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# COMMUNITY MAGAZINE

UPWELL GILBERT & SULLIVAN SOCIETY  
ARE PROUD TO PRESENT

## THE MIKADO

(or the Town of Titipu)

Thurs 16th, Fri 17th, Sat 18th April  
commencing at 7.30pm

AT UPWELL METHODIST CHURCH HALL,  
TOWN STREET, UPWELL PE14 9DQ

ADMISSION: ADULTS £8 • UNDER 16 £4

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*N.B. Seats are not numbered – please find a seat of your choice on arrival.*

## GUIDELINES FOR UPWELL CEMETERY

Management of the St. Peter's Road Cemetery is undertaken by Upwell Parish Council (UPC).

A recent topple test revealed that on 15 graves, headstones are at high risk of falling over. Please take extra care, especially when visiting the Cemetery with children.

It has also been observed that many of these graves do not have updated owners listed. If the grave owners have passed away, it is necessary to complete a transfer of ownership.

### Ownership Transfers

If ownership of the grave is to be transferred then Council has to ensure that this is to the person(s) entitled to the rights. What happens next will depend on whether the transfer is whilst the current owner is still living or after their death, and then if they left a will or not, and who is named in that will. Once it is known which applies it will be will necessary for that person to make an application to transfer the rights. There is also a fee to cover the transfer. Unfortunately, a new or updated memorial cannot be permitted on the grave until the transfer has been completed.

Some concerns have also arisen regarding memorials; the information below is from the terms and conditions supplied by Mintlyn Crematorium that also apply to Upwell Cemetery.

### Memorials

The owner of the grave may wish to leave the grave unmarked or choose to install a permanent memorial. The type of memorial permitted will depend upon the location of the grave. The cemetery may include kerb sections where headstones and kerbs are allowed, lawn sections where only headstones are permitted and cremated remains sections where only cremation tablets - flat stones, laid level with the ground - are permitted. All memorials must be pre-approved by Council and all work must be carried out by a council-approved monumental stonemason with appropriate public liability insurance. The chosen stonemason will advise of any fees payable in relation to the installation of the memorial and will also liaise directly with Council to get the appropriate permits to carry out the work. To enable access to neighbouring graves and to ensure that routine maintenance can be carried out, Council ask that the guidance

is followed and that items do not exceed the space permitted and do not cross onto other graves or the pathways. Where only a headstone and not a kerbset forms the memorial, it is not permitted to plant shrubs or trees, erect other structures or place other items including fencing, kerbings, wire fencing, windmills, raised or sunken footstones, solar lights, wind chimes, pots, balloons, or any item made of pottery / tin / plastic /glass / bricks. **These restrictions also apply to cremated remains sections.** If items are found to prevent maintenance of the cemetery the grave owner will be contacted and asked to remove them. If the items continue to impede access, unfortunately they will be removed by the council. This spring, the Council will inspect all graves and move any of the above listed items to the memorial area. Items not collected within two weeks will be discarded. Please note: Funeral Floral tributes will be removed from all graves two weeks after the funeral, or earlier if they become unsightly.

### Visiting the cemetery

We aim to make the cemetery a safe, tranquil place where people can remember their loved ones. Visitors are asked to:

- Keeping dogs on a short lead and clear up after them if they foul. Dog waste bags may go in the litter bin.
- Ensure all litter is disposed of in the bins provided
- Be considerate and respectful when visiting the cemetery
- Not play any game or sport or create a nuisance.

**Melanie Hilton,**  
*Clerk*

THE FRIENDSHIP CLUB

WE MEET AT UPWELL HALL.  
IN THE COMMITTEE ROOM  
EVERY FRIDAY AT 1.45PM

Each week we have either Bingo, Chincio, Horse Racing or a Quiz as well as a raffle.  
Also Fish & Chip lunches through the year and a Christmas Lunch.  
A Small charge of £2 is asked and this includes a cuppa and a biscuit.

For Further information please call  
Susan Rainbird - 01945 773993  
Pat Gritton on 01945 773117 / Elaine Day on 01945 773155

## HOW TO CHECK A POLICE OFFICER'S IDENTITY

There have been occasions when fraudsters have posed as police officers, both in person and on the phone, to trick people into giving them personal information and defraud them of money.

If you're unsure about whether the person you're dealing with is a genuine police officer - stop - and call us on 101 to check their identity.

Please note, if you've been on the phone to someone - who called you - but you have doubts about them, we recommend that you hang up and wait five minutes before you call us. There have been cases of fraudsters keeping the line open after a victim has hung up. Leaving several minutes between calls will make sure that the call has closed.

### How our officers will contact you.

How our officers make contact will depend on how you've asked us to contact you and the circumstances around why they're contacting you. For investigative purposes we may get in touch:

- in person, by phone, by email.  
Whichever way an officer contacts you they will identify themselves clearly as an officer and explain why they're contacting you.

### Contact in person.

If one of our officers contacts you in person, they'll show you their police warrant card. This is proof of their identity and authority.

### Contact by phone.

If one of our officers needs to speak to you on the phone, they'll identify themselves clearly. They will never:

- ask you for your bank details or PIN
- ask you to transfer funds to another account
- ask you to hand over cash or bank cards to a courier
- ask you to pay a fine or a fee to them or a third party over the phone or online
- ask you for access to your computer, passwords or log on details over the phone or online
- ask you to register personal details in an attachment or website online

- ask you to 'assist' in an investigation by doing any of the above
- state that you are committing a crime by not complying
- communicate in an abusive, threatening or coercive manner

### Contact by email.

If one of our officers contacts you by email, they will never:

- ask for remote access to your computer
- ask you to click on a hyperlink to participate in an investigation
- send you unsolicited emails with attached files, especially zip or macro-enabled Microsoft Office files
- ask you for any login credentials or passwords

Remember if you're unsure about whether the person you're dealing with is a genuine police officer - stop - and call us on 101 to check their identity.

If you think you've been a victim of cybercrime or fraud, please report it to [Report Fraud - online](#) or phone: [0300 123 2040](tel:03001232040).

**PC 898 Paula Gilluley,**  
*Community Engagement Officer*



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SAT 11-1:30PM  
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SUN CLOSED

**105 SCHOOL ROAD      01945**  
**UPWELL, WISBECH      772 398**

# COMMUNITY FIRST RESPONDER (CFR)

Welcome to the Community First Responder (CFR) page of your Community Magazine. Our area is proudly supported by the all-volunteer Upwell



& Delph Group, which responds to hundreds of emergencies each year on behalf of the East of England Ambulance Service (EEAST). As volunteers, we provide vital, life-saving care within the community and are entirely funded through charitable contributions. Our team also helps maintain several of the local Automated External Defibrillators (AEDs) and attends a wide range of emergency calls, from cardiac arrests to Careline alerts, all using our own personal vehicles. The group is made up of a dedicated coordinator and two trained responders, each volunteering their time alongside their regular day jobs. We are proud to serve our community and grateful for your ongoing support.

**Hours on call in the last three months: 240**

## This Week's Focus:

**know your location:** We all hope never to need an ambulance, but if emergency help is needed, in rural areas finding an exact location can be more difficult than you might expect. For example, a single postcode in our area can cover multiple streets, several businesses and local amenities. While the ambulance service uses excellent navigation technology, it isn't completely foolproof. So, what can you do to help?



**Using What3Words:** what3words is a free smartphone app that divides the world into 3-metre squares, each identified by a unique combination of three words. By giving these three words when calling 999, emergency services can pinpoint your exact location quickly and accurately. The app is free to download from your phone's app store and could make a vital difference in an emergency.



**Community Action:** Our local Community First Responder (CFR) group recently identified that two community defibrillators had reached the end of their recommended lifespan. An application for funding was submitted to the Jean & Graham Tidmas Foundation and was approved late last year.

With this support, two new state-of-the-art defibrillators were



purchased through the East of England Ambulance Service procurement team, along with a replacement cabinet. The older units at The Crown Lodge in Outwell and Three Holes Village Hall, two of the most frequently used sites, have now been replaced. Automated External Defibrillators (AEDs) are vital lifesaving tools in our rural villages. An AED can be used by any member of the public and helps to maintain a patient's chances of survival while waiting for a responder or ambulance to arrive. The photograph shows trustees from the Jean & Graham Tidmas Foundation, members of your local CFR team and a representative from The Crown Lodge.

**Next issue's focus: A day in the life of your CFRs.**

Next issue, we will tell you about our experiences as CFRs and the vital role your support plays in safeguarding our communities. If you would like to support your local CFRs or invite us to your event, contact: [karen.hall@eastamb.nhs.uk](mailto:karen.hall@eastamb.nhs.uk).

