



The Heron

Community Magazine

Delivered to homes in Christchurch, Euximoor and Tipps End

August 2021

No. 88

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Well done England's Super Squad!



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TOWNLEY SCHOOL AND PRE-SCHOOL

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office@townley.cambs.sch.uk
Website: www.townley.cambs.sch.uk
01354 638229



Facebook—Townley School
and Pre-School

JULY 2021

Remember that our website has
lots more information about school.

Having survived the past eighteen months without a positive covid case in school I find myself writing this with 105 children and 21 staff all isolating at home! Fortunately, with 48 hours left we have not received any reports that the virus has spread outside the family who tested positive. I was super proud of how quickly the staff jumped into teaching remotely, in less than 90 minutes! When actually the Government guidelines is the following day! I am equally proud of how well the families have supported us, it is not easy for families to support their children working remotely so thank you. The work on this page is some of what the children have completed at home.



We have a vacancy for a Co-Opted Governor. We are looking for a new governor, ideally someone with an interest in wellbeing, and monitoring the spending of government funding such as the Pupil Premium. This person does not need to be a parent. If you are interested in becoming a governor please speak to the school, by calling 01354 638229 or emailing the Chair of Governors, Sue Rudge on chair@townley.cambs.sch.uk. Here is an insight into the role of a Co-Opted Governor by Simon who is a co-opted governor for Townley School in Christchurch. Many people do not understand the role of governors and their importance in running schools, so here is a brief insight into what we do. There are 8 governors in total, pulled from a cross section of the community. All governors, other than the head teacher, are volunteers. 1 governor is a member of the staff, another governor is the head teacher, 2 governors are parents, 1 governor is appointed by Cambridgeshire Council and the final 3 governors are co-opted. This means that they have been appointed for specific skills that they can bring to the management of the school.

We hold 6 full governing body meetings during each academic year and this is our chance to help to shape the direction that the school is taking, by providing input to the improvement and development plan and the self-evaluation plan. Although I have a child in the school, I am a co-opted governor due to my skills in premises maintenance. My main responsibility within the school is to oversee the health and safety of the site and the learning environment. I also review how the money received for sport's funding is spent. As a result of this funding, the children have regular access to the professional services of Premier Sports, as well as access to more unusual sports such as archery and javelin. Being a governor provides me with a unique perspective on the running of the school. Not only am I involved with supporting and challenging the head teacher in the way that the school is run, I am also given access to the school during the working day to ensure that the school is operating in the manner described by the head teacher. On visiting the school, I am able to question the staff and talk to the children. I will then write a report in which I will describe what is being done well and what needs more improvement.

When Ofsted visit, governors play a key part in the inspection. Amongst other things, Ofsted will read copies of the minutes (these are public documents), they will review the monitoring reports that governors write, they will check to see what training has been completed by governors and they will question governors about how the school is run. Schools form a vital part of rural communities and they need all the support that they can get. We are very lucky in Christchurch that so many people appreciate the service provided by the school.

Community Information

Mobile Post Office:

Visits Monday to Thursday in the lay-by on Upwell Road

Monday and Thursday - 16.30 to 17:00

Tuesday and Wednesday - 16.10 to 17:00

Fridays - no service.

ANYONE WISHING THEIR ITEMS TO BE POSTED,
ON THE DAY, WILL NEED TO GET THEIR POST TO THE
VAN BY 4.40PM - WHICH IS WHEN IT IS COLLECTED.

Use it or lose it!

Community Car Scheme:

This scheme is still running for Christchurch and surrounding villages. To book a ride or to become a volunteer driver please ring 07902 316360. An additional driver is still required for the scheme. For more information please ring the number above.

Mobile Library:

**OUR MOBILE LIBRARY COMES ONCE A MONTH,
ON THE FIRST TUESDAY, AT 12 NOON.**

The van parks in the lay-by on Upwell Road, opposite to the entrance of Fen View. **USE IT OR LOSE IT?**
The next visit is April 6th.

You can use the Select and Collect service online, or by calling 0345 045 5225.

https://cambridgeshire-self.achieveservice.com/service/Select_and_Collect

Please support your local Library Service, right in the heart of your community.

Obituaries

Jean Carver

Wife to Ralph, Mum to Luanna, Ganene and Carri and Nan to David, Brandon, Danielle, Alicia-May, Lily-Ava and Jake.



It is with a heavy heart and tears in our eyes that we tell you our beloved Mum, Wife and Nan, Jean, sadly passed away on July 15th 2021, at home with her family.

She truly was one in a million who kept her fighting spirit right to the end.

We can confirm that the funeral will be on Thursday the 29th of July 2021, at 1pm, at Christchurch Church. All Welcome. Family flowers only please. If you wish you may make a donation to Norfolk Community Health & Care. The wake will be 2.30-6pm at Christchurch Community Centre. Soft drinks provided - please bring your own Alcohol/mixers if required.

Your Letters

Hello. In 2020 you published an item marking the 100th birthday of my mother, Kathleen (Kitty) Kain, one time resident of Fen View.

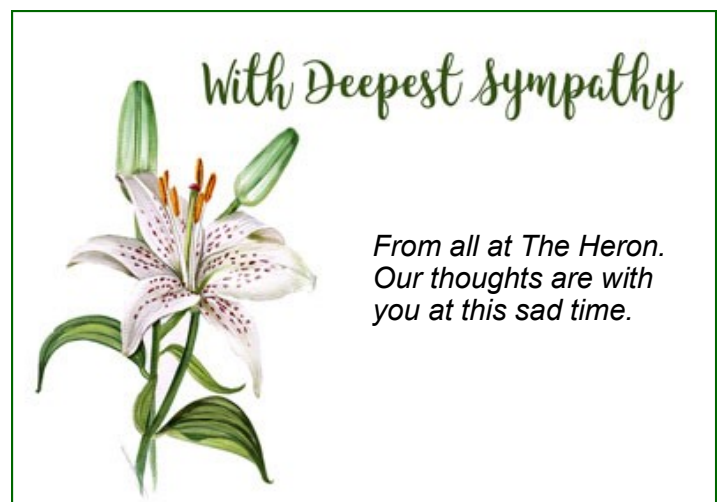
I should be very grateful if you would now let villagers know, via The Heron, that Kitty passed away on 24 June, in Nottingham. The main cause of death was simply old age.

She remained very fond of Christchurch and the people who live there to the end.

Many thanks.

David Timcke (Kitty's son)

PS. Just as an amusing aside, when my mother was in her early 90s and on the point of moving from Christchurch, my wife and I persuaded her, very reluctantly, to give away her beloved collection of high heel shoes. When I began clearing her flat, I came across a pair of silver, glitzy high heels that she had clearly hidden from us and kept all this time! She also retained a sense of humour. I tried raising with her, over the years, what her preference would be for a funeral when she finally passed away. Her reply? "Oh, I don't know - surprise me"!!



PLEASE NOTE:

With immediate effect, we will be only offering quarter and eighth page adverts. This is a decision that we have not taken lightly but feel that we are in danger of tipping the balance of the magazine – with large adverts taking up valuable room, which should be being used for local news, information and stories. We appreciate that people have renewed their contracts for this year and we will honour those until their next renewal. We apologise for any inconvenience this may cause but we are sure you will understand our reasons for having to make this decision.

All future adverts will need to be formatted as follows, to ensure they fit neatly into the dedicated area within the magazine:

Quarter Page (14cm High x 9.5cm Wide) Portrait Format

6 x issues £50

12 x issues £90

Eighth Page (6.5cm High x 9.5cm Wide) Landscape Format

6 x issues £34

12 x issues £64

Please contact adverts@theheron.info or phone Elaine on 01354 638310.

For Sale

Multi-fuel log burner.
Will run up to 11 radiators.

£450.00

If interested, please ring Mrs
Fuller on 01354 638560.



Advertisers - all our advert rates and conditions can be found on our website www.theheron.info. Business advertisers can book a series of 6 or 12 adverts, paid in advance. Adverts for village fundraising events, personal announcements, or small private ads are usually free.

