

The Heron

Community Magazine

October 2019

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

No. 66

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See page 2 for more details

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C **Christchurch** **e**
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Big things
from little things

Cut single use plastics!

RECYCLE

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"ChristchurchEco"

There has been much talk of late of the build up of plastics in the oceans, and an increase in the percentage of plastics ending up in land fill. The emphasis being on single use plastics and the need to REDUCE, RECYCLE, REUSE, and UPCYCLE. Well now Christchurch has its very own Eco-Warrior in Nathan Lansdell



One of the recycling bank units

Nate is setting up a series of collection points around the village to make it easy for villagers to take part in the new recycling programme he has set up. The first official recycling bank has already been set up at Townley School where Nate did a special presentation to the children (Tuesday 17th



Townley's Recycling bank

Sept) and they were all very keen to help.

The second collection point will be in place by Sunday 22nd September at The Dun Cow. Two more will be in place shortly after; one at the old Farmers Boy (the white house at the top end of Church Road by the post

box), and the other outside, The Community Centre (kindly funded by the Parish Council).

Nate had been thinking about recycling for months and has just signed up with the Open University to do an Environmental based Degree. He first joined EcoEly on Facebook but then the idea gradually 'snowballed' with increasing pace. He recently did a presentation at a Parish Council meeting and created a lot of interest. They even gave him lots of time at the end to tell them more and so they could ask lots of questions. He has been overwhelmed by their interest and that of many others.

Old School Honey Farm came on board and now can supply Beeswax Food Wraps as an alternative, reusable, resource designed to replace the use of cling film and plastic food bags.

Nate states: "*ChristchurchEco is a small Eco recycling program, run by local environmentalist Nate, aiming to encourage people in the village of Christchurch in Fenland, to participate and look at ways to help and protect our planet, our animal conservation, and think about ways to reduce our carbon footprint. Our goal at ChristchurchEco is to find ways to help people recycle goods not collected by authorities and reuse as much as possible with the aim to reduce our lust for single use plastics. We can all do little bits to protect our planet and, together, make a BIG DIFFERENCE! A single individual can leave a small footprint, but a collective of individuals can leave a much bigger footprint, and, therefore, their mark on the world. The goal is, to educate, encourage, learn, and do better.*"

Our dream is to have some places around our village as drop off points for recycling, and so to build a community of like-minded individuals, aiming to build a better world for the the future of our children.!"

You can find out more details on this project by typing christchurcheco into your browser. Nate is also looking into EcoBricks as you can yourselves via the internet.



Nate would like to thank all his supporters, in particular Liz & Jason of Fenview who not only made a donation but provided the first four plastic boxes, Jane Rees and Mark Williams for woodcutting and label printing, and many others who have already made donations. You can help too by making a donation via the website.

Community Information

Mobile Library: First Tuesday each month - in the lay-by Upwell Road - 12:15 - 12:45pm. Forthcoming dates are: Sept 3rd, Oct 1st, Nov 3rd, Dec 1st, and so on.

Mobile Post Office:

Visits Monday to Thursday 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

Use it or lose it!

Community Car Scheme:

Jill has now had to stand down from this scheme due to the lack of a vehicle.

Anyone willing to help out and possibly replace her should contact her on the number below. Also an additional driver is still required for the scheme. For more information please contact Jill on 07871 262818.

Due to Unforeseen Circumstances

And a bereavement there are no Parish Council Snippets this month. However, the full minutes of September's meeting are available on the PC website.

West Norfolk Transport Project ~ Marshland Dial-A-Bus

Following our recent update on these bus services where it was shown that on **Wednesday's** a service runs to King's Lynn, with pick-ups in **Christchurch** and **Tipps End**, amongst other places; it has been pointed out to me that if enough Christchurch and/or Tipps End residents availed themselves of this service, other services to different venues on different days might be considered. Other services to King's Lynn and Downham Market currently run on other days of the week but without local pick-ups.

Leaflets containing full details of available trips and pick-up points can be obtained from Upwell Health Centre in reception. Bookings can be made Monday to Friday (except Bank Holidays) from 9.00am to 4.00pm starting on the Monday prior to the week of the journey. When you book your journey please let them know if you have to travel in a wheelchair, take a trolley, walker, or any other walking aids.

For fares, times and Bookings please call

01553 770310

Dial-A-Bus News Update

I am pleased to report that following the last two months **Community Info** on the **Dial-A-Bus Project** that several villagers have already joined the scheme and have already benefited from several trips to Kings Lynn! We hope that this bodes well for the future of the scheme with other routes and pick-up points being added in the not too distant future. Why not give them a ring!? Contact details at the bottom of the previous column.