To learn more about becoming a responder, visit: [www.eastamb.nhs.uk/join-the-team](http://www.eastamb.nhs.uk/join-the-team).

Stay safe!

**James**

CFR - Upwell

## Five Things You May Not Know

- ▶ A human can shed around 200 million skin cells in an hour!
- ▶ Sloths have more neck bones (10) than Giraffes (7)
- ▶ The colour Orange is named after the fruit
- ▶ Bananas are naturally radioactive
- ▶ Hippo sweat is pink

## ARCHAEOLOGY – A LOCAL DIG

A surprisingly lively past unearthed in the centre of Upwell. The land around the church is usually the geographical centre of any village, and evidence from a recent archaeological dig would suggest Upwell has had significant activity for thousands of years. When you walk up Small Lode, it's hard to believe what's gone on behind that hedge.

**Time Travel, Courtesy of a Ditch** - The excavations revealed **three ditches and two pits**, which might not sound thrilling until you realise they span activity from roughly the **9th century to the 16th century**.

That period includes late Saxon villagers, medieval farmers, and post-medieval neighbours all leaving their marks in roughly the same muddy layers. One ditch even coughed up a **small copper-alloy ring** – possibly jewellery – suggesting someone once lost (or deliberately discarded) something personal while going about their daily business.



**Medieval Rubbish = Archaeological Gold** - One shallow hollow turned out to be a medieval dumping ground full of **pottery, animal bones, shellfish remains, and even coprolites** (yes, fossilised poo). This suggests people were living, eating, and very definitely digesting right nearby. The shells included **cockles and mussels**, so seafood was clearly on the menu – despite being some distance from the coast.

A Pottery Timeline in One Garden - The pottery collection reads like a crash course in East Anglian ceramics:

- Late Saxon cooking pots
- Norman and medieval jugs
- A 15th-16th century shard quietly minding its business in a ditch
- And, sitting on top of it all, refined tableware, stoneware mugs, porcelain, and even willow-pattern pearlware

In short: people never stopped dropping crockery here.

**Much Older Than It Looks** - Three worked flints were found in the topsoil. They're not dramatic showpieces, but they hint that **prehistoric people were active here thousands of years earlier** – possibly as far back as the Mesolithic or Neolithic. That means this unassuming plot has been useful to humans since well before recorded history

**Dinner Remains and One Duck** - Animal bone analysis showed the usual medieval suspects – **cattle and sheep/goat** – plus a single bird bone, probably from a **mallard duck**. Someone, at some point, enjoyed a duck dinner. Archaeology doesn't judge. There were also clear **butchery marks**, meaning animals were being processed on or near the site, not just eaten politely elsewhere.

**A Roman Surprise (Sort Of)** - One chunky fragment of ceramic building material appears to be **Roman tile**, reused or lingering long after the Romans had packed up. It's a classic case of ancient recycling – or simply stubborn debris refusing to disappear.



Nothing found was spectacular enough to rewrite history books – but together, the evidence paints a charming picture of **everyday life unfolding continuously** near the historic heart of Upwell. People dug ditches, cooked meals, dropped pottery, butchered animals, ate shellfish, and occasionally lost jewellery, all within a stone's throw of where you walk and drive past everyday.

Tom Fairbrother

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## UPWELL BOWLS CLUB

NEW ROAD UPWELL WISBECH CAMBS PE14 9AB

### COME AND JOIN IN THE FUN AT UPWELL BOWLS CLUB

Hopefully, by now, Spring will have finally sprung, and we can all be looking forward to spending time in the great outdoors.

So, if you're looking for a cheap, fun, friendly and enjoyable activity, Upwell Bowls Club could be the place for you!

We are a mixed club of all ages and abilities and welcome both those new to bowls and experienced bowlers.

As well as members having the opportunity to play in ladies', men's and mixed league games, we also have internal competitions and fun days.

We have a licenced bar in the club house enabling us to hold social events including BBQs, quizzes and various fundraising activities.

The club will officially open on April 19th with an afternoon of fun bowling and socialising, everyone is welcome, 1.30pm for a 2pm start, equipment and support will be provided for new bowlers, just wear flat shoes/trainers. The bar will be open and refreshments will be available

The club would like to take the opportunity to thank Borough Councillor Vivienne Spikings for the generous grant of £250 received from the Councillor Community Grant Scheme. This has been used to purchase '4 bowls collectors' which aid all players and also help to speed up the game.



So please come along and support your local bowls club, meet new people and have some fun, you won't regret it!

For more information, you can find us on Facebook - search Upwell Bowls Club, or you can contact our Chairman, Tony Rhodes, on 07522 148164.

**Rosey Bosworth**

## LUNCH CLUB

CHARITY NO 1082825

The daffodils along the river bank always herald our AGM. This year we welcomed representatives from Upwell and Outwell Parish Councils and discussed another successful and busy year. Our committee were all re-elected and planning for a few extra events in our 38th year well under way with potential trips and a Midsummer Madness lunch to celebrate the summer weather to mention just two!

The club is very pleased and grateful to have received a further grant from the Jean and Graham Tidmas Foundation. This will enable us to continue to provide transport which is suitable for those using walking aids and wheelchairs, helping members who have difficulty with their mobility to attend our meetings.

The spring heralds so much more than daffodils and spring lambs, everything from the clocks springing forward to World Book Day and this event reminded me of a legend about Ernest Hemingway. Apparently in the 1920s his colleagues wagered with him that he couldn't write a complete story in six words. To cut a long story short he did, and he believed the resulting short story to be his best work. What he wrote was: *'For sale: baby shoes, never worn.'*

A few years ago we asked our members to test their literary mettle in the same way and received entries that included *'Neither of us wanted to go...'* And *'Love is wonderful, when it works'*.

Have a go - it's challenging but fun!

If you are interested in knowing a little more about joining us on alternate Tuesdays please don't hesitate to contact me on 07584 735805

**Jackie Scotten**

*Secretary, Upwell and Outwell Age Concern Lunch Club*

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## THE JEAN AND GRAHAM TIDMAS FOUNDATION

Many in Upwell and the surrounding villages will remember Graham Anthony Tidmas – better known to friends as “Bluey” – as a familiar face, a businessman, a publican, and a generous supporter of good causes. Today, his name lives on through the Jean and Graham Tidmas Foundation, a charity created in accordance with the wishes of Graham and his late wife Jean.



In 2019, the Jean and Graham Tidmas Foundation (Company Number 12152361) was formally established by the Executors of Graham’s estate.

### APPLICATIONS FOR FUNDING

Over the past five years, the Foundation has provided support to a wide range of local organisations, including:

- St Peter’s Church, Upwell
- Blended Monkey
- Upwell and Outwell Age Concern Luncheon Club
- Upwell Community First Responders
- Upwell Village Hall and Playing Field
- Upwell Gilbert & Sullivan
- Upwell Bowls Club
- Upwell Youth Club
- The Well Creek Trust
- Meadowgate School

In addition, donations have been made to certain national charities that Graham and Jean supported during their lifetimes.

The emphasis of the Foundation’s work is clear: to assist local groups that provide support to individuals in need. Graham’s specific wish was that the income generated from his property portfolio should be used for charitable distribution, ensuring that the capital remains intact while the income benefits the community year after year.

Applications for funding are invited from eligible local groups. Requests should be submitted before 31st December each year. Applications are considered at a Trustees’ meeting in January, with funds distributed to successful applicants

in February. The Trustees do, however, retain discretion to consider urgent applications at any time during the year, subject always to the approved annual budget.

The Foundation is managed by four Trustees: David Cooper, Mervyn Saunders, Glen Stittle and John Thacker. Further information can be found via the Charity Commission for England and Wales.

If you are part of a group that assists local people in need and believe the Foundation may be able to help, you are encouraged to make contact at: [contact.jgtf@gmail.com](mailto:contact.jgtf@gmail.com)



## NORFOLK COUNTY COUNCIL: ROADWORKS



So, we are now definitely having an election in May!

As it's still most likely that there will be Local Government Reorganisation and Devolution in 2028, then the lifetime of the County Council will only

now be 2 Years - next May expect another election for our new local unitary authority; is anything ever simple?

The real topic of profile and importance for us lately, however, have been matters surrounding roads. Whether it be the nature of road closures, the length of road closures, the routes of diversion for road closures, or the signage associated with road closures there have been issues and dissatisfaction all round.