Do you know someone who would like to receive a Heron each month, who doesn't live in the village?
Contact us at adverts@theheron.info and we will send them a subscription form.
The cost is £25.00 per year (including P&P).

Copy Deadline - The deadline for copy for the **September** edition of the Heron is 25 August 2021.

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.

Editorial

Hello, and welcome to our August edition of The Heron. We have had some very hot weather lately, and a little bit of rain...so far none of the very fierce thunderstorms that have been forecast. The fields around are beginning to be ready for this year's harvest. We have a couple of farming-related articles this month in addition to Jill Bliss's regular contribution. Our village gardens are looking great, and summer is truly here.

There are some nice football-related comments in the magazine, and now we have the Olympic Games to spark our interest. Our team is 'Team GB and Northern

Ireland'. All the best to the athletes. If there are children in your household, why not have a go at some Back Yard Olympics this August? (Page 15). There are some tips for parents and teens for using the time in the holidays too. (Page 8).

There's a very thought-provoking story on page 9. It's worth reading twice. I would say.

Enjoy the rest of the summer, and stay safe everyone. And watch out for those Meteorite showers on clear nights (Stargazers, page 28).

Annie Nason

CAN YOU HELP?

The school premises were entered at night and some damage was caused.

The Police have been informed. It appears that a person, or some people, have used the school grounds as a way to enter nearby private back gardens.

If anyone has any information as to who these criminals are, please would they contact the police, and/or the Head Teacher at Townley School.

Thank you.



**UPWELL
HEALTH CENTRE**

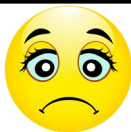
Surgery : 01945 773671 Dispensary: 01945 774934 Out of Hours: 111

I'm afraid it's not all over yet. Covid-19 has not gone away and the Delta variant is spreading rapidly. We have reports of increased numbers of cases locally within the last week and we are hearing the same from the local hospitals.

Although the government intends to relax rules next week we cannot do that here at the surgery and pharmacy, so we are asking everyone to continue to wear masks when coming into either building. Please wear a face covering that completely covers your mouth and nose and do not remove it unless a clinician asks you to do so. If you cannot wear a mask please use a face shield. If you cannot wear either then please ring us before coming into the building so we can make special arrangements. Please help us to help you and reduce the spread of Covid-19.

Thank you. Eamonn Clarke

Thank You and Goodbye!



A heartfelt thank you and goodbye to two stalwarts from the Heron team - Peggy Warby and Sheila Day. Both of whom have given up so much of their time over the years and their help and enthusiasm has helped us to make the magazine what it is today. We wish you both well and are grateful for all your support.

The Heron Team

THANK YOU!

Trish and Keith would like to say a big 'Thank you' to all our lovely friends and kind people for all our beautiful cards, wonderful presents and fabulous flowers, balloons etc given to us both on our special Golden Wedding Anniversary.

We both thank you all so, so very much.

Letters to the Editorial Team

The Editorial team welcome letters from its readers. Please email letters to: editor@heron.info or post them to *The Editor of The Heron, Grasshopper Cottage, 5 Upwell Road, Christchurch, PE14 9LF.*

PLEASE NOTE: Letters will only be considered for publication if they are accompanied by name and contact details - names will be published, but not contact details. The Heron will not share any contact details unless given permission.

The team look forward to hearing from you!



CHRISTCHURCH COMMUNITY CENTRE IS OPEN AGAIN FOR CLUBS, PARTIES & FUNCTIONS AND BUSINESS MEETINGS

Christchurch Community Centre now boasts a whole host of new improvements and equipment which were installed during lockdown.

We have a fully sound-proofed hall which has vastly improved the acoustics, free WIFI, meeting room Smart TV, main Hall 120" Smart TV (coming soon), rear canopy and CCTV covering all areas outside the building.

We also have a new Bookings Clerk. Bryan Burfield is the new contact if you wish to hire the Community Centre.

The Community Centre Committee would like to say a huge thank you to the previous Booking Clerk, Sandra Kay, for all the years she has been doing the job. Thanks Sandra.

For further information, bookings or to check availability at the Community Centre, please ring Bryan on 07918 664402 or email bb@btinternet.com.

Why the Fens deliver

Food and farming in the Fens have been delivering for Britain for hundreds of years. It was the prize of farming its fertile soils that first led to the Fens being drained, transforming it into the powerhouse of productive agriculture and horticulture it is today.

The Fens begins its life in the surrounding 'uplands' where four rivers – the Witham, Welland, Nene and Ouse – start their journeys. These rivers carry water

from the uplands and surrounding areas down through the Fens and into the Wash.

The Fens, as we know it now, started to take shape in the 17th century, when drainage of the wetlands began in earnest. It was systematically drained under the supervision of Dutch engineer Cornelius Vermuyden. The drainage changed the Fens from a series of wetlands, which provided fish and waterfowl for the local population, plus living space on higher ground, to a place where its high-quality soils could be used for farming.



Food and the Fens

This is an article by East Anglian farmer and television presenter Jimmy Doherty

A major food revolution is underway in Britain, with people increasingly making the connection between what they eat and who produces it. As a farmer and food fanatic, it's a passion of mine to spread the word about the relentless hard work put in by farmers across this country to help serve up safe, affordable and traceable food, while conserving our stunning natural landscape for future generations.

The Fens plays an enormous role in all of this. It's the engine room of British agriculture and horticulture, and a unique farming hub. Blessed with superb, nutrient-rich soil, which helps us grow and sustain an abundance of high-quality produce that is the envy of the world, the Fens provides everyone from top restaurants and supermarkets to home cooks with the best possible raw ingredients for their dishes.

Modern-day Fen farmers are cultivating what the Romans realised was a vital, food-growing centre of their empire, centuries before the great engineer Vermuyden made it one of the most productive farmlands on the planet. And they're helping to conserve the rich heritage of birds, fish, insects and flowers by working with nature in a sustainable way, as well as producing family favourites like vegetables, salad, chips and crisps and boosting the local economy as employers. The Fens is a crucial chapter in the British food story. Its work must be allowed to carry on, not just for now, but for the future.

- Our focus is to explore and experiment with the various painting and drawing media.
- To enable participants to develop their own style.
- Above all to have fun and enjoy the sessions.

Christchurch Art Group



The sessions are planned and adjusted to suit, depending on the experience and interests of the group. The group leader is experienced in a wide range of media, and has some art materials for you to try out if they are new to you*

We have suitable paper for a reasonable cost to purchase and materials can be borrowed until you have your own*

Our group is friendly and relaxed and we love to welcome new folk

We meet on the 2nd and 4th Tuesday of the month 1.30-3.30 in the Village Hall (term time)

Autumn term starts on the **14th September** for six sessions. We start back with some basic information on papers, brushes and how to use them.

If you would like a programme please contact Jan and one will be sent with any further information

Please contact ... **Sandra 01354 638478** or **Jan 01354 638217** (janandcliff@brimstone46.plus.com) ...for more information, or come along and see what we do

**(Please note when we start back we may still have to follow 'Covid' rules, so may not be able to offer equipment to borrow. Items can be ordered for use if requested)*

Another Small Business Enterprise in Christchurch...



Hi! I'm Jenny Medcalf and I'm a weight loss consultant for **The 1:1 Diet by Cambridge Weight Plan**.

I'm not a glam makeup and handbags kind of woman – we have pigs, chickens and turkeys, & loads of mud out here! However, I envisioned aging gracefully and maybe sort of stylishly... But no!

I'm probably showing my age when I say that I started out on diets like the F Plan, and the cabbage soup diet – then all the rest... I became excellent at losing weight, but not keeping it off. I have a history of eating disorders, sugar addiction, plus all sorts of crazy behaviours and anxieties about food – pretty hardcore stuff. Add in an extremely stressful job in Brixton, living away from home, comforting myself with food – this all

added up to a recipe for disaster. By last summer I was piling on weight at nearly a stone a month and just couldn't stop eating even though my health was suffering terribly. I was literally desperate.

