

The Heron

Community Magazine

Delivered to homes in Christchurch, Euximoor and Tipps End

August 2023

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CONGRATULATIONS



**to One of Our
Christchurch Residents!
What an Achievement—
Well Done! We Are so
Proud of You.**

King Charles III's Birthday
Honours List 2023: MBE for
Cambridgeshire birth-mum
campaigner - Angela Frazer-
Wicks ... **See page 5**

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The Pink Ladies 20TH Anniversary Tractor Run Raising Money for the Cancer Research UK Breast Cancer Appeal

Seeing tractors on our roads and farms is a familiar sight to us folks living around these parts, but just imagine seeing 195 tractors, all decorated in pink driven by ladies in pink, to raise money by driving through villages and a town in aid of charity!

This is what happened on 2nd July this year. I visited Harleston in Norfolk to cheer on these fantastic ladies, including my sister-in-law Becca, who for the 5th time, was driving my brother's old Ferguson on the annual tractor run.

An emotional day. Some of these ladies had survived breast cancer, some had lost loved ones to it and had pictures of them proudly displayed on their tractors, but all had one goal, raising awareness whilst raising as much money as possible, all because of one lady, Annie Chapman, who started this event 20 years ago. This year on their 20th anniversary, I am pleased to confirm they reached their Million-pound Milestone for the Cancer Research UK Breast Cancer Appeal. Congratulations!

Pat Rigby



Starting off from Thorpe Abbots Airfield, and on through to Harleston town, huge crowds were waiting to cheer these ladies on to where they stopped at their halfway point, Gawdy Hall Estate for a picnic and catch up with their families. Then they

carried on, making their way through other villages, and back to the airfield.

FACT: Breast cancer is often thought of as something that only affects women, but men can get it in rare cases. It grows in the small amount of breast tissue men have behind their nipples. It usually happens in men over 60, but can very occasionally affect younger men. Around 400 men in the UK are diagnosed with Breast Cancer every year.

<https://www.breastcanceruk.org.uk>



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!

Mobile Library:

OUR MOBILE LIBRARY COMES ONCE A MONTH, ON THE FIRST TUESDAY, AT 12.15-1.00PM.

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

The Mobile Library visits March, Christchurch and Manea:

March Elliot Lodge 9:30 - 10:10
March Shaftesbury Lodge 10:20 - 10:50
March Upwell Park 10:55 - 11:15
March Fleming Court 11:30 - 11:45
Christchurch Layby 12:15 - 1pm
Manea Festival Close 2pm - 3pm
Manea High Street 3:10 - 4:30pm

As well as a large range of library books, you can get your NHS hearing batteries, replacement walking stick ferrules and you can dispose of old household batteries.

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.



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

Useful Telephone Numbers

Age UK Cambridgeshire	0300 666 9860
Alzheimer's Society (Fenland)	01945 580480
Churchwarden - Mrs Helen Chappell	01354 638092
Citizens' Advice Bureau, Wisbech	03442 451292
Community Centre Bookings (Bryan)	07918 664402
Community Fire Safety Officer	07717 858166
District Councillor - Dal Roy	07885 381007
District Councillor - Matthew Summers	07725 629947
Electricity Faults - UK Power Networks	105
FACT Dial-A-Ride	01354 661234
Fenland District Council	01354 654321
Floodline	0845 988 1188
Library - March	0354 045 5225
MIND (Mental Health Crisis Line)	116 123
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 - Ryan Feeney	07785 907509
Parish Councillor - Julia Hayes	07591 537001
Parish Councillor - James Hughes	01354 638310
Parish Councillor - Peter Owen	01354 638847
Parish Councillor - Andrew Sparrow	01354 638020
Police - Emergency	999
Police - Non Emergency	101
Samaritans	116 123
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	01366 382219
Water Emergencies	03457 145145
Club Contacts	
Art Club - Jan Clifford	01354 638217
Book Club - Pat Rigby	07776 142642
Gardening Club - Marion Hawthorn	01354 638230
Short Mat Bowls Club - Janet Harper	01354 638681
WI - Margaret Hayes	01354 653240
Jazz Club - Cat Johnson	musiciancat@hotmail.co.uk
Christchurch Stargazers - Mark Andrews	07425 165415

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).

Advertising in the Heron

Quarter Page (14cm High x 9.5cm Wide)

Portrait Format

6 x issues £52

12 x issues £92

Eighth Page (6.5cm High x 9.5cm Wide)

Landscape Format

6 x issues £36

12 x issues £66

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

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.

