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The Heron

Community Magazine

September 2017

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



Editorial Team: We Richard Guilford – Editor En Linda Webster – Treasurer & Ad. Manager Paul Haresnape – Technical Support

Web Site: www Enquiries: edit

www.theheron.info editor@theheron.info / 01354 638990 adverts@theheron.info / 01354 638124





So! Would you like there to be a regular Youth Club once a week at the Community Centre. All that space and facilities crying out to be used; outdoor space too! WELL IT'S UP TO YOU!!! PARENTS AND YOUNGSTERS! If there's not a better response than there was to the shop survey – it simply won't happen!

THE ENCLOSED QUESTIONNAIRE IS VERY IMPORTANT! Your response is needed, your views, your suggestions, and, most of all some volunteer helpers! They are the MOST IMPORTANT THING OF ALL! Without some volunteer helpers it simply cannot happen! We want to provide what you want, but we need your help to do so!

PLEASE TAKE THE TIME TO FILL OUT OUR QUESTIONNAIRE – AS A FAMILY!

Of course some ideas have been floated around based on various experiences in running youth groups in the past. But providing what YOU want is a priority that can only be achieved with the help of **YOUR INPUT!** Hence the need for completed questionnaires. You can return them easily by posting them through the Community Centre post box.

It is hoped to provide all the usual sports facilities such as padder tennis, handball, volleyball, 5-a-side, etc. Then of course there could be board games, chess, or even things like

STOP PRESS

It is with great sadness that we heard the news that **Walter R Chamberlain**, long time resident of Christchurch, has passed away. The Funeral Service is to be on 13th September at 12.15pm in the Parish Church. As a long time member of the church, and chorister, Walter will lay in the Church overnight dressed in his choir cassock. After the service there will be a reception at the Community Centre for mourners. Donations in lieu of flowers to the Parish Church. Warhammer! Also, with the help of the Parish Council it is hoped that a number of Wi-Fi outlets for interactive and online gaming. All would be carried out in a friendly and sociable atmosphere which all members would benefit from. There would need to be a nominal charge of course to help us finance and run the club. What do you think this should be?

Other facilities would include a 'tuck shop' providing crisps, sweets, soft drinks, tea and coffee, and perhaps the occasional cake. In time perhaps even bacon sarnies, and maybe even burger and chips. It simply depends on the demand and support for these things. Trips could be run from time to time to other local facilities such as the Fenrock Climbing Centre, featured on page 17 of this months Heron. **SO WHY NOT A YOUTH CLUB? SIT DOWN AS A FAMILY AND GET THAT QUESTIONNAIRE FILLED OUT AND POSTED! THANK YOU!**

So difficult to keep up with the news!

The final missing miniature horse "Barbie" was recovered on the day we went to press last month following a tip off via an anonymous text. Very pleased all eight are now home safe. Needless to say Jo and Daniel now have 'a lot' more security measures in place at the farm. Thanks again to all those who helped!



Community Information

Mobile Library:

First Tuesday each month - In the Lay-by Upwell Road - 12:15 to 12:45pm

Mobile Post Office:

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

Dun Cow Meal Deal on alternate Wednesday lunchtimes - 2 courses for £5.50 -

Pre-Booked places ONLY. This month's dates are 6th & 20th September

Delicious Fish and Chips are available outside the Dun Cow from Michael and Michelle's

van on Fridays 5pm to 8pm

Defibrillator - usually located on the old dining hall in the school, will now be unavailable until 5th September approx. If you need one then ring 999 and give your postcode and they will tell you if it is back in commission

Community Car Scheme

now needs to find two or three new voluntary drivers. If you like helping people and have a little time to spare during the week this may be for you. Drivers are covered by their existing motor insurance and receive re-imbursement for their mileage expenses. If you would like to know more about it please ask the drivers or contact Sue Beel at Care Network, on 01945 589953 or email sue.b@care-network.org.uk.

Contact the Parish Council?

phone numbers: in Useful Numbers page 26, email: <u>christchurchcambspc@gmail.com</u> website: <u>christchurchpc.btck.co.uk</u>

Streetlights

Please be aware that the contact details on the streetlight columns are no longer correct. In the event of any problems, please contact the Clerk to the Parish Council on

christchurchcambspc@gmail.com.

Some lights in the village may not be working, if you see one, please email me as soon as possible - don't think someone else will be reporting it. The Parish Council are arranging for all repairs to be carried out as soon as possible, but we need your help to find out which ones they are. **Flu Jabs -** appointments can be booked from now onwards. Two clinics in September 23rd and 30th and two in October 7th and 28th ALL 8am-11am—details of those entitled on page 24

Recycle your old bottles at the

Community Centre Bottle bank - this helps the Parish Council keep the Council Tax 'rates' down

Pilates begins again on Monday 11th September 6:30 to 7:30 at the Community Centre. Bring a mat, or towel and a small cushion. Jane Green says "come and join us getting fit and supple" Ring her on 01354 638378 for more info.

EDITORIAL

Hi guys!

So how did all those GCSE results turn out last Thursday? Guess many of you will be off to Uni or College real soon. Some of you will even be going out to work for a living! (lol) In any event the very very best to you all with your chosen careers or studies! You are the future and we need you all to do your very best and reach your full potential. Good luck to you all!

For the rest of you youngsters who are not bothered by those things guite yet What about getting a Youth Club started? Please see our cover, the article on page 2 and of course the all important QUESTIONNAIRE! Please do your level bests to complete this and get it posted at the Community Centre by the 18th September. A lot of work has gone into formulating it following various consultations and our new colleague -Derek Randall-Hall – has taken considerable time and trouble in compiling it! Derek joins The Heron team as of this month with our Youth and Sport portfolio. Derek has his own Graphics and Advertising business which he runs from home. He has only recently moved into the village but is very community minded. Thank you Derek and welcome to the team!

With youth in mind I visited one of our newest advertisers recently – Fenrock Climbing Centre, in Outwell. Speaking as an ex-climber, an absolute joy! A warehouse filled with 'mock' rock walls, of varying difficulty, a training gym, and a wonderfully relaxed and friendly atmosphere. As if that wasn't enough, despite advertising facilities for all ages, – a 72 year old female climber! Unbelievable! See their article and ad. on page 16-17 Then ther's all the usual features..

Enjoy! 'Till next month!