Then I met my sister-in-law at my daughters' wedding (*my "before" picture here*), and she looked great on the 1:1. Within 2 days I signed up, and my consultant patiently supported me through all of my fears and kept me going – I've lost almost 4.5 stone now!

It's not just about losing weight; it's about learning a different relationship with food. This is the only diet that has helped this crazy, food addict to get some balance and peace of mind.

I believe in this diet so much (well it's so much more than a diet really) that I became a consultant myself. I offer face-to-face or virtual consultations and deliver across Cambridgeshire. If you want to know more, get in touch!



Jenny 07485 726185



Christchurch Gardening Club

“The Times They Are A’Changing”

As a continuation to last month’s column, where I expressed a curiosity about the internet and its effect on Gardening, I took it a stage further, fired up the laptop and did some research. The results are quite revealing. Even before Covid it seems our habits were changing. Figures from Ama research reveal a growth of 61% between 2015 and 2019 with a further increase of 25% in 2020. Very impressive, given the circumstances surrounding Covid and the lockdown. Aided, I’m sure, by more time spent at home, and the need to get outside for a while.

These figures include horticulture, garden buildings, garden leisure, chemicals, equipment and sundries. Vendors were such as online only retailers, high street stores and discounters.

Furthermore, growth of online sales is forecast to continue to rise so that by 2024 they will be worth an estimated £1.5 Billion. At present, the internet sales account for 18% of overall garden products. However, these are predicted to rise to a staggering 32% to 33% of products by 2024. Times really are A’ Changing. I can’t imagine what gardeners of the past, busy ordering their seed from catalogues or the back of the radio Times, would think if presented with the current way of doing things. We shall never know, I guess.

Some positive news from the gardening club; our club secretary Marion arranged a get together for the members on Monday July 26th evening, to visit a local garden. This is usually a yearly event, so it will be good to see some vestige of normality.

I shall report back next month. Stay Safe.

Steve.

HAVE A
GREAT
SUMMER!

The long, (LONG?) summer holidays with your teens..

When summer rolls around, it is no surprise that the first objective on most teens’ minds is to do absolutely nothing. But we all know how that turns out. Either they withdraw and spend hours of mindless time streaming shows or playing video games, they complain that they’re bored, or they opt for engaging in behaviours

that we’ve worked so hard to steer them away from. **That’s why it’s so important to help teenagers have a memorable summer doing something that matters to them.** Do you have to entertain them all the time? NO. Being bored is a wonderful stimulus for creativity and learning how to amuse yourself. According to psychoanalyst Adam Phillips, “It is one of the most oppressive demands of adults that the child should be interested, rather than take time to find what interests him. Boredom is integral to the process of taking one’s time.”

SUGGESTIONS for teens: Not everything costs money. You can have a lot of fun without spending money. Here are some ideas – you will be able to think of loads more. Just don’t waste your time. Remember, we never get that time back. The Pandemic has wasted a lot of time...make up for that!

Over the whole holidays, learn something new about the world. **Once a week at least**, go on an outing with friends. You could visit a museum, or go on a hike or bike ride. **Have a weekly plan**, including visiting a Library, finding out about something that interests you. Learn and practice a new skill, such as painting, kayaking, cooking, ironing, gardening; do some craft work. **Daily** - Make a daily exercise plan (at least an hour a day) and set some goals for yourself. Help out at home by making your bed and keeping your room reasonably tidy. Do two other household chores. Be disciplined and turn off your phone and other devices such as the TV for several hours at a time (you really *REALLY* can do it!).

Make someone else happy each day.



A Point of View

The Beautiful Story of the Chained Elephant

A very playful, curious, and funny child lived in a small town. His parents had a farm and he considered all animals to be his friends. One day, a gigantic circus arrived at their town. This little boy had never seen a circus before. Everybody at school was talking about it. The little boy asked his parents if they could take him to the circus. They said they would.

Time passed slowly until it was finally time to go. The parents bought their son popcorn and cotton candy. He enjoyed his snacks, but he was more excited to see the show. He loved the trapeze artists and the animal shows. The lion was so tame and docile that he greeted the audience. The zebras were agile. They ran in perfect circles without losing their rhythm. And the elephant was so amazing - it stood on two legs and joked with the clowns. The boy was so fascinated that, at the end of the show, he decided to go to the back to see the artists with their wonderful animals.

He walked with his parents to the back of the circus and he saw that the animals were in cages. The elephant, however, was outdoors. The boy approached the elephant and saw that someone had chained one of its legs to a stake in the dirt. The animal wasn't moving at all.

The boy couldn't get the chained elephant out of his head. He didn't like to see the animals in cages. However, what had affected him the most was the elephant. He was free but tied down at the same time. Although the chain was thick, the boy could tell that the elephant could remove the stake from the ground if it wanted to. After all, it was a gigantic

animal. The boy asked his parents why the circus people had chained the elephant. They replied, "So he doesn't run away".

For the boy, the chain and stake weren't obstacles for the elephant. "Why doesn't he run away then?" His parents shrugged their shoulders and couldn't give him an answer.

The next day, he asked his science teacher the same question. She said, "He doesn't run away because he's trained". She explained how trainers train their animals. The child understood that although the animal was quite big now, it was once very small. When it was small, someone tied one of its legs to a chain and a small stake. The boy imagined how much the baby elephant probably fought to release the chain without getting hurt or getting into trouble. The boy understood that the elephant didn't realize how big and strong it was when it grew up. The elephant only remembered being a small elephant fighting against a chain and stake that wouldn't budge. This is why, although it could now free itself, it no longer tried.

To the elephant, the memory of that impossibility in the past was stronger than the real possibility of the present. The story of the chained elephant resembles many people's stories, people who remain tied to bad past experiences. They don't try again because they're holding on to their negative experiences. This holds them back from the real possibilities of the present that could completely transform their lives.



(Adapted from the web/social media)



Our MP, Steve Barclay, on July 11th

"The sports stars of the future start with grassroots sport so it was fantastic to see so many 8 to 11-year-old boys and girls at March Cricket Club on Sunday morning for the first English Cricket Board Dynamos tournament. This is a new specially designed format and Fenland was the first area chosen in East Anglia. Thanks to Neil Liversedge, Les Mills and all the team at March Cricket Club, and the parents and carers who brought children along with teams from March, Wisbech, Ely, Haddenham and Sutton cricket clubs. They even got me bowling the first bowl!"

Rt Hon Steve Barclay MP

Steve Barclay is the Conservative MP for NORTH EAST CAMBRIDGESHIRE, and has been an MP continuously since May 2010. He currently holds the Government post of Chief Secretary to the Treasury.

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Email: stephen.barclay.mp@parliament.uk

Constituency address.

MJS House

Wisbech Road

Westry

March

PE15 0BA

Phone: 01354 656 635

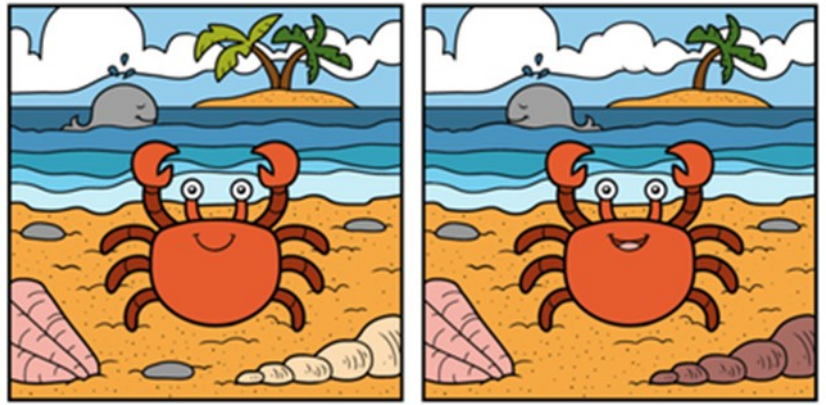
Website: <http://www.stevebarclay.net>



... a summer holiday theme this month!