Fish & Chip Van News -

Due to Michelle being rather poorly at present the Fish & Chip Van will not be at the pub on Fridays for the foreseeable future. We'll let you know ASAP if and when it becomes available again. Meanwhile we wish Michelle all the best for a speedy recovery.

EDITORIAL

Wow! What a busy month we've just had in September! Thought I was going to have to increase the mag to thirty two pages to fit everything in! Still, just about managed it in the end with holding one or two things over till this issue.

The Magpies celebrated their first game of the season with a 4 - 2 win against Littleport. We raised over £400 at HeronAid II thanks to Steve Waye and his band "Gambit" who, very generously performed for free. Steve also donated £2 per CD from his new album "World in a Tangle". A great album and I recommend it to you. Available for streaming now too! A big thank you to all the other helpers at the event, especially Marion Hawthorn and her team in the kitchen. A big thank you also to all those who came along and supported the event. We split the bar takings with Jazz Club thanks to Nigel and team.

So! This month we have the 'open meeting' of the WI who are holding their "Harvest Supper" on the 8th October complete with entertainment by magician Ricky Locke. ALL WELCOME! See page 8 for full details. Enjoy! 'Till next time! Then there's The Alan Norris Big Band who return to Jazz Club on the 27th. See page 7.

Don't forget **Bag2School** will be doing a **textile collection** from **Townley School, 9.00am on the 14th**. So it's time to have a clear out of all those clothes that you and the kids have grown out of and haven't worn for years. All to a good cause as I'm sure you know.

A great new recycling incentive organised by Nate Lansdell and backed by Townley School, the Parish Council, The Dun Cow and others is rolling out this month. Please help support the scheme by recycling things at the appropriate drop off points!

See cover and page 2.

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 Pilates - each Monday - 6.30-7.30pm - CCC

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

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

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

General events

Sept 28th Harvest Supper entertainment by Simon Rogers - Adult £7, Child £3.50 - 6.30pm CCC

Sept 29th Jazz Club - “Parisian Swing” - see page 7 - £6.50 entry - CCC

Oct 1st Craft Club - Pyrography with Sue Norman - 7.00pm - CCC

Oct 6th “Harvest Festival” in the Church - Please see page 23

Oct 8th Art Club - Pastels - 1.30 to 3.30pm - CCC

Oct 8th WI - Harvest Supper with Magician Ricky Locke - 6.30 CCC - ALL WELCOME - See p8

Oct 13th Welle Cinema - “Colette”- 1.30 for 2.00 film - Bar and snacks - CCC - See page 7

Oct 14th “Bag2School” - Textiles Fundraising Collection at Townley School 9.00am - see p5

Oct 15th Gardening Club - Winter Plants with Tim Jellis - 7.00pm CCC - See page 12

Oct 22nd Book Club - “The Mars Room” by Rachel Kushner - 7.30pm at Sandra’s 29, Fen View

Oct 24th Art Club - Favourite Artist Research - 1.30 - 3.30pm - CCC

Oct 27th Jazz Club - “The Alan Norris Big Band” - One Day Tour - 12.30pm entry £6.50 - CCC - p7

Oct 31st “Halloween Night Special” at The Dun Cow -Fancy Dress Comp’, Lucky Dip etc. p16

Nov 30th “Christmas Tree Festival” in the Church till Christmas - contact 07702 225259

Nov 30th “Ceilidh” dancing to “Frog on a Bike” - Tickets only £7.50 - 7.00pm till late - CCC p6

Parish Church Services

Oct 6 th	11.00am	Rev’d L Brady, A Day	Harvest Praise
Oct 13 th	9.30am	Rev’d L Brady	Holy Communion
Oct 20 th	3.30pm*	V Smith	Evening Prayer
Oct 27 th	11.00am	R Holding	Morning Prayer
Nov 3 rd	10.00am	D Morris, A.Day	All Age Worship & Memorial Service
Every Friday 2.00 - 3.00pm Coffee, Cake and Chat in the Church building			Daphne and Andrew

PLEASE NOTE — The Heron November 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!

I was just wondering if you could please put -
A BIG THANK YOU! Into this months Heron.

After our first opening week at the Dun Cow Sue and I would just like to say a heartfelt thanks to all our customers and supporters. Yes, we had some friends and family around to help get us going, but we could not have done what we did in two days without the help of Christchurch community at large. Yes, there were individuals who stood out (you know who you are!), but we have to say you were ALL fabulous in supporting us to get prepared and open in time. For that we are extremely grateful.