DIARY DATES

Abbreviations for commonly used venues: TS = Townley School, CCC = Christchurch Community Centre, (new Hall) TH = Three Holes Village Hall, UH = Upwell Village Hall, WH = Welney Village Hall

Weekly eve	ents
Mondays	Pop-Up Coffee Shop - 9 -11:30am (new hours from 11th Sept) CCC
	Pilates - each Monday from Monday 11th - 6:30-7:30pm - CCC
Fridays	"Cake, Coffee and Chat" - 2-3pm - Parish Church - All Welcome
	Fish and Chip Van visits - outside Dun Cow - 5-8pm
General ev	rents
Sep 5 th	Mobile Library visits - Upwell Rd Lay-by 12:15-12:45pm
Sep 5 th	Christchurch Craft Club - padded photo frames - 7pm - CCC
Sep 9 th &10 th	Sandringham Game and Country Fair
Sep 12 th	Art Club - new students welcome - 1:30 - 3:30pm - CCC
Sep 12 th	WI - Holiday in France - 7pm - CCC
Sep 13 th	Funeral Service - Walter R Chamberlin - 12.15pm - Parish Church
Sep 14 th	T with Rev B - 2-3pm - Parish Church
Sep 19 th	Gardening Club - Pools and water features in the garden - 7:00pm - CCC
Sep 20 th	Christchurch Residents Association - 7:30pm - The Old School, Church Road
Sep 22 nd	MacMillan Coffee morning - 10-12noon - Parish Church
Sep 24 th	Jazz Club - 12:30pm - CCC
Sep 26 th	Art Club - new students welcome - 1:30 - 3:30pm - CCC
Sep 27 th	Fenland Smallholders and Goat keepers produce Show - Upwell Village Hall
Sep 27 th	Christchurch Book Club - 7:30pm - (tbc) info Sheila Day 07946 635908
Sep 28 th	Chairman's Coffee morning for MacMillan - 10-11:30am - Fenland Hall, March
Oct 7 th	Village Yard Sale - funds for Community Centre - £5 per pitch - book at 638478
Oct 8 th	East of England Autumn Show - Peterborough Showground

Parish Church Services

	Sep 3 rd	11am	S Tooke	All Age Worship	П
	Sep 10 th	9:30am	Revs L Brady	Holy Communion	П
		3:30pm NB	A Day	Evening Prayer	П
П	Sep 24 th	11am	Rev S Tooke, S E Tooke	e Morning Prayer	П
П	Oct 1 st	11am	R Holding, A Carlin	Harvest Festival	
Ц					Ш

Every Friday 2-3pm Coffee, Cake and Chat in the Church building - not 22nd September

The Heron Deadline

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

Advertisers - all our advert rates and conditions can be found on our website <u>www.theheron.info</u> Business advertisers can book series of six 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.

Letters to the Editor



Dear Richard,

Please can you put this in September's Heron STREETLIGHTS

Please be aware that the contact details on the streetlight columns are no longer correct. In the event of any problems, please contact me, the Clerk to the Parish Council on christchurchcambspc@gmail.com. Please share this information with others who may not be on facebook.

I am aware of some lights in the village not working, but if you see one, please email me as soon as possible - don't think someone else will be reporting it. The Parish Council are arranging for all repairs to be carried out as soon as possible, but we need your help to find out which ones they are. Thank you all very much

Kind regards Jane Rees

Clerk to Christchurch Parish Council

Dear Richard Guilford

I am a writer researching a book which will include a study of early hunter-fishergathering techniques, and I'd like to get in touch with Peter Carter the retired eel trapper. If he could take me out on the Fens I'd be happy to pay a reasonable fee for his time.

Are you able to provide a contact for me or pass my email on to him please? Best wishes

John Harrison

Sadly, Peter retired several years ago, and despite several previous appeals, we have no current contact details for him. We are happy to publish your letter but I am not hopeful of a positive response.

Regards Richard

Dear Sir, From time to time I would like to buy a copy of The Heron, since I don't live near Christchurch (I'm at Little Ouse, near Littleport).

I wanted a copy of the current issue, and since I was that way today decided to try and find it for sale in local shops. Since the closure of Your Little Local, there is now no shop in Christchurch; and the shop by the bridge in Three Holes is currently temporarily closed.

So I asked at the stores in Outwell and Upwell, and they do not have copies of The Heron (the Outwell one has copies of the Outwell and Three Holes parish mag). And they didn't have it at Tesco in Downham Market.

So I wonder if you can tell me where I might find it for sale? I do recall once finding it at a shop somewhere in Downham Market, but I don't now remember which one! With thanks, and best wishes,

Ted Harding.

Hi Ted!

We have been let down by some of our outlets including two of those you mentioned. Currently we have magazines for sale in Upwell Medical Centre, M&B

Farm Shop in Outwell, and the Bloom and Wake petrol station in Outwell. Alternatively you might like to consider a yearly subscription which is £25 for the magazine, postage and packing.

Further details are available on our website which is <u>www.theheron.info</u> As you will discover The Heron is also available online FREE and in full colour including all our back issues.

Well those are all the options. I hope that's helpful. Kindest regards Richard



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by your Local Weather Sage

Summer's not over till the hollyhocks are done flowering!

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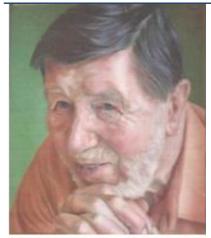
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John William Batt-Rawden 1926 - 2017 - RIP



John William Batt-Rawden Died 22/07/2017

John was a former teacher and later deputy head at Kings Court School, Old Windsor. He later retired at the age of 55 and moved to Christchurch to live at Albert House for thirty years. During that time he drove the Christchurch community bus "The Croft Carrier" and later instructed Roger who now lives in Welney. Always ready to help out when he could he was a popular resident known for his bee-keeping and many contributions to the village including the Heron, the school and the local church which he attended and often read the lesson. I have fond memories of our friendly banter whilst cleaning including-in his own words- "pushed from pillar to post'! when hoovering.

He moved to Oxfordshire in September 2014 to be with family but still liked to hear news from the Village. I first met John over 30 years ago, when I volunteered to drive the Christchurch Community Bus, "The Croft Carrier", and John instructed me on driving it.

