

The Heron

Community Magazine

October 2018

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

No. 54

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HEALTH | MONEY | TRAVEL | HOME

SAGA

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MONTHLY

Home fitness
Turn your daily routine into an exercise plan

Nightmare neighbours
How to restore harmony to your street

Terrific travel savings with Possibilities

Our new guest columnist
Alexander Armstrong

Life-changers
The volunteers making the world a better place

'The world is full of the dearest people'
Joanna Lumley
takes to the Silk Road

#Over 60's Special#

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#Over 60's Special#

I don't know how many of you have been watching Joanna Lumley's Silk Road Adventure on ITV, episode three of which was shown on Wednesday 26th September, but it's been a real treat, and, despite the obvious backing she had, shows that you are never too young to travel, even if you do it on your own.

Christchurch has a huge number of over 60's with a great number of octogenarians and indeed nonogenarians too! Must be the Fenland air? Joanna featured on the cover of September's issue of Saga Magazine, and, I must say, aged 66 I felt it was a really good read. Lots of very interesting articles and advice for people of a certain age, which prompted me to create this feature. If you would like to try out a copy of Saga Magazine absolutely FREE, with no strings attached, I think it's 'Absolutely Fabulous' LOL. Just call FREEPHONE 0800 756 3988 quoting the FREE promotional code MC918 for your free copy. 132 pages usually worth £4.00. Inside the UK's bestselling subscription monthly:- money news from Paul Lewis, health advice you can trust from Dr. Mark Porter, words of wisdom from agony aunt Jo Brand, inspirational travel ideas from dream destinations to city breaks, amazing real-life stories, in-depth interviews, and the exclusive Bill Bailey column. PLUS - magazine subscribers are eligible to join SAGA's FREE membership programme - 'POSSIBILITIES'. Speak to one of their advisors to find out more.



Many older folks and sadly sometimes even younger partners, lose their other half, despite a general increase in longevity these days. Whilst loved ones will never be forgotten, with happy memories built up over the years, there comes a time when you have to make a new life for yourself. Not necessarily on your own, but here perhaps, in the next column, is a starting point with a tailor made opportunity for solo travel.

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and experiences you've ever dreamt about, as well as that extra local insight that you just won't get if you holiday with anyone else! Just You tours include all the 'must-see' highlights and more! From famous historical monuments and the world's most iconic landmarks, to awe inspiring natural wonders and lesser-known treasures that you may not even have heard about. All tailor-made for your own pace.

Community Information

Mobile Library: First Tuesday each month - in the lay-by Upwell Road - 12:15 - 12:45pm. Forthcoming dates are June 4th, July 3rd, Aug 7th 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 - 6:10 to 17:00pm
Fridays - no service

Community Car Scheme: This scheme now has two drivers living in the village. It can be used by anyone who either do not have their own transport or who would like someone to take them for medical, social journeys, or shopping. Transport is door to door and passengers make a contribution to the cost. For more information or to book a journey please call Angie on 01354 638721.

Delicious Fish and Chips are available outside the Dun Cow from Michael and Michelle's van on Fridays 5.00pm to 8.00pm

School Defibrillator - location is on the wall of the dining hall in Townley School grounds. Access via carpark, via Greenways off Crown Road.

CHRISTCHURCH GARDENING CLUB

A CHRISTMAS COACH TRIP TO BURY ST. EDMUND'S CHRISTMAS MARKET

SUNDAY 25TH NOVEMBER

Departs Community Centre 9.00am
Leaves Bury St. Edmund's 4.00pm

Members £12, Non-Members £15

**For more information & to book
Tel: 01354 638230**

"Oil Clubs!"

Following a recent enquiry we were wondering if there were currently any "Oil Clubs" in existence. If any of you are currently getting together and organising one can you please let us know at The Heron. That way we can all help each other out!

In some areas, particularly remote villages like Christchurch, neighbours join together in placing a joint order to a fuel oil company. This can often make a considerable saving in pence per litre as it is cheaper for the company to make several deliveries in the same village or area and so they can pass on a discount. Anyone can set this idea up by just chatting to friends and neighbours who need heating oil at around the same time. Just get together and place an order and the fuel company will deliver the required amount of fuel to each property. Why not give it a try?

EDITORIAL

Another month gone already! I can hardly believe it!

It'll soon be Christmas! Yes I know I shouldn't be saying that yet really but you just have to check out the Gardening Club ad on this page to know that you really need to be planning ahead! Talking of which are there currently any 'Oil Clubs' running at present? See the blurb above. Guess we all need to get some reserves in for the threatening cold weather; logs, coal, etc. etc.

We hope you appreciate this month's feature. I know many of you might know the score but I'm sure many of you will pick up one or two things you didn't know on pages 16 and 17. I can also recommend Saga Magazine and a good holiday. Check out page 2!

I can highly recommend a visit to our new village "Pop-up Lunch Club" on alternate Wednesdays. See feature on page 13. The cottage pie last week still makes my mouth water when I think of it, and the plumb and apple crumble with custard was an absolute delight!

Our second car show of the year was a great success with vintage coach trips around the village thanks to Geoff Cochrane. See page 12.

Then there's all the usual features plus one or two extras, including part one of Colin Steenson's scooter trip to the Isle of Man (p. 27), and some timely news and warnings for all you poultry keepers out there on page 25!

Enjoy! 'Till next time!

Reshawl

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

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

Oct 2nd Craft Club - Iris Folding with Margaret Sparrow 7.00pm - CCC

Oct 3rd "Pop-Up Lunch Club" - PRE-BOOK by Mon 1st Oct PLEASE - See ad page 13 - CCC

Oct 8th Parish Council Meeting - 7.00pm CCC - ALL WELCOME

Oct 9th Art Club - Autumn Flowers & Foliage - Please bring examples - 1.30-3.30pm - CCC

Oct 9th W.I. - Visits to Zambia by Chris & Sally Peters - 7.00pm - CCC

Oct 13th "Sausage & Mash Night" - LIVE MUSIC with "Summerland" - tickets £15 - See ad p 18

Oct 14th Welle Cinema - "The Greatest Showman" - doors 1.30pm for 2.00pm - Entry £3 - TH

Oct 16th Gardening Club - Neil Callan from Horseshoe Farm & Garden - 7.00pm - CCC

Oct 17th "Pop-Up Lunch Club" - PRE-BOOK by Mon 15th PLEASE - See ad page 13 - CCC

Oct 19th "BINGO NIGHT" - FREE, Cash Prizes, Hot Snacks - 7.00pm - ALL WELCOME - CCC

Oct 23rd Art Club - Shells & Stones - working in a variety of media - 1.30-3.30pm - CCC

Oct 23rd Book Club - meeting at Sandra's - 29 Fen View - 7.30pm

Oct 28th Jazz Club - The Alan Norris Big Band - 12.30 to 2.45pm - Entry £6.50 - CCC

Parish Church Services

Oct 7 th	11.00am	Rev'd I Brady, A Day	Harvest Service
Oct 14 th	9.30am	Rev I Brady, D Morris	Holy Communion
Oct 21 st	3.30pm	SE Tooke	Evening Prayer
Oct 28 th	11.00am	D Morris, D Symons	Morning Prayer
Nov 4 th	11.00am	A Carlin, 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 Deadline

The deadline for all **copy** for **November's** edition of The Heron is **25th October**.
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!