Unfortunately, as seemingly with everything else in local government, these are all complex matters involving a number of interested parties, legislation, protocols, and policies etc. - just trying to find your way around it all is an exercise in testing patience on its own, before even looking to make changes, improvements or even identify and agree the causes.

It would seem, for me, that with every incident something new is discovered or appreciated; so I'll start with the major utility companies. When these utility companies were privatised they were granted significant powers to access the highway and undertake their works, particularly, when it comes to emergency works. These companies set out their scheduled diversion routes in such circumstances and they employ their own contractors to put out their own signage. There are 83 different organisations that have access to the highway in Norfolk, in addition to any other contractor or individual who may make applications for what's known as 'Road Space' to Norfolk County Council. There is no central co-ordinating body to control, manage and monitor - hence we recently saw the escorted 'Abnormal Load' chaos, which was supposedly managed under the Electronic Service Delivery for Abnormal Loads (ESDAL) system.

The 'Road Space' application format has been particularly highlighted during the closure of Isle

Road in Outwell, as it equally affected Upwell residents and beyond. This has provided an ideal case in question to examine the processes and protocols to look to ensure that such issues could be prevented, or at least quickly rectified, going forwards - clearly, closing a road and commencing works prior to a traffic management company setting out signage is unacceptable.

Not only do we need to have closer monitoring and appreciation of these issues by the contractors engaged, but also we need to improve our assessment and monitoring of road closures and diversions at NCC - and both are being worked on.

Given the sheer volume that we've experienced lately, priorities will obviously have to be set, and clearly the larger/longer term/most sensitive road closures are the ones which will need to receive primary attention, given that the resource available to us is finite.

As previously mentioned, all of these matters are complex and they are being examined. They have to be examined in isolation, however, despite the cumulative net effect and if we're to make improvements a number of areas of work are required. Many reports are coming through the Infrastructure and Development (I&D) Committee on which I sit at County Hall. These work streams include better liaison and understanding with Norfolk Police on matters of enforcement, monitoring, and delivery.

An example of recent improvement is that we now have a new 'Street Works' post dedicated to overseeing the NCC staff involved in the monitoring of diversions and associated signage and this also covers the management of contractors works on and about the highway. She will be ensuring that new protocols are established and followed along with a 'gateway system' i.e. contractors cannot proceed to 'B' until 'A' has been signed off; but first she will be working to provide appraisals in all areas of the issue.

In the main there is actually a good working relationship with contractors, there has, however, been a significant increase in the fining of companies which have not met requirements e.g. maintaining closures beyond the agreed date. The last financial year saw £685,000+ levied against these contractors across the county. These monies have been drawn upon to fund the new Street Works Manager role.

It will take time for these various work streams to come to fruition, but there will be a drip feed of

changes and improvements as the examinations progress. Many may not be immediately obvious because they'll be occurring 'back office', however there will be more forward-facing information and opportunities for residents to register concerns and raise issues, and these will be better communicated to our communities

In fact, a paper is coming before I&D in March, and it is wholly focused on how improvements can be made in communicating road closures and diversion routes to the residents of Norfolk and directing them to sources of live information.

Having got my teeth into these issues I am keen that I may continue to have the opportunity to bring them to fruition - as set out. This will be a slow process and will take many months to deliver but change we must have.

**Cllr Chris Dawson**

## A HUGE BIG THANK YOU

FROM 15 SCHOOL ROAD

- to all those that knocked on our door and donated gifts for the Christmas open garden
- to those that messaged us offering goods to be picked up
- to those that filled the garden with magical lights and elfish scenes
- to those that manned stalls
- to those that wrapped Christmas presents helping Santa out at such a busy time of the year
- to Santa in his beautiful grotto
- to those that provided barbecue food, cakes and drinks and served with a smile
- to those that manned the gate and were willing to pitch in anywhere needed
- to those that served on the craft stall and those that became a travelling craft stall selling left over stock at local events
- to CJ's Birds of Prey and the Globe pub for running stalls
- to those that came to the event and joined in with the fun
- to those that stayed behind to tidy up
- to those that kindly took down some posters round the village so we had less to collect after the event
- to local schools who gave out flyers and displayed posters

Without you all playing your part we would not have been able to donate **£2067** to **Alzheimer's Research UK** based in Cambridge.

**Best wishes from Terrie, Lesley and Gordon.**



**Come and Join our Friendly Thursday Groups and Start Your Weight Loss Success Story**  
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## GREEN FINGERS GARDENING CLUB

At our January meeting, a presentation by Jonathan Fenn of the Middle Level Commissioners drew a good crowd, including several visitors and guests. It proved to be remarkably interesting and informative as a number of members were fairly new to the Fens, and not aware that the draining of the region dated so far back. The exploits of the Fen Tigers and the extent of the works in the 17th and 18th centuries were explained and proved quite fascinating, and as for all the pumping involved in moving all this water around these days - just incredible!



Also in January we held the annual competition to find the most flowers of different varieties in bloom in January in member's gardens. Despite the cold and wet of previous months Paul and Christine Lidbury came up with an impressive different 30 blooms!

February's planned visit to the winter garden at Anglesey Abbey in Cambridgeshire unfortunately fell victim to seasonal ailments amongst members and a gloomy weather forecast. However, Nicki O'Shea-Barnes still ventured forth whilst at the same time covering some 12,700 steps as part of her own fundraising for this year's East Anglia Air Ambulance Challenge.



Each year Green Fingers nominates two charities to be recipients of our annual fund-raising efforts and, last year, one happened to be the East Anglian Air Ambulance service. At our February meeting, which was held in the Methodist church itself rather than the church hall as normal, our Chairman Gerry Wilmott presented their representative, Jane Kilham with a cheque for £500. Jane was delighted to accept the donation and was most impressed by our charitable efforts to raise such an amount.

Nicki O'Shea-Barnes also presented an illustrated talk at the February meeting entitled "Tiptoe Through the Tulips to Shout With the Giant Saxophones". The mystery of the intriguing title was duly revealed,



as not only did we see photos of the spectacular tulips she visited at the Keukenhof gardens in The Netherlands, Nicki also recounted an additional visit to the town of Dinant in Belgium, birthplace of Adolphe Sax - inventor of the saxophone. Her visit happened to coincide with the annual Adolphe Sax festival which saw the streets adorned with colourful giant saxophones!



New members or visitors are always welcome at our regular meetings, which are held on the 3rd Thursday each month at **Upwell Methodist Church, 94 Town St., Upwell PE14 9DQ**, meeting at 2pm for a 2.30 start. Annual membership is £17 and £3 each meeting for visitors. Tea and biscuits are available for just 30p and a raffle held at each meeting.

Forthcoming meetings into the summer months are as follows:

**Thurs Mar 26th:** Easter Crafts and Afternoon Tea at Rosebank, Small Lode, Upwell.

**Thurs Apr 16th:** Colour and Texture in the Garden - presentation by Dr Vija Pratley.

**Thurs Jun 11th:** Potting up plants at Rosebank, Small Lode, Upwell.

**Sun Jun 14th:** Summer Open Garden at Rosebank, Small Lode, Upwell.

**Thurs Jul 16th:** Open Garden at Gerry & Sandi's, 46 Listers Rd., Upwell.



**For further information, you can contact our Chairman: Gerry Wilmott 07359 412908 or email [sangerad@btinternet.com](mailto:sangerad@btinternet.com).**

We also have a new Facebook page - search "Upwell Green Fingers Gardening Club" to find us.

**Paul Lidbury**

# THREE HOLES VILLAGE HALL & PLAYING FIELD

CHARITY NUMBER 304483

Trustees would like to wish everyone a happy Easter.

## A Wonderful Afternoon: Thank You for Joining us for our free afternoon tea and film!

It was truly heart warming to see so many new and existing community members join us on 1st February at Three Holes Village Hall. Thank you to everyone who attended. We were overwhelmed by the lovely feedback from many of you. A special thank you to those who helped make the delicious tea, the lovely cakes homemade and donated by Helen Fox-Noble, the scones, cream teas and sandwiches and the endless tea & coffee, it was the perfect accompaniment to Paddington in Peru.

**A Special Thank You to the Norfolk Community Fund - Cllr Chris Dawson and the BCKLWN Community Fund - BCllr Colin Rose and to our team.** This event would not have been possible without the funding provided and both Chris and Colin volunteered on the day. Our amazing volunteers and committee members worked tirelessly behind the scenes to ensure everything ran smoothly.