I'm writing about a good pal, one who loved Christchurch, and who would always help out if you were in a jam. But if you fancied an argument about a particular point of view, then he was the man! With John's worldly wise knowledge it led to good discussions. He was very interesting to listen to - or argue with! There was often friendly H.M. Forces banter between us, John having done wartime service in The Tank Regiment, and I later in the Royal Air Force. Typical, was at his 80th birthday celebration, when I and my passenger were running behind time. There was already quite a crowd on our eventual arrival and John quipped, "Typical RAF,



always bloody late!" I retorted, "Well there was a pub on the way!"

Cooking for yourself eventually led to sharing 'grits' on some evenings, normally at John's where we sat by the window, gazing at the weather outside, fair or foul, savouring the fruits of the earth, from the rich hot days of summer, through to the mellow misty days of

autumn. Cheers pal Roger (an old friend)





A Year's Menu

Local red flavour bursting strawberries with cream John's own blackberries and my garden Bramley apples in a crumble Wild raspberries from the end of my garden Cox's Orange Pippins apples with their Autumn colours Last but definitely not least, local fish & chips with a bottle of beer, on a Saturday night, "Are those peas ready yet!?"

Sat 7th October VILLAGE YARD SALE

make money from your junk and clear out at the same time

£5 per pitch and entry on the map

in aid of the Community Centre Call 638478 to book a pitches and arrange entry on the map

CRAFTS & CAFÉ

in Community Centre

YOU'RE INVITED

to the Parish Church for a Coffee Morning

on Friday 22 September 2017 10.00am -12 noon



Upwell Jazz Club 2017

1

Christchurch Community Centre (Sat Nav PE14 9LL)

Sunday 24th September

Guests: Tim Eyles – trumpet and vocals Nigel Portass – keyboard Dave Jackson – drums

A warm first-time welcome to Tim Eyles and Dave Jackson to Upwell Jazz Club. These two very experienced players will entertain you with both classics from the great jazz era and more modern compositions.

Time: 12.30pm - 2.45pm Admission: £5.00 Accompanied under-16s Free More information from Nigel Smith on 01945 773121

Bar, fresh rolls, crisps and savouries available

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August Meeting



Our demonstrator tonight

was Beryl, our President, showing us the art of 'bead making'. Everyone joined in having a go to make a two toned necklace or bracelet out of polymer clay (which is like play-doh) You pick two colours which tone together, roll them up like a Swiss roll, then cut out and shape into round or oblong pieces, make a hole for the threading, cook to harden for a short time, finish when cool. Members were able to take their items home.

Thank you Beryl. Well done everyone.

Apologies - Marion, Viv, Sandra, Kay, Sylvia, Belinda, Alma, and Doris Wolsey.

Members signed a get well card for Marion, who was committed to hospital for a few days, but home now and improving every day.

Competition - Decorate a Doily. 5pts, Val, Anne Atkinson, Sue Norman, Jan Harper. 4pts, Sandra Lloyd.

September meeting - Janet Townsin & Rosemary Higgs, 'Holiday in France'

Competition - a French Item

Flowers - Peggy,

Refreshments - Margaret Hayes & Ann Hicks. **Raffle rota** - Sandra Kay, Wendy, Ann Hicks, Sue Norman, and Linda Button.

Please feel free to join us. Any enquiries to Peggy, secretary. 01354 638339

Christchurch Book Club

The August meeting of the book club will be on Wednesday 30th, after the Heron goes to press, so we are unable to report on it this time. During August, we have been reading 'My Brief History',

an autobiography by Stephen Hawking. Our book for next month will be 'Betrayal' by Martina Cole (tbc)

The next meeting provisionally set for Wednesday September 27th, but to confirm this, and for details of the venue, please contact Sheila Day 07946 635908



Art Club

We will be starting back on 12th September for another year of various art techniques. It has



been so rewarding seeing how much everyone has improved in finding their own style.

Our group is friendly and relaxed. We would love to welcome some more members. We have a tutor to lead us, but we all can learn as much from each other and gain in confidence.

All artists have their own special style and approach so we have a lot of variety and some very good art.

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

We normally meet on the second and fourth Tuesday of the month at 1.30 - 3.30 pm (term time).

Those of us who made the August meeting had a go at Origami. We made money gift holders in the shape of a shirt and decorated them with buttons, ribbons and braid.



After we got the hang of the folding, we all had a relaxing evening chatting as we worked.

Looking forward to seeing all the holidaymakers back with us in September and hearing all about their trips. We hope to make fabric, padded photo frames. (Please bring any offcuts of cotton material you may have).

New members always welcome. Sandra Lloyd.



South African Plants



After the previous months trip to Jenni Cairns and the filming undertaken by the film club, the members returned to the normality of the monthly meeting at the community centre.

Our guest speakers were Mike and Di Burns who regaled us with tales of their South African Trips replete with the many photos they had taken while travelling across that vast country. Any one reading this who has heard stories of danger and unrest in this beautiful country, would have had their worries eased by the couple, who assured us that they felt perfectly safe, while camping out in some of South Africa's remotest regions. The slide show they provided was accompanied with detailed commentary by both Di and Mike, and I think all who were present were surprised by both the diversity of plants and the wild beauty of what could be thought of as barren land.

The smallest of plants clinging to life attached to a rock or outcropping, their roots fighting for any moisture that could be found. Even more surprising was how the same plant looked entirely different when grown in the less hostile surroundings of a South African garden centre. Many of the flowers we know in the UK today began life in Africa and were brought to this country in the Victorian era. All together a very interesting and enlightening evening.

The meeting next month will be on Tuesday 19th September and will feature guest speaker Mark



Anwell who will tell the members about pools and water features in the garden.

The Christmas Trip is now confirmed and will take place on the Sunday 26th November 2017 to Gates Garden Centre Leicestershire. Gates is a huge place which will be full of Xmas goodies I'm sure and has a very good restaurant as well. We will also travel on to Oakham, a nearby Market Town replete with its own Castle which offers free entrance plus many shops and boutiques to finish the Christmas Shopping. For those of us in need of food and a place to rest those weary feet, Oakham also boasts some fine pubs and eating establishments. The coach leaves from The Community Centre at 9.00 am Members £10.00 non-members £13.00.

The raffle prizes in September will be provided by Peter Miller, Miranda Pointer, Mick Woodham, Ian Roberts, and Alvar Smart.

PLEASE NOTE ALL MEETINGS STARTING TIME IS 7.00 PM (NOT 7.30)

For more information about membership or trips just come along on the night or phone 01354638230 Marion or Steve.



