

# The Heron

Community Magazine

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

July 2016

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We n-n-need you all to  
g-g-get involved - see page 6 & 11

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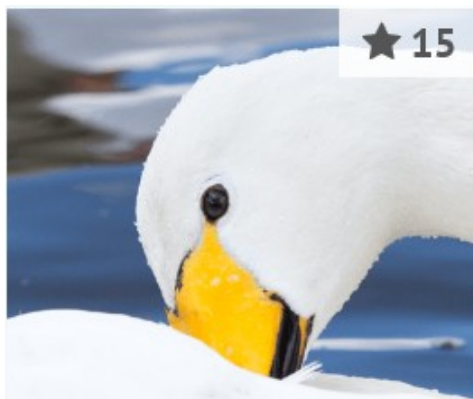
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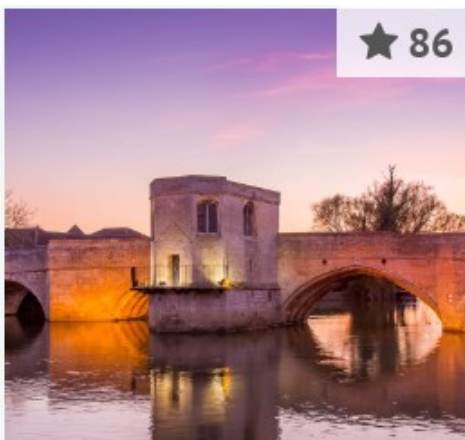
# Snap the Ouse Photography Competition 2016

Here are the fantastic finalists for the OuseFest Snap the Ouse 2016 Photography Competition. Please vote for your favourite before 5pm on Friday 8 July 2016. The winners will be selected based on the number of public votes, and remember you can only vote once.



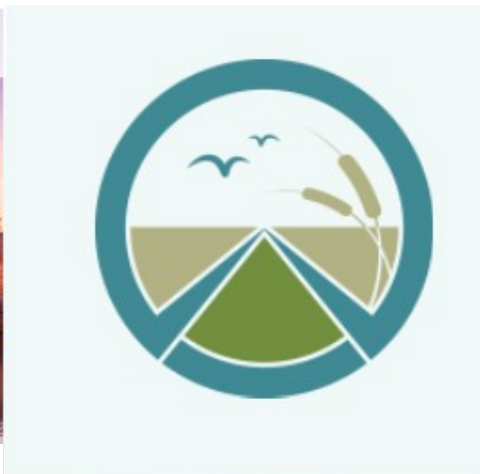
★ 15

*Whooper Swan at WWT Welney by Allan Dean*



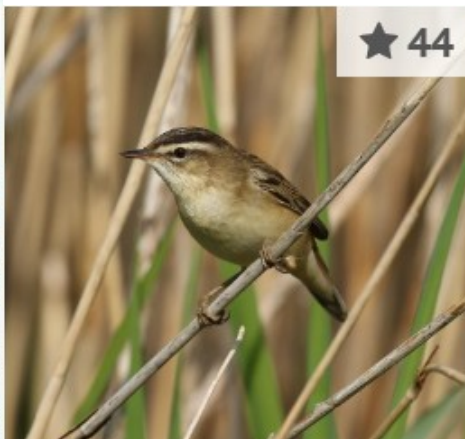
★ 86

*Sunset in St Ives by Sam Palmer*



★ 37

*Sun and Sky, Fen Drayton by Mark Bunting*



★ 44

*Sedge Warbler at Welney by Trevor Goodfellow*



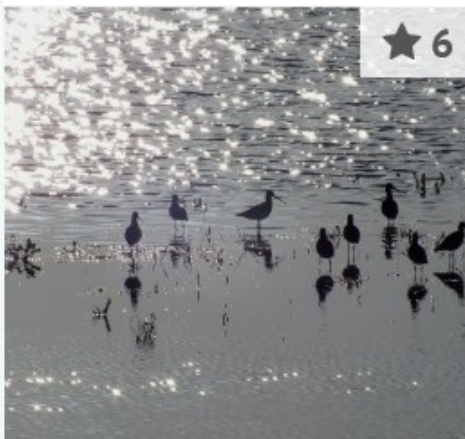
★ 68

*New Bedford River by Kelvin Brown*



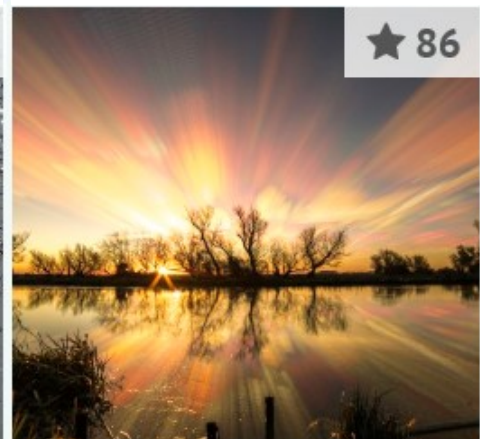
★ 45

*RSPB Ouse Washes by Paul Constable*



★ 6

*Godwit's silhouette by Helen Calver*



★ 86

*Dawn - River Great Ouse by Andrew Sharpe*

You can vote for your preference by visiting:

<http://ousewashes.org.uk/resources/galleries/snap-the-ouse-photography-competition-2016>

Tricky I know to type this all in, but if you visit our website which is [theheron.info](http://theheron.info) you can open the online Heron and just click the link. When you get there it's not obvious what to do so:-

Choose your picture, click on it, below the picture a button appears. With the wording "Vote" - click that, and it should change to "Voted".



# Community Information

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

## Mobile Post Office:

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

**Community Centre Bookings** are being taken by Sandra Kay on 01354 638478. There is a large hall with bar facilities, a smaller meeting room, a large kitchen accessible from both the above. It is equipped with sports changing rooms with showers and is available for private or village functions

**BodyCare Conditioning classes** run on Mondays, 7:30pm at Townley School Hall. It will help improve posture, builds strength & safely reshapes the entire body. SUITABLE FOR ALL AGES. For more details please ring Jane on 01354 638378

**Dun Cow Meal Deal** on alternate Wednesday lunchtimes - 2 courses for £5.50 - Pre-Booked places ONLY. This month's dates are 6th and 20th July

**A number of burglaries** were carried out in Church Road sometime between late Saturday 18th June and early Sunday 19th June. Sheds and garages were broken into and lawnmowers, tools and other valuable items stolen.