There is still a lot more work to be done in and outside of the pub, and we will be tackling each task accordingly, but we have already seen a great response from the village of Christchurch with old and new customers coming to pay us a visit; with positive comments on the efforts achieved so far. Once again - THANK YOU ALL! Hope to see you again real soon, and at special events currently in the planning stages.

Paul & Sue

Dear Residents of Christchurch and Tipps End

Townley School has organised a clothes & shoe collection with **Bag2School** in order to raise funds for Friends of Townley School. **Bag2School** is the UK's leading textile recycler and fundraiser working with schools and since its inception in 2001 it has now paid out over £36 million. As well as raising vitally needed funds for the school it also helps the environment by helping to divert unwanted textiles away from landfill. A recent DEFRA report showed that textile collection schemes are helping to reduce the volume discarded as municipal solid waste. However it is a fact that as a nation we still send 350,000 tonnes of textiles to landfill every year.

By getting involved in our **Bag2School** collection, you have an opportunity to sort through your cupboards and wardrobes and donate unwanted textiles in the bag provided – this can include adults' and children's clothes, shoes (tied together please), hats, belts, handbags and soft toys, (please refer to <http://uk.bag2school.com/> for full details). In addition to raising much needed funds it will also raise awareness amongst the children of the benefits of recycling and reuse. You can use any bag to donate your items and don't forget to ask grandparents, friends and neighbours to have a sort out as well! **Bag2School** will be collecting from the school at 9am on Monday 14th October. Please bring your bag (or bags!) and help us have a really good collection!

Many thanks in anticipation of your support

Maria-Anne Higgins - Townley School Head

Andy Street Profile



Andy is our latest recruit onto The Heron Team. He and his family only moved into the village in February, but after their initial settling in period he is anxious to become involved in village life. You may recall he has already written articles for us over the last couple of months. - Ed'.

I am married to Susan and we have three grown-up daughters and two grandchildren. I have lived for most of my life in Somersham but, following my retirement last year, we decided to move to the Fens, and in February this year we ended up in Christchurch. During my time in the police I worked in Cambridge for ten years, and then spent four years as the Chatteris Community Officer. I then spent several years running the Drugs Intervention Programme covering Huntingdonshire and Fenland. My last five years in the force were spent as the Sergeant in Charge of the St.Ives and Ramsey Community Team. Whilst doing that job I wrote several articles on police related matters for local magazines and newspapers.



My interests are cycling, running, rugby and golf (although I haven't played for a while). I also have a close affiliation with stock car racing. My father raced in the 1970's, I raced in the 1980's, as did my brother, who still races now. My two eldest daughters also both race. I, therefore, spend a lot of time attending meetings, and building and fixing their cars. Susan and I feel that we have settled well in Christchurch. We both love the community feel of the village, and are keen to get involved. I love the quiet roads around here. It's great that I can go out on my bike and ride for miles on (relatively) traffic free roads.

Andy

SAVE THE DATE!
Saturday 30 November 2019
7.00pm till late
“CEILIDH”



Christchurch Community Centre
Dancing to
“Frog on a Bike”!

Leave your inhibitions at the door and
come and try something different.
A fun-packed evening of country dancing
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Contact Elaine Reed-Hughes on 01354 638310

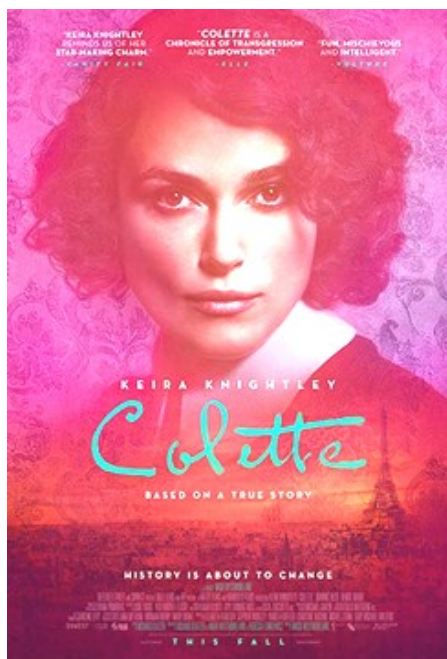
elainereedhughes@gmail.com



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

Sunday 13th OCTOBER 2pm

COLETTE (15)



After marrying a successful Parisian writer known commonly as “Willy” (Dominic West), Sidonie-Gabrielle Colette (Keira Knightley) is transplanted from her childhood home in rural France to the intellectual and artistic splendor of Paris. Soon after, Willy convinces Colette to ghostwrite for him. She pens a semi-autobiographical novel about a witty and brazen country girl named Claudine, sparking a bestseller and a cultural sensation. After its success, Colette and Willy become the talk of Paris and their adventures inspire additional Claudine novels. Colette's fight over creative ownership defies gender roles and drives her to overcome societal constraints, revolutionizing literature, fashion and sexual expression.

