

The Heron

Community Magazine

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

July 2019

No. 63

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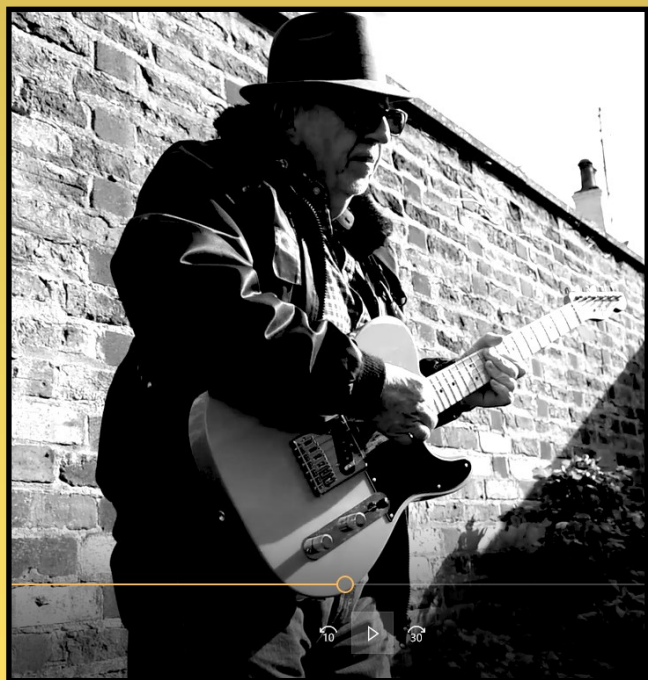


Local Musician~Steve Wayne

As most of our readers will probably recall, Steve has written for The Heron on previous occasions outlining Blues History. He also writes a regular column in his capacity as Chairman of the Gardening Club. We are very fortunate to have obtained his services with his new band "Gambit" who will be playing a gig for us at HeronAid II at the Community Centre on Saturday 21st September as a 'fundraiser' for The Heron. - Ed'.

When I was fifteen or sixteen, having been turned on by the music scene, I asked my Dad if he would buy me a guitar. He said "No!" but I was so determined to learn that I organised a paper round for myself and managed to get Dad to sign the necessary paperwork for that as I was still young. I used to do the round six nights a week, and, once I'd started, immediately ordered myself a 'Framus', which was a cheap East German guitar, on HP. This meant I could start playing immediately rather than suffering the delay of saving up for one! I made regular payments for this each month until it was paid off. I started playing by the end of June 1960 and performed my first public gig that Christmas with a band called "The Sleepwalkers", playing rhythm guitar.

After various line up changes, and loads of gigs, I decided to turn pro at the age of seventeen and a half. That meant that I made my living almost exclusively from my musical talents. I decided on the sage name Steve Wayne and played over seven hundred gigs in ten years. During this time I got an agent but managed myself.



I got my first record deal in 1968 with a band called "Walrus" playing jazz/rock for which I wrote all the songs. At that time I also got myself contracted to United Artists, which is where I met Marion, my partner. Walrus' first single "Who Can I Trust?" peaked just outside the Top Forty. We were an eight piece band comprising of guitar, bass,

drums, piano, two saxes, a trumpet, and vocalist. The Walrus CD is still available on Amazon entitled "Walrus" which is a fusion of jazz and heavy rock. We also did thirty live Radio One shows between 1968 and 1971.

Eventually it became too difficult to keep an eight piece band together on the road so I split with them and having played with several other bands finally settled with "Badge" who played what I would call melodic rock. We released a rock single called "Little Mother".

I finally went solo in 1983 and began gigging all over the world including Europe, but mainly Italy. My first solo single, recorded and engineered in my own studio in Mill Hill, N. W. London, where I was living at the time, was called "Queen Of My Soul". Sadly, that was not just outside the top forty, it wasn't even 'outside the door!' This was of the jazz/pop genre and is still available. In fact one of my students recently bought a copy for £10 which, as I told him, was more than I ever earned from it!



I carried on playing solo gigs and teaching from 1983 until the present day. I have also been involved in script writing for "The Bill" and "Eastenders" from 1989 to 1995 as well as odd bits for Anglia and Thames TV. Then, when the recession hit I began concentrating on earning a living entirely from my music. I rebuilt and re-established my music career, and I am currently still a very busy teacher, teaching guitar and bass, as well as releasing new work of my own.

Talking of which - "World in a Tangle" was released two months ago and is on video on YouTube as we speak. The follow up single "In Flew the Blues" complete with video will be released in around ten days time. This will feature, together with the title track, on the new album "World In a Tangle" which will be out in September this year. We will be debuting some of the tracks when we play at **"HeronAid II" on Saturday 21st September** with my new band **"Gambit"**. This will be as a fundraiser for The Heron. (See ad. on the back page) Hope to see you all there! Should be a fun night!

Steve

All videos were produced by Steve himself and two local guys. Five or six of the music videos are available to view on - [stevewayeutubechannel/worldinatangle](https://www.youtube.com/channel/worldinatangle) - Ed'.

Community Information

Mobile Library: First Tuesday each month - in the lay-by Upwell Road - 12:15 - 12:45pm. Forthcoming dates are: July 7th, Aug 4th and so on.

Mobile Post Office:

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

Community Car Scheme:

The Community Car Scheme requires a new voluntary driver. Please contact Jill on 07981 262818. The scheme can be used by anyone who either does not have their own transport or who would like someone to take them for medical appointments, shopping trips, social journeys or visits. Transport is door to door and passengers make a small contribution towards the cost. For more information or to book a journey please contact Jill on 07871 262818.

Defibrillators We are fortunate to have two of these machines in Christchurch. One is located on the side of Townley School Dining Hall, facing the Car Park, in Crown Road; the other is on the front of the Community Centre in Upwell Road.

Pop-Up Café/Coffee Shop Closure

After much deliberation Kay, Sandra and Elaine have decided to close the Pop-Up Café & Coffee Shop at the end of July this year. Since its birth in February 2017 we have enjoyed providing the local community with their weekly cooked breakfasts, and it has given us great pleasure to see the regular faces each week come along to catch up and chat.

Of late we have seen a slump in numbers and I am sure that you will appreciate that the same amount of effort goes into a week with low numbers as it does on the weeks when we are rushed off our feet, what with the shopping, set-up, and clear-up at the end.

We will be open on Mondays 1st, 2nd, 15th of July and then the 22nd July will be our last session.

We would like to thank our customers for their support and encouragement over the last two and a half years, and it has been our pleasure to serve you.

Elaine, Kay, & Sandra

“Men of the Year!”



Following my short article on GP Referrals and Slimming World in our April edition, I am pleased to report that several other villagers have joined the scheme, including David Yates (above). I am further pleased to report that we are both doing well. David has already lost a stone and a half, and I am just two pounds off the two stone mark. Amazingly David and I both received Man of the Year Awards (Please note the special Ties!); David for the evening group and myself for the morning group. **(Please see the Slimming World ad. on page 15)**

EDITORIAL

I'll keep it extra short this month as space won't allow me to do otherwise! For the same reason we will publish a summary of The Heron's accounts next month as we just don't have the room in this issue. I've also had to hold over a new half page ad. for PureHeart Homecare Limited who will be advertising with us for the next six months.