Residents with any further information should initially contact their Neighbourhood Watch Co-ordinator (SEE USEFUL NUMBERS Pg 26). Villagers are asked to remain vigilant and make sure adequate security is in place with garages and outbuildings securely locked.

**The new Parish Council Clerk** takes her post from 1/07/2016, following an interview held on Wednesday 22nd June she is Jane Rees is a resident of Christchurch, and her contact number now appears on page 26

**The Village football team** – we hear they are training for next season, and need more players, but we don't have any contact details. We hope they'll contact us to report their progress!

**Cottons Bridge was again hit** in June leaving it being controlled by lights. This time however the person who did the damage left the scene without reporting it. Apparently the police are keen to talk to them "to check they are OK" - a euphemism for "to find out their insurance details so we can recover the cost of repair" is my guess!

## EDITORIAL

Hello again!

What a cracking day we all had at "Picnic in the Park" last Saturday. Many congrats to Ruth Ingram and her team of helpers for a splendid day; somehow they even managed to organize the weather. Well done all! See photos on the back page. Even HRH turned up!

Now, forgive me for talking SHOP, but it is very much the topic of the moment, as you may have guessed from the cover. We already have the promise of funding from several organisations who specialise in Community Owned Shops; run largely by volunteers. Both the Parish Council and Residents Association have pledged us their full support, and we have several possible sites on offer. It is of course very early days and I guess our real starting point will be putting together a 'feasibility study' with the help of ACRE. So expect a knock on the door in due course to glean your opinions, and hopefully support. Please check out the articles on pages 6 & 11 to know more about this project. No doubt Arkwright will be watching over us. However, I promise we will NOT be 'Open All Hours'. But – God willing – maybe a little later!

Please note the late night special event at Welney Wildlife and Wetland Trust on the evening of Saturday 2nd July, but book early. (see page 8) News too of a new cycling club starting up in Chatteris (p.16) and a series of charity bike rides between the 18th to 31st July (p.14).

Then of course there's all the usual features plus Love Your Home – see Letters and page 20, and a message from Dr. Williams of Upwell Health Centre.

Enjoy, till next month!



# DIARY DATES

Abbreviations for commonly used venues:

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

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

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

Jul 1 <sup>st</sup>	"Cake, Coffee and Chat" Parish Church 2-3pm - All Welcome
Jul 1 <sup>st</sup>	Mobile Library visits - Upwell Rd Lay-by 3-3:40pm
Jul 2 <sup>nd</sup>	Dog Show - Friends of Townley - 10am - TS Playing Field
Jul 4 <sup>th</sup>	Pilates - 6:30-7:30pm - £5 per session, BodyCare conditioning 7:30-8:00pm - TS
Jul 5 <sup>th</sup>	Christchurch Craft Club - Polymer Clay make your own Beads & Buttons - CCC - 7pm
Jul 8 <sup>th</sup>	"Cake, Coffee and Chat" Parish Church 2-3pm - All Welcome
Jul 10 <sup>th</sup>	Welle Film Project presents "Bridge of Spies" Cert 12a - £2 - doors open 1.30 - TH
Jul 10 <sup>th</sup>	Garden Club - Trip to Hampton Court Flower Show
Jul 11 <sup>th</sup>	Pilates - 6:30-7:30pm - £5 per session, BodyCare conditioning 7:30-8:00pm - TS
Jul 11 <sup>th</sup>	Christchurch Parish Council Meeting - 7:30pm - CCC
Jul 12 <sup>th</sup>	WI - Hearing Dogs for the Deaf - 7pm - CCC
Jun 15 <sup>th</sup>	"Cake, Coffee and Chat" Parish Church 2-3pm - All Welcome
Jun 15 <sup>th</sup>	FOTS Quiz night - ALL WELCOME - £5 - No food - bring nibbles teams of 6
Jul 18 <sup>th</sup>	Pilates - 6:30-7:30pm - £5 per session, BodyCare conditioning 7:30-8:00pm - TS
Jul 19 <sup>th</sup>	Get The Gardening Bug - Queen Mary Centre Wisbech - 10am-1pm FREE
Jun 22 <sup>nd</sup>	"Cake, Coffee and Chat" Parish Church 2-3pm - All Welcome
Jul 25 <sup>th</sup>	Pilates - 6:30-7:30pm - £5 per session, BodyCare conditioning 7:30-8:00pm - TS
Jul 27 <sup>th</sup>	Christchurch Book Club - 7:30pm - venue tba
Jul 30 <sup>th</sup>	Welney WWT centre - Wildlife at Night - Booking essential see Page 8 for details

**FOTS Quiz Night - Townley School - 8pm July 15th**

**ALL WELCOME**

£5 - bring nibbles - teams of 6 - just turn up

## Parish Church Services

Jul 3 <sup>th</sup>	11am	H Chappell, A Day	All Age Worship in Townley School
Jul 10 <sup>th</sup>	9:30am	Rev J Webb	Holy Communion
Jul 17 <sup>th</sup>	6:30pm	B Hopkins	Evening Prayer
Jul 24 <sup>th</sup>	11am	Rev J Webb	Morning Prayer
Jul 31 <sup>st</sup>	10am	B Hopkins	United Service at Christchurch
Aug 7 <sup>th</sup>	11am	H Chappell, A Day	All Age Worship in Townley School

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

## 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

**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



I am emailing to let you know about an event that takes place monthly at the Queen Mary Centre and encourages the community to come together to talk and learn. The 'Love Your Home' event is part of the Making Money Count Lottery Funded project that aids to improve financial capability in Fenland. The event also has community safety aspects such as keeping safe online and it also provides support in the form of CAB, Mind and Centre33.

The event includes crafts, DIY, laptop learning, cookery inspiration, volunteering and free membership to CCORRN - it is a place people can come together in hopes that if they need support or want to disclose information they can do so in a safe and welcoming environment.

The events run every month and everyone is welcome. It would be much appreciated if you could spread the word via social media, newsletters, emails, word of mouth etc. If you would like any more information or have any groups/projects you think would tie in with the event please don't hesitate to contact me.

Kind Regards

Sophie Wilkinson

Mobile Community Officer

*See details on page 20 - Ed'.*

Dear Richard

May we through the columns of the Heron express thanks to all those village residents who supported our planning application for the Old Toll House; We would like to thank especially The Residents Association, you yourself, Upwell Parish Council, Jay Swallow & Jackie Wood, and Dave & Vickie Russell.