## REGULAR ACTIVITIES

**THREE HOLES INDOOR BOWLS CLUB** -meets weekly on Thursdays at 7pm £3.50pp Contact Pam Russell, Secretary on 01945 773561 or just turn up, a warm welcome awaits.

**PURDY'S AUCTION** on Friday's, sale starts at 6.15pm. Open for drop-off of items from 7.30am, viewing from 12 noon, for more info contact John 07508045129.

**SATURDAY BINGO** doors open 5.30pm, eyes down 6.30pm for more details contact Vik 07879 005521,

**CHARITY BINGO** every other Monday open 6th April, doors open 6pm eyes down 7pm for more details contact Vik 07879 005521,

## WINNING 160 CLUB WINNERS

November 2025: 141, 57, 125

December 2025: 59, 156, 115

January 2026: 142, 4, 49

February 2026: 97, 73, 118

A huge THANK YOU to those individuals who donated their winnings back to the Charity.

**Yasmin Wallbanks**

Treasurer



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# NEW WARM HOMES GRANTS FOR 2026

## Be one of the first to apply for fully-funded, energy-efficient home improvements!

Many residents could now be entitled to fully-funded home improvements through a new Norfolk Warm Homes Scheme.

If eligible, you can improve the energy efficiency of your home, at zero cost, helping to reduce your energy bills and keep your home warmer. All work will be carried out by council-approved contractors.

Who's paying? The Norfolk Warm Homes Scheme is a partnership, working with local councils across Norfolk, to provide home energy efficiency improvements for eligible homeowners and private renters. Funded by the Department for Energy Security and Net Zero (DESNZ), the scheme aims to reduce energy usage, lower household bills, and cut carbon emissions.

We highly recommend that readers visit the Norfolk Warm Homes website (<https://norfolkwarmhomes.org.uk>) or call 01603 430103 to discuss all available options. **They do answer the phone and they do call back** - we tested that!

**Gill (Outwell) and Sue (Upwell),**

*Volunteers from Fenland and West Norfolk Friends of the Earth*



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Call us on 01603 430103 to find out if you qualify or visit [norfolkwarmhomes.org.uk](https://norfolkwarmhomes.org.uk) for more information



The Norfolk Warm Homes Programme is funded by the Department of Energy Security & Net Zero (DESNZ)

## Report a Problem

Did you know that you can report various problems directly to Norfolk County Council? This quite often is the best and quickest route.

If you have internet access, search for Norfolk.gov and go to 'Report a Problem'.

There you will see all the topics you can report directly to them. You can also then track the outcome of the report.

Topics you can report on include -

- Roads, pavements and cycleways
- Public right of way and trails
- Manhole covers and potholes
- Grass verges
- Sign posts

You will receive an acknowledgement and updates from NCC.

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**Upwell & Surrounding Areas**

# YOUTH CLUB

## A New Year, A New Venue, and New Opportunities!

The Outwell and Upwell Youth Club has had an exciting start to the year and we are delighted to share some wonderful news with the parish community.



We are now meeting in our new venue at **Beaupre Primary School**, which has proved to be a fantastic space for our growing group. Sessions take place every Wednesday during term time from 6.00pm-7.30pm and we are thrilled to see so many familiar faces settling in so well.

Since Christmas, our young people have enjoyed a wide range of activities. We've had energetic Karate sessions, lively Zumba classes that certainly kept everyone moving and even a competitive (but very friendly!) game of Bingo.



There is always plenty of laughter, teamwork and encouragement at our meetings. We also have an exciting trip to Skaters booked in the next couple of weeks, which everyone is very much looking forward to.



The Youth Club is open to children and young people aged 8-16, and we still have spaces available for new members. If you know a young person who would enjoy making friends, learning new skills and taking part in fun, structured activities in a safe and welcoming environment, we would love to hear from you.

We are also currently looking for new volunteers to join our team. Whether you can help regularly

or occasionally, your support would be greatly appreciated. Volunteering with the Youth Club is a rewarding way to support local young people and be part of a friendly and enthusiastic group.

For more information about joining as a member or volunteering, please contact Sarah Fairbrother at [sarah.fairbrother@wga.co.uk](mailto:sarah.fairbrother@wga.co.uk).

We look forward to welcoming new faces and continuing to grow this important community group.



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## The Blunt Family Charity

Reg. No.1188735

Do you live in the village of Upwell?

Is your community organisation based in Upwell?

If the answer to either of these questions is yes, then you are eligible to apply to the Blunt Family Charity for a grant.

The charity was set up in 2019 using the generous legacy of Edith Blunt of St.Peter's Road, Upwell.

Website <https://thebluntrust.com/>

please email us:  
[bluntfamilytrust2019@gmail.com](mailto:bluntfamilytrust2019@gmail.com)  
for more information.

# WELL CREEK TRUST

## Annual General Meeting

The Annual General Meeting was held at Outwell Village Hall on the 6th February 2026, and was well attended this year. The committee would like to thank everyone for their continuing support.



## Swans and general wildlife

Some of the members during the meeting expressed their concern with fishermen leaving lines and hooks behind on the riverbank and also some fishermen casting out their lines while swans swam past and even snagging them. The Trust has received many Facebook postings of swans being entangled in fishing lines on the Creek this year. In response to this, the Trust has engaged the local water bailiff to patrol the Creek's banks to see how common this negligence is and if it is increasing and remind the fishermen to take all of their fishing equipment home with them.

## Commissioned Film

This year the committee decided not to invite a guest speaker at the AGM. Instead a presentation about The Well Creek, with a specially commissioned film by the Welle Film Production company, was narrated by 4 members of the committee.

The film which was filmed on a boat between Marmont Priory and Salters Lode, and showed many parts of the Creek that cannot be seen from the road.

The narration included information about village social history and local historical sites along the Creek. The feedback received was very positive and the committee was asked if the film could be released for general viewing.

This was agreed with the Welle Film Production company and it would be released once the narration has been added.

## Aqueduct Slipway

This area is a very popular picnic and general activity site. Where many families, and small community groups launch their light boats, sailboards and kayaks. Children are often seen

paddling in the water with their fishing nets. The area also has a couple of fishing platforms for people with disabilities.



However, the parking area at the slipway had been turned into a quagmire, with many deep craters forming, created by lorries and trucks that ignored the weight limitation of the bridge and then used the area to turn around.



The Trust decided that the area needed repairing so that boat owners launching their boats into the Creek would no longer become stuck in the mud.

To rectify the problem the area has now been dug out mechanically and then a special thick breathable membrane has been placed on top. Finally, a special heavy duty mesh was laid down, which holds large ballasts of stones.

The area will be monitored to see how well the repairs hold up to this years activities.

**John Delaney**



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 Don't forget to follow us on Facebook for regular updates and offers! 

## SOMETHING NEW IS GROWING IN THE GARDEN!

Over the years, many of you will have wandered into the gardens at Upwell Methodist Church - for Scouts or Girls' Brigade, a community event, or simply a quiet wander in the sunshine. They're a lovely two and a half acre green space right in the heart of the village and have long been a place where people feel able to gather, chat and relax.

Last year, a small team began exploring a simple question:

**What if these gardens became a place for people to connect - with nature, with each other, and maybe even with God - in a way that feels gentle, friendly and open to everyone?**

So far, the response has been amazing.

- Our **summer garden party** welcomed around 150 people.
- Our **autumn pumpkin afternoon** brought a dozen families together for fun and creativity.
- And most recently, around **40 of us enjoyed a lively Pancake Day activity afternoon** - children and adults of all ages planting seeds and enthusiastically flipping pancakes!

These gatherings aren't about "going to church" in the traditional sense. They're simply about building community, enjoying the outdoors, and giving people space to explore life and faith at their own pace.

We're delighted that a new part time pioneer, **Dave Barker**, will be joining us in April to help this project grow. After turning up to his interview in wellies, Dave was the perfect candidate for this role! Now he's getting ready to move, with his wife and their three children, from Coventry to the fens. He's bringing with him a love of gardening, food, music and hospitality - all things that fit beautifully with what's happening here.



Dave's role will be to get to know the village, listen to the community, and help shape regular activities in the gardens that are welcoming for all ages.



As things grow and take shape, we'd love to see more local families involved - whether you've been part of an event already or you're simply curious.

There will be more garden activities, seasonal gatherings, and chances to meet Dave once he arrives. You don't need any church experience - you can simply come as you are.

If you'd like to stay in the loop, or if you've got ideas or questions, feel free to call me (on 07930 148094) or send me an email (to [simon@rivertree.org.uk](mailto:simon@rivertree.org.uk)) or just keep an eye out for posters for future events dotted around the village.