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)

Sunday 27th October

The Alan Norris Big Band 2018 One Day Tour

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A return visit from the hugely popular Alan Norris Big Band. Celebrating their 26th 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 chang*



theWI
INSPIRING WOMEN



OPEN TO ALL -

Christchurch WI Harvest Supper with entertainment by:

MAGICIAN: Ricky Locke

**Tuesday 8 October 2019
6.30pm-9.30pm (approx)**

**Christchurch Community Centre, Upwell Road,
Christchurch PE14 9LL.**

A professional magician, hypnotist and pickpocket from Bourne, Lincolnshire, Ricky has been performing magic for over 10 years and is regularly seen performing magic at weddings, parties and other special occasions across the country and is a proud member of the magic circle.

£8.00 per head to include a supper of delicious homemade soups, a selection of breads and homemade desserts.

**To book your place, please contact either
Janet Harper – 01354 638681 or
Elaine Reed-Hughes – 01354 638310.**

Cambridgeshire Fire & Rescue Service

Remember, Remember, to celebrate safely!

Bonfire Night can be plenty of fun for all of the family to enjoy, but with lots of Potential Hazards, it's really important to keep you and your family SAFE!

Fireworks:

- * Only buy fireworks marked BS 7114
- * Light fireworks at arm's length using a taper, stand well back and never go back once lit
- * Never throw fireworks or put them in pockets or clothing
- * Light sparklers one at a time wearing gloves, and place used sparklers in a bucket of water
- * Never give sparklers to children under five
- * It is illegal to sell fireworks to someone under 18, or to light them in a public place

Bonfires:

- * Do not light bonfires in unsuitable weather conditions, particularly when windy
- * Do not leave bonfires unattended
- * Keep a bucket of water or a hosepipe handy just in case
- * Build bonfires well clear of buildings, garden sheds, fences and hedges
- * Never use flammable liquids to start a fire
- * Never burn dangerous rubbish such as aerosols, paint, foam furniture, tyres, or batteries etc.
- * Before lighting, check children or animals are not hiding inside, and are a safe distance away

Always consider the location of a bonfire or fireworks display. Smoke drifting onto or near to roads can lead to devastating consequences.

Follow us on Facebook, Twitter and Instagram. To find out if you are

eligible for a free home fire safety check call 0800 917 9994. For more information on Firework Safety please go to: www.hse.gov.uk

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CEMENT, MULTIFINISH, PLASTERBOARD

Our Demonstrator this month was ill so we had to think on our feet and one member came up with fast a pace game of Beetle which was enjoyed by all and won by Susan Quail.



Our next meeting will be a Harvest Supper, on 10th October, where we will be welcoming other Isle of Ely Federation members and our guest speaker and performer is Ricky Locke who is a Magician, Hypnotist and Pickpocket - so we'd better watch our step! Ricky comes to us highly recommended and boasts a long career in entertainment and is a proud member of The Magic Circle. (See page 8)

There were several entries for this month's competition of A *Handmade Item* with some beautifully made objects including a reversible fruit basket, waistcoat, scarf, table runner, glasses case, cable knit jumper and a cushion. There will be no competition next month and all members have been asked if they could provide a raffle prize or produce something delicious to eat on the night.

Meetings for the rest of 2019 and early 2020:

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'*

Jan – Resolutions Meeting

Feb – Fish & Chip Supper with Sing-Along

Mar – How to use/recycle your scrap fabrics – Demonstration by Mellymade Designs, Littleport

Apr – Wicken Fen – Past & Present – Talk by Peter Green

May – Resolutions & Games Evening

Jun – Curling Session

We meet on the second Tuesday of every month, at the Community Centre, and are always looking for new members. Recently, some of our members got together to enjoy a 3.5 mile walk around the country trails and lanes of Upwell. This was followed by a lovely lunch at The Five Bells in Upwell. After the July meeting some members stayed behind to enjoy a half an hour singing session which was enjoyed by all. Some of our members have recently taken advantage of the 'Live Screenings' at the local cinema (The Light, Wisbech) enjoying *The King & I*, *Midsummer Night's Dream*, *One Man Two Guvnors*, *Andre Rieu Concert* to name but a few. Why not pop along for a taster session, for £3, to see if you like it. We look forward to welcoming you. If you're interested in finding out more about our WI. Please contact Peggy on 638339.