Thankfully after several years of trying, and jumping through a series of hoops, we have finally had our planning application accepted.

Thank you all!

Matt and Sarah Lawrence and family

*Congratulations from us all - Ed'.*

*Following our request to Sue Beel for information on take up of the Walking Scheme idea (see page 10) we got this - Ed'.*

Hi Paul

I'm sorry I haven't replied sooner - I've been very tied up with car scheme matters. There's just been one response and I thought I would give it a bit longer and then come

over to Christchurch and talk to a few people - and follow it up again properly.

So, in short, I'm not sure there is any point in putting it in again (and maybe I'm too late now anyway).

With regards,

Sue

*We've put it in again anyway Pg 10 - Ed'*

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**"I think it's time to stop shopping when the computer asks you if you need another shopping cart."**

# A Community owned Shop? - by Paul Haresnape

**Would you like to have a shop in the village again?** Would you like it to be YOUR shop? Did you always fancy working in a shop, or running one? Do you wonder what you can do to further the village community spirit? Do you like meeting people? Would you like to work in a team to achieve something lasting and worthwhile? Well read on.

We thought what a shame it was to see the Little Local close! Especially after all the investment Nigel, Sarah and Lucy had put into it. Then we thought perhaps we can do something to fill the gap left in the village life when we lost this service.

Richard, Viv and I began to research the possibility of having a community shop – owned and run by the villagers themselves. At first it was just a vague, pretty faint idea, but the more we looked into it the more it looked possible.

## It's not just us

It seems that we're not the first to think the same thoughts, in fact already across England and Wales there are some 290 community shops, owned and run by their communities. What makes us think that we could make one work when (obviously) all the previous shops in the village had closed? Well, the research suggests that 95 out of 100 community shops are successful lasting at least 5 years, whereas only 46 out of 100 of 'normal' shops survive. That gives us great hope to begin with. Further than that, the previous Local Government Minister, Grant Shapps made a very significant statement of support:

"The village shop, pub or post office is often the beating heart of a community. So when one is threatened with closure, often for a reason as simple as the shop owner or pub landlord retiring, I would expect the local Parish Council to pull out all the stops to keep it going. *(or back a community shop - Ed'.)* Some have done this brilliantly, but many have watched local amenities close when the power to save them was within their grasp. This is not about propping up failing businesses; it is often about providing temporary financial assistance or putting

new community run facilities in place, so vital services that people rely on are maintained...."

You see what makes community shops work is people working together to do it, the Parish Council have already backed the idea in principle. We've already got help from experts who've done this sort of thing before through Cambridgeshire ACRE. So what we need now is commitment from you – the people of Christchurch, Euximoor and Tipps End.

## So what's next?

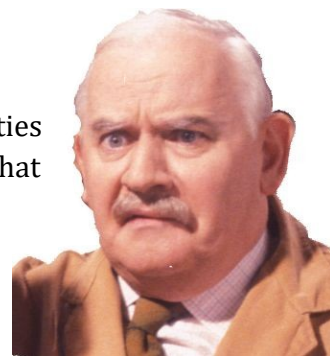
We need to have a Working Party – notice NOT a committee—with the emphasis on working, to oversee the project. The following need not be involved all the time but can be getting on with

'their' bit. We need someone with business management experience in writing business plans, people who have experience seeking out and winning grants and funding from other sources. We will need advice on matters legal, so anyone able to help with this would be appreciated as would Health and Safety, Food Hygiene and other specialist

skills. If you think you can help then please contact me on 01354 638381.

## Is it do-able?

Once we have the working party, we can begin the Feasibility Study. I guess this will include a survey to ascertain the extent of support and the detail of what YOU want the shop to do for you, as well as what you could do for the shop. It could be the project goes no further than that, or it may need to change emphasis, but hopefully this will expose any weaknesses before we commit too far. Assuming the project is feasible then we begin the moves for a site, and a building. We have already had offers of a site from various sources, but at present we can't commit until the working group assembles and agrees.



A C-c-community shop, w-w-what are they on ab-b-b-out Granville?

**"When the members of a community come together for a common cause, without purely financial or commercial motives, when they co-operate and collaborate to save or preserve something that is important and valuable to their community, they can unlock something very powerful."**

Julian Ross, The Old Crown  
Hesket Newmarket Cumbria





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### **WILD FLOWER QUIZ** answers page 24

1. **Xmas Card bird with tattered feathers**
2. **Sounds like a very sleepy flower**
3. **He saved many French Aristocrats from the Guillotine**
4. **Found on a young horses leg**
5. **Famous for shrinking**
6. **Almost the very best at everything**
7. **Sounds almost like the singer of the “Titanic” Theme song**
8. **Famous cigarette from the 1940s.**
9. **Sores on the skin caused by the devil**
10. **Covers a Friar’s Head**
11. **This dims the light at bedtime**
12. **Good for washing skin sores**
13. **Sounds like can be spread on toast**
14. **I am Richard**
15. **Very rich but unwanted**
16. **Nipped by a Kestrel**
17. **Named after a big cat’s teeth in France**
18. **The nobles at court with their partners**
19. **Was once used to card wool**
20. **Makes a nice drink with No 17**

## Welney goes wild at night

Welney Wildlife and Wetland Trust are offering a chance to explore the reserve at dusk with a warden to get closer to our nocturnal wildlife. The Bat & Barn Owl Evening is on Saturday July 30th (also 27th Aug & 24th Sept) runs from 8.30pm to 11pm and costs £10 per adult, £5 per child. Booking is essential. Hundreds of species use the Trust's wetlands under the cover of darkness and you can meet some of them. Barn owls hunt in the vast openness of the fen landscape, after sunset you will watch for the first individuals coming out to hunt over the wet grasslands. Eight species of bat use the reserve to hunt for their insect prey, and you will use bat detectors to listen to their calls and watch as they fly overhead at dusk. Light and scent stations will be set up to attract a range of moth species and you will be able to see that moths are just as colourful as butterflies – if not more!

**Book in advance by calling 01353 860711 or email [info.welney@wwt.org.uk](mailto:info.welney@wwt.org.uk)**



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## My First Car

Let us know what your first car was, and some of your memories of it - we'll help with writing and photos if needed!