We had a great first Rainbow and Brownie meeting on the 12th September. So far we have twenty girls in the unit who have enjoyed making bags and doing hair braiding.

We are all going to the March Guiding District Campfire this week which we are all really looking forward to.

Our thanks go out to the Parish Council and the village for all their help and support in getting us up and running

Many thanks

Natalie Paine
(Tawny Owl)



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(New rates apply as of 1st April 2018)

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6 issues £80

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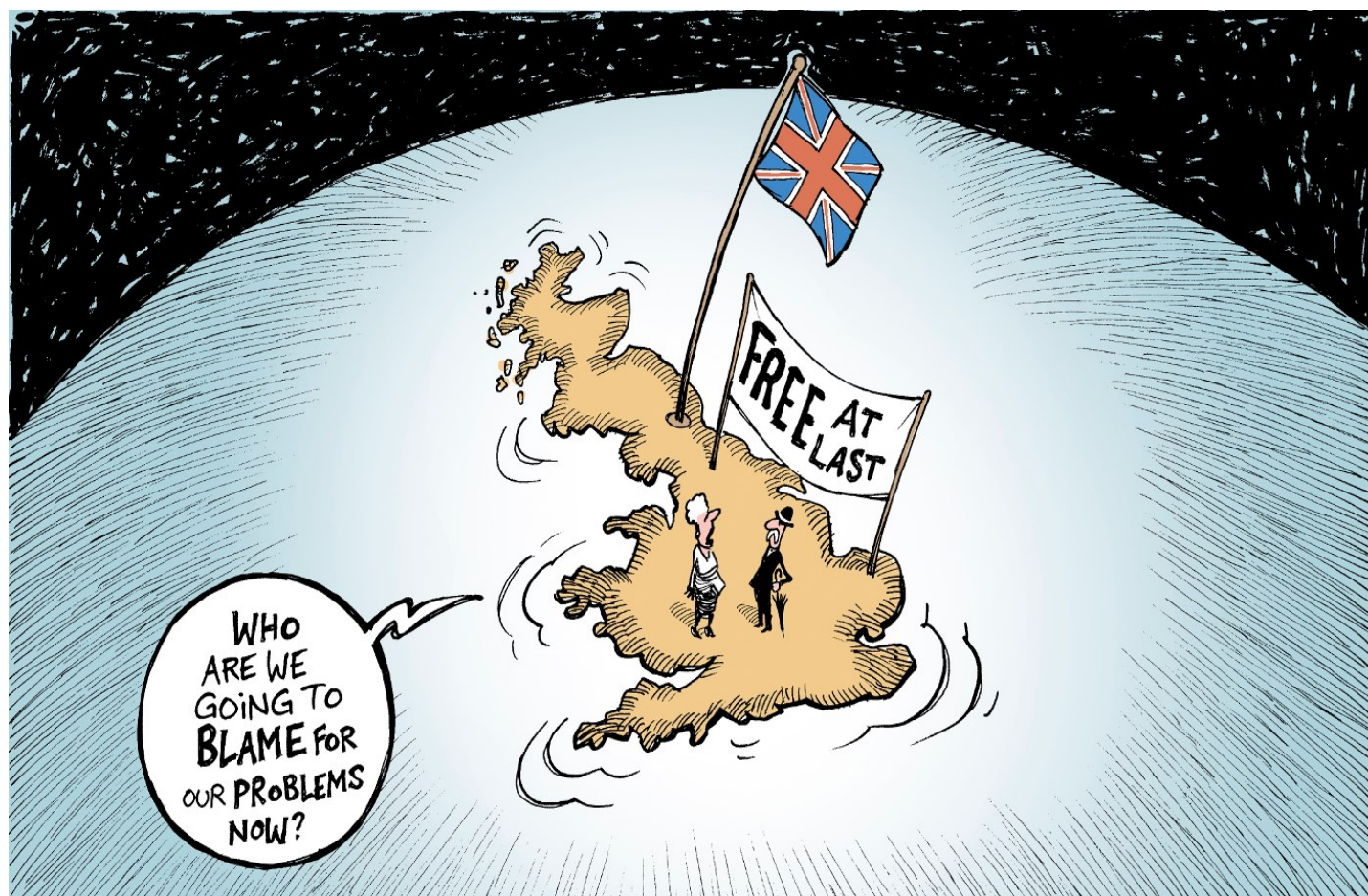
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Village fundraising events, personal announcements, or small private ads usually free

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BIRTH OF THE BLUES PART EIGHT ALIVE AND WELL

As the millennium dawned and we all checked our computers for online Armageddon, the blues also entered a new, some say more difficult era. The cult of video, MTV and You Tube has never been conducive to the improvising musician. After all how can you mime successfully to an improvised solo that may have been recorded a year or more ago? The rise and rise of the computer based, auto-tuned, disposable pop music, R&B and rap, slowly pushed artists still playing more traditional music further towards the side lines. A cult that persists even today.



Musselwhite, Stevie's brother Jimmy Vaughan and our own Steve Winwood.

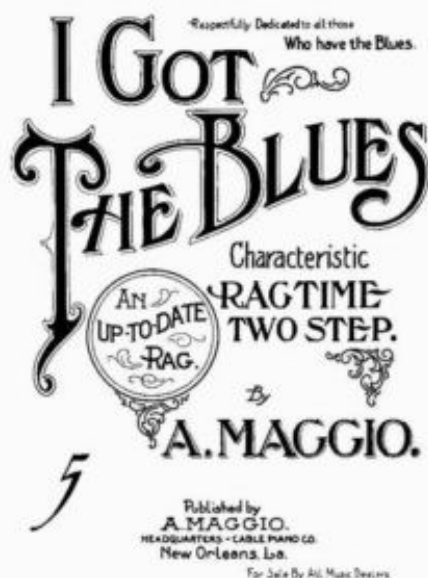
Joe Bonnamassa who had played guitar since the age of four, and soon to be an international star, with three number one albums between 2002 and 2006 has carried the music to almost every corner of the world. He can be seen in the UK and Europe on a regular basis and releases albums at a faster rate than most.

It seems when ever you look at the positive side of the blues the negative follows along all too quickly. This decade has seen yet more depletion in the ranks of the genre's seminal artists.

After several huge selling albums and stadium filling tours, Irish guitar slinger Gary Moore succumbed to his own demons and a massive heart attack, while on holiday on the Costa del Sol, on February 11th, 2011. It has been reported that Moore was five times over the legal limit and had enough alcohol in his system to fell an elephant. Yet another in a long line of musicians who have fallen victim to drink or drugs.

Four years later after receiving 15 Grammy Awards and selling over 40 million records, Lucille, B.B Kings guitar, fell silent for the last time, on May 14th, 2015. For many years he had been dogged by bad health. Massively overweight, with diabetes, heart disease and alzheimer's. In the months leading to his death, his shows, once an object lesson in professionalism, became shambolic and open to criticism and complaint. This once proud man who changed the way the guitar was played in Rock and Blues music sat in front of an adoring crowd of fans and literally forgot how to play the guitar. He was led from the stage for the last time in October 2014 at the House of Blues in Chicago and cancelled the remaining dates in his tour. He died in his sleep at home in Las Vegas the following year.

Next month will see the last of these columns when I will let you know what's happening in 2018.