Sad to hear about the imminent closure of our Pop-Up Café & Coffee Shop. We will miss it won't we! Anyone else want to take up the challenge?

Especially sad too to hear of the passing of Joust Hoek, last Thursday 21st June. A much loved villager and friend, and a truly lovely man. Our thoughts and prayers are with his wife Sheila and family at this difficult time. His funeral service will be held at March Crematorium on Friday 5th July at 11.30am.

Hope you are all looking forward to our next fund raising event in September (see back page) when Steve Wayne will be performing for us with his new band "Gambit". See you there?

Enjoy! 'Till next month!

Reston

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

Weekly events

Mondays Pop-Up Coffee Shop - 9.00-11.30am - CCC

Pilates - each Monday - 6.30-7.30pm - CCC

Wednesdays Forever Active-“Strength and Balance”- 9.30 to 10.30am - FIRST CLASS FREE- CCC

Wednesdays Rainbows & Brownies & Guides 5-15pm onwards - CCC

Fridays “Coffee, Cake, and Chat” - 2.00 - 3.00pm - Parish Church - ALL WELCOME

Fish and Chip Van visits - outside Dun Cow - 5.00 - 8.00pm

General events

July 2nd Craft Club - Bring & Make evening - 7.00pm - CCC

July 6th “Christchurch Summer Barbeque” - 5.00pm CCC - Please see ad. on page 6.

July 7th RoADARC Driving and Riding Day - 10.00am to 3.00pm - Community Centre, Over (p.22)

July 8th Parish Council Meeting - 7.30pm CCC - ALL WELCOME

July 9th W.I. - Acupuncture & Mental Health - Tony Sigris - 7.00pm - CCC

July 9th Art Club - Wet-in-wet Watercolours - 1.30 to 3.30pm

July 10th LUNCH BREAK - 12.00pm to 2.00pm - CCC - meet friends, make new ones

July 16th Gardening Club - “Summer Buffet” - Details 01354 638230

July 23rd Art Club - 1.30pm to 3.30pm - CCC

July 23rd Book Club - “A Thousand Splendid Suns” by Khaled Hosseini - 7.30pm (See page 13)

July 24th LUNCH BREAK - 12.00pm to 2.00pm - CCC - meet friends, make new ones

July 27th “Upwell Tram Memorial Unveiling” - 11.00am - Upwell Health Centre - (See page 22)

July 28th Jazz Club - Featuring Melody Brooker - Easy listening - 12.30 till 2.45pm - £6.50 CCC -p 7

Aug 11th Welle Cinema “Bohemian Rhapsody” - Doors open 1.30 for 2.00pm film, £3 per head - TH

Parish Church Services

July 7th 11.00am R Holding, A Day All Age Worship

July 14th 9.30am Rev'd L Brady, V Smith Holy Communion

July 21st 6.30pm A Day Evening Prayer

July 28th 11.00am R Holding Morning Prayer

Aug 4th 11.00am A Day All Age Worship

Every Friday 2.00 - 3.00pm Coffee, Cake and Chat in the Church building Daphne and Andrew

PLEASE NOTE — The Heron August Deadline

*The deadline for all **copy** for **August's** edition of The Heron is **25th July**. * However, due to the amount of copy we are getting, 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 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

Letters to the Editor



Hi Richard!

It was a disappointing turnout for my Charity Sale on the 14th and 15th of June. However, I did manage to make £280. I have donated £140 to Cancer Research UK, and £140 to Dementia UK.

I would like to thank everyone who did support the sale and I would also like to thank Alvar for putting up posters around the village.

Thank you all!

Carole Cooper

Well done you! That's pretty good going anyway! - Ed'

Hi Richard!

I wonder if it would be convenient to call you at some point? I could not make the "Friends of the Heron" AGM but my wife Susan did attend. It was concerning an item that was raised regarding a village shop. I would like to discuss this further with the person concerned who raised this and yourself. I would rather talk about this than explain my interest here.

Paul Simpson

Thanks Paul! Will definitely chat with you in due course and put you in touch with Jamie who is the young lady I spoke to about this at the Car Show.

Jamie - If you are reading this? Could you please get in touch with me on 01354 638990. Thanks! - Ed'

Hi Richard

Following our telephone conversation this morning re – Lions Club Message in a Bottle Scheme, please follow the link for picture and more details. www.scas.nhs.uk/news/campaigns/message-in-a-bottle/

Also could you please include in your article that people can put a copy of their repeat prescription in the bottle, and that free bottles, stickers, forms etc. are available from Reception at Upwell Health Centre.

Thanks very much

Best wishes

Liz Marshall

Many thanks Liz! Readers, please see the article on page 19 - Ed'.

Dear Colleague,

"GREAT NEWS" - Sport Works has been awarded funding to deliver sport and well being programmes across specific regions. If your community or sports club, or charity, would benefit from fully funded activities we would love to explore if/how we could work together.

Introducing Sport Works -

Sport Works is an award winning provider of sport and education projects. We support organisations to develop and deliver programmes which improve the health of the nation via local communities.

Over the last six months we have helped clubs and community groups secure over £158,000 in project funding, including Leadership Awards for children, Outdoor Adventure Programmes for disabled groups, and health projects for the BME community.

What are we looking for?

We are currently looking to partner with sports clubs and community groups across the area to deliver our projects.

We are especially keen on working with groups/clubs who are seeking to support:

- ♦ Black, ethnic and minority groups
- ♦ Individuals with mental health difficulties
- ♦ People with disabilities
- ♦ Organisations supporting older people
- ♦ Projects in economically disadvantaged communities.

If anyone would like to find out more about how we could potentially help you, please send me an email

stephanie@sportsworld.co.uk or go to our website -

www.sportsworld.co.uk

Kind regards Stephanie Asbury

"FREE COAL!"

I NEED TO EMPTY MY COAL BUNKER SO THAT I CAN GET IT PULLED DOWN. IT STILL HAS A GOOD BIT OF COAL IN IT, SO, ANYONE WHO WOULD LIKE SOME OR ALL OF IT WOULD NEED TO BRING THEIR OWN BAGS AND BE PREPARED TO HELP THEMSELVES!.... FOR A REASONABLE DONATION TO THE HERON! CALL ANNIE ON 01354 638088 TO ARRANGE TO VISIT.



Everyone is invited to the

Christchurch Summer Barbeque

SATURDAY 6th JULY 2019
CHRISTCHURCH COMMUNITY CENTRE

Doors open 5 pm – Food served from 6 pm
Good food, games, a bar and great company!
Come and chill with friends & neighbours.

Tickets: Adults £10 Child (Under16) £5 Under 5's Free!

Family Ticket: (2 x Adults 2 x Children) £25

For Tickets please call either:

Ruth Ingram 01354 638419 or
Elaine Reed-Hughes 01354 638310.