This month, a sad tale told by John Farnsworth's car!



I was John's first car and he cared for me very well. We went everywhere together. Then one dark night in January 1967 I was taking John home from work and on the way we picked up Jenny, we were on a country road with no street lights and a lot of mud on the road. The two cars in front braked and threw mud up onto my windscreen. I clipped the back end of the car in front which in turn spun me sideways on. A short while later, over the brow of the hill came two large headlights and wham they hit me! Thankfully they didn't kill John or Jenny, or in fact, anyone else!

How I came to end up looking like this - a write off.

I was a Ford Anglia 100E, XOC 134, colour blue, bought in 1965 from the showroom for £180.

I knew my days were numbered when the insurance assessor came to inspect me and with my body disfigured and chassis twisted he said there was nothing that anyone could do.



**Oops... The stuff from last week!**



## Would you be interested in joining a midweek walking group?

Care Network has helped a number of villages in Fenland to establish monthly walking groups which offer a gentle stroll in the company of others. The groups vary slightly in the length and pace of the walk but all end up in the local village hall or pub for morning coffee or afternoon tea and cakes afterwards. The aim is some good exercise in the fresh air as well as the opportunity for a nice chat. And because the pace is gentle the other groups have attracted people with reduced mobility.

I'd like to find out if there are people in Christchurch who would be interested in joining a similar group. Maybe the walk could be timed to end up at the church for 'Cake, Coffee and Chat' on a Friday afternoon or something going on at the Community Centre.

If you are interested and would like to discuss this idea further please contact me, Sue Beel, at Care Network on 01945 589953 or email [sue.b@care-network.org.uk](mailto:sue.b@care-network.org.uk)



# Small Shops the Backbone of Britain - Paul Haresnape

**Recently the British All-Parliamentary Small Shops Group** ran a competition to find Britain's best small shop. As I read the report, It struck me how similar the situation of one of the winners was to what we face in Christchurch. To put it in context Christchurch Parish has a population of about 860 - an estimated figure at 2014 based on the 2011 census. Also locally Welney, without a shop, has a population of about 500, and Lakes End, also without a shop, some 300.

The article in the Telegraph is summarised here: Emma Schramm, store manager at community store the Ilsington Village Shop in Devon, explained that villages are finding their own solutions to local needs.

Ilsington is situated on the Eastern edge of Dartmoor, and as such is pretty isolated, the nearest town being Newton Abbott at about 8 miles away.

The Ilsington Village Shop was set up two years ago, after the previous local store closed down. Aside from one paid manager, the shop is run by 50 volunteers. Any profit the store makes is given back to improving community services. "There's only about 500 people in the village and we're quite isolated. Some older people can't travel far to

the nearest supermarkets so to have a shop within walking distance makes a big difference to the villagers' lives," says Ms Schramm.

MP Simon Danczuk, chairman of the All-Party Parliamentary Small Shops Group, says small shops should be championed more widely. "Small shops really are the backbone of Britain, providing essential services for local people and creating jobs in their communities. It's right that Parliament acknowledges the vital role they play."

To summarise, if a community run shop can make a go of it with a population of 500 then surely we in Christchurch could with a population around some 1600 people in the catchment area.

If you, like me, think we can, read the article on Page 6 and if you would want to get involved please get in touch on 01354 638381.



While the gardening club's main focus has always been, and will always be, plants, flowers and anything to do with gardens, it also functions very well as a social club. This is why the meeting this month put horticulture to one side as the new Community Centre played host to the club's annual summer buffet. This has long been a permanent fixture on the club calendar but this year was moved to June to accommodate a very special speaker coming to talk to the members in August, Alison Sloan who will be giving a talk on the history of edible gardens. Alison comes highly recommended and we are looking forward to an interesting and tasty evening.

The members arrived on the dot of seven laden down with all manner of goodies mostly home cooked or baked. The customary good humour was in abundance as the line snaked around the buffet table and dinner, or more correctly, buffet was served.

Later, raffle prizes were won and dished out and Bubbles Whiting judged the monthly plant competition. This is where members bring a flower or plant grown in their own gardens to be judged and awarded points. What do points mean? Anyone! Bubbles told me she was very impressed with the standard and keen to point out how good the flowers and plants were, so well done to everyone who participated.

A new innovation to the club was wheeled out, a game of Bingo! There was much hilarity and dipping in bags and pockets for pens and Jenny Farnsworth won two of the three houses. She would be well advised to do the lottery this week if her luck holds out. I think I can say it was a fun evening and all who attended had a good time.

The monthly meeting for July is hitting the road for a trip to the Abbey Walled Gardens in Ramsey.

Jane Sills who will be our host for the night came and gave a talk to the club about the gardens last year so we are all interested to see them for ourselves. Now if only the weather would behave itself, what are the chances I hear you say.

As we will be at Ramsey Abbey next month there will be no raffle.

I'm pleased to say that we have attracted more new members this month so should you want to come and join us or come along and see what the club is like please don't hesitate to give our club secretary Marion a Call on 01354 638 230

Steve.

# Christchurch Garden Club

## Minutes of the Monthly WI Meeting held in the Christchurch Community Centre on June 14th 2016

theWI  
INSPIRING WOMEN

Peggy welcomed members and one visitor.

### Apologies:

Sandra Lloyd, Beryl, Michelle, Belinda  
Minutes were signed.

### Correspondence:

Exhibits for Rose Fair  
New W.I. office open morning  
Petanque Tournament  
Whittlesey Walk  
March St. Mary's garden party  
Speaker : Bernice Hardwick on Hypnosis. The speaker explained how she used hypnosis and demonstrated a technique on all of us. An interesting evening.

### Competition Results.

A flower arrangement in a teacup: Sandra Kay 4, Anne A. 3, Peggy 5, Wendy 3, Susan Q.4, Margaret S. 3, Viv 4, Doris W. 3, Val 5, Tracy 5.

### July Meeting

Hearing Dogs for the Deaf. Mrs. Denise Taylor  
Competition: Best photo of a dog.