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SPEEDING FACTS - SpeedWatch

Speeding is not something carried out by a small deviant minority, which makes it an emotive subject for a large percentage of the population.

About two thirds of drivers regularly exceed 30mph urban speed limits and most vehicle related deaths occur on these roads. In the UK, many drivers believe excessive speed is not a problem, even though it can pose a serious risk to all road users.

Drivers who want to break the speed limit often intimidate other drivers in front of them by driving too close or constantly trying to overtake. This can put a lot of stress on other drivers so that they also feel a need to exceed the speed limit to alleviate pressure from vehicles behind

Many drivers also treat posted speed limits as minimums rather than maximums, failing to realise the risks they pose to themselves, their passengers and other road users.

There is overwhelming evidence that lower speeds result in both fewer collisions and in reduced severity of collisions. Research by the Transport Research Laboratory showed that just a 1mph reduction in average speed results in an average 5% reduction in collisions.

At the other end of the spectrum, even a slight increase in speed can cause fatality rates to soar. Drivers are twice as likely to kill someone when travelling at 35mph than they are at 30mph. At 40mph, nine out of 10 pedestrians will die, but at 20mph, nine out of ten will survive.

Over four times as many people die each year on our roads than as a result of violent crime. Our driving attitude and behaviour has to change to prevent many more unnecessary deaths and suffering.

Remember... Don't speed - Avoid a speeding ticket...

1. Do not exceed legal speed limits - they are there for a reason

2. Remember that speed limits are a maximum not a target - often it is more appropriate to drive below this speed

- 3. Set realistic journey times
- 4. Don't be pressured to speed by other drivers

5. Be aware of pedestrians, cyclists, children, animals and motorcyclists

6. Adjust your driving to suit the conditions e.g. near a school, on wet roads etc. so that you could stop in time if necessary

7. Check your speedometer as frequently as you would your mirrors - it could save your license

8. Don't be distracted by passengers or use a mobile phone while driving

9. Be aware of the speed limits for your vehicle and the type of road

Pop-up Café and Coffee Shop

🖻 🖗 🥽 🥽 🗑 🖷

Pop along and have breakfast with usl We are now offering sausage, bacon and egg rolls using locally sourced meat and our own free-range eggs as well as home baked rolls

Every Monday Morning (from 11th Sep) from 9–11.30am Christchurch Community Centre

Coffee, Tea, Hoł Chocolałe, Squash, Biscuiłs and Homemade Cakes and Cookies. Pop along for a cuppa and a chał. <u>All welcome</u>. We look forward to seeing you.

10.Be an ambassador for driving within the legal speed limits - if you comply the chances are that the driver behind you will too.

You're twice as likely to kill a pedestrian at 35 mph as at 30 mph.

When you are using a mobile phone it takes you longer to stop than if you are over the alcohol limit and you are 30 times more likely to crash if over the limit.

Always be aware of the speed limit. If you are in a built-up area and there are street lights, the limit is always 30mph unless there is a sign which says otherwise.

If you wonder what would happen if you were to hit a windscreen at 30mph, imagine dropping a watermelon from a three-storey building. The effect is about the same - **always wear a seat belt**.

Young people aged between 17 and 24 represent only about 10 per cent of the UK's license holders, but are involved in over 20 per cent of all road collisions.

The biggest killer of young people across Europe and North America is road traffic deaths.

Road deaths are ranked above malaria globally as a cause of premature death.

For every 1mph average speeds are reduced, collisions reduce by five per cent

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Pop Group Quiz thanks to John Murray

- 1. Small primates well outside their habitat
- 2. Snowball fights
- 3. PURRFECT Playthings for Girls
- 4. Looking for playmates
- 5. The Bosses in the German Emperor's army
- 6. As it stands
- 7. Not for marrying
- 8. Most famous doctor
- 9. Could never fly
- 10. Never cold in kilts
- 11. Needs strong light to see them
- 12. Big Waves in San Francisco
- 13. The Naval Rank above Captains
- 14. Laker's night time thoughts
- 15. Males found on the Coastline
- 16. Short form of Hello
- 17. Gives the heart a needed boost
- 18. First Man's tiny friends
- 19. Bent fruit in the rammy
- 20. Not good ministers

Answers page 26

CAMBRIDGESHIRE FIRE AND RESCUE SERVICE

The school summer holidays are coming to a close and we hope you have enjoyed the time with family, going on holiday or even creating your own adventures at home.

Before the children head off back to school, take the opportunity to teach your children about fire safety and design your very own fire escape plan for them to share with teachers and other students back in the classroom. We recommend every household has a fire escape plan and regularly runs through it with the family – especially when guests are coming to stay.

Here are a few things to consider when writing yours:

- Everyone should know where the window and door keys are.
- Your normal way out of the house is your best escape route so always keep it clear of clutter think of the difficulties you'll have using this route in pitch darkness or smoke.
- Walk your escape route with the rest of your family or housemates and make sure everyone can open windows and doors easily.

If you, your neighbour or family member might be vulnerable or have trouble escaping from their house in a fire, get in touch with us to see if we can help by calling 0800 917 9994. For the latest news, incidents and safety advice, or to contact us, log on to <u>www.cambsfire.gov.uk</u>. Sign

up to email alerts and find us on Twitter, Instagram, YouTube and Facebook.

New Heron Team member Derek Randall-Hall - takes on our Youth and Sport portfolio

Derek has only just moved into the village - just over three weeks ago. He is very community minded.

He has worked in Advertising, Design and Artwork for 25 years working for both below and above the line London agencies including Grey Advertising, TBWA, Ogilvy & Mather and TCA.

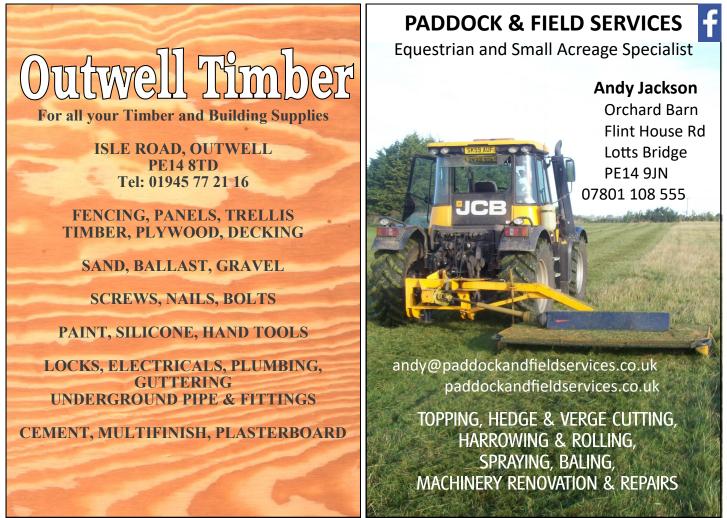
For the last 11 years he has been self-employed still working on numerous blue-chip client accounts such as Reel Cinema, Castrol BP, Stanley and also many other smaller businesses including private work such as the one off leaflets, stationery and invites. Still harbouring a healthy respect for the traditional skills of pasteup, typography and classic design training, he incorporates these



into modern technology to give the best and most accurate work both online and offline.