"IT'S AUTUMN AGAIN!"

It's long been an objective within the Gardening Club that we provide our members with information that's apposite to the season in which we find ourselves. Which is why on Tuesday 17th September the members were treated to speaker Stuart Limpus, giving advice and sharing his wealth of knowledge on the Autumn Garden. For well over an hour Stuart recommended the best shrubs to use, considering colour choices and longevity, as well as the various soil types to which the plants would be best suited. Stuart is a long-established friend of the club and it was good to catch up with him again and glean as much information as possible, from his wealth of knowledge and experience. A Tuesday evening, well spent, I think.



Carrying on the seasonal theme next month the club will be welcoming Tim Jellis, for a talk on Winter Plants. Tim is another gardener with a huge amount of knowledge and know-how, so that should be another date for the diary. I think I can speak for the members when I say we are looking forward to Tim's visit.

The Gardening Club is now enjoying its 21st year in existence and during that time has played host to many, many experts in the field of horticulture. Members have come and gone, as life leads us every which way but all of them have contributed to the club's continued survival as an entity. So if you want to gain valuable insight to help broaden your knowledge and improve those gardening skills, or indeed share your acquired expertise, with like minded individuals, or dare I say just enjoy a relaxed Tuesday evening in a more social way, please just come along on the night or alternatively call 01354 638 230 for membership details.

Steve

Christchurch Art Group



We meet in the Community Centre on the 2nd and 4th Tuesday of the month 1.30 – 3.30pm

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 who would like to give 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 new term started on the 10th September with a new and varied programme

We start each term with a re-cap. This time it was using a limited colour pallet. We progressed to tonal paintings.

Our October sessions will be having another go at various pastels. We will then have a go at researching our favourite artist.



Flower Clouds by Odillon Redon (Pastels)

Our attendance fee is £30 for the term of six weeks. 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, but plenty of tuition is offered if required.

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

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

Jan Clifford

Our demonstrator in September was Ruth Sindall. Ruth has been making and decorating cakes for over 30 years and has achieved several qualifications in cake craft courses achieving distinctions. She showed us basic Brush Embroidery techniques. Ruth gave us each an outline of a picture that we had to trace and transfer to a Royal Icing Plaque (pre-made by Ruth).



We iced the petal outlines onto the plaques and then pushed the icing towards the centre of the petal with a small, damp paintbrush. A very simple but effective way to decorate a cake. It was good to see two visitors who are new to Christchurch. We were very glad to see you ladies and hope that you will join us again soon. Anyone else interested in finding out the sorts of things we do at Craft Club is welcome to drop in and see us on the first Tuesday of the month, 7.00pm at the Community Centre.

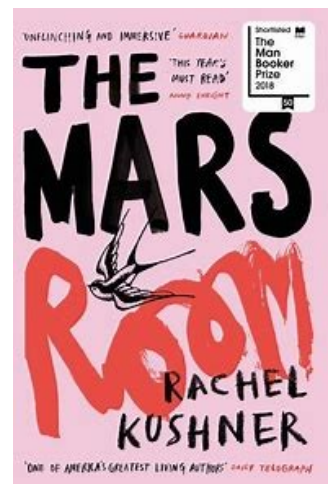
Next month we will be learning Pyrography (decorative wood burning) with Sue Norman. You may bring items to decorate, or wooden spoons etc. will be provided.

Christchurch Book Club

Book Club met on the 24th September. We had been reading "We Are All Completely Beside Ourselves" by Karen Joy Fowler. How to summarise this book?.....Very difficult! As usual there were mixed reactions. Half of the group didn't finish it. Most felt that the start was rather slow with an important piece of information (I'm not telling!) not being given until a significant number of pages had been read! There were some references to animal research, which seemed to be, broadly, historically accurate, and which were intriguing but rather disturbing. Those who finished the book were also somewhat disappointed in the ending.

Our next meeting will be on Tuesday 22nd October, 7.30pm at Sandra's 29 Fen View.

New members are always welcome. We are a friendly bunch and read one book a month. No worries if we don't get to the end; either because we didn't like it or ran out of time. Books are supplied by the library, although some prefer Kindles or audio-books.



For more info please contact Sheila Day 07946635908

What are the Police Doing About Drugs?