However, since those first commercially available records like Anthony Maggio's 1908 recording of "I Got the Blues" this music has been through many peaks and troughs in its over 100-year history and is surely made of sterner stuff.

The sequel to the first Blues Brothers movie arrived on our screens in the first year of the decade, aptly titled

Blues Brothers 2000, saw Jake and Elwood rubbing shoulders with many of the greats of blues music including B.B King, Eric Clapton, Bo Diddley, Dr John, Charlie



WELLE CINEMA

THREE HOLES VILLAGE HALL — JUNCTION OF MAIN ROAD AND SQUIRES DROVE, THREE HOLES PE14 9JY

NO NEED TO BOOK — £3.00 per person. Doors open 30 mins before screening at 2.00pm

Refreshments and licensed bar available. Tel: 01945 773710 or 01945 772824



Sunday 14th October, 2pm: The GREATEST SHOWMAN (12)

Roll up to get your tickets for this popular, enjoyably exuberant period musical based on the life of circus impresario, P.T. Barnum (played by Hugh Jackman).

It tells how he made his fortune from a show featuring 3ft 3in dwarf Tom Thumb, various giants and a bearded woman

Jackman fizzes with old school razzle dazzle in a role which maximises his **talents**.

Perhaps the secret of the film's amazing success is its soundtrack — nine brilliant songs — in June 2018 it became the UK's longest-running Number 1 soundtrack in 50 years.

Upwell Jazz Club 2018

Christchurch Community Centre (Sat Nav PE14 9LL)



The UK's first
guaranteed
banjo-free
jazz club

Sunday 28th October

The Alan Norris Big Band 2018 One Day Tour
New York, Paris, London, but mainly Christchurch

A return visit from the hugely popular Alan Norris Big Band. Celebrating their 25th anniversary, they are one of the leading Big Bands in the area.

They have performed with many leading people in the Big Band world such as Don Lusher (trombonist with the Ted Heath Band) and Tommy Whittle (saxophonist from the Stan Kenton Band) to name just two. The band is known all over East Anglia and plays to sell-out audiences wherever they go.

Time: 12.30pm - 2.45pm Admission: £6.50 Accompanied under-16s Free
Bar, fresh rolls, crisps and savouries available

More information from Nigel Smith on 01945 773121

* artistes subject to change

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October Report

Beryl Brooks our President welcomed members and our speaker on MAGPAS Dr Eric Somerville.



Apologies were received from Belinda Gladwin, Sandra Kay, Peggy Warby, Sue Norman, Viv Haresnape, Sylvia Wilcox, Val Parker, Alma Hughes Annie Nason, and Doris Rolfe.

Dr Eric Somerville gave us a talk on how MAGPAS Air Ambulance is run from starting with the initial call on where the accident is and deciding whether it is road or helicopter referral to hospital.

We were shown how to resuscitate a person if they are not breathing whilst waiting for professional help. A medical kit costs £35,000 at present, on board is a pilot, doctor, paramedic and a supervisor; all are highly skilled and dedicated to their work.

Margaret Sparrow gave details of the Produce & Craft Show in November.

Refreshments were served by Sylvia McLean and Sandra Lloyd.

Competition Results – A Decorated Orange

5pts Ann Hicks

4pts Margaret Sparrow, Sylvia McLean, Beryl Brooks, and Kay Miller

Raffle Prize Winners – Margaret Hayes, Beryl Brooks, Mrs Pomeroy and Wendy Yates

October Meeting.

Presentation on visits to Zambia by Chris & Sally Peters

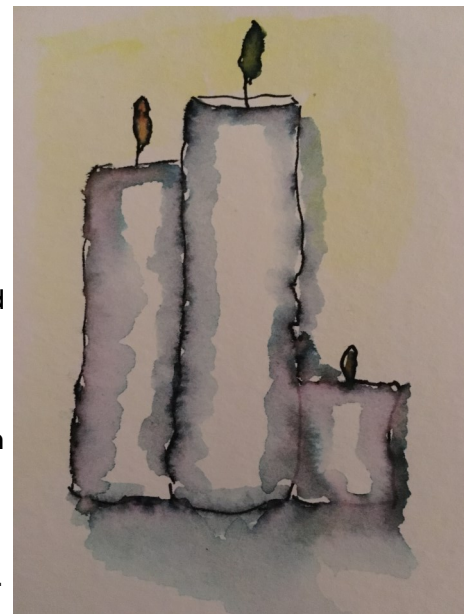
Competition – A School Day Memory in 20 words or less

Refreshments – Sue Norman and Michele Nardecchia

Raffle Prizes – Belinda Gladwin, Kay Miller, Marion Hawthorn and Doris Rolfe



This month our demonstrator was Jan Clifford. Jan showed us how to use calligraphy pens to make a 'pen painting'. We drew simple designs such as leaves, flowers, candles etc. on watercolour paper with the black pens then painted around the edge of our designs with water. As the water came into contact with the pen, colours began to emerge and the sharp black edges softened giving the impression of a watercolour painting. Some of us added a touch of watercolour just to add a splash of vivid colour to the soft pinks and blues that had emerged. It was a very calm, relaxing session. You're never too old to play with pens and paints!



We meet again on 2nd October when we will be doing 'iris folding' with Margaret Sparrow.

Christchurch Book Club

Book club met on 25th September. We had been reading "Americanah" by Chimamanda Ngozi Adichie.

There was a mixed reaction to this book with some members not getting beyond the first chapter while others, although finding it challenging, found the insights into the lives of Nigerians living in America and England both eye-opening and thought provoking.

We will meet next on Tuesday 23rd October, 7.30pm at Sandra's, 29 Fen View. We shall be discussing "My Animals and Other Family" by Clare Balding.

New members are always welcome - we are not at all "high brow"! The library provides us with books which are given out each meeting (although some members prefer their Kindle or audio book) and there is absolutely no shame if a member does not finish the current book!

For more information please contact Sheila Day on 07946635908.

**"A VERY
FRAGRANT
EVENING"**

Christchurch Gardening Club



Christchurch Art Group



This term is all about
Experimentation in Textures & Techniques

11th September - Textures & Techniques Fun
Preparation for this term's sessions.

25th September - Landscape with water/Seaside
scene (any media) Please bring along cut-outs
from magazines/photos etc.

9th October - Autumn Flowers & foliage (any media)
Please bring flowers and leaves.

23rd October - Shells and Stones . Drawing with
assortment of media on a variety of papers. I will
bring along some shells etc, but if you have some
please bring them.

13th November - Still Life or Animals. (any media) Try
using a coloured paper with crayons/pastels, or
perhaps chalk on black paper? Water-soluble
pencils? Various techniques we have tried.

27th November - Trees in All Seasons Drawing or
Painting (any media) Please bring photos or
pictures if you have any.

11th December - Winter theme Landscape/Holly &
Ivy/Winter flowers & birds (any media)

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



CHRISTCHURCH GARDENING CLUB

"BINGO NIGHT"

CASH PRIZES — FREE ADMISSION
RAFFLE

HOT SNACKS — TEA, COFFEE, CAKES & BISCUITS
LICENSED BAR

FRIDAY 19TH OCTOBER - 7.00pm

CHRISTCHURCH COMMUNITY CENTRE

(All proceeds to Gardening Club)

For more information Tel: 01354 638230

After last months
annual summer buffet, it was business as usual at the
Community Centre, on Tuesday 18th September. This
month our guest speaker was Lynn Shannon from
Norfolk Lavender. Lynn brought along a slide show
and gave a very engaging talk as well as offering a
whole table of goodies for the members to buy.