The odd time Del does have to himself he can be found relaxing in the garden, diy in the house or playing the occasional game of golf still wondering if he will ever get under 100.

Thanks Derek and welcome to the team - Ed'.



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AGE RESTRICTIONS

8–11 each child must be accompanied by an adult at all times. 12–15 must have at least one adult per three children.

Fenrock, Isle Road, Outwell, Cambs, PE14 8TD 01945 772999 www.fenrock.com





Nate George and Victoria Kirk started up Fenrock Climbing Centre in Outwell in 2016 having moved back down two years ago from living with Vic's family in

Liverpool. Nate is originally from March. They met four and a half years ago when Vic was nursing down in Bristol and initially became Nate's lodger. The rest, as they say, is history. Nate and Vic are due to become Mr & Mrs George this month so we would like to send them our very best wishes for the future. Vic is still nursing part-time in Ely, and Nate also has two computer businesses specializing in custom casings and cabling

Whilst house hunting they spotted their current premises (next to the Indian Takeaway in Outwell) in June 2016; they now live just a few doors up the road. After a bit of a wrangle, getting planning permission for a change of use, and, needless to say, a lot of hard work, they opened for business in

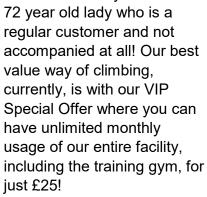
October 2016, just after Halloween. Their nearest competition is in Norwich; though it's not really like that in the climbing world as everyone climbs everywhere. From an empty warehouse shell four months later all the climbing walls had been

Another in our series of features on local businesses. Please contact us if you would like yours to be included.



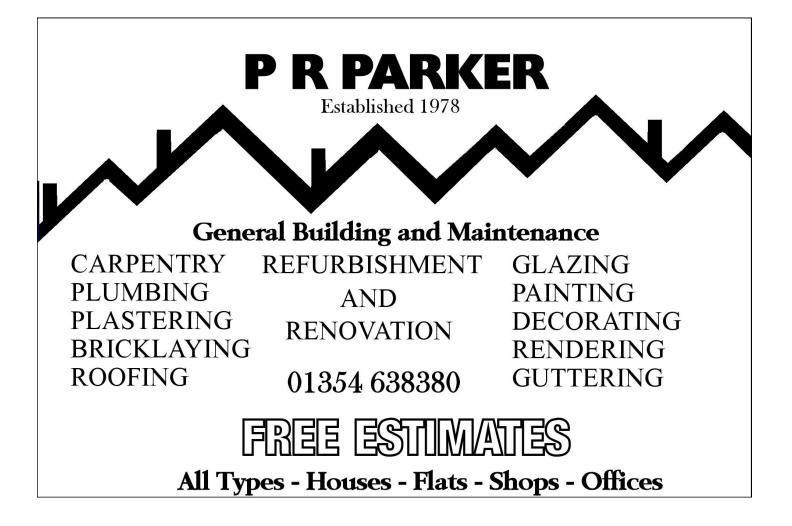
erected for a fully fledged 'bouldering' centre. Bouldering has really become more and more popular over the last five to ten years. This is one of the most accessible forms of climbing as you do not need a rope or harness. The aim is to climb from the bottom to the top of our purpose-built wall using coloured holds. To make things more challenging, each route is set in a single colour, and colours are graded from easy – with big holds, to hard – which can involve hanging by your fingertips. This means that at Fenrock there is something for everyone; whether you're an experienced climber, or have never climbed before

From 8-11 each child must be accompanied by an adult at all times, and from 12-15 must have at least one adult per 3 children. Currently we have a



Fenrock Climbing Centre is a new and exciting addition to the local area. Come and give climbing a go! It's great fun, a very sociable activity, and one of the best and healthiest workouts around for all ages! Please see our ad. opposite for contact details.





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Pre-School Graduation



At the end of term Pre-School held a graduation for the children leaving to start Reception in September. This will be the last ever Pre-School graduation as from September the Pre-school class will become an early years unit working with the Reception class, with Miss Lavender teaching all the children in the unit assisted by Kerry and Cheryl.



Year 6

The end of term was a chance for us to say goodbye and good luck to Year 6, they have really been a great group of children to work with. Friends of Townley School treated them to a night out with us at Frankie and Benny's and the Light Cinema in Wisbech. We had a lovely evening, followed by a leavers assembly celebrating their time at the school. We wish them well as they move on to Neale-Wade and Downham Market Academy.

Class Structure

As you maybe aware we are growing as school, therefore we will be moving to four classes in September. We have decided to name our classes after Fenland dragonflies.

The class structure will be as follows -

Kerry and Cheryl Pre-School	Cubtail
Miss Lavender Reception	Darter
Miss Butler Year 1 and 2	Hawker
Mrs Ford Year 3 and 4	Emerald
Mrs Culyer/Mrs Williams Year 5 and 6	Emperor

The Joan Smith Column

Hello again! So, continuing from last time, having waited over three months for the Andersons to find my

replacement I resolved to take the matter into my own hands. I bought the Lynn paper to look up any miscellaneous vacancies. Nothing specific, but several listed under box numbers. I nearly replied to these just to see if any were actually from the Andersons. I then gave myself a good talking to, having realised it would have been a rather a stupid thing to do. However, a little while later, things all worked out in the end.

My sister was moving home and I told the ago, a Andersons that I would definitely have to leave at the end of the next month as I had promised my sister that I would help her get packed up. She and her family would be moving in a month's time, but although I told the Andersons this, I was actually only going to do so if my sister really needed me. I told the Andersons that I had enjoyed working for



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Working with Cambridgeshire County Council, we are offering free support that helps connect you to a range of services including:

- Money & benefit support
- Free assessment to make sure your home suits your needs
- Advice & access to technology which supports you in your home
- Physical & mental wellbeing activities
- Social and cultural events.