During my time in the police I was often asked this question. The sad fact is that drug use is a part of our society and has been for many years. Some people see nothing wrong in smoking cannabis. Whilst it is true that occasional cannabis use on its own may never cause the user any long term health problems, it is also true that cannabis is a gateway to much harder and more serious drug use.



In my police career I spent several years working with drug treatment agencies and during that time I was involved with the treatment of a large number heroin addicts and hard drug users. The depravity and

ruined lives that I have seen doesn't bear thinking about. The fact is though, that almost all of those addicts started on cannabis. I have interviewed many drug users about their addiction and the overriding theme was that it started as a bit of a laugh, very few ever expected that smoking a bit of weed would ever lead them to an addiction to hard drugs. It is difficult to underestimate the darkness of heroin addiction.

Most heroin users need to use the drug just to feel normal; to be able to get through the day. The physical and mental traumas users suffer if they can't get their hit are horrific. This then leads to how they fund their addiction. Many will commit shop thefts, burglaries or even rob people in the street and some sell drugs to others to get the money – all of which risk prison sentences when caught.



I recall an addict once saying to me – "It's alright for you; you can take a day off every now and then. I have to do this every day. If I can't get the money I'll be ill, I have to have the drugs, even on Christmas day."

Occasionally drug users are able to hold down a job for a while but it is often the case that the cost of the drugs takes over and many end up losing everything; their home, their car and their family. Some people start using cannabis from a very young age, many whilst still at school.



I often had to deal with parents that were distraught because their child was stealing from them to get money to buy drugs.

It's striking that as many as 84% of Britons don't believe that the "war on drugs" can ever be won. If that's the case, you might think, then why is there not more support for policies that reject this failed strategy? The answer is probably that "war" is a misleading metaphor for combating drugs. As cultural critic and former prison doctor Theodore Dalrymple has put it: "Saying the war against drugs is unwinnable is like saying the war against burglary is unwinnable and we should open our doors. Absurd. War is the wrong word."

There is no doubt that a great deal of crime is linked to drug use, so the police make every effort to do something about it. They strive to target the dealers and users of illegal drugs using whatever tactics are available to them. They also work in conjunction with schools to offer education on the law around the subject. For some time now officers have had powers to deal with offences of driving whilst under the influence of drugs.

There are many sources of help for those concerned about drug use; the Frank website is a good place to start www.talktofrank.com, 'Inclusion', based in Wisbech are also an excellent drug treatment service www.inclusion.org.

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Dun Cow Update -

As you will see from Paul & Sue's comments on our letters page, the official reopening of The Dun Cow under new management on the 31st August was a great success. The place was absolutely 'rammed'. Similarly Sue's birthday celebrations with a karaoke on Saturday 21st September went down well also. So everything is looking good for the future of our village pub. Well done Paul and Sue and a BIG THANK YOU! To them for taking it on! We hope that villagers, and others, will continue their support in the future. A great team of volunteers, you know who you are, worked generously, and superbly well, to help Paul and Sue get the place ready for the relaunch. You may have noticed all the ground surrounding the pub has been cleared already. The car park will soon be extended, and a new outdoor smoking booth put in place. The first event in the newly cleared garden area will be the **Halloween Special on the evening of Thursday 31st October**, with a tent selling hot dogs for £1 each, lucky dip, and spooky bags for the kids as well as a **FANCY DRESS COMPETITION**. There will also be glasses of mulled wine available for parents and other adults. So get along there dressed in your 'spooky' best!

Dr. Paul Williams Chair West Norfolk CCG Blog

Like a lot of you and the staff here at NHS West Norfolk Clinical Commissioning Group (CCG), I have just returned from my summer holidays and must admit this year it has been very busy during what is normally a "quiet" season. Reason being is the ongoing reorganisation of the Norfolk and Waveney CCGs.

As you may know from my previous articles there are five CCGs in Norfolk and Waveney and about a year ago they decided to form a single management team under one Accountable Officer. The appointment of that officer, Melanie Craig, and the new Chief Finance Officer, John Ingham, was completed at the end of April and was followed quickly with the creation of a new senior management team. This saw the creation of a new post here in West Norfolk of Locality Director. Jeanette Hucey has been appointed to this post initially on a six month contract with a view to a formal recruitment process this autumn. I would like to formally welcome Jeanette to King's Lynn and wish her well in

the post. The final phase of the reorganisation is to review and restructure the remaining staff across Norfolk and Waveney CCGs to support the new senior management team. That process is under way and should be complete by December.