Diary Dates

DATE	EVENT	TIME	PLACE	PAGE
Tues 1 st	Library Van	12.15pm	Lay-by (Fen View)	3
Tues 1 st	Book Club	7.30pm	K. Miller's home	6
Weds 2 nd	Michael Brookes' Funeral	10.30am	Fenland Crem	12
Sun 6 th	Church Service M/P	10.30am	CCC	10
Tues 8 th	W I	7pm	CCC	7
Weds 9 th	Coffee/Lunch Break	11am – 1pm	CCC	7
Thurs 10 th	Youth Group	5-7pm	CCC	15
Sat 12 th	Quiz Night	7pm	CCC	10
Mon 14 th	<i>NO PC MEETING</i>	-	-	11
Tues 15 th	Gardening Club	7pm	CCC	7
Sat 16 th	Youth Group	1-3pm	Dun Cow	15
Sun 20 th	Church Service H/C	10.30am	CCC	10
Weds 23 rd	Coffee/Lunch Break	11am – 1pm	CCC	7
Regular weekly events				
Every Mon	Short Mat Bowls	7-9pm	CCC	7
Every Tues	Christchurch Hobby and Craft Club	10.am – 1pm	CCC	6
Every Weds	Chair-based exercise class Kathleen Henderson	10-10.50am 07880 543821	CCC	-
Every Thurs	Coffee, Cake & Chat	2-3pm	CCC	10
M, T, W, TH	Mobile Post Office	Various	Near Lay-by (Fen View)	3
** SAVE THE DATES! SEPTEMBER **				
Sun 3 rd	Car Show	From 9:30am	CCC	-
Sun 3 rd	Dog Show	12:00pm	CCC	12

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. The Heron will not share any contact details unless given permission.

The team look forward to hearing from you!

Editorial

Welcome to our August edition! It's a lean one, as we decided to do our bit to save money by cutting the number of pages this month. Back to normal in September.

There are a few things going on in the village this month, and there will be all manner of show ground events, concerts, and music festivals going on in the area, if you are around. You will notice that most of our clubs carry on during August. You might like to join one of them, if you are free at their time of meeting.

August is traditionally the time when families spend more time together. If you have school-age children or grandchildren, why not have a go at making this month's recipe with them? Should be fun.

Happy August all – make good memories!
Annie Nason

Heron News

It's All Change at The Heron!

We have a new Executive Committee. Congratulations, and a big thank you to all for taking this on. At the Heron AGM in June, Annie Nason stood down as the Chair of Heron Publishing. Sue Rudge stood down from her role as the Secretary.

Here is the new Team: **CHAIR:** Ms Lorna Kirk.
SECRETARY: Ms Emily-Jayne Haylock.
TREASURER: Mrs Elaine Reed-Hughes.
COMMITTEE MEMBERS: Mrs Pat Rigby, Mrs Liz Scott, Mrs Denise Freeland. (The Editor is a de facto member). All the best.

The Editorial Team have done their part to save money this month. There are only 20 pages, as you will have noticed. Back to 28 in September

Thank You!

This month the Heron must say a huge Thank You to our Editor, Annie Nason, who is 'shutting down her laptop' and taking a well earned rest from her role at the helm of the magazine. It hasn't been easy at times (carrying on during Covid was particularly difficult) but I think you will agree that she has done a marvellous job and the magazine has gone from strength to strength.

We now welcome Clive Benjamin as Editor and wish him every success with carrying on Annie's good work.
The Heron Team

MBE for Cambridgeshire birth-mum campaigner - Angela Frazer-Wicks



Taken from article by Helen Burchell, BBC News, Cambridgeshire (June 2023)
A woman who strives to keep families together after her own children were taken into care has been appointed MBE in the King's Birthday Honours.

Angela Frazer-Wicks, 48, from Christchurch, Wisbech, in Cambridgeshire, has been recognised for services to children and families. She is chair of the trustees of the **Family Rights Group**, which supports families and children to stay together. The honour was "phenomenal", she said, and she could now tell her son "Mum's getting a medal from the king!".

Ms Frazer-Wicks's two sons - one aged five and one 14 months - were taken into care in 2004 and put up for adoption because of abuse she had suffered, she said. In 2021, she told her story to BBC Radio Four's 'Four Thought', explaining how, after more than 16 years, she was finally able to talk once again to her oldest son, who now lives abroad.

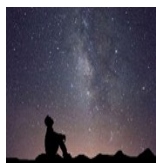
In the interim years, she became a voice for others in similar situations and co-chairs the **Cafcass** (Children and Family Court Advisory and Support Service) Learning and Improvement Board, among other work.

"This time 19 years ago I was preparing to say goodbye to my children and I genuinely didn't know how I was going to live past that point," Ms Frazer-Wicks said. "And here I am all these years later - my children are OK, I'm OK and I'm somehow getting a medal for services to children and families. It's mind-blowing, it's utterly bonkers, and I don't think I've ever been quite so proud."