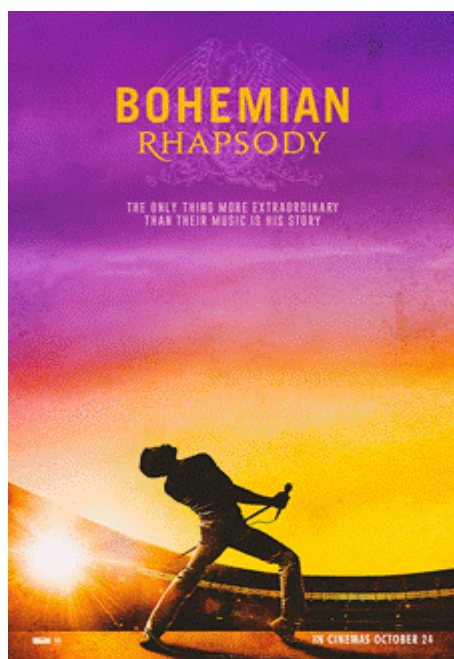
(Tickets also available from the Monday Coffee Shop at the Community Centre).

**Please purchase tickets before the night so that we can cater
without waste! Limited tickets available! Book now!**

All proceeds to go towards the Parish Lunch



THREE HOLES VILLAGE HALL, Junction of Main Road & Squires Drove, Three Holes PE149JY



Sunday 11th AUGUST 2019, 2pm: BOHEMIAN RHAPSODY

(12a) 134 mins

Bohemian Rhapsody is a foot-stomping celebration of Queen, their music and their extraordinary lead singer Freddie Mercury. Freddie defied stereotypes and shattered convention to become one of the most beloved entertainers on the planet. The film traces the meteoric rise of the band through their iconic songs and revolutionary sound. While bravely facing an AIDS diagnosis, Freddie leads the band in one of the greatest performances in the history of rock music.

No Film in July due to Trustees Holidays

NO NEED TO BOOK - Admission is £3 per person. Doors open 30 minutes before screening.
Refreshments and licensed bar available. Tel. 01945 773710 or 772824

Upwell Jazz Club 2019

Christchurch Community Centre (Sat Nav PE14 9LL)



The UK's first
guaranteed
banjo-free
jazz club

Sunday 28th July

Guests*: Melody Brooker – vocals

Heinz Hunt – reeds

Nigel Portass – keyboards

Steve Hynes – drums

A first-time guest in the form of drummer Steve Hynes, a young Essex-based drummer making a name for himself in the local and not-so-local music scene. Expect a morning of easy listening songs from Melody Brooker, a favourite of the Club along with some be-bop, latin and Great American Songbook favourites.

A relaxing Sunday lunchtime session is guaranteed!

Time: 12.30pm - 2.45pm Admission: £6.50. Accompanied under-16s Free
Bar, fresh rolls, crisps/savouries available. More info on 01945 773121

The Jacksons & The Old Rectory

In 1976 the Old Rectory in Christchurch was sold to the Jackson family - my parents, Bob and Sara and their children Tim, Steve, Ruth and Fiona.



Bob and Sara had been involved in Christian youth work in Brixton, south London and they set the Old Rectory up as a home for troubled teenage boys who had had a difficult start in life. Many were in care, were excluded from school and had been in trouble with the Police.

The lads lived as part of the family in a secure, loving environment and were involved in restoring the house and accessing basic education. Bob was an engineer by trade and he believed that education focussed far too much on academic achievement and not on practical and vocational achievements, so the lads were given opportunities to gain electrical and mechanical skills, to do wood and metal work, decorating, and gardening, as well as participating in hobbies and sports. By learning and achieving they gained confidence and many were able to get back



into school or went on to apprenticeships, the Army or other full-time jobs.



There was never a dull moment as many of the lads were 'live wires,' and apparently some 'older' villagers felt that there was never any

trouble in Christchurch until the Jacksons arrived!! Any incidents that happened within a 5-mile radius of Christchurch usually led to the police dropping in – like the time the village sign was mysteriously sawn down in the middle of the night!!

On the whole though, relations with the community were very positive. When one of the lads stole a car then crashed it and sadly died the sympathy shown was touching.



For some villagers this was the first time they had seen a black person and sadly the lads had to endure some racist comments but others were very accepting and we all became very much a part of

village life. Stan Poole and Wolsey Rolfe deserve a particular mention as their support was invaluable.

The Jackson family left the village in 1987 though it has to be noted that not all the trouble in the village ceased when they went!!

Bob and Sara have both recently passed away, but their legacy of love and care lives on in all those whose lives they have touched.

Ruth



God Bless! Mum & Dad - Bob & Sara Jackson

How does a CCG work?

Blog by Dr Paul Williams - Chairman
West Norfolk Clinical Commissioning Group

As I write this it is the end of May and we are all looking forward to the summer. This is a time when we have just finished wrapping up the last financial year and are busy making plans to allow us to continue to offer a high standard of health services in the area for the next 12 months, while also delivering the financial savings demanded of us by our regulator NHS England and Improvement.

In this edition of my newsletter I thought I would try and explain to you what it is we actually do at the CCG, and how you can learn more about our activities and decision making.

We have received a budget from the NHS of about £293 million for the year 2019/20. That seems a staggering sum yet, when our costs and the money we need to pay to all the providers of care within the CCG area are taken into account, it means that we are going to have to save about £12 million just to break even.

CCG stands for Clinical Commissioning Group. Commissioning is what we call the process of deciding what services we want a provider to do for us, and then agreeing a contract to ensure we get what we pay for. For example we have a contract with Queen Elizabeth Hospital in King's Lynn to provide urgent and emergency care. That means paying for them to treat you when you go to A&E or get sent in by your GP with an acute illness, such as appendicitis. Within that contract there are targets the hospital have to try and meet, like the famous one about being admitted or discharged within 4 hours when you attend A&E. We monitor the performance of the hospital and every two months we publish a Finance and Performance report which lists exactly how the hospital has performed on all its targets or indicators.

As well as the urgent care contract we also have a contract with the hospital to provide what we call planned care. This is where your GP refers you to outpatients and the hospital decides you need some treatment, for example a new hip. The cost of the procedure is laid out in a tariff published by NHS England, and when the hospital carries it out, it is paid that cost. This means the more elective work it does the more it gets paid. Again there are targets the hospital has to meet in this area, and these are also included in the Finance and Performance Report that I mentioned earlier.



Another measure we have of the hospital's performance is the Delayed Transfers of Care (DTOCS) statistics. These are the numbers of people who are medically fit for discharge but have not been discharged

because there is nowhere for them to go in the community: what you may have heard described in the press as 'bed blockers'. We monitor these figures and try to get them as low as possible. We can influence these figures through other contracts we have with community providers and social services. For example we pay Norfolk Community Health and Care (NCHC) to provide a service called the virtual ward: this is a team of nurses who can intensively nurse you at home for a few days after you are discharged. We also pay Norfolk County Council for a service called Norfolk First Support: these are social carers who help with the social aspects of the extra care needed in the first few days after you're discharged from hospital. We also pay for what we call intermediate care beds. These could be in a nursing home or cottage hospital, and are beds out of hospital for people well enough to be discharged but still too ill to be cared for at home.