The home of Norfolk Lavender is Caley Mill,
constructed from local Carrstone, the Water Mill was
built in the 19th century to grind corn but now does
service as headquarters for the company.
Norfolk Lavender is open to the public all year round
except for a few days over Christmas and the New
Year (check their website for details) but the optimum
time to visit is in the summer months when West
Norfolk becomes coated in a sea of lavender. As well
as the lavender there are gift shops, animal garden,
play park, and a petting barn, which doubles up as
host to craft sessions.

The fragrant garden is choc full of herbs from garlic
to Pineapple Sage and after a stroll through the
winding paths of the Meadow Garden, it maybe time
for a break and some tea and refreshments in the
tearooms. Lynn was also at pains (no pun intended)
to extoll the benefits of lavender's healing qualities
and its many uses, both medical and as an addition
to food. All in all, an interesting and illuminating
evening.

Next month on Tuesday 16th October our speaker will
be Neil Callan. Neil is from Horseshoe Fam and
Garden and will be telling us "how it all began."

*On Friday 19th October we will present a Bingo Night at the
Community Centre, starting at 7.00 pm, free admission,
come along and try to win cash prizes. Hot snacks will be
available as well as a raffle and Licenced bar. This is a fund
raiser for the club and all proceeds will go to the club. Open
to all. For more information call 01354638230*

On Sunday 25th November 2018 there will be a coach
trip to Bury St Edmunds Christmas Market. Departing
from the Community Centre at 9.00 am leaving Bury
at 4.00 pm. Members £12.00 Non-members £15.00 call
01354638230 for details and to book.

The club did the same trip a couple of years ago and
had a terrific time. The town was buzzing with a stage
in the market square with carol singers and live music.
Bury has a huge market and all the shops are open,
the coach has plenty of room for your Christmas
shopping. We expect no less fun and games this time.
So, book your place as soon as possible.

Steve

North Cambridgeshire Classic Car Show

Christchurch Community Centre hosted its second annual Car Show of 2018 on Sunday the 2nd September. There was a good attendance on the day with a variety of around seventy five immaculate vehicles on show



There were also a variety of other activities with car boot sales, and auto jumble. Granary Studios, who took photos of the cars and offered a framing service, also had a selection of other pictures for sale.

There was also an opportunity to be taken back in time with vintage coach tour experiences throughout the day.

Bramblebee Farm provided a hogroast and the Community Centre kitchen and bar both provided refreshments.

Best Show Car was won by Edward Rayment from Ely who showed his 1933 Austin Seven RP Box Saloon, and was awarded the Lindsay Owen Memorial Cup, presented by her daughter Kelly.



Geoff Harpur who organised the event said that he and the other team members of the Christchurch Recreation Ground Charity would like to give thanks to the following clubs: Anglia MGF, MG Rover Herts, Beds & Essex Owners, and Fenland Old Skool Ford Car Club for their continued support.

There are plans to hold two further events in June and September 2019. We are hoping that more people wishing to sell their crafts or produce will be interested in having a stall at these events. Please follow us on Facebook - 'Christchurch Community Centre' - for further details, and of course future adverts in The Heron.



Pop-Up Coffee Shop

Branches Out!

With the Monday breakfasts doing well (we actually ran out of food on one occasion recently), we decided to take the plunge and take up the challenge of offering a Community lunch twice a month. After hearing that The Dun Cow were no longer offering the lunches we were approached by several people, at the Monday morning breakfast club, to see if it was something we would be interested in taking over. After mulling it over we decided to try it, on a trial basis, up until Christmas.

We are both busy wives and mums so we wanted to make sure it fitted into our daily lives without causing too much upheaval but we are pleased to report that the first one we did, on 19th October, we had 18 customers! We couldn't have been more delighted. It was quite nerve-wracking for us as we love the food we make but it's a different story when you try it out on other people and they are paying for it! We had clean plates all round and were extremely pleased with positive comments we received.

We offer a two-course lunch for £7.00, with refillable tea, coffee and squash (you are more than welcome to bring along your own choice of beverage if none of these appeal) in the very relaxed and friendly surroundings of the

Christchurch Community Centre. Lunches are served from 12 until 1.30 pm on the 1st and 3rd Wednesday of the month.

If this is something that you would like to try we would love to hear from you as booking is essential. Please contact Elaine (01354 638310) or Kay (01354 638232) by the Monday prior to your chosen lunch.

We would like to take this opportunity to thank all our customers for their continued support, since we started, back in February 2017.

Elaine, Kay and Sandra

Pop-Up Café & Coffee Shop

Pop along and have breakfast with us!

We are now offering a
Full English Breakfast - only £4
plus sausage, bacon, and/or egg rolls,
using homemade produce,
and locally sourced, free range
meat and eggs where possible.
EVERY MONDAY MORNING
9.00am till 11.30am

Christchurch Community Centre

Hot Drinks, Biscuits, Cakes, and Cookies

All Welcome!

We look forward to seeing you!

POP-UP LUNCH CLUB

The girls from the "Pop-up Coffee Shop" are offering a twice-monthly lunch on the 1st and 3rd Wednesday of the month (previously hosted by the Dun Cow) to be held at Christchurch Community Centre (12.00-1.30pm). We will be offering a variety of two-course, hot lunches, on a trial basis, up until Christmas.

The two-course lunch will cost £7.00 — to include refillable hot drinks or squash.
(You may wish to bring your own drink if you prefer something different to what is on offer.)

We must insist that you pre-book by the Monday beforehand to enable us to keep waste to a minimum. To secure your place at the table, please see the girls at the Pop-up Coffee shop, at the Community Centre, on a Monday morning or please ring Elaine – 01354 638310 or Kay – 01354 638232. Dates for the rest of the year are:

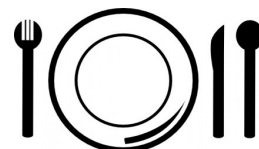
3rd October - Chicken in a Mushroom Sauce with Mash & Veg—Sponge Pudding & Custard

17th October - Beef Stew & Dumplings with Potatoes & Veg - Bread & Butter Pudding

7th & 21st November ~ 5th & 19th December (Details of these meals in Nov & Dec Heron.)

We hope you will come along and support us.

Sandra, Kay & Elaine



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What's New?

New challenge and fun page, answers to quiz's and game will be in next months issue.

How many words can you find?

Find as many three or more words as you can in the word:

Bounced

Ten is good – Fifteen is excellent – Twenty plus is awesome.

Did anyone notice the junior sudoku was repeated, if you managed to do it and didn't notice congratulations on completing it twice.

Have fun and if you want to send some of your games or jokes to share amongst the villagers, send them in to Youth Page at the Heron.

Next issue, more fun and we might tease you with a trivia pop question, or maybe two!

2	4	1	3
1	3	4	2
3	1	2	4
4	2	3	1

Junior

Fill in the puzzle so that every row across, every column down and every 2 by 2 box contains the numbers 1 to 4. The numbers cannot be the same in each row or column.