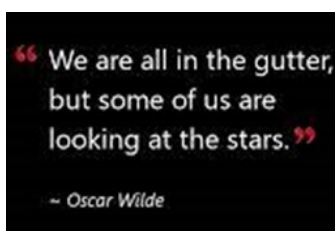
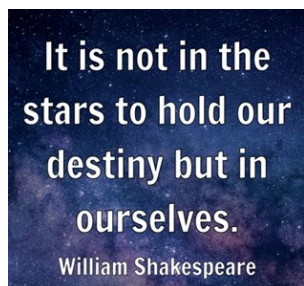
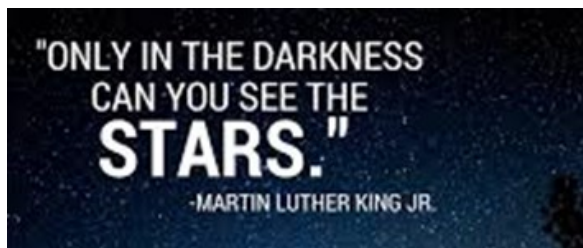
Here are the contact details of the charity set up by Angela Frazer-Wicks MBE
Family Rights Group free advice line - 0808 801 0366.
Website - <https://frg.org.uk/>

Copy Deadline - The deadline for copy for the September edition of the Heron is **22nd August**

Christchurch Stargazers



Mark hasn't had the time to write his usual article this month, so I thought I would find a few famous quotations about stars. Hope you like them. They certainly are food for thought. *Ed.*



Christchurch Hobby and Craft Club

**Every Tuesday
10.00 AM- 1.00 PM
Christchurch Community Centre**

Bring your art, craft or hobby along to the club to work on and share with like-minded friends.

Maybe you will introduce us to something new or find something you would like to try, i.e. artwork, needlework, crochet, card making, Lego, or maybe there is a jigsaw puzzle looking for someone to finish while you are thinking of what to start.

Interested?

Contact Janet Harper on 07941 465319 or Pat Rigby on 07776 142642

Christchurch Art Group



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

- 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
- 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.



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. (clifford.jjr5846@gmail.com)

Christchurch Book Club



Christchurch Book Club met in July to discuss the last book, 'Rebecca', by Daphne Du Maurier.

A classic book, which was also made into a film by Alfred Hitchcock. A young woman who marries a rich widower moves into her husband's mansion, which is haunted by her husband's first wife, Rebecca. The new wife also has to contend with hostile staff.

The club enjoyed this book, which was full of suspense.

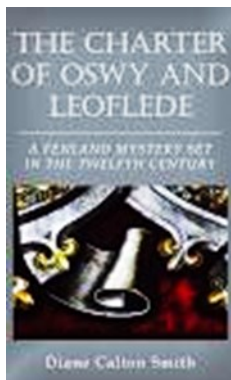
The next meeting will take place on Tuesday 1st August, hosted by Kay Miller, where we will discuss the current book, 'No One Home', by Tim Weaver.

The next book in August will be a psychological thriller: 'The Nanny', by Gilly Macmillan.

New members always welcome. For further details, or if you would like to come along to the next meeting, please contact Pat Rigby on 07776 142642.



July 11th. Our President, Ann Hicks, had invited visitors from Welney to the meeting, along with our own members.



Our speaker for the evening was the author, Diane Calton Smith. She has spoken at our WI before, and is such an interesting speaker that she has been invited again! Her books are usually centred around this area – Wisbech in particular – in the 1190s. She has written several books. Tonight, she featured one particular book, “The Charter of Oswy and Leoflede”, set in Wisbech in the 1190s. She described what life would

have been like for different members of society in those times. Afterwards, there were several of her books for sale. This was a very interesting and enjoyable talk.

More information about Diane and her writings can be found on her website. <https://www.dianecaltonsmith.co.uk>

She says - “I am a local historian and writer of Fenland Histories and Fenland Mysteries. I also enjoy giving talks in the local area, all of them based on Fenland history”.

Next month: A talk on Bonsai, by Mark Mooney.

Competition: Texture Leather

Raffle Prizes: Belinda, Wendy.

Refreshments: Annie, Linda Potter.

Sue Norman



Christchurch Gardening Club

“An Outstanding Garden”

Throughout the year the gardening club have social evenings in the timetable. A chance for the members to relax and enjoy each other's company. One such evening is the annual visit to a garden of interest. This can be a well-known local place of interest, or sometimes, as in this case, one of the clubs' members will volunteer to host the evening in their own garden. This year, on Tuesday 18th July the Members found themselves visiting the garden of long-time member Maxine and Husband Kevin's Garden in Doddington.

The garden itself is quite new but maturing beautifully. The garden features a nice summerhouse along with several greenhouses, as well as raised beds in sections with exceptionally tasteful planting. There is also a fenced-off section containing a natural garden with wildflowers and plants. Perhaps the feature that gained most attention, apart from the plentiful supply of tea and cakes, were the two natural ponds, one of which boasted Bullrushes and Grasses, while the smaller of the two had over a hundred goldfish living happily in it. Our thanks must go to Maxine and Kevin for hosting a great night out.