Every two months we have a Governing Body meeting in public where, among other things, we discuss the performance of all our providers. Sadly very few members of the public come to these meetings which are usually held at the West Norfolk Deaf Association building in Railway Road in King's Lynn. You can find out about all our meetings held in public, and view the reports we publish, on our website westnorfolkccg.nhs.uk.

Our next meeting in public is in fact our Annual General Meeting where we will be distributing our annual report and reviewing our performance in the last year. The AGM will be followed by a meeting of the full Governing Body meeting where the latest performance figures will be discussed. The AGM will be held on the morning of 1st August at King's Lynn Town Hall.

See you there?

Paul

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Peggy opened the meeting and welcomed everyone including a guest, Sue Street. Apologies were received from Belinda and Wendy.



The night's competition was *Design a Henna Tattoo* and Elaine announced the points results as follows:

Elaine – 5 Tracy – 5 Kay – 5 Sandra L – 5

The Denman £5 was discussed with members and it was agreed to offer a "lottery" type game next month – each member can pay £1 for an envelope – with the chance of winning the £5. The money accumulated for this game would then fund a cash prize for the raffle on 27th September – Richard Hughes' Cookery Demonstration.

Elaine gave details to the group about her provisional booking with Alan Gray, the retired Wimbledon Umpire – to give a talk at the 2020 October meeting. All agreed that this was a good idea so Elaine said she would email to confirm the booking.

There then followed a really interesting talk by Annie Nason – one of our members – about her birth and subsequent childhood in Burma. Annie brought along lots of authentic clothing, Burmese artefacts and photos from her family's time in Burma and India. Members were asked to try and identify some metal objects – which were passed around - which turned out to be earrings! The evening was full of wonderful stories and anecdotes about her Missionary parents and her upbringing there towards the end of the war and beyond. We then broke for refreshments during which time Annie took questions from the room.

There were no members Birthdays in June.

Next month:

Speaker – Tony Sigris – Acupuncture and Mental Health

Competition - A Flower from Your Garden

Refreshments – Margaret S, Wendy

Raffle – Margaret H, Peggy, Sylvia W, Sandra L

Next meeting will be on Tuesday 9th July 2019, at 7.00pm.

Meetings for the rest of 2019:

Aug – Karen Fleming speaking about and demonstrating Yoga

Sept – Kay Miller demonstrating Needle Felting

Oct – Harvest Supper with entertainment by Magician

Ricky Locke – **OPEN MEETING ALL WELCOME**

Nov – Christmas Cooking with Lorraine

Dec – Annual Meeting followed by Dr Maureen James -
'Christmas Custom and Folklore'

Elaine

FLAMING JUNE?

The gardening club has several traditions,



one of which is that once a year the members up sticks and spend an evening in a local garden. This year the chosen venue was David Whites Tropical garden in Manea. However, this really wasn't meant to be. To begin with a very late cancellation from David White meant the proposed Manea trip couldn't proceed and as we desperately searched for a last-minute replacement, the weather decided to close in. Leaving us safe at home looking out the window at the teeming rain. A lucky escape no doubt.

However, the fact that there is even a tropical garden in Manea, got me thinking. Some of the earliest gardens were set up in Egypt, Greece and Rome, and of course who could forget the hanging gardens of Babylon. By the 13th century the richest of the population began to cultivate gardens in Europe, often walled for protection and seclusion. The commoners had vegetable patches around their dwellings as far back as medieval times and Monasteries have long been known for their grounds, used both for practical and leisure reasons. The 14th and 15th centuries saw the planting of lawns in gardens, usually scattered with sweet smelling herbs.

Revivalist gardens in the 16th century featured the Greco-Roman style of layout with statues and fountains as well as lots of new plants being introduced into Europe, such as Tulips, Marigolds and Sunflowers. Another major event was the founding of the Royal Horticultural Society in 1804.

The upsurge of gardening for the average person, both townie and country dweller began in Victorian times when rows of terraced houses had small front gardens added to their footprint.

The 1930's saw the growth of suburbia with the first occupants of the semi-detached villas and accompanying gardens. A growth that remains unabated to this day. It seems that as in the 16th century, themed gardens are with us once again with David Whites tropical Garden in Manea proving once again that everything comes from somewhere. I wonder if the Romans had a gardening club.

Christchurch Gardening Club will be back on duty on July 16th for our annual Summer Buffet. On August 20th we have a very interesting speaker in the form of Nigel Davies, game keeper for the Stow Bar Estate.

As always to join the club or to come to one of our meetings just come along on the night or call Marion on 01354 638 230.

Steve

Christchurch Art Group



We meet in the Community Centre on the 2nd and 4th Tuesday of each month from 1.30 to 3.30

Our group is friendly and relaxed. We are all enjoying the sessions and have recently welcomed some new members. We look forward to any more new members giving art a try.

We have a tutor to lead and teach us, but we can also gain ideas and inspiration from each other. All artists have their own special style and approach so we have a lot of variety and enjoy ourselves

Our recent sessions have been trying wet-in-wet watercolour techniques. This has produced some lovely 'loose' watercolour pictures. See photo below.

This term as we have a few new members we no longer require the termly joining fee to cover costs.

Our attendance fee is £5 a session. Once again this will be reviewed from time to time depending on numbers attending.

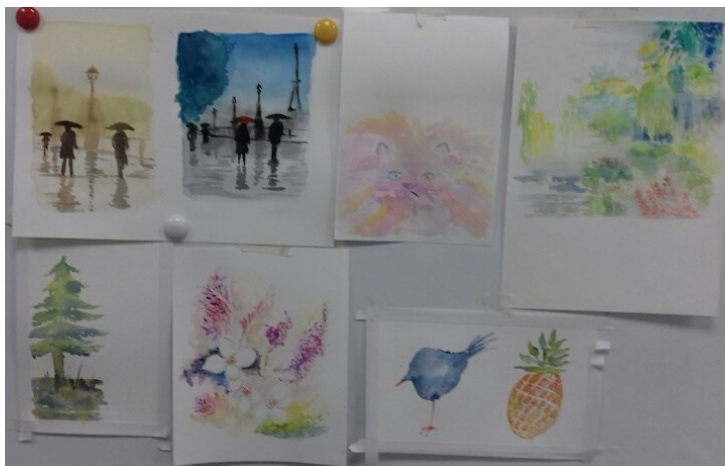
We welcome any new members, no need for previous experience. We all work at our own level, plenty of tuition is offered.

Do contact Sandra (638478) or Jan (638217) for more information, or pop along during the session to see what we are up to.

We have a break during August but will start again in September with a new programme.

(As usual you may always bring along your own project to work on if you prefer and I will help)

Jan Clifford



At our June meeting we learnt how to make 'Fairy Houses' out of old books. Amanda Palmer demonstrated how to do a couple of simple folds, then once we had mastered this we alternated the folds until we reached the end of our books. It was a bit of a struggle to keep folding whilst holding down the other pages but we all managed to make either a round house or half a house on a hard back book. Some of the more dextrous also managed to decorate the houses with ribbons, flowers, jewels, etc. Anyone who didn't finish will be able to continue at our July meeting when we have a 'Bring & Make' evening.

Our next meeting will be on Tuesday 2nd July at 7.00pm in the Community Centre. New new members are always welcome.