FUN FACT:

This month was first called Sextillia – the Roman word for “sixth”, as it was the sixth month of the Roman year. It was later changed to August by the Emperor Augustus, and he named it after himself.



Can you find the donkey float?



You work at an ice-cream parlor where one particularly picky customer is having trouble deciding what he wants.

He knows he wants a cone with three scoops of ice-cream, but other than that he only knows what he *DOESN'T* want.

To make matters worse, you only have three flavors in stock right now: *vanilla, chocolate, and strawberry.*

The customer does **NOT** want:

- 1) chocolate and strawberry to touch,
- 2) vanilla on the top or bottom,
- 3) more than one chocolate scoop, or
- 4) strawberry and vanilla to touch

Construct a three-scoop cone that adheres to these rules.



BAD JOKES!

What does the sun drink out of? *Sunglasses.*

What would you call a snowman in summer? *A puddle.*

What's black and white and red all over? *A sunburnt zebra.*

Which day of the week is best to go to the beach? *On a SUNDAY.*

How do we know if the ocean is friendly? *It waves!*

What does every ghost eat in the summer? *I Scream*

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TANGY RASPBERRY FOOL

A Martha Stewart Recipe

Ingredients:

- 1 bag (10 ounces) frozen raspberries
- ¼ cup granulated sugar
- A pinch of coarse salt
- 2 ½ cups cold heavy cream
- 1/3 cup Confectioners' sugar
- 4 teaspoons fresh lemon juice

Directions:

- Step 1: In a blender, combine raspberries, granulated sugar and a pinch of salt, and puree until sugar dissolves, about 1 minute. Pour mixture through a fine mesh sieve into a medium bowl, pressing on solids (discard seeds).
- Step 2: In a large bowl, using an electric mixer, beat cream and confectioners' sugar on high until stiff peaks form, about 3 minutes. Beat in lemon juice. In 6 small glasses, alternate layers of raspberry puree and whipped cream. With a skewer or a thin-bladed knife, gently swirl whipped cream and puree together. Smooth tops and serve immediately.



Fancy hiring a canoe?

Try the local Fourwinds Canoe Hire <https://techbear.us/clients/2446/canoes>

Canoe hire for 2 hours, half day or full day periods. There are 26 miles of calm easy waters to enjoy.

Please note that canoes are available on a pre booking basis only, so call us to arrange (01354 658737). Available from beginning of April to end of September.

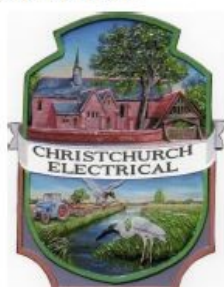
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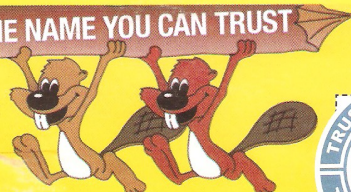
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What are the new sports at the Tokyo Olympic Games?

From an article by Katie Falkingham. Journalist.

It's been a long time coming, but finally, the **Tokyo 2020 Olympics are upon us**. Everyone has their favourite sports that they make sure not to miss when the Games roll around, but there are plenty of new additions to get excited about this year. The International Olympic Committee added five sports - and 34 new events in total - to the Tokyo programme in a bid to attract younger audiences and reflect "the trend of urbanisation of sport".

So - what's new? Let's get you up to speed.

Karate - DID YOU KNOW? Spain's multi-world and European medallist Damian Quintero is also an aeronautical engineer, but quit his job to focus on karate full-time when it was announced as an Olympic sport.

Skateboarding - DID YOU KNOW? Japan is tipped to win half of the skateboarding medals at Tokyo 2020, but the sport is still considered "an activity for unruly kids" in the country, according to team coach Daisuke Hayakawa.

Sport climbing - DID YOU KNOW? Climbing shoes are so tight that athletes' toes curl up. This makes it easier for them to cling to walls with their feet.

Surfing - DID YOU KNOW? The four days of the surfing competitions will be held during the Olympic Surfing Festival from 25 July-1 August. This allows the dates of the competitions to be moved to ensure the best wave conditions possible.

Baseball/softball - DID YOU KNOW? Baseball is hugely popular in Japan, with the sport's popularity rocketing after World War II due to the influx of American soldiers. In a 2018 study, 48% of respondents said it was their favourite sport.

Summer Holiday Activities and Food Programme



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Back Yard Olympics ideas...

Field events: *Shot Put* - Throw a Water Balloon. *Archery* - Wet Sponge toss. *Shooting* - Water Pistol blow-out-a-candle competition. *High Jump*: Jump the rope. **Gymnastics:** *Balance* - Walk a narrow plank. *Skill* - Forward Roll Relay. **Track events:** *Sprint* - round an obstacle course. *Relay* - egg and spoon race. *Marathon* - timed laps of the garden or your road. *Hurdles* - jump over things.

Team events: *Football* - Keepie-uppie competition. *Volleyball* - Frisbee team effort.

Weight Lifting: Lift a bucket of water and carry it 10 metres. **Swimming:** enjoy the hose! **Have a Medal Ceremony.**



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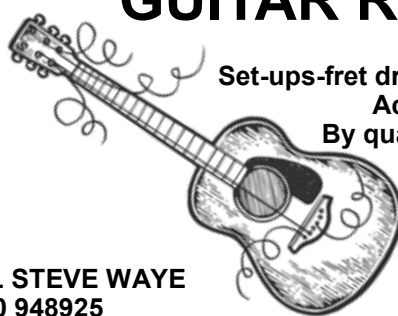



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Car Show at the FUN Cow!

Once again the local pub became the hub of the village when they very kindly hosted the first village car show since 2019. There was a small but perfectly



formed selection of cars on show, the weather held off and everyone who came along seemed to enjoy the vehicles and the lovely food provided by the pub.

Thanks Dun Cow! You've done it again!

One new Christchurch resident, Wellington, enjoying the cars!

Photos: Michael Brookes



Meet Tyler, the new kid on the block!

Being pregnant and having a baby during the pandemic.

By Christchurch Resident, Rosanna Allen

"I didn't even know you were pregnant!" exclaimed a colleague when I sent a goodbye email announcing that I was off on maternity leave. Not because I didn't *look* pregnant (at eight and a half months I felt like I had a bump the size of Brazil), but because I hadn't seen anyone in months – we switched to remote working at the start of the first lockdown. This was my second pregnancy. Friends and family didn't see my bump this time and I didn't get that lovely feeling of elation when strangers asked my due date or congratulated me in the street like with my first pregnancy.

It was a strange experience being pregnant during a global pandemic. All antenatal appointments were moved from Upwell Health Centre to Wisbech, the midwives' faces were obscured by masks and appointments (including the first scan) had to be attended alone. Maternity leave in lockdown during winter was a bit lonely at times. It's not as if you could join a baby group or meet other Mums for a coffee. On the plus side, there was no one around to see that you were still in your pyjamas at 5pm, or to notice the baby drool on your shirt!

There were still a lot of positive elements though! I was lucky enough to have a baby shower online with friends. Our second scan was in the summer of 2020 when restrictions first began to ease, so my husband was able to attend, and we found out together that we were having another wonderful baby boy. We cannot praise the staff at Queen Elizabeth Hospital enough. Every single person we came across was professional, caring and made an extra effort to make the atmosphere relaxed and friendly.

Our little boy, Tyler was born in November 2020. Our families first met him in April 2021.

I would do it all again, as we are now an incredibly happy family of four and our eldest son Blake adores his baby brother.



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Sunday 30 August
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Further details to follow on Social Media

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Each week we will feature a different set of dishes. **For a full menu** and more information please phone 07775 336727 or Email: vyasfoods@outlook.com

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Heron News

The Heron (Heron Publishing) held our AGM on July 19th. It was a great meeting, and we had a number of new people attend, and sign up to become a 'Friend of The Heron', and also some new people have joined the team. Your support is much appreciated. Thank you.