			2
	3		
4			
		2	

Answers next issue

2	4	3	6	1	5
6	1	5	2	3	4
3	6	1	4	5	2
5	2	4	1	6	3
4	3	6	5	2	1
1	5	2	3	4	6

Teenager

Fill in the puzzle so that every row across, every column down and every 3 by 2 by box contains the numbers 1 to 6.

2					6
3					
				3	4
6	4			5	
					2
5	6				3

Just for laughs!

Q. What do you call a bear with no teeth?

A. A gummy bear!

Q. How do all the oceans say hello to each other

A. They wave!

Q. What do you call cheese that isn't yours?

A. Nacho cheese!

Q. How do you keep an elephant from charging?

A. Take away her credit card!

Q. Why are elephants so wrinkled?

A. Because they take too long to iron!

More Science Facts For Kids

The internet and the World Wide Web are not the same thing.

An interesting technological development is the use of vegetation waste to create methane, which in turn can be used to generate electricity!

The world's largest particle accelerator is located in Geneva. It was built with the help of over 10,000 scientists and is located in an underground tunnel.

The Chandra Observatory is the world's largest X-ray telescope in the world. It is also the largest satellite launched into the space.

Are You Missing Out!?

What you're entitled to and What you can get!

I guess we're all feeling the pinch these days. Perhaps even more so once you reach a certain age. We've all paid into the National Insurance system all our working lives, so we are entitled to reap certain 'benefits' in later life. Some we may 'think' we know about, others we may never have been told about at all, not knowing that they even existed. All benefits through the DWP can often seem shrouded in mystery. They often move the goalposts or appear to make it as difficult as possible to meet the right criteria. We hope here to blow away some of the mist and show you what you should, or could be entitled to once you reach your sixties or older.

EXAMPLE:

There are also some peculiar anomalies, for want of a better word. When I applied for Pension Credit recently I thought that it would be a complete waste of time as I didn't think I would meet the necessary criteria because along with my State Pension I also received my Teachers Pension. However, having filled out the necessary forms and sent them off, a couple of weeks later (quite quick I thought!) I received a letter from DWP informing me that I was entitled to an extra 19p per week! "Was it worth it?" I hear you cry. Well yes it was, because now I was actually in receipt of Pension Credit (albeit only 19p per week!) it meant that I would now be entitled to Council Tax Benefit and also Housing Benefit, which I could not have claimed for had I not already been on Pension Credit. Also, for those of you with a mortgage you may be entitled to Mortgage Relief but only if you get yourself onto Pension Credit first. So you see it IS, more often than not, worth making the effort to look into these things.

Benefits for Older People

Some of the rules about benefits depend on your age. In many cases, the rules change when you get to State Pension age. [Find out what benefits and extra help you could get](#) using DWP'S simple and quick online tool. State Pension age is the age when people can choose to start getting their State Pension. State Pension age used to be 60 for a woman and 65 for a man. However, State Pension age is changing for most people.

If you are a woman born on or after 6 April 1950, you will no longer be able to claim a State Pension at the age of 60 and if you are a man born on or after 6 December 1953 you will no longer be able to claim a State Pension at the age of 65. If you fall into one of these groups of men or women, the age when you can claim your State Pension depends on your date of birth.

Along with the changes in State Pension age, there are changes to the age when you become entitled to some other benefits.

Benefits affected by the changes to State Pension age include:

- Pension Credit
- Winter Fuel Payments
- Jobseeker's Allowance
- Employment and Support Allowance
- Bereavement Allowance

If you are already getting benefits and you are approaching pension age you might need to consult an experienced adviser about how the different benefits work together. If you have a choice between different benefits, an experienced adviser can help you choose which is best for you. You can consult an experienced adviser, for example, at a Citizens Advice Bureau. Look online for details of your local CAB. There is one in Wisbech just off the Market Square at 8-9 Church Mews.

State Pension Age

You can [find out your exact State Pension age](#) by using the calculator on the GOV.UK website.

State Pension age for women:

If you were born before 6 April 1950, your State Pension age is 60.

If you were born on or after 6 April 1950 but before 6 December 1953, your State Pension age will be somewhere between 60 and 65, depending on your date of birth.

If you were born on or after 6 December 1953 but before 6 April 1978, your State Pension age will be somewhere between 65 and 68 depending on your date of birth.

If you were born on or after 6 April 1978, your State Pension age will be 68.

State Pension age for men:

If you were born before 6 December 1953, your State Pension age is 65.

If you were born on or after 6 December 1953 but before 6 April 1978, your State Pension age will be somewhere between 65 and 68 depending on your date of birth.

If you were born on or after 6 April 1978, your State Pension age will be 68.

Help if you are on a low income

If you are an older person on a low income, you may be able to claim a means-tested benefit called [Pension Credit](#). Depending on your income, you may also be entitled to Housing Benefit and Council Tax Reduction, or a rate rebate in Northern Ireland.

If you are a woman, you can claim Pension Credit once you've reached [State Pension age](#). Your entitlement to Housing Benefit and Council Tax Reduction will also be worked out differently once you've reached State Pension age, so you may become entitled to these benefits even if you weren't before.

If you are a man, you can claim Pension Credit once you've reached the State Pension age of a woman born on the same day as you. This is your Pension Credit qualifying age. Your entitlement to Housing Benefit and Council Tax Reduction will also be worked out differently once you've reached this age, so you may be entitled to these benefits even if you weren't before.

You can [work out the exact date of your State Pension age](#), or your Pension Credit qualifying age, by using the State Pension age calculator on the GOV.UK website. For more information about Housing Benefit, see [Help with your rent - Housing Benefit](#), and for more information about Council Tax Reduction, see [Council Tax reduction - what you need to know](#). If you get Pension Credit and you do not live in a care home, you will be able to get help with fuel costs during very cold weather. These are known as cold weather payments. [Find out more about cold weather payments on GOV.UK](#).

Warm Home Discount

To obtain Warm Home Discount, the value of which is £140 off your electricity bill, you need to contact your supplier. Different suppliers may have different criteria, but you need to act quickly because they close their window for applications at some point during the autumn period, which could mean you end up having to wait until next year. You need to re-apply for this each year. If you have a pre-paid meter you will receive a voucher for the £140.

Severe Weather Payments

You should receive these from DWP automatically. You will receive £25 for each seven day period when the temperature falls to 0° or lower. However, the temperature must be 0° or lower for seven 'consecutive' days with no breaks (higher temps) in between.

Changing Suppliers

By changing suppliers regularly each year you could make savings of up to £800. If you don't change you will be missing out on this huge saving!

(This applies to all ages!)

Winter Fuel Allowance

You should automatically receive a yearly winter payment of £200 once you are of pensionable age.

PIP and Attendance Allowance

As most of you will know Disabled Living Allowance (DLA) was changed to Personal Independence Payment (PIP) recently. If you were receiving PIP before you became sixty-five you will carry on receiving it. However, if you have not previously claimed PIP and are now sixty-five or over you cannot claim PIP but instead have to apply for Attendance Allowance. This relates to health problems and/or any disabilities you may have, including difficulties in looking after yourself or a partner (Carers Allowance).