This month the speaker is a surprise! You'll have to come along to find out who it is. Tuesday 15th August at 7pm. For more information on the club please call 01354638230
Steve

COFFEE/LUNCH BREAK



By popular request, Lunch Break is changing its times.

Come over for a coffee; bring your lunch as usual; just come for a chat...

Coffee/Lunch Break this month – 9th and 23rd – 11 am - 1 pm, in the Community Centre. (A warm space!)

IT'S FREE! Everyone welcome.

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

Contact: Annie on 01354-638088



Indoor Short Mat Bowls

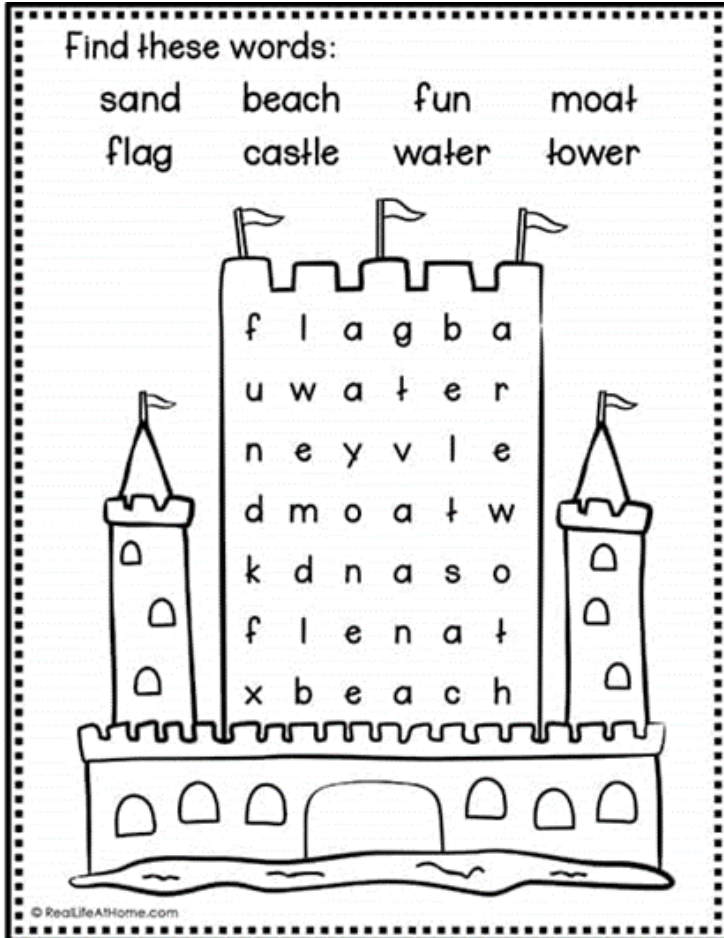
New club meeting every Monday 7-9pm at Christchurch Community Centre.

ALL WELCOME! (Spare bowls available to loan.)

For further details call Janet Harper on 07941 465319.

Kids Corner

Puzzles and Riddles for the Holidays. Enjoy!



Fill in the signs

$$2 \square 1 \square 6 \square 6 = 38$$

+ - × ÷

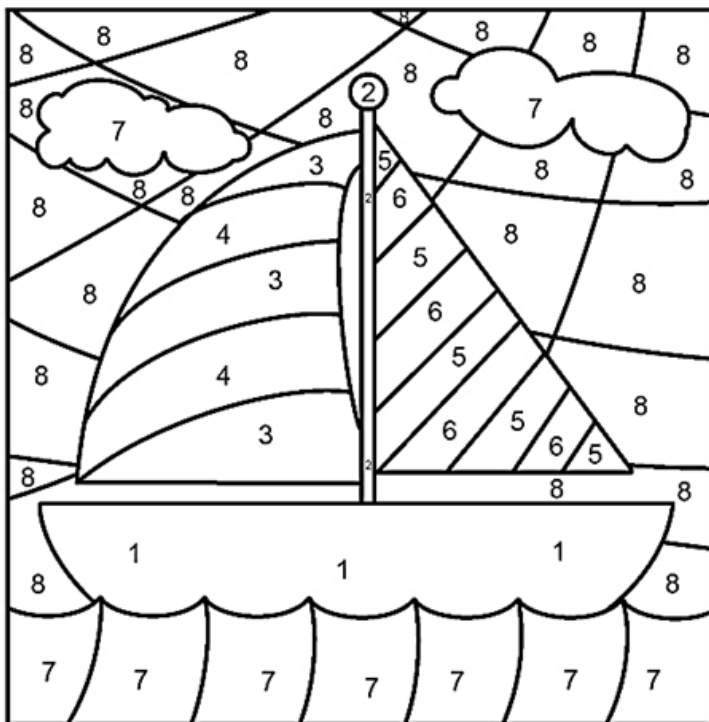
Tongue Twister... can you say this fast?