Our service is all about offering you more choices and control. We aim to support you to meet your needs to keep you safe and independent in your own home for as long as possible. Email fenland.support@circle. org.uk or phone 0300 0040 349.

Or you can can request a callback on our website www.centragroup.org.uk/fopos



them but I really had to leave as I had so many other things to do.

The Andersons were very kind to me. I received a nice big cheque, and the girls gave me presents too! Really, over all the years that have passed, I've travelled to many countries to visit friends and relatives, joined many clubs, and done voluntary work, and thoroughly enjoyed it all.

My old bosses used to take me out for lunch, or dinner, twice a year and would often call me on the phone from time to time.

Sadly, Dr. Anderson passed away about six years ago, and Mrs. Anderson is now in an old folks

home in Cambridge. She now doesn't even recognise her daughters or their husbands or grandchildren. But they all still keep in touch with me which is very nice.

Hope I haven't bored you all too much with all my ramblings? I'm going to take a break for a couple of months, so perhaps someone else might like to take up the challenge? Bring a fresh viewpoint or another angle? 'Till then, kindest regards Joan

We aim to

- Increase your independence at home and and access a range of community services
- Support you to find suitable housing that meets your needs
- Support you to make sure your home is safe and secure
- Support you in increasing your independence
- Have opportunities to be involved
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- Maintain positive family, social and community networks
- Ensure health and safety in your home, putting you in contact with agencies to assist with domestic/ practical chores
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We accept self referrals and referrals from other agencies including Housing, Health, and Social Services.

To be eligible to receive this service, you must:

- Live in the Fenland
- You can also apply even if you're a home owner and own your own property
- Have a support need and not already receive a similar support service
- Be over 65 years of age
- Be willing to engage in a support planning process.

How do I apply?

Call us on 0300 0040 349 and leave a message.

You can also email using fenland.support@circle.org.uk

www.centragroup.org.uk/ fopos

Free service for anyone over 65 living in Fenland

213.08.17

Safety for Girls - Jan Harper



I expect I was not the only one that listened with horror and sadness at the news of the 14year old girl, who was raped at Birmingham Station, and after flagging down a motorist for help, was raped again by the driver. It seems that not a week goes by without reports that a child has gone missing or there has

been an assault on a woman or girl. It is easy to believe that our children are safe, in the confines of Christchurch Village, but when they venture into the wider world we suddenly realise that we will not be close at hand to keep them safe. When my granddaughter started senior school (in Essex), and wanted to walk home with her friends, my daughter Andrea was filled with fear for her safety, although she realised that she must learn to 'let go'. So she bought her a stylish personal alarm to hang on her schoolbag, to use in case of emergency. Her friends told their parents and before long, many of the mums were asking Andrea if she could get one for their child. Since her marriage split three years ago, Andrea's life hasn't been easy. On the rebound, she entered into a relationship, during which time she was mentally and physically abused. The police were called to her aid nine times before she finally managed to escape. She has also had to cope with her second daughter's bullying at senior school, by a group of girls in her school year and which, during the 2 year ordeal, the school could not control. She has now been taken out of school, and is being home schooled and may I add, is doing very well.

You may read the above and conclude that Andrea must be a weak woman, who may be overprotective of her daughters. You couldn't be more wrong. She is now on a campaign determined to try to keep women and girls safe. Against all advice from close friends and relations, she has aired her experiences and emotions on Facebook and this has generated a whole load of responses from many likeminded women in similar situations, who want to help her to promote the safety of women and children. Due to

overwhelming requests, she has now rekindled the sourcing of personal alarms for those that want them and realised that there is so much more that can be done to keep women, especially young girls safe. For example, following harrowing reports from students attending University, and after much research, she now has a whole bundle of stuff to help keep them safe. Child locators for children that may wander off. New drivers can find themselves in a vulnerable position when their car fails or is involved in an accident, so she has help for them. And supporting this, a whole band of like-minded women around the UK are helping her to promote the safety of young girls and women. If, like me, you were one of those who thought.... 'That could be my grandchild/child in a place like Birmingham Station, and being naive has placed them in a vulnerable position', then consider giving your girls the tools to help keep them safe. My daughters website is www.safe-girl.co.uk if you would like to learn more or familiarise yourself with some of the products that could be useful. You may even wish to join her campaign. She has four daughters, now aged 9

through to 18. She can't be with them all of them time, but she is doing all she can to protect their safety, and is trying to urge others to do the same. Then, we may hear less and less of those reports involving the abuse of young girls and women that leave us feeling so horrified

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Campfire Apples

from Richard Hughes, Christchurch's own Celebrity Chef

THIS ISN'T DISSIMILAR TO THE ROLO-PACKED BANANAS, ALTHOUGH IT DOES REQUIRE A LITTLE BIT MORE EFFORT. IT'S WORTH IT THOUGH.

8 dessert apples

- 4 tbsp chopped ready to eat figs
- 4 tbsp sultanas
- 2 tbsp dates
- 3 tbsp chopped hazelnuts or pecans
- 2 tbsp honey (or golden syrup)
- generous knob of butter

- Core the apples.
- Score around the circumference (to stop them bursting).
- Mix the dried fruits and nuts with the honey.
- Fill the cavities and top with a knob of butter.
- Wrap with foil and bake in the dying or cooler embers of the barbecue for 20 minutes.
- Carefully unwrap the hot foil, and add a scoop of ice cream if

required.

These recipes are from Richard's Book "School Dinners"

He gave permission to use them in the Heron when he visited his birthplace, Christchurch recently



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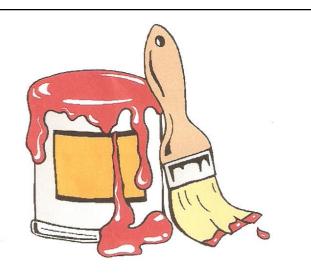
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Steven Horne

Christchurch, Cambridgeshire



Upwell Health Centre

Please forgive the lack of newsletters in recent months, things have been fairly calm here and there didn't seem much news to impart!

However, now its September we have the dates of our flu clinics so it seemed a good time to pen a new issue.