The CCGs in Norfolk and Waveney are also currently exploring whether to merge into one larger CCG and are inviting people to have their say on this proposal. What does the proposed merger mean for West Norfolk? The main driver for those of us involved at the inception of West Norfolk CCG was to have a locally-focussed organisation that would look after the interests of our residents and ensure the best scrutiny and support was put in place for all health services in the area. I believe West Norfolk CCG has delivered that local focus and that we have ensured that services here are at least as good if not better than the rest of Norfolk. However, the cost of maintaining five CCGs is high; five CCGs all doing the same thing five times when it could be done once is inefficient. We can be better at improving things like our mental health services if we speak with one strong co-ordinated voice.

(Continued in next column)

(Continued from previous page)

Therefore, the move to merge will mean more money is available for clinical services that you desperately need while the commissioning voice will be louder and more insistent in our providers ear.

What we are determined about is that the local voice will not be lost in this move. Over the last year we have set up Local Delivery Groups in each of the CCG areas. Here in West Norfolk I have been chairing this group which is made up of all the providers and commissioners of health care in the area (including GPs, community nursing and mental health), The Queen Elizabeth Hospital, as well as the borough and county councils, social services, voluntary agencies, pharmacies, public health and children's services. The purpose of this group is to help support and empower the new Primary Care Networks which are taking shape across Norfolk and Waveney and will see groups of GP practices working closely together with other community, mental health and social care staff to improve services for local people. This West Norfolk Local Delivery Group will ensure there remains a strong local focus on health care provision in the West.

The final decision on the proposed merger will happen soon and we need your feedback as soon as possible.

Paul

**Please make your views known
by completing an online survey**

at: [https://www.smartsurvey.co.uk/s/
NorfolkandWaveneyCCGProposal/](https://www.smartsurvey.co.uk/s/NorfolkandWaveneyCCGProposal/)

Alternatively, to request a hard copy of the survey please email snccg.communications@nhs.net or write to:

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Vet's View

Autumn is the time of year when many people decide to take on a new animal. Whether you are buying a puppy or a kitten or adopting a rescue animal there are some important factors to consider.



First of all, please consider what type and breed of animal is the right choice for your home. Never follow a trend. Some animals might look cute and be fashionable but it doesn't necessarily make them the

right one for you.

Please read about the breed, learn their pros and cons, see what kind of care and level of

involvement they require. Same with adopted animals – have a good conversation with the shelter staff about their character,



demands, how much exercise and grooming they need. For example, if you are a keen runner, a pug or bulldog might not be the right one for you. It is also worth checking what conditions might be affecting your potential future pet as some breeds can be prone to develop more serious, even life threatening disorders and owning them might become both emotionally challenging and expensive. This is why it is also worthwhile to consider buying a pet insurance policy.

Always check online reviews and check what your pet would be covered for. Please don't look at the price of the policy only first of all check the level of cover. Owning a pet comes with a lot of expenses and without NHS for pets it is up to the owners to cover the cost of care!

Nick



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September 2019

*Please note: A great day out opposite
over Half Term! - Ed'.*



Emerald Class had an animal encounter

Welcome back to our new school year!

We are very fortunate to have a very full school this year, with several children on the waiting list for places. We currently only have space in Year 2 and a few sessions in Nursery!

We have welcomed some new staff to our team this year, who have settled in well. Mrs Evans, who is teaching in Early Years, Mr Enstone who is teaching in Emperor Class, and Mrs Stevens who is the new TA in Emperor Class.



Hawker Class visited the Sealife Centre at Hunstanton and Emperor Class had a forensic workshop.

We have launched our new curriculum with enrichment activities for the children.



Friends of Townley School held a dog show, it was lovely to meet some new faces and see some familiar ones!



Facebook—Townley School
and Pre-School



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Whatever the Journey



The seven dwarves might have gone off to work with a cheery "Hi-Ho!" but in the real world not everyone launches into their daily routine with a smile on their face, and a song in their heart. Those standing at March Railway Station on a Monday morning bare witness to that! For many it's not "Hi-ho!" but "Oh-no!"

A new prayer book 'Pocket Prayers for Work' from the Church of England, might help to get the day off to a better start. Mobile phone conversations, train journeys, and dealing with other people, are all among the work-a-day subjects for prayer. The prayers in 'Pocket Prayers for Work' have been written to show that God is interested in all aspects of our lives, including those often tedious journeys to work. There is even a prayer for commuters stuck in a train tunnel, asking God to provide peace and grace to you and all your fellow passengers.



But it's not only in train tunnels that we can find ourselves getting stuck. It could be we're stuck in a job we don't like, or a relationship that's not good for us and we can't see a way out! Sometimes it can seem as if our lives are going nowhere, and we are stuck in a rut where we are unhappy. God is interested in helping us in these situations as well. He's willing to provide his peace and grace whatever is happening in our lives. God, if we let him, can put our lives back on track and free us from whatever is wrong.