EXECUTIVE COMMITTEE 2021-2022:

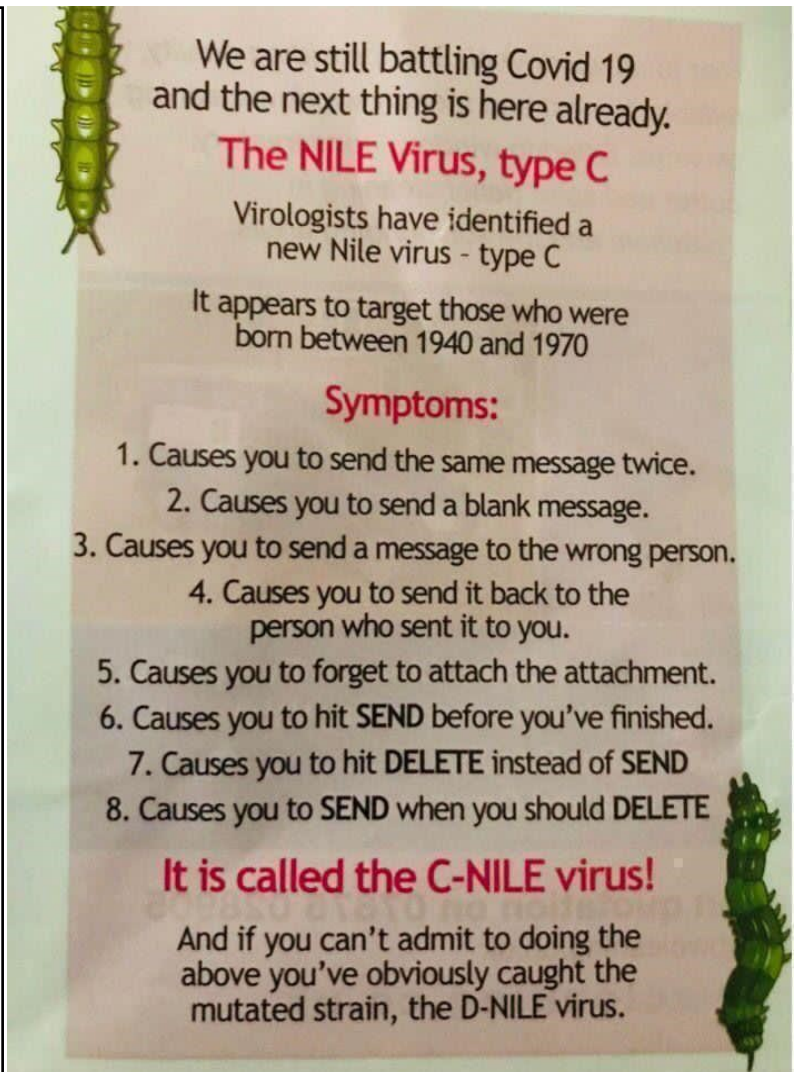
Chair: Ms Annie Nason
Treasurer: Mrs Elaine Reed-Hughes
Secretary: T.B.A.
Committee members: Mrs Sandra Kay, Mrs Pat Rigby, Mrs Sue Rudge, Mrs Kay Miller.

Date of next meeting tba.

EDITORIAL TEAM: 2021-2022:

Editor/Team Leader: Ms Annie Nason
Team members: Mrs Elaine Reed-Hughes, Mrs Sandra Kay, Mrs Sue Norman, Mrs Jenny Medcalf, Mrs Pat Rigby, Mrs Liz Scott, Mrs Kay Miller.

Date of next meeting: Tuesday August 3rd at 2pm:
5, Fen View.



The best-laid plans of mice and men often go awry (Robbie Burns)

In our June meeting we were happy to think it would be the last time we would be meeting by zoom as the government's plans were to lift the lock-down restrictions in time for our July meeting - however the date was put back - hey ho! But ever resourceful - and supported by our wonderful Dun Cow - we took ourselves across to the marquee at the pub where we socially distanced and had our meeting there!

The main purpose of our meeting was to share ideas for the future and to discuss what adjustments were needed in a post pandemic world. Some great ideas for speakers were shared and we hope to include them in our programme for 2022.

A raffle was held and prizes were won by Pat Rigby, Sheila Day and Peggy Warby.

We have had a slight "hic-cup" in our plans for our August meeting. Our speaker had double booked. But we are delighted to be "rescued" by two community first responders who will be coming to tell us about their work on August 10th at 7pm in the Community Centre.

There is great news, that the membership fee for the WI is reduced for July onwards, just £28. We are always keen to welcome new members - contact Sheila Day on 07946635908 for more details. We quite understand if ladies want to "try before they buy" so visitors will be very welcome at our August meeting for a nominal fee of £3.

SAVE THE DATE! On September 14th we will be holding an open meeting and welcoming Alan Gray - an ex-Wimbledon tennis umpire. Alan has lots of experience in the profession and his talk is entitled "You Cannot be Serious!" Although we will be in the large hall, we do not want to be too crowded, so it would be wise to book your place. All are welcome - tickets for non-members £5.

Sheila Day



PLEASE TAKE NOTE

Advice from one of our Cromer RNLI Crew. Schools Out and the weather is hotting up. This is a great bit of advice. Be very careful when you go to the beach. Before you go in, watch the sea. If you see a space between the waves, do not enter. It's a rip tide, and you will be pulled back in. Please tell your family and friends. This can save lives. If you see anyone in danger ring 999 and ask for COASTGUARD!

A YEAR ON THE FARM – AUGUST

Summer part 2 has arrived! At the time of writing, 6pm, the thermometer hanging in the shade outside, stands at 28.4C; not a good omen for a good night's sleep!



Harvest of the combinable crops is looming rather quickly. Norfolk farmers on the lighter soils have already made a start with winter barley, as is happening in the south of the country. If this weather keeps up, progress will be made in all parts of the country. Things are on the move for Harvest 2021. It was thought with a wet winter and a cold spring and crops in general not looking promising, things would not be good. So far, results are turning out to be only average in general, with a few exceptions. Peas are looking good. Some of the vining pea crop have been harvested already, some of which are already on sale as frozen peas in the super markets. Main crop peas are looking good, heavenly podded with 6 or more peas in each mostly. Of course, there are exceptions to this, dependant on growing conditions. We just hope the weather stays good, in order to combine a good full sample. Fingers crossed.

Class have produced an additional larger combine to their range for this season. This huge machine is capable of taking in 20 acres plus per hour, using a

40ft table. I wonder what my dad and other farmers of his era would say to that?

Maize is once again a prominent crop. Most is growing away with vigour, destined locally for the anno digester. In the cattle producing areas, maize is cut ripe and stored in silage pits producing a highly nutritious winter feed for the animals. Not as much mustard is grown today as in the past. This produces seed, which is crushed and used to produce "table" mustard by Colman's of Norwich. It also has other uses. Mustard seed is also grown abroad and imported to produce other mustard flavourings, such as French mustard etc. Rape seed is also crushed to produce oil, again by crushing the seed. This is also used in the food industry.



The main crop potato harvest will commence in general in the Fens, when the skins are set. This operation usually follows corn stubble cultivation. Next year's Rape crop can be drilled, weather permitting. Some potatoes are sold before the skins are set, mainly for the fresh market. The set skin potatoes are harvested, stored and graded out in the winter months and sold as per demand by the merchants. Different varieties are grown for their purpose market - some for fresh sales, some for chips, some for crisps and some for the catering trade.

Well, that's about it for this month. Keep safe.

Jill Bliss

Pets' Corner? ARGHHHHH !



A city in the US state of Minnesota has urged residents not to release their unwanted pet fish into the wild after finding huge goldfish in a lake. The common household pets can grow far bigger in the wild and cause major disruption to ecosystems. It said goldfish could contribute to poor water quality by disturbing sediment and uprooting plants.

"Please don't release your pet goldfish into ponds and lakes!" the city wrote in a tweet.