### Raffle Rota

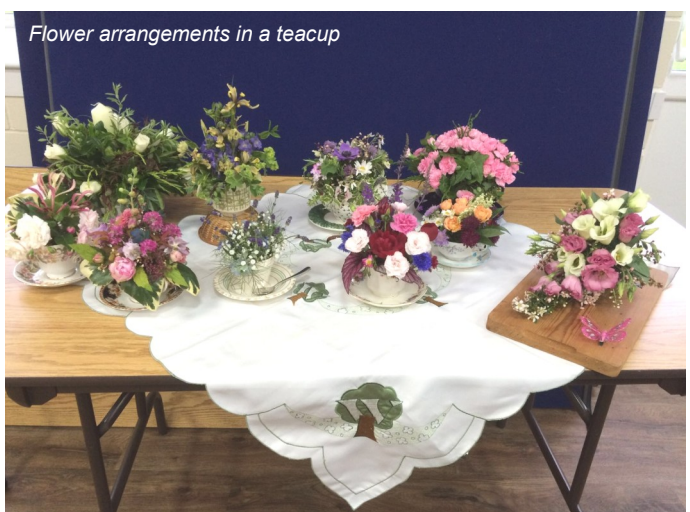
Val, Wendy, Susan Q, Michelle  
A token was awarded for gaining points in competitions to Anne A.  
Peggy and Anne A. to judge Victoria sponges at dog show.  
Marion gave feedback from the A.G.M. at Brighton that she had recently attended. Both motions had been carried.

Poster: Margaret S.

- Contact info: Peggy Warby 01354 638339



Ramsey Abbey Walled Garden



Flower arrangements in a teacup



# Christchurch Residents Association

Our June meeting was held on Wednesday 22nd, the minutes were agreed and there were no matters arising. Two forthcoming village events "Picnic in the Park" on Saturday 25th June, and the FOTS Dog Show and Family Fun Day on the 2nd July were discussed and members were encouraged to attend.

There had been several burglaries the other weekend at properties in Church Road near the Farmers Boy. A Neighbourhood Watch warning would be posted in July's Heron. PCSO Sue Clarke is aware and had also been contacted again regarding "Speedwatch".

Concerns were expressed over the recent planning application for three houses to be built to the rear of Syringa House. There were no objections to the houses in principal but to the issue of access to and from Crown Road where there is an already dangerous T-junction. Residents would be writing individually to FDC Planning Department in the hope that this issue could be forced before the Planning Committee.

There was a new Cycling Club starting up in Chatteris and a forthcoming charity event. Andy

Murray had written an article with further details for July's Heron. We were hoping for further feedback regarding the proposed Walking Club and both Indoor and Outdoor Bowls had been encouraged to write articles for the Heron, but, so far, none had been forthcoming. There was no further news on the village bus service as yet.

An interesting monthly event called – "Love Your Home" – was discussed full details of which will be published in July's Heron.

Richard outlined a new scheme that Paul, Viv and himself had begun working on – to set up and run a Community Owned Shop. This was fully backed by the Parish Council and advisory organizations and funders including - The Plunkett Foundation, Village SOS, Pub's the Hub, and ACRE were all on board. ACRE would be carrying out a FREE feasibility study for us in due course. Elgood's Brewery were also very supportive. As a result of this additional workload Richard would be resigning his position on the Community Centre Committee.

There was no AOB and the meeting closed at 8.45pm. The next CRA meeting would not be until September as we take our summer break.

Shirley Knight (CRA Secretary)

June meeting, we all brought our needle boxes to make a patchwork scissors keeper, with Muriel Johns, WI member. Help was given by Beryl Brooks.

There was a wide range of colourful squares to choose from. We needed one plain and one printed cotton. Some crafters were experts with a needle. Others were beginners. Muriel and Beryl's help was needed. Thank you. We were very pleased with the results. Sorry no photos this time.

Our next meeting is on Tuesday the 5th July. Beryl will be demonstrating Beads and Buttons made from polymer clay.

You don't need to bring anything. Just bring your good selves.

Look forward to seeing you then

Wendy

- Contact info: Wendy Yates 01354 638448

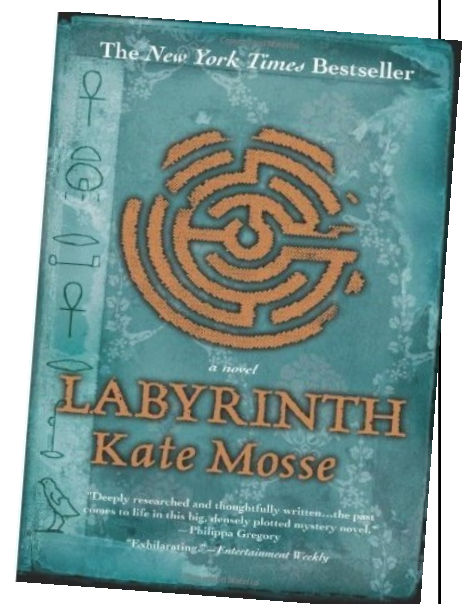


## Christchurch Book Club

This month, the Book Club have been reading 'the Lovely Bones' by Alice Sebold. We will be meeting on June 29th, after the deadline date for The

Heron, so we're unable to give a report here on people's response to the book. Next month's book is 'Labyrinth' by Kate Mosse, and we will be meeting to discuss it on Wednesday 27th July. Venue to be confirmed. For more information, please call Sheila Day. New members always welcome

info: Sheila Day 07946 635908



# The Alan Russell Column

**Such a strange place** - Alan was 11, and in London on his first holiday there.



It is said, and rightly so, that travel broadens the mind and without doubt our first London Holiday brought us in contact with black or coloured people. I had never seen someone like this before. We used to have a big turbaned headed Indian with full beard that came round with a suitcase selling scarves, stockings, ribbons, towels and flannels etc., during the war, but he was the only foreign person apart from German and Italian P.O.W.s I had seen. To see all these non-white people in London came as a shock to an 11 year old boy.

I remember having some tea in a Lyons Corner Tea House. I was wearing a jacket with a Sunday School metal badge pinned to the top pocket and an African lady commented on this and said her brother had one just like this back home. It reminded her how homesick she was but told my parents she was trying to better her education in England as she wished to qualify as a Doctor and Missionary in Africa one day. Needless to say this coloured lady made a good impression on me.



*Taking tea at a Lyons Corner Tea House*

Although we went for a few more holidays 'up the smoke' and our hosts visited us a few times where they relaxed and enjoyed the fresh air and big skies especially taking all the harvest and fruit picking seasons up with much interest – there didn't appear to be much else we had to offer them – none of the subsequent holidays spent in London had the same impact as that first visit.