There are two rates for Attendance Allowance - Standard which is £57.30, or Enhanced which is £85.60 depending on the level of incapacity/disability. PIP has the same rates for the 'daily living' element but in addition you could qualify for the 'mobility' element at either the standard rate of £22.65, or the enhanced rate of £59.75. So in the case of PIP if you received both the 'daily living' and mobility elements at the standard rate you would receive a total weekly amount of £79.95, or both at enhanced £145.35 weekly.

If you are in receipt of the 'mobility' element of PIP at the higher rate you will not be required to pay Road Tax but you will need to inform DVLA as this does not happen automatically. If you receive the PIP 'mobility' element at the lower rate you are, none the less, entitled to a 50% discount off your Road Tax. We only discovered this recently, but you do need to apply for it!

"Oil Clubs!"

In some areas, particularly remote villages like Christchurch, neighbours join together in placing a joint order to a fuel oil company. This can often make a considerable saving in pence per litre as it is cheaper for the company to make several deliveries in the same village or area and so they can pass on a discount. Anyone can set this idea up by just chatting to friends and neighbours who need heating oil at around the same time. Just get together and place an order and the fuel company will deliver the required amount of fuel to each property. Why not give it a try? (This applies to all ages!)

WE HOPE YOU'VE FOUND THESE NOTES
AND THOSE ON PAGE 2 HELPFUL!



"I always thought that when we got older we'd be living in the lap of luxury, not the crotch of poverty!"

CAMBRIDGESHIRE FIRE AND RESCUE SERVICE

**Does your village have a Firework Display planned this year?
If so, we want to advertise it on our map of Local Displays.**

Please let us know about any planned Firework Displays taking place in and around your area so that we can include them in our 2018 map of organised displays.

We need this information by the end of October

This year, we are once again encouraging families to attend organised displays to help ensure our communities stay safe over the firework weekend, and we hope to include as many displays as possible on our 2018 map in order to be able to offer people the closest displays to their home.

If you wish to send through display details, please send the full address and information in an email to pressoffice@cambsfire.gov.uk The map will feature in our monthly bulletin for November and will be sent out to you within the first week.

For the latest news, incidents and safety advice, or to contact us, log on to www.cambsfire.gov.uk. Sign up to email alerts and find us on Twitter, Instagram, YouTube and Facebook.

If you wish to get in contact, please email pressoffice@cambsfire.gov.uk.



Sausage & Mash Night

With live music from

'Summerland'

Saturday 13th October 2018

Doors open 7.30 – Food served 8pm

at CHRISTCHURCH COMMUNITY CENTRE

Tickets: £15

Ticket price includes entrance, food and live music!

Everyone welcome! Prize for the 'wackiest' shirt.

For Tickets please call either:

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

Ticket must be purchased before the night please.

All proceeds to go towards the Over 65s Parish Lunch



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Brand New Flakes

Cereal makers Kellogg's have been concerned for some time that their customers could be pouring fake flakes into their breakfast bowls. So the company has developed a laser to burn the company's logo on to individual Corn flakes, the beam would create a toasted appearance but it would not change the taste of the Corn Flakes. The trials which are to take place later on this year will help the company decide whether to put some branded flakes into each packet to guarantee authenticity.

Did you know that Kellogg's has been producing its cereals for more than a hundred year. Its Manchester factory the biggest Corn Flake production line in the world produces sixty-seven million boxes a year for breakfast table as far away as Japan, India and Brazil. But perhaps these facts pale a little when we consider that Corn Flaks were the first breakfast to be eaten on the Moon, it was the choice of Apollo 11 astronauts.

Life would be a lot easier to tell the fake from the genuine whether we're talking product or people. If we are looking for a stamp of authenticity well the Bible is a good place to start. For not only is it the worlds best selling book, but when people have put its principles into practice they have found that they work. When they have taken up the invitation to ask God into their life, they have found that He meets their need. As the Good Book says: 'All scripture is inspired by God and is useful to teach us what is true and to make us realise what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is wright. (2 Tim.3:16 NLT).

How do we know that God is who he says He is? because He loved humankind enough to send Jesus his Son to die for us. At breakfast or at any time of the day, he invites us to taste and see! Ian



Rev'd Ian Brady

Crumbs from The Good Book

By our very own Church Mouse.....

Had a nice time with the 'rellies' in Spain. Went to help with a problem they had ...someone was stealing their precious Manchego cheese pieces. In fact, the problem had resolved itself before I arrived. The local disaffected teenage mouse suddenly fell head-over-tail in love with the lovely Francesca and the burglaries stopped. You may draw your own conclusions. Neighbours, eh??



That reminds me of a crumb of another kind....caught a bit of it one Sunday. That itinerant preacher was asked what he thought the most important religious commandments were. For once, he gave a straight answer. "Love God. Love your neighbour". The questioner wanted more. "So who IS my neighbour, then?" says he. No straight answer this time! Long story. Involving a guy being mugged, and "holy" people crossing the road rather than helping him. Bad, that. An enemy came along, spotted the poor victim, and took pity on him. "Over and above", you might say. Looked after him, got him help.... Then the preacher put this question - "Which guy was the true neighbour?". GOT-YER. The enemy of course. QED. "Love your enemies. Do good to those who hate you...". I note that he didn't say you need to LIKE your "neighbour" ..meaning "everyone", not just the folks next door ... The exact words, if I remember rightly, were, "Love

*But for now - I'm exhausted by
All this travelling! ZZzzzzz!*





TOWNLEY SCHOOL AND PRE-SCHOOL

Christchurch, Wisbech, Cambs. PE14 9NA

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Website: <http://www.townley.cambs.sch.uk>

Tel: 01354 638229

October 2018

Back to school

The children have returned from their summer holidays feeling refreshed and ready to learn. We are excited for the new term ahead with lots coming up! Watch this space for news and photos.

PGL Residential

Children from Emperor class will be embarking on their residential this week with some of our neighbouring schools. Watch this space for news and photos from the trip.

The Golden Mile

Every morning all children from year 1 to year 6 take part in "The Golden Mile". Our younger children walk or run 10 laps of the playground and our older children run 5 laps of the playing field, this is known to improve concentration, fitness and health. It also promotes a positive mind set for the day ahead.

Friends of Townley School AGM

A new committee and trustees have now been elected. On behalf of the whole school I would like to say a huge thank you to Lou Carver, who is stepping down from the committee, for the fantastic work she has put into FOTS over the past two years, at a time when we thought FOTS would come to end she stepped in to help save it and we are really grateful to her. I am delighted to say that Mrs Neale has agreed to be the new Chair and will become a Trustee, and Mrs Freeland has agreed to stay on as secretary and treasurer. FOTS also welcomes Mr Diffey and Mrs Reed-Hughes onto the committee. I do hope that you will continue to support their work this year.

Mrs Higgins

Bikeability

The Autumn term has seen Children from years 5 and 6 undertake their bikeability training. They have learnt how to stay safe when cycling on public roads. Well done to all who completed this.



The Golden Mile



Check us out on Facebook!