Peter Piper

Peter Piper picked a peck of pickled peppers. A peck of pickled peppers Peter Piper picked. If Peter Piper picked a peck of pickled peppers, where are the pickled peppers Peter Piper picked?

Colour by Numbers



Color Key



Riddles

- A . Billy's mother had five children. The first was named Lala, the second was named Lele, the third was named Lili, the fourth was named Lolo. What was the fifth child named?
- B . It's as light as a feather, but the strongest person can't hold it for more than five minutes. What is it?
- C . The more there is, the less you see. What is it?
- D . How far can a dog run into the woods?
- E . It's at the centre of gravity and you can find it in Venus, but not Mars. What is it?

Find rhyming pairs

Unscramble the words below so that each pair of words rhymes.

1. RBAE & HREAS
2. WNROED & UTRHND
3. TUGHAT & HBTUGO
4. ODULC & ODOG



Answers on page 18



TOWNLEY SCHOOL AND NURSERY

Christchurch, Wisbech, Cambs. PE14 9NA
 office@townley.cambs.sch.uk
Website: www.townley.cambs.sch.uk
 01354 638229



Facebook—Townley School and Pre-School

Remember that our website has lots more information about school.

July 2023

This month we have all been thinking about transitions, even those children not changing classes will be saying goodbye to friends. Our Y6s have all visited their new secondary schools and the children remaining have spent time in their new classes. We have said hello to some new faces, and goodbye to some old ones. Details to follow in our next report.

EYFS Class (Nursery and Reception)

EYFS have been busy with lots of play and learning plus some special end of term events. **Sports**-We had a great time out on the field on Wednesday when we held some running and jumping races! Everyone was an enthusiastic participant. Swimming ended with a big splash! It has been amazing to watch the children's increased confidence and progress in the water. **Phonics**-Reception children have been showing how amazing they are at recognising letter sounds or digraphs (2 letters making one sound) and blending them together to form words. They will definitely be up for the new phonic scheme 'Little Wandle' in September. Our **Maths** focused on **recalling number facts**.

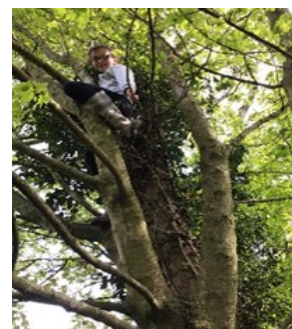


Hawker Class (Year 1 and 2)

This week saw us hold our last Forest School session of the year. Participation in Forest School has had a big impact on the children, their confidence and self-belief, as well as their physical strength have improved. Did you know you need strength in your upper body to have good handwriting skills? Climbing trees/ ropes and using tools all benefit the outcomes for children.

Emerald Class (Year 3 and 4)

We had our last Class Assembly of the year. Although the children were still nervous, they read with confidence and I am very proud of them all. They were so excited to share their Egyptian collars with their families – they made them themselves as part of their DT work. You can see photographs in our July newsletter. In Science, the children investigated the melting point of butter and chocolate.



Emperor Class (Year 5 and 6)

This month saw the conclusion of our involvement with the Education Endowment Foundation research into the academic benefits of participation in the Children's University. The Y6 children took part in a formal graduation in front of their families. A huge thanks to Mrs Beers who has been relentless in ensuring all children were able to access the activities. The report will be published in about twelve months. We value education research at Townley, and were thrilled to be able to take part in this research. Some of us took part in the cluster swimming gala, we tried our best! **Our Y6s reading results in the SATS were significantly above the national result! Well done Y6s!**

Church News

Services in the Benefice

All services are at 10.30am unless otherwise stated.

- 6th August - Christchurch - Morning Prayer
Doddington – Holy Communion
13th August – Wimblington – Morning Prayer
Manea – Holy Communion
20th August - Doddington – Morning Prayer
Christchurch – Holy Communion
27th August – Manea – Morning Prayer
Wimblington – Holy Communion
Welney – Evening Prayer – 4pm

Services in Christchurch are held in the Community Centre.

A thought for August

One of the readings this month in church is 'The Feeding of the 5000', from Matthew's Gospel, where Jesus performs the miracle of feeding 5000 people with just 2 fish and 5 loaves. The story tells us that there was plenty left over too.

We don't see huge miracles like this in our everyday lives. However, we do see abundant crops growing around us, well stocked supermarket shelves and fresh clean water flowing from our taps.

We also see the generosity of people donating food to the food banks, cafes and shops offering cheaper or free meals for children during the summer holidays and groups like Feed Fenland providing a free hot meal once a week in March.

