, were at our Community Centre in December, for one such event!



*Brains in gear - Here we go!*



*Got the edges done!*



*Finished!*



*We're getting there! They gave us a tricky one*

*Pictures from Sandra Lloyd, Anne Atkinson and Vivien Haresnape  
If you send us your pictures of village events - you may get them on our colour pages - Ed'*



## Shocking cheating exposed

Following an investigation by the FA in Cambridge, the game at Christchurch which resulted in a 9-2 defeat by Huntingdon United Reserves has been awarded to AFC Christchurch, listed on their website as a "home team walkover". Huntingdon United were found to have fielded an ineligible (semi-professional) player. They were given a £100 fine and the goal difference was also wiped out.

On 3rd December AFC faced Huntingdon again, away, our correspondent Yvonne Chenery sent the following:

After their disheartening match at home, AFC faced Huntingdon away again. This time the match was much more evenly contested. The teams came off at half time with a goal each, Michael Randall scoring for AFC, but Huntingdon scored the winner in the second half.

Houghton and Wyton visited on 10th December when AFC was again only able to field an under-strength team and again suffered a reverse.



*Houghton and Wyton (in red) defend a corner*

## Hat-trick seals latest AFC Christchurch victory.

As the Christmas break arrives, another away win brings AFC Christchurch up to 5th in the league, thanks to a hat trick from James Boxall. AFC won by the odd goal in five and took all the points from Chatteris Town B team. Christchurch had to wait till the 90th minute before the points were in the bag though, despite having played very well and leading at the break. The manager, Peter Chenery said, "We should have been out of sight by half time and been able to enjoy the second half, but a mixture of poor finishing and some great saves by their keeper meant we were scrambling to win it in the end."

### Football Results

#### Mead Plant & Grab 5B League

Chatteris Town B	2	3	AFC Christchurch
AFC Christchurch	0	4	Houghton & Wyton Res
Huntingdon Utd Res	2	1	AFC Christchurch

#### Mead Plant & Grab 5B League Table at 23/12/16

Pos		P	W	D	L	GD	PTS
1	Houghton & Wyton Reserves	10	8	1	1	28	25
2	Huntingdon United Reserves	10	8	0	2	24	24
3	Needingworth United Reserves	13	8	0	5	21	24
4	Outwell Swifts Reserves	9	6	1	2	12	19
5	AFC Christchurch	12	6	1	5	0	19
6	Wicken	11	5	2	4	8	17
7	Coldham United Reserves	12	5	2	5	8	17
8	Fenstanton Reserves	12	5	1	6	2	16
9	Marchester United	11	5	1	5	-9	16
10	Cottenham United A	12	3	0	9	-14	9
11	Benwick Athletic Reserves	11	1	2	8	-43	5
12	Chatteris Town B	11	1	1	9	-37	4

#### Football Fixtures (home team first)

##### Mead Plant & Grab 5B League

7 Jan 2pm Houghton & Wyton Reserves v AFC  
14 Jan 2pm AFC v Wicken  
21 Jan 2pm AFC v Marchester United

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.