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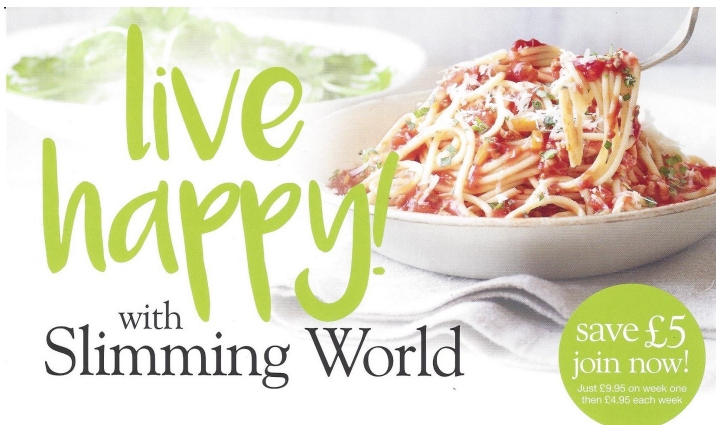
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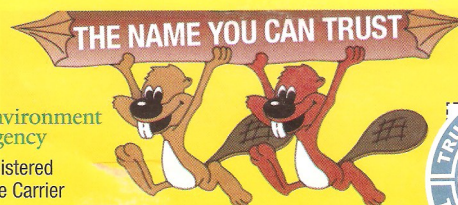
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Steven Horne

Christchurch, Cambridgeshire

The Newbie Blog

I arrived in Christchurch in November 2017. There are always surprises when you move into a new place. I had never lived in The Fens before, so pretty much everything was a surprise, as you may imagine. I hadn't even visited much. Well. What hit me first and foremost were the local rollercoasters, aka ROADS. Oh, my word! Driving in the dark and the wet along Sixteen Foot. I was NERVOUS (understatement)! And when it got icy ... aghh! I avoided going out at all during "The Beast from the East" weather. As a child, I couldn't go on swings or see-saws



because I would feel sick. Those roundabout things were a definite no-no. All I can say is, when driving the switchbacks round here, I have to concentrate so hard I haven't time to feel travel sick. I would as a passenger! I have a son who is an American. He would say "PAY ATTENTION". Absolutely right. I have to admit that I feel a little more confident now that my cataracts have been sorted ((-:

I have lived in South Cambridgeshire, so the Nor-Easter should not have been a surprise! I had forgotten.

There I was, planning to have a pond in the garden with a bench beside it, so I could sit and watch the wildlife. Huh. I soon realised that not only would I be blown off the bench, but the bench would end up in the pond, as my garden looks over the fields. My plans changed sharpish...I dug into the savings and now have a tiny summerhouse, in which I can sit and close the door. It has lots of windows, so I will be able to see everything without being blown away! Money well spent. It is a delight!

Amongst other lovely surprises were the SKIES. So wide, and so often, stunningly beautiful. And the VIEWS!

What can I say? You can see for miles, right to the horizon. To look at the early morning mist hanging on the fields as the sun comes up...amazing. It is so easy to take things for granted. I am trying to savour each moment. The swifts, swallows and house martins have gone. Now we await the Winter migrants. I have joined the WWT and will make good use of the Welney facilityfloods permitting!

Annie



Vet' View

By Nick Wojciechowski



Continuing on substances that are dangerous to our pets I would like to write about xylitol.

This sugar alcohol, popular because of its low calorie contents, is fairly ubiquitous in the modern world.

Xylitol is a sugar substitute, a sweetener, derived from plants, mostly through chemical processing of wood and corn. It is a white powder that looks and tastes similar to sugar. Because it is known to be healthy for teeth is commonly used in dental products, including chewing gums, mouthwashes and toothpaste. It is also commonly found in food and pharmaceutical products like jelly beans, mints, candies, vitamin jellies and any more.



Dogs and cats cannot digest xylitol. Also in people xylitol doesn't stimulate release of insulin from the pancreas. In contrast to people, pets absorb xylitol very quickly into the circulation and their bodies cannot differentiate the toxin from glucose. Eating even a small amount of xylitol will result in dogs and cats in severe and prolonged release of insulin. This hormone is designed to lower glucose levels in bloodstream and as a result our pets might suffer a profound decrease in blood sugar levels (hypoglycaemia). This might result in weakness, dizziness, depression and unsteady gate, eventually leading to loss of consciousness, seizures and coma. In large doses xylitol can also cause liver failure. The most common source of xylitol toxicity in pets is ingestion of a chewing gum. If you notice your pet eating any amount of product containing xylitol please contact your vets immediately as this poisoning might likely be life threatening. The onset of signs might be pretty fast, between 10 to 45 minutes from ingestion so every minute counts!

Baked Goods are becoming a more common source of Canine Health Emergencies!

Poultry Page

Code of practice for the welfare of



The British Veterinary Association (BVA), The British Veterinary Poultry Association (BVPA), and The Veterinary Public Health Association (VPHA) have jointly welcomed a New Code of Practice for the Welfare of Laying Hens and Pullets.

The new code is one of a series of welfare codes currently being reviewed and updated by the Department for the Environment, Food and Rural Affairs (DEFRA) following recent consultations.

BVA President, John Fishwick said: "We warmly welcome these updates and we are particularly pleased to see the vital role the veterinary profession plays in maintaining poultry welfare recognised throughout the new code. We are also delighted to see the benefits of veterinary surveillance systems highlighted, with owners and keepers encouraged to use local and national disease surveillance sources to better understand poultry disease patterns and their local health and welfare landscape. This was a key element in our joint consultation response and reflects BVA's recently published position on veterinary scanning surveillance (animal health and disease monitoring).

We are also pleased to see signposting within the Code of Practice to the Humane Slaughter Association's Code of Practice for the Disposal of Chicks in Hatcheries, which outlines in detail information about humane methods of killing and good practice.

The British poultry industry has some of the highest welfare standards in the world, and the veterinary profession is fully committed to working with DEFRA on further enhancing animal welfare codes to reflect best industry practice."

The draft code successfully completed its period of laying before Parliament and the coming into force date for the new code has been set by Statutory

Instrument: www.legislation.gov.uk/id/uksi/2018/859
The current code of Recommendations for the Welfare of Livestock: Laying Hens, will be revoked on the same date. The new draft Code of Practice for the Welfare of Laying Hens and Pullets can be found at: <https://www.Gov.uk/government/publications/poultry-on-farm-welfare> - It came into force on 8th August 2018. RSPCA praises Nestle as the food business commits to improving chicken welfare.

"Blow Fly Alert!"

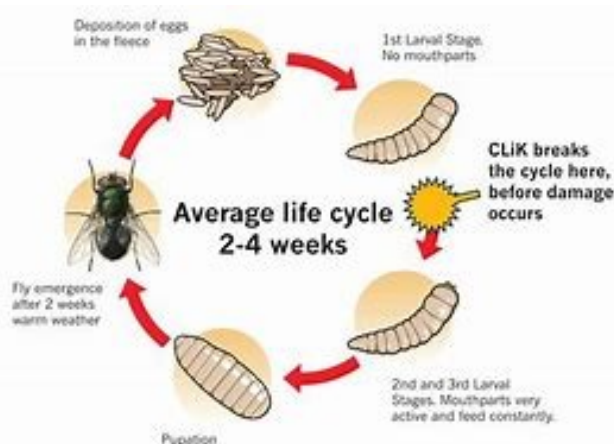
NADIS - the National Animal Disease Information Service, does not cover poultry but is a useful site to look at and see risks that may affect poultry. The blowfly risk has been raised to severe in some areas of the UK since the very high temperatures we suffered in August.