For some, these generous acts will be small miracles that ease the burden of the cost of living, especially during the long school holidays.

Events

QUIZ NIGHT



DO YOU HAVE WHAT IT TAKES?

TICKETS **£3.50pp**

TEAMS OF SIX MAXIMUM
INCLUDES A LIGHT
PLOUGHMAN'S SUPPER
THE BAR WILL BE OPEN
THERE WILL BE A RAFFLE

ALL PROFITS TO THE CHURCH REPAIR FUND

SATURDAY 12TH AUGUST

Doors open 7pm, 7:30pm start |
Christchurch Community Centre

**Coffee, Cake and Chat every Thursday afternoon
2-3pm in C.C.C.**



A very big thank you to everyone who supported the Garden Gander at the beginning of July. It raised a massive £369 which will go towards church repairs.

Another very big thank you to those who supported the Summer Supper. The exact figure raised is not known at the time of writing but we are expecting it to be in excess of £300.

Helen Chappell

Coffee, Cake and Chat

Come along on Thursday afternoons from 2-3pm and catch up with friends and make new ones.
Held in the Community Centre while repairs are made to the church ceiling.



Parish Council Snippets

The Parish Council has been 2 members short up until now, but the good news ...well, actually, the GREAT news, is that two members of our community have volunteered to be on the Council, and they were welcomed at this meeting: Julia Hayes and Ryan Feeney. Congratulations on your appointment to our Parish Council.



In Public Time the question was asked – “When will the vegetation along Crown Drove be cut back?” It was pointed out that The Drove is really a very nice walk up to the 16 Foot, when the nettles and weeds have been cut back. Dog walkers use it. It is also a Bridleway. So whose responsibility is it? Highways, it appears. They are supposed to cut it back 3 times a year, but no sign of that. Couldn’t the farmer cut it back? Their tractors have to come down it, after all. The Clerk is to look into this as a matter of urgency.

Various “matters outstanding” were discussed, and most items had nothing to report. However, the ‘household items’ outside an Upwell Road property should be removed soon, as Clarion has been informed again by the Clerk. We shall see.

Wayside Pedestrian Safety: Highways are again responsible for this and the Clerk is to arrange a site meeting with a Road Safety Officer. The idea of a one-way system was discussed.

History of Christchurch Website: This was begun by Michael Brookes, but sadly he passed away a short while ago. The content of his (very interesting) website has been saved, but the domain has run out. It was suggested that Wisbech Library Local History Archive

Department would be a good place for the information to be kept. The family will be asked whether they are happy with that.
The **Picnic tables** should be in place on the field soon.

Other matters discussed (full draft minutes on the PC Website, btw):

FDC Councillor Roy has chased up why the PC hasn’t received money back for the recycling at the centre...it’s because it is now only paid once a year. It should arrive soon.

The Village drainage system is to be looked at, as there seems to be a blockage round about the Church Road / Green Lane junction.

Syringa House enforcement imminent to remove the illegally positioned caravan behind.

Norfolk plan to put a new watermain in Padgett’s Road.

SMALL TRAFFIC ISLAND at the junction of Church Road and Padgett’s Road is to go ahead sometime in the next 12 months (traffic calming measure).

The Recreation Ground Extension (new field): The Plan is great! They are to apply for a Whitemill Grant in July so as to get going on with the dog walking area, and a small orchard next to it. **MUCH MORE ABOUT THIS IN THE SEPTEMBER HERON.**

Annie Nason



There is no Parish Council Meeting in August. Back on September 11th

CHRISTCHURCH FUN DOG SHOW
Have a go fun Agility

By very kind permission of the
Hall Committee
Sunday 3rd September
12 o'clock start - Pay in the ring - £2
Rosettes & prizes 1st - 6th

1) Minor Puppy (3-5 months)

2) Pedigree Puppy (6-12 months)

3) Xbreed Puppy (6-12 months)

Best Puppy in Show

4) Toy / Utility / Terrier

5) Gundog / Hound

6) Working / Pastoral

7) Prettiest Bitch **20 minute interval**

8) Handsomest Dog

9) Young Handler (Under 16)

10) Adult Handler

11) Veteran Tyrs +

12) Best Rescue

13) Best Trick

14) Best Sausage Catcher

Best in Show & Reserve in Show (Winner of Classes 4-14)

In conjunction with Christchurch Car Show
Food Drink Bar Parking
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Dingbats		
NO NO RIGHT	Vision Vision	COFFEE
B E D	HEAD	FREQUENCY
PROMISES	GRASS	JOB
1111	3. BLAME 4. BLAME	1. Way 2. Whey 3. Weigh

Answers on page 13

A powerful Description of being autistic by this beautiful young girl



Congratulations to 12-year-old secondary school student Ava who has won a national poetry competition with her entry about living with autism.