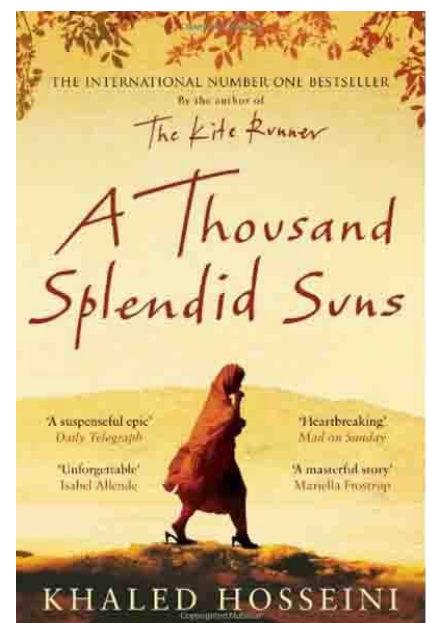


Christchurch Book Club

Book Club met on the 25th June. We had been reading "The Love Letter" by Lucinda Riley. The majority of us thoroughly enjoyed this book. The novel is full of secrets, lies, and unforgettable twists.

Our next meeting will be on Tuesday 23rd July, 7.30pm at Sheila's, Pear Tree Farm, Padgett's Road. We will be discussing "A Thousand Splendid Suns" by Khaled Hosseini.

New members are always welcome, we are a friendly bunch! We read one book a month, and there are no worries if we get to the end or not (either because we didn't like it, or ran out of time!). Books are supplied by the library, although some people prefer Kindle's or audio-books. For more information please contact Sheila Day on 07946 635908.



Cambridgeshire Fire & Rescue Service

With temperatures set to soar in the coming weeks Cambs. residents are urged to stay fire safe especially outdoors in open rural areas. Fires can spread very quickly in these areas and become out of control.

Group Commander Paul Clarke, head of community fire safety at CFRS, said: "We want to help ensure that people enjoy the sunny weather safely, whilst it's here. High temperatures and dry areas of land can be perfect conditions for a fire to start, and for it to spread quickly! Something as simple as not stubbing a cigarette out properly, or using a disposable barbecue on grass can start a quickly spreading fire!"

Help prevent outdoor fires

1 Ensure cigarettes are fully extinguished before disposing of



2

Do not throw cigarettes out of car windows onto grass verges or vegetation

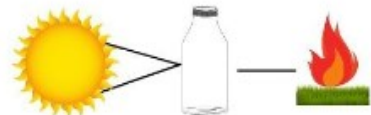


3 Disposable barbecues should be placed on bricks - do not place directly on to grass



4

Dispose of glass bottles properly - the sun's rays can shine through the glass, causing a fire



5

If lighting a bonfire, ensure it is away from sheds, fences, overhanging foliage and property - **NEVER** leave it unattended. Ensure it is completely extinguished when leaving it



6

Use barbecues on a hard, flat surface away from buildings, grass and shrubs



7

Talk to your children about the dangers of starting fires outside. Remember - arson is a crime



CAMBRIDGESHIRE
FIRE & RESCUE SERVICE

My Favourite Bible Verse ~

I'd like to share MY favourite bible verse with you this month - Well actually it's a group of verses which I feel it would be wrong to separate as I believe the full true meaning would be lost:

1 Corinthians 13:4-8 & 13

4 Love is patient, love is kind. It does not envy, it does not boast, it is not proud. **5** It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. **6** Love does not delight in evil but rejoices with the truth. **7** It always protects, always trusts, always hopes, always perseveres.

8 Love never fails. But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away.

13 And now these three remain: faith, hope, and love. But the greatest of these is love.

How much better a place the world would be if we all only took note of this prayer!

Richard

Go
everything
in love

1 corinthians
16:14

Love
ENDURES ALL THINGS
1 Corinthians 13.7



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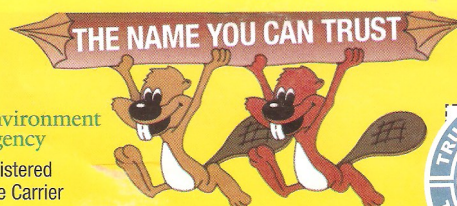
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Parish Council Snippets

Most of those attending had come to discuss dog related matters in particular, in **Public Time**. We are a village of dog-lovers, after all.

UNWANTED ITEMS IN THE PLAYING FIELD AREA

Moles are lovely velvety little animals (Sue Norman will agree with me here!). Holes here and there on the field present a danger to children playing. The PC put some Mole Traps down a while back AND THEY WERE STOLEN! They will try again. Watch this space.

N.B. : DOGS ARE NOT ALLOWED ON THE FIELD.

Small notices to this effect, which had been placed in the Kissing Gate area, HAVE ALSO BEEN STOLEN. Not only that; when some villagers challenged the offending owners, they were very rudely rebuffed. Everyone at the meeting was shocked, and pretty cross about it, including all Councillors. The PC is to place a larger sign at the Kissing Gate. There was also much discussion in Public Time about the lack of anywhere for dogs to be allowed off the lead, and to run free. Various sites and ideas were put forward. If any such site were to become available, it was stressed that the site would still have to be maintained, and the grass cut. The weeds along the roadsides down Crown Drove need to be cut. A farmer used to cut them using his own equipment on a tractor, but he has become tired of having to clean the equipment after each session. This problem needs a solution. A number of people are searching for one. **ANY IDEAS?**

A number of trees overhanging the Playing Field need pruning, and the PC is going to announce a date for a Working Party of villagers to do it. **PLEASE VOLUNTEER if you can.**

Plastic sacks, other general litter, and a number of bikes have been left in the garden of a house on The Hill. It is an eyesore and the Housing Authorities have been informed, Hopefully they should come and remove it all, before the new tenant moves in. Such a terrible introduction to our lovely village. Dreadful.

PC business: Graham Chapell spoke about funding for the Highways project to put up barriers at the side of the road along the 16 Foot and it seems that grants for that kind of work have gone up. **Good News.**

The Bus Shelter Area: It is cumbersome and costly to keep having to mow the small area by the Bus Shelter. Cllr Kay Miller came up with a brilliant idea. The area will be covered with individually decorated large cobbles. The school will be involved, as will any villagers who would like to be part of the project.

WATCH THIS SPACE!

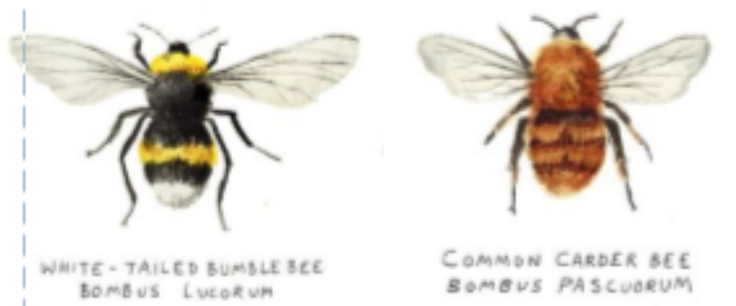
What's the BUZZ?