We can become a bit blasé about flu and flu injections, especially after a few years with a relatively low incidence of flu. We have been lucky the last few winters in that we have not had a significant outbreak in the area. However, the flu virus's ability to transform itself is constantly getting around our natural immunity and it is inevitable we will have a significant outbreak soon. It may be this year so it is just as important as ever you get immunised this year if you are in an at risk group. These groups are:

Anyone 65 or older; COPD sufferers; Asthmatics requiring inhaled steroids; Children who have previously been admitted to hospital with a lower respiratory tract infection; people suffering from chronic heart disease such as angina, previous heart attack, heart failure or atrial fibrillation; people with chronic kidney or liver disease; people who have had a stroke or mini stroke or who suffer from a chronic neurological disease such as MS; all Diabetics; anyone whose immune system is suppressed either due to ill health or medication; ALL pregnant women; people without a spleen; people who are morbidly obese, that is a BMI over 40; If you are in any of these groups you are also highly likely to be eligible for a pneumococcal vaccine to prevent pneumococcal pneumonia. For most people you will only need one injection, however, some will need a booster dose. Ask about his when you attend for your flu injection.

This year the shingles vaccination is available for anyone 70 to 74 who was born after 1st September 1942 and who has not previously been vaccinated and people aged 78 0r 79.

The clinics are on Saturday mornings again. The dates are: September 23rd and 30th, October 7th and 28th. Please book a slot at one of these clinics with reception, over the years we have learnt that by giving people an indicative time to come it reduces your waiting time and enables us to be most efficient.

You may remember me mentioning that we had been lucky to be allocated money from NHS England to help us build an extension to the surgery. It won't have escaped anyone's notice that no building work has taken place! The good news is we have planning permission and the builders' quotes but as yet we haven't had the green light to proceed from NHS England, they seem reluctant to part with the cash! I am hopeful building work will commence in the next few months.

Since my last edition we have had further staff changes at the surgery, and I'd like to officially welcome all the new staff.

We now have a full complement of nurses. Kelly has recently joined us; Kelly previously worked at the North

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

> Brink surgery in Wisbech. Caroline who previous worked in the Community Nursing team has also joined us since the last edition.

Dr Rosier, who was here as a locum to cover Dr. McDowell's maternity leave, has finished his stint with us because



she is now back in post following the birth of her second child. Congratulations Heidi.

In pharmacy Mel has joined the full time staff. Mel has recently qualified as a pharmacist and is spending her preregistration year with us.

Our final staff change has been in the office where Charlotte, our apprentice, has completed her apprenticeship and has been employed as a receptionist in our admin team. Well done Charlotte.

I am sure those of you who regularly read my efforts will know that I spend a part of every week working at the CCG.

The CCG is the body who spend the money the government give to West Norfolk for health care. Every year the CCG gets asked to make greater and greater cost savings to allow the money provided to be adequate. So far West Norfolk CCG has delivered a small surplus every year. This year is the biggest challenge yet as we will need to deliver a saving of over £10 million if we are to come within our budget.

One of the ways we are being asked to help with delivering this saving is by making sure all the referral s we make to hospital are necessary. To this end we will be introducing a new system soon where all referrals will be discussed by the doctors as a group before being sent off to the hospital. The aim of this is to try and make sure the expertise doesn't already exist in the practice to deal with a problem to avoid the need to go to the hospital.

The CCG is also asking you, the patients, to help them deliver that saving by embracing self-care. Self-care means thinking before you visit the doctor if the problem is something you could deal with yourself, perhaps with the benefit of the advice of, or drugs from, your local pharmacist.

GPs in West Norfolk are being asked to avoid, where possible, to prescribe certain drugs such as simple pain killers, anti-histamines and other allergy treatments and other products readily available over the counter in pharmacies.

To get more information on this issue why not visit the West Norfolk CCG website (www.westnorfolkccg.nhs.uk) where you will find a monthly blog I write. In that blog over recent months I have spoken a lot about self-care. More information can also be seen at the Self Care Forum website, www.selfcareforum.org

Paul Williams

Useful Telephone Numbers

Age UK Cambridgeshire	0300 6669860
Alzheimer's Society (Fenland)	01945 580480
Anglian Water – Susan Bull	08457 145 145 101
Christchurch Resident's Association	01354 638990
Churchwarden - Mrs. D. Symons	01354 638352
Citizens' Advice Bureau, Wisbech	01945 464367
Community Car Scheme (to book a journey)	07902 316360
Community Centre bookings	01354 638478
Community Fire Safety Officer	07717858166
District Councillor - Will Sutton	01354 638025
District Councillor - Michelle Tanfield	07908 707129
Electricity Faults - UK Power Networks	105
FACT	01354 661234
Fenland District Council	01354 654321
Floodline	0845 988 1188
Library - March	0354 0455225
National Debtline	0808 808 4000
Norfolk Dial-a-Ride	01553 770310
Parish Clerk - Jane Rees	01354 638131
Parish Councillor - Jill Bliss	01354 638343
Parish Councillor - William Beswick	01354 638758
Parish Councillor - Roger Gladwin	01354 638538
Parish Councillor - Geoff Harper	01354 638681
Parish Councillor - James Hughes	01354 638310
Parish Councillor - Peter Owen (Chair)	01354 638847
Parish Councillor - Nigel Russell	01354 638279
Police - PCSO Sue Clarke	07738025220
Police - Emergency	999
Police - Non Emergency	101
Telephone Complaints	0345 145000
Townley School	01354 638229
Trading Standards	845040506
Train Information	08457 484950
Upwell Health Centre (and out of hours)	01945 773671
Upwell Health Centre - Pharmacy	01945 774934
Vicars - Ian & Lynda Brady	01354 740627
Water Emergencies	08457 145145
Club Contacts	
Art Club - Jan Clifford	01354 638217
Book Club - Sheila Day	07946 635908
Craft Club - Wendy Yates	01354 638448
Gardening Club - Marion Hawthorne	01354 638230
Short Mat Bowls Club - Wendy	01945 772737
WI - Peggy Warby	01354 638339
	01007 000000

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

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

And Finally...

You wouldn't want a Youth Club to be like this - Full of plain, blank uninteresting people! It would be boring!



A Youth Club could be so much more! YOU make it how YOU want it to be! Interesting! Even exciting! It's really up to all you young people out there! Sure, for legal reasons there would have to be a couple of adults around – but it would be YOUR CLUB FOR YOU TO RUN!