Upwell Garden Church is still in its early days - but something new, life giving and very community rooted is beginning to grow. And you're warmly welcome to be part of it.

**Simon Goddard**

*Upwell Garden Church*

**UNIVERSAL-TEA**  
**Challenge**

*A free family comedy  
with a touch of romance*

**Saturday June 6th, 2:30pm**

**Sunday June 7th, 11am**

**Upwell Methodist Church, PE14 9DQ**

**Refreshments to follow**

# ROOTED IN OUR VILLAGE, SHINING THROUGH OUR COMMUNITY

- A MESSAGE FROM UPWELL ACADEMY'S  
NEW PRINCIPAL



Over the past few months, Upwell Academy has once again shown why it remains such an important part of village life.

Our school continues to stand proudly 'rooted in our village, reaching for the future,' and this winter has been filled with moments that truly reflect our values of Empowerment, Achievement, Motivation and Transformation.

## A Season of Celebration and Togetherness -

December brought a wonderful sense of community spirit. Our youngest pupils delighted families with their magical Nativity performance, filling the hall with joy and pride. The whole academy then shared the excitement of a festive pantomime trip to the Corn Exchange in King's Lynn, where Jack and the Beanstalk had children cheering, laughing and experiencing the magic of live theatre. This treasured annual tradition was made possible thanks to the generosity of FOSA who provided the transport and whose continued support ensures every child can take part.

Our Christmas Carols and the Christingle Service at St Peter's Church were beautiful reminders of the deep



bonds between the school and our village. With singing, readings and thoughtful reflections these gatherings brought our community together in a moment of reflection and hope.

We were also humbled by the kindness of local businesses. Snap-On in King's Lynn gifted advent calendars for every class, and Outwell Post Office donated sweets for all pupils. These gestures created moments of joy across the school and highlighted how deeply our community values its children.

**Learning That Inspires and Connects** - 2026 has already provided exciting opportunities for pupils to explore, discover and grow.

Year 4's visit to Welney Wetland Centre gave them hands-on insight into ecology and conservation. Year 6 explored the incredible architecture and history of St Peter's Church, a landmark that continues to shape the identity of Upwell. Our Year 3 children enjoyed becoming chefs for the day at Pizza Express, while Year 2 immersed themselves in Roman life through role play, mosaic-making and historical exploration. These experiences enrich learning, build confidence and allow our children to see the world beyond the classroom.



**Belonging, Voice and Community Values** - This term has also seen a renewed focus on belonging by ensuring every child feels proud to be part of Upwell Academy. With a shared approach to uniform, high expectations and supportive guidance, we continue to promote fairness and unity. Our Pupil Leadership Team once again demonstrated maturity and insight in choosing 'Science' and 'Kindness' as our Spring values, encouraging curiosity and compassion across the school.

**Working Hand in Hand with Families** - Parents' Evening was a fantastic success, with strong attendance and overwhelmingly positive feedback. The parent survey results reflected how safe, happy and well supported our pupils feel - a testament to the commitment of our staff and the trust of our families. It is clear that Upwell Academy thrives because our community works together, listens to one another and shares a collective ambition for our children.

**Looking Forward with Purpose** - As we look towards summer, brighter days await - both in the seasons and in the life of our school. Upwell

Academy remains a place where belonging is nurtured, aspirations are encouraged and children are inspired to grow with integrity, confidence and joy. We are proud of everything our pupils have achieved and excited for the opportunities ahead.

Upwell Academy continues to be a place of warmth, pride and community spirit - a school rooted in Upwell's rich heritage and reaching confidently toward the future.

**Chris Harris**

*Principal, Upwell Academy*  
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## EXCITING CIRCUS EVENT AT UPWELL ACADEMY!

Join us for a fun-filled time at Upwell Academy's school field on Friday, 12th June 2026! The fabulous FOSA (Friends of Upwell Academy) is thrilled to present a spectacular circus event that promises entertainment for the whole family.

There will be two performances of the same amazing show: one at 3:45 p.m. and the second at 5:15 p.m. Each show will last 45 minutes, featuring thrilling acts that will delight children and adults alike.

Tickets are only £7, granting you access to all the circus excitement! In addition to the fantastic performances, we have special activities planned. Enjoy a range of delicious food and refreshments, treat the kids to face painting, and let them have a bounce on our bouncy castle. Plus, you can find fun party accessories available to purchase to make the time even more memorable.

This event is organised by FOSA, a dedicated parent-run group at Upwell Academy. Their mission is to raise funds and organise events that enhance the children's educational experience by providing extra resources, equipment, workshops, and fun activities that enrich the school environment and foster community spirit at Upwell Academy.



Don't miss out on this incredible opportunity for family fun on June 12th! Mark your calendars, grab your tickets via the QR codes, and get ready for an unforgettable circus experience! We look forward to seeing you there!

## UPWELL PLAYING FIELD EVENTS – 2026

- EASTER BANK HOLIDAY MONDAY APRIL 6th CARBOOT: SELLERS 9.30am BUYERS 10.00am
- APRIL 9th WEEKLY CARBOOTS START. SELLERS 7.30am BUYERS 8.00am toilets and refreshments on site, £5/pitch.
- APRIL 12th FUN DOG SHOW. GATES OPEN 11.00am, first class 11.30am, rosettes 1st - 6th, BEST IN SHOW AND RESERVE BEST IN SHOW, Judge Mrs Carole Fox.
- APRIL 26th HORSE AND PONY SHOW: Inhand and ridden showing, first class 9.30am, ridden not before 1.00pm, Judges Sarah Prior and Tracey Stevens.

- BANK HOLIDAY MONDAY MAY 4th CARBOOT - TIMES AS EASTER MONDAY.
- MAY 24th HORSE AND PONY SHOW.
- BANK HOLIDAY MONDAY MAY 25th CARBOOT AS ABOVE.
- JUNE 21st HORSE AND PONY SHOW including Fathers Day Special.
- JULY 12th FESTIVAL OF WHEELS, to including bikes, trikes, vintage, classic agricultural anything with wheels, mini bar, bbq, stalls welcome.

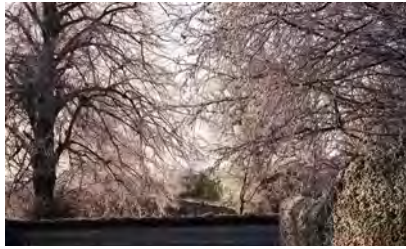
If you wish to sponsor any of the above please contact [upfc@talktalk.net](mailto:upfc@talktalk.net).

**Ros Shorting**

## NATURE NOTES

Since 2018 I have written the Green Fingers Garden Club reports. This task has now been taken on by Paul and Christine Lidbury who will, I'm sure, do a superb job. Meanwhile, I hope to compile a new column entitled Nature Notes, reporting on seasonal changes in animals and plants around the villages.

Should you see anything you'd like me to mention, please email me at [mcaltan2026@outlook.com](mailto:mcaltan2026@outlook.com) let me know and I can include it in the next edition of the magazine. Photographs would be welcome, separately as a .jpeg file please. (Let me know if you'd like to be credited for the photo; otherwise, I will keep it anonymous.)



We are lucky to live in the fens and blessed with big skies which can look beautiful at sunrise or sunset. At the beginning of January, we had the first 'supermoon' of the year and very impressive it was too. The start of the year was cold and the clear air gave us hoar frost which covered everything with a white sheen. This photo taken by Steve Calton shows the trees at the end of our drive; a winter wonderland indeed!

To offset the unsettled weather, days are gradually lengthening and winter flowers like snowdrops and aconites have appeared, seemingly overnight, proving spring is on its way. I know they are not everyone's favourite but I often see a family group of Muntjac deer patrolling near The Common. Heron can be seen there too, no doubt on the lookout for ponds or dykes containing a tasty morsel.

In the middle of January, Wildfowl & Wetlands Trust (WWT) Welney reported that a flock of cranes (see photo) had arrived on Lady Fen. This is a separate area of the reserve which can be viewed from the café. The café and the shop are worth a visit and both can be accessed free of charge. Bird-watching is great if you are warm and have a cuppa and a piece of cake. By the time you read this, hares will also,



## WINTER NATURE NOTES

probably, have been seen there. I have been to WWT Welney for the swan feeds a couple of times this year; very few swans are flying in. Most of them seem to be in the fields around the villages, where huge groups are often seen feeding - mainly in wheat fields.