I would like to start this months column by thanking my old friend 'Barnabee' (opposite) for writing last months column and being so helpful in encouraging folks to call me if they had a swarm that I might be able to collect.

"My pleasure! But I'm afraid I must buzz off now!"

I am pleased to report that, having made a total of five trips out to swarm calls, I managed to collect two swarms which are now installed in my two new hives. Many thanks to those folks concerned. As mentioned last month, one honey bee swarm was not salvageable as they were in a flat roof space. Now dealt with! The other two call outs turned out to be white tailed bumble bees. Though having said that one I went out to in Tipps End in the engine compartment of a cement mixer, seemed to be something of a communal home being shared by both White Tailed Bumble Bees and the slightly larger, and less common, despite its name, Common Carder Bee.



I have never known such a phenomenon before and I am currently researching it to see if there have been any other known cases of different bee species sharing the same home!? Intriguing!

I am also pleased to report a bumper crop of last seasons honey with still some left to harvest in the spinner. But the two main hives both have newly filled supers with fresh foundation, and my bees are working hard trying to get them all filled. I'm hoping for a second honey harvest in early September. The honey is quite dark and has a beautifully strong flavour. Many customers have said that it tastes very similar to "manuka" honey, but however dedicated my bees are I doubt they'd make the flight to the antipodes and back! Suffice to say I have plenty of 1lb jars of this wonderful honey available at £5 each.

There are many, many health benefits available from honey, some of which you may know, many of which I did not. I'll deal with some next month. I'll leave you with the fact that - **One customer in Outwell, having taken a teaspoon of honey a day, for just nine days, completely cured her hayfever!!!**

The Newbie Blog

FENLAND SKIES

OK. So it RAINED for weeks in June! Those skies were grey and menacing... BUT, when it isn't raining, you have to agree that we have some wonderful skies in this part of the country. I'm on the North East side of the village, so, (if I get up early enough) I can catch the sunrise. Here is one of my photos. (Not sure if it will look ok in B&W?)



I had the great privilege the other week of telling the W.I. a little about my early childhood in Burma and India. One memory I forgot to tell them about was a wonderful night sky experience. I was 12 years old and at a boarding school in the mountains of Southern India. Some of us were taken on a night hike early in August to see the **Perseids Meteorite Shower**.



I remember the route to the isolated spot went past somewhere we called "Suicide Lake". You can imagine my friends and I scurrying

past that! We all carried something to lie on, and some water, and a torch. And then it began. It was was like a Firework Display! There was absolutely no light in the sky from any human habitation, and the show was just amazing. Here in Christchurch, we have hardly any light at night in our skies, and when there is no moon we can see so many stars! Wonderful! I love that.

THIS YEAR THE PERSEIDS SHOWER CAN BEE SEEN AT THEIR PEAK ON THE NIGHTS OF AUGUST 12TH AND 13TH.

BE SURE TO LOOK AT THE NIGHT SKY THEN!

(Let's hope those nights are clear!)

Annie Nason

Vet's View

by Nick Wojciechowski



I've been asked to share some of my more interesting or spectacular cases. Although not all of them are decent enough to be shared with the general public, some can be a good source of entertainment.

Once we received a call in the early hours from the owner of a bitch in labour. The poor girl was struggling to deliver her first litter and the distressed owner needed our help. I made the owner aware that the usual road to our clinic was closed for vehicles at that time and that he needed to take a detour. Some time later the owner called us and, panting into the phone, explained that he was to stressed to take the detour so he parked the car in the middle of the road and was walking the dog toward us. I opened the door and first thing I could see was that gentleman trotting with the poor bitch to our practice. The very moment they reached the door and stopped the poor girl popped her first pup out, then on the way to the consulting room the next one and by the time we got to the consulting room the third pup had been delivered. It was a really lucky outcome for the dog indeed as her stressed owner didn't think straight and could have caused a lot of harm by running a heavily pregnant animal for over 100 meters!

Another time I received a call from the owners of a bitch who had given birth to her first litter 24 hours ago. Concerned, lthough the dog was looking after puppies very well, she looked distressed and couldn't stop panting. The owners brought the dog in, carrying her in her bed. On clinical examination I found that her bladder was truly massive. When I asked the owners if she'd been to the toilet at all since giving birth they stated that she hadn't left the nest ever since the pups had been born. We took the bitch outside and the very moment I placed her on the ground she squatted and started peeing. She groaned a lot and her face was an expression of pure ecstasy! After she passed what looked like a small lake of urine she started looking pretty happy and relaxed, not panting any more and feeling very chilled. The faces of her owners were completely red in embarrassment when they realised that they hadn't made sure the dog had enough time off to stretch her legs and exercise her most basic needs. She was a very dedicated mum indeed and needed encouragement to leave her pups.

I hope that you enjoyed the slightly lighter tone of the column this month?

Nick

17



June's Classic Car Show

Geoff Cochrane was triumphant once again but this year with his latest acquisition, a 1929 Renault Riva 6.



Full title is Renault Viva 6 Landaulette De Ville Limousine. Supplied new in Vienna by coachbuilders Kaal Strakosh in 1929. The car remained in Austria until 1990 when it was then sold by Bonhams in London as a restoration project. Restored in Southern Ireland and used there for weddings it came over to the UK about three years ago and was purchased by Geoff last year.

Now on its third registration mark; e.g. Austria, Southern Ireland, and the UK. Geoff has found out its history dating back to 1955 but would be fascinated to know what the car did during the war? Watch this space!



Dave Chisholm managed third place at the show with his magnificently well restored Ford pickup truck



Last years winner an Armstrong Siddeley

A GREAT DAY OUT! Congrats and thanks to Geoff Harper for organising it!

What is the Message in a Bottle?

The **Lions Message in a Bottle** scheme is a simple idea designed to encourage people to keep their personal and medical details on a standard form and in a common location - the fridge. Whilst it is focused on the more vulnerable people in our community, anyone can have an accident at home, so this scheme can benefit anyone, including you!

How does the scheme work?

As the name suggests, your personal information is kept in a small plastic bottle. The bottle has a push-fit lid and is big enough to hold the necessary information. The bottle is then kept in the fridge, where the emergency services will expect to look for it in the event of being called to your home. They will be alerted to your membership of the scheme by two 'green cross' labels. One is fixed to the back of the front door (or the door most used to access the premises), the second is attached to the door of the fridge.

Where can I get a Bottle from?

Your local Health Centre, Doctor's Surgery, or chemists will all have supplies of the bottles and forms. In our case Upwell Health Centre operates the scheme. All you have to do is to go to Reception and ask for a bottle. I did this a couple of weeks ago and now have all the information required in the bottle in my fridge, sticker on the fridge door, and sticker on the front door.



It's as easy as that! There is no cost to the user. Costs of running the scheme are being funded by local Lions Clubs.

What Information is Needed?

Your full name and brief physical description, your doctors name and the surgery address and telephone number,

a brief description of any medical conditions you are suffering from - your doctor or carer will help if you are uncertain, the names, addresses and telephone numbers of two persons who may be contacted in the event of an emergency - sudden illness or accident, details of any pets which may be on the premises, and need to be cared for. Are you a Carer? If so, for whom and where do they live?