Yes! Youth Club could really be like this! Or even better! So get those QUESTIONNAIRES filled in and posted and - LET'S GET STARTED!

Till next time! - Ed'.

YOU'RE INVITED

to a Coffee Morning

Hosted by the Chairman of Fenland District Council Councillor Mrs Kay Mayor

on Thursday 28 September 2017 10.00-11.30am in The Council Chamber at Fenland Hall, March, PE15 8NQ





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A Jazz Picnic

You may recall that on the back page of July's issue of The Heron there was an advert for a jazz event to be held in the grounds of The Old Palace, Ely, now King's School. The event was in aid of Amnesty International. The article covering this event was held over from last month as we did not have enough space for its inclusion. On Sunday 16th July Jennie and I were privileged to see James Pearson (resident pianist and Artistic Director at Ronnie Scott's) along with his trio and the fantastic vocal talents of international star Polly Gibbons. The event was a fundraiser in aid of Amnesty International organised by AI's Ely City Group and at just £15 a ticket, very reasonable. We definitely got our money's worth!

The venue was in the grounds of Kings School, in the shadow of the towering spires of Ely Cathedral. A wonderful setting with a broad grassed lawn and tall plain trees and holly and a wonderful flower garden around the perimeter; perfect for a picnic. Some gazebos had been erected across the lawn with a large double one, at the top of the steps by the ancient school building, for the band. There was a smaller one next to this for the sound man and equipment.

The set began with two instrumentals from James' Trio which included his brother Jo on drums, who had flown in specially from LA where he now lives, and Arnie Somogji on bass. All are fantastically talented musicians and it was really great to see them bouncing off each other. Then, making her entrance through the great school door, came renowned singer/songwriter Polly Gibbons; a superb vocal talent with fantastic jazz stylings who would have given the great Cleo Lane a run for her money. Polly Gibbons is a rare artiste who is equally at her best in all three genres of jazz, blues, and gospel. Endlessly creative she has the vocal tools and attitude to sing anything. She was an absolute delight! She has written several great songs over the years with James Pearson, including Is It Me?, the title track of her new album, *Midnight Prayer*, and You Can't Just; the latter of which caused me to buy

		T	
Bananarama	.61	Red Hot Chilli Pipers	10.
stnA oht bus msbA	.81	Lead Zeppelin	.6
The Pacemakers	.71	ОНМ эЦТ	.8
E.L.O.	.91	The Bachelors	.Г
Beachboys	.51	Status Quo	.9
Dreamers		Kaiser Chiefs	5.
Freddie and the	14 [.]	The Seekers	.4
Commodores	.61	Pussycat Dolls	.6
Bay City Rollers	15.	Coldplay	5.
гредома swoped2 эдТ	.11	Arctic Monkeys	.Ι
Pop Group Quiz -The Answers			



too! And the Pimm's! A really great musical treat from a great trio, plus Polly's amazing vocal skills! All so very versatile and polished! Just can't stop listening to the album. Think I'm going to have to learn two or three of the numbers myself!

There was a really great atmosphere during the whole event, despite the brief 'blip' in the weather, and in such picturesque surroundings too; a truly wonderful day out. The event ended with the band, Polly, and all those gathered singing - *I Wish I Knew How It Would Feel To Be Free*, that's the tune to BBC's Film Night as was; very appropriate to Amnesty International, and great fun for all. RWBG

Polly's album on which all three feature. Got it signed too! Jo and Arnie layed down some particularly great beats to these numbers, with wonderful virtuoso performances from James too!

Just before the interval we were forced to dive undercover for about 20mins as the heavens opened, though this didn't dampen our enthusiasm for the first set. When Polly returned to the stage after the break she was pleased to see we were all still there having braved the weather. By then the sun was blazing again and the Pimm's continued to flow. There was an even better (unbelievably) second half with Polly showing her eclectic mix of musical styles, and the band seemingly playing at another level. I'm sure the blazing sunshine helped







"Each of us is our brother's keeper. By engaging in the struggle for human rights wherever they are under attack, you in Ely, will join the long list of heroes in the past, often little known, who have done the same.

The name Amnesty today means hope to many worldwide who thought themselves abandoned." - Bruce Kent



Heron Sport is back on the back page this month. Thanks to Malcolm Hicks who sent us the Bowls Club Report. We'd love to report any other sports played here. If you know of any please get in touch, details on the front cover - if we get no news - we can't share it with the village!

Bowls Club report

The 43rd season at Christchurch Bowls Club, with the shortening day length, draws nearer to its end with just three league matches and finals day remaining. At present we remain in third position in the March and District League and were we to score thirteen points from our remaining three games the runner up spot would be ours.

The new spectators shelter at the green has proved to be a great success. A regular group of supporters gather there on match nights to discuss all topics, drink tea and offer advice on how to bowl to those participating on the green. Their only complaint is that the sun gets in their eyes and are requesting a blind for next season!

League results

•				
March Town A	home	won	5	1
GER	away	won	5	1
Manea	home	won	6	0
March Town	home	won	4.5	1.5
Gorefield	away	won	5	1
CMB	home	lost	1.5	4.5
Wimblington	home	won	6	0

In the semi-final of the league Knock out Cup we beat March Cons 84-43

Roly Frost progressed to the final of the league singles defeating Phil Readman 21-12 Gordie Green and Malc Hicks made it to the pairs final beating a March Town duo 20-12 Graham Warby, John and Barbara Lesage just failed in their attempt to reach the triples final. All the above finals will be played at the March Town Bowls Club on Saturday 2nd September



The club pairs competition for the Ada Bellamy tray was completed and won by Gordie Green and Barbara Lesage defeating Roly Frost and Bernie Markham. Our most recent club drive saw John Farnsworth take first prize and John Lesage with lowest score celebrate with the jelly babies. The evening ended with a fish and chip supper.

New Season Football Fixtures

 02/09/17
 15:00
 AFC Christchurch

 09/09/17
 15:00
 St Ives Rangers Reserves

 16/09/17
 15:00
 AFC Christchurch

 30/09/17
 15:00
 AFC Christchurch

 30/09/17
 15:00
 AFC Christchurch

 07/10/17
 15:00
 Cottenham United A Team

Cottenham United A AFC Christchurch Benwick Athletic Res Fenstanton Res Home AFC Christchurch Home St Ivo Home Home Cottenham Rec

League League Cambs Lower Junior Challenge Cup Reg Haigh & Arthur Peck Cup League

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