I have noticed large flocks of blue tits in the ash tree next to our house. They twitter away whilst searching, presumably, for insects. Crows are assembling and noisily cawing as they prepare for spring. Skeins of geese can often be heard and spotted flying in the classic V-shape as they go off to feed in the morning.

Soon we will be into spring and, apart from looking out for nesting birds, there will be a succession of 'wildflowers' appearing along verges. I have already seen self-sown snowdrops and daffodils are blooming along the riverbank. This seems early so I wonder if there will be any still in flower for Easter? Please let me know if you see anything interesting ..... **Miriam Calton, [mcaltan2026@outlook.com](mailto:mcaltan2026@outlook.com)**

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## CELEBRATING COMMUNITY SPIRIT:

UP & OUT LADIES RUNNING CLUB &  
WISBECH PARKRUN

There's something special happening every Saturday morning at Wisbech parkrun – and **Up & Out Ladies Running Club** is proud to be right at the heart of it.

From the very beginning, our club has been closely connected with parkrun. In fact, one of our very own members Sara Meekins, along with her husband Nick, played a key role in helping to set up the local event, bringing the free, weekly 5K to our community and creating an opportunity for people of all ages and abilities to get active.

Since then, the event has gone from strength to strength, and our ladies have become familiar faces on the course – running, walking, cheering, and volunteering. Whether it's chasing a new personal best time, supporting a first-time participant, or simply enjoying the social side of Saturday mornings, Up & Out members are always involved. Just this week we celebrated Lou Mayer's 100th Parkrun event, and Helen Seims' 200th time volunteering! Any excuse for delicious coffee and cake from the lovely cafe located in the park afterwards.

Volunteers are the heartbeat of parkrun, and without them the event simply couldn't happen.



That's why Up & Out regularly supports the volunteer roster – and occasionally takes over completely! Our "parkrun takeovers" see the club filling every role, from Run Director to marshals, timekeepers, barcode scanners and tail walkers. It's our way of giving back to an event that gives so much to the community.

If you've ever considered volunteering, we can promise it's just as rewarding as running – and a brilliant way to meet people and be part of the action.

At Up & Out, we believe running is about more than miles – it's about friendship, encouragement, and lifting each other up. Our partnership with Wisbech parkrun perfectly reflects that spirit.

If you've ever thought about joining a friendly, supportive group of women who love to run (and love to chat!), why not come along? And if you haven't yet experienced the buzz of Wisbech parkrun, we'll see you at the start line this Saturday at 9am! It's free to enter, just register online at [parkrun.org.uk](http://parkrun.org.uk)

**For more information contact Lou Mayer on 07979 212595**

# SPRING ARTISAN FAYRE –

12 APRIL - UPWELL HALL

Get this date in your diary! The past two years of Artisan Fayres, hosted and sponsored by Louise & Simon from **Blended Monkey**, have raised a fabulous £5,000 for their chosen charity - Norfolk & Waveney Mind.

So come along and show your support for their **SPRING ARTISAN FAYRE** on **SUNDAY 12 April** in Upwell Hall (PE14 9AB) 10.00 am until 3.00 pm -**FREE ENTRY** and there's plenty of parking. All event profits are again going to Norfolk & Waveney MIND, a charity the couple holds dear to their hearts.

If you've visited one of these events before, you'll know that it won't be your "average" crafts fair.

Simon & Louise have carefully curated a fabulous selection of **ARTISTS** and **CREATORS** who will be selling their work, demonstrating their crafts and holding workshops on the day too. You'll see some familiar and some new faces.

These include artisans specialising in mixed media, beekeeping, crochet, ceramics, woodturning, artisan furniture, painting, sculpture, textile art, copper foil glass, bookbinding, journal art, leathercraft, Powertex sculpture, photography, beadwork, basketmaking, willow weaving, silver jewellery, sea glass jewellery, stone masonry, copper jewellery, origami, floristry, pen turning, wood art, fused glass, felting ...

- Visitors will also be able to attend **WORKSHOPS** including: - pop-up card making with Aimee from Nacho & Tiki - (more to be added soon)
- **WOODTURNING DEMONSTRATIONS** throughout the day with Simon from **Blended Monkey** (see the website for timings).
- Tasty locally-made **FOOD** and refreshments are on sale from our pop-up Fanoggins bakery with plenty of seating too.
- **WIN** one of our artists' pieces in our high-end raffle- prizes drawn at 2.45 pm!

Discover more about our artists, workshops & demonstrations at [www.blendedmonkey.co.uk](http://www.blendedmonkey.co.uk)

Come along and enjoy!



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**THREE HOLES VILLAGE HALL & PLAYING FIELD - PE14 9JY**

**Starts 2pm, Doors open 1.30pm. (no need to book) Refreshments available**

To keep our community cinema running, we will be adjusting our admission charge from **£3.50 to £4.00** starting from **3rd May 2026**. We are proud to have held our prices steady since 2022. However, after three years of absorbing rising licensing and operational costs, this small increase is necessary to ensure we can keep the lights on and the projector running. We still aim to provide the best value community cinema and truly appreciate your continued support. If you have any questions, please don't hesitate to reach out to our team.

**APRIL**



**THE SALT PATH (12A)**

*5th April - 2pm Admission £3.50*

In the profound true story of husband and wife, Raynor and Moth Winn's 630-mile trek along the beautiful but rugged Cornish, Devon and Dorset coastline. After being forcibly removed from their home, they make the desperate decision to walk in the hope that, in nature, they will find solace and a sense of acceptance. With depleted resources, only a tent and some essentials between them, every step along the path is a testament to their growing strength and determination. THE SALT PATH is a journey that is exhilarating, challenging, and liberating in equal measure. A portrayal of home, how it can be lost and rediscovered in the most unexpected ways.

**MAY**



**THE CHORAL (15)**

*3rd May - 2pm Admission £4.00*

As WW1 rages on, the Choral Society in a small English town has lost most of its men to the army. The Choral's committee is determined to press ahead with new recruits. They engage a driven new chorus master, Dr. Henry Guthrie - recently returned from a career in Germany. As conscription papers start to arrive, the community discovers that the best response to the war is to make music together.

**JUNE**

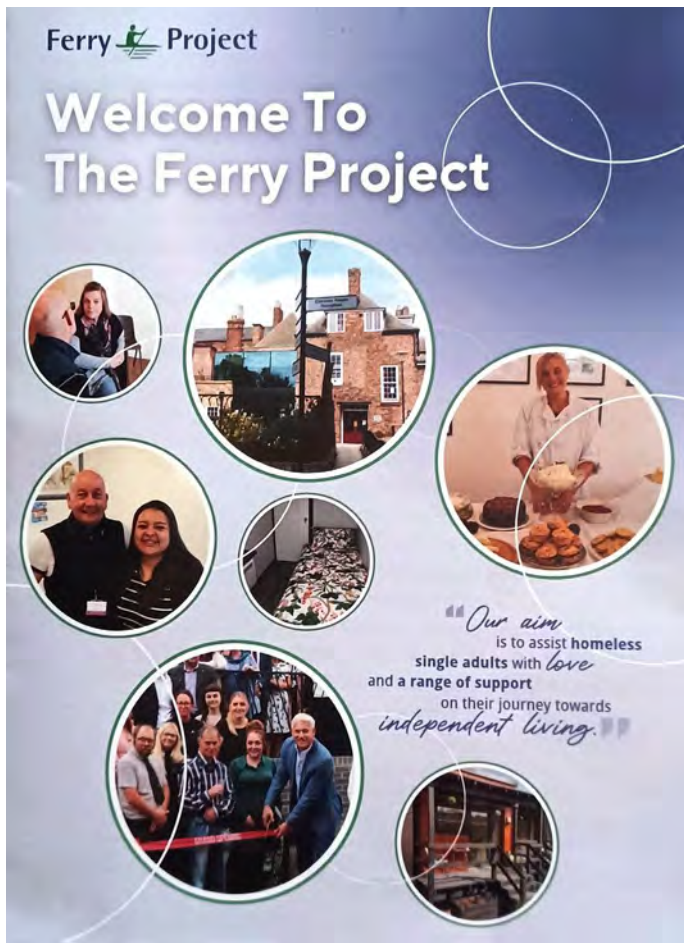


**HAMNET (12A)**

*7th June - 2pm Admission £4.00*

From Academy Award® winning writer/director Chloé Zhao, HAMNET tells the powerful story of love and loss that inspired the creation of Shakespeare's timeless masterpiece, Hamlet.