"When I was really suffering, I prayed to the Lord. He answered my prayer and took my worries away. The Lord is on my side and I am not afraid of what others

can do to me." So wrote the biblical songwriter David (Psalm 118:5,6). David's life swung from good to periods of time when people wanted to kill him. Sometimes he was close to God, at other times he was away from God and committed all sorts of wrong things such as adultery and murder. Yet God never left him! He still loved him. He was still interested in what was happening, and was there to help when David asked.



God has not changed. Whether we're facing life changing problems, or just a frustrating journey to work. God loves us and wants to be a part of our life's journey.

God is only a prayer away!

Ian



Church News



Update on Rev Ian's health issues -

Both Ian and Linda thank everyone for their thought and prayers over recent months. It has been a tough time, and they much appreciate the love and concern that people have shown to them and their family. Ian is now under the auspices of Papworth Hospital, and he couldn't be in better hands. He awaits a date for his surgery. We wish him and his family God's blessing during these difficult times, and pray for his full recovery.

Our Harvest Festival is on Sunday October 6th.

The Church will be traditionally decorated as usual, and it always looks stunning. If you are coming to the service and feel you would like to bring a Harvest Gift along, please limit your choice to NON PERISHABLE goods. As you come into the Church, place your gifts at the base of the Font at the back of Church. They will be collected after the service and taken to St James Church, Wimblington, which has a collection point for our local Food Bank. Many people rely on Food Banks and it will be an honour to pass our gifts on in this way.



Lunch Break Dates for October

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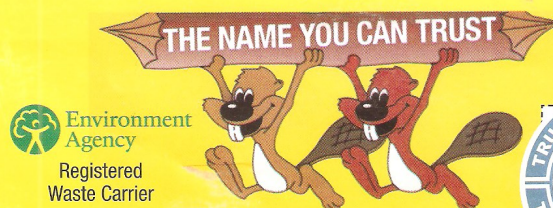
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Upwell Health Centre (and out of hours)	01945 773671
Upwell Health Centre - Pharmacy	01945 774934
Veterinary Centre - The Crossings (D'Mkt)	01366 382219
Vicars - Ian & Lynda Brady	01354 740627
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Club Contacts

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Neighbourhood Watch

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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!...

It's so great when people can get together, and work together; so much can be achieved. You don't necessarily need complications like 'committees' just a bit of goodwill.

Such was evidenced at the recent Dog Show at Townley and at HeronAid II with "Gambit" on the same Saturday; the evening of the 21st. So to previously at this years Car Shows, Hogroast and the like.

We hope that the same generosity of spirit will apply to this months forthcoming events like the Harvest Festival in the Church, the WI's Harvest Supper with 'magical entertainment', the Bag2School event at Townley on the 14th, and Halloween Night at The Dun Cow on the 31st(p16).

We're all part of the same village, the same family, the same team. All these events are effectively 'self-help' as they help breath life into the village and help keep it alive, active and vibrant. We'd especially like to thank Paul & Sue Simpson for taking on the village pub, The Dun Cow, and breathing some new life into that!



Enjoy! 'Till next time! - Ed'.

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

Townley School (FOTS) Dog Show



BEST IN SHOW - Ambrose (dog) and Harriet,
RESERVE - Tiger (dog) and Phobe

Well done all! It was a great day out, wonderful Barbeque too! - Ed'.

Lewis Brazil (below) spent three years restoring this Chevy from what looked like a scrapped motor. He even did the most marvellous spray job himself as well as the woodwork trim at the back! A well earned 'Judges Choice' award. More on this next month.

Classic Car Show - Judges Choice!



**DON'T FORGET TO COME ALONG TO SOME
OF THE VILLAGE'S FORTHCOMING EVENTS!**

(SEE PAGE 4)



AFC CHRISTCHURCH

2019 - 2020 SEASON



New strip new team, and this year they all paid for their own kit (real commitment), and they have to wash and look after it themselves (total commitment!) which shows their real dedication to the team.

Christchurch Magpies opened their 2019 - 2020 season with a resounding win against



Littleport 4 - 2. The bottom photo shows Josh Ingram scoring the first goal of the match which he hammered home right on target.

In the first half Magpies had quite a few opportunities which they were unable to complete though they peppered the goal. Littleport had their chances too, but the Magpies defenders were really on form.

A fantastic match with both teams really on form.



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.