The changes that were brought about to houses, shops, factories, roads and bomb sites (where mother nature quickly took up residence) were unbelievable in only a few years.

I used to think I would like to live just outside London when I retired, where one was only 30 minutes from football grounds, theatres, cinemas and the like, but it never happened and now it seems it is not all roses as I thought as a child. It was, as our villages now seem to be being populated by the same people I wanted to go and live amongst. There must be a moral there somewhere!

(Alan concludes next month)

## Charity Cycle Ride

### 31 July 2016

The [Rotary eClub of East Anglia](http://www.ousewashesrotaryride.org.uk) are holding a new Ouse Washes Rotary Ride this summer as part of the OuseFest taking place between 18-31 July 2016. <http://ousewashes.org.uk/ousefest/>

The fantastic Ouse Washes Rotary Ride will take place on Sunday 31 July 2016 and is a sponsored cycle ride in aid of Prostate Cancer UK. There are three route options to cover a broad range of cycling abilities, from 14km to 100km. The routes start and finish at WWT Welney Wetland Centre. The organisers welcome everyone to take part, from families (children over 9) to cycling and triathlon club members. You can see the routes and sign up on Eventbrite website <https://www.eventbrite.co.uk/e/ouse-washes-rotary-ride-tickets-20903833930>

We welcome cycling and triathlon club members and supporters of Prostate Cancer UK to take part, and of course any other keen cyclists who wish to support this wonderful charity and enjoy the awesome landscape of the Ouse Washes and Fenlands.

The **LYNX -25** is a 2 x 12Km point to point cycle ride using quiet country roads from the WWT to the Denver Sluice Complex, where cyclists can stop off briefly and then return via the same route back to the WWT. This route is suitable for families with youngsters over the age of 9, and individuals who are not regular cyclists and wish to take part and raise money for Prostate Cancer

The **PUMA -50** is a 50Km circular route, using mainly quiet public roads which starts and ends at the WWT.

The route has been chosen to avoid busy roads, and uses scenic country roads where possible. It is suitable for cyclists who are seeking a new challenge, but probably not suitable for complete beginners, who ideally take on the shorter LYNX - 25. Minimum age is 16 years

The **TIGER -100** is a 100Km circular route using main roads some of which it shares with the PUMA route.

Its only suitable for experienced cyclists and Cycling Club members who are used to rides of this length.

Further information about the rides is available on their Facebook page <https://www.facebook.com/ousewashesrotaryride/?fref=ts>



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# New Cycling Club - Chatteris - by Andy Murray

The club represents the town, and its surrounding areas, and wants to attract anyone that enjoys cycling young and old, or who is looking at getting started. We feel that the introduction of a cycling club to the community would give individuals another sporting option to an all ready vibrant sporting town whether that individual was interested in leisure riding, training for his/her first challenge/charity ride, endurance sportive or even to get in to racing and whatever the discipline. We have given the club a five year plan to properly establish itself which has seen the first year (2016) affiliate to British Cycling. By year three (2019) there will be British Cycling Coaches to help anyone that requires group or one-to-one coaching sessions. The club hopes to run its own flagship event like a Sportive by year five (2021).

All of the weekend club road rides, which cater for different ability levels in terms of speed and distance/duration, start (9am-ish) and finish at the Sportsman, Chatteris. Once a month we also lay on a Woman's Only Group Road Ride which has really taken off and has a fantastic bunch of ladies participating.

The founder, Matt Waters is a qualified Spinning Instructor as well as attending a Wattbike Advanced Instructor. He is a very keen road cyclist and has represented the British Army's Development Race Team in Critrium and Road racing. He says, "I am very enthusiastic and passionate about the sport and want CCC to succeed in everything cycling related".

We don't just want to attract road cyclists to the club, we are also planning MTB trips over to use the trails/runs in Thetford Forrest, BMX trips to BMX parks across the UK and the introduction to "Coaching Kids In To Cycling" sessions. We also want to start a Vets Leisure Ride for the older gentlemen/ladies of the club who want to do half the distance at half the pace. We have a few more ideas, and like the ones mentioned, there is a lot to ensure is in place before we add them, especially the "Coaching Kids In To Cycling" sessions. They hold Quarterly General Meetings at The Sportsman in Chatteris (Last one was on 17th June 2016)

The clubs social media pages are open to all cyclists, new and old, from Chatteris and the surrounding areas and we urge people to join them to find out more and what plans we have for the future. With your help we can make a positive impact on how the club moves forward and potentially add weight to any plans to finally secure proper cycle path routes around the Fens.

For more information about helping out or becoming a committee member then please email the club - [chatteriscyclingclub@gmail.com](mailto:chatteriscyclingclub@gmail.com)



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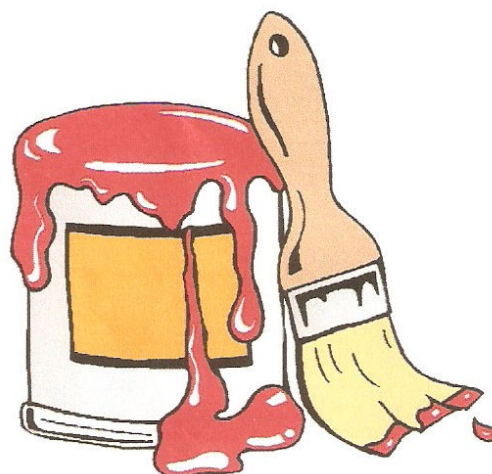
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- ◆ If cooking outdoors, keep barbecues on level ground, never pour accelerant on it and use it well away from fences, sheds and foliage.
- ◆ If you have a bonfire, build it well away from buildings, tents or other flammable objects and make sure it is properly out when you leave.
- ◆ When out in the countryside, extinguish cigarettes properly and dispose of them responsibly – never throw a lit cigarette into a field or wooded area.
- ◆ Don't forget to stay safe around our county's waterways and if you see someone in trouble in water, call 999 immediately with clear details of your location.

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# Upwell Health Centre

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

**Summer has not got off to a particularly bright start** but that is probably welcome to those of you who suffer from asthma! Asthma is essentially a disease where the sufferer gets an allergic reaction in the small airways which cause them to become inflamed. This makes the airways narrower than normal and increases the amount of mucus in the airway. Sufferers experience a tightness in the chest, with difficulty breathing as a result of this narrowing and they often wheeze, cough and feel short of breath. The causes of this reaction can be many and varied but pollen, house dust mite and pet dander are some of the common ones; this means summer is often a time when the symptoms are worse.