In Minnesota, goldfish are a regulated invasive species, which means it is illegal to release them into public waters. A goldfish kept in a home aquarium typically grows to about 2in (5.1cm) in length. But once they are established in public waters, wildlife officials say, goldfish can grow far larger and be difficult to remove - reproducing rapidly and dominating native species. In its warning, the city of Burnsville advised pet owners to "please consider other options for finding them a new home".



Euros 2020: What all of us can learn from Gareth Southgate

From an article by the well-known journalist, Matthew Syed. *Matthew Syed is author of Rebel Ideas: The Power of Diverse Thinking, and represented Great Britain in table tennis at two Olympic Games.*

Part of Gareth Southgate's success could be his willingness to turn to football outsiders to help prepare his England team. One of these advisers, former Olympian Matthew Syed, argues there's a lot the rest of the world can learn about this approach.

If there is one universal truth about human psychology, it is that we love being surrounded by people who think just like us. In some ways, this is the story of the England football set-up for the last three decades, the squad run by a true "footballing man" advised by other "footballing men". The idea is that if you get knowledgeable football chaps in a room, you will maximise the amount of knowledge - and thereby find a way to win matches.

This is why, when Sir Clive Woodward - a world-class rugby coach - was appointed as an assistant coach at Southampton FC a few years ago, there was uproar. "But he's a rugby person", football insiders said in horror. "If Harry Redknapp - the coach of Southampton at the time - needs advice, what is wrong with, say, Tony Pulis or David Pleat (both English based football coaches)? They are experts on football!" The curious thing about these arguments is that they are, on the surface, persuasive. It is true that Pulis knows more about football than Woodward. But do you see the

problem? Redknapp already knows what Pulis knows. They were each socialised into the assumptions of English football: a way of setting up tactically, diet, recovery, you name it. They are, if you like, intellectual "clones".

Gareth Southgate, the England head coach, has followed a different approach, opening himself up to new ideas from the outset. One source of these ideas is the FA Technical Advisory Board, an eclectic group that has been advising on performance in regular meetings since 2016. Members (all unpaid volunteers) include Sir Dave Brailsford, a cycling coach, Colonel Lucy Giles, a college commander at the Sandhurst Military Academy, the Olympic rower Kath Grainger, Manoj Badale, a tech entrepreneur, the rugby coach Stuart Lancaster, and David Sheepshanks, mastermind behind the St George's Park national football centre.

At first, football insiders were horrified by this group, with negative articles appearing in the British press. They are not "footballing men". But this is why the group is capable of offering fresh insights on preparation, diet, data, mental fortitude and more. This is sometimes called "divergent" thinking to contrast it with the "convergence" of echo chambers.

"I like listening to people who know things that I don't," Southgate told me. "That's how you learn." Echo chambers may be comfortable but they are inherently self-limiting. In the post-pandemic age, with the world changing faster than ever, it is diversity that unlocks the key to success.

Read the full article here. <https://www.bbc.co.uk/news/world-57698821>



LUNCH BREAK

Put the date in your diary –
Wednesday 11th and 25th
August 2021 from 12 noon –
2pm, in the Community Centre. IT'S FREE!

BYO Lunch. Catch up with old friends, make new ones. Chat over lunch with Tea or Coffee and relax.

Always the 2nd and 4th Wednesdays of the month.

Please note ... Many of our regulars are in the Age risk category for Covid, although most will have had both their vaccinations a while back, so our plan is to be cautious - Hands, Face, Space, Ventilation.

MY TOP TIP

Just a little tip for those really struggling with the heat, more so during the overnight period. I've done this for years and I can confirm it works.



Freeze a couple of 2 litre bottles of water and sit them in front of your fan. That way it doesn't feel like you're just recycling warm air. Give it a go!

Do you have any tips for people? Share them on here.

Source: Facebook

Thoughts from the Rectory



FOLLOWING IN THE FAMILY FOOTSTEPS

During this Covid time I have been dabbling with a project researching my family history, and I have found that studying my family tree makes me feel connected to my past. So far, I have accessed records going back to 1841, informing me of family births, marriages and deaths. I am also discovering the residences and employment of my ancestors, and I have found it very interesting. For instance, the original name of our family was O'Brady, but by the turn of the last century jobs were hard to come by and so the 'O' was dropped as being too Irish to find employment at that time!

We do have one or two skeletons in the Brady closet. There is at least one Irish Navvy who helped build the Leeds to Liverpool and Manchester canals and railways; one or two fought with the original IRA; one was shot by the notorious 'Black and Tan' brigade. But alas, I have yet to find any royal connection. But while I am able to gain factual information about my ancestors, I have no way of learning about their personalities - what kind of role models were they to the next generation? How did they influence each other?

We recently celebrated the ordination of our son Ben at Manchester Cathedral, and as his parents, Dad having been ordained at Norwich Cathedral, and then his Mum ordained at St Paul's Cathedral, we are very proud parents indeed. I suspect that somewhere along the line, what Lynda and I have done in our ministry has in some way touched something in his life, and God has added the spiritual guidance, direction and calling that has made up his life journey. But Ben is more than just our son, who has been ordained Deacon by the Bishop of Manchester; he's more than just another curate finding his way in ministry; he's a precious God-given life, to be valued and to be nurtured.

As Human beings we all have an influence on those around us, but how can we ensure that we are positive role models. St Paul said this " **Be imitators of God, therefore, as dearly loved children and live a life of love, just as Christ loved us**" (Ephesians 5:1 NIV). We can be a good influence on those around us by following Jesus's example of love and care for others. He willingly forgave others, he expressed unconditional love, he stood for the truth. Let us allow his influence to rub off on us today; if not for those we share this life with, then for those future generations, who will come searching for information about us.

Keep well, keep safe.

Ian.



Church News

Although the restrictions were legally removed on 19th July, we have decided to remain cautious for now. We will continue to adhere to social distancing within the church building and encourage mask wearing and review the situation next month in the hope we can begin to lift some of the restrictions. Please continue to book if you would like to attend any of the services in the Church.

Anyone is welcome. Book through Sheila Day: 07946 635908 or via Facebook Messenger.

Please see the church noticeboard or the updates on the Christchurch community Facebook page for any further news.

1 st August: 10:30. Morning Prayer.
15 th August: 10:30. Holy Communion
29 th August: at 10:30. Morning Prayer.

Complementary to the live services, throughout August we will continue to host a weekly Sunday service on Zoom for those that can access it ,and also by telephone for those that don't have a 'phone that supports Zoom. This will be from 11 until about 11:45, details for access can be obtained from Sheila Day on 07946 635908 or via Facebook messenger.

Andy and Helen

Well wishes for our boys from Her Majesty the Queen - Then and Now



WINDSOR CASTLE

Mr. Gareth Southgate, OBE (Manager).

55 years ago I was fortunate to present the World Cup to Bobby Moore and saw what it meant to the players, management and support staff to reach and win the final of a major international football tournament.

I want to send my congratulations and that of my family to you all on reaching the final of the European Championships, and send my good wishes for tomorrow with the hope that history will record not only your success but also the spirit, commitment and pride with which you have conducted yourselves.

ELIZABETH R.

Fancy a day out?

Here's what's on in August

From 22nd July Until 31st August 2021- Skylark Maize Maze & Funyard, Manea Rd, March PE15 0PE

info@skylarkmaizemaze.co.uk 01354 741212

Cap'n Redbeak Waterwars, Scarecrow Smash, Velocity Zipwire, Den Building



Sandringham Food, Craft and Wood Festival

August 6th, 7th & 8th 2021
Friday, Saturday & Sunday
10am-6pm



8th August 2021 – Sunday WisBEACH Rock Festival, Town Park, Wisbech 11-8

info@wisbechtowncouncil.gov.uk Tel: 01945 461333

Slade, Blondie and Abba Tribute Acts, Fairground, Stalls, Donkey Rides

9-13th August 2021 - 11-1530 hrs - Village Hall and Community Rooms, Little Downham

Youth Acts Up will be running a week-long Musical Theatre and Pantomime Workshop for ages 8+ For further details please email rebekahsmith2016@outlook.com

15th August 2021 Sunday- Armourfest at Norfolk Tank Museum, Station Rd, Fornsett NR16 1HZ

Tel. 01508 532650 www.norfolktankmuseum.co.uk

Main Battle Tank, Arena Events, Exhibitors, Armoured vehicles, Tank Car Crush, 40s Swing Band



29th August 2021 Sunday 10-4 Swaffham. Haspalls Rd, Swaffham

Classic Car Show and Fun Day, Craft Stalls, Car Boot, Auto Jumble

29 & 30 August 2021 Sunday and Monday- Bury St Edmunds Food & Drink Festival, Bury Edmunds Town Centre www.ourburystedmunds.com

Celebrity Chef Paul Rankin, Cooking Demonstrations, over 100 stalls, Farmers Market.