## WELLE WI THE FERRY PROJECT



For our first meeting of 2026, WELLE WI expected representatives from the acclaimed Fenland Ferry Project (a faith-based charity leading the way in both supporting and preventing homelessness). In true dramatic style, however, on this dark, stark and wind biting January evening, a Severe Weather Emergency Protocol (SWEP) had been activated and one of the representatives had to rush to offer support to the homeless and didn't make the meeting. This gave us clear and immediate information illustrating the importance and need for the charity as we gratefully remembered our own warm, snug beds waiting for us at home.

For our WI members, contemplating turning out on a cold night straight after the cosiness and over-indulgence of the Christmas season was difficult enough...but imagine if this was your nightly life, freezing, soaked, damp in darkness and fear, with life at rock bottom. Project representative, Matt McChlery, did arrive and spoke about life living on the streets; sometimes 'sofa surfing' overnight at a friend's house, or whole families wedged into temporary accommodation.

Matt explained that, in our towns and cities, huddled figures in draughty doorways exemplify people's general perception of what homelessness is all about. In Fenland, however, people become isolated and invisible, often hiding...under hedges, with make do tarpaulin tents in fields, beside a farmer's wall, in a shed, even up in a tree! Matt soon enlightened us to the plight of the homeless within our rural community. This is often due to a lack of job stability brought about by the seasonal, low paid food industry, irregular or expensive transportation links between rural communities, less housing stock and lack of ICT and WIFI availability can all contribute to reasons why people need the kindness and care of the Ferry Project.

The Ferry Project was initiated 27 years ago. It is now the largest Fenland charity for homeless, single people living in Fenland and strives to be known for its initiatives that go, "Beyond the Bed". Last year, 17,500 actual bed nights were provided from all different kinds of accommodation. For Matt and the other supporters and volunteers it is, however, the overwhelming love and range of support, provided by the Project, that leads to independent living and can also prevent homelessness in the first place, that they are most proud of. From humble beginnings from an initial £300 donation, the award winning Ferry Project is now responsible for managing The Queen Mary Centre, a community centre situated in the heart of Wisbech. This centre aims to help combat low self-esteem, loneliness and social isolation, enabling



different communities to work together to improve lives and make a difference. Additionally, clients who are either referred or self-referred into the Project's Wisbech accommodation, are provided with opportunities to learn new skills and lead healthier and more fulfilled lives. Being engaged in community activities can play a vital role in someone's journey out of homelessness. The community centre is also a drop-off point for food and clothing donations to support the needs of local homeless or other vulnerable people.

People move through a hierarchy of different types of accommodation. Sometimes women may prefer

to be housed separately - eighty percent of the Project's clients are men. Space, at first, is small but eventually people have access to more space and begin to use communal areas. The journey then ends when the client is ready to independently return and relocate into the wider community. Along the way, everyone has access to education, counselling, healthcare, volunteering and social activities, resulting in over eighty percent of clients moving into stable accommodation.

For people living with trauma, this journey has no fixed timeline and everyone's needs are different. Healing can take a few months or a few years. It's so much, much more than a bed.

Our thanks to Matt for educating us and sharing the vision of this project. His presentation was very professional and well prepared, with a slideshow, video footage and leaflets. We even received a recipe card developed at the Cookery School, which is one of the local groups housed in the community centre!

**Sadie Pomeroy**

Upcoming events: Upwell Village Hall 7.30 p.m.  
 Tuesday 7th April - Molly Dancing  
 Monday 5th May - Creative Writing Workshop  
 Thursday 18th June - Coffee Morning/Bag Sale

Contact our President, Mrs Jan Roden on 01945 774565 for more information.

## TEA ON TUESDAY

PART OF UPWELL AND OUTWELL LUNCH CLUB | CHARITY NO 1082825

What do you know about Tuesdays? There are lots of interesting facts, legends and rhymes about Tuesday. For instance did you know that:



- Tuesday comes from the Old English 'Tiwesdaeg' meaning Tiw's day. Tiw (or Tyr) was the Norse God of war and justice.
- Each weekday is associated with a colour
- Tuesday is red which signifies courage
- Tuesday is governed by the planet Mars which represents power, strength and courage.
- Tuesday's child is full of grace.....and of course, Monday is wash day and Tuesday is ironing!
- but best known of all should be Tuesday means it's Tea on Tuesday!

With an average of 50 attendees there is always someone to have a good natter with, lots of laughter and new friends to be made, plus of course piles of scrummy homemade savouries and cakes and gallons of tea or coffee!

There is no charge, we just suggest a small donation to help keep the club running and, for those who have difficulty with their mobility, we can arrange transport to and from the club using a minibus suitable for those using walking aids and wheelchair users.

**Why not come along and see for yourself?**

Tea on Tuesday is open to all ages on alternate Tuesdays at 2pm.

If you are interested in knowing a little more please contact Jackie on 07584 735805 or email her at [jackiescotten51@gmail.com](mailto:jackiescotten51@gmail.com)

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Email [upwellmag@gmail.com](mailto:upwellmag@gmail.com)

### Would you like your copy of the magazine to be emailed to you?

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Would you be available to help deliver the magazine within the parish?

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## CAPTURE THE SPIRIT OF UPWELL: PHOTOGRAPHY POSTCARD COMPETITION

From time to time we see images of postcards depicting Upwell. Many are in collections and show scenes from the past. There is often the odd postcard up for sale on Ebay or a dealer's site. Occasionally some may be found at car boot events, jumble sales or craft fairs. There are some lovely postcards of St Peter's Church, the Well Creek, canal boats and other local 'beauty spots'. Some people may think that postcards are out of fashion, especially considering the high cost of postage these days (Christmas cards are now becoming increasingly digital). There is, however, something about postcards. Physical ownership gives pleasure. We all know how nice it is to own a vinyl record and that is becoming ever more popular. Next will be cassette tapes. So why not enjoy real postcards to view, feel and share with others?

You could, when out and about on your travels, rummaging in charity shops, at car boots or craft fairs, try to find, acquire and enjoy the humble postcard and see how many different postcards can be collected and shared. **Or - why not use your creative talent to create some new and interesting examples.**

This spring, Upwell Community Magazine is delighted to launch a Photography Competition

celebrating the beauty, character, and everyday life of our village and surrounding countryside.

We invite residents of all ages to pick up a camera or smartphone and capture what Upwell means to them. From golden sunsets over the fens and nature in bloom, to village events, quiet lanes, gardens, and candid moments of community life - every perspective is welcome.

Photography has a wonderful way of telling stories and this competition is about more than just technical skill. We're looking for images that reflect creativity, atmosphere, and the unique spirit of our parish. Whether you're an experienced photographer or simply enjoy snapping photos for fun, this is your chance to share how you see Upwell in the springtime.

The winning photographs will be proudly made into digital postcards and used in future editions of Upwell Community Magazine with selected entries also showcased inside the magazine. There will be separate recognition for junior entries, encouraging our younger residents to take part and explore their creativity too. So keep your eyes open, your camera ready, and let Upwell inspire you. We can't wait to see Upwell through your lens.

Please send entries via email to Clerk@Upwell-pc.gov.uk by 13th May 2025. **Entries should be JPG format, scalable to A6 landscape/postcard size and include the title of the photograph and the age and name of the photographer.** Judging will be undertaken by three Upwell "celebrities".