In addition, we strongly recommend that you also include a copy of your repeat prescription list. This is produced every time a repeat prescription is ordered, and this information is of great value to the ambulance service. Paramedics are able to administer drugs, but need to know of any you are already taking to eliminate the risk of drug interaction.

Contact Officer Iain Pudney Email

miab@lions105d.org.uk

Many thanks to Liz Marshall who called us about this - Ed'.

Crumbs from The Good Book

By our very own Church Mouse....



All that rain in June was a real problem for many of my friends and relatives who don't live in the Church. In fact, we have heard that several of them didn't make it through the flooding!

My dear wife and I did what we could to help any "refugees" who came to us for shelter, sharing what we had with them. Finally, once the rain stopped, they were able to go back to what was left of their homes. We are exhausted.

That fellow we hear about in The Good Book often took himself off up a mountain to get a bit of rest. He told his friends to "step aside and rest a while" too.

So that is what my family and I are going to do. Having a short Summer break. No mountains about, but we will take it really easy in August.

See you in September!

E.





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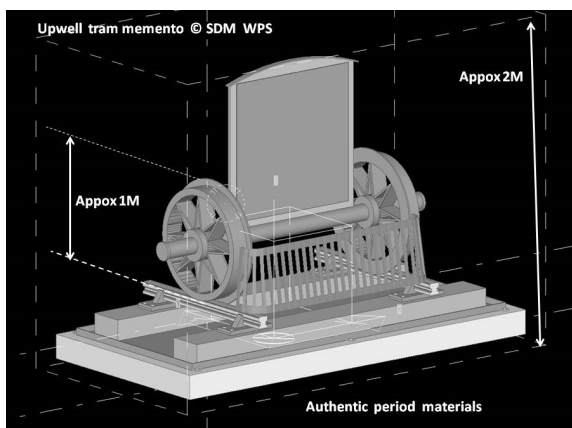
Upwell Tram Memorial Unveiling

ALL WELCOME – 11.00am, 27th JULY – FOR THE UPWELL TRAM MEMORIAL UNVEILING

Over the last three years the hard work of a dedicated group of volunteers led by William (Bill) Smith and supported by the Well Creek Trust and more recently, by SDM Fabrications Ltd, is about to pay off!

In May, project team members were delighted to receive an anonymous donation of £500 from a member of the public. This, together with other donations already held by the Well Creek Trust, enabled the team to purchase the period railway materials needed to build the phase two memorial for the Wisbech to Upwell Tram that will be unveiled near the Health Centre, the former site of the Upwell Tram Depot, at 11.00am on Saturday 27th July.

Drawing of the Memorial courtesy of SDM from the original design by Bill Smith



There will also be a local photo exhibition from Bill's vast collection in Upwell Church open from 10.00am to 4.00pm, with refreshments available. Admission is free and everyone is welcome however, donations will be appreciated. A grant application has been made to the BCKLWN Small Grant Fund to help cover costs.

For the future, plans are already in progress for phase three and so more funding will be required. This next phase aims to install bespoke information plaques along the entire tram route involving neighbouring villages. For more details contact Susan Lowe 07957 444191, or William Smith 01945 772712.



Church News

Christchurch Parish Church is one of a group of six Parish Churches. "THE SIX FEN CHURCHES" work together and hold united services occasionally in one or other of the churches. Each church has a service most Sundays in the month.

The others are (in alphabetical order):-

Benwick; Doddington; Manea; Welney; Wimblington.

The Priests in charge are Rev Canon Ian Brady, and his wife, Rev Lynda Brady. On June 30th there one of these United Services was held in Benwick Church. Have you ever been to Benwick Church? One of the leadership team of "The Benefice" (i.e. The Six Fen Churches) is a lady called *Amanda Carlin*. She has kindly put together this piece of information about that church. Thank you so much, Amanda.

Benwick Church

Situated at the site of the village hall, Benwick Church is ecumenical and the most modern of all the Six Fen Churches. Initially, there was a Church and two Chapels in the Parish of Benwick.

Building started on the Church of St Mary the Virgin in 1850 and was completed in 1854; costing £2,500 and constructed from Norfolk Carr stone with Caen stone facings. It was the first consecrated Church in Benwick and seated a congregation of 400. The Church tower contained two bells and a clock funded by the Parish Council was added to the building in 1871. Sadly the building began to subside and the tower was removed in 1966 to make the building safer. The Church's clock was loaned to March & District Museum, where it is exhibited in the Haylock Room. In 1980 the Church was sadly condemned and demolished in 1985. Today worship is housed in a purpose built, warm and modern environment as part of the Village Hall. Given its location the Church feels very much part of the community.

Picture from "The Six Churches" Website

From time to time, we will have a short article on one of the other churches.



Here is a question for you: "What is the opposite of Faith?" Think about it! Answer in next month's Heron.

Annie Nason



RoADARC DRIVING & RIDING DAY

You, your family and friends are invited to join us for a

Driving and Riding Day at Over Community Centre on Sunday 7th July from 10am to 3pm

Everyone will have the opportunity to take part in some or all of the following free activities:

- Have your driving/riding assessed in/on your own vehicle by one of our qualified Tutors.*
- Have a demonstration drive showing Advanced Driving techniques.
- Ask any questions you may have about driving/riding.
- If you are already in training with us then have your driving/riding assessed by a different Tutor.*
- If your RoSPA Test is due for renewal then have your driving/riding checked in preparation.*
- Watch videos and scrolling presentations about Advanced Driving and Riding.

Tutors will be allocated on a first come, first served basis but if you email me as ed@roadarc.org.uk with the time that you are likely to come, and what you want to be assessed on, then we will try to have a Tutor available for you.

There will be free tea, coffee and biscuits and the Community Centre has a bar area where you can buy snacks.

* You do not have to be a member of RoADARC to take part but, inevitably these days, if you want us to assess your driving/riding then there will be some paperwork that will need to be filled out. Please at least bring your driving licence (which must be a full licence for what you are driving/riding) and preferably confirmation of Road Tax, Insurance and MOT certificate (if applicable).

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Ed Pascoe

Chairman of RoSPA Advanced Drivers and Riders Cambridgeshire
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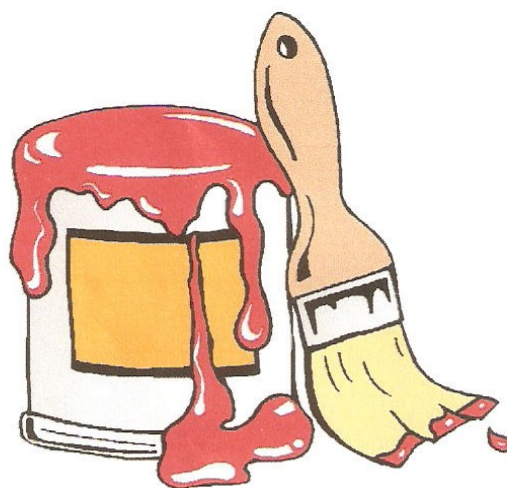
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AND HAVE A BROWSE!**

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Tel: 01354 638977 or, Mobile: 07856 291787
Toll Farm, Ha-Penny Toll Road,
Three Holes, Norfolk,
PE14 9LJ
Email: buildingdeconstruction@yahoo.com



**S & H Painters and
Decorators**

Tel : 01354 638124

Mob: 07905145680

Steven Horne

Christchurch, Cambridgeshire

Useful Telephone Numbers

Age UK Cambridgeshire	0300 6669860
Alzheimer's Society (Fenland)	01945 580480
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)	07871 262818
Community Centre bookings	01354 638478
Community Fire Safety Officer	07717858166
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 - David Gibbs	07932 191050
Parish Councillor - Jill Bliss	01354 638343
Parish Councillor -	01354
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	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
Veterinary Centre - The Crossings (D'Mkt)	01366 382219
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 - Sandra Lloyd	01354 638956
Gardening Club - Marion Hawthorne	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

And Finally!...