You can read her winning 'Power of Poetry' entry here:

"Take a seat and sit with me
I want to talk about ASD
If you don't mind, I'd like to explain
A little thing called autism and how it affects my brain

It can make me anxious, angry and afraid
But this stays in my head, on my face it's not displayed
I may seem heartless and question your meanings
But it takes me a little longer to process the feelings

Take a seat and sit with me I want to show you ASD
A girl sitting quietly is all you see
But inside my mind I am far from free
My thoughts collide, my senses take over

I become overwhelmed by the smallest sound
Clicking pens, ticking clocks
That boy's chair and the way it rocks
All different smells attacking me

The perfumes, the coffee, the teacher's tea
Take a seat and sit with me
But not too close, I have ASD
I try to be social, I try to fit in

I come across rude, I can never win
I am very literal and straight to the point
If you want the truth I won't disappoint
When my brain is overloaded, I sometimes lash out

My control fades, I scream and shout
I get confused and it all spills out
Intense emotions all trapped inside
Finally, have nowhere to hide

Take a seat and sit with me I want to tell you about ASD
Please understand I am not to blame I've just got an atypical brain
But it's not all doom and gloom
I'm often the sportiest girl in the room

I'm quirky, unique, kind and caring
I'm loyal, protective and always sharing
I'm obsessed with frogs and all things green
I'm the youngest trendsetter you've ever seen

Take a seat and sit with me
I am Ava, I am me
I'm not just my label of ASD."

Source – Facebook

Michael Brookes

* FUNERAL DETAILS *

Wednesday 2nd August at 10:30 am.

Fenland Crematorium, Knight's End Road, March,
Cambridgeshire PE15 0YJ

Then at the Dun Cow, Green Lane, Christchurch, PE15 9PG

No flowers thank you, but donations can be made to either The German Shepherd Dog Welfare, or SpecialEffect via the fundraising page which will be posted shortly on Facebook, or in person on the day.

Feel free to dress in a way that reminds you of the kind of person Michael was. For those unable to attend, it will be available online. Details to follow nearer the time. If you are coming to the Dun Cow, please drop Kath Brookes a message or call 07525 918577 asap for catering numbers.



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Dingbats Answers

NO NO RIGHT	Vision Vision	COFFEE
Right Under the Nose	Double Vision	Coffee Break
B E D	HEAD	FREQUENCY
Bedspread	Big Head	High Frequency
PROMISES	GRASS	JOB
Broken Promises	Green Grass	Inside Job
1111	3. BLAME 4. BLAME	1. Way 2. Whey 3. Weigh
Looking Out for Number One	No one to Blame	Count the Ways

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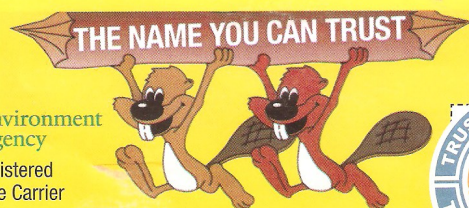
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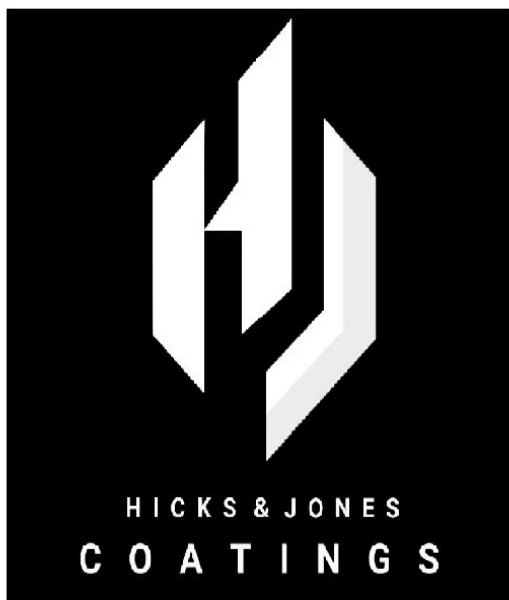
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3rd – Bikers' Meet 5-8pm
10th – Youth Group at CCC 5-7pm
16th – Youth Group at Dun Cow 1-3pm
17th – Bikers' Meet 5-7pm
24th – Open Mike 8-11pm
27th – Family Fun Day from 3pm

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WELLE CINEMA – Screenings are usually the first Sunday of the month NO NEED TO BOOK - Admission is £3.50 per person. Doors open 13.30 Refreshments available. **(There is no Screening in August).** 3RD September Elizabeth a Portrait in Parts

THREE HOLES INDOOR BOWLS CLUB are looking for new players, no experience necessary, meets weekly on Thursdays at 7pm £3.50pp Contact Pam Russell on 01945 773561 or just turn up.