**David Cooper and Tom Fairbrother**



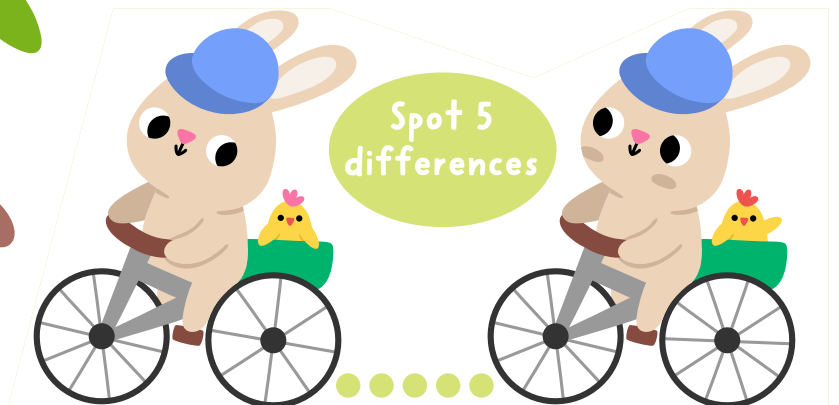
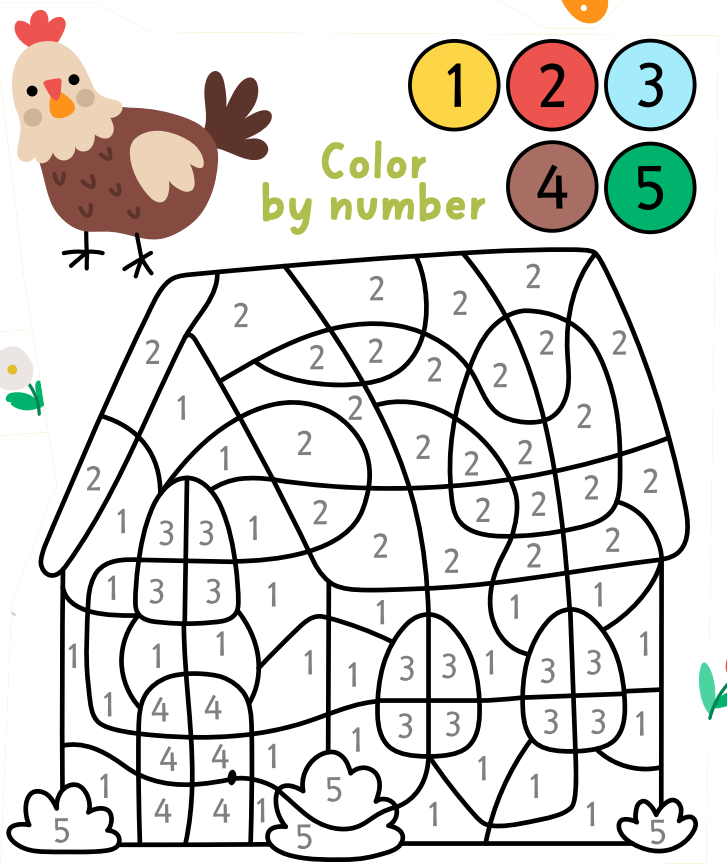
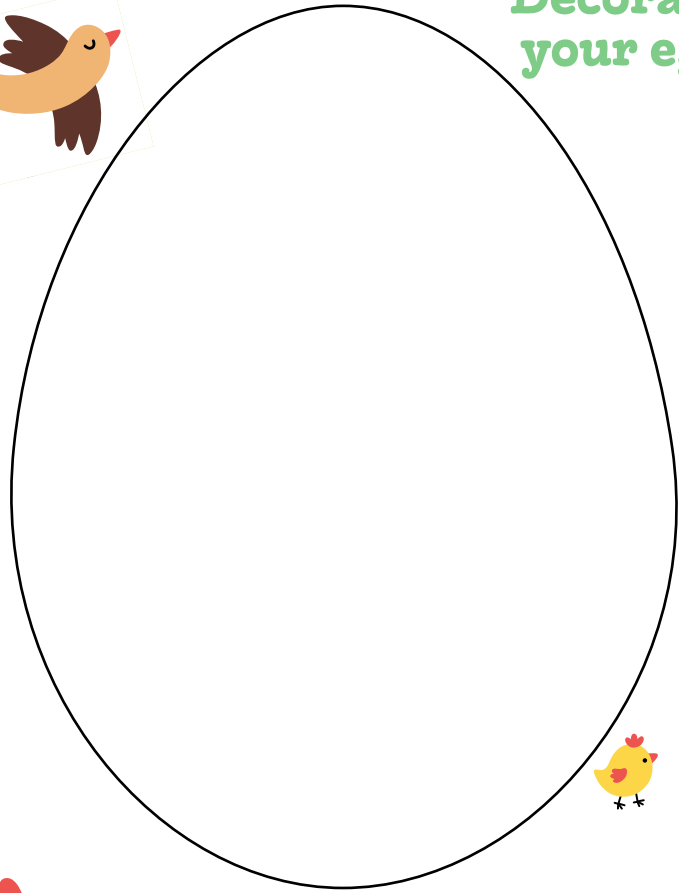
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Andrew Harrison 01945 773735  
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Christine Aston 07947 422677 | cllr.christine.aston@upwell-pc.gov.uk

Brian Carr 01945 774145 | cllr.brian.carr@upwell-pc.gov.uk

Jill Gooch 01945 773301 | cllr.jill.gooch@upwell-pc.gov.uk

Keith Harrison 01945 772661 | cllr.keith.harrison@upwell-pc.gov.uk

Kelvin Judd 07725 761996 | cllr.kelvin.judd@upwell-pc.gov.uk

Chris Robinson 07836 606098 | cllr.chris.robinson@upwell-pc.gov.uk

Ros Shorting 01945 773604 | cllr.ros.shorting@upwell-pc.gov.uk

Vivienne Spikings 01945 772248 | cllr.vivienne.spikings@upwell-pc.gov.uk

David Pope 07941 916874 | cllr.david.pope@upwell-pc.gov.uk

Paul Hartley 07752 739563 | cllr.paul.hartley@upwell-pc.gov.uk

## Borough Councillors

Colin Rose 07885 258434

Vivienne Spikings 01945 772248

## County Councillor

Chris Dawson

Norfolk County Council Member Champion for the Rural Economy, County Hall, Martineau Lane, Norwich NR1 2DH | [chris.dawson.cllr@norfolk.gov.uk](mailto:chris.dawson.cllr@norfolk.gov.uk)

## Clerk

Melanie Hilton 07368 420237

Email: [clerk@upwell-pc.gov.uk](mailto:clerk@upwell-pc.gov.uk)

## Facebook Page

[www.facebook.com/upwellpc](https://www.facebook.com/upwellpc)

Magazine enquiries: contact the Clerk

## Website

[www.upwell-pc.gov.uk/](http://www.upwell-pc.gov.uk/)

## PARISH LOCATIONS OF DEFIBRILLATORS

Knowing where these life saving machines are is very important.

### Upwell Playing Field Pavilion.

New Road, Upwell PE14 9AB.

*What3words: jumbled.presides.forced*

### Upwell Village Hall

New Road, Upwell, PE14 9AB

*What3words: digs.crimson.waltz*

### Orchard Gardens

*What3words: alone.disprove.galleries*

### Russell's

School Road Upwell

*What3words: Interacts.impose.sneezing*

### Three Holes Village Hall

*What3words: adverbs.frozen.clown*

### Lakes End Village Hall

*What3words: steadier.perfected.additives*

### Upwell Methodist Church

*What3words: amused.lots.outfitter*

### Upwell Bowls Club

(available when club open only)

New Road.

*What3words: interlude.cavalier.justifies*

## SOME USEFUL CONTACTS

- ANGLIAN WATER  
0345 7919155
- BOROUGH COUNCIL (KLWNBC)  
[www.west-norfolk.gov.uk](http://www.west-norfolk.gov.uk)  
01553 616200
- CAB (Citizens Advice)  
<https://ncab.org.uk>  
0800 144 8848
- ENVIRONMENT AGENCY  
Environment Agency - GOV.UK  
03708 506506
- LAKES END VILLAGE HALL  
[www.lakesendvillagehall.com](http://www.lakesendvillagehall.com)  
[levh.secretary@gmail.com](mailto:levh.secretary@gmail.com)
- NORFOLK COUNTY COUNCIL  
[www.norfolk.gov.uk](http://www.norfolk.gov.uk)  
0344 800 8020
- UPWELL HEALTH CENTRE  
[www.upwellhealthcentre.nhs.uk](http://www.upwellhealthcentre.nhs.uk)  
01945 773671
- UPWELL VILLAGE HALL  
[www.upwellvillagehall.co.uk](http://www.upwellvillagehall.co.uk)  
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- QUEEN ELIZABETH HOSPITAL  
01553 613613
- LOCAL BEAT MANAGER is PC181  
[maddison.cage@norfolk.police.uk](mailto:maddison.cage@norfolk.police.uk) or  
phone 07967 820270 or [sntdown-hammarket@norfolk.police.uk](mailto:sntdown-hammarket@norfolk.police.uk)



Unless otherwise stated, all meetings will take place at Upwell Village Hall.

The Press and Public are cordially invited to attend any meeting. Residents can address the Council at the start of the meeting but may only speak thereafter with the permission of the Chairman.

**APRIL 13<sup>TH</sup>**  
7:00PM  
Full Council

**MAY 11<sup>TH</sup>**  
6:30PM  
Annual Parish Meeting of the Council

7:00PM  
Full Council

**JUNE 8<sup>TH</sup>**  
7:00PM  
Full Council  
**THREE HOLES VILLAGE HALL**

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