Christchurch Stargazers

Hello Christchurch Stargazers!

What does August bring? **Mercury** is an evening object for much of August. A 1%-lit waxing crescent Moon sits 7° to the east on 9 August. **Venus** is poorly positioned evening planet, setting an hour after the **Sun**. The **Moon** is nearby on 10 and 11 August. **Mars** is an evening planet, too low to be seen against a dark sky. 20 arcminutes from **Mercury** on 19 August. **Jupiter** is at opposition on 19 August. A full moon is nearby on the evening of 22 August. *An opportunity to catch two Jovian moons in transit, along with their shadows, on the evening of 22 August 2021.* **Saturn** is at opposition on 2 August, the Seeliger effect making the rings appear brighter than normal. A nearly full **Moon** lies nearby on 20 August. **Uranus** is an improving morning planet. Almost makes it to its highest position, due south, in darkness at the end of the month. **Neptune** will be a morning planet, managing to reach an altitude of more than 30° in darkness from the middle of the month.

The picture of **Jupiter** shows the 4 major moons transiting.

Perseid Meteorite Showers

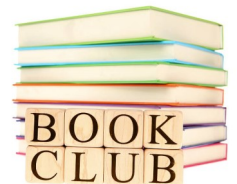
They peak on the 12th and 13th August.

Remember - never ever look at the sun without the correct protective equipment.

Mark Andrews

Christchurch Book Club

Book club had another zoom meeting on 20th July. We were in a position to have a face-to-face meeting, but as some members had childcare responsibilities, we opted for another zoom.



We have been reading "To Kill a Mocking Bird" by Harper Lee.

This book is a classic and is often used in education. The setting is the deep south of the USA and the author explores the (often horrifying) racial views of the time. The gentle and often humorous tone of the book is often in stark contrast to the appalling attitudes of some of the characters to race and class. This book was very well received by all members. Many had seen the film with Gregory Peck in the role of Atticus Finch, the father struggling for justice and to protect his children from the prevailing attitudes of the town.

Our next book is "With the End in Mind" by Kathryn Mannix.

We now have an increased number of copies of our books - so we may have spares. Do contact Sheila Day if you would like to borrow one.

Our next meeting is on Tuesday 24th August 7,30pm. The venue or zoom option will be publicised on the community Facebook page.

If you are interested in joining us, please contact Sheila Day on 07946635908.



Well - I never knew that! Our Hereward was a bit of a wild lad. His mother may well have been Lady Godiva. Read on.....

Hereward the Wake (c.1035 – c.1072) was also known as 'Hereward the

Outlaw' or 'Hereward the Exile'. He was an Anglo-Saxon nobleman and a leader of local resistance to the Norman Conquest of England. His base, when leading the rebellion against the Norman rulers, was the Isle of Ely in Eastern England. According to legend, he roamed the Fens, leading popular opposition to William the Conqueror.

The earliest references to his parentage make him the son of Edith, a descendant of Oslac of York, and Leofric of Bourne, nephew of Ralph the Staller. Alternatively, it has also been argued that Leofric, Earl of Mercia and his wife Lady Godiva were Hereward's real parents. Some modern research suggests him to have been Anglo-Danish with a Danish father. Hereward's birth is conventionally dated as 1035/36, but this is disputed. His birthplace is supposed to be in or near Bourne in Lincolnshire. The doomsday Book shows that a man named Hereward held lands in the Southwestern corner of Lincolnshire as a tenant of Peterborough Abbey.

Hereward was exiled at the age of eighteen for disobedience to his father, and disruptive behaviour, which caused problems among the local community. He was declared an outlaw by Edward the Confessor. Historic sources tell various stories of his supposed adventures as a young man while in exile in Cornwall, Ireland and Flanders. These include a fight with an enormous bear, and the rescue of a Cornish princess from an unwanted marriage. Many historians consider these tales to be largely fictitious. At the time of the Norman conquest of England, he was still in exile in Europe, working as a successful mercenary for Baldwin V. He took part in tournaments. At some point in his exile Hereward is said to have married Turfida, a Gallo-Germanic woman from a wealthy family in Saint-Omer. She is said to have fallen in love with him before she met him, having heard of his heroic exploits.

Hereward returned to England a few days after the

death of Count Baldwin V of Flanders, in September 1067. He discovered that his family's lands had been taken over by the Normans and his brother killed with his head then placed on a spike at the gate to his house. Hereward took revenge on the Normans who killed his brother, while they were ridiculing the English at a drunken feast. He allegedly killed fifteen of them with the assistance of one helper.

In 1070 Hereward certainly participated in the anti-Norman insurrection centred on the Isle of Ely. In 1069 or 1070 the Danish king Sweyn Estrithson sent a small army to try to establish a camp on the Isle of Ely. Hereward appears to have joined them. Hereward stormed and sacked Peterborough Abbey in company with local men and Sweyn's Danes. His justification is said to have been that he wished to save the Abbey's treasures and relics from the rapacious Normans led by the new Norman Abbot who had ousted his uncle Brand. According to one source, he returned the treasures looted from the abbey after having a vision of Saint Peter. However, the Peterborough Chronicle says that the treasure was carried off to Denmark. Hereward was then joined by a small army led by Morcar, the Saxon former Earl of Northumbria who had been ousted by William. William sent an army to deal with the rebels. In 1071, Hereward and Morcar were forced to retreat to their stronghold and made a desperate stand on the Isle of Ely against the Conqueror's rule. The Normans made a frontal assault, aided by a huge, mile-long timber causeway, but that this sank under the weight of armour and horses. The Normans then tried to intimidate the English with a witch, who cursed them from a wooden tower, but Hereward managed to set a fire that toppled the tower with the witch in it.

It is said that the Normans then bribed the monks of the island to reveal a safe route across the marshes, resulting in Ely's capture. Morcar was taken and imprisoned, but Hereward is said to have escaped with some of his followers into the wild fenland and to have continued his resistance.

An ancient earthwork about 1.2 miles (2 km) east of Willingham, Cambridgeshire, is still visible at the junction of the old Fen Causeway and Iram Drove. This circular feature, known as Belsar's Hill, is a likely site for a fort, built by William, from which to attack Ely and Hereward. There were perhaps as few as four causeways onto the isle itself, with this being the southerly route from London and the likely route of William's army.

Continued on page 31 ...