Doctors often treat asthma by giving drugs that the sufferer inhales directly into the airway for instant effect. These drugs fall broadly into two categories called preventers and relievers. These do exactly what they say on the tin. The relievers, which are usually blue (sometimes green), have an instant effect opening up the airway, making it easier for the patient to breathe. There is nothing like being able to breathe as a reward for using a treatment and therefore these drugs are used readily, sometimes too readily, by patients. If you need to use your reliever more than three times a week please see your GP or asthma nurse.

On the other hand, preventers, which can be brown, purple, pink or orange, work in a different way. They reduce the inflammation caused by the allergic reaction and therefore also dilate the airway. However, the effect is not instant, they take several days to produce their effect and also it takes several days to wear off when they are stopped. This slowness of action tends to make patients believe they are not doing anything. This could not be further from the truth; they are the gold standard treatment for people who get symptoms almost every day and the single most effective thing an asthmatic can do to improve their control is to use them regularly, usually twice a day every day.

One of the other reasons patients sometimes feel the inhalers are ineffective is because of the way

they are using them. The drugs only work if they get down into the narrowed airway. They do nothing if they are only deposited on

the tongue and throat. There are many ways we can help you to get the maximum effect from your inhaler and the most important is to make sure you are using the correct inhalation technique. Your GP, practice nurse or local pharmacist can help you with this. The CCG has made sure every practice has demonstration inhalers for all the different devices on the market and staff can teach you how to use the inhaler properly. It is important to attend your annual asthma review at



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*The causes ... can be many and varied but pollen, house dust mite and pet dander are some of the common ones;*

---

the surgery so that your GP or asthma nurse can check your inhaler technique even if you think you are using them properly as it is very easy to fall into bad habits. What your GP wants is for you to use the inhalers to keep you healthy. Asthma

can be life threatening if not treated appropriately. Please do not order your inhalers and stockpile unused inhalers in your cupboard. Please let your GP know if you are not using your inhalers as some of them are very expensive; one inhaler can cost the NHS anything up to £59. Therefore it would be a waste of valuable NHS resources if they are filling a drawer in your home.

Finally, although winter is a few months away, let me remind you that asthma is also worse if you get a cold or flu. So if you have asthma go to your GP or pharmacy in October to get a flu vaccination, it could save your life.





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## Farm to Fork.

On Tuesday 7th June class 1 enjoyed a trip to Tesco, March. During our morning the children took part in a healthy treasure hunt on the shop floor followed by learning about the different types of sugar and tasting some healthy foods.

The children all thoroughly enjoyed and engaged in the morning and came away with certificates and goody bags to help them continue their learning at home. This trip was laid on completely free of charge by Tesco and was a worthwhile and exciting experience for the children.



## Swimming Pool Update

Thank you to the Friends of Townley School (FOTS) and those of you who have supported our fundraising, as a result of your hard work we have been able to open the swimming pool with our new changing rooms and fantastic new wall art.



## **Dates**

**2nd July -FOTS Fun Dog Show**

6th July -Neale-Wade Y6 only at NW induction day. Jump Up Day.

11th July -Downham Academy Y6 to Downham Academy.

15th July -FOTS disco for children, then BBQ for families, followed by Quiz night £5 - bring nibbles

20th and 21st July Non-Uniform days (to wash uniform for FOTS exchange.)

21st July -Downham Academy Y6 return to school for last day and leavers assembly at 1.15pm.

## Read it Again



The whole school took part in the Library Service Read it Again competition, we had to vote on our favourite picture. Year 6 had the opportunity to attend the award ceremony, we were delighted that our favourite book won!

# The Joan Smith Column

Joan was being interviewed for a job promoting Customagic chair covers ...



Hello again!

So! My first test; with Primrose and Co. looking on! I put the instructions to one side, and read –  
1. Open up and spread out the back of the settee cover – unfold.  
2. Put the back on first, making sure the seams are at the correct angle – and so on and so on.

I can't remember what all the other instructions were now. It was a long time ago remember. So I got both hands; one outside, one inside so as to get the first corner done, sorted the arm out as well, then the other side, then I went to the back and pulled it down, stretched tight.



The winged chair was much smaller

Then I started on the cushions. Being much younger then I was able to tilt the settee and get on quite easily.

In the end they both said "Well done!" "What's next?" I asked, feeling rather more confident by then. "Will you try the winged chair? You might find that a little more difficult." The winged chair they had indicated was much smaller than the settee and I managed it quite well. I was thankful that I had not made a fool of myself at any rate! But maybe the previous person or the later one might do better. I would have to wait to find out.

Then I was asked to sit down and, with their folders open, the conversation began. After a few more questions he said, "We will let you know in a few weeks if you have been selected. If you are, here are a few things you should know. You will be given a position in the store to work from, paid monthly by Customagic, but you must abide by Jermyn's shop rules. Dress code is navy, and the store will be notified when you are starting."

Each week I would have to fill in a time-sheet and post it to head office in Manchester. I would get 12d per mile if I went out to fit any covers. Petrol was about 17s and 3d a gallon then so that would be a

great help. If either they or I became unhappy with my work there would be a month's notice either way. They each shook my hand and I left. I was feeling quite good about things but was still wondering if I'd done well enough to get the job.

By the time I got back home my mind was in a whirl. What about the navy dress? I had nothing that would suit! Should I get one made in anticipation? But what if I didn't get the job?...

Find out if Joan gets the Job and if she gets the Navy dress next month

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## Answers to Quiz on Page 8

- Answers for Wild flower Quiz
1. Ragged Robin

2. Knapweed

3. Scarlet Pimpernel

4. Coltfoot

5. Violet

6. Campion

7. Celendine

8. Woodbine

9. Scabious

10. Monkshood

11. Nightshade

12. Soapwort

13. Clover

14. Meddick

15. Silverweed

16. Hawkbit

17. Dandelion

18. Lords and Ladies

19. Teazel

20. Burdock



**Healthwatch Cambridgeshire is your local health and care champion.**

There are lots of important conversations happening at the moment about the future of our local health and care services. It is our job to make sure you are listened to when decisions are made. We are there to ask questions on your behalf.