Nearly forgot!!!

LUNCH BREAK DATES FOR JULY 10th and 24th (2nd and 4th Weds) Bring your own lunch and

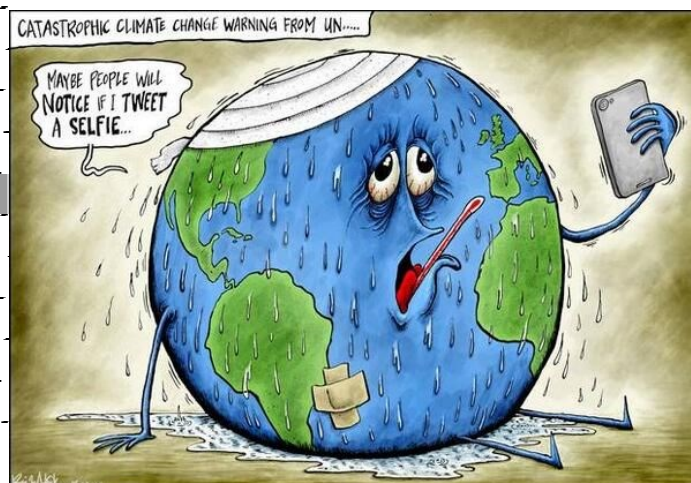
meet up with friends. Arrive any time between 12 and 2pm at Christchurch Community Centre.

Everyone welcome of all ages! (See Diary Dates)

DON'T FORGET! - Christchurch Summer Barbeque, next weekend, on Saturday 6th July. Doors open at 5.00pm and the food will be served from 6.00pm. There will be great food, games, and great company. (Please see the ad. on page 6!)

Another interesting event on Saturday 27th July, 11.00am at Upwell Health Centre. Nothing medical but the **Unveiling of Upwell Tram Memorial** (See the article on page 22). Should be a bit of fun, dedication to local history.

Let's hope the rainy/stormy weather will leave us alone now and that we can enjoy the same sunny weather at the above events as we did at our recent Classic Car Show! Whoever organised the weather for that event worked a miracle! Well done Geoff!

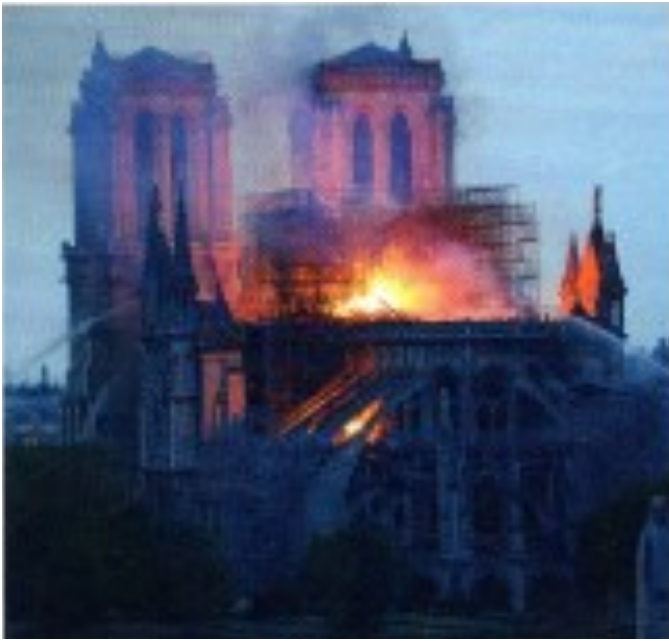


Web links in the Heron are active when viewed in our online version www.theheron.info

Meanwhile! Have fun!

'Till next month! - Ed'.

Notre Dame in Flames!



Overnight on 15th April 2019 flames engulfed the roof of Notre Dame Cathedral. The fire raged all night and devoured the entire roof and spire. Officials are still assessing the damage to the 850-year old structure. The stained-glass rose windows, rectangular towers and priceless Christian relics all survived the blaze. After French President, Emmanuel Macron pledged to rebuild the structure within five years offers of billions of pounds worth of donations began pouring in. However, experts are saying that it could take several decades to rebuild other parts of the Gothic church, such as the roof, spire and parts of the stone vaulting that fell through to the main sanctuary.



President Macron wants the Cathedral to reopen within five years in time for the 2024 Paris Olympics. If the rebuilding employs similar materials and techniques as when it was built in the 12th Century, skilled artisans including quarrymen, stonemasons, and carpenters will need to be found. Because many of the ancient skills are so specific, new talent would need to be trained - a process that in itself could take up to a decade according to Jean-Claude Bellanger, the Secretary General of Les Compagnons du Devoir,

Notre Dame Over Time....

1163 Cornerstone for the church is laid

1182 High altar consecrated

1208 Ground cleared for south-west tower of main façade

1220 Interior elevation of church reworked

1245 Western towers completed

1250's Transepts reworked by architect John de Chelles

1431 Coronation of Henry VI

1548 Rioting Huguenots damage some of the statues, branding them idolatrous

1793-1794 Cathedral is plundered, desecrated, and then rededicated to the Cult of Reason, then to the Cult of the Supreme Being

1804 Coronation of Napoleon as Emperor

1831 Victor Hugo writes *The Hunchback of Notre-Dame*

1844 Eugene Viollet-le-Duc supervises a twenty-five year restoration programme

1963 Cleaning to mark 800th anniversary of the Cathedral

April 15th 2019 Fire burns roof and spire

June 2019 French President, Emmanuel Macron declares that Notre Dame will be rebuilt taking around five years

June 15th 2019 First service held in the Cathedral since the fire with priests wearing hard hats due to the continuing threat of collapse

a company that provides training in such ancient trades. Bellanger estimates that at least 400 new tradesmen would need to be trained in order to complete all the work that needs to be done. The billionaire French donors who publicly promised flashy donations totalling hundreds of millions have not yet paid a penny towards the restoration! **RWBG**

FUNDHERONRAISER

The Heron

presents

Heron Aid

Saturday 21st September - 7.30pm

Christchurch Community Centre

PE14 9LL

Blues

Pop

Beatles

featuring



GAMBIT

Funk

Jazz

And more

An evening of light music

Tickets £7.50 or £10 with food

£10 and £12.50 on the door!

CALL 01354 638990 FOR FURTHER DETAILS

PLEASE COME ALONG AND SUPPORT US AT THIS FUNDRAISING EVENT

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