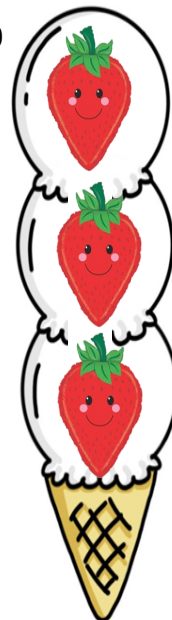
Useful Telephone Numbers

Age UK Cambridgeshire	0300 666 9860
Alzheimer's Society (Fenland)	01945 580480
Christchurch Resident's Association	01354 638990
Churchwarden - Mr Andy Day	07740 056563
Citizens' Advice Bureau, Wisbech	03442 451292
Community Car Scheme (to book a journey)	07902 316360
Community Centre Bookings (Bryan Burfield)	07918 664402
Community Fire Safety Officer	07717 858166
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 045 5225
National Debtline	0808 808 4000
NHS	111
Norfolk Dial-a-Ride	01553 770310
Parish Clerk - David Gibbs	07932 191050
Parish Councillor - Jill Bliss	01354 638343
Parish Councillor - Sharon Pomeroy	07837 407536
Parish Councillor - Roger Gladwin	01354 638538
Parish Councillor - Geoff Harper	01354 638681
Parish Councillor - James Hughes	01354 638310
Parish Councillor - Peter Owen (Chair)	01354 638847
Parish Councillor - Kay Miller	01354 638232
Police - PCSO Sue Clarke	07738 025220
Police - Emergency	999
Police - Non Emergency	101
Telephone Preference Service	0345 070 0707
Townley School	01354 638229
Trading Standards	03454 040506
Train Information	03457 484950
Upwell Health Centre (and out of hours)	01945 773671
Upwell Health Centre - Pharmacy	01945 774934
Veterinary Centre - The Crossings (D'Mkt)	01366 382219
Vicars - Ian & Lynda Brady	01354 740627
Water Emergencies	03457 145145
Club Contacts	
Art Club - Jan Clifford	01354 638217
Book Club - Sheila Day	07946 635908
Craft Club - Sandra Lloyd	01354 638956
Gardening Club - Marion Hawthorn	01354 638230
Short Mat Bowls Club - Janet Harper	01354 638681
WI - Sheila Day	07946 635908
Jazz Club - Nigel Smith	01945 773121
Christchurch Eco - Nate Lansdell	07568 192940
Christchurch Stargazers - Mark Andrews	07425 165415

Answers from Kids Corner on Page 10



The ice cream scoops all have to be the same flavour - strawberry!



Environmental Nuisances

If you are affected by a **noise, smoke, smell or light issue** from a neighbouring property we can help.

Find out more and report at:
www.fenland.gov.uk/nuisance



Please remember that no dogs are allowed on the playing field. Thank you. Your co-operation is much appreciated.

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



... Continued from page 29

There are conflicting accounts about Hereward's life after the fall of Ely. The *Gesta* account says Hereward attempted to negotiate with William but was provoked into a fight with a man named Ogger. The fight led to his capture and imprisonment. His followers, however, liberated him when he was being transferred from one castle to another. Hereward's former gaoler persuaded the king to negotiate once more, and he was eventually pardoned by William and lived the rest of his life in relative peace. It also says that he married a second wife after Turfida entered a convent. I wonder whether she had had enough of the violence?

Geoffrey Gaimar, in his *Estoire des Engleis*, says instead, that Hereward lived for some time as an outlaw in the Fens, but that as he was on the verge of making peace with William when he was set upon and killed by a group of Norman knights. It is also possible that Hereward received no pardon and went into exile, never to be heard from again. Either the person Hereward is supposed to have fought, or an heir, appears to have taken over his lands. Joseph Harrop in his 1764 *A New History of England*, suggests that after his escape from Ely, Hereward went to Scotland.

Picture - 'The Hereward Charity Challenge', at Peterborough Cathedral June 2nd 2021, symbolically returning the Cathedral's treasures, allegedly stolen by Hereward the Wake.

Annie Nason.

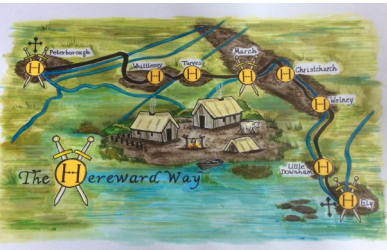
Sources: various, including herewardthewake.co.uk



Hereward Way

Cambridgeshire, Lincolnshire, Norfolk, Northamptonshire, Peterborough, Rutland, Suffolk (177 km /110 miles)

The Way links the Viking Way (at Oakham) with the Peddars Way near to Knettishall Heath. It passes through Stamford, Peterborough and Ely to reach the Brecklands heaths and forests at Brandon and Thetford. There are areas of flat open fenland.



The Torpel Way (11 miles from Peterborough to Stamford and included on OS mapping) provides an alternative option between those two locations - the route is to the north of the Hereward Way.

Sadly, round here, the Hereward Way Public Footpath is badly overgrown with weeds along most stretches, according to a few locals who would like to walk all, or part, of it. Apparently, this is mainly caused by lack of use, as feet trample down the vegetation.

Find more information via this link.

https://www.ldwa.org.uk/ldp/members/show_path.php?path_name=Hereward+Way



"It is the Harvest Moon! On gilded vanes and roofs of villages, on woodland crests and their aerial neighbourhoods of nests deserted, on the curtained window-panes of rooms where children sleep, on country lanes and harvest-fields, its mystic splendour rests".

Henry Wadsworth Longfellow



Christchurch Defibrillators Fund-Raiser

Since starting her company, CACH training, Lucy Pye has helped raise the importance of quality first aid to both individuals and businesses, and has also come to realise how important a defibrillator is. According to the British Heart Foundation, CPR alone offers a 4% chance of recovery if you act fast. With the use of a defibrillator, you increase the patient's chance of survival by 74%.



With this in mind Lucy, along with Paul and Sue Simpson (from the Dun Cow) decided it was time to raise some funds to purchase 3 more defibrillators for the village (we currently have 2 locked defibrillators situated at the Community Centre and Townley School). It is quite obvious that the more we have, in key areas in the village, the more chance we have of saving someone's life - so any funds raised will go to buy and maintain one at the Dun Cow Pub, one at the top of Fen View and one more at either Padgett's Road or the bottom of Church Road.

The units are usually around £2000 each and the cabinet for storage an additional £400 but Lucy has managed to secure 3 units and 3 cabinets for £1500. The beady eyed amongst us will notice that one has already been installed outside the pub as the funds for that were raised exceptionally quickly via the JustGiving Page and due to the generosity of our fantastic village the JustGiving total at the moment is £640. However, additional funds were needed to secure the remaining two so Paul and Sue Simpson, along with Lucy held a fundraiser at the Dun Cow on Sunday 4 July. On offer were cakes, refreshments, BBQ food, a raffle and basic first aid demonstrations. The event was a roaring success and managed to raise an amazing £476. So that's £1116 so far towards the £1500 target. Way to go 'Team Defib'!!!



If you would like to donate, please visit:

https://www.justgiving.com/crowdfunding/lucy-pye-1?utm_id=2&utm_term=QrWG3VaX5

ABOUT DEFIBRILLATORS

A defibrillator is a device that gives a high energy electric shock to the heart of someone who is in cardiac arrest. This high energy shock is called defibrillation, and it's an essential part in trying to save the life of someone who's in cardiac arrest.

4 STEPS TO TAKE IF SOMEONE IS HAVING A CARDIAC ARREST

Cardiac arrests can happen to anyone, at any time. The following steps give someone the best chance of survival. If you come across someone in cardiac arrest:

- Call 999
- Start CPR
- Ask someone to bring a defibrillator if there's one nearby (if no one is available to get one, listen to the emergency operator for further instructions)
- Turn on the defibrillator and follow its instructions.

WHO CAN USE A DEFIBRILLATOR?

You don't need to be trained to use a defibrillator – anyone can use it. They are simple and easy to use and you don't need any training. There are clear instructions on how to attach the defibrillator pads. It

then assesses the heart rhythm and will only instruct you to deliver a shock if it's needed. You can't deliver a shock accidentally, the defibrillator will only allow you to shock if it is needed.

In a recent survey, three quarters of people said they wouldn't feel confident enough to act if they saw someone having a cardiac arrest. With more CPR training and greater awareness, we can change that.

If you would like to learn more or would like to attend a First Aid Course with Defib Training, contact Lucy Pye at CACH Training on 07854 433412.

The British Heart Foundation website is really helpful and guides you through the process of using a defibrillator. There's even a short video which shows you just how easy it is. You can find this here:

<https://www.bhf.org.uk/how-you-can-help/how-to-save-a-life/defibrillators/how-to-use-a-defibrillator>



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.