Blowfly can and do cause fly strike in loose feathered birds such as **Sebastapol Geese** and **Buff Orpingtons**, especially if they have a dirty vent area. The latter also applies to sheep and goats. Blowfly eggs will hatch and then burrow internally and can cause major damage and secondary infections! So be on your guard and practice fly control.

Professor Richard Wall from Bristol University comments: "The onset of rain after periods of high temperatures, such as those experienced this August, has raised considerably the risk of fly strike. Heavy and persistent rains will exacerbate this problem still further. If however, rain is intermittent and dry weather returns, this will help to keep the strike risk relatively moderate in most regions".

The blowfly alert, in conjunction with Elanco Animal Health, will be updated monthly throughout the season, <http://alerts.nadis.org.uk/>



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)	07902 316360
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 - Richard Lloyd	01354 638956
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
Veterinary Centre - The Crossings (D'Mkt)	01366 382219 NEW
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
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)

Sandra Kay - Crown Rd

Shirley Knight - Church Rd (West)

David Yates - Church Rd (West)

Julian Swallow - Upwell Rd (North)

Jackie Wood - Upwell Rd (North)

Simon Freeland - Upwell Rd (South)

Richard Guilford - Area Co-ordinator

David Harrowing - District Co-ord.

And Finally!...

I don't know about you but I am not a fan of Halloween. The Americans pinched trick or treat from us and cheapened it by making it more commercial instead of just plain fun. I know that not everyone else is a fan either. Particularly a young mum a couple of years ago being scared to death by some youngsters pestering her and upsetting the baby. That is clearly NOT fun.

Personally I avoid the whole issue. I live next to the graveyard which is very peaceful with no wandering spirits. I am also blessed by having a very dark frontage to my house which I chose to keep unlit especially on Halloween. This combination of my proximity to the graveyard and dark frontage seems to have the desired effect. I have never been bothered by trick or treaters since I first moved to Christchurch in 2008.



When you think of it the whole principle of trick or treating is an antisocial one. Basically it's saying - "If you don't give me something nice I'm going to annoy you or scare you till you do!" Should we really be teaching our children to obtain favours in that way? We wouldn't let it happen in normal life would we? Or would we?

'Till next time! - Ed'.

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

Isle of Man

Scooter Rally 2018

(Part One)

by our roving reporter Colin Steenson

We left on Thursday 21st June, during the hottest week of the year, under cloudless skies. We put our two bikes onto my friend Graham's trailer and headed off to Liverpool to catch the ferry across to the Isle of Man.

About half way we stopped for a coffee and a wee break. Traffic at Keele had held us up so we cut through the Mersey Tunnel from Birkenhead to save a bit of time. We were running late and just caught the ferry in time, driving straight on. The ferry crossing would take about two and three-quarter hours to the port of Douglas 103 miles away. We travelled at between 38-40mph. I don't know what that is in nautical miles other than - it's bloody fast!

We disembarked just before 5.00pm and headed to our hotel - The Edelweiss. After unpacking and getting settled in our rooms we went down to the local pub for our evening meal. The hotel was only B&B. After a bevvvy or two we returned to our hotel for the night.

Next morning, after a 'full English', we set off to ride around the TT course, having taken our bikes off the trailer the night before. The TT course is thirty-seven-and-three-quarter miles long (that's sixty-and-three-quarter kilometres - for those that care!). It took us about an hour to get round. The professionals do it in about nineteen minutes, reaching average speeds of 135.4mph (or 217.9km). We couldn't have come close if we tried! And we didn't bother trying! On the way back to the hotel we stopped off to register ourselves for the following days official Isle of Man Scooter Rally.



Amazing all cruising around the TT course together - Especially backwards! That's not us riding backwards by the way but travelling the course in the reverse direction. Afterwards I met up with Norman Wisdom in town (Douglas) but he wasn't very chatty!

The next day a bunch of us took a ride over to Peel and I stopped at the seafront for a crab and prawn bap. They have a smokehouse there producing kippers, so I sent off four lots; one to my son, one to my daughter, one to my sister-in-law and hubby, and one to my friend Carol. The postman must have been quite prompt as they all thoroughly enjoyed them apparently! They were of course vacuum sealed, not just popped in an envelope!

Then it was back to the hotel to rest up ready for the planned hill climb the next day. Once again this was to be just a small group of us. Had it been an 'official' trip we would have needed all sorts of 'special permissions' and 'permits' before we would have been allowed to undertake it! (PART TWO NEXT MONTH)



The following morning we all met up at the rally grandstand for a reverse tour of the TT course. 500-600 scooters all setting off together was quite spectacular.

Patients across Cambridgeshire and Peterborough to get more evening and weekend GP Appointments

Cambridgeshire and Peterborough to get more weekend and evening GP appointments
GP services across the region will be increasing the number of pre-bookable routine appointments available at weekends and evenings, the local NHS announced today. Cambridgeshire and Peterborough Clinical Commissioning Group announced the expanded service today, which will cover all patients registered at a GP practice in the area by October 2018.

Local GP practices will work together to offer patients better access to appointments at a time which is convenient for them. The expansion is part of NHS England's work nationally to improve access to GP services, following the publication of the GP Forward View in 2016.

NHS Cambridgeshire and Peterborough CCG has been working with groups of local practices so they can work together to improve access for patients

The service has been running in Peterborough since last year, but will now cover the whole county.

Patients should contact their GP practice to get an appointment, which needs to be booked in advance.

Dr Gary Howsam, CCG Chair said: "We understand that people cannot always go to see their GP during standard working hours, so we are expanding local services to help more people get access to the right person, providing the right care, in the right place at the right time. "From October there will be more pre-bookable appointments locally.

Appointments may not be at your usual practice,

but if you talk to a receptionist, they can help you find the right service and at a time that works best for you where possible".

If you are feeling unwell or are unsure of what service you might need, or at evenings or weekends, dial 111 free to direct you to the right local service, first time.

For further information: Communications and Engagement Team Tel: 01223 725317 / 01223 725304 Email: CAPCCG.contact@nhs.net

Notes to Editors

Cambridgeshire and Peterborough Clinical Commissioning Group (CCG) is a clinically led organisation with 101 GP practices as members across Cambridgeshire, Peterborough and parts of Hertfordshire and Northamptonshire. We are one of the largest CCGs in England and responsible for ensuring that high quality NHS services are provided to more than 967,000 registered patients.

FENLAND DISTRICT COUNCIL PRESS RELEASE

Free food safety seminar for Fenland businesses

Food businesses in Fenland are being given an opportunity to learn more about food safety at a free seminar next month.

Fenland District Council is hosting the food safety seminar at Fenland Hall in County Road, March, on Wednesday, October 17, from 10am to 12.30pm. Attendees will hear from food safety and public health experts who will cover a variety of subjects including:

Food allergies and intolerance

Listeria food poisoning

Effective cleaning and disinfection

Safety of vacuum packed foods

Healthier Options initiative Trevor Darnes, Senior Environmental Health Officer at Fenland District Council, who is organising the event, said "This is an excellent opportunity for local food businesses to improve and update their food safety understanding and knowledge.

"There will be plenty of opportunities to ask questions and to network with other local food business representatives. Places are limited so it is essential that those wishing to attend, book their place as soon as possible".

To reserve a place at the seminar email Trevor Darnes on: tdarnes@fenland.gov.uk stating your name, business name/address and a contact telephone number.

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.