FRIDAY AUCTION runs most weeks, sale starts at 6pm. Open for drop-off of items and viewing from 9am. Hot food served all day. For more details contact Vik 07879 005521

SATURDAY BINGO runs most weeks, doors open 5pm, eyes down 6.30pm, hot and cold drinks, sandwiches and snacks available. For more details contact Vik 07879 005521

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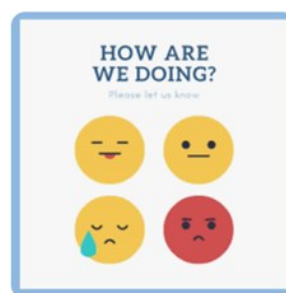
Number Puzzle Answer

$$2 \times 1 + 6 \times 6 = 38$$

+ – × ÷

Riddle Answers: A) Billy. B) Your breath. C) Fog. D) *Halfway. Once it reaches halfway, it's running out of the woods.* E) The letter V.

Rhyming Pairs Answers: 1. BEAR (or BARE) & SHARE. 2. WONDER & THUNDER. 3. TAUGHT & BOUGHT. 4. COULD & GOOD.



Save the Date!

Come and have your say at the Heron stall at the Classic Car Show on Saturday 3rd September at the Christchurch Community Centre

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Fun Cooking with Kids

PIZZA PINWHEELS

Keep your little bakers busy in the kitchen with these delicious pizza pinwheels. Not only does this recipe for kids teach classic baking skills, but it also results in a delicious, healthy snack, which they're sure to love eating.



INGREDIENTS

- 225g (8oz) plain flour, plus extra to dust
- 100g (3 1/2oz) olive spread, chilled and diced, plus extra for greasing
- 3 tbsp sundried tomato paste
- 40g (1 1/2oz) Cheddar, grated
- 1 tsp dried oregano
- 1 egg, beaten

METHOD

1. Sift the flour into a bowl, add the olive spread and rub together with your fingertips until the mixture has the consistency of fine breadcrumbs.
2. Add 3-4 tbsp cold water and stir with a wooden spoon until the mixture begins to come together. On a work surface lightly dusted with flour, combine to form a smooth pastry. Wrap the pastry in clingfilm and chill in the fridge for 30 mins.
3. Roll out the pastry on a piece of nonstick baking paper to a 25x30cm rectangle. Trim to straighten the edges. Spread with the sundried tomato paste, leaving a 1cm border. Scatter over the cheese and 1/2 tsp oregano. Starting from one of the short ends, tightly roll up the pastry to make a long cylinder. Freeze for 10 mins.
4. Preheat the oven to gas 6, 200°C, fan 180°C and lightly grease 2 baking sheets. With a sharp knife (see safety first, below), cut the pastry into 16 round slices. Divide between the sheets, shaping back into circles if they've lost their shape. Brush with the beaten egg and sprinkle over the remaining 1/2 tsp oregano. Bake for 14-18 mins, until cooked through and golden. Serve warm or cooled to room temperature.

Safety first: Adults should carry out any steps using sharp knives. Start kids off using small serrated knives, and always supervise them when chopping or grating. Make sure they stop grating before they reach the end of the ingredient. An adult should take things in and out of the oven. Remind kids to wash their hands before and after cooking, and in between tasks, especially if handling raw egg.

Tip: Rolling out the pastry on baking paper means you can turn the paper, rather than the pastry, to get the right shape and avoid tearing.

Source: <https://realfood.tesco.com/gallery/summer-cooking-with-kids>

Garden Gander

Raising money for repairs to our Church

On Saturday July 1st, 9 gardens were open in Christchurch for people to go round and be delighted. Everyone who went round really enjoyed the event, and the rain held off, which was good! Such a variety of gardens, with flowers, shrubs, vegetable patches – and different stories behind each of the gardens. There were also Hard Hat tours to see inside our beautiful Grade II Listed Church building. A big thank you to Phillipa Pearson for organising the event. Well done! Here are a few reminder pictures. Beautiful!



Summer BBQ and Fun Day

Raising money for the Annual Parish Lunch



The Parish Lunch Committee held one of our annual fundraisers on Sunday 2nd July. It was a really windy day so the decision was made to pop up the marquees and set up the BBQs on what was once the Community Centre bowling green. About 65 people braved the wind and joined us for what

turned out to be a fantastic afternoon of exceptionally good food and a bit of silliness afterwards where a few games were played – the egg toss, double sack race, horseracing, wheelbarrow race, welly-wanging to name just a few. A good afternoon was had by all and we raised £723.30 - which all goes back into providing our annual lunch for the Over 65s in the village. Thank you to



the committee and helpers, those that loaned the BBQs and all those people who attended. We hope you had a good afternoon. *Parish Lunch Committee*



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.