Some of the conversations we've been involved in recently include:

- Hinchingsbrooke Hospital merger
- Care at Addenbrookes and the Rosie
- The future of older people's health care and adult community services
- Children and Young people's mental health
- Crisis mental health care
- NHS 111 and out of hours GP care

We have also published *Thriving*, our report into children and young people's mental health.

We wrote *Thriving* to help make sure children and young people are listened to by local commissioners and providers. They are using it to help redesign children and adolescents' mental health services.



**Talk to us.**

We need know how health and care is working in Cambridgeshire for you and the people who are important to you. We will listen to your experiences and share them with the people who make decisions about local services, without identifying you.

**We also provide an Information Service and can help you find out about:**

- health and social care services near to you
- what to do if you have a concern or complaint
- organisations that can give you help or advice

We are always happy to talk to local groups and attend events, so please do invite us.

Contact us [www.healthwatchcambridgeshire.co.uk](http://www.healthwatchcambridgeshire.co.uk) or call 01480 420628.



Healthwatch Cambridgeshire follow us



@HW\_Cambs

## **Threat to local hospitals!**

**The fight is on** to save outpatient services at three local hospitals. Those services under threat include eye clinics, women's scans, skin conditions and first appointments with surgeons. A wide range of clinics are faced with closure at Doddington, Ely and Wisbech, prompting an outcry.

A campaign to keep services local has begun. It is feared that once gone the hospital buildings will be sold to developers. At Wisbech, services come under the authority of King's Lynn's Queen Elizabeth Hospital Trust. "Some services at Doddington were set to close at the end of March, but they have won a year's reprieve - giving local people until the end of March 2017 to fight for them to stay open." said campaigner Sue Marshall, one

of those leading the fight. "We are urging people to choose one of the three sites on the NHS choose and book system and urging local doctors to refer people there to make sure they remain busy to prove there is a demand for the service. "It will be an absolute disaster if the clinics go. If we can nip it in the bud now we stand a chance, because once they are lost they will never come back," she added. "It's a big problem with this being such a rural community, public transport is a nightmare, people struggle to get to the bigger hospitals like Peterborough, Huntingdon or Addenbrookes, many rely on the local hospitals, they are easier to get to and have free parking." A public meeting of around 40 people was held on Thursday night (June 2) in March full of worried people. Concerns were particularly expressed about the impact it will have on the elderly.

# Useful Telephone Numbers

Age UK Cambridgeshire	0300 6669860
Alzheimer's Society (Fenland)	01945 580480
Anglian Water – Susan Bull	08457 145 145 101
Christchurch Resident's Association	01354 638990
Churchwarden - Mrs. D. Symons	01354 638352
Citizens' Advice Bureau, Wisbech	01945 464367
Community Car Scheme (to book a journey)	07902 316360
Community Centre bookings	01354 638478
Community Fire Safety Officer	07717858166
County Councillor - Fred Yeulett	01354 653763
District Councillor - Will Sutton	01354 638025
District Councillor - Michelle Tanfield	07908 707129
Electricity Faults - UK Power Networks	0800 783 8838
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 638312
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
Pharmacy at Upwell Health Centre	01945 774934
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
Water Emergencies	08457 145145

## Club Contacts

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

## 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...

Well having recovered from my drenching – twice!! – at “Picnic in the Park” I can report that I am now 2” shorter! What a great afternoon though. Tug-of-war, bottles stall, board walk race, and egg & spoon, bouncy castle, plus many other attractions and activities, all to a background of jazz played by maestro Steve Wayne. See photos on the back page. Who is that Royal Personage?

Apart from all the outside activities our new Community Centre came into its own again. We're so lucky to have it at last!

So what next? – I hear you ask! The FOTS Dog Show and Family Fun Day this coming Saturday 2nd July (that's assuming you got your Heron on time of course). Always a great day for dog lovers but plenty of other attractions to with Club Stalls, and others, bouncy castles, and the new village band's debut following James' Nuptials. Is that really their name?

Thanks must go to Nationwide staff from March who did a great 'village clean-up' for us, and more wildlife makes the news – both on page 27.

Who is Arkwright w-w-w-when he's at home anyway?



"That's in the storybook aisle, right past the gingerbread and magic beans."

'Till next time! – Ed'.



# Nationwide Volunteers litter pick our village



Nationwide Building Society staff get involved in local communities. Louise Sutton-Webb, Branch Manager of the March Branch said, "When my team and I decided to do something to make a difference Cllr Sutton kindly made arrangements for us to litter pick in Christchurch and Elm & made sure we had all of the materials we needed to do this safely."

"We had the perfect weather on Sunday 5th, and all worked hard in both villages to cover as many of the streets and green areas as possible with the time we had available. It was a tough job because both villages are already so well kept!"

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## **Proof that even though the weather's been horrible - wildlife is still getting on with it:**

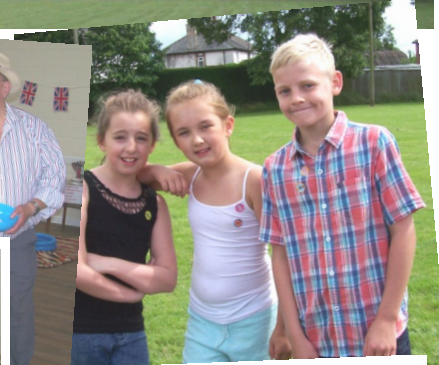
I thought readers might appreciate the little trio of Muntjac, we have watched the parents over the previous weeks, so it's lovely to see the youngster out and about now too - Jackie Wood



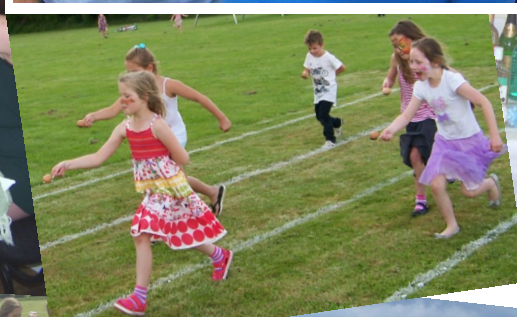
Look what I revealed when I started trimming my hedge the other day. She's sitting on three beautiful deep turquoise blue eggs but appears, sadly, to be a single parent. Hope they all make it! I'll be keeping a watchful eye - Ed'.



# Picnic in the Park

*"Prince Charles" congratulates the most loyally dressed reveller - Wendy Yates*



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.